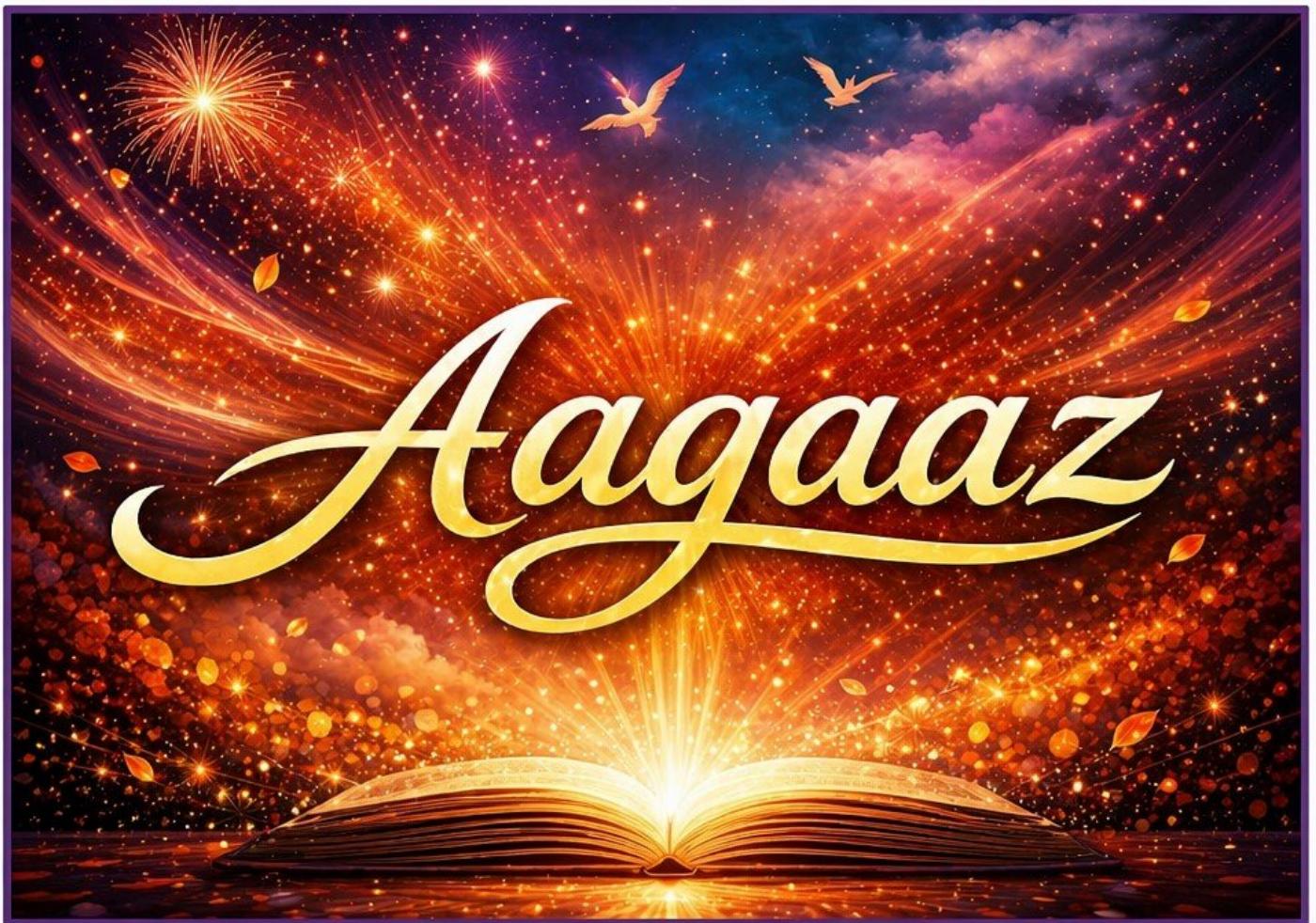


*(Affiliated to HNB Garhwal University, Srinagar, and approved by NCTE)
Under the Aegis of Scholars International Educational Foundational Society*

Local Seminar on:
“Women’s Discourse in Contemporary Scenario”



Practicum Work- Gender, School and Society

— ❦ —
Organized by :- B.Ed (2024-26)
— ❦ —

Dated :- 30-03-26



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सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु ।
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Digital Age, New Woman: Technology as a Catalyst of Social Change.

Surbhi Bhatt

Abstract

The rapid growth of digital technology has transformed social structures and significantly influenced the role and status of women in contemporary society. The digital age has opened new opportunities for women in education, entrepreneurship, governance, and social participation. This research paper examines how technology acts as a catalyst for social change in the lives of women. The study explores the impact of digital platforms, information and communication technologies (ICT), social media, and digital literacy initiatives on women's empowerment. The research uses a descriptive research method and reviews relevant literature from both Indian and international scholars.

The findings reveal that technology enhances women's economic independence, increases access to information and education, and strengthens participation in social and political processes. Programs such as digital literacy campaigns and women-led technology enterprises demonstrate how digital tools empower women to overcome traditional barriers. However, the study also highlights challenges including digital divide, cyber harassment, and lack of digital literacy among marginalized women. The paper concludes that while technology alone

cannot eliminate gender inequality, it plays a crucial role in accelerating women's empowerment and social transformation.

Keywords

Digital Age, Women Empowerment, ICT, Social Change, Technology, Gender Equality, Digital Literacy, Women Entrepreneurship.

Introduction

Background

Throughout history, women have faced various forms of social, economic, and cultural restrictions. However, the emergence of digital technology has transformed many aspects of human life, including the position of women in society. Information and communication technologies (ICT) have created new avenues for education, employment, entrepreneurship, and social participation.

Technology has been recognized as a significant tool for women's empowerment. ICT enables women to access knowledge, communicate globally, and participate in economic activities. Studies show that digital technology improves women's access to information, markets, and social networks, which contributes to their empowerment

In recent years, digital initiatives in India and other countries have focused on bridging the digital gender divide. For instance, the Internet Saathi program, launched by Google India and Tata Trusts, trained rural women to use the internet and digital tools, benefiting millions of women across thousands of villages.

Similarly, technological innovations have helped women participate in entrepreneurship and social activism. Digital platforms, e-commerce, and social media have enabled women to start businesses, share knowledge, and advocate for gender equality.

Need and Importance of the study

Despite significant progress in women's rights, gender inequality continues to exist in many societies. Women still face barriers in education, employment, and decision-making. In this context, technology has emerged as a powerful tool to overcome these barriers.

The importance of studying the role of technology in women's empowerment lies in the following aspects:

1. To understand how digital technology improves women's social status.
2. To analyze the role of ICT in women's economic empowerment.
3. To explore the impact of digital literacy on women's participation in society.

4. To identify the challenges faced by women in accessing technology.

Research problem

To examine whether technological advancements in the digital age significantly contribute to women's socio-economic empowerment and whether they have the potential to challenge or transform existing patriarchal social structures.

Research Objectives

The objectives of the study are:

1. To examine the role of technology in empowering women in the digital age.
2. To analyze how digital tools contribute to social change for women.
3. To identify the benefits and challenges of technology for women's development.
4. To study real-life examples of women benefiting from digital technology.
5. To explore if social change is possible without technological advancement.

Definitions of operating words

Digital Age : The digital age refers to the modern era characterized by widespread use of digital technologies such as computers, internet, smartphones, and artificial intelligence.

New women : A modern women who is educated, independent and technologically empowered.

Technology : Technology refers to tools, systems, and innovations developed to solve problems and improve human life, especially digital tools such as ICT, mobile applications, and internet platforms.

Social Change : Social change refers to transformation in social structures, institutions, and cultural norms that improve equality, justice, and opportunities in society.

Digital Divide : Unequal access to digital technologies.

Hypothesis

1. Technology significantly improves women's access to education and information.
2. Digital platforms increase women's economic opportunities and entrepreneurship.
3. Technology enhances women's participation in social and political activities.
4. Lack of digital literacy and infrastructure limits the full empowerment of women.

Limitations of Research

1. The study mainly relies on secondary sources of data.
2. The research focuses primarily on the role of digital technology in women's empowerment.
3. Cultural and regional variations in technology usage may not be fully represented.
4. Limited availability of updated data in certain regions.

Literature Reviews

Meaning of Literature Review

A Literature Review is a systematic study and analysis of previously published research, books, articles, reports, and scholarly work related to a particular research topic.

Need of Literature Review

1. To Understand the Research Background.
2. To Avoid Duplication.
3. To Identify Research Gaps.
4. To Frame Research Objectives.
5. To Build Theoretical Framework.

6. To Improve Research Design.
7. To Provide Academic Credibility.

Literature Reviews

Indian Researchers

1. **Chanchalakshi and Parmeshwara(2024)** : Their research on Self-Help Groups (SHGs) revealed that digital technology enhances women's financial inclusion, communication, and participation in entrepreneurial activities. (Chanchalakshi, 2024)
2. **Raman(2019)** : Emphasized digital literacy as essential for women's social awareness. (Raman, 2019)
3. **Baviskar(2016)** : Highlighted structural inequalities affecting marginalized women's digital access. (Baviskar, 2016)
4. **Joseph(2015)** : Found ICT initiatives improved rural women's income levels. (Joseph, 2015)
5. **Menon(2012)** : Argued that digital platforms create participatory feminist discourse challenging patriarchal norms. (Menon, 2012)

Foreign Researchers

6. **Fraser(2013)** : Emphasized inclusive public spheres for gender justice. (Fraser, 2013)

7. **Turkle(2011)** : Warned about identity issues and emotional dependency in digital spaces. (Turkle, 2011)
8. **Castells(2009)** : Described the “network society,” where digital communication reshapes power dynamics. (Castells, 2009)
9. **Butler(2004)** : Examined gender as performative, relevant in digital identity construction. (Butler, 2004)
10. **Haraway(1991)** : Introduced Cyborg Theory linking feminism and technology. (Haraway, 1991)

Research Methodology

Research Method

The present study uses a explorative research method. It analyzes existing literature, reports, and case studies to understand the impact of technology on women’s empowerment.

Population

Women aged 18-45 using digital technologies.

Research Administration

The research was conducted through the following steps:

1. Identification of relevant literature.

2. Collection of data from journals and online sources.
3. Analysis of case studies and digital initiatives.
4. Interpretation of findings related to women's empowerment.

Research Findings

The analysis of the collected data revealed the following findings:

1. Technology increases women's access to information.
2. Economic empowerment through digital entrepreneurship
3. Improved safety and awareness.
4. Expansion of digital literacy programs.
5. Challenges still exist.

Research Discussion

The digital revolution has significantly influenced women's lives across the world. Technology provides women with tools to challenge traditional gender roles and participate actively in society.

1. Internet Saathi Program

The initiative trained rural women to use the internet and digital tools, enabling them to access information and improve their livelihoods.

2. Digital Nari Initiative

Thousands of rural women have gained financial independence by providing digital payment and banking services in their communities.

3. Technology and Women's Safety

Mobile applications such as *Safetipin* allow women to assess the safety of public spaces and advocate for safer urban environments.

4. Women Entrepreneurs Using AI

Training programs encourage women to use AI tools and online marketing to expand their businesses globally. Technology has enabled many women to work from home through freelancing platforms like *Upwork* and *Fiverr*. Through government initiatives like *Digital India*, women sell handmade products, handicrafts, and food items online.

5. The global **#MeToo Movement** started online and encouraged women to speak against harassment.

These examples demonstrate that technology plays a transformative role in improving women's socio-economic status.

However, technology also brings challenges such as digital gender gaps, cyberbullying, and unequal access to digital resources. Addressing these issues is essential for ensuring inclusive digital empowerment.

Conclusion

The digital age has transformed the role and status of women in society.

Technology acts as a powerful catalyst for social change by enabling women to access education, participate in economic activities, and engage in social and political processes.

Digital platforms, ICT tools, and online networks have opened new opportunities for women to overcome traditional barriers and achieve independence. Programs promoting digital literacy and entrepreneurship demonstrate how technology can empower women at both individual and societal levels.

However, challenges such as digital inequality, cyber threats, and lack of infrastructure must be addressed to ensure that all women benefit from technological advancements. Governments, educational institutions, and organizations should collaborate to promote digital inclusion and gender equality.

In conclusion, technology has the potential to reshape society and create a more equitable future for women. By embracing digital innovation and ensuring equal access to technology, societies can accelerate women's empowerment and sustainable social development.

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PRE - INTERNSHIP



Social Media :- Platform for voice or Space for Harassment?

Piyush Joshi

Abstract

The contemporary digital era has completely changed how women communicate. This research paper explores a very important question: Is social media a "Platform for Voice" or a "Space for Harassment"? In the last ten years, apps like Facebook, Instagram, and X (Twitter) have helped women break their silence. They use these platforms to run businesses, share art, and start social movements like #MeToo and #DigitalSisterhood. This is the "Empowerment" side of the story.

However, there is a darker side. As women become more vocal, they face a new kind of violence: Digital Harassment. This includes "trolling," "identity theft," and "doxing" (sharing private info). This paper uses the theory of Intersectionality to show that not all women are treated the same online. A woman who is from a rural area, belongs to a marginalized caste, or has a physical disability faces much more aggressive hate than a woman from a rich city background.

Through a detailed survey and study of real-life cases, this research finds that "Digital Harassment" leads to "Self-Censorship"—where women delete their posts or go quiet because they are scared. The study concludes that while social media is a powerful tool for women's discourse, it currently lacks the safety

needed for true equality. We need a system where "Voice" is protected and "Harassment" is strictly punish.

Keywords

Social Media, Women's Voice, Harassment, Intersectionality, Trolling, Digital Safety, India.

Introduction

Background

Historically, women's voices have been restricted to the "Private Sphere"—meaning their homes, kitchens, and family circles. For centuries, the "Public Sphere" (politics, news, and markets) was dominated by men. Women had to rely on male-controlled media or family members to speak for them. However, the arrival of the 21st-century digital revolution changed everything. With the birth of social media platforms like Facebook, Instagram, X (Twitter), and WhatsApp, the walls of the private home began to fall.

Social media created a "Virtual Public Square." For the first time in history, a woman did not need a newspaper editor or a TV producer's permission to share her story. She could simply click a button and talk to the world. In India, this change was even more dramatic. With cheap internet data (like Jio) and smartphones reaching every corner of the country, women from small towns in

Uttarakhand to big cities like Mumbai started using the internet. This gave rise to a "New Women's Discourse"—a way for women to build a "Digital Sisterhood," support each other, and challenge old social norms.

But this digital freedom came with a price. As women started occupying these digital spaces, a "Digital Patriarchy" emerged. Men who were uncomfortable with women having a voice began to use the same technology to "silence" them.

This led to a split in the digital experience: while the internet is a Platform for Voice, it is also being designed and used as a Space for Harassment.

In the Contemporary Scenario, we are seeing a strange reality. A woman can use Instagram to start a million-dollar business (Empowerment), but she might also receive a thousand "rape threats" or "morphed photos" in her DMs (Harassment). This background is essential to understand because the "Digital World" is not just about technology; it is a reflection of our real-world power struggles. We must look at how the "Male Gaze" has shifted from the physical streets to the digital comments section.

Need and Importance of study

This study is very important because many women are scared to use the internet. If a woman is bullied online, she might stop using social media. This means she loses her "voice." We need to study this to find out how to make the internet a safe place for every girl and woman.

Research problem

The problem lies in the fact that a woman's "Voice" often attracts "Harassment" as a direct consequence. We need to investigate why the digital world, which was supposed to be a "Free Space," has become a "Battlefield" for women, and how this battle is even harder for women who face "Intersectional" discrimination (based on their caste, disability, or rural background). **Research objectives**

- To see how social media helps women share their ideas.
- To list the different types of bullying women face online.
- To understand why some women (like those from villages) face more trouble.
- To suggest ways to stay safe online.

Definitions of operating words

- **Intersectionality**: The idea that a woman faces more problems if she belongs to multiple groups (like being a woman AND being poor).
- **Women's Discourse**: The way women talk, write, and share their experiences together.
- **Doxing**: Sharing someone's private home address or phone number online to scare them.

Hypothesis

1. Women who talk about serious topics (like politics) get more "trolls" than those who post about food or fashion.

2. Women from marginalized castes face more "identity-based" hate than urban women.
3. The "Report" buttons on apps do not work well for women who speak local languages (like Hindi or Tamil).
4. Social media "Power" is mostly with rich, city women; village women are still "Forgotten Voices."

Limitations of Research

I could only talk to a small number of women because of limited time. Also, many women feel ashamed to talk about being harassed, so they might not share everything.

Literature Reviews

Meaning of Literature Review

A Literature Review is a systematic study and analysis of previously published research, books, articles, reports, and scholarly work related to a particular research topic.

