



Issues and Challenges of Meitei Women in Delhi NCR

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ABSTRACT

This study investigates the predicaments faced by Manipur Meitei women during their migration to Delhi NCR to work and educate themselves. Despite the hopes of improved livelihood through migration, it is also prone to gendered social limitations, occupational discrimination, and racial discrimination. Meitei women are more prone to racial stereotyping, housing discrimination, and occupational discrimination, especially in low-wage industries, according to the research. Social isolation, safety issues, and language barriers all contribute to it being more difficult for them to integrate into society as a whole. Their vocational development and personal freedom are also constrained by traditional gender roles and familial expectations. The institutional prejudices still confine their economic prospects and recognition despite growing women enrollment in tertiary education and the economy. The report confirms that racial and gender discrimination should be fought through creating awareness, reinforcing legal protection, and policy reform. It encourages joint efforts from state institutions, civil society, and academic institutions to provide a conducive environment for Meitei women to achieve without social and economic limitations.



INTRODUCTION

Cities like Delhi, Bengaluru and others have experienced the “pull” effect of migration recently with people coming from all corners of the nation for work and education. It is clear from the secondary sources of data that northeastern Indian women and men are a key group of migrants to these cities (Mala Mukherjee, 2018). As unemployment among the youths, bandhs, and blockades is on the rise in the state, Manipuris are also among the masses who move outside the state in search of employment and pursue education in good colleges and universities.

One of the most severe challenges rendering co-existence challenging is racial profiling and prejudice towards Northeastern individuals, primarily women, in North Indian cities, particularly the National Capital Region (NCR) (Mala Mukherjee, 2018). In previous research conducted on this phenomenon, it was established that northeast inhabitants have gained economic and academic opportunities (Narzary, 2023). According to these studies, immigrants from the Manipur especially the Meitei women are also encountering a variety of problems in urban life as well. They struggle to have a rental house. They are asked what they eat (dog or snake eaters), and as they cannot communicate fluently in Hindi, they are made fun of owing to their accent. Because of their facial uniqueness, they are typically taken to be foreigners and at times taunted on streets, offices, and schools. Social ostracism and the inability to merge with society may be after-effect of such discrimination. They have to work twice as hard to be welcomed by the masses (Reimeingam, 2016) (Marchang, Out-Migration from North Eastern Region to Cities: Unemployment, Employability and Job Aspiration, 2017).

Workplace discrimination and employment are the other severe issues. Many Meitei women migrate to Delhi NCR in search of better jobs, but most find themselves doing low-paid, insecure jobs, mostly in the beauty, hospitality, and retail sectors. Stereotypes against Northeasterners make it even harder for those who have a better education to find work appropriate to their skill sets. Workplace harassment and poor working environments add to their woes (Marchang, Unemployment, Job Aspiration and Migration: A case Study of Tangkhul Migrants to Delhi, 2011).

Meitei women are therefore frequently forced to live in overpopulated, expensive, and poor-quality housing. Furthermore, because Northeast women, including Meiteis, are disproportionately targeted for harassment and assault, gender-based violence and safety concerns are heightened. They are also



threatened by their lack of access to legal information and support networks (Marchang, Unemployment, Job Aspiration and Migration: A case Study of Tangkhul Migrants to Delhi, 2011).

The study uses closed-ended questionnaires as the main data-gathering tool to evaluate Meitei women's lived experiences. The study also uses a descriptive analytic approach to analyze the data gathered. By using a secondary data review, the study contributes to the current discourse on ethnic prejudice, migration, and gender in India. Applying the liberal feminist theoretical model of Betty Friedan, John Stuart Mill, and Mary Wollstonecraft's writings, the study examines the systematic barriers and structural inequalities hindering the professional advancement of Meitei women in Delhi NCR.

OBJECTIVES

- To assess how Meitei women face racial discrimination and safety concerns in Delhi NCR, taking into account their distinct physical appearance, language, ethnicity.
- To investigate how education and work have influenced Meitei women in Delhi NCR.
- To examine the particular gendered issues that Meitei women deal with in their own group and in society at large, such as pressures from the community, familial expectations and traditional gender roles.

REVIEW OF LITERATURE

Lalit, in his research paper, *"A Brief History (Puwari) of the Meitei's of Manipur"*, explained the geographical location of Manipur. He also explained Meitei's historical background and the four major periods in his paper. He explained the ancient period, the early period, the medieval period and the modern period (Lalit, 2007).

