

## **Empowering Women and Children Through Gender-Sensitive Policies: Bridging Gaps in Nepal's Remote Areas**

**Authors :** Tara Devi Karki

**Abstract :** This paper explores the role of gender-sensitive public policies in empowering women and children in Nepal's remote areas. Despite progress in addressing gender disparities, significant challenges persist in rural regions, where limited access to education, healthcare, and economic opportunities disproportionately affects women and children. This study draws on over two decades of field experience and policy analysis to examine the effectiveness of existing frameworks and propose strategies for fostering inclusive development. The research highlights critical barriers such as deeply rooted cultural norms, inadequate infrastructure, and limited representation of women in decision-making roles. By analyzing case studies and policy outcomes, this paper identifies community-driven initiatives and participatory approaches as essential components for meaningful change. It also underscores the importance of integrating gender considerations into national and local governance to ensure equitable resource allocation and opportunity distribution. Special focus is given to policies aligned with global frameworks like the sustainable development goals (SDGs), emphasizing education, economic empowerment, and the elimination of gender-based violence as key pathways to progress. The paper argues that sustained investment in education and vocational training, coupled with robust legal and institutional support, can significantly uplift the socio-economic conditions of women and children in marginalized communities. By bridging the gap between policy and practice, this research aims to inspire policymakers, development practitioners, and researchers to collaborate in creating transformative solutions. Ultimately, the study advocates for a future where every individual, regardless of gender, has the tools and opportunities to lead a dignified and fulfilling life.

**Keywords :** gender equality, empowerment, public policy, rural development, women's rights

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