Need of Literature Review

1. To Understand the Research Background
2. To Avoid Duplication.
3. To Identify Research Gaps.

4. To Frame Research Objectives.
5. To Build Theoretical Framework.
6. To Improve Research Design.
7. To Provide Academic Credibility.

Literature Reviews

Indian Researchers

1. Amnesty International India (2019): Their "Troll Patrol" study showed that 1 out of every 7 tweets sent to women politicians in India was "abusive" or "hateful." (Amnesty, 2019)
2. Khera (2020): She found that the "Digital Divide" is real. Women in villages often don't have their own phones, so they can't speak up. (Khera, 2020)
3. Raman (2021): She studied how Indian women use WhatsApp. She found that women feel "safer" talking in private groups than on public platforms like Twitter. (Raman, 2021)
4. Bhardwaj (2022): She researched "Cyber-shaming." She found that many women face "character assassination" online by people they know. (Bhardwaj, 2022)
5. Roy (2023) In her recent research titled "The Digital Divide and GenderBased Cyber-Violence in India," Dr. Roy analyzed how women from different social classes experience the internet. (Roy, 2023)

Foreigners Researchers

1. **Crensha (1989)**: She invented the word "Intersectionality." She says we must help women based on their specific situation (caste, race, class).
(Crenshaw,1989)
2. **Beard (2017)**: In her book, she says that men have been trying to "silence" women for thousands of years; trolling is just the new way to do it. (Beard,2017)
3. **Jackson (2020)**: She wrote about how women of color used hashtags to build a "Digital Sisterhood" and fight for justice. (Jackson, 2020)
3. **D'Ignazi (2020)**: She says "Algorithms" (the way apps work) are often biased against women because they are mostly made by men. (D'Ignazio,2020)
4. **Amnesty Global (2018)**: Their "Toxic Twitter" report proved that social media companies are failing to protect women's human rights. (Amnesty,2018)

Research Methodology

Research Method

I used a descriptive Method. I asked women about their real-life experiences to describe the situation.

Population

My study focused on Indian women aged 18 to 45 who use social media every day.

Research Administration

I sent my questions to friends, family, and students via WhatsApp and Instagram. I made sure their names were kept secret (anonymous) so they could speak the truth.

Research Findings

1. **Self-Censorship:** 7 out of 10 women said they "delete" their comments if they think people will start an argument or troll them.
2. **Real-Life Example:** Think of a female journalist or activist. When she posts a fact, thousands of "bots" or fake accounts attack her character. This is "Organized Harassment."
3. **Positive Impact:** Almost all women said social media helped them learn about "Women's Rights" and meet other strong women.
4. **The Identity Factor:** Women from villages or lower castes said people use "slurs" about their family or background to make them feel small.
5. **Health Issues** : Many women said online hate makes them feel "sad,"

"stressed," and "scared" in real life.

Research Discussion

My research shows that social media is a mix of good and bad.

- It is a Platform for Voice because a girl can start a business or a protest from her room.
- It is a Space for Harassment because anyone can hide behind a screen and say bad things without being punished.
- **The Intersectionality Problem:** We found that "Voice" is not equal for everyone. If you are a rich woman in Delhi, you have a louder voice. But if you are a Dalit woman or a Disabled woman, people "troll" you even more. We must remember these "Forgotten Voices." True empowerment is not just for celebrities; it must be for the woman in the village too.

Conclusion

To conclude, this research shows that social media in the contemporary scenario is a "Double-Edged Sword." It is a powerful Platform for Voice that has allowed millions of Indian women to break their silence, run businesses, and build a "Digital Sisterhood." Technology has successfully moved women's discourse from the private home to the global stage.

However, the study also highlights that social media remains a dangerous Space for Harassment. We found a direct link between "Voice" and "Abuse"—as a

woman becomes more vocal, she faces more organized trolling. The most critical finding is the role of Intersectionality. Digital empowerment is not equal for everyone; women from rural areas, marginalized castes, or those with disabilities face much deeper layers of digital violence. These are the "Forgotten Voices" that our current laws and platform algorithms are failing to protect.

The Researcher's Recommendations:

1. Legal Reforms: India needs gender-sensitive cyber laws that specifically punish "Intersectional Hate Speech" and "Doxing."
2. Platform Responsibility: Tech companies must improve moderation in local Indian languages to detect abuse that AI currently misses.
3. Digital Literacy: Schools must teach "Digital Ethics" so that the next generation understands that online consent and respect are mandatory. True empowerment will be achieved only when a woman can click the "Post" button with confidence, not fear. We must build a digital society where a woman's identity is her strength, not her target.

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Gender Sensitization in Education: A Tool for Transforming Women's Identity in Contemporary Society

Ritika Rawat

Abstract

Gender sensitization in education plays an important role in promoting gender equality and transforming women's identity in contemporary society.

This study examines how educational institutions can create awareness about gender discrimination and encourage equal opportunities for both men and women. Education not only provides knowledge but also helps in shaping attitudes, values, and social behavior. This research is mainly based on literature reviews, research articles, books, journals, and other secondary sources related to gender sensitization and women's empowerment.

The findings of the study suggest that gender sensitization programs in schools and colleges contribute to building confidence among women and promoting equal participation in society.

However, the research also identifies several challenges in implementing gender sensitization in education. These include the persistence of traditional social attitudes, lack of proper awareness programs, limited resources in educational institutions, and resistance to change in some communities

Despite these challenges, the study finds that gender sensitization in education may not completely transform women's identity, but it can

significantly contribute to improving awareness, confidence, and opportunities for women in society.

Keywords

Gender Sensitization, Education, Women's Identity, Gender Equality, Social Change, Patriarchal Norms, Women's Empowerment.

Introduction

Background

Gender inequality has been a long-standing issue in many societies where women have often been given limited roles and fewer opportunities compared to men. For example, in many families girls were traditionally expected to help with household work such as cooking, cleaning, or taking care of younger siblings, while boys were encouraged to focus on education and career building. In some rural areas, parents also preferred to invest more in the education of sons rather than daughters because they believed girls would eventually get married and leave the family.

Because of these social beliefs, women's participation in education, employment, and leadership roles remained limited for a long time. However, with the spread of education and awareness, attitudes have gradually started to change. Educational institutions today are increasingly introducing gender

sensitization programs, discussions, and workshops to help students understand the importance of equality and mutual respect.

Many schools and colleges now encourage girls to participate in activities that were earlier considered male-dominated, such as sports competitions, science projects, and student leadership positions. These initiatives help girls gain confidence and challenge traditional stereotypes.

Need and Importance of the Study

1. To promote gender equality in educational institutions and society.
2. To create awareness about gender stereotypes and discrimination among students.
3. To empower women through education by encouraging confidence, independence, and decision-making.
4. To challenge traditional gender roles that limit women's opportunities.
5. To encourage equal participation of both boys and girls in education and social activities.

Research Problem

Gender inequality still persists despite social and educational progress. Women and girls face discrimination and stereotypes, often reinforced by education systems. This study explores how gender sensitization in education can promote equality.

5. Empowerment: The process of gaining confidence, power, and the ability to make decisions.

Hypothesis

1. Gender sensitization in education increases awareness about gender equality among students.
2. Gender-sensitive educational practices help reduce gender stereotypes in society.
3. Education with gender sensitization contributes to improving women's confidence and participation.
4. Gender sensitization programs in educational institutions promote more equal attitudes toward women.

Limitations of the Research

1. Small Sample Size.
2. Limited Area of Study.
3. Dependence on Secondary Data.
4. Time Limitation.

Literature Review

Meaning of Literature Review

A literature review refers to the systematic study and analysis of previously published research, books, articles, and academic works related to a particular topic. It helps understand existing knowledge about the research problem.

Need of Literature Review

1. It helps the researcher understand previous studies related to the topic.
2. It provides a theoretical background and knowledge for the research.
3. It helps in identifying gaps in existing research.
4. It avoids duplication of previous research work.
5. It helps the researcher develop better research objectives and methodology.

Literature Reviews

1. **UNESCO (2015):** Reported that gender-sensitive education helps achieve gender equality worldwide. (UNESCO, 2015)
2. **Yousafzai (2013):** Emphasized that education is a powerful tool for empowering girls and transforming their identity. (Yousafzai, 2013)
3. **Phule:** Advocated women's education and worked to provide equal educational opportunities for girls in India. (Phule, 2011)

4. NCERT (2006): Suggested that schools should adopt gender-sensitive teaching to reduce discrimination and encourage equal participation. (NCERT, 2006)

5. Kabeer (2005): He highlighted that education plays a key role in empowering women by increasing their awareness, confidence, and ability to participate in decision-making processes. (Kabeer, 2005)

6. Bhasin (2004): Emphasized the role of gender sensitization in education to challenge stereotypes and promote equality. (Bhasin, 2004)

7. Nussbaum (2000): Stated that education helps women develop capabilities to challenge discrimination and achieve equality. (Nussbaum, 2000)

8. Sen (1999): He stated that education is an essential factor in promoting gender equality and improving women's participation in social, economic, and political life. He emphasized that educating women contributes to overall social development.

(Sen, 1999)

9. Agarwal (1994): Explained that education and resources strengthen women's decision-making power in families and society. (Agarwal, 1994)

10. Ramabai: Highlighted the importance of education for women's independence and social upliftment. (Ramabai, 1887)

Research Methodology

Research Method

This study uses an explorative research method to understand the role of gender sensitization in education and its influence on women's identity in contemporary society. The method helps explore ideas, concepts, and perspectives related to gender equality through existing literature, articles, and academic sources.

Population

The population of the study includes students, teachers, and educational institutions where gender sensitization practices and awareness about gender equality are present or discussed.

Research Administration

The research process involved the following steps:

1. Relevant data is collected from research articles, journals and online sources.
2. Review and examination of related literature.
3. Organization of collected information according to the objectives of the study.
4. Analysis and interpretation of the data to draw conclusions.

Research Findings

The analysis of the collected data shows the following findings:

1. Gender sensitization increases awareness about gender equality.
2. Reduce gender stereotypes among students.
3. Improved confidence and participation of girls.
4. Encourages equal involvement of boys and girls.
5. Social attitudes and lack of awareness remain challenges.

Research Discussion

Gender equality in education helps improve women's identity in contemporary society by increasing opportunities and confidence among girls.

1. **Beti Bachao Beti Padhao Campaign:** This government initiative encourages families to educate daughters and recognize the importance of girls' education.
2. **Kanya Gauri Dhan Yojana:** This scheme provides financial assistance to girls after completing Class 12, encouraging parents to continue their daughters' education.
3. **Equal Participation in Schools:** Many schools now encourage girls to participate in sports activity equally.

4. Increase in Girl's Higher Education: Compared to the past, more girls today are pursuing college and professional education, which improves their independence.

Conclusion

The study highlights that gender sensitization in education plays an important role in promoting gender equality and improving women's identity in present society. Educational institutions help create awareness about gender discrimination and encourage equal participation of boys and girls in academic and social activities.

However, some traditional practices still exist in institutions. For example, boys are often asked to perform tasks that require physical effort, while girls are given lighter responsibilities in classrooms. Similarly, many schools ask students to stand in separate queues for boys and girls during assemblies, which reflects the continued presence of gender distinctions.

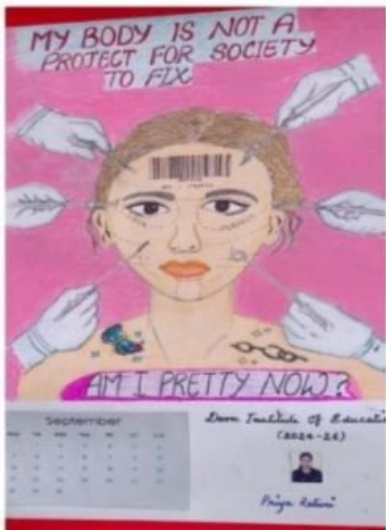
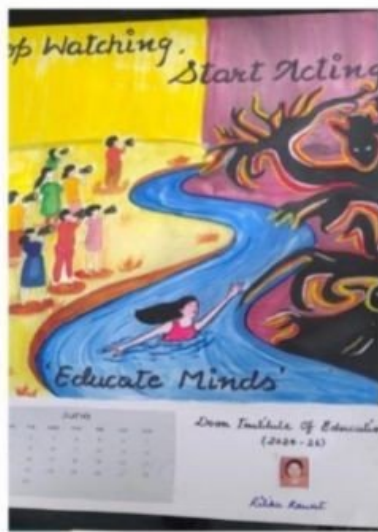
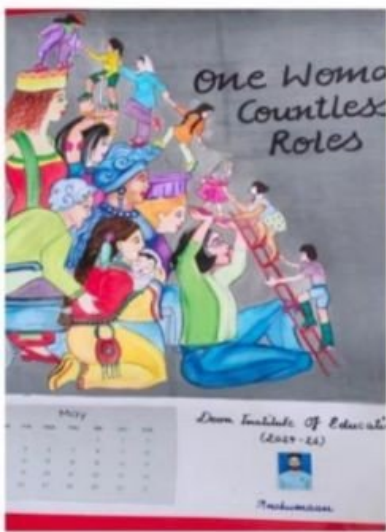
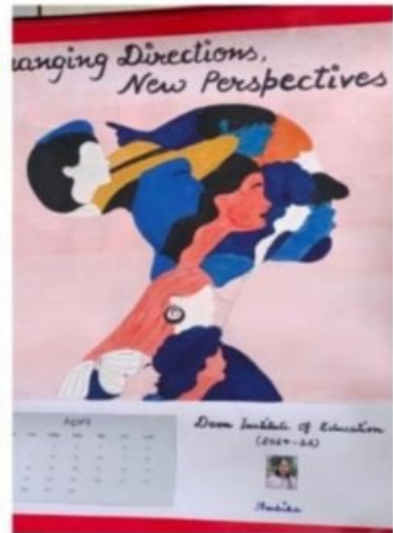
Although gender sensitization alone may not completely transform women's identity, it plays a significant role in improving awareness, opportunities, and participation of women in society. Promoting gender equality in education can gradually contribute to building a more inclusive and progressive society.

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POSTERS



Women's and Work Life Balance

Anshumaan Panwar

Abstract

Work-life balance has become an important issue in modern society, particularly for working women who are expected to manage both professional responsibilities and family duties. This research paper investigates the challenges faced by working women in maintaining work-life balance and examines the factors that influence their ability to manage professional and personal roles effectively. The study focuses on working women employed in education, healthcare, and private organizations. A survey method was used to collect data from 100 working women through a structured questionnaire.

The findings indicate that most women experience stress due to multiple responsibilities such as household work, childcare, and professional commitments. Organizational support, family support, and flexible work schedules were identified as key factors that help women maintain balance. Real-life examples show that women often sacrifice personal leisure time to fulfil both work and family roles.

The study concludes that work-life balance is crucial for women's mental health, job satisfaction, and productivity. The research suggests that organizations should implement family-friendly policies such as flexible working hours, maternity support, and work-from-home opportunities to support working women.

Keywords

Work-life balance, working women, stress, family responsibilities, job satisfaction, gender roles, organizational support

Introduction

1. Background

In recent decades, the participation of women in the workforce has increased significantly across the world. Women today work in various sectors such as education, healthcare, business, technology, and government services. While this progress reflects social and economic development, it has also created new challenges for women, particularly in balancing professional responsibilities with family obligations.

In India, traditional gender roles still influence family expectations. Even when women work full-time jobs, they are often expected to manage most domestic tasks. This creates a dual burden that affects their mental health, job satisfaction, and productivity.

2. Need and Importance of the study

The issue of work-life balance has become increasingly important due to the rising number of women participating in the workforce. Despite their professional contributions, women often face challenges in balancing their work responsibilities with family commitments.

This study is important because:

1. It helps to understand the real-life challenges faced by working women.
2. It highlights the psychological and social impact of work pressure on women.
3. It explores the factors that help women manage both work and family responsibilities.
4. It provides suggestions for organizations and families to support working women.

Understanding these aspects is necessary for improving women's well-being, increasing job satisfaction, and promoting gender equality in the workplace.

3. Research Problem

In modern society, the participation of women in the workforce has increased rapidly. Women are contributing significantly to various fields such as education, healthcare, administration, business, and technology. However, despite their professional achievements, many women continue to face

challenges in maintaining a balance between their work responsibilities and personal life.

Working women often experience a dual burden. On one hand, they are expected to perform efficiently in their professional roles, while on the other hand they are responsible for managing household duties such as cooking, childcare, and caring for family members. This situation frequently leads to stress, fatigue, and reduced personal time.

Therefore, the major research problem of this study is:

“To explore the challenges faced by working women in maintaining work-life balance and to identify the factors that influence their ability to manage professional and family responsibilities effectively.”

4. Research Objectives

1. To explore the concept of work-life balance among working women.
2. To identify the challenges faced by women in balancing professional and personal responsibilities.
3. To examine the role of family and organizational support in maintaining work-life balance.
4. To suggest strategies that may help women achieve better work-life balance.

