**Abstract**

Empowerment is an active multidimensional process to enable women to realize their identity, position and power in all spheres of life. Empowerment provides a greater access to knowledge and resources, more autonomy in decision making, greater ability to plan lives, more control over the circumstances which influence lives, and freedom from customs, belief and practices. The study analyzed the data collected from 150 women SHG members. The study concluded that the socio- economic factors has changed for womenfolk after joining the Self Help Groups.