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Tobacco Farming, Addiction, Promotion of Gender Equality, Well-being and Monopoly of the Indian Market

By Ranjit Singha¹, Yogesh Kanna S²

Abstract

Women's land rights are still suppressed in India because men hold most of the land, and men decide what crops to grow. Tobacco use and farming are both detriments to one's health. It causes cancer, and cancer treatment is unavailable in the majority of India's remote areas. On the other hand, tobacco is grown in remote regions of India, and cancer hospitals are concentrated in major cities. There are eight states in India's north-eastern region, but only one cancer treatment facility in Guwahati, Assam. There is a need for new cancer hospitals in the north-eastern part of the country, where there is just one cancer hospital for eight states. Mindfulness training and tobacco harmful effects awareness education should be integrated into the educational curriculum and community centres. The school curriculum should include more mindfulness and psychoeducation about tobacco's detrimental effects.

The pandemic situation in India and elsewhere make any community-based response difficult right now. Some parts of India, such as A&I Island, the North-Eastern region of India, and J&K, lack high-speed internet connectivity; therefore, radio, television, audio CDs, audio files, recorded videos, reading materials, and cell phones may be the best ways to reach out. Internet-based outreach is another option. A non-governmental organisation (NGO) or other organisation would be required to create regional language reading material, audio files, and video files. Given the global pandemic crisis, such programmes must be put in place as soon as possible. A team of specialists, regional language experts, local cultural experts, and volunteers would be needed to achieve these objectives.

Keywords: Women's land rights, Tobacco cultivation, Mindfulness, Psychoeducation, Gender equality

Introduction

In Indian society, women get the opportunity to cultivate over their ancestral land. At the same time, women's male family members owns the significant portion of the land rights; in most

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of the scenario in India, women do not get an equal share of their parental property which discriminates against Indian women. The marriage ceremony is conducted for women by their brothers or fathers. Tobacco leaves are expensive in India, and the decision to grow tobacco ideally takes place owing to tradition and the skill to grow and raise a particular crop. However, since the male member of the family owns the majority of the land, the decision to expand the types of the produce is taken by the male member of the family; additionally, the reason for growing tobacco plants is due to lack of employment opportunities or limited skills and education. As Bullough states (2021), women face gender-specific challenges and opportunities in their entrepreneurial endeavours, which is universally recognised.

Kumar, C. K. (2021) states that in Andhra Pradesh, women workers play an essential role in tobacco cultivation. However, arduous work, an unwelcoming environment, and poor socioeconomic conditions all contribute to chronic morbidity. Hoque, A. (2018) explains that in West Bengal's Malda area, bidi workers are exposed to poisonous tobacco vapours, resulting in serious health concerns (major and minor). The most prevalent ailment is cough and cold, whereas tuberculosis is the least prevalent (9.00 per cent). Experts agree that supplying employees with Health Cards is vital since it enables them to access subsidised treatment and rehabilitation for several conditions.

In an ideal world, men sell the harvests in the market, and they receive the lion's share of the money; nevertheless, if the man is hooked on tobacco, alcohol, or gambling, the money never makes it home. This is a social problem that affects the majority of India's remote districts. Recently, the number of illegal tobacco traffickers in India has increased, resulting in losses for Indian tobacco growers. Even though tobacco is a high-cost product, India's current legislative framework permits the six largest firms to gain the most significant profit. In India, the manufacture of loose cigarettes is forbidden. Tobacco legislation in India has resulted in a minimum profit margin for Indian tobacco farmers, limited by their initial tobacco-growing abilities. Tobacco farmers in India are trapped in a vicious circle with no way out. All the Indian cancer hospitals are located in major cities. Tobacco cultivation adds challenges.

Rural India requires cancer treatment facilities as well as livelihood training. There is a need to advocate for the negative consequences of tobacco, drug, and other addictions. Face-to-face counselling and community-based fieldwork have become more difficult due to COVID-19 situations. Tobacco is detrimental to health and induces cancer; as children live close to their mothers, the increasing incidence of second-hand smoke affects the children, or instead, they are exposed to tobacco. Counsellors expressed that women avoid therapy because of the stigma and embarrassment they face (Colley, A. J. 2016). Around 73.2 per cent of rural women work in agriculture. Even though Assam is the melanoma capital, only one oncology hospital is readily accessible for such an entire North-Eastern region; the NER comprises eight states, and one oncology hospital is necessary to satisfy eight provinces in North East India. There is a need to create additional cancer hospitals, de-addiction centres, particularly for women, and psychological interventions that are regionally specific, situation-based, and social circumstance-based. The Government of India needs to enshrine the safety and security of women, children, and elders from the post-election violence; the farmers have been affected because of post-election violence during COVID-19 and the economy's downfall; further, the illegal tobacco market has also impacted the market.