5. Definition of operating words

1. **Work-Life Balance:** Work-life balance refers to the ability of an individual to manage professional duties and personal life responsibilities effectively without experiencing excessive stress.
2. **Working Women:** Working women refer to women who are employed in different professions such as teaching, healthcare, administration, business, or corporate sectors.
3. **Stress:** Stress is the physical and psychological strain experienced when an individual finds it difficult to cope with demands or pressures from work and personal life.
4. **Family Responsibilities:** Family responsibilities include tasks related to household management, childcare, caring for elderly family members, and maintaining family relationships.

6. Hypotheses

1. Working women experience difficulty in balancing professional and family responsibilities.
2. Family support plays a significant role in improving work-life balance among working women.
3. Flexible working conditions positively influence the work-life balance of women employees.
4. Women working in supportive organizational environments experience less stress.

7. Limitations of the Research

1. The research was limited to a small sample of working women.
2. The study focused mainly on women working in urban areas.
3. Time constraints limited the depth of the investigation.
4. The findings are based on responses provided by participants and may include personal bias.

Literature Review

Definition of literature review

A literature review is a systematic study and analysis of previous research work related to a particular topic. It involves examining books, research articles, journals, reports, and other scholarly sources to understand what has already been studied about the research problem.

The literature review helps the researcher gain knowledge about existing theories, findings, and viewpoints related to the topic. It also helps in identifying gaps in previous research and provides a theoretical base for conducting the present study.

In the present research, literature related to women and work-life balance was reviewed to understand the challenges faced by working women and the factors affecting their ability to manage professional and personal responsibilities.

Need of literature review

Reviewing previous studies is an essential part of any research because it helps the researcher understand the background of the problem and build a strong foundation for the study.

The need for literature review in the present research includes the following points:

1. To understand the existing knowledge and theories related to work-life balance.
2. To identify the major challenges faced by working women in different professions.
3. To examine the findings of previous studies conducted by Indian and foreign researchers.
4. To identify research gaps that require further investigation.
5. To provide direction for developing research objectives, hypotheses, and research methodology.

Discussion on Studies that have been Done

Several researchers have conducted studies on work-life balance among women employees. These studies highlight different aspects such as workplace stress, family responsibilities, organizational support, and time management.

Many Indian researchers have emphasized that working women face significant challenges in balancing professional duties with family responsibilities due to traditional social expectations. Their studies suggest that supportive family environments and flexible work policies help women achieve better work-life balance.

Similarly, foreign researchers have explored theoretical perspectives such as work-family conflict and work-family boundary management. Their studies highlight that long working hours, workplace discrimination, and lack of organizational support can negatively affect women's work-life balance.

The review of previous studies indicates that work-life balance is influenced by several factors including workplace policies, family support, job demands, and social expectations. These studies provide valuable insights and form the foundation for the present research.

Review of Studies by Indian Researchers

- 1. Hepsiba and Swetha (2025):** Their study emphasized that maintaining work-life balance is essential for improving productivity, job satisfaction, and mental well-being among women employees. (SWETHA, 2025)
- 2. Pareek (2024):** Pareek conducted a study on work-life balance among women employees in Indian organizations. The study revealed that supportive workplace policies such as flexible working hours and

maternity leave significantly improve job satisfaction and reduce stress among women employees. (PAREEK, 2024)

3. **Taneja and Kumar (2024):** Their research on women entrepreneurs highlighted that family support and effective time management play a major role in achieving work-life balance. (KUMAR, 2024)
4. **Vijayalakshmi, Nirmala and Subasree (2023):** These researchers studied women working in the information technology sector. The findings showed that long working hours and high-performance expectations create challenges for women in managing family responsibilities. (Vijayalakshmi, 2023)
5. **Sharma and Vahini (2022):** Their research focused on the stress levels experienced by working women in India. The study concluded that increasing work pressure and family responsibilities create difficulties in maintaining work-life balance. (Vahini, 2022)

Review of Studies by Foreign Researchers

1. **Bahrami et al. (2023):** Their research focused on the impact of mentoring and organizational support on women's work-life balance. The study found that mentoring programs help women manage work stress and family responsibilities more effectively. (BAHRAMI, 2023)
2. **Soares et al. (2023):** This study explored the work-life balance of women in technology sectors and found that motherhood responsibilities and

workplace discrimination significantly affect women's career growth and balance. (SOARES, 2023)

3. **Sue Campbell Clark (2000):** Clark proposed the Work-Family Border Theory which explains how individuals manage the boundaries between work and family life to achieve balance. (CAMPBELL, 2000)
4. **Arlie Russell Hochschild (1997):** Hochschild introduced the concept of the "Second Shift," which describes how working women perform household duties after completing their professional work. (RUSSELL, 1997)
5. **Greenhaus and Beutell (1985):** They introduced the concept of work-family conflict and explained how job responsibilities and family roles can interfere with each other, causing stress and imbalance. (Beutell, 1985)

Research Methodology

1. Research Method

The present study adopted the Exploratory Research Method. Exploratory research is used when the researcher aims to gain deeper insights into a problem that has not been fully understood. In this study, the exploratory method helped to understand the experiences, challenges, and perceptions of working women regarding work-life balance.

This method allowed the researcher to gather detailed information through interaction with respondents and analyse their experiences in real-life situations.

2. Population

The population of the study consisted of working women employed in different professions such as:

1. School teachers
2. Nurses and healthcare workers
3. Employees in private organizations
4. Office workers

These women represent different working environments and responsibilities.

3. Research Administration

The questionnaire was administered to the selected participants through both online and offline methods.

Participants were informed about the purpose of the study and assured that their responses would remain confidential. They were requested to provide honest answers based on their personal experiences.

The data collection process took approximately two weeks. After collecting the responses, the data were organized and analysed to

identify common patterns and findings related to work-life balance among working women.

4. Research Statistics

In the present study, simple statistical techniques were used to analyse the collected data. These techniques helped in understanding the responses of working women regarding their work-life balance.

The following statistical methods were used:

1. Percentage Method

This method was used to analyse the responses of participants and present them in percentage form. It helped in understanding how many women experienced stress, lack of time, or work pressure.

2. Frequency Distribution

Frequency distribution was used to organize the responses of participants according to different categories such as profession, marital status, and working hours.

3. Tabulation Method

Data collected from the respondents were arranged in tables to make interpretation easier and clearer.

4. Graphical Representation

Bar graphs and charts were used to present the data visually, which made it easier to understand the findings of the research.

Research Findings

The major findings of the study are:

1. Around 72% of women reported experiencing stress due to balancing work and family responsibilities.
2. 65% of respondents stated that lack of time for personal activities affects their mental health.
3. 70% of women reported that family support plays an important role in maintaining work-life balance.
4. Women working in organizations with flexible working hours reported higher job satisfaction.
5. Married women with children faced more challenges compared to unmarried women.

Research Discussion

The findings indicate that work-life balance is a major concern for working women. Many women experience stress due to the dual burden of professional and domestic responsibilities.

The results support previous research that suggests organizational support and flexible work policies can significantly improve work-life balance.

Family support also plays a crucial role. Women who receive help from their spouses or family members report lower stress levels and greater job satisfaction.

The study also highlights the importance of workplace policies such as maternity leave, childcare facilities, and flexible work schedules.

Conclusion

The present study concludes that work-life balance is an essential factor influencing the well-being and productivity of working women.

Women face multiple challenges while managing professional and personal responsibilities. However, supportive family environments and flexible workplace policies can help women maintain a healthy balance.

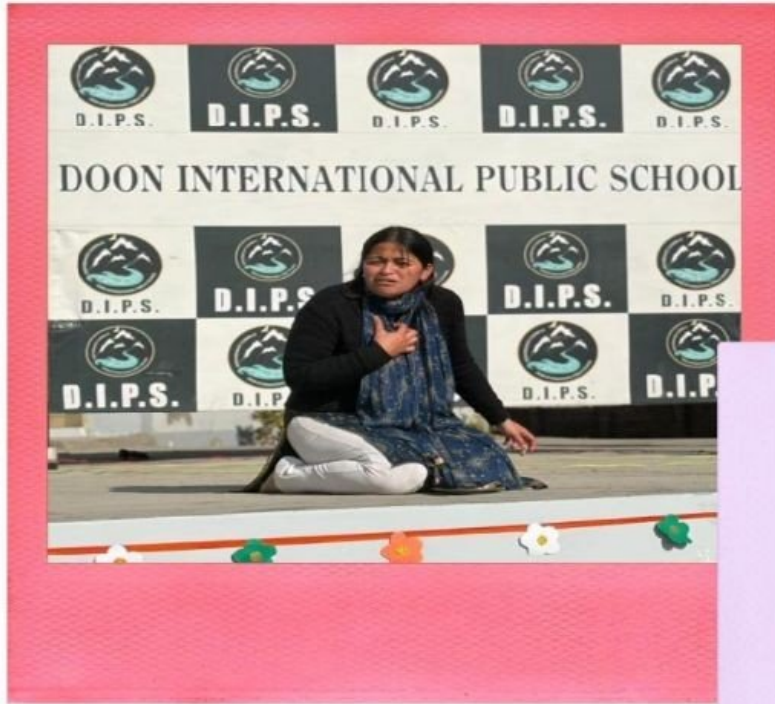
Organizations should take proactive steps to create a supportive environment for women employees by implementing flexible work arrangements, childcare facilities, and employee wellness programs.

Promoting work-life balance will not only improve women's mental health but also increase organizational productivity and overall social development.

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REPUBLIC DAY



CULTURAL SHIFT: CHANGING PERCEPTION OF WOMEN'S ROLE

Sarita

Abstract:

This research study explore the cultural shift in society and its impact on the changing perception of women's roles. Over time, society has witnessed a significant transformation in the roles and status of women. In traditional societies, women were largely confined to domestic responsibilities and were often excluded from education, employment, and decision-making processes. Their roles were defined by long standing cultural norms and patriarchal values that limited their opportunities and :taken place due to the spread of education, industrialization, globalization and the growing awareness of gender equality. These factors have contributed to redefining women's roles, enabling them to actively participate in social, economic, and political spheres. Today, women are not only contributing to family life but are also playing key roles in nation-buliding and development. Despite this progress, challenges such as gender discrimination, unequal opportunities, and deep-rooted social stereotypes still persist. This study aims to analyze the factors responsible for this cultural shift and assess its impact on society. It emphasizes the need for continuous efforts to promote gender equality, women empowerment, and inclusive development for a balanced and progressive society. Women are now independent, confident, and capable of making their own decisions. Despite this progress, challenges such as gender discrimination, unequal pay,and societal expectations still persist. This study highlights the importance of understanding these changes and encourage society to support equal opportunities for all genders. The changing perception of women's roles reflects a positive cultural transformation.

Key words : cultural shift, social change, women's rights.

Introduction:

From ancient times the role of women in society has been influenced by cultural beliefs, traditions and social norms. In many traditional societies women were mainly responsible for household duties, child caring, and supporting their families. Their participation in education, politics and economic activities was limited. Social systems were largely patriarchal where men held decision-making power and women were expected to follow predefined roles.

In today's time, women are working in many fields like education, business, politics, science and technology, they are becoming independent and confident. Media, modern education, globalization have played an important role in changing people's mindset. However, this change is not the same areas, especially rural regions, traditional beliefs and gender discrimination still exists. Many women still face challenges like unequal opportunities and social pressure. In many parts of society, especially in rural areas, traditional beliefs, gender discrimination, and social restrictions still exist. Women often face challenges like unequal opportunities, lack of freedom, and social pressure.

Need and importance

1. TO understand the transformation of women's role in society.
2. To promote gender equality and remove stereotypes.
3. To create awareness about women's empowerment.
4. It highlights the role of education in changing social attitudes.
5. To change mind set of society.

Research problem

Although society has progressed in many areas, women still face inequality and limited opportunities in various fields. Traditionally, women were expected to focus mainly on household responsibilities, but cultural change have expanded their roles into education, employment, politics. However, even with these changes, the perception of women's

role is not completely equal in all section of society. Many people still hold traditional beliefs.

Definition of operational words

1. Perception: It means the way people think about, understand a particular issue or role.
2. Women's role: Refers to the responsibilities, duties and position assigned to women in family, society and workplace.
3. Cultural shift: a cultural shift is the process by which society's way of thinking and living changes gradually.

Research Objectives

- To study the traditional roles assigned to women in society.
- To examine the concept of cultural shift in the context of gender roles.
- To analyze the impact of education on women's empowerment.
- To study women's participation in education, employment, decision-making.

Hypothesis

1. There is no significant change in society's perception of women's role due to cultural shift.
2. There is a significant cultural shift in society regarding the perception of women's roles.
3. The perception of women's roles is more progressive in urban areas compared to rural areas.

Limitation of study

- I. The study is done on a small number of people.
- II. It covers only one area or community.
- III. The study does not cover all age groups.

IV. Social changes are continuous, so results may change in the future.

Literature Review

Meaning: A literature review is a detailed study of previous research, books, articles, and reports to understand what has already been studied and what gaps still exist.

Need of Literature Review

1. To identify the challenges women still face in society.
2. To create awareness about gender equality.
3. To understand how society's thinking about women has changed over time.
4. To promote equal opportunities in family, workplace and society.

Indian Researchers

Mohan Roy(1829) : To reform social practices and improve the status of women in society. His efforts led to the abolition of sati and created awareness about women's rights.

Chowdhry(2000) : To analyze gender relations and social structure in rural India. She found that patriarchal tradition strongly influences women's roles, but modern changes are slowly challenging these norms.

Jain(2000) : to analyze women's contribution to the economy. She showed that women's economic participation increases their empowerment and social recognition.

Rambai(1882) : To uplift widows and promote women's education. It increased awareness about women's oppression and need for empowerment.

Foreign Researchers

Butler(1990) : To analyze gender as a social construct. Suggested that gender roles are performed based on social expectations, supporting cultural change.

Friedan(1963) : To study dissatisfaction among housewives in America. Found that limiting women to domestic roles caused frustration, encouraging career opportunities.

Beauvoir(1949) :To examine how society constructs women's identity. Concluded that gender roles are socially created, not natural.

Kabeer(2005) : To examine women's empowerment through economic participation. Concluded that economic independence increase women's decision-making power and social status.

Research Methodology

Research method : The survey method is used in this study. It helps to collect information directly from respondents about their views and attitudes. The population of the society includes male and female members of society from urban areas. A sample of 50 respondents is selected using sample random sampling method. The planning of study, preparation of tool, selection of sample, data collection.

Research Findings

The discussion of cultural shift in women's role focuses on how social attitudes and expectations about women have changed over time. Earlier societies were largely patriarchal, where women were expected to focus mainly on domestic responsibilities such as household work, childcare, and supporting the family.

Their participation in education employment, and decision-making was limited. In the contemporary period , women are increasingly participating in various fields such as education, politics science, sports and business. For example, leaders like India Gandhi demonstrated that women can hold the highest political position. Education and economic independence have played a major role in changing perceptions. When women gain education and employment opportunities, they become financially independent and more confident in making decision.

Conclusion

The cultural shift in the perception of women's roles represents a major transformation in society. In earlier times, women were mostly limited to household duties and had fewer opportunities for education, employment and decision-making. However with the progress and economic development, social awareness, and economic development, society has started recognizing the importance and capabilities of women in every field. And Today women are actively participating in education, employment, politics, and leadership roles. This transformation has been influenced by factors such as education, modernization, media and growing awareness about gender equality.

Despite this progress, challenges like gender discrimination, unequal opportunities, and social stereotypes still exist. However, continuous efforts by governments, educational institutions, and organizations like United Nations Women and National Commission for Women are helping to promote women empowerment and equal rights.

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2. *The Feminine Mystique-* by Betty Friedan(1963) - *Focuses on changing perceptions of women beyond domestic life.*

3. Feminist Theory- by bell hooks(1984) - *discusses cultural and social shifts in women's roles across society.*
4. Development as Freedom- by Amartya Sen(1999) - *women's empowerment with social and cultural development.*
5. Patriarchy - by V Geetha (2007) - *explains how traditional systems are changing in modern india.*
6. Understanding Gender- by Kamla Bhasin- *simple explanation of gender roles and how they evolve culturally.*
7. <https://www.unwomen.org> - research, reports, and case studies on women's changing roles globally.
8. <https://scholar.google.com> - research paper on cultural shift in women's roles.

