

## Understanding Girl Child: Essential in Leading to Progression of Country

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### **ABSTRACT:**

The individuals, belonging to rural communities in some cases form the viewpoint that girls are liabilities. They will only make demands and will not yield any returns on investments. On the other hand, they give more preference to male children. They believe male children are assets and they will render an important contribution in promoting well-being and goodwill of their families and communities, provided they are given opportunities to do so. Hence, individuals are making provision of good-quality education and leading to up-gradation of their skills and abilities. But with advancements taking place and with the advent of modernization, individuals are bringing about transformations in their viewpoints and perspectives. They have reinforced the viewpoint that girls can also render an important contribution in leading to development of their families and communities, hence, they should be encouraged towards getting enrolled in educational institutions and training centres. As a consequence, they will lead to up-gradation of skills and abilities and will make use of these in an effective manner. As a consequence, not only girls will promote enhancement of their overall standards of living, but they will contribute efficiently in leading to progression of communities and nation. Therefore, it is well-understood, acquiring an efficient understanding of the girl child is essential in leading to progression of country. The main concepts that are taken into account in this research paper are, measures to be implemented in promoting well-being and goodwill of girl child, advantages of upbringing girl child in an effective manner and Beti Bachao Beti Padhao.

**Keywords:** *Abilities, Competencies, Effectiveness, Girl Child, Goodwill, Progression, Up-bringing, Well-being*

### **INTRODUCTION:**

In India, more than 70 percent of the population resides in rural communities. In these communities, male children are regarded as assets, whereas, female children are regarded as liabilities. The individuals form the viewpoint that male children will render an important contribution in promoting well-being and goodwill of families and communities. Hence, they will contribute efficiently in providing them good quality education and focusing on their health and well-being, physically and psychologically. On the other hand, girls are trained in terms of implementation of household responsibilities and taking care of needs and requirements of family members. The main reason being, they are to eventually get married and go to marital homes. The girls are discouraged from getting enrolled in educational institutions and acquiring employment opportunities (Holly, 2020). They are confined within homes and put into operation different types of tasks and activities in promoting well-being of family members. When the individuals are engaged in the production of different types of products, they train their girls in terms of the production processes and marketing strategies. Therefore, girls are trained in order to obtain support and assistance from them.

Within the country, individuals, belonging to all communities, categories and socio-economic backgrounds are required to be well-versed in terms of the factor that both male and female children are equal. They need to be provided with equal rights and opportunities and there should not be any kind of discriminatory treatment among them. The individuals need to understand that girls can also render an important contribution in promoting well-being and goodwill of the families and communities, provided they are given the opportunities to do so. Hence, individuals, belonging to all communities, categories and occupations are required to make provision of all types of opportunities, which are facilitating in augmenting competencies and abilities among girls (Gerber, 2018). Furthermore, focus needs to be on promoting good health and well-being, physically and psychologically. Hence, it is well-understood, promoting well-being and goodwill of girls is facilitating in carrying out all types of tasks and functions adequately. In this manner, individuals will render an important contribution in promoting enrichment of their overall personality traits and standards of living.

### **Measures to be implemented in promoting Well-being and Goodwill of Girl Child:**

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to be well-informed in terms of the factor that both male and female children need to be provided with equal rights and opportunities. The individuals, particularly belonging to deprived, marginalized and economically weaker sections of the society are required to make provision of equal treatment to girls as compared to their male counterparts. Furthermore, all individuals need to be well-informed in terms of measures to be implemented in promoting well-being and goodwill of girl child (Chapter-1. Introduction, n.d.). These are put into operation in a well-organized and regimented manner. The individuals are required to make sure, they are inculcating the traits of morality and ethics. These traits will be facilitating in putting into operation all the measures in a positive manner. One of the important aspects is, girls need to be treated with respect and courtesy. Therefore, measures to be implemented in promoting well-being and goodwill of girl child are stated as follows:

