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Introduction. The empowerment of women in India has been obstructed for centuries owing to various reasons amongst which the initial blow was in the form of depriving women from basic educational facilities. Beginning with the Rig Vedic period (Singh, 2004) Indian women were denied political powers. The denial of many basic rights continued to plunge downward during the later Vedic period, with further plummeting through forthcoming centuries. During the eighteenth century women suffered from several handicaps like Self Help Groups (SHGs) have emerged as one of the alternatives in combating poverty in the development paradigm. This study intends to assess the workings of the Self Help Groups and their impact on the socio-economic conditions of the people of some of the selected villages of Bankura district of West Bengal. To serve our purpose, certain economic variables as well as social factors were considered for analysis. Rural women still remain a destitute segment of Indian society. It has been recognised that economically empowered women play a dynamic role in the development of self as well as their family and the nation. Majority of women in India live in villages and usually suffer from poverty, illiteracy, unemployment, inability etc making them deprived in the family and society. The study focused on the role of Self Help Groups in empowering rural women economically. The study was conducted on a sample of 800 women members of Self Help Groups, in the rural areas of Nalgonda and Mahabubnagar Districts. Economic empowerment results in women’s ability to influence or make decision, increased self confidence, better status and role in household etc.