CALENDERS

THEME 1: FOLK DANCES OF INDIA



THEME 2: TRADITIONAL JEWELLERY OF UTTARAKHAND



महिलाओं की स्थिति अपेक्षाकृत कमजोर हो गई और उनकी सामाजिक तथा सार्वजनिक जीवन में भागीदारी सीमित होती चली गई। इस काल में महिलाओं की शिक्षा, स्वतंत्रता और निर्णय लेने की क्षमता पर अनेक प्रकार की सामाजिक प्रतिबंध लगाए गए, जिसके परिणामस्वरूप वे सामाजिक और आर्थिक गतिविधियों से धीरे-धीरे दूर होती गई।

आधुनिक काल में शिक्षा के प्रसार, औद्योगिकीकरण, लोकतांत्रिक मूल्यों के विकास तथा सामाजिक सुधार आंदोलनों के कारण महिलाओं की स्थिति में धीरे-धीरे परिवर्तन आने लगा। महिलाओं को शिक्षा प्राप्त करने, रोजगार के अवसरों में भाग लेने और आर्थिक रूप से आत्मनिर्भर बनने का अवसर मिलने लगा। आज महिलाएँ प्रशासन, शिक्षा, विज्ञान, चिकित्सा, व्यापार, सूचना-प्रौद्योगिकी और राजनीति जैसे अनेक क्षेत्रों में सक्रिय भूमिका निभा रही हैं और समाज के विकास में महत्वपूर्ण योगदान दे रही हैं।

फिर भी कार्यस्थल पर महिलाओं को कई प्रकार की चुनौतियों और संघर्षों का सामना करना पड़ता है। लैंगिक भेदभाव, वेतन में असमानता, पदोन्नति के सीमित अवसर, कार्यस्थल पर असुरक्षा तथा पारिवारिक और व्यावसायिक दायित्वों के बीच संतुलन स्थापित करने की कठिनाइयाँ आज भी महिलाओं के सामने प्रमुख समस्याओं के रूप में विद्यमान हैं।

इस प्रकार कार्यस्थल पर महिलाओं की स्थिति, उन्हें प्राप्त होने वाले अवसर, उनके सामने आने वाले संघर्ष और लैंगिक समानता से जुड़े प्रश्नों का अध्ययन अत्यंत महत्वपूर्ण हो जाता है। यह अध्ययन न केवल महिलाओं की वर्तमान परिस्थितियों को समझने में सहायक है, बल्कि एक ऐसे समाज और कार्यस्थल के निर्माण की दिशा में भी मार्गदर्शन प्रदान करता है जहाँ महिलाओं को समान अधिकार, सम्मान और अवसर प्राप्त हो सकें।

The study concludes that women's struggles in India represent a continuous historical process, where past social structures continue to shape present realities. Understanding this connection is essential for explaining why gender inequality persists despite progress. It also emphasizes that many contemporary challenges are not new, but are transformed expressions of deeply rooted historical norms.

Keywords

Women's Struggle, Patriarchy, Gender Inequality, Social Reform, Women Empowerment, Historical, Contemporary.

Introduction

Background

The status of women in Indian society has been shaped by social traditions, cultural norms, and institutional structures throughout history. In earlier periods, patriarchal systems defined gender roles that limited women's participation in education, economic activities, and public decision-making. Cultural traditions reinforced the belief that women should primarily perform domestic responsibilities while men held authority in social and family institutions.

These traditional structures were supported by social practices and customs such as early marriage practices and other traditional expectations that often

restricted women's mobility, independence, and access to resources. As a result, women's roles were largely confined to the private sphere, and their participation in public life remained limited for a long time.

During the nineteenth century, social reform movements began to challenge these restrictions. Reformers emphasized the importance of women's education and criticized social customs that limited women's opportunities. These movements gradually contributed to changes in social attitudes regarding women's roles in society.

Women also played an important role in the nationalist movement, which expanded their participation in public and political life. Their involvement in social and political activities strengthened demands for equality and reform.

After independence, the Indian Constitution introduced legal provisions aimed at promoting equality and women's empowerment. Educational opportunities expanded and women increasingly entered professional and political fields. However, despite these developments, women continue to face challenges related to discrimination, unequal opportunities, and social expectations. In recent times, new challenges such as workplace inequality and issues related to women's participation in digital spaces have also emerged, reflecting the continuing influence of historical gender norms. This connection highlights the deep rooted nature of present gender inequalities in society.

Need of the Study

The study of women's struggles across time is crucial for understanding the historical roots of gender inequality in Indian society. Contemporary challenges are closely linked to earlier social norms and institutional structures. Examining women's experiences across different periods provides insight into the role of social reforms, education, and legal changes in improving women's status, while also identifying persistent issues in modern society. This analysis highlights the connection between past and present conditions, emphasizes the importance of gender equality, and supports policies for women's empowerment.

Research Problem

To examine how women in India continue to face inequality despite reforms and legal rights, and to understand the influence of historical social structures on present gender relations. The study analyzes how patriarchal traditions shape women's experiences and explores the link between past structures and contemporary conditions of women.

Research Objectives

The objectives of this study are:

1. To examine the historical roots of women's oppression in Indian society.

2. To analyze the role of social reform movements in improving women's status.
3. To study changes in women's social position after independence.
4. To examine challenges faced by women in contemporary Indian society.
5. To understand the relationship between historical social structures and present gender inequality.

Definition of operating words

Patriarchy : A social system in which men hold primary authority in family and social institutions.

Women's Struggle : The efforts and challenges faced by women in seeking equality and rights in society.

Gender Inequality : Unequal opportunities and treatment experienced by individuals based on gender.

Women Empowerment : The process through which women gain greater access to education, resources, and decision-making power.

Social Reform : Efforts aimed at improving social conditions and promoting equality.

Hypothesis

1. Present challenges faced by women in Indian society are influenced by historical patriarchal structures.

2. Social reforms improved women's status, but traditional gender norms continue to affect their opportunities.
3. Education and participation have improved women's position, yet gender inequality still persists.
4. Post independence changes increased opportunities but did not remove inequality.
5. Historical social structure influence present gender inequality.

Limitations of the Study

1. The study focuses mainly on women in Indian society and does not include experiences of women from other countries.
2. The research examines selected historical contexts and scholarly discussions of women's struggles.

Literature Review

Meaning of Literature Review

A literature review refers to the examination and analysis of existing research and scholarly writings related to a particular topic.

Need of Literature Review

1. It helps the researcher understand existing knowledge and previous studies related to the research topic.

2. It provides a foundation for the study and helps in identifying gaps or areas for further research.

Literature Review

Indian Researchers

1. **Chakravarti (1993)** : Examined caste and patriarchy, showing how historical social structures shaped women's roles and inequality.
2. **Sangari and Vaid (1989)** : Analyzed women's position in colonial India and the role of social reforms.
3. **Sarkar (2001)** : Studied women's participation in the nationalist movement and its impact on public roles.
4. **Menon (2012)** : Discussed contemporary gender issues and how traditional norms still influence women's lives.
5. **Kaur (2020)** : Highlighted modern challenges such as workplace inequality and gender-based discrimination in contemporary Indian society.

Foreign Researchers

6. **Forbes (1996)** : Studied women's history in India and their transition to public participation.
7. **Omvedt (2010)** : Examined women, caste, and social movements, showing continued influence of historical inequalities.

8. Kabeer (2015) : Focused on women's empowerment in South Asia and the role of social and economic factors in modern contexts.

9. Cornwall (2016) : Studied gender equality and emphasized how social norms influence women's opportunities in modern societies.

10. Nussbaum (2016) : Discussed women's rights and capabilities, highlighting the importance of social justice in improving women's condition.

Research Methodology

Research Method

The present study follows a descriptive qualitative research method. It is based on the analysis and interpretation of existing literature and scholarly studies related to women's history and gender issues.

Population

Women in Indian society whose experiences of gender inequality are discussed across different historical periods, including contemporary society.

Administration

The research was conducted through the following steps:

1. Selection of relevant books and research papers.
2. Collection of information from different sources.
3. Study and analysis of the collected material.

4. Interpretation of findings to understand the topic.

Research Findings

The analysis of the collected data reveals following findings:

1. Patriarchal traditions limited women's roles in society.
2. Social reforms improved awareness of women's rights.
3. Nationalist movements increased women's participation.
4. Traditional norms still influence social attitudes.
5. Issues like workplace inequality and harassment continue.

Discussion

The analysis shows that the present condition of women in Indian society is influenced by historical social structures.

1. Historical Patriarchy and Gender Roles

Patriarchal traditions defined women's roles mainly within the domestic sphere and restricted their participation in education, economic activities, and decision-making. These norms became deeply rooted in society.

2. Influence of Social Reform Movements

Social reform movements challenged oppressive practices and promoted women's education and rights. These efforts contributed to gradual improvements in women's social status.

3. Impact of Post-Independence Developments

Constitutional rights and government policies improved women's access to education, employment, and political participation, leading to significant progress.

4. Persistence of Traditional Norms

Despite progress, traditional gender expectations still influence social attitudes. Women are often expected to balance domestic responsibilities along with professional roles.

5. Contemporary Challenges

Modern issues such as workplace inequality, unequal opportunities in leadership, and social pressure reflect the continued influence of historical gender norms.

6. Women in Public and Digital Spaces

As women participate more in public and digital platforms, they sometimes face challenges such as harassment and resistance, showing how past attitudes appear in new forms.

7. Continuity of Gender Inequality

Despite progress in laws and opportunities, gender inequality still persists in various forms, showing that historical influences have not been completely eliminated.

Conclusion

The study concludes that women's struggles in Indian society are deeply rooted in historical social structures. Patriarchal traditions established in earlier periods continue to influence women's roles and position in contemporary society. Although social reforms, education, and legal rights have improved women's status, gender inequality still persists.

This clearly shows that present challenges are a continuation of historical patterns rather than independent issues. Therefore, addressing gender inequality requires not only legal reforms but also changes in social attitudes and traditional norms. Understanding this connection is essential for achieving true gender equality.

Thus the study emphasizes that without addressing deep-rooted cultural beliefs and societal expectations, true equality will remain incomplete.

Continuous awareness, education, and collective social effort are essential to break these long-standing patterns. Only through such sustained change can a truly balanced and equitable society be achieved. Ultimately, bridging the gap between past and present is essential for meaningful social transformation. The study highlights that lasting change can only occur when historical inequalities are consciously challenged and redefined. This understanding paves the way for a more inclusive and progressive future for women in society.

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SARASWATI VANDANA

DANCE PERFORMANCE



Digital Feminism and Online Movements

Deepa

Abstract

Digital feminism represents a contemporary evolution of feminist activism that utilizes digital technologies and online platforms to advocate for gender equality, challenge patriarchal norms, and amplify marginalized voices. With the rapid growth of social media applications such as Twitter (X), Instagram, and Facebook, feminist movements have expanded beyond traditional forms of protest into virtual spaces, enabling real-time communication, global participation, and widespread awareness. This study examines the concept, development, and impact of digital feminism and online movements, highlighting their role in shaping public discourse and influencing social and political change.

The research is based on a descriptive and analytical approach using secondary data from journals, articles, and case studies. It explores prominent online campaigns such as the MeToo movement and Pinjra Tod, which have demonstrated the power of digital platforms in exposing gender-based violence and challenging systemic inequalities. These movements have not only provided safe spaces for individuals to share their experiences but have also contributed to policy discussions and institutional accountability.

The findings of the study indicate that digital feminism has significantly increased the visibility of gender issues, encouraged participation from diverse groups, and fostered global solidarity. However, it also faces challenges such as cyber harassment, digital divide, performative activism, and lack of inclusivity for marginalized communities. Despite these limitations, digital feminism continues to be a transformative force in modern activism.

The study concludes that the integration of online and offline feminist efforts is essential for achieving sustainable social change. Strengthening digital literacy, ensuring online safety, and promoting inclusive participation are key to enhancing the effectiveness of digital feminist movements in the future.

Keywords

Digital Feminism, Online Activism, Hashtag Feminism, Cyber Feminism, Gender quality, Social Media Movements.

Introduction

Background

Feminism has historically evolved through multiple phases, each addressing different dimensions of gender inequality and women's rights. From early struggles for legal rights and suffrage to later movements focusing on workplace equality and social justice, feminist activism has continuously adapted to changing social contexts. In recent years, the rapid development of digital technology and the widespread use of the internet have led to the emergence of digital feminism, a form of activism that operates primarily through online platforms. This shift marks a significant transformation in how feminist ideas are communicated, shared, and mobilized across societies.

The background of digital feminism can be traced to the rise of the internet in the late 20th and early 21st centuries, which created new spaces for interaction and expression. With the increasing popularity of social media platforms such as Facebook, Twitter (X), and Instagram, individuals gained the ability to connect beyond geographical boundaries and participate in global conversations. These platforms have become powerful tools for feminist activism, allowing users to share personal experiences, challenge discriminatory practices, and organize campaigns with unprecedented speed and reach.

Digital feminism gained global recognition through online movements such as the MeToo movement, which highlighted the widespread nature of sexual harassment and assault, encouraging survivors to speak out. Similarly, initiatives like Time's Up have focused on addressing workplace inequality and promoting accountability. In the Indian context,

movements such as Pinjra Tod have used digital platforms to challenge restrictions on women's freedom and advocate for equal rights in educational institutions and public spaces. These examples illustrate how online activism has become a crucial component of contemporary feminist movements.

The integration of digital tools into feminist activism has expanded opportunities for participation and visibility. Individuals who may not have access to traditional forms of activism due to social, cultural, or geographical barriers can now engage in online discussions and campaigns. Digital platforms also facilitate the rapid dissemination of information, making it easier to raise awareness about gender issues and mobilize support for collective action. However, the increasing reliance on digital spaces also introduces new challenges, including cyber harassment, misinformation, and unequal access to technology, commonly referred to as the digital divide.

Need and Importance of the Study

The study of digital feminism and online movements has become increasingly important in the contemporary digital era. As technology reshapes communication and activism, understanding how feminist ideas operate in online spaces is essential for academic, social, and policy-related purposes.

1. To understand how digital platforms support feminist activism.
2. To examine the role of social media in raising awareness about gender issues.
3. To analyze the influence of online movements on social change.
4. To explore both the opportunities and challenges of digital activism.
5. To highlight how technology empowers women to express their voices.

Research Problem

Digital feminism and online movement has become powerful tools for raising awareness about gender equality and women's rights. However, despite their growing influence, the effectiveness of these online movements in bringing real social change remains uncertain. Many activists face issues such as online harassment, misinformation and limited digital

access. These challenges raise questions about the impact and sustainability of digital feminism activism.

Research Objectives

1. To understand the concept of digital feminism.
2. To examine the role of online movements in promoting gender equality.
3. To analyze the impact of social media on feminist activism.
4. To identify the advantages and challenges of digital feminism.
5. To study the participation of women and marginalized groups in digital feminist spaces.

Definitions of Operating Words

Digital Feminism: “The use of digital platforms and technology to promote women’s rights and challenge gender inequality.”

Online Activism: “The practice of using the internet and social media to raise awareness and advocate for social or political change.”

Hashtag Feminism: “A form of digital activism where hashtags are used to spread feminist messages and mobilize support.”

Cyber Feminism: “An approach that explores how technology and cyberspace can challenge patriarchy and empower women.”

Gender Equality: “The state in which all genders have equal rights, responsibilities and opportunities in society.”

Hypothesis

1. Digital platforms play a significant role in spreading feminist awareness.
2. Online movements contribute to social and cultural change regarding women's rights.

3. Participation in digital feminist movements is higher among urban and educated women compared to rural populations.
4. Cyber harassment and online trolling negatively affect women's participation in digital feminist spaces.

Limitations of Research

1. Limited access to primary data due to online policies and privacy concerns.
2. Difficulty in measuring the direct impact of online movements on policy change.
3. The study mainly focuses on social media platforms and may not include all forms of digital communication.
4. The research mainly relies on secondary sources such as books, articles and online materials.

Literature Review

Meaning of Literature Review

Literature review refers to the systematic examination of published scholarly works and previous studies related to the research topic. It helps in understanding the current state of knowledge, identifying gaps, and building a foundation for new research.

Need of Literature Review

1. It helps researchers understand what has already been studied.
2. It prevents duplication of previous research.
3. It identifies theoretical frameworks that guide the current study.
4. It highlights trends, issues, and gaps in existing research.
5. Prevents repeating the same work that has already been done by other research.
6. To improve research design.
7. To provide academic credibility.

Literature Review

Indian Researchers

1. **Sharma & Kulkarni (2025)** : Studied digital feminist campaigns in India and their role in spreading awareness about gender issues.
2. **Rao (2024)** : Analyzed the Indian impact of the MeToo movement on institutional accountability.
3. **Banerjee & Singh (2023)** : Examined the role of the Pinjra Tod movement in challenging patriarchal norms.
4. **Iyer (2022)** : Focused on inclusivity and participation in online feminist activism in semi-urban India.
5. **Thomas (2021)** : Studied the effectiveness of hashtag feminism in raising gender awareness in India.