"The Meitei way of life" by Khomdram, attempts to reconstitute the autochthonic culture out of the disarray which has produced a chain of perplexity to confuse the boundaries of ethnic identity. Some of the folklore are interpreted from a different angle without even the slightest hint of ethnocentricity (Khomdram).

"Voyages of Women in Manipur" (2016) by Leitanthem Umakanta Meitei, states that, over the last few years, women's fight against violence has become a prime symbol of their fight for social change.



Thanks to these women, gender equality in society is being raised to a higher level, and their role as tradition bearers and transmitted to generations is guaranteed (Meitei, 2016).

In “*Women in the Manipuri Society: A Perspective*” (2021) Khelena Gurumayum was intended to study Manipur's environment in general and the achievement shown by the Meitei women in particular. It studies Manipur's core achievement developed by women and investigates the social status of Meitei women in Manipur (GURUMAYUM, 2021).

Litta Marak Sandra Rangsa, “*Social Identity of North East Indians in New Delhi*” (2019) analyzed the dominant ethnic and social identities of migration. particularly with a view to considering North-East Indian migration groups. This study sets out the current identity and social makeup of Northeast Indian migrants in New Delhi (Rangsa, 2019).

Nissi John and Kavita Indrapukar, “*Women Empowerment: A Study to Analyse Women Perspective About Empowerment in Delhi/NCR Region*” (2020) explained that even though much has been spoken about feminism, it is unthinkable and pathetic considering the fact that the word has come to refer to women, who form half of the population in the world. The present study attempts to quantify the degree to which working women executives in Delhi/NCR were empowered and whether or not there exist considerable differences on different dimensions of empowerment based on different classification (Nissi John, 2020).

Megha Dhillon and Suparna Bakaya “*Street Harassment: A Qualitative Study of the Experience of Young Women in Delhi*”(2014), the purpose of thier paper was to learn more about Delhi’s younger women’s experiences with physical assault on the streets. This paper aims to clarify women’s perspectives, but it makes no attempt towards generality (Bakaya, 2014).

Mala Mukherjee and Chandrani Dutta “*Contested Urban Spaces in Delhi: Experiences of Discrimination of Women from Northeast India*” (2018) described the bias with which northeastern women had to contend in Delhi NCR. The significance of raising awareness among both men and women is highlighted in this study. Regardless of socioeconomic status, ethnic background, religion, geographical location, or gender identities, it has attempted to raise questions about existing in a global world and the need for methods of constructing spaces in these urban areas for assimilation, knowledge sharing, awareness raising, and more mutually beneficial for women and men (Dutta, 2018).



Parul Agarwal “*A Study of Work Life Balance of Corporate Women Employees in Delhi NCR*” (2021), the idea of balancing career and personal life cannot be described as a new idea. The research offers the prospect of learning more about the issues of balancing career and personal life among working women in the Delhi NCR commercial industry (Agarwal, 2021).

“*Women Mobilization in Delhi NCR: Issues and Challenges*” (2019) by Mamta Saxena and Ranu Sharma, discussed some of the challenges and problems women have encountered, such as sex discrimination, women’s education opportunities, protection, assurance, and overall well-being (Sharma, 2019).

GS Bajpai and Garima Pal, “*Transport and Crime: An Account of Crimes Against Women in Cabs in the Delhi NCR Region*” (2021), in this study, different issues related to women’s security while traveling in taxis in the Delhi NCR area are found. It contends that women especially are exposed to exploitation of different crimes related to sexuality that occur along commuter routes (Pal, 2021).

“*Role of Education in Empowering Women Towards Gender Equality and SDGs: a case of Delhi*” (2018) by Dhanya Singh and Ms Shivani Mehta emphasized the huge gender disparity in Delhi and the same elsewhere. This study considers the greater significance given to educational opportunities in eliminating gender-based discrimination with an emphasis on economically empowering women. This study paper attempts to depict the significance of education and prove its negative impact of the economic well-being of women (Dhanya Singh, 2018).

THEORETICAL FRAMEWORK

This research uses liberal feminism as its theoretical basis, naming Betty Friedan, John Stuart Mill, and Mary Wollstonecraft as points of reference. Liberal feminism contends that achieving gender equality entails equal opportunity, education, legal rights, and institutional changes. Exclusion from the labor force, security issues, rigorous gender roles, and racial discrimination are just a few of the problems encountered by Meitei women in Delhi NCR. Their lives define the structural biases that continue even in the midst of legal equality, even after they have gone through education and are employed. The arguments put forth by Wollstonecraft, Mill, and Friedan shed light on potential solutions for such problems.