#### **Forming Positive Viewpoints regarding Girls:**

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to form positive viewpoints in terms of girls. They need to understand that girls can also render an important contribution in promoting well-being and goodwill of their families and communities, provided they are given the opportunities to do so. Hence, individuals, belonging to all communities, categories and occupations are required to make provision of all types of opportunities, which are facilitating in augmenting competencies and abilities among girls. Furthermore, focus needs to be on promoting good health and well-being, physically and psychologically. One of the important aspects is, communication processes is to take place with girls in an effective manner. In other words, they are required to be treated with respect and courtesy. Hence, it is well-understood, promoting well-being and goodwill of girls is facilitating in carrying out all types of tasks and functions adequately. In this manner, individuals will render an important contribution in promoting enrichment of their overall personality traits and standards of living. Therefore, forming positive viewpoints regarding girls is considered as one of the indispensable measures to be implemented in promoting well-being and goodwill of girl child.

#### **Communicating in an Effective Manner:**

Within homes, family members need to ensure communication processes is to take place with girls in an effective manner. In other words, they are required to be treated with respect and courtesy. The implementation of effective communication processes

is facilitating in augmenting information in terms of different types of subjects and concepts; exchanging different types of ideas and viewpoints; providing solutions to different types of problems and clarifying doubts in terms of different factors. The individuals are required to reinforce the viewpoint that girls are equal as compared to their male counterparts.

The individuals are required to be well-equipped in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information and possessing an approachable nature and an amiable attitude. The individuals are required to treat their girls on an equal basis as compared to their male counterparts. Hence, putting into operation effective communication processes are facilitating in carrying out different tasks and activities in a well-organized manner. Therefore, communicating in an effective manner is one of the significant measures to be implemented in promoting well-being and goodwill of girl child.

#### **Providing Good-quality Education:**

The education is regarded as the instrument, which not only imparts information in terms of academic subjects and lesson plans, but also in terms of ways that are necessary in emerging into moral and ethical human beings and productive citizens of the country. Hence, individuals, belonging to all communities, categories and socio-economic backgrounds have recognized the meaning and significance of education. The girls should be encouraged to get enrolled in educational institutions and acquire education. This is facilitating in leading to up-gradation of competencies, abilities and aptitude. Furthermore, girls are rendering an important contribution in generating information in terms of different types of subjects and concepts.

In order to enable girls to concentrate on their studies and score good grades, individuals will have to create pleasant and amiable environment within homes. In other words, home environmental conditions should be encouraging and motivating. As a consequence, the mind-sets of the girls will be stimulating towards learning and achieving their educational goals. Furthermore, they will overcome all types of setbacks taking place within the course of academic learning. Therefore, providing good-quality education is an expedient measure to be implemented in promoting well-being and goodwill of girl child.

#### **Encouraging engagement in Employment Opportunities:**

When the individuals are engaged in the production of different types of goods, i.e. artworks, handicrafts, pottery making, silk weaving, basket making and so forth, they train their girls in terms of the production processes and marketing strategies. Furthermore, they need to encourage the participation of girls in

employment opportunities. The girls need to be encouraged to move out of their homes to urban communities to promote better livelihoods opportunities. The support from family members is regarded to be of utmost significance in order to promote enhancement of their career prospects.

The individuals within homes will have to work in collaboration in order to create pleasant and amiable environment within homes. In other words, home environmental conditions should be encouraging and motivating. As a consequence, the mind-sets of the girls will be stimulating towards learning and getting engaged in employment opportunities, according to their capabilities in a satisfactory manner. Furthermore, they will augment the abilities in overcoming all types of setbacks taking place within the course of promoting enrichment of career prospects. Therefore, encouraging engagement in employment opportunities is an eminent measure to be implemented in promoting well-being and goodwill of girl child.