Tobacco is harmful to one's health, and growing tobacco is detrimental to the farmer's health. Agrochemicals and pesticides exacerbate the health concerns of those who spray crops. Consumption of tobacco leads to addiction due to the presence of nicotine. Farmers who work in

tobacco farming are more likely to become addicted to smoking due to their regular exposure to tobacco. Most of the farmers who are involved with smoking are more prone to cancer. Most of them do not have access to cancer treatment in their local areas, nor are there any de-addiction centres for women. Accessing the counselling centre is considered to be taboo in Indian society. They do not have access to any mindfulness training, higher order thinking skill training, or psychoeducation regarding the ill effects of tobacco cultivation and consumption. This raises concerns about mindfulness training, higher-order thinking skill training, and psychoeducation at the community and local levels. Language is an additional challenge to impart training in India; India is a land of multiple languages: it has more than 1652 languages and various cultures and traditions.

Any community-based intervention faces unique challenges in the Indian context, and COVID-19 has added a new wrinkle to the mix. Cultural sensitivity is a significant concern, mainly while providing training to women in the Indian context. Mindfulness training has a spiritual component, and it must be administered sensitively without hurting any religious sentiments.

Methodology

We carried out a systematic review of the literature for all the available literature— A thorough study was conducted to review all the credible reports from the various databases. A detailed search of the published work was carried out using keywords in the different scientific databases. In the review process, we used Gough's (2007) model.

Review Questions and Terms of Search

The analysis question is (a) What do Indian and international literature say about smoking, tobacco cultivation, women's land rights, gender equality, and mindfulness? What effect does tobacco cultivation have on women? What impact does illegal tobacco have on farmers? Is it possible to transition away from tobacco cultivation? Could counselling and mindfulness be a solution for the well-being of women amid a pandemic?

The terms used in the literature search are listed in the table below.

Table 1: Literature Search Terms

Principal Concepts	Keywords
Women and Land Rights in India	Women land rights in India, Women rights,
Impact of Tobacco Cultivation on Women	Tobacco cultivation and women in India
The Effect of Illegal Tobacco on Farmers	Illegal Tobacco India
The shift in Sustainable Farming	Tobacco and Sustainable Farming,
Counselling and Mindfulness for the Wellbeing of Women	Counselling and Mindfulness, Women and Mindfulness, Counselling and Women in India

Search Strategy

A systematic quarry of the literature in the scientific research database was conducted intensively among the collections of articles, books and grey documents, and unpublished and foreign journal literature. Literature queries have been conducted using keywords in the following databases in psychology, social sciences, and sociology. The databases used are APA PsycNET, EBSCO (Psychology), JSTOR, list of free access articles (DOAJ). Hand searches in primary papers and books were undertaken to find more critical research. Copies of the writings of the preceding 34 years (1987 to 2021) were reviewed accordingly. Gray literature reviews were performed to find related unpublished works, such as theses, studies, and current research ventures. Google has scanned grey literature databases, google scholar online search server, conference proceedings, dissertation abstracts, ProQuest theses, and dissertations.

Study Selection

We performed a thorough check of the reference list to determine whether the literature met the inclusion requirements. Following the phase, an ancestry search for similar earlier works was conducted on each reference list.

Study Selection Process

The article titles and relevant studies were reviewed to see if they fulfilled the specific criteria outlined in Table 2.

Table 2: Criteria for Inclusion and Exclusion are Mentioned Below

Features	Inclusion Criteria	Exclusion Criteria
Type of Publication	Journals and books that have been peer-reviewed	Theses, dissertations, reports, and abstracts
Publication language	English	All other languages
Sample of participants	Not applicable	
The articles' subjects	Environmental pollution because of tobacco	

Source: Gough (2007, p. 11)

Quality Assessment

Gough's (2007) review used a WoE (Weight of Evidence) tracing study to determine the correctness of the research evidence. Gough (2007, p. 10-11) defined and merged "generic" and "review-specific" judgments to arrive at an "overall evaluation."