Foreign Researchers

6. **Johnson (2025)** : Explored intersectionality and representation in global digital feminist movements.
7. **Martinez (2024)** : Analyzed the influence of social media activism on gender equality policies in Europe.
8. **Chen (2023)** : Studied digital feminist resistance in restrictive online environment.
9. **Williams & Keller (2022)** : Investigated global hashtag movements such as Time's Up and their impact.
10. **Menes, Ringrose & Keller (2021)** : Researched how digital feminism challenges online misogyny and supports survivors.

Research Methodology

Research Method

The study follows a descriptive research method, where qualitative and quantitative data from secondary sources were analyzed to understand the trends, impacts, and limitations of digital feminism.

Population

The population for this study includes all online feminist movements, digital platforms, and social media campaigns related to gender activism worldwide.

Research Administration

The research was conducted through the following steps:

1. Identification of relevant literature.
2. Collection of data from journals and online sources.
3. Analysis of case studies and digital initiatives.
4. Interpretation of findings related to women's empowerment.

Research Findings

The analysis of the collected data revealed the following findings:

1. Digital media has transformed feminist activism.
2. Online movements create global awareness and solidarity.
3. Digital feminism empowers marginalized voices.
4. It faces challenges like cyber harassment and digital divide.
5. Online and offline activism are interconnected.

Research Discussion

The analysis of research data showed the following:

1. Transformation of Feminist Activism

Digital platforms have transformed traditional feminism into a more accessible and widespread movement. Social media enables rapid sharing of ideas, allowing feminist discourse to reach global audiences instantly.

2. Role of Social Media Platforms

Platforms like Instagram, Twitter, and Facebook act as powerful tools for awareness, mobilization, and advocacy. Hashtags such as #MeToo and #TimesUp have amplified women's voices and brought attention to gender-based issues.

3. Increased Participation and Inclusivity

Digital feminism encourages participation from diverse groups, including marginalized communities. It allows individuals to express their experiences without geographical or social barriers.

4. Awareness and Consciousness Building

Online movements play a crucial role in educating society about gender equality, patriarchy, and women's rights. They help in shaping public opinion and promoting critical thinking.

5. Challenges of Digital Divide

Despite its reach, digital feminism excludes those without internet access or digital literacy, especially in rural and underprivileged areas, limiting its inclusivity.

6. Online Harassment and Backlash

Women activists often face trolling, cyberbullying, and threats online. This creates a hostile environment and can discourage participation in digital movements.

7. Impact on Policy and Social Change

Digital feminist movements have influenced legal reforms and institutional changes by putting pressure on governments and organizations through mass awareness and public support.

8. Criticism of Slacktivism

Critics argue that online activism sometimes lacks real-world impact, with users engaging superficially (liking, sharing) without meaningful action.

Conclusion

Digital feminism and online movements have significantly reshaped the landscape of contemporary feminist discourse by utilizing technology as a powerful tool for advocacy, awareness, and social change. The rise of digital platforms has enabled women and marginalized groups to voice their experiences, challenge patriarchal norms, and demand equality in ways that were previously limited by geographical and social boundaries. These movements have democratized participation, allowing individuals from diverse backgrounds to contribute to feminist conversations and create a collective voice for change.

One of the most important contributions of digital feminism is its ability to bring hidden issues into the public sphere. Campaigns and online discussions have highlighted critical concerns such as gender-based violence, workplace discrimination, and social inequality. By amplifying these issues, digital feminism has not only increased awareness but has also influenced public opinion and policy-making processes. Governments and institutions are increasingly being held accountable due to the pressure created by online activism.

However, despite its many advantages, digital feminism also faces several challenges. The digital divide remains a significant barrier, excluding individuals who lack access to technology or digital literacy. Additionally, the rise of online harassment and cyberbullying poses a threat to the safety and participation of women in digital spaces.

In conclusion, digital feminism and online movements have emerged as transformative forces in the fight for gender equality. While challenges persist, their ability to mobilize people, spread awareness, and influence change cannot be overlooked. The future of feminism lies in effectively combining digital activism with offline efforts to create a more just, equal, and inclusive society.

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YOGA SESSION



Impact of Social Media on Women Identity

Aakansha Gupta

Abstract

Social media has become an important part of modern society and plays a significant role in shaping the thoughts, attitude and identities of an individual. Among different groups in society women are one of the most active users of social media platforms such as Instagram, Facebook, Twitter and YouTube. These platforms provide opportunities for communication, self-expression and sharing personal experiences. At the same time, they also influence how women perceive themselves and how they present their identity to others. The present study aims to examine the impact of social media on women's identity and to understand how these digital platforms affect women's self-image, confidence and social roles.

The study focuses on understanding both the positive and negative influences of social media on women. On the positive side, social media provide women with a platform to express their opinions, share their achievements and raise awareness about social issues. On the negative side continuous exposure to idealized images and lifestyle on social media may create unrealistic expectations related to beauty, success and personal life. Many women may compare themselves with others which can affect their self-image and confidence. In some cases women may also experience online criticism, negative comments or cyberbullying which influence their perception of themselves and their identity.

Overall the study concludes that Social Media has both positive and negative effects on women's identity in society. While it provides opportunities for expression, awareness it also created challenges related to self-image and social comparison. Therefore it is important for women to use social media in a balanced and responsible way so that it contribute

positively to their personal development and identity formation in society.

Keywords - Social Media, Women-Identity, Self-image, Digital Society, Self awareness

Introduction

In the modern digital era, Social Media has become an important part of everyday life. Platforms such as Instagram, Facebook, Twitter and YouTube have transformed the way people communicate, share information and express their ideas. Social Media allows individuals to interact with others across the world and present their thoughts, experiences and identities in the online environment. As technology continues to develop, Social Media has become a powerful tool that influences people's attitude, behaviors and perceptions.

Women are amongst the most active user of social media platforms. They uses these platforms for communication, sharing personal experiences, gaining information and building social connections. Social Media provides opportunities for women to express their opinions, promote their talent and participate in discussion related to social and cultural issues. Through these digital platforms women can also raise awareness about topic such as gender equality, education and women's rights.

However Social Media also has some certain negative influences. Continuous exposure to idealized images and lifestyle may create unrealistic expectations about beauty and success. Women may sometime compare themselves with others on social media which can affect their self-image and confidence. In addition negative comments, online criticism or cyber bullying may also influence how women perceive their identity.

Therefore it is important to understand the impact of social media on women's identity. The present study focuses on examining how social media influences women's self-perception, confidence and social identity in society

Need and Importance of the Study

1. Social Media has become a major platform for communication and self-expression among women.
2. It helps in understanding how online platforms influence women's self-identity.
3. The study highlights the role of social media in women's development.
4. It helps in identifying the negative effects such as body image, pressure and online harassment.
5. The research creates awareness about responsible use of social media.
6. It helps educators and parents understand the psychological effect on women and girls.
7. The study contributes to knowledge about gender representation in digital media.
8. It helps women recognize the influence of social comparison.
9. It provides insight into how social media can support women's education and career.
10. It encourages the development of a healthier online environment for women.

Research Problem

Social Media plays an important role in shaping women's identity but it may also create unrealistic expectations and social pressure. The research problem of this study is to examine how social media influences women's self-image, self-awareness and social identity.

Definition of Operational Words

1. Social Media - Online platforms such as Instagram, Facebook and Twitter that allow users to share information, communicate or create content.
2. Women's Identity - The perception of women about themselves including their self-image, roles, values and personality.
3. Self-image - The way a person views their physical appearance and personal

qualities.

4. Self-awareness - The ability of women to understand their own thoughts, feelings and identity through social media interaction.

Research Objectives

1. To study the concept of women's identity in digital age.
2. To analyzed the positive impact of social media on women's identity.
- 3.To examine the negative effects of social media on women's self-image.
- 4.To understand how social media influences women's confidence and social roles.
- 5.To suggest ways to use social media positively for women's development.

Hypotheses

1. Social Media significantly influences the identity of women.
2. Social Media has both positive and negative effects on women's self-image.
3. Excessive use of social media may negatively affect women's self-confidence.

Limitation Of The Study

1. The study is limited to general observations and available literature.
2. The research focuses mainly on women who actively use social media.
3. The findings may vary according to age, culture and educational background.
4. Time and resources limitation restricted to a broader data collection .

Literature Review

Literature review refer to the study and analysis of previous research related to the topic. It helps researcher understand the exsisting knowledge and Identify research gaps. Many researcher have studied the relationship between Social Media and Women's Identity

Kaplan and Hamelin (2010) explained that social media is a group of internet based applications that allow users to create and exchange content. Their study highlighted that Social Media has become an important platform where individuals construct and present their identities.

Smith (2016) studied the role of social media in shaping women's identity. The research found that social media allows women to express their ideas, share experiences and participate in social discussion which help in developing their identity and society.

Johnson (2017) examined the relationship between social media usage and women's self-image. The findings revealed that frequent exposure to edit images and beauty standard on social media may negatively influence on women's self confidence and body images.

Brown (2018) conducted research on gender representation in social media. The study showed that social media sometimes reinforces traditional stereotypes about women but it also provides opportunities for women to challenged these stereotypes.

Taylor (2019) analyzed the influenced of social networking sites on young women. The study found that social media helps young women develop social awareness and communicate their opinions about social and cultural issues.

Lee (2020) studied how social media contributes to women's professional identity. The research showed that social media platforms provide opportunities for women to promote their work develop professional networks and create career opportunities.

From the above studies it can be concluded that social media plays an important role in shaping women's identity while it provides opportunities for self- expression and awareness it may also create challenges related to body image and online criticism.

Research Methodology

Research Methodology refer to systematic procedure used by the researcher to conduct the study and collect relevant information about the research problem. The present study I

based on descriptive research method. This method help in describing and analyzing the impact of social media women's identity.

The population of the study includes women who actively uses social media platforms such as Instagram, Facebook and other online platforms. The researcher explains the purpose of the study to the participants and requested them to share their opinions and experiences related to the impact of social media on women identity. There responses were collected carefully. The collected information was organized and analyzed to understand the influence of social media on women identity.

Research Findings

The findings of the present study shows that social media has a significant influence on women's identity. Most women used social media platform to express their thoughts, share their experiences and present their self-image to others. Social Media also helps women connect with different communities and gain awareness about social and cultural issues. Many respondents believe that social media increase confidence and provides opportunities for learning and communication. However the study also found that continuous exposure to idealized images and online comparison may sometime affect women's self-image and create pressure to maintain certain appearance. In addition some women reported negative experiences such as criticism or online harassment. Overall , the findings indicate that social media has both positive and negative effect on the formation of women's identity in society.

Analysis

The analysis of the collected data indicates that social media has strong influence on women identity and of its effect appear to be negative. Most respondents reported that they use social media regularly but constant exposure to idealized images and lifestyle often creates pressure to maintain a certain appearances. Many respondents also says they use social media platforms regularly to communicate, share their ideas and present their

communication . Overall the analysis suggest that social media has both positive andnegative influence on identity and self perception of women.

Conclusion

The present study concludes that social media has a significant influence on women's identity. It provides platform where women can share their ideas, opinions and experiences with a wider audience. Social Media also help women connect with others and gain awareness about different social and cultural issues. However the study also reveals that excessive use of social media can negatively affect women's self-image and confidence. Constant comparison with others and exposure to idealized images may create pressure related to appearance and lifestyle . Therefore it is important for women to use social media in a balanced and responsible way.

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CULTURAL DANCE PERFORMANCE (UTTARAKHAND)



Body Politics and Beauty Standards in the Digital Age

Priya Raturi

Abstract

The rapid growth of digital technology has significantly transformed body politics and beauty standards in contemporary society. The digital age has created new spaces where ideas of beauty are shaped, shared, and reinforced through social media platforms such as Instagram, You Tube, and TikTok. This research paper examines how digital media acts as a powerful force in influencing body image, self-perception, and identity among youth. The study explores the role of digital platforms, beauty filters, edited images, influencer cultures, and algorithm-driven content in constructing and promoting modern beauty ideals.

The research uses a descriptive method and is based on secondary data collected from books, research journals, and relevant online sources from both Indian and international perspectives. The findings reveal that digital media often promotes unrealistic and narrow beauty standards such as slim body types, flawless skin, and fair complexion, leading to body dissatisfaction, comparison, and reduced self-confidence among users.

However, the study also highlights the positive role of digital platforms in encouraging movements such as body positivity and body acceptance, which promote inclusivity and challenge traditional norms. The paper concludes that while digital media can reinforce harmful beauty ideals, it also provides opportunities for awareness and social change, emphasizing the need for digital literacy and more diverse representation.

Keywords

Digital Age, Body Politics, Beauty Standards, Social Media, Body Image, Body Positivity, Digital Media, Youth, Self-Perception, Representation.

Introduction

Background

Throughout history, the human body has been shaped and controlled by social, cultural, and political forces. Beauty standards have varied across time and cultures, often reflecting power structures related to gender, class, and race. However, the emergence of digital technology has significantly transformed how bodies are represented and perceived in contemporary society. Social media platforms such as Instagram, Youtube, and TikTok have created new spaces where beauty ideals are constantly produced, shared and normalized.

Digital media has become a powerful tool in shaping body image and self-perception, especially among youth. Features such as photo-editing tools, filters, and influencer content promote highly idealized and often unrealistic images of beauty. These platforms encourage comparison and validation through likes, comments, and followers, which can influence individuals' confidence and identity. Studies suggest that constant exposure to such content affects how people evaluate their own appearance and body image.

In recent years, digital culture has also played a role in reinforcing as well as challenging traditional beauty standards. While dominant ideals such as slim bodies, flawless skin, and fair complexion continue to be widely promoted, there has been rise in movements advocating body positivity and inclusivity. Social media campaigns and online communities have provided a platform for individuals to challenge stereotypes, celebrate diversity, and redefine beauty in more inclusive ways.

Need and Importance of the study

Despite increasing awareness about body image and self-acceptance, unrealistic beauty standards continue to exist in society. Individuals, especially youth, face pressure to look a certain way due to the influence of social media and digital platforms. In this context, digital media has emerged as a powerful force in shaping body politics and beauty standards.

The importance of studying body politics and beauty standards in the digital age lies in the following aspects:

1. To understand how digital media influences individuals' body image and self-perception.
2. To analyze the role of social media in promoting and reinforcing beauty standards.
3. To explore the impact of digital content on individuals' confidence and social behavior.
4. To identify the challenges related to unrealistic beauty expectations in the digital age.

Research Problem

To examine how digital media in the modern age influences body politics and beauty standards, and to analyze its impact on body image, self-perception, and social behavior among individuals.

Research Objectives

The objective of the study are:

1. To examine the concept of body politics in the digital age.
2. To analyze the role of social media in shaping beauty standards.
3. To study the impact of digital beauty ideals on body image and self-confidence.

4. To explore the influence of filters, influencers, and online content on self-perception.
5. To identify the role of body positivity movements in challenging traditional beauty standards.

Definition of operative words -

Body Politics : Social & Political control over bodies and appearance.

Beauty Standards : Culturally defined ideals of physical attractiveness.

Digital Age : The period characterized by widespread use of digital technology & the internet.

Body Positivity : A movement advocating acceptance of all body types.

Hypothesis

- 1 : Digital media has a significant influence on shaping beauty standards among individuals.
- 2 : Exposure to social media content leads to increased body comparison and body dissatisfaction among youth.
- 3 : The use of filters and edited images on digital platforms negatively affects self-perception and self-confidence.
- 4 : Body positivity movements on social media have a positive impact on promoting acceptance of diverse body types.

Limitations of the Research

1. The study is based only on **secondary data** such as books, journals, and online sources.
2. The study mainly focuses on **youth and social media users**, so results may not apply to all age groups.
3. The research is limited to **digital platforms** and does not include traditional media in detail.
4. The study does not include **primary data** collection such as surveys or interviews.

Literature Reviews

Meaning of Literature Review

A Literature Review is a systematic study and analysis of previously published research, books, articles, reports, and scholarly work related to a particular research topic.

Need of Literature Review

1. To understand previous research related to the topic
2. To identify gaps in existing studies
3. To avoid duplication of research work
4. To provide a theoretical base for the study
5. To help in framing research objectives and hypothesis

6. To gain better understanding of key concepts

Literature Reviews

Indian Researchers

1. **Kaur and Sharma (2024)** : Their research on social media platforms revealed that digital content and influencers significantly shape beauty standards and increase body comparison among youth. (Kaur and Sharma, 2024)
2. **Singh (2023)** : Emphasized the impact of beauty filters and edited images in creating unrealistic body ideals among Indian users. (Singh, 2023)
3. **Patel (2022)** : Highlighted how frequent exposure to idealized images on Instagram affects self-esteem and body satisfaction among adolescents. (Patel, 2022)
4. **Verma (2021)** : Found that digital advertisements and influencer culture promote slim body types and fair skin as dominant beauty standards. (Verma, 2021)
5. **Gupta (2020)** : Argued that social media plays a major role in shaping body image perceptions and reinforcing traditional beauty norms. (Gupta, 2020)

Foreign Researchers

6. **Rodgers (2023)** : Emphasized the influence of social media on body image, stating that idealized online content increases body dissatisfaction among users. (Rodgers, 2023)
7. **Fardouly and Vartanian (2019)** : Found that social networking sites encourage appearance comparison, leading to negative body image. (Fardouly & Vartanian, 2019)
8. **Tiggerman (2017)** : Described how image-based platforms like Instagram intensify pressure to meet unrealistic beauty standards. (Tiggerman, 2017)
9. **Perloff (2014)** : Examined how social media contributes to self-objectification and promotes narrow beauty ideals among young women. (Perloff, 2014)
10. **Butler (2004)** : Explained gender as performance, highlighting how identity and body representation are shaped through social and digital contexts. (Butler, 2004)

Research Methodology

Research Method

The presents study uses a **descriptive and analytical research method**. It analyzes existing literature, research articles, and online sources to understand the impact of digital media on body politics and beauty standards.