### **Encouraging their participation in Extra-Curricular and Creative Activities:**

The girls from the stage of early childhood should be encouraged to participate in different types of extra-curricular and creative activities. The different types of these activities are, artworks, handicrafts, pottery making, silk weaving, basket making, singing, dancing, role playing, playing of musical instruments and so forth. These are not only facilitating in leading to up-gradation of skills and abilities, but individuals make their selection in order to enhance their career prospects as well.

The career prospects get enhanced, when girls have mastered one or more of these activities. One of the important aspects is, individuals need to acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. This is facilitating in carrying out all types of tasks and activities in a well-organized and regimented manner. The family members are engaged in the production of different types of goods, i.e. artworks, handicrafts, pottery making, silk weaving, basket making and so forth, they train their girls in terms of the production processes and marketing strategies. Therefore, encouraging their participation in extra-curricular and creative activities is a renowned measure to be implemented in promoting well-being and goodwill of girl child.

### **Augmenting Competencies and Abilities:**

The family members are required to make sure, they up-grade competencies and abilities among girls. The different types of competencies and abilities are, convincing, persuasion, planning, organizing, directing, controlling, co-ordinating, leading, negotiating, managing, administrating, emotional

intelligence, systems thinking, making wise and productive decisions in terms of different subjects and factors, putting in efforts to one's best abilities, possessing the abilities to work under stress, coping with different types of dilemmas and challenging situations in an adequate manner and carrying out all types of tasks and activities in a well-organized and satisfactory manner.

The implementation of effective communication processes are regarded as the key in carrying out this task. Furthermore, girls need to put emphasis on honing their listening skills. These are the skills that are facilitating in acquiring an efficient understanding of the concepts. In addition, girls need to put these into operation in their lives. The different types of competencies and abilities are facilitating in doing well in their tasks and activities and achieving desired goals within and outside the homes. Therefore, augmenting competencies and abilities is a meaningful measure to be implemented in promoting well-being and goodwill of girl child.

### **Encouraging participation in various Functions and Events:**

The individuals need to encourage the participation of girls in different types of functions and events. There are organization of social, economic, religious, cultural and political functions and events in all communities, throughout the country. The individuals are required to encourage the participation of girls. As a consequence of participation, the girls will not only generate information in terms of various subjects and concepts, but will strengthen their confidence levels towards putting into operation various tasks and activities.

One of the major benefits is, the mind-sets of the girls will be stimulated and they will lead to an increase in motivation and concentration levels towards putting into operation different types of tasks and activities. The girls participate in different types of functions and events on an individual basis or through working in collaboration and integration with each other. One important aspect is, individuals need to do well in their jobs and meet the expectations of other individuals. As a consequence, desired goals and objectives will be achieved. Therefore, encouraging participation in various functions and events is a noteworthy measure to be implemented in promoting well-being and goodwill of girl child.

### **Promoting Health and Well-being:**

The family members need to implement all the factors, which are facilitating in promoting health and well-being of girls. The health conditions need to be promoted physically as well as psychologically. The different factors that need to be taken into account are, focusing on diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; obtaining medical

check-ups on regular basis; making visits to medical and health care centres; coping with different types of psychological problems of anger, stress, anxiety, depression and frustration; developing mutual understanding with family and community members; promoting cleanliness within home environmental conditions; possessing an approachable nature and an amiable attitude; promoting enhancement of overall personality traits and creating an amiable and pleasant environment within homes.

The individuals are required to reinforce all these factors in the upbringing of their girls. One of the major benefits is, the girls in this manner will contribute efficiently in promoting enhancement of their competencies, abilities and aptitude. They need to listen to and understand what their parents are conveying to them. Therefore, promoting health and well-being is a notable measure to be implemented in promoting well-being and goodwill of girl child.