Table 3: Application of WoE Framework

WoE Criteria	Implications for the current review
A Quality of research	Peer-reviewed research
B Research Design	The survey, the qualitative research approach, and the review of the literature
C--Relevance to participants in the current study	Not applicable

The research studies were analysed using Gough's (2007) WoE Framework. Much of the experiments are of high quality, while literature from less rigorous trials is also included.

Research Question

What is the position of gender equality of women in India? Do women have the decision making position for agriculture in their ancestral land? Do women get land rights from their traditional property? How does tobacco cultivation affect women? What is the solution for the well-being of women?

Objective

- To comprehend the status of women's gender equality in India
- To understand women's decision-making position in agriculture
- To understand the role of women concerning ancestral property
- To learn the effects of tobacco cultivation on women
- To come up with a solution for the well-being of women

Review of Related Literature

Böhmer, Nicole and Schinnenburg, Heike (2018) as Indian women succeed in obtaining higher education. Their declining representation in the job market poses essential findings of how such a gap can be resolved. Concurrently, European countries like Germany have seen

improvements in educational opportunities for women, but these have not translated into increased levels of leadership or shifts in gender roles. Women in India and Germany have hardships in establishing their careers and also contend with long-term reliance or poverty. This article gives greater clarity to young women's perceptions about their capacity for leadership and success while they are still out of the workforce and leverages the findings from career research to point out "blind spots" that might prevent them from enjoying a successful future in business. The second part of the article focuses on planning for the future by (1) implementing a teaching method that eliminates female reliance and poverty and (2) facilitating organizational and social gender role adjustments to provide job opportunities for women. This paper discusses the many phases of turning theory into practice and helping equalize the power balance in the job market.

For years, according to Varshney (2019), gender inequality and bigotry have ruled Saudi society, and the new era has exacerbated these issues. Saudi women's educational, financial, and informational standing has improved due to a variety of reforms. Additionally, they maintain a high level of visibility in the public domain and on social media. While the Government's reform efforts have accelerated the nation's employment ambition, complete integration remains a key impediment. While women today have demonstrated their commitment to their professional and career ambitions in the face of numerous obstacles, including cultural constraints, deeply ingrained conventions, and other challenges, women in Saudi Arabia have struggled to maintain their jobs. This article examines the emergence of trends, gender disparity issues, and public policy influence and makes recommendations for additional research.

This study aims to examine the relationship between emotional intelligence & subjective well-being among working women. Purposeful sampling was used to select one hundred four working women from various jobs. The research found a significant connection between emotional intelligence and overall well-being, inferring that if women want to improve their well-being, they prioritise their emotional intelligence (R, Gupta et al. 2021).

Women and Land Rights in India

Men own the vast majority of agricultural lands in India, and most women have to work on other grounds. This is because most of the women in India do not receive a share of the ancestral land. Women, on the other hand, have the full legal right to inherit their traditional property. Existing land-rights issues had not been resolved as a result of women being granted the constitutional right. This problem can be solved by promoting inclusivity in society; however, such formulation is only possible through community-based social work initiatives.

Additionally, COVID-19 has created additional obstacles for community-based intervention on a single level. The use of sustainability and exterior confirmation is connected with functioning in the manufacturing industry and place a more significant percentage of female executives in the company's current framework (A. Girón, A. Kazemi Khasraghi, A. F. Cicchiello, et al. 2020). If women have to take over as India's leaders, a potential answer inside the structure of SDG 5, "Achieve gender equality and empower all women and girls," would exist. However, the bulk of India's legislators are men at the moment. S. Cousins (2016). The study delves into the narrative of a lady. "I'm on the verge of being discharged. I've been working since the moment I landed here, and I intend to continue working until I give birth.' As expressed by her. "I have no option," an Assamese tea garden worker explains. Assam has the highest maternal mortality rate (MMR) of all Indian states. Tea garden workers often lack access to essential services, including schools, healthcare, latrines, and safe drinking water. Food store tea garden workers don't have land rights, rather, it's the company that owns the property, including their shelter home, so the

day they are removed from the job, they also lose the shelter. They do not get maternity leave because they are given daily wages of a minimal amount. If they do not work, they do not get the payment.

