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Atmanirbhar Bharat: Problems and Solutions Regarding the Contribution of Women

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Introduction

Woman is the symbol for the family wheel, the ocean of knowledge, the mirror of the children, the address of love, and the lifeboat navigator. She is man's closest friend, motivator, inspiration, symbol of power, and compliment to him. From Panchayat to Parliament, from micro, small, medium to large industries, administration, and management, to engineering, technology, health, pharmacy, and research institutes, from the Army, Air Force, and Navy, as well as sports, indoor-outdoor games, literary works, and the media, everywhere women are dispelling long-held myths and assuming the lead roles, they are constantly rising to greater heights.

Their contribution is still insufficient, according to the research. The highest should be attained. The census estimates that 65.46% of women are literate. In urban areas, it is 79.92% whereas it is 58.75% in rural areas. 32.75% of rural residents are poor compared to 8.81% of urban residents. IT/BPO, financial, and education services all contribute to the skill training programme to varying degrees (29.8%, 22.6%, and 21.1%, respectively).

The main goal of Atmanirbhar is to make

- (1) India and its citizen Independent and Self-reliant in all sense.
- (2) India's contribution should large and more in world economy.

The five pillars for these are- Economy, Infrastructure, Technology, Vibrant demography and demand.

The challenge now is how women may contribute to the advancement of Atmanirbhar Bharat by utilising their cognitive, affective, and psychomotor domains. Therefore, the current researcher is keen to learn how women may build, empower, and activate the five aforementioned pillars.

Aims and Objectives

1. To make India self-sufficient in terms of its economy, infrastructure, technology, and dynamic demographics.
2. India's increased involvement in the global economy.
3. To educate, empower, employ, respect, and uplift women and girls while also fostering their spirituality and culture.

Research Methodology

1. Descriptive survey as the method of inquiry.
2. 150-person sample - Women, girls from various backgrounds (students, housewives, homemakers, employed, unemployed) and a select group of educated males who work in social services.
3. Urban and semi-urban areas in and around Kolkata.
4. Questionnaires and interviews are the techniques used (Both online and offline).
5. Simple inferential statistics are used for data analysis.

Research Findings

The present Researcher conduct the present research by taking in mind the five issues present in our society as Social, Economic, Political, Game-sports and Cultural Prospect. Her samples are those women who are not government employee (100 %). She thinks primarily these five factors can bring changes in Society.

A. Social Issues: The present researcher surveyed nearly 150 families and talked with women and girls. She came to know that now a days each and every girl is going for study up to class10 (100%) and it reduces to 70% in HS. For Higher education they are not getting encouragement from their parents and getting marriage. 50% girls are going for higher studies in which 60% are in Arts stream and 40 % are going in Commerce, engineering, medical, Business administration, management etc. study. They are not coming in trade and business sector nor in share market (exceptions are there). They think these are very hard subjects and they cannot do well with that nor explore it in career. She has observed that by getting solutions of following problem women could be empowered eg. 100% of the ladies nodded in agreement that domestic violence still exists but has decreased. Women in urban areas (80%) do not distinguish between boys and girls while having children, but in semi-urban areas (70%) they do not treat them like males. The health of women is a crucial concern. Here, she discovered that all women prioritise their families over their health. Although working women's health is comparatively better than nonworking women's, the health crisis that affects unemployed urban and semi-urban women (65%) is caused by a lack of nourishing food, proper medications, using dirty cloth during the menstrual period, and carelessness by husbands and in-laws. Fifty percent of women are not putting their best foot forward to face society due to poor mindset and lack of confidence. With little success, they are content. Their unsuitable marriage and life partner (80%) was another problem that the current researcher noticed. Here, 70% of urban residents and 90% of semi-urban residents are prohibited from selecting their life spouse. Their time labour is exploited at home and at work (the unorganised sector) in semi-urban areas. Their supervisor and another male coworker humiliate them physically and verbally.

Similar to rural areas, women in urban areas who make up 80% of the workforce receive no support or assistance from their life partner. In terms of study, research, and service, the participation of women in the fields of science, engineering, medicine, business administration, and management is insufficient (15–20%). After receiving higher education (P G/ Ph D), about 5% of educated women live as laywomen because they married highly paid or wealthy business men. They engaged in activities like going out or attending cat parties. The current researcher also discovered that because of the outdated educational system, women are unable to get employment owing to a lack of available positions and their inability to support themselves.

Women who are first-generation learners (100%) struggle so hard in life that they are compelled to work jobs with lower pay, which leaves them discouraged, despairing, and frustrated about the future. Next, those women in semi-urban areas who wish to pursue higher education encounter communication and transportation issues because there aren't any reputable colleges or universities nearby, and because of the bad economy and transportation issues, their progress is stagnant.