### **Promoting Empowerment Opportunities:**

The girls need to be encouraged to move out of their homes to urban communities to promote better livelihoods opportunities. In other words, they should be encouraged towards acquisition of empowerment opportunities. The support from family members is regarded to be of utmost significance in order to get engaged in different types of tasks and activities, which are facilitating in acquisition of empowerment opportunities. The individuals within homes will have to work in collaboration and integration in order to create pleasant and amiable environment within homes. For this purpose, individuals need to possess an approachable nature and co-operative attitude.

This needs to be reinforced towards girls. In other words, home environmental conditions should be encouraging and motivating. As a consequence, the mind-sets of the girls will be stimulating towards learning and getting engaged in employment opportunities, according to their capabilities in a satisfactory manner. Furthermore, they will augment the abilities in overcoming all types of setbacks taking place within the course of promoting enrichment of career prospects and acquisition of empowerment opportunities. Therefore, promoting empowerment opportunities is an important measure to be implemented in promoting well-being and goodwill of girl child.

### **Providing Equal Rights and Opportunities:**

The individuals are required to make provision of equal rights and opportunities to the girls. These are in terms of imparting them information regarding morals and ethics; acquisition of education; getting engaged in employment opportunities; promoting good health and well-being, physically and psychologically; promoting enrichment of career prospects; augmenting different types of skills and abilities and implementing all the

factors that would be facilitating in leading to up-gradation of overall personality traits. They need to be provided with equal rights and opportunities and there should not be any kind of discriminatory treatment among them.

The individuals need to understand that girls can also render an important contribution in promoting well-being and goodwill of the families and communities, provided they are given the opportunities to do so. Hence, individuals, belonging to all communities, categories and occupations are required to make provision of all types of opportunities, which are facilitating in augmenting competencies and abilities among girls. As a consequence, motivation levels among girls will be augmented regarding putting into operation different tasks and activities. Therefore, providing equal rights and opportunities is a useful measure to be implemented in promoting well-being and goodwill of girl child.

### **Not discriminating regarding various Factors:**

There should not be any kind of discriminatory treatment among male and female children within both urban and rural communities. The individuals need to understand that girls can also render an important contribution in promoting well-being and goodwill of the families and communities, provided they are given the opportunities to do so. Hence, individuals, belonging to all communities, categories and occupations are required to make provision of all types of opportunities, which are facilitating in augmenting various types of competencies and abilities among girls (India's Missing Daughters, 2018). Furthermore, focus needs to be on promoting good health and well-being, physically and psychologically.

The family members need to put emphasis on making provision of good-quality education to them. When girls will be educated, they will be able to contribute efficiently in promoting enhancement of overall quality of lives. Furthermore, they will be able to differentiate between various types of appropriate and inappropriate factors. All the information that is acquired needs to be put into operation in an adequate and satisfactory manner. Therefore, not discriminating regarding various factors is a favourable measure to be implemented in promoting well-being and goodwill of girl child.

### **Forming Pleasant Environment Conditions within Homes:**

Individuals, belonging to all communities, categories and socio-economic backgrounds need to be well-informed in terms of factors that are necessary in forming pleasant environment conditions within homes. This is essential for promoting well-being of all family members. The factors taken into account are, communicating with others in an effective manner; treating each other with respect and courtesy;

maintaining cleanliness within home environment; carrying out all types of household chores in an effective manner; putting into operation the function of child development in a satisfactory manner; taking care of needs and requirements of elderly and other family members; coping with different types of psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness and forming cordial and amiable terms and relationships with others.

As a consequence of putting into operation all these factors, there will not only be formation of pleasant environmental conditions within homes, but upbringing of girl children will take place in an effective manner. Therefore, forming pleasant environment conditions within homes is an advantageous measure to be implemented in promoting well-being and goodwill of girl child.