Impact of Tobacco Cultivation on Women

Even after the Independence of India, women's poverty in India is glaring (Iyer, Shruti 2016). Greenburg, D., Rusiecki, J., Koutros, S., Dosemeci, M., Patel, R., Hines, C., Alavanja, M., in their 2008 article write that tobacco is harmful to one's health, and tobacco cultivation necessitates the use of massive amounts of pesticides and agrochemicals that lead to cancer in the people who are in close contact with such chemicals. (Lecours, N. et al. 2012) Additionally, agrochemical contamination and deforestation cause environmental disturbances and the degradation of ecosystem services, including land resources, diversity, and sources of food, which are all deleterious to public health.

Since most farmers are unaware of the harmful effects of the chemical or mere negligence, women farmers do not equip themselves with face masks or protective clothing while spraying in the crops. Women farmers carry their children or babies along with them while cultivating, and pesticides harm their health. The agricultural tools are not ergonomically designed for women to use for cultivation, which impacts the health and well-being of women farmers.

Women farmers' lungs suffer significantly as a result of the smoke from fire-cured tobacco. It is often found that most of them suffer from cancer. Contrary to their suffering, they do not have access to cancer diagnosis and treatment; there are no special de-addiction centres for women. They do not have any insurance coverage for themselves or the crops. They are not, in fact, aware of the concept of insurance.

The research was carried out among growers in Andhra, India. Growing and handling Flue Cured Virginia tobacco (FCV) poses some risks due to the humidity and nicotine content and green tobacco sickness (GTS). GTS is a type of work-related toxicity that people manage who nurture, yield, or manage FCV tobacco at any phase, resulting in morning sickness, vomiting, migraine, muscle spasms, and blurry vision. The study included 27,221 families, with 14,521 (53.3%) people who belong to FCV cultivation and 12,701 (47.7%) about some other group. It is found that vomiting (52%), increased perspiration (54%), sleeplessness (54%), and increased salivation (54%) were found to be strongly associated with growing FCV ($p < 0.001$). While fatigue, decreased appetite, and muscle aches were more prevalent in FCV families, they were not statistically relevant ($p > 0.01$). As per the research, more young kids have become implicated in tobacco cultivation, and medical practitioners must be dispatched to verify on farmers for Green Tobacco Sickness (GTS) (Balu, R. K., Rout, S. K., & Selvaraj, S. 2013).

There is room available for social workers that intend to work for the welfare of women at the ground level in India.

The Effect of Illegal Tobacco on Farmers

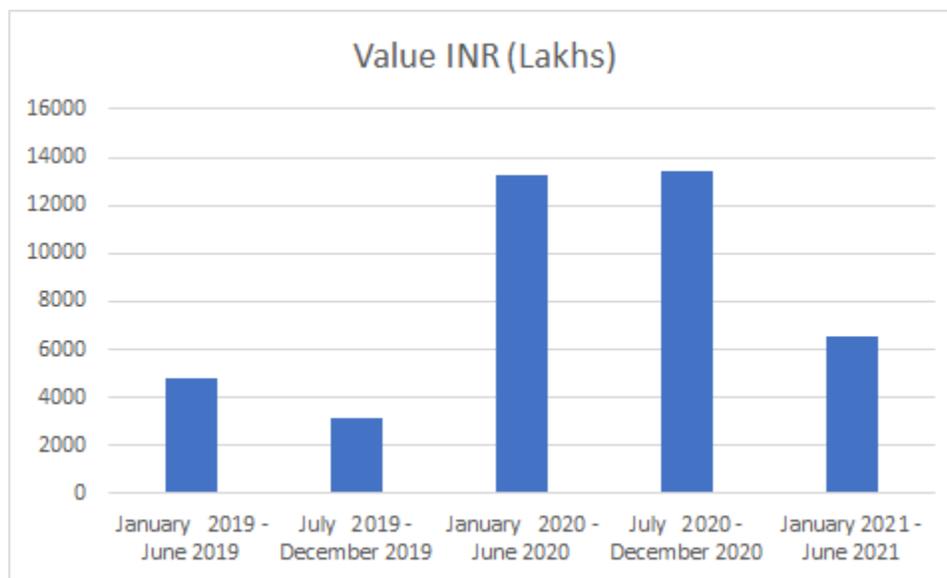
The post-COVID-19 economy of India has drastically declined, and there is recent post-election violence over elders, children, and women in North Bengal (India). Further, there is a massive inflow of illegal tobacco in the Indian market; in this scenario, farmers involved in tobacco farming face utter loss. Tobacco varieties Motihari and Jati are cultivated on 12,000 hectares, primarily in the northern part of West Bengal. It is also time for growers to look for alternative crops if tobacco cultivation is feasible under India's current regulatory form. Even so, the then-ICTC (Indian Central Tobacco Committee) formed the Dinhata Research Station in 1951 to

