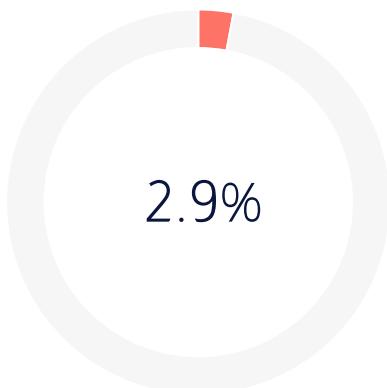


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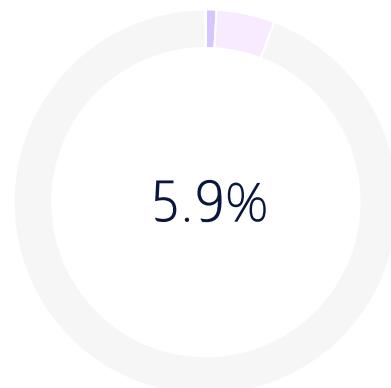
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INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH

Research Projects Division

Proposal Format -ICSSR Call for Research Projects on “Family and Family Systems in India” -(2025-26)

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Application number (To be noted down from the online application)

Theme Roles, Relationships, and Practices

Sub-theme Parenthood, Parenting Practices, and Post-Separation Parenting

Title of the Research Proposal Navigating Parenthood in Contemporary India: Examining Parenting Practices and Post-Separation Parenting Dynamics

Abstract (approx. 500 words) (Brief overview including objectives, significance, methodology, and expected outcomes) Overview The given research explores the changing situation in the realm of parenthood and parenting practices in modern India, though an empirical study on Punjab is chosen as its main topic. Punjab is chosen because of its special sociological-demographic profile characterized by the increase of marital separations, fast urbanization, and the special legal frameworks that condition family welfare. It will be done in six urban districts, representing the three dominating cultural-geographical regions of Punjab, namely, Majha, Malwa and Doaba. Amritsar and Gurdaspur (Majha) in particular are highly urbanized regions with unique occupational frameworks and family changes; the city of Ludhiana and Bathinda (Malwa) are typical of industrial and service-based demographics, whereas Jalandhar and Hoshiarpur (Doaba) are cosmopolitan based on socio-family changes with migrations. Such a geographic and demographic orientation provides a subtle investigation of the parenting processes in varied cultural and socio-economic settings. Significance The demographic changes in Punjab, such as the rising percentages of separation within the context of the persistent social stigma, indicate the necessity to investigate the topic of post-separation parenting. It is a highly under-researched area that has deep social, psychological and policy consequences. This study will fill a major gap by analyzing the roles of mothers, fathers and extended family in those urban districts, reviews the legal mediation and community support systems present as well. The diversity in the culture and family structures of Punjab will contribute to evidence-based suggestions aimed at improving family welfare policy, child protection service, and resilience of society in the face of the swift social transformation. Methodology Using qualitative research, the research will use in-depth interviews and focus groups of separated parents, children and caregivers in the chosen urban districts in Punjab. Lived experiences, coping mechanisms, and post-separation parenting will be analyzed through thematic analysis. To understand family transition in such a culturally diverse setting holistically, data interpretation is going to be based on an interdisciplinary approach covering sociological, psychological, and legal approaches. Expected Outcomes The expected outcomes of this project are as follows: Provide in-depth information about the psychological, emotional and social effects of parental separation on children, risk factors like anxiety and depression and behavioral difficulties, and protective factors like responsibility and emotional regulation. Elucidation of mothers, fathers, and extended family roles and patterns of involvement in parenting after the separation and the presence of great gendered and cultural differences that shape the child wellbeing. The positive mediation and community support structures used to evaluate legal mediation and their effectiveness in post-separation positive parenting and child welfare. Developing policy and practice recommendations to strengthen family support services, child protection processes and resilience on the part of society in Punjab and other socio-cultural settings. The establishment of a framework of empirical groundwork to inform the future interdisciplinary study of family transitions and child development on urbanizing India. The results shall be essential academic and practical implications that shall enhance the wellbeing of the separated families and children as well as enlighten the concerned policy

interventions.

Introduction, Theoretical Framework, Statement of the Problem and Scope of the Proposed Study (approx. 1000 words) (Outline theoretical

foundations and the scope of the study in Indian context)

The concept of parenthood and parenting practices play a pivotal role in the operation of families as they serve as a medium of intergenerational transition and the most important place of socialization. Family systems have been transformed through changes in urbanization, migration, and changing legal norms in the Indian context, which has traditionally been joint and multigenerational. The recent surge in the number of marital separations and divorce have brought new issues related to child rearing, decision making and emotional management to the families.

Theoretical Framework

Parenthood, parenting practices and post separation parenting in India is based on three interconnected theoretical approaches namely Family Systems Theory, Attachment Theory and Indigenous/Cultural Value Frameworks. On the other hand, the family is conceptualized as an interconnected system and interdependent (Family Systems Theory, 1978) instead of individuals in isolation. The alteration of one of the members or relationships influences the whole system. The theory assists in explaining the responses to role of parents in disruption of families since the separation of parents requires renegotiation of family roles, boundaries and support systems. The continuation or disintegration of extended family structures plays a very important role in the practices of raising children and child welfare after separation (Chadda et al., 2011; Majumdar, 2025)

Family Systems Theory (Bowen, 1978) conceptualizes the family as an interconnected and interdependent system rather than isolated individuals. Changes in one member or relationship affect the entire system. This theory helps explain parental role adaptations in family disruption, as parental separation necessitates renegotiations in family roles, boundaries, and support systems. The persistence or dissolution of extended family networks critically influences child-rearing practices and child well-being post-separation (Chadda et al., 2011).

Attachment Theory (Attachment Theory (Bowlby, 1969; Ainsworth, 1990)) is concerned with the significance of early emotional relationships between children and their primary caregivers and the influence on socioemotional growth and resilience in adulthood. The studies indicate that separation in the relationships during the early stages of childhood has the potential to elevate the chances of child behavioral disorders and emotional challenges (Howard, 2011; Venta, 2021). The theory offers a psychological perspective of how separation affects children psychologically and the factors that should be considered to reduce the negative effects, including the quality of co-parenting and the sensitivity of parents.

Indigenous and Cultural Value Frameworks

Indian parenting is entrenched with a strong sociocultural and religious background of filial piety, respect of elder, family unity, and intergenerational cultural transmission via extended kin groups (Keppel Health Review, 2023; Kidscastle Preschool, 2025). Parenting roles, expectations, and community support practiced by indigenous people are vastly different, as dictated by indigenous values. The need to maintain cultural continuity and interventions tailored to cultural settings is demonstrated with positive parenting frameworks designed on native and indigenous settings (Nicwa, 2025). This view calls the study to investigate the effects of indigenous traditions and the alteration in cultural norms on post-separation parenting as well as on child outcome.

Statement of the Problem

The separation of parents is becoming a common occurrence in India especially in the Punjab state whereby the socio-economic changes are taking place very fast and are transforming the family set-ups and parenting relationships. Though this has increased, empirical studies that focus on the psychological, social and emotional effects of separation on children living in various socio-cultural settings in Punjab are limited. The current literature tends to ignore the changing functions of parents and extended family members in raising children after separation, the usefulness of the legal, community, and informal support systems. This knowledge gap is a hindrance to the formulation of culturally sensitive policies and interventions that can sufficiently support separated families and enhance the well-being of children. This issue is also complicated by the difference in the access to legal mediation and family welfare services in urban districts of Punjab and the different cultures-geographical regions of Majha, Malwa, and Doaba. The proposed study will fill these important gaps by carrying out a detailed case study of urban and semi-urban families in Punjab. It aims at creating practical knowledge about the role of socio-economic classes and cultural determinants on post-separation parenting and child outcomes. The research results will offer key pieces of evidence to inform family law reform, improve support services, and improve policy frameworks that respond to the multifaceted realities of separated families in modern India. This concise problem

statement highlights the urgency and relevance of the proposed research in filling in significant gaps in the existing empirical and policy gaps, hence contributing significantly to family welfare research and practice. Scope The study is clearly a case study of Punjab, which has national policy implications. Punjab is chosen because of its distinct socio-demographic profile that is typified by: Rates of migration that have a high impact on family structures and dynamics, The existence of certain laws of inheritance that affect the right of parents and children, Active family court mediation service focuses on offering alternative dispute resolution systems to family disputes. These aspects render Punjab a crucial and emblematic location to investigate the current parenthood and post-separation parenting processes. The legal system of the state through well-established mediation centers in districts like Jalandhar helps in formal and informal settlement of family disputes, which provides empirical understanding of family welfare processes. The analysis of Punjab, therefore, will enable the provision of a comprehensive insight into the changing parenting trends in specific social, legal, and cultural settings, and the results thereof will be applicable in the context of reforming family law on the national level, social policies, and child welfare initiatives. This would base the study on a narrow geographical location where legal and social institutions are highly developed and seek to produce lessons and recommendations that can be applied in the Indian socio-cultural context which is diverse. Key Methodological Concepts- The current study will use a qualitative approach in the form of a case study with the Punjab as a limited system to investigate the issue of parenting practices and post-separation dynamics in detail. Case study approach allows a more intensive and contextually rich study on the family experiences of six urban districts that are representative of the major cultural-geographical regions of Punjab (Majha, Malwa, Doaba). The fundamental techniques will involve purposive sampling to choose separated parents, children, and caregivers with various lived experiences. Data will be collected by using semi-structured in-depth interviews and focus groups to gather detailed accounts to enable a subtle interpretation of parenting roles, coping mechanisms and socio-legal relationships. Thematic analysis will be used to determine patterns, outstanding themes, and cultural peculiarities. Interpretation will be based on an interdisciplinary approach incorporating sociological, psychological, and legal frameworks and focus on the interaction between cultural norms, legal mediation, and family welfare. Ethical issues such as informed consent and confidentiality will be strictly followed. This methodological design reflects the complexity of post-separation parenting in Punjab and generate insights that are more relevant to policy and practice in the entire of India.