B. Economic Issues: It is true that 35% of Indian women live exploitative lives. The fact that they are not economically independent or self-sufficient is one of the key causes. They only get to enjoy 1% of their successful work. They are still unaware that the majority of their earnings are stolen by dalals/brokers, members of the elite class and the unorganised sector, their husbands, and their in-laws. The current researcher discusses their financial situation with them. She wishes to describe her research in detail as follows:

- i. Employed and highly educated women responded (mainly 80%) that they kept their salary/income to themselves and were free to use it for their homes or other purposes. On the other hand some few give their salary to her husband and depending on her request, he may contribute or not.
- ii. Employed but less educated women who make up 70% of the unorganised sector, are first taken advantage of by their boss and later by their husbands. For the same or greater work, they get paid less than male workers. However, their husband's intoxication steals their income, leaving them with nothing and remaining money they spend in bringing-up their children.
- iii. Employed uneducated women are regarded the same as described in paragraph ii.
- iv. Unemployed but less educated women serve their family 24 hrs without getting wages and being tortured by in-laws member. Sometime they are forced to end their life.
- v. Unemployed uneducated women involved their life as house-wife/home-maker and always want to make her in-laws happy because they are aware that no one will assist them if she leaves them alone. They go to great lengths to endure their pain.

Most of the working women (90%) dedicate their time in home as home-maker, as a service lady. They do not get help from her husband in kitchen nor in handling kids. She handles everything by herself.

C. Cultural Issues: A healthy body and mind go hand in hand. Cultural knowledge and education are necessary to develop the human mind and make it calm, imaginative, well-organized, applicable, evaluative, problem-solving, synthetic, and analytic. Our daily lives are governed by culture. As we navigate life, we encounter a variety of concerns and problems that typically leave us feeling tight, irritated, furious, and unwell. To get past these, we turn to entertainment like music (hearing/singing), dance (seeing/performing), theatre (seeing/performing), art (painting, sculpting), movies, TV, hobbies, books, and news, among other things. Regular practise makes us feel cool, collected, and relaxed. According to research, if we cultivate children's interests (on the cultural side), that fosters the growth of mental discipline as well. On the other side, it promotes the growth of spiritual, religious, and ancestor knowledge and gives us a cool, tranquil feeling. If women in India promote it, then other people in the world and Indians will learn about our ancestral legacy; diverse types of tourism will be investigated; and intercultural mingling will grow in various states and other nations. There are still some issues.

While conducting her study, the current researcher learned about the various issues those concerned in culture face. 90% of women are not encouraged to pursue it as a career by their in-laws or given any promotions. Another issue in society is that children under 14 are allowed to attend live performances, which is against the law (Child-labor). She has also noted that the promotion of terrorism, corruption, dishonesty, affairs, and sex is prevalent in approximately 65% of the movies, web series, and television episodes, forcing the younger generation to live in delusions that are far from reality causing disturbance in society.

D. Political Issues: The present researcher has given importance to politics in her study. Due to their lack of legal knowledge as well as compassion, spirituality, and religion, women contribute about 60% of the GDP (internally and externally), but they only receive about 1% of the money. According to her survey, the majority of women—educated, illiterate, working-class, and unemployed—are not at all interested in entering politics or pursuing it as a career (70%). They believe that politics is outside of their purview. The reason behind is that strong and dirty game of male politician. Due to relatives or personality from renowned field, few women are in politics and they are acting as puppet in front of male politician (some exceptions are there). To some extent it is true also. But time has changed. Talented, creative and interested women should join politics and come forward as a good leader (They plan, manage, run home very efficiently smoothly, honestly and successfully with full dedication and commitment). There will be less crime, rape, strike, and corruption as a result of more women participating in politics as counsellors, MLAs, MPs, and Rajya Sabha members, i.e., from bottom to high levels. As a result, more policies for the welfare of women will be introduced. Without fail, equity will be realised in society. According to the current

researcher, politics is one of the most important factors in empowering women. Bharat will become independent by creating a solid, obedient, well-organized group or organisation with a clear vision.

Sports, Game and health issues: India's performance in the Olympic and Paralympic games according to its population is very poor. Under the direction of our Honorable Prime Minister, the statements "**jab khelega India tabhi to badhega India**" have already been made public. The current researcher discovered that while talent is emerging, there is insufficient nurturing and assistance. We mark them after they achieve a specific level on the national and international levels. There are more academies opening up in metropolitan areas, however they are not for children from low-income or semi-urban areas. Her findings shows that there is a lot that women can do to become empowered and improve India's physical fitness.

How women can contribute: Analyses and Conclusions

After conducting a survey, the current researcher has come to the conclusion that women can first become Atmanirbhar (self-reliant) in urban and semi-urban areas before they can contribute to making India self-sufficient.

After reading several articles, she agreed that the Central government policy and the five pillars can play important role in this situation

1. Establishing a self-help group with employed, jobless, and educated women.
2. Role of Social-Worker (dedicated and committed Intellectuals, non-intellectual; Social, Cultural, Economic and Political Leaders, Club etc.)
3. Role of NGO
4. Women's scheme run by Central and State government.