entertain the feasibility of widening cigars with local tobacco and to create an enhanced bundle of practices for boosting productivity and standards of quality, as well as to enhance growers in the region via research. Nevertheless, the current COVID-19, illegal tobacco, and post-election violence scenario result in any and every possible action (Ramakumar, R., & Kanitkar, T. 2021).

Table 3: Half-Year Illegal Tobacco Inflow 2019, as Reported in the Media

Month and Year	Value INR (Lakhs)
January 2019 - June 2019	4804.21
July 2019 - December 2019	3161.31
January 2020 - June 2020	13255.02
July 2020 -December 2020	13400.04
January 2021 - June 2021	6542.96

Figure 1. Half-Year Illegal Tobacco Inflow 2019, as Reported in the Media



Analyses of the Data

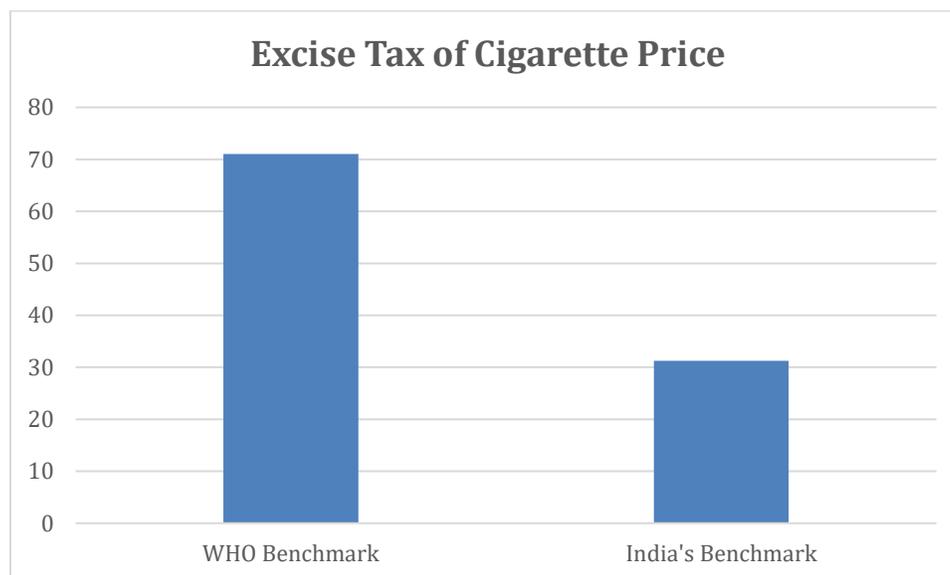
For the entire year of 2019, approximately 7964.94 lakhs worth of illegal cigarettes have been seized throughout India. For 2020, around 26193.6 lakhs worth of illicit cigarettes were taken throughout India; the difference is about 18228.66 lakhs. Therefore, in 2020, approximately

18228.66 lakhs worth of surplus cigarettes were smuggled than in 2019. At the start of 2021 (January to June), about 6542.96 lakhs worth of illegal cigarettes were seized in India. The flow of illicit cigarettes represents a flow of illegal tobacco in the market, potentially enough to harm the farmers engaged in tobacco farming. This seized illegal tobacco has the full potential that it may return to the market.

Table 4: Excise Tax of Cigarette Price

WHO Benchmark	India's Benchmark
Minimum 71 per cent Excise Tax is included in the Retail Price.	31.22 per cent Excise Tax is included in the Retail Price.

Figure 2: An Excise Tax of Cigarette Prices



India does not adhere to the WHO Benchmark for tobacco excise tax guidelines; a 31.22 per cent excise tax is currently included in the retail price in India. The WHO-approved minimum excise tax of 71 per cent is included in the selling price. However, with an excise tax of only 31.22 per cent, India faces a flood of illegal tobacco. Increasing the cost of legal tobacco may encourage illicit tobacco, which is far less expensive.