Critical Review of Key Research Works for the Proposed Study (Avoid listing bibliographic references) (approx. 800 words) The Indian parenting practices have been studied in different dimensions, which have shown that socio-cultural, economic, and family backgrounds have a significant impact on child development. According to recent reviews, Indian parenting is firmly rooted in the collectivist culture in which joint family systems prevail and elders play an important role in bringing up children (Verma and Saraswathi, 2002; Chaudhary, 2013). Notably, these conventional models are in coexistence with growing exposure to contemporary, individualistic forces, which form a dynamic conflict in parenting styles and practices. The variety of parenting styles in India has been reported in a number of studies, including authoritative and permissive ones, with differences in their effects on the child and its development (Kaur and Singh, 2025). These styles are usually based on Western psychological theories but there is a perceived gap in literature about its cultural suitability and applicability to Indian context with its distinct socio-environmental factors of extended family involvement, gender preferences and socio-economic differences. Parenting after separation is a topic that has not been researched in India even though the number of divorces and family separations are on the increase. The new literature shows that children in single-parent households experience severe psychological, emotional and social problems, such as abandonment, social stigma, and more responsibilities, but that resiliency and emotional development (Sangeet and Singh, 2022). Legal, family-related, and mental health systems in urban India have a significant effect on child custody outcomes and child mental health, which is why interdisciplinary interventions are necessary (Nambiar, 2024). The socio-cultural context of Punjab provides an important setting to analyze the modern parenting and post-separation processes as the area has some of the most specific demographic factors, gender-related prejudice, and family transitions (Yaseen and Khan, 2020). A study carried out in Punjab and the surrounding areas indicates how parental actions affect child delinquency and development, which also highlights the importance of family structure and parenting quality (Kaur and Singh, 2025; Hayes and Khan, 2020). This regionalism is necessary in order to

cope with localized parenting issues that might not be on pan-Indian trends. A study in northern India ('The challenges of improving parenting practices at scale' (2025)) identifies gaps in the large-scale intervention of parenting practices, and highlights the necessity of culturally sensitive and context-specific interventions instead of general health and nutrition guidance. Experiences of single-parent children in the present Indian context (2022)- study that offers qualitative data on the psychosocial issues and resilience of children in single-parent families in urban India, highlighting the dearth of studies on the outcomes of post-separation children in Indian contexts.

Another research article on Effects of Various Parenting Style on Children at Different Age Groups (2024) focused on different parenting styles used in India and their effects on the emotional and social development of children, and it shows how adaptive parenting needs to be applied to various stages of child development. Parental Separation and its Toll on Children (2025) thoroughly examines psychological and educational impacts on children (parental separation) in India, reporting emotional and cognitive challenges that are exacerbated by cultural stigmas. Efforts have been made to investigate the connection between childhood trauma and parenting practices among Indian families in the article How Childhood Trauma Shapes Authoritative Parenting Practices in Indian Families (2024) indicating the lack of knowledge about the generational patterns of parenting and the impact of psychosocial factors. ICSSR 2025 Guidelines on Family and Family Systems in India look forward to empirical, interdisciplinary studies on the changing family structures, continuation and change in Indian family dynamics, gendering roles, care giving strains, and mental health issues, which explicitly justify the necessity of region-specific research. Research Gap and Critical Thematic Synthesis Although the descriptive studies have determined parenting styles and post-separation outcomes in India, the critical synthesis indicates some gaps: There is a strong dependence on western constructs that restricts the cultural legitimacy of studies involving Indian parenting. Socio-cultural subtleties that influence parenting under certain circumstances such as Punjab are not given enough attention. The issue of post separation parenting and its effects on the psychosocial health of children is still poorly comprehended, especially at legal and family crossroads. The contribution of socio-economic status, gender norms, and extended family influences need to be combined in the studies of parenting and post-separation. This synthesis highlights the need to have the proposed research use a culturally based, region-specific method that critically analyzes parenting practices and realities of post-separation in Punjab. The study will be able to assist by filling the gaps in the empirical literature, informing culturally sensitive interventions, and informing policy frameworks that could help support parenthood navigation in modern India.

Identification of Research Gaps (Clearly identify the gaps in the existing research literature, unexplored areas, and explain how your proposed study addresses these gaps) (approx. 500 words)

The review of literature on parenting in India cited above, gives an insight into the role of families in upbringing of children, yet there are number of critical gaps and unexplored areas that need to be studied. Gap 1- Excess dependency on Western Theories: The bulk of current research on Indian parenting is heavily based on Western, individualistic paradigms (authoritative, authoritarian, permissive parenting) that fail to describe the collectivist, multigenerational Indian parenting culture (IJIP, 2025). This cultural disjuncture leads to the deficiency in contextualization and the incomplete comprehension of the aspects of parenting in the Indian socio-cultural context.

How This Study Addresses It: The offered study embraces the cultural-based models by incorporating the indigenous parenting stories, and comparing them with the modern empirical evidence. The given strategy will yield more culturally valid information on parenting roles and practices in India.

Bias in Urban and Educated Population: The existing body of literature targets mostly urban, middle, and educated populations without addressing the semi-urban groups in which the family structure, socio-economic realities, and challenges in raising children may vary significantly (PMC 2022; IJIP 2024).

How This Study Addresses It: The study covers both urban and semi-urban families and various social strata to offer a comprehensive picture that is representative of the large social diversity of India and covers those who are underrepresented.

Little Investigation in Post-Separation Parenting: Although the risk and resilience factor in post-separation parenting are recorded in international research, there is a dearth of studies in India and a lack of scope in many studies as they do not examine the consequences of mental health in children and the changing role of fathers and extended family after separation (Times of India, 2021; IJRPR 2025).

How This Study Addresses It: The study will clearly examine the post-separation parenting terrain, the psychological health of children, co-parenting, as well as father and kin participation, contributing to the

knowledge of family reorganization in India. Inadequate Assessment of Communal and Legitimate Support Systems. Outcome-based studies of the effectiveness of legal mediation, family courts and informal social support networks in parenting disputes and supporting separated families are lacking (IJLSSS, 2025). How This Study Addresses It: The study has a unique opportunity to address such gaps with the integration of social, psychological, and legal perspectives on cultural nuances, which would provide more knowledge of increased contextual validity and more practical recommendations to enhance the results in parenting and children throughout India.

Uniqueness and Originality of the Study (approx. 300 words) Indian parenting studies bring out a number of important lessons and reveal major gaps. Research indicates that Indian parenting resembles a combination of authoritative and permissive parenting styles to a great extent, which is dictated by socioeconomic factors and cultural beliefs. According to Sahithya, Manohari, and Vijaya (2019), authoritative parenting is associated with positive child outcomes, whereas neglectful and authoritarian styles are associated with mental health and social adjustment adverse outcomes. Most of these studies are however based on Western conceptualizations of parenting styles which do not do justice to the collectivistic and multi-generational family structure found in India. The importance of extended family in upbringing the child is a common motif of the Indian literature as it serves as the instrumental factor in providing emotional support, discipline and the transfer of values. Separation and post-divorce parenthood in India is not well studied. Recent studies all over the world demonstrate the psychological cost of high-conflict separations on children, which are anxiety and behavioral problems, and the opposite effect of resilience and adaptation when co-parenting is cooperative. In Indian research, fathers and extended families are not given much attention in the post-separation situations, which are major gaps that should be filled by a strong emphasis on empirical research. The implementation of the Family Systems Theory and Attachment Theory can be used as a background but, in many cases, the cultural analysis concerning Indian realities, collectivism, extended kinship, and indigenous values must be implemented, which has a distinct vision of parenting. The studies which combine the native accounts, including those based on the traditional writings (e.g., Ramayana) provide the prospective avenues to put the parenting practices in Indian sociocultural and ethical contexts. Finally, although the legal mediation and community support systems show some effectiveness in managing family issues on a post-separation context, there is limited data on their role in child outcomes in India, and thus policy and practice reforms should be guided through thorough evaluation studies. To sum up, the works reviewed present essential yet incomplete information on the complexity of Indian parenthood and post-separation parenting. The proposed research will address these gaps by including diverse populations, focusing on fathers and extended family role, incorporating theoretically sensitive cultural models, and critically evaluating formal and informal support systems to add practical value to the family welfare in modern India.

Objectives of the Proposed Study (approx. 300 words) (List main and specific objectives of the research) Main Objectives: 3 Following objectives will be attained from this study- Analyze the psychological, social, and emotional impacts of parental separation on children across diverse socio-cultural contexts in Punjab. Examine the evolving roles and responsibilities of parents and extended family members in post-separation child-rearing within restructured Indian families. Evaluate the effectiveness of legal, community, and informal support systems in promoting positive parenting and child well-being to inform culturally sensitive policy development.

Research Questions /Hypotheses (if Applicable) (approx. 300-400 words) The research questions to be addressed in the study will be as follows- What is the impact of parental separation on the psychological, emotional and social development of children in Indian families? How do separated parents in urban Punjab negotiate co-parenting responsibilities, and what are the primary sources of conflict and cooperation? What role does the legal system and community support play in shaping these post-separation parenting dynamics? How can the needs of separated families and improving child resilience and well-being be most effectively met through policy interventions and community-based initiatives? Impact and Dissemination This study will contribute greatly to the research, policy, and practice on parenting and post-separation in India. It will also provide useful evidence-based information that can be used to shape the national family welfare policies and laws by paying attention to the socio-legal context of Punjab. The results will also contribute to the knowledge of child wellbeing and family support needs within the transitional Indian societies and inform culturally sensitive interventions. In order to achieve

maximum impact, the research results will be published in various formats and channels that will be used to reach different audiences: The scholarly publication through peer-reviewed journal articles, conference presentations, and research reports. Policy participation in form of policy briefs and workshops with family welfare departments, legal practitioners and NGOs. Outreach efforts through plain-language summaries, infographics, and interactive discussions with impacted families and local stakeholders. The digital platform and social media will be used to expand the reach and help maintain the conversation with broader audiences. Early involvement of local family courts, community organizations, and policymakers makes them relevant and viable. The monitoring of impact will be done by feedback of the stakeholders, usage of publications and digital contents, and the change in policy or practices as a result of the research. This dissemination strategy will make sure that the research does not only contribute to the knowledge, but also to the benefit of the society.

