

**'INCLUSION EXPERIENCED BY TRANSPERSONS OF KERALA;
AN EXPLORATORY STUDY'**

**Dissertation submitted to
Mahatma Gandhi University, Kottayam in partial fulfilment of the requirement for
the degree of
Master of Social Work
Specializing in
Community Development**

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CERTIFICATE

This is to certify that this dissertation titled ‘Inclusion experienced by transpersons of Kerala, An exploratory study’ is a record of genuine and original work done by (Santhosh Karki, Reg. No 210011034067 of IV semester Masters of Social Work course of this college under my guidance and supervision and it is hereby approved for submission.

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DECLARATION

I, Santhosh Karki hereby declare that the research work titled "'Inclusion experienced by transpersons of Kerala, An exploratory study' " submitted to the M G University, Kottayam, is a record of genuine and original work done by me under the guidance of Dr. Elsa Mary Jacob, Assistant professor ,Bharata Mata School of Social Work, Thrikkakara, and this research work is submitted in the partial fulfilment of the requirements for the award of the degree of Master of Social Work specialising in community development.

I hereby declare that the results embedded in this research have not been submitted to any other University or Institute for the award of any degree or diploma, to the best of my knowledge and belief.

Place: Thrikkakara

Date:

Santhosh Karki

ABSTRACT

Transgender community is one of the marginalized communities in India and worldwide. It belongs to gender minority community whose assigned sex on birth does not confined to the expected gendered role in the society .India, being the largest transgender populated country has inclusive policies and programmes formulated for the equality and welfare of transgender people. Though these people have been long existed in our society but has least visibility. They have been marginalized and was deprived of their rights and excluded from every domains of the patriarchal society .It was some years ago only a inclusive approach in legal aspect and other socio-economic aspects was developed in our country.In the context of Kerala ,there are almost twenty five thousand transgender population (social justice department,2014) but are least visible due to binary nature of the society .The negative experiences like exclusion ,bullying ,discrimination ,exploitation ,emotional stress and many more affects the gender minority people in their health,quality of life,support system and other domains. In this background researcher intends to explore how the phenomenon of inclusion has been experienced by Transgender people in the context of Kerala state. The research has been done among six Transgender people from different districts using a snowball sampling method. Interview guide has been used as a data collection tool and an exploratory research design has been used for the study. Thus collected data has transcribed and major themes and sub themes are generated. The major themes identified include Inclusion, exclusion and need for psychological support.The result of the study shows that the primary feeling of inclusion is related with acceptance from families and there is need for stronger awareness in families and society so that legal provisions and approaches really become inclusive and transgender persons are incorporated.

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INTRODUCTION

Time is never static but is continuous . Similarly Society is also never static but is evolving based on the present social order, people and needs .In all the world civilizations, the presence of transgender people can be traced but they have not received the recognition as cis people. They have been marginalized multi-faceted and have excluded from the mainstream society. Transgender people are one of the marginalized people in the world. Being different in gender orientation in this binary society, it is really difficult to persons who are born to a particular biological sex but perceive the identity of the opposite sex. The term 'transgender' refers to signify individuals who go beyond rigid, binary gender constructions. Such resistance is facilitated through the breaking and blurring of culturally prevalent stereotypical gender roles shinu & Nagaraj (2015). Transgender is an umbrella term used for people whose gender identity and gender expression does not conform to their biological sex (Supreme Court of India, 2014). Unlike sex gender is a social construct and is rooted in people's mindset. Gender norms and stereotype has been developed by societies and still is accepted and followed. Especially people find gender in everything be it dress, color occupation, family structure and other social dimensions.

The thesis is divided into five chapters. The first chapter is the introduction which introduces the transgender persons life in the binary society . It put light on the major terms like what is a transgender person, the legal provisions available in the constitution and the rationale behind the study. The second chapter review of literature , reviews existing knowledge sources and works that has been used by the researcher in the formulation of research problem. The third chapter gives the problem statement, significance of this study , its aim, research objective , inclusion and exclusion criteria for the study and defines the terminologies that has been used for this study. Similarly the data collection tool and research design , scope and limitation of the study is also given. The third chapter presents case study, which has been adopted in this study. Six cases from different districts of Kerala , which was received out of snowball sampling method is described. The participants socio

demographic details are presented in the form of a table .Major challenges ,experiences of education ,attitude of parents,siblings,relatives,teachers,relationship issues was also narrated as third person narration .The case studies aims at introducing readers about transgender person's developmental stages like childhood,adulthood experiences and explore the elements of inclusion.The fourth chapter of this study,the discussion chapter discusses the data that has been collected with social theories.The theory of Looking glass self theory and gender socialization theory is discussed with the participants experience in their life.In the looking glass theory ,how a self image is builded on transgender people's mindset is discussed related to their experiences of bullying,exploitation and exclusion of transgender people.