In *A Vindication of the Rights of Woman* (1792), a pioneering feminist, Mary Wollstonecraft, contended that education is the key to liberating women. Women must be given access to education as men so that



they can become independent, rational beings who can make contributions to society (Hagemann, 2018). Although education has contributed largely to the mobility of Meitei women in Delhi NCR, it has not entirely relieved them of social limitations. Their education has ensured job security but gender and ethnic discrimination continue to impede career advancement. Even with similar qualifications, they are denied entry to workplaces. Due to the persistent dominance of traditional gender roles, they find it difficult to put their own ambitions ahead of what their families expect. Wollstonecraft's works require society to acknowledge and support women's right to economic independence and participation in public life on an equal basis, but education alone is adequate.

In *The Subjection of Women* (1869), John Stuart Mill contended that institutional and legal limitations, not biological differences, are the cause of gender inequality. He promoted equal opportunity in the professions, equal rights before the law, and the elimination of structural obstacles that hinder women from active participation in society (Samantha Logue, 2023). Meitei women in Delhi NCR still face a range of institutional obstacles. Most women complain of not being promoted or treated equally in the workplace. Meitei women perceive that Delhi NCR's security is poor in terms of meeting their needs, exposing them to gender and race-based harassment. As an expression of wider cultural biases, many people are subjected to marginalization and stereotyping because of their Northeastern heritage. For Mill, in order to provide equal treatment and opportunities to Meitei women, institutional and legal reforms in the shape of firmer employment protection, anti-discrimination laws, and gender-sensitive security policies are required.

Betty Friedan wrote in *The Feminine Mystique* (1963) about how women are pushed by social norms into traditional roles and barred from achieving their career and personal aspirations. She advocated more professional and social autonomy and condemned the notion that women could find fulfillment only in household work (Friedan, 1963). These age-old expectations remain in place for Meitei women, even city-dwellers like Delhi NCR. The majority are pressured to place their family ahead of their career goals, thereby struggling to advance professionally. Society holds them back by judging them for deviating from gender expectations, which again serves to promote the notion that women must fall in line with conventional roles. Family gender role discussions are still challenging, showing how cultural standards continue to hold, even in contemporary environments. Friedan's writings indicate the need for a cultural shift that does away with social pressure and gives women autonomy to choose their professional as well as personal lives.



Using liberal feminism shows that Meitei women in Delhi NCR still have ethnic and gender-based discrimination to deal with despite education and employment. Their issues depict that for real change to occur, changes in institutions and society must be accompanied by economic involvement, legal enfranchisement, and education.

METHODOLOGY

To study the issues and concerns of Meitei women residing in Delhi NCR, the study employs a mixed-method research approach involving primary and secondary methods of data collection. This study seeks to offer a comprehensive and multidimensional overview of the topic through the incorporation of survey-based data collection, descriptive analysis, and literature review. In order to identify patterns and understand the lived experiences of Meitei women in Delhi NCR, the methodology is structured to allow the study to pick up quantitative as well as qualitative insights.

Research Design

In order to investigate the problems and difficulties Meitei women in Delhi NCR encounter, this study uses both qualitative and quantitative research methodology. The study utilizes a descriptive research design, which is fit for studying and examining the cultural, social, and economic issues confronting the Meitei women of Delhi NCR. The capacity to evaluate trends and experience, offering an orderly method of understanding Meitei women's lives in Delhi NCR. an emphasis on quantitative data (from closed-ended survey answers) and qualitative understanding (from literature reviews and secondary analysis). This way, the study is able to compare answers, highlight key areas, and supply a comprehensive account of the issue.

1. Primary Data

Closed-ended questionnaires were used to gather primary data in order to get measurable information about the experiences of Meitei women in Delhi NCR. In order to guarantee consistency in responses and for efficient comparison analysis, the questionnaire was designed with multiple-choice questions, Likert-scale responses, and categorical alternatives. The collected data are put into reliability test before further statistical analysis is conducted. The Cronbach's Alpha reliability test results 0.753 which is acceptable value for further data analysis. The following were the main issues the questionnaire addressed:



- Racial discrimination includes instances of bias, verbal harassment, and microaggressions.
- Mobility and Safety: Perceived experiences of harassment and opinions on how safe public areas are.
- Linguistic and Cultural Barriers: Issues caused by differences in language and culture.
- Education and Employment: Lack of access to education and finding employment.
- Gender-Based Discrimination: Social norms, expectations, and assumptions affecting professional development.
- Emotional and Mental Well-being: The psychological effect of discrimination and social exclusion.