The Shift in Sustainable Farming

Tobacco farmers must shift from tobacco farming to other organic cultivation, despite their expertise in tobacco farming. Alternative livelihood skill training such as beekeeping, soap making, tailoring, and artificial jewellery making may be possible (Annigeri, 2020). However, most of the land is owned by men, and they decide which crops to grow. Farmers in Sidnal province in Karnataka are being encouraged to grow crops other than tobacco. Alternative cultivation for

Karnataka's³ farmers of Sidnal⁴ may be more viable if Maharashtra⁵, the region, provides a consistent water supply. Soybean, groundnut, onion, and sunflower farming methods are among the alternatives recommended to Karnataka's farmers in India.

According to the survey, 2,000 farm households have already reached a similar conclusion about such alternative crops. Bank officials also assisted farmers. Banks aided 30 farmers in purchasing buffaloes, and the Centre for Multi-Disciplinary Development Research (CMDR) supplied Soybean seeds to 46 farmers. CMDR has paid INR 250/- (INR Two Hundred Fifty only) per month for those who purchase buffalo for a period of 12 months. Karnataka Oil Federation (KOF), a government-backed cooperative, offers high-quality oil seeds. The seeds were dispersed over the province's 46 acres of arable land.

On the other hand, farmers received no skilled training to shift their cultivation; only motivation was provided, and no long-term follow-up report on the outcomes of the alternative cultivation of alternative profession was provided. There is no handholding support observed following the intervention, and there is no guaranteed purchase agreement with the farmers. There was no crop or livestock insurance. It is necessary that the farming of tobacco stops; there was an intervention to break the chain and bring forth alternative cultivation instead of smoking, however, the intervention has some gaps. To some extent, the government, non-governmental organisations, corporations, and banks came forward to assist farmers in shifting their cultivation from tobacco to other forms of livelihood in India. However, much more work is to be done on tobacco addiction treatment and cancer treatment in remote areas.

Addiction Prevention Measures for Women

There are few de-addiction centres that are specifically designed for women. Due to the different symptoms of addiction, both men and women cannot be treated in the same facility; women would require a separate facility for their accommodation and treatment. Counsellors expressed that women avoid therapy due to the social stigma and embarrassment they may face (Colley, A. J. 2016).

Tobacco use is responsible for 17% of all cancers in women in Chennai (Francis. et al. 2015). Awareness related to the ill effects of tobacco use must be provided in schools, hospital outreach, current government healthcare programs such as maternal and newborn health initiatives, and regular home visits using (S. Grover., et al. 2005). Drug addiction in women is influenced by a mixture of biological, individual, and cultural stressors, like the social milieu's drug culture and a lack of social support. Comorbidity, as well as cognitive deficits, are prominent traits. Cigarette smoking during pregnancy is harmful to both the mother's and the fetus's health (Daly, A. et al. 2021). Even though quitting smoking improves pregnancy outcomes, success rates remain low. The level of education and previous pregnancy smoking experience influence people's confidence in quitting smoking. It's quite visible that there is discrimination towards women in India; there is hardly any de-addiction centres designed for women in the remote areas in India as of 2021. Most of the de-addiction centres are located in the big cities. There is just one cancer treatment facility in the entire North-Eastern Area of India and just one dedicated mental health care hospital (Alee, N. T., Hasan, A., & Aijaz, A. 2018). Apart from all this, other misappropriations are happening in the name of women in many legal affairs.

³ Karnataka is a state located in India.

⁴ Sidnal is a village in the Karnataka district of Belgaum.

⁵ Maharashtra is a state in India's central region

Misrepresentation of Words to Portray a Bill as being Favourable to Women

Article 14 of the Indian Constitution recognizes the right to equality. However, concerning the state of Assam⁶, a bill was passed, which stipulated that Assam Government employees could only bear two children, and the name of the Bill was "Government of Assam Population & Women Empowerment Policy of Assam." As a result of the implementation of the policy, the present abortion rate 580,100 abortions⁶ are performed in Assam

The legal circumstances, such as the "Assam Population & Women Empowerment Policy of Assam", left many women without a choice. It is framed by men in the name of "women's empowerment" so that a specific indigenous population can be curbed and facilitated by the Citizenship Amendment Act (CAA) so that alternative votes can be generated by the CAA. The women's reservation bill⁷, like the six-community ST(Schedule Tribe) bill⁸, was never passed. The ST bill was never passed into law; it was only used to sway voters. Koch Rajbongshi Tribe had been requesting ST (Schedule Tribe) since 1968, but when the CAA was passed, communities questioned Indian leaders' ethics and morals toward the six communities of Assam and women. The women community from the six communities of Assam will benefit from the grant of ST status.