Proposed Methodology, Sampling Design, and Research Design (approx. 1000 words)

Research Design This qualitative study investigates changes in parenthood and post-separation parenting relations in urban India. The design emphasizes rich, lived experiences, family role transitions, and coping mechanisms of separated parents and children, contextualized within legal, cultural, and community frameworks.

Study Area and Sampling Frame The research will be conducted in six urban districts of Punjab, representing its three cultural-geographical regions: Majha: Amritsar and Gurdaspur Malwa: Ludhiana and Bathinda Doaba: Jalandhar and Hoshiarpur This selection ensures coverage of diverse socio-economic and family structures across Punjab.

Sampling Technique and Participants Purposive sampling will be used to select information-rich cases. Participants will include adults (mothers, fathers, or guardians) who have experienced separation/divorce and share children, as well as children aged 10-18 years (with informed consent). Key informants will include community welfare practitioners, family court lawyers, and child counsellors.

Sample Size and Distribution: A total of 40 in-depth, semi-structured interviews will be conducted, comprising: 10 separated mothers 10 separated fathers 10 family court lawyers 10 child counsellors These interviews will be distributed equally across two selected districts per region (Majha, Malwa, Doaba), i.e., 20 interviews per region.

Recruitment will be facilitated through NGOs, legal aid clinics, and welfare organizations. Data saturation will guide final sample adequacy.

Data Collection Methods

In-depth Interviews (IDIs): Semi-structured interviews will capture narratives on emotional adjustment, parenting roles, and household restructuring.

Focus Group Discussions (FGDs): Conducted with practitioners (social workers, legal mediators, psychologists) to explore community and institutional perspectives.

Field Observations: Observations will be conducted during family court sessions, counselling meetings, and community interventions to triangulate data.

Data Analysis Data will be transcribed verbatim and analyzed through Braun and Clarke's six-phase Thematic Analysis using NVivo software. Steps will include: familiarization, coding, theme identification, theme review, definition, and reporting.

Triangulation across parents, children, and experts will ensure validity and reliability.

Ethical Considerations Ethical clearance will follow ICSSR guidelines. Informed consent will be obtained from adults, with parental consent and child assent for minors. Identities will be anonymized, and interviews with minors will take place in safe, supportive settings with access to counselling if needed.

Ethical Considerations Since the topic is sensitive, all ethical requirements of the guidelines of the Indian Council of Social Science Research (ICSSR) will be followed in the research. All adult participants will be informed by way of written informed consent, and all minor ones will be informed by obtaining permission and parental consent. The identity of the participants will be anonymized, and no information concerning disclosed experiences will be exposed to confidentiality. The interviews with children will be performed under the protective atmosphere with psychological assistance, when needed.

Rationalization of Qualitative Design. A qualitative study is also suitable because the research is not based on objective data but is aimed at subjective experiences and contextual interpretations.

Post-separation parenting is a complicated emotional and social interaction, which is usually defined by changing concepts of family, gender, and legal systems. The research will attempt to unravel the empirical and analytical insights into the influence of cultural and institutional forces on post-separation parenting, in particular, in the shifting demographic conditions of urban India.

Scope and Variables- The socio-cultural context refers to the interaction of social, cultural and economic variables that affect family dynamics and parenting styles. Particularly, the study contrasts the post-separation parenting process between two major socio-economic groups such as middle-income and lower-income families in urban and semi-urban districts of Punjab. These layers are characterized by varying income,

education, occupational patterns, migration patterns, and social and legal access. This study will examine the influence of these socio-economic differences on the parenting roles, extended family participation, child wellbeing, and use of support systems in the various cultural-geographical areas of Punjab (Majha, Malwa, Doaba). The proposal clearly outlines socio-cultural context as the economic status, cultural norms, family structures, and access to legal mediation, which explains the variables of interest and makes the analysis of how family transitions differ in the context of modern Punjabi society feasible and rigorous.

Expected Outcomes

The methodological framework will produce grounded findings on: Varied coping and adaptation responses between the separated parents. Community interventions and their impact on the socio-emotional wellbeing of children. Weaknesses in the policy and institutions in responding to post-separation parenting. The findings will contribute positively to the academic discourse on family sociology and serve as empirical contributions to social policy as it will permit the intervention of family welfare and child wellbeing to be targeted in restructured urban households.

Ethical Considerations

Informed Consent and Assent

The research will also make sure that all adult participants will be informed in detail about the purpose, procedures, risks, benefits, confidentiality and right to withdraw without any penalty at any time. Both written and verbal explanations will be given to the participants in their language of choice to make them understand and participate willingly.

Data Anonymization

All the data will be rigorously anonymized to preserve the identity of the participants. Direct identifiers (e.g., names, precise locations) will be eliminated or pseudonymized with alpha numeric codes and linkage keys will be kept in a different location with stringent access controls. Generalized or masked indirect identifiers will be used to ensure that the data is not triangulated or identified by other background knowledge. Qualitative and quantitative data anonymization procedures will be based on best practices in order to guarantee confidentiality without affecting the usefulness of the data to be analyzed.

Secure Data Storage

All data on research will be stored in an encrypted digital storage device that meets the institutional and legal requirements of data protection. Only members of the research team will be allowed to access data under controlled conditions. The physical documents shall be stored in secure premises in locked cabinets. The policies of data retention and disposal that are in line with ethical considerations will be adhered to the letter to the latter so that no unauthorized access to the data is possible after the study is over.

Referral Pathways to Distressed Participants

Since the research subject is a sensitive issue, the participants who are emotionally or psychologically distressed during or after the research will receive support using referral channels that have been pre-existing. These consist of referrals to certified mental health workers, family counseling programs, and community support agencies. The participants will be given contacts of these resources and advised to seek help where necessary.

Rationalization of Qualitative Design

A qualitative study is suitable because the research is not based on objective data but is aimed at subjective experiences and contextual interpretations. Post-separation parenting is a complicated emotional and social interaction, which is usually defined by changing concepts of family, gender, and legal systems. The research will attempt to unravel the empirical and analytical insights into the influence of cultural and institutional forces on post-separation parenting, in particular, in the shifting demographic conditions of urban India.

Innovation/path-breaking aspects of the Proposed Research (500 words)

The proposed research is innovative and visionary in several aspects, and it will contribute to the improved comprehension of parenthood and post-separation parenting in the Indian socio-cultural environment. The study will incorporate in-depth qualitative interviews and focus groups that represent voices of the different groups/families-urban and semi-urban as such, giving an overall and balanced view of parenting experiences from Punjab. This research will target Post-Separation Parenting beyond Urban Middle-Class Families. Although international literature has attributed the subject of divorce and child outcomes, Indian studies have seldom moved past the urban middle class. The given study has a deliberate broader demographic view, encompassing the elongated roles of the kin, and the viewpoint of children to cover a significant gap in research that constrains the current policy formulation and support services.

Fathers Roles and Extended Family-

By emphasizing an organized exploration of paternal involvement after separation, an unexplored field in Indian academic literature, the project stands out as a sign of new frontiers, as the role of extended family institutions, despite their importance in Indian families, has been diluted through nuclearization and immigration. This provides new insights into gender roles and support systems in transitional family organizations.

Assessment of Legal

and Community Support Systems in a Child-Centric Perspective. The research is distinctive in that it combines assessments of both the formal (mediation, family courts) and the informal community support systems through the lens of the affected family and the children themselves. It connects legal efficacy and child well-being and family resilience, and by introducing a novel policy-relevant contribution, the research will inform reforms required in family law, mediation practices, and social services. Reflective and Active Work with Families- Following the principles of participatory action research, the project will involve participation in the process of sharing experiences and knowledge construction between parents and children, contributing to the empowerment and self-reflection. This method helps develop feasible, grounded recommendations and promotes intervention development, which is locally relevant. Theoretical Co-existence with Indigenous and Contemporary Narratives- A combination of traditional Indian cultural frameworks and modern psychological theories such as Attachment and Family Systems theories places this study in a heart of developing an integrative model of Indian parenting. The development has a prospect to expand to other collectivist societies where social-cultural change is taking place rapidly. Potential Scalable Interventions and Policy Impact- The study directs the development of scalable, culturally sensitive parenting programs and supporting policies that can effectively address the effects of family fragmentation by creating empirical evidence with practical orientation that can directly lead to the social welfare and mental health concerns of the nation. Overall, this study is culturally sensitive, methodologically sound and policy-centered, investigating parenting in a variety of Indian contexts with unusual emphasis on post-separation situations, fathers, and the legal-community nexus, making it an important contribution to the social science research on Indian family systems.