2. Sampling Techniques and Recruiting Participants

Focusing on Meitei women living in Delhi NCR, the research utilized a purposive sampling technique. The following were the inclusion criteria for participants:

- Age: Between 18 to 55 years.
- Residency: Meitei women who have lived at least six months in Delhi NCR are deemed eligible.
- Occupation: Domestic workers, students, and working professionals.

The survey interviewed [77] respondents in total, providing widespread demographic representation.

3. Secondary Data through Literature Reviews

The primary data was supplemented with a comprehensive literature review. For this, an investigation of:

- Scholarly literature on urban migration, gender, and racial inequality.
- Literature on Northeastern communities and Meitei women in the city, the Delhi NCR in particular.
- Policy reports and government publications on security measures, employment discrimination, and women's rights.
- The theoretical contributions of liberal feminism which furnish a framework for grappling with gendered issues, concentrating mostly on the work of Betty Friedan, John Stuart Mill, and Mary Wollstonecraft.



The results of this research are supported by empirical data as well as by theoretical contention based on the integration of primary data with previously published work.

4. Data Analysis Method

Descriptive analysis is employed in the research to analyze the information derived from the closed-ended questionnaires. Descriptive analysis is a powerful way of gathering and analyzing frequency distributions, percentages, and trends in the response. Closed-ended questionnaire response answers were analyzed and categorized in order to reveal recurring themes and challenges. Thematic categories including gender roles, safety issues, and workplace discrimination were organized across the data. The magnitude of the challenges being faced by the Meitei women was defined using statistical analyses like frequency distribution and percentage.

5. Ethical Consideration

To ensure that the research was conducted responsibly and with dignity, ethical guidelines were strictly followed at all levels of the inquiry. The key ethical considerations were as follows:

- **Informed Consent:** Prior to responding to any questions, every participant was thoroughly briefed on the purpose of the study. Participation was entirely voluntary.
- **Confidentiality and Anonymity:** To maintain respondents' privacy and security, their identities were not disclosed.
- **Avoiding Bias:** The research design was created to maintain impartiality and objectivity, preventing any researcher bias from affecting the collection or analysis of data.
- **Data Integrity and Accuracy:** The answers were accurately recorded, and the results were reported without data manipulation or dishonesty.

Respect for participants, credibility, and dependability are all ensured by the research's adherence to these ethical standards.

LIMITATION OF THE STUDY

There are some constraints notwithstanding that the methodology lays a strong framework for the analysis of issues faced by Meitei women in Delhi NCR:



Sample Size Constraints: In case the sample size is small, the results might not be completely generalizable. More comprehensive results might be derived from future studies with an increased sample size.

Subjectivity in Self-Reported Answers: Subjective opinions may affect responses as the study is based on self-reporting.

Scant Secondary Data of Meitei Women: The Northeastern women and gender research needs to be relied on as there is limited comprehensive research work that focuses squarely on Meitei women in Delhi NCR.

Despite these issues, the research contributes immensely to the knowledge bases of gender studies, migration studies, and sociology because it appropriately captures the daily lives of Meitei women using survey data and literature review.

DATA ANALYSIS

Table1. Demographic Profile

Variables		Frequency	Respondent(%)
Age	18-25	49	63.6%
	26-32	20	26%
	33-40	3	3.9%
	41-47	3	3.9%
	48-55	2	2.6%
Occupation	Student	41	52.6%
	Medical	9	11.5%
	Teacher	7	9.0%
	Cabin Crew	4	5.1%
	Private Job	13	16.7%
	Unemployed	3	3.8
	Others	1	1.3%
Education Level	Graduate	31	39.7%
	Post Graduate	40	51.3%



	PhD	4	5.1%
	Higher Secondary	3	3.8%
Months/Years of Residence in Delhi NCR	Upto 1 year	29	37.2%
	2-4 years	31	39.7%
	5-7 years	7	9.0%
	7-10 years	8	10.3%
	More than 10 years	3	3.8%

Table2. Descriptive Analysis (N=77)