### **Advantages of upbringing Girl Child in an Effective Manner:**

Individuals, belonging to all communities, categories and socio-economic backgrounds need to regard both male and female children as equal. The individuals need to be well-versed in terms of the factor that both male and female children are equal. They need to be provided with equal rights and opportunities and there should not be any kind of discriminatory treatment among them (Health and Physical Education, 2016). The individuals need to understand that girls can also render an important contribution in promoting well-being and goodwill of their families and communities, provided they are given the opportunities to do so. Hence, individuals, belonging to all communities, categories and occupations are required to make provision of all types of opportunities, which are facilitating in augmenting competencies and abilities among girls. As a consequence, they acknowledge the advantages of upbringing girl child in an effective manner, i.e. implementing various factors in an effective manner; promoting family well-being; coping with psychological problems in an effective manner; promoting a normal mind-set and promoting enhancement of overall personality traits. These are stated as follows:

### **Implementing various Factors in an Effective manner:**

The individuals, belonging to all occupations, communities and socio-economic backgrounds are required to be well-informed in terms of various factors, i.e. being well-equipped in terms of different types of job duties and responsibilities; being well-informed in terms of methodologies and procedures; utilizing modern, scientific and innovative methods and materials in the implementation of tasks and

activities; coping with different types of psychological problems of anger, stress, anxiety, frustration and depression in an effective manner; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; forming cordial and amiable terms and relationships with others; forming positive viewpoints regarding various factors; possessing the abilities to work under stress; coping with various dilemmas in an effective manner and creating pleasant environment within homes. The individuals will have to contribute in putting into operation all these factors in an efficient manner, when they form positive viewpoints regarding girl children. Therefore, implementing various factors in an effective manner is regarded as one of the indispensable advantages of upbringing girl child in an effective manner.

### **Promoting Family Well-being:**

In order to promote family well-being, the management of financial resources is regarded to be of utmost significance. These are referred to monetary resources. These are utilized to make purchases of various items, bring about changes in various factors, and fulfil various types of needs and requirements. Furthermore, all the family members are required to form cordial and amiable terms and relationships with each other. They are required to make provision of support and assistance to each other in doing well in their job duties and generating desired outcomes. In households, when family members are making provision of support and assistance to girls in bringing about improvements in their overall personality traits and standards of living, they will contribute efficiently in promoting family well-being. One of the aspects that is disadvantageous is, discriminating against girls is a major barrier within the course of promoting family well-being. Therefore, promoting family well-being is one of the significant advantages of upbringing girl child in an effective manner.

### **Coping with Psychological Problems in an Effective manner:**

It is apparently understood that occurrences of psychological problems are regarded as an integral part of the personal and professional lives of the individuals, i.e., anger, stress, anxiety, frustration and depression. These are experienced in a major or minor form. The individuals are required to ensure, they make provision of equal rights and opportunities to girls in order to cope with different types of psychological problems in an effective manner. The main reason being, when girls are regarded as liabilities and are discriminated against in terms of various factors as compared to their male counterparts, the individuals will be overwhelmed by different types of psychological problems. Hence, they will be able to cope with these in an effective manner and prevent

these from assuming a major form, when they are giving equal treatment to girls. In this manner, one will contribute efficiently in coping with different types of psychological problems. Furthermore, these will be prevented from giving rise to impediments within the course of putting into practice different types of tasks and activities. Therefore, coping with psychological problems in an effective manner is an expedient advantage of upbringing girl child in an effective manner.

### **Promoting a Normal Mind-set:**

The individuals are required to put emphasis on promoting a normal mind-set. As a consequence of forming positive viewpoints in terms of girls and treating them with respect and courtesy, individuals will contribute efficiently in promoting a normal mind-set. The prevalence of discriminatory treatment against girls causes the feelings of antagonism and antipathy among individuals. As a consequence, there will be creation of unpleasant environmental conditions within homes. Hence, individuals will have to be well-versed in terms of the factor that both male and female children are equal. Girls need to be provided with equal rights and opportunities and there should not be any kind of discriminatory treatment among them. The individuals need to understand that girls can also render an important contribution in promoting well-being and goodwill of the families and communities, provided they are given the opportunities to do so. As a consequence, not only normal mind-set will be reinforced, but there will be formation of pleasant environment within homes. Therefore, promoting a normal mind-set is a noteworthy advantage of upbringing girl child in an effective manner.