Population

Youth aged 15-30 who actively use social media and digital platforms.

Research Administration

The research was conducted through the following steps:

1. Identification of relevant literature related to body image and beauty standards.
2. Collection of data from research journals, books, and online sources.
3. Analysis of digital media content such as social media platforms and influencer trends.
4. Interpretation of findings related to body image, self-perception, and beauty standards.

Research Findings

The analysis of the collected data revealed the following findings:

1. Digital media promotes idealized and unrealistic beauty standards.
2. Social media increases body comparison and body dissatisfaction among youth,
3. Filters and edited images negatively affect self-confidence and self-perception.
4. Influencer culture plays a major role in shaping modern beauty ideals.
5. Body positivity movements on digital platforms encourage acceptance of diverse body types.

Research Discussion

The digital age has significantly influenced how individuals perceive their bodies and beauty standards across the world. Social media platforms provide users

with spaces to create and share content, but they also promote idealized images that shape body politics and self-identity.

1. Social Media Influencers and Beauty Ideals

Influencers on platforms like Instagram and YouTube promote specific beauty standards such as slim bodies, flawless skin, and perfect features, which influence followers' perceptions of attractiveness.

2. Use of Filters and Photo Editing Tools

Digital tools and filters allow users to alter their appearance, creating unrealistic beauty expectations and encouraging comparison among individuals.

3. Algorithm and Content Visibility

Social Media algorithms promote content that aligns with conventional beauty standards, making such images more visible and influential among users.

4. Body Positivity Movement

Online campaigns such as body positivity encourage acceptance of diverse body types and challenge traditional beauty norms, promoting inclusivity and self-confidence.

5. Impact on Mental Health

Continuous exposure to idealized images leads to body dissatisfaction, anxiety, and reduced self-esteem, especially among young users.

These examples demonstrate that digital media plays a significant role in shaping and reinforcing beauty standards in modern society.

However, digital platforms also present challenges such as unrealistic expectations, body shaming, cyberbullying, and pressure to conform to idealized appearances.

Addressing these issues is important for promoting a healthier and more inclusive understanding of beauty.

Conclusion

The digital age has significantly transformed the way body politics and beauty standards are understood in contemporary society. Digital media acts as a powerful force in shaping perceptions of beauty by influencing how individuals view themselves and others. Social media platforms, online content, and digital tools have created new spaces where beauty ideals are produced, shared, and normalized.

Digital platforms, filters, and influencer culture have contributed to the promotion of idealized and often unrealistic beauty standards. These developments have increased awareness about appearance but have also led to issues such as body dissatisfaction and comparison. At the same time, movements promoting body positivity and inclusivity demonstrate how digital media can challenge traditional norms and encourage acceptance of diverse body types.

However, challenges such as unrealistic expectations, body shaming, cyberbullying, and the pressure to conform to ideal images must be addressed to promote a healthier digital environment. Educational institutions, media

platforms, and society should work together to encourage digital literacy and responsible content creation.

In conclusion, digital media has the potential to reshape beauty standards and create a more inclusive understanding of body image. By promoting diversity and awareness, society can move towards a more positive and balanced perception of beauty in the digital age.

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RANGOLI



कार्यस्थल पर महिलाओं की स्थिति ,अवसर ,संघर्ष और समानता पर प्रश्न

नाम

“अंजली तिवाडी”

सार

वर्तमान समय में कार्यस्थल पर महिलाओं की भागीदारी सामाजिक,आर्थिक और सांस्कृतिक परिवर्तन का एक महत्वपूर्ण संकेतक बन गई है। पहले के समय में महिलाओं की भूमिका मुख्यतः घरेलू कार्यों तक सीमित मानी जाती थी, किंतु शिक्षा के प्रसार,जागरूकता,औद्योगिकीकरण तथा सामाजिक सुधार आंदोलनों के प्रभाव से आज महिलाएँ विभिन्न क्षेत्रों—जैसे शिक्षा, प्रशासन, विज्ञान, व्यापार, चिकित्सा और राजनीति—में सक्रिय रूप से अपनी उपस्थिति दर्ज करा रही हैं। इसके बावजूद कार्यस्थल पर महिलाओं को अनेक प्रकार की चुनौतियों और संघर्षों का सामना करना पड़ता है,जिनमें लैंगिक भेदभाव,वेतन असमानता,पदोन्नति में बाधाएँ,कार्यस्थल पर असुरक्षा तथा पारिवारिक और व्यावसायिक जिम्मेदारियों के बीच संतुलन स्थापित करने की कठिनाइयाँ प्रमुख हैं।

यह शोध कार्यस्थल पर महिलाओं की वर्तमान स्थिति का विश्लेषण करते हुए यह समझने का प्रयास करता है कि उन्हें उपलब्ध अवसरों के बावजूद किन-किन सामाजिक, मानसिक और संस्थागत बाधाओं का सामना करना पड़ता है। साथ ही यह अध्ययन इस बात पर भी प्रकाश डालता है कि समानता की दिशा में किए जा रहे प्रयास—जैसे कानूनी प्रावधान, नीतियाँ, जागरूकता अभियान तथा शिक्षा का विस्तार—महिलाओं की स्थिति को किस प्रकार प्रभावित कर रहे हैं।

अंततः यह निष्कर्ष निकलता है कि वास्तविक लैंगिक समानता तभी संभव है जब समाज की सोच में परिवर्तन आए, कार्यस्थलों पर समान अवसर और सुरक्षित वातावरण सुनिश्चित किया जाए तथा महिलाओं की क्षमता और योगदान को समान रूप से मान्यता दी जाए। इस प्रकार महिलाओं को सशक्त बनाकर न केवल उनकी व्यक्तिगत प्रगति सुनिश्चित की जा सकती है, बल्कि समग्र सामाजिक और राष्ट्रीय विकास को भी गति दी जा सकती है।

मुख्य शब्द

कार्यस्थल, अवसर, संघर्ष, लैंगिक समानता, सशक्तिकरण, भेदभाव

प्रस्तावना

पृष्ठभूमि

मानव समाज के विकास में महिलाओं की भूमिका अत्यंत महत्वपूर्ण रही है, किंतु ऐतिहासिक रूप से समाज की संरचना मुख्यतः पितृसत्तात्मक रही है, जिसके कारण महिलाओं की सामाजिक, शैक्षिक और आर्थिक भागीदारी लंबे समय तक सीमित रही। प्राचीन काल में समाज की संरचना पुरुष प्रधान थी, जहाँ महिलाओं की भूमिका को अधिकतर घरेलू कार्यों तक ही सीमित माना जाता था। इसके बावजूद वैदिक काल में महिलाओं को शिक्षा, धार्मिक अनुष्ठानों तथा सामाजिक गतिविधियों में भाग लेने के अवसर प्राप्त थे। उस समय गार्गी वाचकनवी और मैत्रेयी जैसी विदुषी महिलाओं ने ज्ञान और दर्शन के क्षेत्र में महत्वपूर्ण योगदान दिया, जो यह दर्शाता है कि उस काल में महिलाओं की बौद्धिक क्षमता को भी मान्यता प्राप्त थी।

समय के साथ सामाजिक और सांस्कृतिक परिवर्तनों के कारण महिलाओं की स्वतंत्रता और अधिकारों में कमी आने लगी। विशेषकर मध्यकालीन समाज में

अध्ययन की आवश्यकता एवं महत्व

- कार्यस्थल पर लैंगिक समानता की वास्तविक स्थिति को समझने के लिए।
- महिलाओं की सामाजिक, आर्थिक और व्यावसायिक स्थिति का मूल्यांकन करने के लिए।
- कार्यस्थल पर महिलाओं को मिलने वाले अवसरों और उनके सामने आने वाली चुनौतियों का विश्लेषण करने के लिए।
- समाज में महिलाओं के प्रति जागरूकता और समानता की भावना को बढ़ावा देने के लिए।
- महिलाओं से संबंधित नीतियों और सुधारात्मक उपायों को प्रभावी बनाने के लिए।

शोध समस्या

आधुनिक समाज में महिलाओं की भूमिका निरंतर बदल रही है और वे विभिन्न क्षेत्रों में सक्रिय रूप से कार्य कर रही हैं। शिक्षा के प्रसार, आर्थिक स्वतंत्रता और सामाजिक जागरूकता के कारण आज महिलाएँ प्रशासन, शिक्षा, विज्ञान, चिकित्सा, व्यापार और तकनीकी क्षेत्रों में महत्वपूर्ण योगदान दे रही हैं। इसके बावजूद कार्यस्थल पर महिलाओं को अनेक प्रकार की चुनौतियों और असमानताओं का सामना करना पड़ता है।

कई संस्थानों और संगठनों में आज भी महिलाओं को पुरुषों की तुलना में कम वेतन दिया जाता है तथा पदोन्नति और नेतृत्व के अवसर भी सीमित रहते हैं। इसके अतिरिक्त कार्यस्थल पर लैंगिक भेदभाव, असुरक्षित वातावरण, मानसिक दबाव तथा पारिवारिक और व्यावसायिक दायित्वों के बीच संतुलन स्थापित करने की कठिनाइयाँ भी महिलाओं के सामने प्रमुख समस्याओं के रूप में विद्यमान हैं।

समाज की पारंपरिक धारणाएँ और रूढ़िवादी सोच भी कई बार महिलाओं की प्रगति में बाधा बनती हैं, जिसके कारण उनके कौशल और क्षमता का पूर्ण उपयोग नहीं हो पाता। इस प्रकार कार्यस्थल पर महिलाओं की वास्तविक स्थिति, उन्हें मिलने वाले अवसरों, उनके सामने आने वाले संघर्षों और लैंगिक समानता से जुड़े प्रश्नों का अध्ययन करना अत्यंत आवश्यक हो जाता है।

अतः यह शोध कार्यस्थल पर महिलाओं की स्थिति, अवसर, संघर्ष और समानता से संबंधित प्रमुख समस्याओं का गहन अध्ययन करने का प्रयास करता है, ताकि इन समस्याओं के कारणों को समझकर उनके समाधान के लिए उचित सुझाव प्रस्तुत किए जा सकें और महिलाओं को एक सुरक्षित, समान तथा सम्मानजनक कार्य वातावरण प्रदान किया जा सके।

परिभाषाएँ

- कार्यस्थल
कार्यस्थल वह स्थान या वातावरण होता है जहाँ व्यक्ति किसी संस्था, संगठन, कार्यालय, उद्योग या अन्य किसी क्षेत्र में अपनी योग्यता और कौशल के अनुसार कार्य करता है तथा इसके माध्यम से अपनी आजीविका अर्जित करता है।
- अवसर
अवसर से आशय उन परिस्थितियों और संभावनाओं से है जो किसी व्यक्ति को अपनी क्षमता, प्रतिभा और योग्यता को विकसित करने तथा अपने लक्ष्य को प्राप्त करने का अवसर प्रदान करती हैं।
- संघर्ष

संघर्ष का अर्थ उन कठिनाइयों, चुनौतियों और बाधाओं से है जिनका सामना व्यक्ति अपने अधिकारों, समानता और प्रगति को प्राप्त करने के लिए करता है।

- लैंगिक समानता

लैंगिक समानता का तात्पर्य महिलाओं और पुरुषों को समाज शिक्षा, रोजगार और अन्य सभी क्षेत्रों में समान अधिकार अवसर और सम्मान प्रदान करने से है, जिससे किसी भी प्रकार का भेदभाव न हो।

- सशक्तिकरण

सशक्तिकरण वह प्रक्रिया है जिसके माध्यम से महिलाओं को आत्मनिर्भर, आत्मविश्वासी और निर्णय लेने में सक्षम बनाया जाता है, ताकि वे अपने अधिकारों का उपयोग करते हुए समाज में समान भागीदारी निभा सकें।

- भेदभाव

भेदभाव का अर्थ किसी व्यक्ति के साथ उसके लिंग, जाति, धर्म या अन्य सामाजिक आधारों के कारण असमान और अन्यायपूर्ण व्यवहार करना है, जिससे उसके अवसर और अधिकार सीमित हो जाते हैं।

शोध के उद्देश्य

- कार्यस्थल पर महिलाओं की वर्तमान स्थिति का अध्ययन करना।
- महिलाओं को मिलने वाले रोजगार, पदोन्नति तथा नेतृत्व के अवसरों का विश्लेषण करना।
- कार्यस्थल पर महिलाओं के सामने आने वाले संघर्षों एवं चुनौतियों को समझना।
- महिलाओं और पुरुषों के बीच वेतन, अधिकारों एवं अवसरों की समानता की स्थिति का अध्ययन करना।

महिलाओं की स्थिति अपेक्षाकृत कमजोर हो गई और उनकी सामाजिक तथा सार्वजनिक जीवन में भागीदारी सीमित होती चली गई। इस काल में महिलाओं की शिक्षा, स्वतंत्रता और निर्णय लेने की क्षमता पर अनेक प्रकार की सामाजिक प्रतिबंध लगाए गए, जिसके परिणामस्वरूप वे सामाजिक और आर्थिक गतिविधियों से धीरे-धीरे दूर होती गई।

आधुनिक काल में शिक्षा के प्रसार, औद्योगिकीकरण, लोकतांत्रिक मूल्यों के विकास तथा सामाजिक सुधार आंदोलनों के कारण महिलाओं की स्थिति में धीरे-धीरे परिवर्तन आने लगा। महिलाओं को शिक्षा प्राप्त करने, रोजगार के अवसरों में भाग लेने और आर्थिक रूप से आत्मनिर्भर बनने का अवसर मिलने लगा। आज महिलाएँ प्रशासन, शिक्षा, विज्ञान, चिकित्सा, व्यापार, सूचना-प्रौद्योगिकी और राजनीति जैसे अनेक क्षेत्रों में सक्रिय भूमिका निभा रही हैं और समाज के विकास में महत्वपूर्ण योगदान दे रही हैं।

फिर भी कार्यस्थल पर महिलाओं को कई प्रकार की चुनौतियों और संघर्षों का सामना करना पड़ता है। लैंगिक भेदभाव, वेतन में असमानता, पदोन्नति के सीमित अवसर, कार्यस्थल पर असुरक्षा तथा पारिवारिक और व्यावसायिक दायित्वों के बीच संतुलन स्थापित करने की कठिनाइयाँ आज भी महिलाओं के सामने प्रमुख समस्याओं के रूप में विद्यमान हैं।

इस प्रकार कार्यस्थल पर महिलाओं की स्थिति, उन्हें प्राप्त होने वाले अवसर, उनके सामने आने वाले संघर्ष और लैंगिक समानता से जुड़े प्रश्नों का अध्ययन अत्यंत महत्वपूर्ण हो जाता है। यह अध्ययन न केवल महिलाओं की वर्तमान परिस्थितियों को समझने में सहायक है, बल्कि एक ऐसे समाज और कार्यस्थल के निर्माण की दिशा में भी मार्गदर्शन प्रदान करता है जहाँ महिलाओं को समान अधिकार, सम्मान और अवसर प्राप्त हो सकें।

- कार्यस्थल पर महिलाओं की स्थिति में सुधार हेतु उपयुक्त सुझाव प्रस्तुत करना।

परिकल्पनाएँ

- कार्यस्थल पर महिलाओं और पुरुषों के बीच अभी भी समानता पूरी तरह से स्थापित नहीं हुई है।
- महिलाओं को कार्यस्थल पर लैंगिक भेदभाव और विभिन्न चुनौतियों का सामना करना पड़ता है।
- कई संस्थानों में महिलाओं को वेतन और पदोन्नति के समान अवसर अभी भी प्राप्त नहीं हैं।
- कार्यस्थल पर सुरक्षित और सहयोगात्मक वातावरण महिलाओं की कार्यक्षमता तथा भागीदारी को बढ़ावा देता है।

