Rural women in developing countries play a vital role in reproductive work, agricultural and other income generating work, and social/ community work. With limited access to employment opportunities, decision making and education, they are not equipped with capacity and skills to improve their own lives. Applying Life Improvement Approach, this course is designed to provide practical skills for empowerment of rural women. Participants are expected to formulate solutions for current problems through autonomous group activities, gender equality and entrepreneurship using locally available resources, to help rural women help themselves.