Expected Contribution of the Research Project to the Knowledge Repository (approx. 500 words) The research study is expected to contribute a number of positive contributions to the body of scholarly and practical knowledge regarding parenting, family systems, and child development in India. Bridging Cultural and Contextual Disjunctions - The study will add culturally inclined information on the parenting practices in the context of family separation in India, where such studies have not been done extensively and most research has been based on western centric models. The study will enlarge the knowledge on India-specific parenting patterns representing collectivistic values and multigenerational parenting systems by combining theories on indigenous family systems and indigenous family narratives with the modern psychological paradigm. Expanding the Population Area The associated diversity in the study contributes to the generation of subtle information about the impact of socioeconomic, caste, religion and regional differences on parenting and child outcomes, making the Indian family study richer. Emphasizing Fathers and Extended Kin The role of fathers and extended family members in parenting and care giving in times of family disruption are the project foreshadowing roles of fathers in Indian scholarship that has not been adequately discussed. New information on gendered roles, social support networks, and child-rearing practices based on family and community situations will be acquired here because of detailed analyses. Multi-Domain Influence on Kids Well-being The study will give coherent insights on the psychological, social, and educational consequences of parental separation through the lenses of children, parents, and caregivers. The study by recording the resilience factors and risks will guide a balanced knowledge that will be necessary in implementing specific interventions. Assessment of the Legal and Support Systems With an extensive analysis of how legal mediation and family court expeditions and informal community support systems work, the research provides the necessary evidence to design changes in the family justice systems and the community services, with a focus on child-centric and culturally adept models. Design of Real-Life nets and Policy provisions The project will produce policy briefs that can be put to practice, intervention toolkits and community program models to serve separated families in India. Policymakers, non-governmental organizations, social workers, educators, and mental health practitioners serving the family and child welfare will find these resources useful. Scope for Future Study The study provides a foundation upon which more multidisciplinary research can be conducted, longitudinal studies and intervention evaluations and cross cultural comparisons both across and outside India by creating a rich dataset and enhancing theoretical frameworks to reflect Indian realities. Child Developmental Scientific Contribution The emphasis of the investigation on the early childhood and adolescent development, within the different conditions of the family, increases the informational background on the best parenting styles and their developmental consequences.

Overall, the proposed project will be an important contribution to the academic and practical knowledge, fill the gaps in the existing research, and allow supporting more families facing separation in India and leading to healthier child and family outcomes.

Expected Output (400 words) It is expected that in the course of this research project, a number of meaningful outputs will be generated as they will be a combination of scholarly understanding and practice in the area of parenting and post-separation family relations in India:

Detailed Research Report- The findings will be explained in a detailed final report with qualitative findings to explain the modern parenting traditions in India, post separation parenting, psychological implications on children and the presence of fathers and extended family as the tools in restructuring the family. This will offer an all-round perspective of parenthood change in a quickly evolving sociocultural environment. Peer-Reviewed scholarly sources. At least two research papers will be ready to be submitted to the national and international high-impact journals in the area of family studies, psychology, and social sciences. Such publications will spread major findings of empirical studies, theoretical developments, and culturally specific understandings to international studies of family and child development. **Policy Briefs and Recommendations** Policy briefs shall be made actionable and circulated to government institutions, legal institutions and family welfare institutions. Such documents will bring into the limelight evidence-based suggestions to enhance family law systems, increase mediation services, and intensify community-based assistance to the separated families and children. **Tactical Intervention Toolkits** According to the results of the research, the toolkits will be created to help practitioners (social workers, counselors, legal advisors, and leaders of communities) to assist families in the process of separation. Such toolkits will contain the principles of promoting cooperative co-parenting, promoting mental health in children, and means of engaging the fathers and extended relatives. **Capacity Building Sessions** and workshops Key stakeholders will be taken through training workshops and webinars to help them translate the knowledge in research to practice to create capacity among professionals dealing with separated families. These programs focus on increasing the skills to deal with complicated issues that children and parents may meet after the separation. **Public Awareness Improvement** The project will take part in the community outreach initiatives in order to create awareness regarding the need of supportive parenting after the separation, decrease the stigma of divorce and a single-parent family, and enhance child mental health and well-being in various environments. Together, such outputs will go well beyond the academic discourse, directly influencing policy changes, enhancing family welfare intervention, and healthier parent-child relational health among the diverse groups of India society.

Expected Outcomes The methodological framework will produce grounded findings on: Varied coping and adaptation responses between the separated parents. Community interventions and their impact on the socio-emotional wellbeing of children. Weaknesses in the policy and institutions in responding to post-separation parenting. The findings will contribute positively to the academic discourse on family sociology and serve as empirical contributions to social policy as it will permit the intervention of family welfare and child wellbeing to be targeted in restructured urban households.

Relevance of the proposed study for policy making (approx. 500 words) The proposed research is greatly applicable to the policy-making processes in India, especially considering the recent changes and the increasing necessity of evidence-based solutions related to family law, child welfare, and social support in the circumstances of parental separation and the altering family settings. **Pro-Reform Movement in Family Law** The family law situation in India has faced a major shift, as new progressive, gender-just, and inclusive models of law have been proposed, including the Model Code on Indian Family Law (2024) and the Bharatiya Nyaya Sanhita (BNS, 2023). These reforms focus on fair parental roles, child welfare, gender equality, and safeguard of vulnerable family members. The empirical research of parenting roles, child outcomes, and experienced realities of separated families will present evidence policy-relevant to enact the successful execution and subsequent redrafting of these legal changes primarily in areas like custody and visitation rights as well as mediation. **Educating Child Custody and Welfare Policies** The existing child custody systems are intended to ensure that the best interests of the child are put in the first place, yet they do not provide specifications of post-separation parenting style and support mechanisms. In exploring the psychological and social costs of children involved and the relevance of co-parenting and extended family in the study, the study will provide important contributions towards change in custody policies concerning realistic situations experienced by Indian families, in urban

settings of Punjab. Improving Legal and Mediation Services The research that will assess legal mediation and family court procedures will contribute to defining the practical difficulties and elements of success in resolving the conflict. This understanding can inform policy makers to enhance family dispute resolution systems, encourage amicable resolutions, and develop parenting plans that encourage cooperative parenting and child well-being. Empowering Community and Social Support Networks The research on the functions that informal social networks/ extended families play in raising children will guide the policy of strengthening the support services of communities/ family welfare program, particularly among socioeconomically disadvantaged and rural communities. This fills in holes in social safety nets and supplements legal provisions. Advocating Gender-Equal Parenting Policies The emphasis of the project on the role of fathers after separation and gender roles in parenting will facilitate the establishment of more gender-sensitive policy frameworks, promoting the division of parental roles and minimizing the biases in custody and maintenance legislations. Meeting the Mental Health Needs of Children and Parents The understanding of the mental health consequences of separation will be used in the development of health and social policies to incorporate psychological support services in family welfare interventions, which is consistent with the Indian mental health policies. Directing Family Welfare Programs The evidence-based policy recommendations and useful toolkits based on the study will help government agencies, Non-Governmental Organizations, and community organizations to develop effective interventions that address diverse family settings in India. Overall, the study is timely, extensive, and practical, and it can be instrumental in informing the formulation of inclusive, culturally sensitive, and child-centered family policies in Punjab, India. It harmonizes legal, social, and mental health factors, thus contributing to holistic family welfare system transformation.

Total Grant Amount expected for this study Amount (in figures): ₹ 22,00,000 (in ₹) Amount (in words): Twenty-two lakhs only

Head-wise Justification for the Expected Grant (approx. 400 words) (Manpower, travel, fieldwork, equipment, contingency, etc.) S. No.

Head of Expenditure Description / Components Amount (₹) % of Total

1 Research Staff / Manpower 1 Research Assistant (18 months × ₹37,000 = ₹6,66,000); 2 Field Investigators (9 months × ₹20,000 × 2 = ₹3,60,000) 9,96,000 45%

2 Fieldwork & Travel Breakdown:- Travel: 4 round trips to field sites for 2 researchers @ ₹35,000 per trip = ₹2,80,000 Local Conveyance: 60 days @ ₹2,000/day = ₹1,20,000 Lodging & Boarding: 60 days @ ₹2,500/day = ₹1,50,000 Participant Honoraria: 40 participants @ ₹2,000 each = ₹80,000 Transcription Costs: 150 hours @ ₹600/hour = ₹90,000 Misc. field expenses = ₹50,000 7,70,000 35%

3 Equipment & Study Materials 1 × Digital Audio Recorder (₹15,000); 1 × Transcription Software License - NVivo (3 years, ₹70,000); Laptop, Printer, Scanner (₹90,000); Reference Books & Journals (₹45,000) 2,20,000 10%

4 Contingency Stationery, communication, unforeseen administrative costs 1,10,000 5%

5 Workshops / Seminars / Publications Mid-term Workshop (₹55,000); Final Dissemination & Report Publication (₹55,000) 1,10,000 5%

6 Institutional Overheads Administrative cost (as per ICSSR norms) 94,000 4.3%

Grand Total ₹ 22,00,000 100%

Milestones set for

Limitations

Some of the possible challenges that this study can encounter are the inability to recruit some groups of participants, e.g., fathers, and loss of participants during the study period.

Challenges in Recruiting Fathers: Fathers may be hard to engage in research in parenting because of their cultural norms, work, and unwillingness to talk about family issues.

Mitigation: The scheduling of interviews can be made flexible, special outreach to male community leaders or workplaces, and the significance of the fathers views can be stressed to enhance recruitment.

Participant Attrition: The attrition of participants in longitudinal or multi-phase data collection may bias findings and decrease the statistical power. Some causes of attrition are social stigma, relocation, loss of interest or inconvenience.

Mitigation: The strategies to be followed are the provision of proper incentives, frequent and personalized communication, follow up reminders, ensuring that data collection is short and flexible and over-sampling during recruitment to counteract anticipated drop outs. Retention can also be attained by building good rapport and being culturally sensitive. Recording of contacts in details and provision of alternative means or places of data collection also minimizes the chances of attrition.

Delicate Character of the Subject: The topic of post-separation parenting relationships can be distressing or lead to unwillingness to provide all the information.

Mitigation: This challenge can be addressed by ensuring confidentiality, providing support referrals, and establishing a trustful and understanding atmosphere in the data collection process.