अध्ययन की सीमाएँ

- यह अध्ययन सीमित क्षेत्र और सीमित प्रतिभागियों पर आधारित है।
- अध्ययन के लिए प्राप्त जानकारी प्रतिभागियों के व्यक्तिगत अनुभवों और विचारों पर आधारित है।
- सामाजिक और सांस्कृतिक परिस्थितियों के कारण महिलाओं की वास्तविक समस्याओं को पूरी तरह समझना कठिन हो सकता है।
- समय और संसाधनों की सीमित उपलब्धता के कारण विस्तृत डेटा एकत्र करना संभव नहीं हो पाया।

साहित्य समीक्षा

अर्थ

साहित्य समीक्षा से अभिप्राय उस प्रक्रिया से है, जिसमें शोधकर्ता अपने शोध विषय से संबंधित पूर्व प्रकाशित शोध कार्यों, पुस्तकों, शोध पत्रों एवं लेखों का व्यवस्थित अध्ययन और विश्लेषण करता है। यह शोध के सैद्धांतिक आधार को मजबूत बनाती है तथा अध्ययन की दिशा निर्धारित करने में सहायता करती है।

साहित्य समीक्षा की आवश्यकता

- पूर्व शोध कार्यों की जानकारी प्राप्त करने हेतु।
- शोध समस्या को स्पष्ट रूप से परिभाषित करने हेतु।
- अनुसंधान की पुनरावृत्ति से बचने हेतु।
- शोध का सैद्धांतिक रूपरेखा तैयार करने हेतु।
- परिकल्पनाओं के निर्माण में सहायता हेतु।

साहित्य समीक्षा

भारतीय शोधकर्ता

1. मजूमदार (1974)

वीना मजूमदार ने कार्यस्थल पर महिलाओं की सामाजिक एवं आर्थिक स्थिति का विश्लेषण करते हुए बताया कि महिलाओं को पुरुषों की तुलना में कम अवसर और संसाधन मिलते हैं, जिससे लैंगिक असमानता बनी रहती है।

2. जैन (1980)

देवकी जैन के अनुसार महिलाओं की कार्यस्थल पर स्थिति उनके आर्थिक सहभागिता से जुड़ी होती है। उन्होंने बताया कि अवसरों की कमी और वेतन असमानता महिलाओं के सशक्तिकरण में बाधा उत्पन्न करती है।

3. देसाई (1982)

देसाई ने महिलाओं की शिक्षा और रोजगार के संबंध को स्पष्ट करते हुए बताया कि शिक्षा महिलाओं के लिए बेहतर कार्य अवसर प्रदान करती है और उनकी सामाजिक स्थिति को मजबूत बनाती है।

4. अग्रवाल (1994)

बीना अग्रवाल ने महिलाओं के संसाधनों पर अधिकार को कार्यस्थल की समानता से जोड़ा है। उनके अनुसार संसाधनों पर नियंत्रण से महिलाओं की शक्ति और अवसरों में वृद्धि होती है।

5. सेन (1999)

अमर्त्य सेन ने महिलाओं की कार्यस्थल स्थिति को उनकी क्षमताओं और अवसरों से जोड़ते हुए कहा कि समान अवसर और संसाधनों की उपलब्धता से ही वास्तविक समानता संभव है।

विदेशी शोधकर्ता

6. फ्रिडन (1963)

बैटी फ्रिडन ने महिलाओं को घरेलू भूमिकाओं तक सीमित रखने की आलोचना की और बताया कि यह सोच कार्यस्थल पर महिलाओं के अवसरों को सीमित करती है।

7. बटलर (1990)

जूडिथ बटलर ने लिंग को सामाजिक निर्माण बताते हुए कार्यस्थल पर असमानता को सामाजिक संरचना से जोड़ा है, जिससे महिलाओं को समान अवसर प्राप्त करने में कठिनाई होती है।

8. गिडेन्स (1999)

एंथनी गिडेन्स ने आधुनिक समाज में महिलाओं की बदलती भूमिका पर प्रकाश डालते हुए बताया कि अवसर बढ़े हैं, लेकिन दोहरे दायित्व के कारण समानता अभी भी पूर्ण नहीं है।

9. केलन (2009)

केलन ने कार्यस्थल पर लैंगिक असमानता का अध्ययन करते हुए बताया कि नीतियों के बावजूद व्यावहारिक स्तर पर महिलाओं को भेदभाव का सामना करना पड़ता है।

10. वॉस्को (2010)

वॉस्को ने अस्थायी और असुरक्षित रोजगार को महिलाओं की कार्यस्थल स्थिति से जोड़ते हुए बताया कि इससे महिलाओं के अवसर और समानता प्रभावित होती है।

अनुसंधान पद्धति

इस शोध में अन्वेषणात्मक एवं वर्णनात्मक पद्धति का उपयोग किया गया है। अन्वेषणात्मक अनुसंधान का उद्देश्य किसी विषय को गहराई से समझना तथा उससे संबंधित नए पहलुओं की खोज करना होता है, जबकि वर्णनात्मक पद्धति के माध्यम से वर्तमान स्थिति का स्पष्ट वर्णन किया जाता है। प्रस्तुत अध्ययन में "कार्यस्थल पर महिलाओं की स्थिति, अवसर, संघर्ष और समानता" विषय का अध्ययन करने के लिए विभिन्न पुस्तकों, शोध पत्रों, रिपोर्टों तथा इंटरनेट स्रोतों

से प्राप्त द्वितीयक आंकड़ों का विश्लेषण किया गया है। इस पद्धति के माध्यम से यह समझने का प्रयास किया गया है कि आधुनिक समाज में महिलाओं की कार्यस्थल पर भूमिका किस प्रकार बदल रही है तथा उन्हें किन-किन समस्याओं और अवसरों का सामना करना पड़ रहा है।

परिणाम

प्रस्तुत अध्ययन के परिणामों से यह स्पष्ट होता है कि –

- आधुनिक समाज में कार्यस्थल पर महिलाओं की स्थिति में महत्वपूर्ण परिवर्तन हुआ है। शिक्षा, रोजगार तथा जागरूकता के कारण महिलाओं को पहले की तुलना में अधिक अवसर प्राप्त हुए हैं।
- इसके बावजूद महिलाओं को कार्यस्थल पर लैंगिक असमानता, वेतन भेदभाव तथा पदोन्नति में बाधाओं का सामना करना पड़ता है।
- महिलाओं पर दोहरे दायित्व (घर एवं नौकरी) का दबाव बना रहता है, जिससे उनके कार्य और व्यक्तिगत जीवन में संतुलन प्रभावित होता है।
- कार्यस्थल पर सुरक्षा, सम्मान तथा समान व्यवहार की आवश्यकता अभी भी बनी हुई है।
- सरकारी नीतियों, कानूनों तथा सामाजिक जागरूकता के कारण महिलाओं की स्थिति में सुधार हो रहा है, परंतु पूर्ण समानता अभी प्राप्त नहीं हुई है।

चर्चा

प्रस्तुत अध्ययन में कार्यस्थल पर महिलाओं की स्थिति, अवसर, संघर्ष तथा समानता के विभिन्न आयामों का गहन विश्लेषण किया गया। अध्ययन से यह

स्पष्ट होता है कि आधुनिकता, शिक्षा और आर्थिक विकास के प्रभाव से महिलाओं की कार्यक्षेत्र में भागीदारी में उल्लेखनीय वृद्धि हुई है। महिलाएँ अब पारंपरिक सीमाओं को पार कर विभिन्न क्षेत्रोंकृतैसे प्रशासन, तकनीकी, शिक्षा, स्वास्थ्य एवं निजी क्षेत्रकृतमें अपनी उपस्थिति दर्ज करा रही हैं।

हालँकि, इस प्रगति के बावजूद कार्यस्थल पर लैंगिक असमानता एक महत्वपूर्ण समस्या बनी हुई है। अध्ययन से यह ज्ञात होता है कि महिलाओं को पुरुषों की तुलना में समान कार्य के लिए कम वेतन, पदोन्नति में बाधाएँ तथा निर्णय-निर्माण की प्रक्रियाओं में सीमित भागीदारी जैसी समस्याओं का सामना करना पड़ता है। यह असमानता केवल आर्थिक नहीं, बल्कि सामाजिक एवं सांस्कृतिक संरचनाओं से भी जुड़ी हुई है, जहाँ पारंपरिक मान्यताएँ महिलाओं की भूमिका को सीमित करती हैं।

इसके अतिरिक्त, महिलाओं को कार्यस्थल पर "दोहरे दायित्व" का सामना करना पड़ता है, जहाँ उन्हें घरेलू जिम्मेदारियों और पेशेवर कार्यों के बीच संतुलन बनाए रखना होता है। यह स्थिति उनके मानसिक और शारीरिक स्वास्थ्य पर प्रभाव डालती है तथा उनके करियर विकास को भी प्रभावित करती है।

अध्ययन में यह भी पाया गया कि कार्यस्थल पर यौन उत्पीड़न, असुरक्षा तथा संगठनात्मक समर्थन की कमी जैसी समस्याएँ महिलाओं के लिए गंभीर चुनौतियाँ प्रस्तुत करती हैं। यद्यपि सरकार द्वारा विभिन्न नीतियाँ एवं कानून बनाए गए हैं, जैसेकृतसमान वेतन और कार्यस्थल पर सुरक्षा के प्रावधानकृतफिर भी इनके प्रभावी क्रियान्वयन में कमी देखी जाती है।

सकारात्मक पक्ष यह है कि शिक्षा, जागरूकता, तकनीकी विकास और नीतिगत हस्तक्षेपों के कारण महिलाओं के लिए अवसरों में निरंतर वृद्धि हो रही है।

महिलाएँ अब नेतृत्व पदों पर भी पहुँच रही हैं और अपने अधिकारों के प्रति अधिक सजग हो रही हैं।

निष्कर्ष

प्रस्तुत अध्ययन से यह स्पष्ट रूप से निष्कर्ष निकलता है कि कार्यस्थल पर महिलाओं की स्थिति में पिछले कुछ दशकों में उल्लेखनीय सुधार हुआ है, जो शिक्षा, आर्थिक विकास, नीतिगत हस्तक्षेपों तथा सामाजिक जागरूकता का परिणाम है। महिलाओं की कार्यक्षेत्र में बढ़ती भागीदारी यह दर्शाती है कि वे पारंपरिक सीमाओं को पार कर अपनी पहचान स्थापित कर रही हैं और विभिन्न क्षेत्रों में महत्वपूर्ण योगदान दे रही हैं।

इसके बावजूद, अध्ययन यह भी उजागर करता है कि वास्तविक समानता की दिशा में अभी लंबा मार्ग शेष है। कार्यस्थल पर महिलाओं को आज भी लैंगिक भेदभाव, वेतन असमानता, पदोन्नति में बाधाएँ, असुरक्षा तथा सामाजिक-सांस्कृतिक पूर्वाग्रहों जैसी चुनौतियों का सामना करना पड़ता है। “दोहरे दायित्व” की समस्या उनके व्यक्तिगत और पेशेवर जीवन के संतुलन को प्रभावित करती है, जो उनके समग्र विकास में एक महत्वपूर्ण अवरोध है।

अध्ययन से यह भी स्पष्ट होता है कि यद्यपि कानूनी प्रावधान और नीतियाँ महिलाओं के अधिकारों की रक्षा के लिए मौजूद हैं, किन्तु उनका प्रभावी क्रियान्वयन अभी भी एक चुनौती बना हुआ है। इस प्रकार, केवल अवसरों की उपलब्धता पर्याप्त नहीं है, बल्कि उन अवसरों तक समान और न्यायसंगत पहुँच सुनिश्चित करना अत्यंत आवश्यक है।

अंततः, यह कहा जा सकता है कि कार्यस्थल पर महिलाओं की स्थिति, अवसर, संघर्ष और समानता का प्रश्न केवल आर्थिक या नीतिगत विषय नहीं है, बल्कि यह सामाजिक न्याय, लैंगिक संवेदनशीलता और मानवाधिकारों से गहराई से

जुड़ा हुआ है। अतः आवश्यक है कि समाज, संस्थान और नीतिनिर्माता मिलकर एक समावेशी एवं समानतापूर्ण कार्य वातावरण का निर्माण करें, जहाँ महिलाओं को न केवल अवसर प्राप्त हों, बल्कि वे सम्मान, सुरक्षा और समानता के साथ अपने पूर्ण सामर्थ्य का विकास कर सकें।

अंततः, यह कहा जा सकता है कि कार्यस्थल पर महिलाओं की स्थिति में सुधार हुआ है, परंतु समानता की प्राप्ति अभी भी एक चुनौतीपूर्ण लक्ष्य है। इसके लिए आवश्यक है कि न केवल नीतिगत स्तर पर, बल्कि सामाजिक एवं संस्थागत स्तर पर भी सकारात्मक परिवर्तन किए जाएँ, जिससे महिलाओं को वास्तविक समान अवसर और सम्मान प्राप्त हो सके।

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NUKKAD NATAK



परंपरा बनाम आधुनिकता: स्त्री की दोहरी भूमिका

अम्बिका

सार

वर्तमान समय में भारतीय समाज तेजी से परिवर्तन के दौर से गुजर रहा है, जहाँ पारंपरिक मूल्यों और आधुनिक विचारधाराओं के बीच निरंतर संवाद और संघर्ष देखा जा सकता है। इस संदर्भ में स्त्री की भूमिका विशेष रूप से महत्वपूर्ण हो जाती है। प्रस्तुत अध्ययन "परंपरा बनाम आधुनिकता: स्त्री की दोहरी भूमिका" विषय पर केंद्रित है, जिसका उद्देश्य यह समझना है कि आधुनिक सामाजिक परिवर्तनों के बावजूद पारंपरिक अपेक्षाएँ किस प्रकार स्त्री के जीवन को प्रभावित करती हैं।

इस शोध में अन्वेषणात्मक (Exploratory) पद्धति का उपयोग किया गया है तथा स्त्री अध्ययन से संबंधित शोध पत्रों का विश्लेषण किया गया है। अध्ययन से यह स्पष्ट होता है कि आधुनिक शिक्षा, रोजगार और सामाजिक जागरूकता के कारण महिलाओं की स्थिति में महत्वपूर्ण परिवर्तन हुए हैं। इसके बावजूद पारिवारिक और सामाजिक स्तर पर पारंपरिक मान्यताएँ अभी भी प्रभावी हैं, जिनके कारण महिलाओं को एक साथ कई भूमिकाएँ निभानी पड़ती हैं।

अध्ययन के निष्कर्ष बताते हैं कि आधुनिक समाज में महिलाएँ कार्यक्षेत्र में सक्रिय होने के साथ-साथ परिवार की जिम्मेदारियों का भी निर्वहन करती हैं, जिससे उनके ऊपर कार्यभार और मानसिक दबाव बढ़ जाता है। यह स्थिति स्त्री की दोहरी भूमिका को स्पष्ट रूप से दर्शाती है।

अंततः यह कहा जा सकता है कि वास्तविक लैंगिक समानता स्थापित करने के लिए केवल सामाजिक और कानूनी परिवर्तन पर्याप्त नहीं हैं, बल्कि सामाजिक मानसिकता और सांस्कृतिक दृष्टिकोण में भी सकारात्मक परिवर्तन आवश्यक हैं। प्रस्तुत अध्ययन इस दिशा में स्त्री की बदलती भूमिका को समझने का प्रयास करता है।

मुख्य शब्द

परंपरा, आधुनिकता, स्त्री विमर्श, दोहरी भूमिका, पितृसत्ता, नारीवाद, लैंगिक समानता, सामाजिक परिवर्तन, सांस्कृतिक संरचना।

परिचय

पृष्ठ भूमि

भारतीय समाज सदियों से परंपराओं, रीति-रिवाजों और सांस्कृतिक मूल्यों पर आधारित रहा है। इस सामाजिक संरचना में स्त्री की भूमिका मुख्यतः परिवार, पालन-पोषण और घरेलू दायित्वों तक सीमित मानी जाती रही है। पितृसत्तात्मक व्यवस्था ने स्त्री को एक निश्चित सामाजिक ढांचे में बाँधकर उसकी स्वतंत्र पहचान को नियंत्रित किया।

किन्तु आधुनिकता के आगमन, शिक्षा के प्रसार, औद्योगिकीकरण, वैश्वीकरण तथा संवैधानिक अधिकारों के कारण स्त्री की स्थिति में उल्लेखनीय परिवर्तन आया है। आज की स्त्री शिक्षित है, आत्मनिर्भर है और सार्वजनिक जीवन के विभिन्न क्षेत्रों में सक्रिय भूमिका निभा रही है।

फिर भी समकालीन समाज में स्त्री एक दोहरी भूमिका का निर्वहन कर रही है— एक ओर वह पारंपरिक अपेक्षाओं को पूरा करती है वहीं दूसरी ओर आधुनिक जीवन के दायित्वों को भी निभाती है। यही द्वंद्व— परंपरा और आधुनिकता के बीच संतुलन—इस शोध का मुख्य आधार है।