The study has explored three major themes i.e Inclusion,exclusion and need for professional help .The first major theme inclusion discusses participants experience where they have felt included and accepted .It is done using interpretative phenomenological approach where the workplace ,family ,education experiences are discussed .Witht the help of participant's verbatim the second theme of exclusion discusses the experiences of bullying,discrimination,harassment ,verbal abuse,exploitation and denial of job .The third major theme of Need for professional help is also discussed using verbatim .The four cases (except case 1 and 6) where transgender person has tried and failed committing suicide is discussed along with sub theme of gender dysphoria.

The social work implication and suggestion is then presented in this study.After suggestion researcher concludes the article.Transgender people living in the state ,finds to be educated well and are currently working ,either self (participant 5) in multinational company (participant 1 and 6) hospital (participant 2) as software company employee (participant 4).The study shows that all participant has received good education and literacy level among trans people but one participant (3) though having good education is not able to find a job.The family unacceptance,bullying and enmity which has been developed with the parents of the participant has forced to live separately .

REVIEW OF LITERATURE

Twenty six articles consisting of international studies of transgender persons in global context ,Indian context and Kerala context have been reviewed for gaining the knowledge base related to Transgender persons and their various spheres of life.

Introduction

Having a scientific base for a scientific study is very important.For the purpose of knowledge building the following secondary sources have been made use.The first section contains studies that describes,analyze and explore the socio economic dimension followed by studies pertaining to policies for transgender people.(Hotchandani, 2017)(Konduru & Hangsing, 2018a),(More, 2021)

(Parashar, 2017),(Asmy & Scholar, 2015) , (Dileesh et al., 2019),(Joy & Nelson, 2022)and Fathima and Bushra (2023)describes the socio economic aspect of transgender persons life in Indian and Kerala context whereas Aaron (2015)gives account to the social dimension of transgender person's life in central Apalache .another major domain of study Transgender people's Policies and rights has identified two studies by (Satish & Kataria, 2022) and (Dpdn & Hansitha, 2021).The former study gives account to transgender policies in kerala state which has a lot transgender friendly policies. The later study is a comparison of legal framework of Sri lanka with that of India .(Lefebvre & Domene, 2020) in their study explains workplace experience of transgender individuals in the asia pacific region.,(Mishra & Negi, 2021) ,(Philip & Soumyaja, 2019) in their study gives account to the HR manager and employee for best workplace inclusion , (Fenn et al., 2020) and (Mullanvathukkal, 2018) in her study titled Blind Spots in Transgender Mainstreaming: The Case of Kochi Metro Explains the Kochi metro limited inclusive mainstreaming attempts.(A. M. S & John, 2020) is a study regarding empowerment of transgender persons.Another article (Jones et al., 2016)gives account to the educational needs of transgender students in the context of Australia. Another study done in the context of

Pakistan by (Tabassum & Jamil, 2014) describes the need for a policy level inclusive framework for education of transgender persons.

Transgender persons in socio economic aspect

(Hotchandani, 2017) in her study titled 'Problems Of Transgender In India: A Study From Social Exclusion To Social Inclusion'. The research paper deals with the problems of transgender individuals which include Discrimination, Disrespect, Downtrodden, Prostitution, Unwanted attention and others. Paper examines constitutional guarantees like article 14, 15, 19, 21 etc which are fundamental rights governed to citizens in India. It also examines how they are excluded from society and analyzes what the law and order is doing to convert that social exclusion into social inclusion. The study points out that societal approaches needed to change to include gender minority community into broader society. Another research scholar (Konduru & Hangsing, 2018b) in his study titled 'Socio-Cultural Exclusion and Inclusion of Trans-genders in India' in their research has used participatory observation and interview with stakeholders along with secondary data to present subjective views on socio-cultural exclusion and inclusion in the context of Kerala. Recent developments process and views of cis gender towards trans gender communities is also explored in the study. Socio-economic condition of Hijra (transgender community) is presented in the study as well as social exclusion is also discussed. The exclusion of transgender people in Social and Cultural Participation, Political Participation, Exclusion from Economic Participation and Lack of Social Security is also discussed in the study. The study recommends future studies in on the origin and history of Hijras identity, their relationship with mainstream society, transitional shift, Stress on health hazards and physiological. The study also recommends reviewing existing welfare schemes which would play a constructive role in active participation of Hijra in the society.