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5.9%

	Text Coverage	Words
AI Text	5.9%	428
Low Frequency		65
Medium Frequency		0
High Frequency		4
Human Text	94.1%	6,881
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3x  429x

429x and reliability. Ethical Considerations

How frequently the phrase was found in our dataset:

AI Text	1.69 / 1,000,000 Documents
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79x family structures across

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AI Text	3.61 / 1,000,000 Documents
Human Text	0.05 / 1,000,000 Documents

59x coverage of diverse

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17x will include adults

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Human Text	0.31 / 1,000,000 Documents

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5x the topic is sensitive,

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How frequently the phrase was found in our dataset:

AI Text	1.76 / 1,000,000 Documents
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5x guidelines. Informed consent

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AI Text 4.77 / 1,000,000 Documents

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4x to triangulate data.

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AI Text 3.09 / 1,000,000 Documents

Human Text 0.7 / 1,000,000 Documents

4x distributed equally across

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AI Text 8.63 / 1,000,000 Documents

Human Text 1.98 / 1,000,000 Documents

4x Sample Size and Distribution:

How frequently the phrase was found in our dataset:

AI Text 1.33 / 1,000,000 Documents

Human Text 0.35 / 1,000,000 Documents

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Human Text 0.65 / 1,000,000 Documents

3x will be anonymized, and

How frequently the phrase was found in our dataset:

AI Text 2.26 / 1,000,000 Documents

Human Text 0.74 / 1,000,000 Documents

INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH

Research Projects Division

Proposal Format -ICSSR Call for Research Projects on “Family and Family Systems in India” -(2025-26)

Note: Applicants must adhere to the word limit specified in each section, and any deviation from the prescribed ICSSR proposal format will result in the cancellation of the application.

Application number (To be noted down from the online application)

Theme Roles, Relationships, and Practices

Sub-theme Parenthood, Parenting Practices, and Post-Separation Parenting

Title of the Research Proposal Navigating Parenthood in Contemporary India: Examining Parenting Practices and Post-Separation Parenting Dynamics

Abstract (approx. 500 words) (Brief overview including objectives, significance, methodology, and expected outcomes) Overview The given research explores the changing situation in the realm of parenthood and parenting practices in modern India, though an empirical study on Punjab is chosen as its main topic. Punjab is chosen because of its special sociological-demographic profile characterized by the increase of marital separations, fast urbanization, and the special legal frameworks that condition family welfare. It will be done in six urban districts, representing the three dominating cultural-geographical regions of Punjab, namely, Majha, Malwa and Doaba. Amritsar and Gurdaspur (Majha) in particular are highly urbanized regions with unique occupational frameworks and family changes; the city of Ludhiana and Bathinda (Malwa) are typical of industrial and service-based demographics, whereas Jalandhar and Hoshiarpur (Doaba) are cosmopolitan based on socio-family changes with migrations. Such a geographic and demographic orientation provides a subtle investigation of the parenting processes in varied cultural and socio-economic settings. Significance The demographic changes in Punjab, such as the rising percentages of separation within the context of the persistent social stigma, indicate the necessity to investigate the topic of post-separation parenting. It is a highly under-researched area that has deep social, psychological and policy consequences. This study will fill a major gap by analyzing the roles of mothers, fathers and extended family in those urban districts, reviews the legal mediation and community support systems present as well. The diversity in the culture and family structures of Punjab will contribute to evidence-based suggestions aimed at improving family welfare policy, child protection service, and resilience of society in the face of the swift social transformation. Methodology Using qualitative research, the research will use in-depth interviews and focus groups of separated parents, children and caregivers in the chosen urban districts in Punjab. Lived experiences, coping mechanisms, and post-separation parenting will be analyzed through thematic analysis. To understand family transition in such a culturally diverse setting holistically, data interpretation is going to be based on an interdisciplinary approach covering sociological, psychological, and legal approaches. Expected Outcomes The expected outcomes of this project are as follows: Provide in-depth information about the psychological, emotional and social effects of parental separation on children, risk factors like anxiety and depression and behavioral difficulties, and protective factors like responsibility and emotional regulation. Elucidation of mothers, fathers, and extended family roles and patterns of involvement in parenting after the separation and the presence of great gendered and cultural differences that shape the child wellbeing. The positive mediation and community support structures used to evaluate legal mediation and their effectiveness in post-separation positive parenting and child welfare. Developing policy and practice recommendations to strengthen family support services, child protection processes and resilience on the part of society in Punjab and other socio-cultural settings. The establishment of a framework of empirical groundwork to inform the future interdisciplinary study of family transitions and child development on urbanizing India. The results shall be essential academic and practical implications that shall enhance the wellbeing of the separated families and children as well as enlighten the concerned policy

interventions.

Introduction, Theoretical Framework, Statement of the Problem and Scope of the Proposed Study (approx. 1000 words) (Outline theoretical foundations and the scope of the study in Indian context) The concept of parenthood and parenting practices play a pivotal role in the operation of families as they serve as a medium of intergenerational transition and the most important place of socialization. Family systems have been transformed through changes in urbanization, migration, and changing legal norms in the Indian context, which has traditionally been joint and multigenerational. The recent surge in the number of marital separations and divorce have brought new issues related to child rearing, decision making and emotional management to the families. Theoretical Framework Parenthood, parenting practices and post separation parenting in India is based on three interconnected theoretical approaches namely Family Systems Theory, Attachment Theory and Indigenous/Cultural Value Frameworks. On the other hand, the family is conceptualized as an interconnected system and interdependent (Family Systems Theory, 1978) instead of individuals in isolation. The alteration of one of the members or relationships influences the whole system. The theory assists in explaining the responses to role of parents in disruption of families since the separation of parents requires renegotiation of family roles, boundaries and support systems. The continuation or disintegration of extended family structures plays a very important role in the practices of raising children and child welfare after separation (Chadda et al., 2011; Majumdar, 2025) Family Systems Theory (Bowen, 1978) conceptualizes the family as an interconnected and interdependent system rather than isolated individuals. Changes in one member or relationship affect the entire system. This theory helps explain parental role adaptations in family disruption, as parental separation necessitates renegotiations in family roles, boundaries, and support systems. The persistence or dissolution of extended family networks critically influences child-rearing practices and child well-being post-separation (Chadda et al., 2011). Attachment Theory Attachment Theory (Bowlby, 1969; Ainsworth, 1990) is concerned with the significance of early emotional relationships between children and their primary caregivers and the influence on socioemotional growth and resilience in adulthood. The studies indicate that separation in the relationships during the early stages of childhood has the potential to elevate the chances of child behavioral disorders and emotional challenges (Howard, 2011; Venta, 2021). The theory offers a psychological perspective of how separation affects children psychologically and the factors that should be considered to reduce the negative effects, including the quality of co-parenting and the sensitivity of parents. Indigenous and Cultural Value Frameworks Indian parenting is entrenched with a strong sociocultural and religious background of filial piety, respect of elder, family unity, and intergenerational cultural transmission via extended kin groups (Keppel Health Review, 2023; Kidscastle Preschool, 2025). Parenting roles, expectations, and community support practiced by indigenous people are vastly different, as dictated by indigenous values. The need to maintain cultural continuity and interventions tailored to cultural settings is demonstrated with positive parenting frameworks designed on native and indigenous settings (Nicwa, 2025). This view calls the study to investigate the effects of indigenous traditions and the alteration in cultural norms on post-separation parenting as well as on child outcome. Statement of the Problem The separation of parents is becoming a common occurrence in India especially in the Punjab state whereby the socio-economic changes are taking place very fast and are transforming the family set-ups and parenting relationships. Though this has increased, empirical studies that focus on the psychological, social and emotional effects of separation on children living in various socio-cultural settings in Punjab are limited. The current literature tends to ignore the changing functions of parents and extended family members in raising children after separation, the usefulness of the legal, community, and informal support systems. This knowledge gap is a hindrance to the formulation of culturally sensitive policies and interventions that can sufficiently support separated families and enhance the well-being of children. This issue is also complicated by the difference in the access to legal mediation and family welfare services in urban districts of Punjab and the different cultures-geographical regions of Majha, Malwa, and Doaba. The proposed study will fill these important gaps by carrying out a detailed case study of urban and semi-urban families in Punjab. It aims at creating practical knowledge about the role of socio-economic classes and cultural determinants on post-separation parenting and child outcomes. The research results will offer key pieces of evidence to inform family law reform, improve support services, and improve policy frameworks that respond to the multifaceted realities of separated families in modern India. This concise problem

statement highlights the urgency and relevance of the proposed research in filling in significant gaps in the existing empirical and policy gaps, hence contributing significantly to family welfare research and practice. Scope The study is clearly a case study of Punjab, which has national policy implications. Punjab is chosen because of its distinct socio-demographic profile that is typified by: Rates of migration that have a high impact on family structures and dynamics, The existence of certain laws of inheritance that affect the right of parents and children, Active family court mediation service focuses on offering alternative dispute resolution systems to family disputes. These aspects render Punjab a crucial and emblematic location to investigate the current parenthood and post-separation parenting processes. The legal system of the state through well-established mediation centers in districts like Jalandhar helps in formal and informal settlement of family disputes, which provides empirical understanding of family welfare processes. The analysis of Punjab, therefore, will enable the provision of a comprehensive insight into the changing parenting trends in specific social, legal, and cultural settings, and the results thereof will be applicable in the context of reforming family law on the national level, social policies, and child welfare initiatives. This would base the study on a narrow geographical location where legal and social institutions are highly developed and seek to produce lessons and recommendations that can be applied in the Indian socio-cultural context which is diverse. Key Methodological Concepts- The current study will use a qualitative approach in the form of a case study with the Punjab as a limited system to investigate the issue of parenting practices and post-separation dynamics in detail. Case study approach allows a more intensive and contextually rich study on the family experiences of six urban districts that are representative of the major cultural-geographical regions of Punjab (Majha, Malwa, Doaba). The fundamental techniques will involve purposive sampling to choose separated parents, children, and caregivers with various lived experiences. Data will be collected by using semi-structured in-depth interviews and focus groups to gather detailed accounts to enable a subtle interpretation of parenting roles, coping mechanisms and socio-legal relationships. Thematic analysis will be used to determine patterns, outstanding themes, and cultural peculiarities. Interpretation will be based on an interdisciplinary approach incorporating sociological, psychological, and legal frameworks and focus on the interaction between cultural norms, legal mediation, and family welfare. Ethical issues such as informed consent and confidentiality will be strictly followed. This methodological design reflects the complexity of post-separation parenting in Punjab and generate insights that are more relevant to policy and practice in the entire of India.