Variables	Mean	Standard Deviation
Do you believe that persons from Northeast India frequently face racial prejudice in Delhi NCR	1.3590	.72029
Do you feel comfortable going independently as Meitei women in Delhi NCR's public areas	1.9615	.76349
Has your race or physical appearance ever made you feel uneasy or unsafe in public	1.6538	.78669
Have you ever been the victim of verbal abuse in Delhi NCR because of your looks or ethnicity	1.6923	.70817
Do you believe that feeling excluded or misunderstood in Delhi NCR is worsened by linguistic barriers	1.7949	.93084
Do you think that people in Delhi NCR frequently assume things about your background just by looking at you	1.4615	.80085
Have you ever avoided using your mother tongue in public to protect yourself from prejudice or criticism	2.0000	.58109
Have you ever been subjected to unjust treatment in Delhi NCR work setting due to your ethnicity or physical characteristics	2.0256	.73810
Have you ever encountered challenges in Delhi NCR when trying to get help or support because of your ethnic	1.9359	.72685



background		
In Delhi NCR, do you think the city offers adequate security concerns for women from Northeastern India	2.2179	.55003
Do you believe that in order to inform the public about Meitei culture and the problems that Meitei women experience, more awareness initiatives are required	1.1282	.49304
Do you believe that Meitei women's security in Delhi NCR is getting better over time	2.0897	.80881
Do you believe that your social position in Delhi NCR has been influenced by the quality of your education	1.5256	.78499
Do you believe that education has given Meitei women the confidence to challenge traditional gender norms	1.2564	.63319
Have you felt that the level of your education made you feel more valued in work settings	1.3718	.77475
Do you think your educational experience in Delhi NCR has helped you succeed in life	1.9615	.99925
In comparison to earlier generations, do you believe that more Meitei women in Delhi NCR are going after further education	1.2821	.70060
Do you believe your financial status has improved because of having a job in Delhi NCR	2.0897	.88547
Do you believe that Meitei women are now treated more kindly in Delhi NCR	2.3462	.75295
Has your gender or race prevented you from obtaining a job or promotion	2.1026	.54866
Have you encountered discrimination based on gender in your workplace in Delhi NCR	1.9487	.64259
Has your cultural background in Delhi NCR made you feel restricted in your professional options	1.9872	.61356
Do you think Meitei women in Delhi NCR have enough help to succeed in the educational system	2.0897	.88547



Do you think your job has given you the confidence to help other local women	1.7564	.95599
Do you believe that Meitei women in Delhi NCR have a harder time managing both work and family life compared with other women	1.8077	.89816
Do you experience pressures from society in your local area to fit into stereotypical roles based on gender	1.6923	.77807
Have you ever been criticized in your society for opposing established gender norms	1.8462	.72213
Have you ever been under pressure to behave in a manner that is compatible with accepted norms in public	1.7308	.75029
Do Meitei women in their society have less access to academic achievement than men	2.0256	.64414
Do you believe that women are supposed to put their families before their own interests or careers in your hometown	1.9615	.54516
Is it possible for you to confront and openly argue the roles of men and women in your familial circle	1.5128	.80168
Does their distinctive culture restrict Meitei women from participating in "male-oriented" actions	2.1410	.80137
Do you think that more experienced family members continue to foster traditional gender norms	1.9487	.91022
Do Meitei women believe that, in comparison to men, their opinions are not given as much attention when making decisions for the community	1.8077	.85368
Do Meitei women believe that their development in life and work is constrained by societal norms	2.0769	.93655

Source: Primary Data

FINDING AND DISCUSSION

The majority of respondents (63.6%) are young people from 18 to 25 years old and are mostly early career professionals or students. Working professionals belong to 26% of respondents from 26–



32 years old and elderly respondents (33+) belong to a minimal percentage. This indicates Meitei women mostly visit Delhi NCR for education and job purposes. Occupationally, 52.6% are students, which indicates that education is a principal pull factor in migration. Others are employed in the medical area (11.5%), education (9%), and private (16.7%). There are only 5.1% cabin crew and 3.8% unemployed. Even with the diverse workforce, the majority are either in school or just starting their careers. With 39.7% graduates and 51.3% postgraduate degrees, education figures verify this, showing an educated population looking to develop their career. Migration trends create a recent migration trend, with 77% of people having lived in Delhi NCR for fewer than four years.

With the majority of the participants (mean = 1.3590) concurring that Northeast Indians are always discriminated against in Delhi NCR, racial discrimination pervades. Most are concerned about their racial appearances (mean = 1.6538) and threatened in public spaces (mean = 1.9615). Exclusion is also aggravated by language barriers (mean = 1.7949) and insults (mean = 1.6923). According to the survey, Meitei women find it difficult to approach for help or assistance based on their ethnicity (mean score: 1.9359). A tendency towards stereotyping is indicated by the mean of 1.4615 on the perception that people in Delhi NCR generally make assumptions about individuals based on looks. A high mean score of 2.2179 suggests that the respondents feel Delhi NCR lacks sufficient safety arrangements for Northeastern women, highlighting the ongoing need for security concerns. This highlights how important it is to have increased institutional support and legal protection.

