

ESSAY

(Please do not write anything except the question number in

TOPIC: Girls are weighed down by restrictions, boys with demands - two equally harmful disciplines

(Please don't write anything in this space)

The most important journey of our life doesn't involve climbing the highest peak or trekking around the world. The biggest adventure you can ever take is to live the life of your dream — Oprah Winfrey.

The above quote reflects that it is very difficult to live our lives as the way we want no matter if you are a boy or a girl.

Good introduction

Society has very rigid gender roles like certain restriction imposed on girls or expectations from the boys to behave in certain manner. These roles are interchangeable, sometimes it becomes very difficult to fulfil those societal expectations.

Girls are often weighed down by numerous restrictions or some sort of rules like what they can wear, where they can go, to whom they should talk even which career they should pursue. Even in 21st century it is seen that career opportunities of women are confined to certain career options.

Even today they are not allowed to pursue career in certain subjects which are traditionally male dominated like STEM — full form — Science, Tech, Eng & mathematics because these field might hamper in their caretaker role in family after marriage or due to long hours demand of work.

Tech, Eng & mathematics

— Avoid short forms & special characters like \$ (&)

Girls often find to manage education with household chores which hinders their academic progress.

In some circumstances, women are expected to perform whole the task along with hectic schedule of job, round the clock work of homemaker which ultimately results in dropout from job/education. In India

As per PLFS the work force participation has reduced as compared to preceding year i.e. 2021-22

women accounts almost half of the total population of India but if we see women representation in parliament it is surprisingly very low i.e. approx 14% only. Have you ever wonder why this so? this is due to low family support & pressure, restrictions imposed by society which give no fair opportunities to women.

These restriction reduces the self-esteem, dignity, abnormal personality or sometimes affect mental health of women like anxiety or depression. Their role is tried to confined within four walls.

They have less say in family matters because of economic exclusion or dependency on male partner.

This also led to patriarchal form of society, and evils like dowry, early marriage, domestic violence also emerges due to lack of awareness among these females about their rights.

Periodic
Labour force survey

Politics



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It's not just girls, Boys too, face Societal pressure & demands like how should they achieve, how should they behave etc.

It is believed that Boys should reflect Strong, masculinity, Stoicism i.e. unemotional, to bear financial burden of entire family etc.

To cry being a boy or show emotional side is a taboo in our society. It is believed that men should not cry they are strong. This made very difficulty to express their feelings or ask for help. According of Indian Heart Health Association, men are more vulnerable than women to cardiovascular diseases.

Societal
&
S

Boys are weighed down by the expectation of becoming financially independent to take the responsibilities of his family. It is societal believe that a man who uses the money of their wives are vulnerable which affects their dignity in long run. This creates a huge pressure on men even he can't think to switch his career options if he is unhappy. But do you think this is not a question on gender equality? our society talks about gender equality b/w men & women then why we don't change our mindsets regarding this.

Societal

There are stereotypes related to career options also like boys ~~should~~ opt for career related to STEM even if they can do for better in other career options like artist, chef or a choreographer etc. Because it is traditionally believed that these career options are for girls. It is also linked with prestige of family that these types of career options are not opted by reputed families.

→ and

Effect of these Restrictions & demands on youth

These societal pressures affected both the genders very deeply in our society. It reduced self-esteem, anxiety, depression, suicides etc. This not only affecting the boys or girls but society as a institution as a whole because in long run it will affect the relationships b/w them which might result in disputes ~~etc.~~

— Add some facts to

The boys tend to suppress emotions, leading stress, peer pressure to be a man results in the dominating, aggressive nature This makes them authoritative and apathic in nature towards society. This results in mentally - socially ~~troubled~~ troubled personalities which may be threat to prosperous society.

* Headlines in essays should be avoided - it can be improvised as 1st line of the paragraph. with underline.

Once chairperson of Infosys, Sudha Murthy said in her interview that if you try to please everyone, you will please no one. It is impossible to lead for your life for others' happiness.

Similarly, this we should try to implement in our life that there is only one life let's struggle for a better opportunity which we want. For example:- Chetan Bhagat, a very famous author who drops his job just follow the passion of writing.

Elon Musk, CEO of TESLA, who had a troubled childhood still pursued his passion & now you can see where he is.

Kiran Bedi, an IPS officer who go against all the restrictions imposed on her and do well for society & empowered many women. not needed

The Right Way forwards

Education system can play a huge role in addressing the gender disparity by fostering equality & promoting understanding among them. This will also allow to create more equitable society.

Good

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Govt. Should create strict policies & laws against gender discrimination in workplace. Equal treatment in terms of wages, rights leaves, maternal or paternal leaves, counselling ~~set~~ sessions for positive work environment.

At family level also we should take baby steps to inculcate equality among girl child & boy child. we should teach household work to boy whereas to do become ~~inde~~ confident & independent.

Conclusion :-

To create a more inclusive, equitable & just society we should address the various societal norms and should create an atmosphere where both gender can enjoy their fullest potential, freedom and lead a positive life. Because, girls weighed down by restrictions & boys burdened with demands affects equally to the society, family or obviously an individual

decent & relevant.

- needs to be more impactful!

55

125

Body - Need to add more to content

Good effort
- keep writing

Introduction & Conclusion can be improved with more content

add more dimensions

- Being contemporary some relevant - anecdotes, stories. can be prepared separately

PARAMETERS

	REMARKS
1. Relevance to the main argument	Very relevant
2. Completeness / Multi dimension	few dimensions - need to add more
3. Organization and planning	structured & lucid - proper flow
4. <u>Intro</u>	
a. Relevance	Yes
b. Interesting/Captivating	Basic
c. Encapsulating (all ideas of entire essay)	Yes.
5. <u>Body</u>	
a. Cohesiveness/idea arrangement	Looks proper.
b. Flow of ideas	Good.
c. Concise	Yes
d. Any vagueness/ ambiguity	Need to add more examples
e. Presentation	Decent
f. Selection of examples	Relevant
g. Proportion of each theme	Balanced
h. Persuasiveness	Quite.
6. <u>Conclusion</u>	
a. Did it answer the main theme?	Yes.
b. Was it a repetition of intro?	No.
c. Did it introduce a new concept (it should not)	No.
d. Creativity	Needs more innovation.

Macro comment :-

- Overall good effort
- with little value addition & improvisation.
- 10-20% score can be enhanced i.e. higher side of the competitors.
- It will require regular & consistent practice.