### **Promoting Enhancement of overall Personality**

#### **Traits:**

Promoting enhancement of overall personality traits is regarded as one of the major goals of individuals, irrespective of age groups, genders, occupations, communities, and socio-economic backgrounds. The individuals are able to carry out this task in a well-organized manner, when they are reinforcing a constructive approach and engaged in job duties, which would enable them to incur the feelings of pleasure and contentment. As a consequence of forming positive viewpoints in terms of girls and treating them with respect and courtesy, individuals will contribute efficiently in promoting enhancement of their overall personality traits. The main reason being, individuals will be happy and contented that their girls are also assets. They will also contribute efficiently in bringing about improvements in overall standards of living of their families. When the girls will get engaged in suitable fields in accordance to their competencies, abilities, and aptitude, they will contribute efficiently in not only promoting

enhancement of career prospects, but will also promote well-being and goodwill of family and community members. Therefore, promoting enhancement of overall personality traits is a notable advantage of upbringing girl child in an effective manner.

### **Beti Bachao Beti Padhao:**

Beti Bachao Beti Padhao is regarded as one of the greatest initiatives taken by the Government. As the name implies, it is referred to saving the daughter and educating the daughter. The primary objective of the campaign is to make sure that every girl child gets proper education. This is also regarded as one of the reasons that people get to encourage others as well as their families to do the same as the notion suggests. The campaign was started by the Prime Minister of India, Mr. Narendra Modi in the year 2015. The primary objective was to generate information among individuals, belonging to all communities and socio-economic backgrounds that girls are equally important as compared to their male counterparts. They will render an important contribution in promoting well-being and goodwill of the families and communities, provided they are given the opportunities to do so. Hence, individuals, belonging to all communities, categories and occupations are required to make provision of all types of opportunities, which are facilitating in augmenting competencies and abilities among girls.

The research studies have indicated that in some of the rural communities and among the individuals, belonging to deprived, marginalized and economically weaker sections of the society, they have even more than three girls in one nuclear family. With the main objective of promoting well-being and goodwill of families and communities, the individuals are required to ensure, they make provision of equal rights and opportunities as compared to their male counterparts. Furthermore, it needs to be ensured, there is not any type of discriminatory treatment on the basis of any factors. As a consequence, individuals will be able to carry out the task of upbringing of girls in an effective manner. Furthermore, individuals make sure, they put into practice all the factors that are facilitating in promoting well-being and goodwill of girls, i.e. providing good-quality education, encouraging engagement in employment opportunities, encouraging their participation in extra-curricular and creative activities, augmenting competencies and abilities, encouraging participation in various functions and events and promoting health and well-being, physically and psychologically.

### **CONCLUSION:**

Individuals, belonging to all communities, categories and socio-economic backgrounds need to regard both male and female children as equal. Measures to be implemented in promoting well-being and goodwill of

girl child are, forming positive viewpoints regarding girls, communicating in an effective manner, providing good-quality education, encouraging engagement in employment opportunities, encouraging their participation in extra-curricular and creative activities, augmenting competencies and abilities, encouraging participation in various functions and events, promoting health and well-being, promoting empowerment opportunities, providing equal rights and opportunities, not discriminating regarding various factors and forming pleasant environment conditions within homes. Advantages of upbringing girl child in an effective manner are, implementing various factors in an effective manner; promoting family well-being; coping with psychological problems in an effective manner; promoting a normal mind-set and promoting enhancement of overall personality traits. Beti Bachao Beti Padhao is a campaign generating information regarding survival and education of girl children. Finally, it can be stated, acknowledging the importance of girl child is facilitating in promoting community well-being.

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