अध्ययन की आवश्यकता एवं महत्त्व

1. समकालीन समाज में स्त्रियों की बदलती सामाजिक और पारिवारिक भूमिकाओं को समझने के लिए।
2. पारंपरिक मान्यताओं और आधुनिक जीवन शैली के बीच उत्पन्न संघर्ष तथा उसके स्त्रियों के जीवन पर पड़ने वाले प्रभाव को स्पष्ट करने के लिए।
3. स्त्रियों पर पड़ने वाली दोहरी जिम्मेदारियों को समझने एवं उनका विश्लेषण करने के लिए।
4. समाज में लैंगिक समानता, जागरूकता तथा स्त्रियों की स्थिति में सकारात्मक परिवर्तन के महत्त्व को रेखांकित करने के लिए।

अनुसंधान समस्या

परंपरा बनाम आधुनिकता: स्त्री की दोहरी भूमिका

संचालनात्मक शब्दों की परिभाषाएँ

परंपरा – समाज द्वारा स्वीकृत और पीढ़ी दर पीढ़ी हस्तांतरित सांस्कृतिक मान्यताएँ, रीति-रिवाज एवं मूल्य ।

आधुनिकता – वैज्ञानिक सोच, व्यक्तिगत स्वतंत्रता, शिक्षा एवं समानता पर आधारित समकालीन जीवन दृष्टिकोण ।

स्त्री विमर्श – स्त्रियों की सामाजिक, राजनीतिक व सांस्कृतिक स्थिति पर विचार करने वाली विचारधारा ।

दोहरी भूमिका – स्त्री द्वारा एक साथ पारिवारिक एवं पेशेवर दायित्वों का निर्वहन ।

पितृसत्ता – वह सामाजिक व्यवस्था जिसमें पुरुष को प्रमुख सत्ता एवं निर्णायकर्ता माना जाता है ।

अनुसंधान उद्देश्य

1. परंपरा एवं आधुनिकता के संदर्भ में स्त्री की भूमिका का विश्लेषण करना ।
2. स्त्री की दोहरी भूमिका के कारण उत्पन्न सामाजिक एवं मानसिक प्रभावों का अध्ययन करना ।
3. पितृसत्तात्मक संरचना के प्रभावों की पहचान करना ।
4. आधुनिक शिक्षा और आर्थिक स्वतंत्रता का स्त्री की स्थिति पर प्रभाव जानना ।

परिकल्पनाएँ

1. परंपरागत सामाजिक संरचना स्त्री की स्वतंत्रता को सीमित करती है ।
2. आधुनिक शिक्षा स्त्री की आत्मनिर्भरता को बढ़ाती है ।
3. दोहरी भूमिका के कारण स्त्रियों पर मानसिक दबाव अधिक होता है ।
4. आर्थिक स्वतंत्रता से स्त्री की सामाजिक स्थिति में सुधार होता है ।

सीमाएँ

1. यह अध्ययन उत्तराखंड राज्य के चयनित क्षेत्र तक सीमित रहेगा ।
2. निष्कर्ष केवल चयनित नमूने तक ही सामान्यीकृत किए जा सकते हैं ।
3. समय एवं संसाधनों की सीमाओं के कारण व्यापक राष्ट्रीय स्तर पर सामान्यीकरण संभव नहीं है ।

साहित्य समीक्षा

अर्थ

साहित्य समीक्षा से अभिप्राय उस प्रक्रिया से है जिसमें शोधकर्ता अपने शोध विषय से संबंधित पूर्व प्रकाशित शोध कार्यों, पुस्तकों, शोध पत्रों एवं लेखों का व्यवस्थित अध्ययन और विश्लेषण करता है। यह शोध के सैद्धांतिक आधार को मजबूत बनाती है और अध्ययन की दिशा निर्धारित करती है।

साहित्य समीक्षा की आवश्यकता

1. पूर्व शोध कार्यों की जानकारी प्राप्त करने हेतु।
2. शोध समस्या को स्पष्ट रूप से परिभाषित करने हेतु।
3. अनुसंधान की पुनरावृत्ति से बचने हेतु।
4. शोध की सैद्धांतिक रूपरेखा तैयार करने हेतु।
5. परिकल्पनाओं के निर्माण में सहायता हेतु।

साहित्य समीक्षा

भारतीय शोधकर्ता

1:- मेनन (2012): निवेदिता मेनन ने अपने कार्य में यह स्पष्ट किया कि आधुनिक स्त्री को समानता के अधिकार मिलने के बावजूद उसे परिवार और समाज की पारंपरिक अपेक्षाओं को भी निभाना पड़ता है, जिससे उसके जीवन में 'डबल बर्डन' की स्थिति बनती है।

2:- पालरीवाला (2005): राजनी पालरीवाला ने भारतीय परिवार प्रणाली और विवाह संस्था पर अध्ययन करते हुए बताया कि आधुनिक शिक्षा और आर्थिक स्वतंत्रता के बावजूद स्त्री पर पारिवारिक जिम्मेदारियों का भार अधिक रहता है।

3:- चक्रवर्ती (2003): उमा चक्रवर्ती ने ब्राह्मणवादी पितृसत्ता की अवधारणा प्रस्तुत करते हुए बताया कि परंपरा के नाम पर स्त्रियों पर नियंत्रण स्थापित किया गया। आधुनिकता ने स्त्रियों को शिक्षा और अधिकार दिए, परंतु सामाजिक मानसिकता में बदलाव धीमा रहा, जिससे दोहरी भूमिका का तनाव उत्पन्न हुआ।

4:- भसीन (2000): कमला भसीन ने पितृसत्ता को एक सामाजिक संस्था के रूप में व्याख्यायित किया, जिसमें पुरुष प्रभुत्व के कारण स्त्री की भूमिका सीमित की जाती है। उन्होंने कहा कि 'परंपरा' का उपयोग अकसर स्त्री की स्वतंत्रता को नियंत्रित करने के लिए किया जाता है आधुनिकता ने अवसर दिए हैं परंतु मानसीकता में बदलाव धीमा है जिससे स्त्री पर दोहरा बोझ पड़ता है ।

5:- दूबे (1997): लीला दूबे ने भारतीय समाज में स्त्री की भूमिका को पारिवारिक संरचना और पितृसत्तात्मक व्यवस्था के संदर्भ में समझाया। उन्होंने बताया कि परंपरागत समाज में स्त्री की प्राथमिक पहचान 'गृहिणी' और 'माता' के रूप में स्थापित की जाती है, जबकि आधुनिक शिक्षा और रोजगार के अवसरों ने उसकी भूमिका को विस्तारित किया है।

विदेशी शोधकर्ता

1:- गिडेन्स (1999): एंथनी गिडेन्स ने आधुनिक समाज में संबंधों की बदलती प्रकृति पर चर्चा की। उन्होंने बताया कि आधुनिकता ने व्यक्तिगत स्वतंत्रता को बढ़ाया, लेकिन पारिवारिक जिम्मेदारियों का दबाव अभी भी बना रहता है।

2:- बटलर (1990): जूडिथ बटलर ने जेंडर को सामाजिक निर्माण बताया, जिसके अनुसार पारंपरिक जेंडर भूमिकाएँ समाज द्वारा निर्मित होती हैं, जिन्हें आधुनिकता चुनौती देती है।

3:- वाल्बी (1990): सिल्विया वाल्बी ने पितृसत्ता के विभिन्न संरचनात्मक रूपों की व्याख्या की और बताया कि आधुनिकता के बावजूद पितृसत्तात्मक संरचनाएँ नए रूपों में मौजूद रहती हैं जिससे स्त्री की दोहरी भूमिका बनी रहती है ।

4:- फ्रीडन (1963): बेट्टी फ्रीडन ने "The Feminine Mystique" में अमेरिकी गृहिणियों की असंतुष्टि को उजागर किया और बताया कि केवल घरेलू भूमिका में सीमित रहना स्त्री की संभावनाओं को बाधित करता है।

5:- बोउवार (1949) : सिमोन द बोउवार ने अपनी पुस्तक "The Second Sex" में कहा कि स्त्री जन्म से नहीं बल्कि समाज द्वारा बनाई जाती है। उन्होंने बताया कि परंपरागत भूमिकाएँ स्त्री पर थोपी जाती हैं, जबकि आधुनिकता उसे आत्मनिर्णय का अधिकार देती है।

अनुसंधान पद्धति

इस शोध में अन्वेषणात्मक पद्धति (Exploratory Method) का उपयोग किया गया है, अन्वेषणात्मक अनुसंधान का उद्देश्य किसी विषय को गहराई से समझना तथा उससे संबंधित विभिन्न आयामों का विश्लेषण करना होता है।

प्रस्तुत अध्ययन में "परंपरा बनाम आधुनिकता स्त्री की दोहरी भूमिका" विषय का अध्ययन में करने के लिए विभिन्न पुस्तकों, शोध पत्रों, लेखों तथा स्त्री अध्ययन से संबंधित उपलब्ध साहित्य का विश्लेषण किया गया है इस पद्धति के माध्यम से यह समझने का प्रयास किया गया है कि आधुनिक समाज में स्त्रियों की भूमिका किस प्रकार परिवर्तित हो रही है तथा पारंपरिक समाजिक मान्यताएँ उनके जीवन को किस प्रकार प्रभावित कर रही है।

परिणाम

प्रस्तुत अध्ययन के परिणामों से यह स्पष्ट होता है कि :

- आधुनिक समाज में स्त्री की स्थिति में महत्वपूर्ण परिवर्तन हुए हैं, शिक्षा, राजेगार तथा सामाजिक जागरूकता के कारण महिलाओं को पहले की तुलना में अधिक अवसर प्राप्त हुए हैं।
- अधिकांश महिलाओं को एक साथ दो भूमिकाएँ निभानी पड़ती हैं— एक ओर वे परिवार की जिम्मेदारियाँ निभाती हैं और दूसरी ओर कार्यक्षेत्र में भी सक्रिय रही हैं, इस कारण महिलाओं पर कार्यभार और मानसिक दबाव अपेक्षाकृत अधिक होता है।

इसके अतिरिक्त यह भी पाया गया है कि समाज में धीरे-धीरे परिवर्तन हो रहा है और पई पीढ़ी में लैंगिक समानता के प्रति जागरूकता बढ़ रही है हालांकि यह परिवर्तन अभी पूर्ण रूप से स्थापित नहीं हुआ है फिर भी यह स्त्री की स्थिति में सकारात्मक बदलाव का संकेत देता है।

चर्चा / विवेचना

प्रस्तुत अध्ययन के परिणामों से यह स्पष्ट होता है कि परंपरा और आधुनिकता के बीच संतुलन स्थापित करना आज की स्त्री के लिए एक महत्वपूर्ण चुनौती है, आधुनिक समाज में महिलाओं को शिक्षा और रोजगार के अवसर तो प्राप्त हुए हैं लेकिन पारंपरिक सामाजिक अपेक्षाएँ अभी भी उनके जीवन को प्रभावित करती हैं।

मेरे विचार से स्त्री की दोहरी भूमिका केवल सामाजिक संसचना का परिणाम नहीं है बल्कि यह समाज की मानसिकता और सांस्कृतिक मूल्यों से भी जुड़ी हुई है, परंपरागत रूप से समाज में यह धारण स्थापित हो चुकी है कि घरेलू कार्यों का निर्वहन स्त्रियों की प्रमुख जिम्मेदारी है जबकि बाहरी कार्यों, जैसे आर्थिक गतिविधियों और आजीविका अर्जित करने की भूमिका को मुख्यतः पुरुषों से जोड़ा जाता है हालाँकि आधुनिक समय में स्त्रियों को शिक्षा और राजेगार के अधिक अवसर प्राप्त हो रहे हैं फिर भी सामाजिक अपेक्षाओं में अपेक्षित परिवर्तन पूर्ण रूप से नहीं हो पाया है।

परिणामस्वरूप यदि स्त्री कार्यक्षेत्र में सक्रिय होती है, तब भी उससे यह अपेक्षा की जाती है कि वह घरेलू दायित्वों का निर्वहन पूर्ववत् करती रहे इस प्रकार स्त्री को एक साथ दो भूमिकाओं— पारिवारिक एवं व्यावसायिक— का संतुलन बनाए रखना पड़ता है ।

मेरे विचार से यह स्थिति सामाज में स्थापित रूढ़िगत धारणाओं का परिणाम है, सामाज अभी भी घरेलू कार्यों को स्त्री की जिम्मेदारी के रूप में देखता है, जबकि वस्तुतः भोजन बनाना, घर की देखभाल करना तथा दैनिक जीवन की आवश्यकताओं को पूरा करना किसी एक लिंग से संबंधित कार्य नहीं है, बल्कि ये प्रत्येक व्यक्ति के जीवन से जुड़े मूलभूत कौशल हैं जीवन की आधारभूत आवश्यकताएँ जैसे— भोजन, वस्त्र और आवास— सभी मनुष्यों के लिए सामान रूप से आवश्यक हैं इसलिए इनसे संबंधित कार्यों को केवल स्त्री तक सीमित करना उचित नहीं है ।

अतः यह आवश्यक है कि समाज अपनी पारंपरिक सोच का पूर्वमूल्यांकन करे और लैंगिक भूमिकाओं को अधिक संतुलित दृष्टिकोण से देखे इस प्रकार जब सामाज में जिम्मेदारियों को सही रूप से विभाजन होगा, तभी वास्तविक लैंगिक समानता स्थापित हो सकेगी और स्त्री की दोहरी भूमिका से उत्पन्न असंतुलन को कम किया जा सकेगा ।

निष्कर्ष

अध्ययन से यह निष्कर्ष निकलता है कि वर्तमान समय में अधिकांश महिलाएँ दोहरी भूमिका निभा रही हैं एक ओर वे परिवार की जिम्मेदारियों और घरेलू कार्यों का निर्वहन करती हैं वहीं दूसरी ओर वे कार्यक्षेत्र में भी अपनी योग्यता और क्षमता का प्रदर्शन कर रही हैं, इस दोहरी जिम्मेदारी के कारण महिलाओं को समय प्रबंधन मानसिक दबाव और सामाजिक अपेक्षाओं जैसी अनेक चुनौतियों का सामना करना पड़ता है ।

यह भी स्पष्ट हुआ है कि समाज में लैंगिक भूमिकाओं को लेकर पारंपरिक सोच अभी भी पूरी तरह समाप्त नहीं हुई है घरेलू कार्यों में अभी भी प्रायः स्त्री की जिम्मेदारी माना जाता है जबकि वास्तव में जीवन की आधारभूत आवश्यकताओं से जुड़े कार्य किसी एक लिंग तक सिमित नहीं होने चाहिए इसलिए आवश्यक यह है कि सामाज में लैंगिक समानता की भावना को ओर अधिक प्रोत्साहित किया जाए तथा पारिवारिक और सामाजिक स्तर पर जिम्मेदारियों का संतुलित विभाजन सुनिश्चित किया जाए ।

अततः यह कहा जा सकता है कि पंरपरा और आधुनिकता के बीच संतुलन स्थापित करते हुए स्त्री की भूमिका को व्यापक और सम्मानजनक दृष्टिकोण से देखना आवश्यक है, जब समाज में स्त्री और पुरुष दोनों को समान अवसर एवं जिम्मेदारियों प्राप्त होंगी, तभी स्त्री की दोहरी भूमिका से उत्पन्न असंतुलन को कम किया जा सकेगा ।

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CERTIFICATE DISTRIBUTION



BATCH : 2024 -26



नयी उडान

Nari sashaktikaran hōne aur...

Khud khona ab aadat nahi,
Asmita uthi ban sapne hain,
Sachhcai ko dega nayapan,
Aatma abhi ka roop hai!

Na aakraman hai, na roke hain,
Woh toh shakti ban rahe hain,
Har sapno ke liye badhe,
Udaan unki ab antariksh tak hai!

Vishwas apni sakti se bhara,
Achhe sapno ke bane ve,
Na jhukenge, na rukenge,
Prerna unki asaan hai!

Kathin waqt sahi hai koshish,
Aur woh naya geet gaye hain,
Khud se vaada kiya kar,
Armaan bane phool khile hain!

Vishwas apni sakti se bhara,
Achhe sapno ke bane ve,
Na jhukenge, na rukenge,
Prerna unki asaan hai!

Kathin waqt sahi hai koshish,
Aur woh naya geet gaye hain,
Khud se vaada kiya kar,
Armaan bane phool khile hain!

Na kisi dar ki seema yeh,
Aur badhega aatmavishwas yeh,
Ab samay bhi unka hai,
Unke din bhi aage hain!

Ve wahi nayi, nayi pehchaan,
Nayi soch ka nirmaan hain,
Nari sashaktikaran ho vo,
Ek behtar kal ko laane hain. 