(More, 2021) 'Problems of transgender community in India: a sociological study' The researcher examines the problems of discrimination, harassment and marginalization in day to day life of transgenders in a binary society of India. Problems of homelessness, discrimination at workplace, problems arising from cis population because of transphobia are narrated by the researcher. (Parashar, 2017) 'Inclusion of transgender

community within socially and educationally backward classes: examining the deeper concerns’.

The paper is a critical examination of a part of NALSA judgement of 2014 .The paper examines the jurisprudence of placing transgenders in socially and economically backward classes like OBC and giving them the reservations available to OBCs in education and employment.The researcher raises the question that whether there is need of examining of concepts of class, caste, gender and backwardness .The paper also scrutinise the judgement and tries to draw a clear definition of ‘transgenders’ .The paper also discusses various social problems in and outside transgender community.

(Asmy & Scholar, 2015) in the study titled Preliminary problems faced in educating the third gender community. The study has been made in social and economic perspective using Social Exclusion Framework representing Problems Faced By Transgenders.The major themes of ‘Problems Related To Societal Acceptance,Financial Insecurity And Poor Health Conditions and Problems Associated With Illiteracy has been discussed in the study.Through this paper, the researcher basically tries to analyze the language learning process from social and economic perspectives and also explore the possibilities of educating the transgender community. (V A, 2017)‘Transgenders in Kerala- the Issues Surrounded in Gender Variation’. The article discusses the issues transgender people face in society with specific reference to Kerala state .The state with high standard of living and low per capita income ,popularly known as God’s own country faces irony when there comes the matter of transgender people.The highest human development index and literacy rates are vain when a particular community lags behind This is described in the study. The problems faced by transgender people involves the issue to live as born in one’s gender identity,Lack of ‘good treatment’ in the sense the attitude and approach of people in different sphere of their life ,lack of educational opportunities,Need for Social Security,need for privacy ,asylum and access to medical treatment i.e Sex reassignment surgery and others are discussed in the study.It concludes that the social stigma present in the study is hindering back the progress

(G., 2021)‘Life in A Metro: The Challenges and Hardships Faced by Transgender Persons in Kochi’.The article discusses the transgender people’s life in the heart of kochi, which is the commercial capital of Kerala.The metro city with its abundance opportunities is a major

attraction to people all over the state and outside the school encounters of Australian transgender and sexual orientation differing students' with specific thought of acknowledgment of their sexual orientation personality in documentation, encounters of adolescence and sexuality instruction, treatment by staff and understudies, astate. Transgender people works in the city as sex workers especially in the MG road and does engage in other professions also. The article discusses how hardship is the life of transgender people in the metro city. The study puts light on the statistical record of transgender population which is twenty five thousand, and the reasons why 23 transgender people who were previously working in Kochi metro under Kudumbashree mission have stopped working due to expenses for transition surgery and how money doing sex work becomes attraction. The article concludes saying the transphobia, stereotypical job opening are not only in metro cities but in the state itself.

(Dileesh et al., 2019) *Bullying of Transgender: An Unresolved Issue* Transgender people are one of the marginalized communities in society. This article examines the prevalence of bullying against transgender people. The objective of the study is to explore the prevalence of bullying faced by the transgender people. Using an interview guide as a data collection tool, data was collected exclusively from male to female (transwomen). The transwomen are members of three community organizations working for transgender people's rights; like Sahodari, Dwaya and Karma. The results of the study are disappointing and points towards the exclusion of transgender people in the state. They found that transgender people are being bullied at school, at home, at work, and in the media. Unfortunately, even after implementing the Kerala State Transgender Policy (2015), they are parents, teachers, relatives, police, etc. The results of the study showed that more effort and better strategies to deal with it are needed. transgender bullying. Transgender people need to be heard, and their perception of the issue can shed new light on our understanding of it. The study also argues for the need for stronger platforms in administration and social levels for protecting the rights of the transgender people.

(Aaron, 2015) *Transgender individuals' social support experiences in Central Appalachia*. The PhD thesis titled *Transgender individuals' social support experiences in Central Appalachia* has examined transgender individuals' perceptions of social support in Central Appalachia. Bronfenbrenner's (1977) ecological model has been used to gather

data using in-depth semi-structured interviews with transgender individuals residing in Central Appalachia .The study uses systematic grounded theory as the research design.Findings suggested that participants’ perceived social support from familial (11) and non-familial (19) sources. Perceived support manifested as identity (15), emotional (three), and practical (four) support which seemed to help compensate for the lack of transgender-specific resources.