In the Assam Assembly, most members are men⁹, and they voted in favour of a bill termed "Women's Empowerment". How can a bill like this be referred to as "Women Empowerment"? Every person is born into this world with the ability to choose, and if a woman decides to conceive, she should be allowed to do so. If she does not, such liberty should be available to her as well. A bill framed to control women's free will cannot be referred to as a "Women Empowerment" bill.

In India, ultrasonography is used during pregnancy to determine the gender of the unborn child is not permitted, ensuring that abortion of female children does not take place. However, the "Government of Assam Population & Women Empowerment Policy of Assam" indirectly promotes abortion by forcing women to control their birth beyond two children. The victim of such legal formulation must be going through a lot because of such legal provisions. Some calmness can be installed through mindfulness in all of these, but this does not solve the problem. Women can't be subjected to law for conceiving; they deserve the liberty of choice.

⁶ Assam is a state located in the northeast part of India.

⁶Singh, B. (2019, August 20). In *5,80,100 abortions performed in Assam every year: Report* Read more at: <https://economictimes.indiatimes.com/news/politics-and-nation/580100-abortions-performed-in-assam-every-year-report/articleshow/>. Retrieved September 29, 2021, from <https://economictimes.indiatimes.com/news/politics-and-nation/580100-abortions-performed-in-assam-every-year-report/articleshow/70751757.cms?from=mdr>

⁷Anuja, . (2021, September 8). India: 25 years on, Women's Reservation Bill still not a reality. Retrieved September 29, 2021, from <https://www.aljazeera.com/news/2021/9/8/25-years-india-women-reservation-bill-elected-bodies-gender>

⁸Talukdar, S. (2019, January 21). Sword of Constitution (ST) Amendment Bill, 2019 hangs over Sarbananda Sonowal as Assam CM walks tightrope over expansion of Scheduled Tribe list. Retrieved September 29, 2021, from <https://www.firstpost.com/india/sword-of-constitution-st-amendment-bill-2019-hangs-over-sarbananda-sonowal-as-assam-cm-walks-tightrope-over-expansion-of-scheduled-tribe-list-5932951.html>

⁹Number of women MLAs in Assam Assembly declining (n.d.). Retrieved September 29, 2021, from <https://www.thehindu.com/news/national/other-states/number-of-women-mlas-in-assam-assembly-declining/article34480084.ece>

The Intervention of Counselling and Mindfulness for the Wellbeing of Women

Counselling and mindfulness can be possible solutions for the current situation in India. (Corrigan, P. et al. 2014). However, there is a stigma associated with seeking counselling help in Indian society. There is a need to raise awareness in society about the importance of counselling. The counselling intervention must be redesigned in light of the culture and society. To address the issues of various communities, societies, and cultures, a centralized Women's Help cell may not be culturally viable since India is a multi-cultural society with more than 1,652 languages. Mindfulness has created a positive environment in classroom seating (Hartel, J., et al 2017). There is a high possibility to build a positive environment, despite all the differences. Brown, J. (2017) Counselors can combat oppression and promote empowerment by participating in community-based group efforts. Medication use in adolescents and pregnant women should be limited to well-defined exceptions and nicotine replacement (Batra, A. et al. 2021). Hypnotherapy, mindfulness-based treatments, and cytisine are recommended at a lower level. However, this recommendation is specific for pregnant women. A mindfulness programme could make a significant difference in treating eating disorders and addictions (Soriano-Ayala, E. et al. 2020).

Discussion

India's equality is enshrined in Article 14 (Right to equality) of the Indian constitution, but this is not the case for many. We must consider the rules laid down by the Government over Assam State Government employees, where state government employees are informed to have only two children, otherwise they will not be eligible for certain benefits, as this will result in more abortions. Such abortions are due to the current legal circumstance, which violates Article 14 because it is only applied over one territory of Assam and not all over India.