Critical Review of Key Research Works for the Proposed Study (Avoid listing bibliographic references) (approx. 800 words) The Indian parenting practices have been studied in different dimensions, which have shown that socio-cultural, economic, and family backgrounds have a significant impact on child development. According to recent reviews, Indian parenting is firmly rooted in the collectivist culture in which joint family systems prevail and elders play an important role in bringing up children (Verma and Saraswathi, 2002; Chaudhary, 2013). Notably, these conventional models are in coexistence with growing exposure to contemporary, individualistic forces, which form a dynamic conflict in parenting styles and practices. The variety of parenting styles in India has been reported in a number of studies, including authoritative and permissive ones, with differences in their effects on the child and its development (Kaur and Singh, 2025). These styles are usually based on Western psychological theories but there is a perceived gap in literature about its cultural suitability and applicability to Indian context with its distinct socio-environmental factors of extended family involvement, gender preferences and socio-economic differences. Parenting after separation is a topic that has not been researched in India even though the number of divorces and family separations are on the increase. The new literature shows that children in single-parent households experience severe psychological, emotional and social problems, such as abandonment, social stigma, and more responsibilities, but that resiliency and emotional development (Sangeet and Singh, 2022). Legal, family-related, and mental health systems in urban India have a significant effect on child custody outcomes and child mental health, which is why interdisciplinary interventions are necessary (Nambiar, 2024). The socio-cultural context of Punjab provides an important setting to analyze the modern parenting and post-separation processes as the area has some of the most specific demographic factors, gender-related prejudice, and family transitions (Yaseen and Khan, 2020). A study carried out in Punjab and the surrounding areas indicates how parental actions affect child delinquency and development, which also highlights the importance of family structure and parenting quality (Kaur and Singh, 2025; Hayes and Khan, 2020). This regionalism is necessary in order to

cope with localized parenting issues that might not be on pan-Indian trends. A study in northern India ('The challenges of improving parenting practices at scale' (2025)) identifies gaps in the large-scale intervention of parenting practices, and highlights the necessity of culturally sensitive and context-specific interventions instead of general health and nutrition guidance. Experiences of single-parent children in the present Indian context (2022)- study that offers qualitative data on the psychosocial issues and resilience of children in single-parent families in urban India, highlighting the dearth of studies on the outcomes of post-separation children in Indian contexts.

Another research article on 'Effects of Various Parenting Style on Children at Different Age Groups' (2024) focused on different parenting styles used in India and their effects on the emotional and social development of children, and it shows how adaptive parenting needs to be applied to various stages of child development. 'Parental Separation and its Toll on Children' (2025) thoroughly examines psychological and educational impacts on children (parental separation) in India, reporting emotional and cognitive challenges that are exacerbated by cultural stigmas. Efforts have been made to investigate the connection between childhood trauma and parenting practices among Indian families in the article 'How Childhood Trauma Shapes Authoritative Parenting Practices in Indian Families' (2024) indicating the lack of knowledge about the generational patterns of parenting and the impact of psychosocial factors. ICSSR 2025 Guidelines on Family and Family Systems in India look forward to empirical, interdisciplinary studies on the changing family structures, continuation and change in Indian family dynamics, gendering roles, care giving strains, and mental health issues, which explicitly justify the necessity of region-specific research.

Research Gap and Critical Thematic Synthesis

Although the descriptive studies have determined parenting styles and post-separation outcomes in India, the critical synthesis indicates some gaps: There is a strong dependence on western constructs that restricts the cultural legitimacy of studies involving Indian parenting. Socio-cultural subtleties that influence parenting under certain circumstances such as Punjab are not given enough attention. The issue of post separation parenting and its effects on the psychosocial health of children is still poorly comprehended, especially at legal and family crossroads. The contribution of socio-economic status, gender norms, and extended family influences need to be combined in the studies of parenting and post-separation. This synthesis highlights the need to have the proposed research use a culturally based, region-specific method that critically analyzes parenting practices and realities of post-separation in Punjab. The study will be able to assist by filling the gaps in the empirical literature, informing culturally sensitive interventions, and informing policy frameworks that could help support parenthood navigation in modern India.

Identification of Research Gaps (Clearly identify the gaps in the existing research literature, unexplored areas, and explain how your proposed study addresses these gaps) (approx. 500 words)

The review of literature on parenting in India cited above, gives an insight in to the role of families in upbringing of children, yet there are number of critical gaps and unexplored areas that need to be studied.

Gap 1- Excess dependency on Western Theories: The bulk of current research on Indian parenting is heavily based on Western, individualistic paradigms (authoritative, authoritarian, permissive parenting) that fail to describe the collectivist, multigenerational Indian parenting culture (IJIP, 2025). This cultural disjuncture leads to the deficiency in contextualization and the incomplete comprehension of the aspects of parenting in the Indian socio-cultural context.

How This Study Addresses It: The offered study embraces the cultural-based models by incorporating the indigenous parenting stories, and comparing them with the modern empirical evidence. The given strategy will yield more culturally valid information on parenting roles and practices in India.

Bias in Urban and Educated Population: The existing body of literature targets mostly urban, middle, and educated populations without addressing the semi-urban groups in which the family structure, socio-economic realities, and challenges in raising children may vary significantly (PMC 2022; IJIP 2024).

How This Study Addresses It: The study covers both urban and semi-urban families and various social strata to offer a comprehensive picture that is representative of the large social diversity of India and covers those who are underrepresented.

Little Investigation in Post-Separation Parenting: Although the risk and resilience factor in post-separation parenting are recorded in international research, there is a dearth of studies in India and a lack of scope in many studies as they do not examine the consequences of mental health in children and the changing role of fathers and extended family after separation (Times of India, 2021; IJRPR 2025).

How This Study Addresses It: The study will clearly examine the post-separation parenting terrain, the psychological health of children, co-parenting, as well as father and kin participation, contributing to the

knowledge of family reorganization in India. Inadequate Assessment of Communal and Legitimate Support Systems. Outcome-based studies of the effectiveness of legal mediation, family courts and informal social support networks in parenting disputes and supporting separated families are lacking (IJLSSS, 2025). How This Study Addresses It: The study has a unique opportunity to address such gaps with the integration of social, psychological, and legal perspectives on cultural nuances, which would provide more knowledge of increased contextual validity and more practical recommendations to enhance the results in parenting and children throughout India.

Uniqueness and Originality of the Study (approx. 300 words) Indian parenting studies bring out a number of important lessons and reveal major gaps. Research indicates that Indian parenting resembles a combination of authoritative and permissive parenting styles to a great extent, which is dictated by socioeconomic factors and cultural beliefs. According to Sahithya, Manohari, and Vijaya (2019), authoritative parenting is associated with positive child outcomes, whereas neglectful and authoritarian styles are associated with mental health and social adjustment adverse outcomes. Most of these studies are however based on Western conceptualizations of parenting styles which do not do justice to the collectivistic and multi-generational family structure found in India. The importance of extended family in upbringing the child is a common motif of the Indian literature as it serves as the instrumental factor in providing emotional support, discipline and the transfer of values. Separation and post-divorce parenthood in India is not well studied. Recent studies all over the world demonstrate the psychological cost of high-conflict separations on children, which are anxiety and behavioral problems, and the opposite effect of resilience and adaptation when co-parenting is cooperative. In Indian research, fathers and extended families are not given much attention in the post-separation situations, which are major gaps that should be filled by a strong emphasis on empirical research. The implementation of the Family Systems Theory and Attachment Theory can be used as a background but, in many cases, the cultural analysis concerning Indian realities, collectivism, extended kinship, and indigenous values must be implemented, which has a distinct vision of parenting. The studies which combine the native accounts, including those based on the traditional writings (e.g., Ramayana) provide the prospective avenues to put the parenting practices in Indian sociocultural and ethical contexts. Finally, although the legal mediation and community support systems show some effectiveness in managing family issues on a post-separation context, there is limited data on their role in child outcomes in India, and thus policy and practice reforms should be guided through thorough evaluation studies. To sum up, the works reviewed present essential yet incomplete information on the complexity of Indian parenthood and post-separation parenting. The proposed research will address these gaps by including diverse populations, focusing on fathers and extended family role, incorporating theoretically sensitive cultural models, and critically evaluating formal and informal support systems to add practical value to the family welfare in modern India.

Objectives of the Proposed Study (approx. 300 words) (List main and specific objectives of the research) Main Objectives: 3 Following objectives will be attained from this study- Analyze the psychological, social, and emotional impacts of parental separation on children across diverse socio-cultural contexts in Punjab. Examine the evolving roles and responsibilities of parents and extended family members in post-separation child-rearing within restructured Indian families. Evaluate the effectiveness of legal, community, and informal support systems in promoting positive parenting and child well-being to inform culturally sensitive policy development.