Method to achieve goal

As members of a self-help organization women can participate

- i. In a catering service in their community for small events like birthday and kitty parties, get-together programmes, and various festivals for roughly 40–50 people.
- ii. Beauty parlour services for weddings, festivals, and other special occasions; they can accept orders from family members other than the bride and groom to provide their services.
- iii. Childcare services for women who are working.
- iv. Services for career and psychological consultants.
- v. Preparing Unani and Ayurvedic goods by receiving appropriate instruction.
- vi. The preparation of pickles, jam, jelly, sauce, papad, mouth fresheners, etc. and their sale through the Ge M portal.
- vii. First Aid/Nursing service (with basic knowledge) for immediate protection to avert serious accidents.
- viii. As Writer: (a.) can be blog writer (online, offline) on different issues based on: politics, Economic, social, Cultural, Sports-games, Movie, foreign affairs; (b.) Can write Novels, Story, Poems, Cartoon, and Drama from the above issues.
- ix. Utilizing digital media: (a.) Using digital media such as Facebook, Instagram, Whatsapp, and YouTube. Women are able to post various culinary recipes, socially beneficial methods and tools, and breaking news to combat corruption and dishonesty. (b.) They can sell their prepared products, can take online or offline order and can run such business from home. (c.) Can begin online and offline tutoring with study materials for a variety of purposes, such as competitive exams, academic exams, entrance exams. (d.) They can educate women on topics such as open and distance learning, self-confidence, self-dependence, self-defense, the importance of social service, the importance of political and cultural participation, eating habits, how to be a good mother, the importance of open and distance learning, and the importance of self-confidence, self-dependence, and self-defense.

- x. They can sensitise women through door-to-door campaigns.
- xi. Similarly using electronic gadgets they can know about importance and application of science and technology.
- xii. By forming a self-help group, they can go to malls, offices, housing complexes, stationary stores, hard and software stores, and jot down the needs of products needed for everyday life and to which they can simply supply them by making them more appealing and usable via their creative ideas. So one can work, earn, and operate such a firm.
- xiii. Utilizing roof tops of homes, apartments, and housing complexes: (a.) Organic farming using a hydroponic system to meet the need for seasonal fruits and green vegetables by employing women who are knowledgeable about it. (b.) In covered roof top useful productive activity, such as manufacturing trash jewellery, various stitching projects, arts and crafts, home, office, and mall decorated things with training facilities.
- xiv. They can imitate the efforts being made by Bhutanese people to create a clear and pure atmosphere in order to reduce air pollution and promote a green revolution in society.
- xv. They can build Pre-primary, Montessori, and Kindergarten schools by forming self-help groups after learning about the best educational systems in the world, such as Singapore, China, Japan, the United States, Finland, etc.
- xvi. They can go door to door with the aid of self-help groups to inform people about the many programmes, legal rights, and benefits for women conducted by the State and Central Governments in detail, as well as the procedures for obtaining or making use of them.
- xvii. When housemaids go to big cities, they should be made aware of their significance to society and the extent to which the affluent class takes advantage of them. What should be their wage per day according to the capacity of their work? Self-help group will guide them to form their Union and raise their voice against irregularities and exploitations.
- xviii. The five pillars indicated above can be restarted in a highly inventive and creative fashion, and additional employment opportunities will arise in these sectors.
- xix. Increasing social, economic, and political awareness through cultural programmes: To educate Indian citizens, particularly women, cultural programmes in the form of workshops, competitions, and training sessions should be developed at the local, district, state, and federal levels

Other issues includes:

- (a.) It is important to promote healthy entertainment that celebrates the past and present greatness of India and the world.
- (b.) The government should take decisive action to counteract the influence of various gangs in the film industry that are promoting industry mafiaraj, anti-national, nepotistic, and drug-dependent business.
- (c.) Every interested Women should get chance there irrespective of their caste, creed, religion and nepotism. Only talent should be the foremost criteria to enter.

12. In health and sports-game sector there is ample scope where women can give her service as a coach in different game and sports from local club to national international level. They can start sports and game clubs all over India .They can run their business in this field eg. sports kits etc. Can do research in this field. They can provide health fitness service door to door, club, office etc as a Yoga teacher, Physiotherapist.

xx. Women can serve as coaches in a variety of games and sports at all levels, from local clubs to the national and international levels, in the health and sports-game sector. In India, they are able to create sports and game clubs and host competitions at all levels, from local to national. They can run their business in this area, such as selling sports equipment, teaching games and sports. They can work as a yoga teacher or physiotherapist, offering health and fitness services door to door, in a club, at an office, etc.

Limitations of present study

The current study has a few drawbacks as

1. The sample size is very small; it should be at least 1000.
2. The research area is limited to the urban and semi-urban parts of the Kolkata region; it should also cover more rural portions of the nation.
3. Requires comparison with other nations.
4. Budget: need financial support.

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