There are reports of continuous violence over women, children, and elders in West Bengal, but hardly any FIR was registered, and no governor or president rule was imposed; as a matter of fact, the Governor himself visited most of the affected families and narratives are being captured by different media.

According to Article 39-A of the Indian constitution, the state is responsible for ensuring that the judicial framework operates smoothly that is concerned with ensuring based on equal possibility, and also in specific, for providing free legal services. When it comes to the 2021 post-election human rights violence and violence in West Bengal, top officials in the state deny the reality of violence against women, children, and the elderly, resulting in the suppression and oppression of Dalits, Adivasis, ST, SC women, children, and elders. The territory of North Bengal has been the most affected by the post-election violence. The man managed to flee to another state to seek refuge. This is the cowardice of men who flee to another state, leaving behind their wives, daughters, mothers, childrens, and elders. They assume that if they stay back, they would be killed, but those who are the most terrified would at least have some mercy on women, but this turned out to be a false assumption. Most of the affected people are farmers involved in tobacco farming, jute farming, and other agriculture.

While the full impact of COVID-19 on people's wages and livelihoods will take time to become known and understood, it is clear that employees in manual, primarily low-wage, occupations are among the hardest hit (Abella, M. I., et al. 2020). The COVID-19 scenario could result in a USD 2 billion decrease in remittances from low-skilled Indian workers in Saudi Arabia and their families. The COVID-19 pandemic has had a significant impact on various financial sectors, putting many people in danger. The already disadvantaged floricultural industry, in

particular, is now burdened by a flawed value chain management cycle, which is highly perishable (Kumar. et al. 2021).

The COVID-19 scenario had collapsed all people within the same context; over that, people from West Bengal happened to face post-election violence. The Indian Government did not impose governor or president rule over those areas to restore peace despite all of this. Women's, children's, and elders' rights are in grave danger.

There is a need to involve women in financial decision making for any venture, whether it has to do with tobacco cultivation or other cultivation; it is advisable that women's decisions must be considered. The results show that having at least one woman on the board of a company seeking equity financing significantly increases the success of a campaign (Cicchello, A.F., Kazemi Khasraghi, A. and Monferrà, S. 2020).

Conclusion

In India, a social stigma attached to counselling needs to be removed; Counselors expressed that women avoid therapy because of the stigma and embarrassment that they face (Colley, A. J. 2016). There is a need for a cancer treatment facility at the level of the remote area; there should be at least three cancer treatment hospitals at the remote area's for each state in the Northeast region of India; this can be accomplished by integrating cancer treatment components and facilities into existing hospitals. Addiction treatment facilities, particularly for women, should be established. Farmers involved in tobacco farming must switch to other organic and sustainable farming methods; further, there is a need for skill-based training. Post-election violence against women, children, and the elderly in North Bengal should be addressed. The majority of the victims of post-election violence are women, and India should not ignore it. There should not be any room for discrimination based on gender, caste, community, creed, or religion in the administration of justice. The issue of violence towards women in India must be addressed without much delay. There is a need to integrate thinking skills, mindfulness, and women's land rights in the Indian education system. Illegal tobacco is increasing in India, and thus the consumption of the illicit tobacco is a loss for the farmers; in fact, the farmers don't make much profit. It is the tobacco companies that make the maximum profit. If a college or University's women's empowerment cell goes to rural India and begins empowerment, there is an excellent chance that the entire empowerment process will be successful. In the process of women's empowerment, men can be equally considered part of group discussions and workshops so that they become aware of the situation, and the problem related to women can be resolved with the collaboration of both men, women, and the community. However, any community-based intervention is challenging because of the pandemic situation in India and globally; online-based counselling, mindfulness, and workshops can be conducted provided they have internet access. Some parts of India, such as A&I Island, the North-Eastern part of India, and J&K, do not have high-speed internet connectivity; thus, to reach out to these areas, FM radio, ham radio, radio, TV, Audio CD, Audio File, recorded video, reading materials, and cellular phone may be the best options; however, internet-based communication can also be considered. Women's empowerment cells, NGOs, and other agencies would be required to develop a regional language-based reading material, audio file, video file, and other content, explicitly considering the pandemic situation that is prevailing all over the world, it is the necessary hour that such projects be undertaken as soon as possible. These tasks would necessitate the collaboration of a diverse group of subject matter experts, regional language experts, local culture knowledge, volunteers, and support from the government, local, and international organisations

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