Research Questions /Hypotheses (if Applicable) (approx. 300-400 words) The research questions to be addressed in the study will be as follows- What is the impact of parental separation on the psychological, emotional and social development of children in Indian families? How do separated parents in urban Punjab negotiate co-parenting responsibilities, and what are the primary sources of conflict and cooperation? What role does the legal system and community support play in shaping these post-separation parenting dynamics? How can the needs of separated families and improving child resilience and well-being be most effectively met through policy interventions and community-based initiatives? Impact and Dissemination This study will contribute greatly to the research, policy, and practice on parenting and post-separation in India. It will also provide useful evidence-based information that can be used to shape the national family welfare policies and laws by paying attention to the socio-legal context of Punjab. The results will also contribute to the knowledge of child wellbeing and family support needs within the transitional Indian societies and inform culturally sensitive interventions. In order to achieve

maximum impact, the research results will be published in various formats and channels that will be used to reach different audiences: The scholarly publication through peer-reviewed journal articles, conference presentations, and research reports. Policy participation in form of policy briefs and workshops with family welfare departments, legal practitioners and NGOs. Outreach efforts through plain-language summaries, infographics, and interactive discussions with impacted families and local stakeholders. The digital platform and social media will be used to expand the reach and help maintain the conversation with broader audiences. Early involvement of local family courts, community organizations, and policymakers makes them relevant and viable. The monitoring of impact will be done by feedback of the stakeholders, usage of publications and digital contents, and the change in policy or practices as a result of the research. This dissemination strategy will make sure that the research does not only contribute to the knowledge, but also to the benefit of the society.

Proposed Methodology, Sampling Design, and Research Design (approx. 1000 words) Research Design This qualitative study investigates changes in parenthood and post-separation parenting relations in urban India. The design emphasizes rich, lived experiences, family role transitions, and coping mechanisms of separated parents and children, contextualized within legal, cultural, and community frameworks.

Study Area and Sampling Frame The research will be conducted in six urban districts of Punjab, representing its three cultural-geographical regions: Majha: Amritsar and Gurdaspur Malwa: Ludhiana and Bathinda Doaba: Jalandhar and Hoshiarpur This selection ensures coverage of diverse socio-economic and family structures across Punjab. Sampling Technique and Participants Purposive sampling will be used to select information-rich cases. Participants will include adults (mothers, fathers, or guardians) who have experienced separation/divorce and share children, as well as children aged 10-18 years (with informed consent). Key informants will include community welfare practitioners, family court lawyers, and child counsellors. Sample Size and Distribution: A total of 40 in-depth, semi-structured interviews will be conducted, comprising: 10 separated mothers 10 separated fathers 10 family court lawyers 10 child counsellors These interviews will be distributed equally across two selected districts per region (Majha, Malwa, Doaba), i.e., 20 interviews per region. Recruitment will be facilitated through NGOs, legal aid clinics, and welfare organizations. Data saturation will guide final sample adequacy. Data Collection

Methods In-depth Interviews (IDIs): Semi-structured interviews will capture narratives on emotional adjustment, parenting roles, and household restructuring. Focus Group Discussions (FGDs): Conducted with practitioners (social workers, legal mediators, psychologists) to explore community and institutional perspectives. Field Observations: Observations will be conducted during family court sessions, counselling meetings, and community interventions to triangulate data. Data Analysis Data will be transcribed verbatim and analyzed through Braun and Clarke's six-phase Thematic Analysis using NVivo software. Steps will include: familiarization, coding, theme identification, theme review, definition, and reporting. Triangulation across parents, children, and experts will ensure validity and reliability.

Ethical Considerations Ethical clearance will follow ICSSR guidelines. Informed consent will be obtained from adults, with parental consent and child assent for minors. Identities will be anonymized, and interviews with minors will take place in safe, supportive settings with access to counselling if needed. Ethical Considerations Since the topic is sensitive, all ethical requirements of the guidelines of the Indian Council of Social Science Research (ICSSR) will be followed in the research. All adult participants will be informed by way of written informed consent, and all minor ones will be informed by obtaining permission and parental consent. The identity of the participants will be anonymized, and no information concerning disclosed experiences will be exposed to confidentiality. The interviews with children will be performed under the protective atmosphere with psychological assistance, when needed. Rationalization of Qualitative Design. A

qualitative study is also suitable because the research is not based on objective data but is aimed at subjective experiences and contextual interpretations. Post-separation parenting is a complicated emotional and social interaction, which is usually defined by changing concepts of family, gender, and legal systems. The research will attempt to unravel the empirical and analytical insights into the influence of cultural and institutional forces on post-separation parenting, in particular, in the shifting demographic conditions of urban India. Scope and Variables- The socio-cultural context refers to the interaction of social, cultural and economic variables that affect family dynamics and parenting styles. Particularly, the study contrasts the post-separation parenting process between two major socio-economic groups such as middle-income and lower-income families in urban and semi-urban districts of Punjab. These layers are characterized by varying income,

education, occupational patterns, migration patterns, and social and legal access. This study will examine the influence of these socio-economic differences on the parenting roles, extended family participation, child wellbeing, and use of support systems in the various cultural-geographical areas of Punjab (Majha, Malwa, Doaba). The proposal clearly outlines socio-cultural context as the economic status, cultural norms, family structures, and access to legal mediation, which explains the variables of interest and makes the analysis of how family transitions differ in the context of modern Punjabi society feasible and rigorous.

Expected Outcomes

The methodological framework will produce grounded findings on: Varied coping and adaptation responses between the separated parents. Community interventions and their impact on the socio-emotional wellbeing of children. Weaknesses in the policy and institutions in responding to post-separation parenting. The findings will contribute positively to the academic discourse on family sociology and serve as empirical contributions to social policy as it will permit the intervention of family welfare and child wellbeing to be targeted in restructured urban households.

Ethical Considerations

Informed Consent and Assent

The research will also make sure that all adult participants will be informed in detail about the purpose, procedures, risks, benefits, confidentiality and right to withdraw without any penalty at any time. Both written and verbal explanations will be given to the participants in their language of choice to make them understand and participate willingly.

Data Anonymization

All the data will be rigorously anonymized to preserve the identity of the participants. Direct identifiers (e.g., names, precise locations) will be eliminated or pseudonymized with alpha numeric codes and linkage keys will be kept in a different location with stringent access controls. Generalized or masked indirect identifiers will be used to ensure that the data is not triangulated or identified by other background knowledge. Qualitative and quantitative data anonymization procedures will be based on best practices in order to guarantee confidentiality without affecting the usefulness of the data to be analyzed.

Secure Data Storage

All data on research will be stored in an encrypted digital storage device that meets the institutional and legal requirements of data protection. Only members of the research team will be allowed to access data under controlled conditions. The physical documents shall be stored in secure premises in locked cabinets. The policies of data retention and disposal that are in line with ethical considerations will be adhered to the letter to the latter so that no unauthorized access to the data is possible after the study is over.

Referral Pathways to Distressed Participants

Since the research subject is a sensitive issue, the participants who are emotionally or psychologically distressed during or after the research will receive support using referral channels that have been pre-existing. These consist of referrals to certified mental health workers, family counseling programs, and community support agencies. The participants will be given contacts of these resources and advised to seek help where necessary.

Rationalization of Qualitative Design

A qualitative study is suitable because the research is not based on objective data but is aimed at subjective experiences and contextual interpretations. Post-separation parenting is a complicated emotional and social interaction, which is usually defined by changing concepts of family, gender, and legal systems. The research will attempt to unravel the empirical and analytical insights into the influence of cultural and institutional forces on post-separation parenting, in particular, in the shifting demographic conditions of urban India.

Innovation/path-breaking aspects of the Proposed Research (500 words)

The proposed research is innovative and visionary in several aspects, and it will contribute to the improved comprehension of parenthood and post-separation parenting in the Indian socio-cultural environment. The study will incorporate in-depth qualitative interviews and focus groups that represent voices of the different groups/families-urban and semi-urban as such, giving an overall and balanced view of parenting experiences from Punjab. This research will target Post-Separation Parenting beyond Urban Middle-Class Families. Although international literature has attributed the subject of divorce and child outcomes, Indian studies have seldom moved past the urban middle class. The given study has a deliberate broader demographic view, encompassing the elongated roles of the kin, and the viewpoint of children to cover a significant gap in research that constrains the current policy formulation and support services.

Fathers Roles and Extended Family-

By emphasizing an organized exploration of paternal involvement after separation, an unexplored field in Indian academic literature, the project stands out as a sign of new frontiers, as the role of extended family institutions, despite their importance in Indian families, has been diluted through nuclearization and immigration. This provides new insights into gender roles and support systems in transitional family organizations.

Assessment of Legal

and Community Support Systems in a Child-Centric Perspective. The research is distinctive in that it combines assessments of both the formal (mediation, family courts) and the informal community support systems through the lens of the affected family and the children themselves. It connects legal efficacy and child well-being and family resilience, and by introducing a novel policy-relevant contribution, the research will inform reforms required in family law, mediation practices, and social services. Reflective and Active Work with Families- Following the principles of participatory action research, the project will involve participation in the process of sharing experiences and knowledge construction between parents and children, contributing to the empowerment and self-reflection. This method helps develop feasible, grounded recommendations and promotes intervention development, which is locally relevant. Theoretical Co-existence with Indigenous and Contemporary Narratives- A combination of traditional Indian cultural frameworks and modern psychological theories such as Attachment and Family Systems theories places this study in a heart of developing an integrative model of Indian parenting. The development has a prospect to expand to other collectivist societies where social-cultural change is taking place rapidly. Potential Scalable Interventions and Policy Impact- The study directs the development of scalable, culturally sensitive parenting programs and supporting policies that can effectively address the effects of family fragmentation by creating empirical evidence with practical orientation that can directly lead to the social welfare and mental health concerns of the nation. Overall, this study is culturally sensitive, methodologically sound and policy-centered, investigating parenting in a variety of Indian contexts with unusual emphasis on post-separation situations, fathers, and the legal-community nexus, making it an important contribution to the social science research on Indian family systems.