In order to avoid prejudice, the majority of Meitei women avoid using their mother language (mean = 2.0000) and experience ethnic discrimination at work (mean = 2.0256). Some people today live in economic comfort because of working opportunities (Mean = 2.0897), but many others continue to experience racial and gender discrimination in trying to progress in their career (Mean = 2.1026). Gender discrimination at work is also a concern (Mean = 1.9487). The call for legislative measures in upholding workplace equality comes out through these structural problems.

For Meitei women, traditional gender roles continue to influence their lives. They feel pressured to fit into stereotypes (mean = 1.6923) and that their opinions are not taken into account when making choices (mean = 1.8077). The majority of the respondents (mean score of 1.5128) stated that they are resistant to change in tight social systems and it is hard for them to openly discuss and challenge gender norms within their families. Having an average score of 1.9615, the majority of women concur that their families are more vital than their career or personal objectives. This supports gender roles



that can prevent women's careers. Most respondents have been blamed for defying prevailing gender norms, as their mean score indicates at 1.8462. Also, a score of 1.7308 indicates that they are forced to accept acceptable social acts. This is a sign that personal decisions are constrained by strict social expectations.

Cultural barriers reinforce gender inequity by limiting involvement in tasks traditionally performed by men (mean = 2.1410). The majority of the respondents are still hampered by professional development because of their ethnic identity, although some have noticed that public perception of Meitei women has improved (Mean = 2.3462) (Mean = 1.9872). Change is challenging because older generations (mean = 1.9487) accept conventional norms. Education enables women to break these expectations and seek equality (mean = 1.2564).

According to the findings, although increased numbers of Meitei women are going for college education (Mean = 1.2821), it has not had much influence on recognition in the workplace (Mean = 1.3718), the majority of them being unappreciated in work environments, and education has not had much influence on career success (Mean = 1.9615). According to the mean score of 2.0256, respondents are of the opinion that Meitei women have less educational opportunity than men. Scholarly progress of women is hampered by social biases and structural education disparities.

The mean response of the respondents at 2.0897 indicates that they do not believe Meitei women receive adequate support to excel in school, citing insufficient means and improper mentoring as major issues. With problems of employment and insecurity of jobs, a mean score of 1.7564 indicates that employment has not served to increase confidence in assisting other women in the area. A mean score of 1.8077 shows that, in comparison to other women, the majority of Meitei women find it hard to manage both work and family duties, probably because of social expectations and absence of support. Despite such obstacles, progress has been made. More Meitei women are joining universities than before, and most respondents believe education has boosted their confidence (mean = 1.5256). Economic independence is however uneven; while some report their work has helped them economically (mean = 2.0897), there are others who are discriminated in the workplace as well as facing social pressures. Consensus in favor of carrying out public awareness campaigns is demonstrated through the lowest mean value (1.1282). There are some who think that conditions are changing for Meitei women (mean = 2.0897), while there are others who feel there remain obstacles.



Since all the data in the table has standard deviation value less than 1, it indicates that the responses are closely around the mean, suggesting strong agreement or consistency in the responses.

CONCLUSION

Despite their higher level of education, Meitei women in Delhi NCR suffer from gender discrimination, racial discrimination, and exclusion from the job market. Stereotyping is a problem for the majority of them in public places, working environments, and social gatherings. Social and economic mobility are curbed by traditional gender roles, which also constrain their participation in leadership roles and male-dominated sectors. But as more Meitei women go on to higher education and enter the work force, education is exerting pressure for change and propelling them toward their eventual independence and self-reliance. Even while there has been some advancement, they still face opportunities that are undercut by institutionalized discrimination and cultural practice. Enhancement of legal safeguards, reform in the workplace, and public education are required to provide safety, inclusion, and equality of opportunity. To combat racial prejudice, employment discrimination, and gender discrimination, government institutions, schools, and civil society must collaborate. The convergence of race, gender, and migration is highlighted by the lives of Meitei women as they persist in migrating for education and employment. To address these issues and establish a secure and more balanced future for underdeveloped areas, we must work together. To ensure that Meitei women are able to realize their full potential, an interdisciplinary approach including social reforms, policy shifts, and education is needed.

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