Expected Contribution of the Research Project to the Knowledge Repository (approx. 500 words) The research study is expected to contribute a number of positive contributions to the body of scholarly and practical knowledge regarding parenting, family systems, and child development in India. Bridging Cultural and Contextual Disjunctions - The study will add culturally inclined information on the parenting practices in the context of family separation in India, where such studies have not been done extensively and most research has been based on western centric models. The study will enlarge the knowledge on India-specific parenting patterns representing collectivistic values and multigenerational parenting systems by combining theories on indigenous family systems and indigenous family narratives with the modern psychological paradigm. Expanding the Population Area The associated diversity in the study contributes to the generation of subtle information about the impact of socioeconomic, caste, religion and regional differences on parenting and child outcomes, making the Indian family study richer. Emphasizing Fathers and Extended Kin The role of fathers and extended family members in parenting and care giving in times of family disruption are the project foreshadowing roles of fathers in Indian scholarship that has not been adequately discussed. New information on gendered roles, social support networks, and child-rearing practices based on family and community situations will be acquired here because of detailed analyses. Multi-Domain Influence on Kids Well-being The study will give coherent insights on the psychological, social, and educational consequences of parental separation through the lenses of children, parents, and caregivers. The study by recording the resilience factors and risks will guide a balanced knowledge that will be necessary in implementing specific interventions. Assessment of the Legal and Support Systems With an extensive analysis of how legal mediation and family court expeditions and informal community support systems work, the research provides the necessary evidence to design changes in the family justice systems and the community services, with a focus on child-centric and culturally adept models. Design of Real-Life nets and Policy provisions The project will produce policy briefs that can be put to practice, intervention toolkits and community program models to serve separated families in India. Policymakers, non-governmental organizations, social workers, educators, and mental health practitioners serving the family and child welfare will find these resources useful. Scope for Future Study The study provides a foundation upon which more multidisciplinary research can be conducted, longitudinal studies and intervention evaluations and cross cultural comparisons both across and outside India by creating a rich dataset and enhancing theoretical frameworks to reflect Indian realities. Child Developmental Scientific Contribution The emphasis of the investigation on the early childhood and adolescent development, within the different conditions of the family, increases the informational background on the best parenting styles and their developmental consequences.

Overall, the proposed project will be an important contribution to the academic and practical knowledge, fill the gaps in the existing research, and allow supporting more families facing separation in India and leading to healthier child and family outcomes.

Expected Output (400 words) It is expected that in the course of this research project, a number of meaningful outputs will be generated as they will be a combination of scholarly understanding and practice in the area of parenting and post-separation family relations in India:

Detailed Research Report- The findings will be explained in a detailed final report with qualitative findings to explain the modern parenting traditions in India, post separation parenting, psychological implications on children and the presence of fathers and extended family as the tools in restructuring the family. This will offer an all-round perspective of parenthood change in a quickly evolving sociocultural environment. Peer-Reviewed scholarly sources. At least two research papers will be ready to be submitted to the national and international high-impact journals in the area of family studies, psychology, and social sciences. Such publications will spread major findings of empirical studies, theoretical developments, and culturally specific understandings to international studies of family and child development. **Policy Briefs and Recommendations** Policy briefs shall be made actionable and circulated to government institutions, legal institutions and family welfare institutions. Such documents will bring into the limelight evidence-based suggestions to enhance family law systems, increase mediation services, and intensify community-based assistance to the separated families and children. **Tactical Intervention Toolkits** According to the results of the research, the toolkits will be created to help practitioners (social workers, counselors, legal advisors, and leaders of communities) to assist families in the process of separation. Such toolkits will contain the principles of promoting cooperative co-parenting, promoting mental health in children, and means of engaging the fathers and extended relatives. **Capacity Building Sessions and workshops** Key stakeholders will be taken through training workshops and webinars to help them translate the knowledge in research to practice to create capacity among professionals dealing with separated families. These programs focus on increasing the skills to deal with complicated issues that children and parents may meet after the separation. **Public Awareness Improvement** The project will take part in the community outreach initiatives in order to create awareness regarding the need of supportive parenting after the separation, decrease the stigma of divorce and a single-parent family, and enhance child mental health and well-being in various environments. Together, such outputs will go well beyond the academic discourse, directly influencing policy changes, enhancing family welfare intervention, and healthier parent-child relational health among the diverse groups of India society.

Expected Outcomes The methodological framework will produce grounded findings on: Varied coping and adaptation responses between the separated parents. Community interventions and their impact on the socio-emotional wellbeing of children. Weaknesses in the policy and institutions in responding to post-separation parenting. The findings will contribute positively to the academic discourse on family sociology and serve as empirical contributions to social policy as it will permit the intervention of family welfare and child wellbeing to be targeted in restructured urban households.

Relevance of the proposed study for policy making (approx. 500 words) The proposed research is greatly applicable to the policy-making processes in India, especially considering the recent changes and the increasing necessity of evidence-based solutions related to family law, child welfare, and social support in the circumstances of parental separation and the altering family settings. **Pro-Reform Movement in Family Law** The family law situation in India has faced a major shift, as new progressive, gender-just, and inclusive models of law have been proposed, including the Model Code on Indian Family Law (2024) and the Bharatiya Nyaya Sanhita (BNS, 2023). These reforms focus on fair parental roles, child welfare, gender equality, and safeguard of vulnerable family members. The empirical research of parenting roles, child outcomes, and experienced realities of separated families will present evidence policy-relevant to enact the successful execution and subsequent redrafting of these legal changes primarily in areas like custody and visitation rights as well as mediation. **Educating Child Custody and Welfare Policies** The existing child custody systems are intended to ensure that the best interests of the child are put in the first place, yet they do not provide specifications of post-separation parenting style and support mechanisms. In exploring the psychological and social costs of children involved and the relevance of co-parenting and extended family in the study, the study will provide important contributions towards change in custody policies concerning realistic situations experienced by Indian families, in urban

settings of Punjab. Improving Legal and Mediation Services The research that will assess legal mediation and family court procedures will contribute to defining the practical difficulties and elements of success in resolving the conflict. This understanding can inform policy makers to enhance family dispute resolution systems, encourage amicable resolutions, and develop parenting plans that encourage cooperative parenting and child well-being. Empowering Community and Social Support Networks The research on the functions that informal social networks/ extended families play in raising children will guide the policy of strengthening the support services of communities/ family welfare program, particularly among socioeconomically disadvantaged and rural communities. This fills in holes in social safety nets and supplements legal provisions. Advocating Gender-Equal Parenting Policies The emphasis of the project on the role of fathers after separation and gender roles in parenting will facilitate the establishment of more gender-sensitive policy frameworks, promoting the division of parental roles and minimizing the biases in custody and maintenance legislations. Meeting the Mental Health Needs of Children and Parents The understanding of the mental health consequences of separation will be used in the development of health and social policies to incorporate psychological support services in family welfare interventions, which is consistent with the Indian mental health policies. Directing Family Welfare Programs The evidence-based policy recommendations and useful toolkits based on the study will help government agencies, Non-Governmental Organizations, and community organizations to develop effective interventions that address diverse family settings in India. Overall, the study is timely, extensive, and practical, and it can be instrumental in informing the formulation of inclusive, culturally sensitive, and child-centered family policies in Punjab, India. It harmonizes legal, social, and mental health factors, thus contributing to holistic family welfare system transformation.

Total Grant Amount expected for this study Amount (in figures): ₹ 22,00,000 (in ₹) Amount (in words): Twenty-two lakhs only

Head-wise Justification for the Expected Grant (approx. 400 words) (Manpower, travel, fieldwork, equipment, contingency, etc.) S. No.

Head of Expenditure Description / Components Amount (₹) % of Total

1 Research Staff / Manpower 1 Research Assistant (18 months × ₹37,000 = ₹6,66,000); 2 Field Investigators (9 months × ₹20,000 × 2 = ₹3,60,000) 9,96,000 45%

2 Fieldwork & Travel Breakdown:- Travel: 4 round trips to field sites for 2 researchers @ ₹35,000 per trip = ₹2,80,000 Local Conveyance: 60 days @ ₹2,000/day = ₹1,20,000 Lodging & Boarding: 60 days @ ₹2,500/day = ₹1,50,000 Participant Honoraria: 40 participants @ ₹2,000 each = ₹80,000 Transcription Costs: 150 hours @ ₹600/hour = ₹90,000 Misc. field expenses = ₹50,000 7,70,000 35%

3 Equipment & Study Materials 1 × Digital Audio Recorder (₹15,000); 1 × Transcription Software License - NVivo (3 years, ₹70,000); Laptop, Printer, Scanner (₹90,000); Reference Books & Journals (₹45,000) 2,20,000 10%

4 Contingency Stationery, communication, unforeseen administrative costs 1,10,000 5%

5 Workshops / Seminars / Publications Mid-term Workshop (₹55,000); Final Dissemination & Report Publication (₹55,000) 1,10,000 5%

6 Institutional Overheads Administrative cost (as per ICSSR norms) 94,000 4.3%

Grand Total ₹ 22,00,000 100%

Milestones set for

Limitations

Some of the possible challenges that this study can encounter are the inability to recruit some groups of participants, e.g., fathers, and loss of participants during the study period.

Challenges in Recruiting Fathers: Fathers may be hard to engage in research in parenting because of their cultural norms, work, and unwillingness to talk about family issues.

Mitigation: The scheduling of interviews can be made flexible, special outreach to male community leaders or workplaces, and the significance of the fathers views can be stressed to enhance recruitment.

Participant Attrition: The attrition of participants in longitudinal or multi-phase data collection may bias findings and decrease the statistical power. Some causes of attrition are social stigma, relocation, loss of interest or inconvenience.

Mitigation: The strategies to be followed are the provision of proper incentives, frequent and personalized communication, follow up reminders, ensuring that data collection is short and flexible and over-sampling during recruitment to counteract anticipated drop outs. Retention can also be attained by building good rapport and being culturally sensitive. Recording of contacts in details and provision of alternative means or places of data collection also minimizes the chances of attrition.

Delicate Character of the Subject: The topic of post-separation parenting relationships can be distressing or lead to unwillingness to provide all the information.

Mitigation: This challenge can be addressed by ensuring confidentiality, providing support referrals, and establishing a trustful and understanding atmosphere in the data collection process.