(Joy & Nelson, 2022)*Socio-Demographic Profile And Challenges Faced By The Transgender Community In Kollam District, Kerala-A Clinic-Based Cross-Sectional Study*

One hundred participants who have registered under suraksha project in Kollam district of Kerala has been studied to understand the socio-demographic profile of transgender persons in the district and analyze whether there is changes in the approach from people in the society towards transpersonnels.The study uses semi structured questionnaire in local language was used to collect the data.the results of the study are as follows .57% of transgender individuals had a tall school instruction, and as it were 4% completed higher instruction. At first, 62% confronted hesitance from their families in recognizing their transgender personality, and 20% were rejected from their family. Be that as it may, 40% of the family individuals have presently acknowledged them as transgender since of changes in laws and diminished disgrace within the community. In their parental domestic, 46% were segregated compared to the other kin. Transgender confronted segregation from the wellbeing division as well. It was found that 52% were fulfilled with the wellbeing bolster framework of the nation, whereas 28% were not fulfilled.The study has limitations as it covers only the physical and mental health aspects but not the social dimension,furthermore out of 600 people registered in the project only hundred samples are taken .

(Shamneera & Beegom, 2023)*titled ‘Cultural Implications and the Transgender Community-Remarks on the Role of Jalsa for Visibility’.*The study examines how Haldi Mehandi and jalsa are celebrated in the transgender community of Kerala. The paper is an outcome of participant observation by the researcher in the transgender community’s Jalsa ritual.It assesses the role of jalsa rituals in a transgender-closed community and to what

extent the Jalsa ritual liberates transgender communities from excluding other religious ceremonies. The study argues how a state which celebrates all celebrations of cis people, but transgender people are marginalized because of their identity. Later as they realise their true sense the people transition from male to female. For persons biologically male, Jalsa is celebrated doing mehendi activities to the transwoman.

Transgender people's Policies and rights

(Satish & Kataria, 2022) Understanding the Challenges of Socio-Legal Framework among Transgenders in Kerala. The purpose of this research activity is to analyze the development of transgender people. Kerala had to endure countless hardships through 2015 and beyond, and effectiveness of current government programs. Additionally, in this article, Through the lens of Kerala's social justice system, the researchers view transgender people and focus on the research in the state and discuss the socio-legal implications for them. The study argues that there is need for laws to protect the right of gender minority communities given its very dynamic nature. Doctrine and non doctrinal research designs have been used in this study. Through observation, interview and field visits the data were collected. The study presents researchers observation of transgender cell and suggests that the professionals are not qualified and need to be skillful. Similarly the helpline is suggested to be available 24 hours as it is meant to help transgender persons who are in distress. Kularathna and (Dpdn & Hansitha, 2021) A Comparative Literature Review of the Contribution of Transgender Rights in the Legal Context of India and Sri Lanka. The study is based on assessing how much the legal systems in India and Sri Lanka have contributed to establishing social rights for transgender people. In contrast to Sri Lanka, India has a longer history of accepting transgender people. Gender identity and gender orientation are seen as benefiting from the international legal framework for transgender rights. Schools of sociology, natural law, and American realism can all be used to support the legitimacy of securing temporary social rights. In the study independent variables like constitutional security, legal security for confirmation and recognition, statutory legal security, legal security for the promotion of social status, legal recognition as the "third gender", right to education, and right to marriage are used. The Indian legal framework was compared with that of Sri Lanka.

study recommends, decriminalisation of Sections 365, 365 (A), and 399 of the Penal Code under Sri Lankan law.

Workplace experience of transgender individuals

(Lefebvre & Domene, 2020) titled 'Workplace Experiences of Transgender Individuals: A Scoping Review'. This study is a Scoping review guided by Arksey and O'Malley's (2005) protocols for a scoping review. It explores literatures which describes workplace experience of transgender individuals in Asia Pacific region. Several themes which include support, gender-related concerns, structural and institutional concerns, and resilience of transgender individuals were highlighted by the author. The review is guided with strength based perspective. The study recommends safe and non-discriminatory career development practice, workplaces, and policy level modifications among transgender people. Utkarsh and (Mishra & Negi, 2021) 'Transgender and the Right to Employment in India: Analyzing the Trajectories of Discrimination'. The researcher highlights the works of policy makers in providing a basic framework for employment of transgenders but which is not enough and affects the gender minority unwillingly. The author highlights the lack of a well-defined anti-discrimination employment framework and study investigates trajectories of transgender community discrimination face in the employment sector. The study analyzes various provisions in the constitution of India, government initiatives etc but stresses that social exclusion will change in gradual phase and only with people's mindset this could happen.

(Philip & Soumyaja, 2019) 'Workplace diversity and inclusion: policies and best practices for organizations employing transgender people in India'. The authors have received insight after interviewing managers, Human resource persons and other activists who are working for the welfare of the transgender people. The article suggests policies and best practices so as to bring inclusion of transgenders in the workplace. (Fenn et al., 2020). 'What is it to be a Transgender in God's Own Country (Kerala, India)? An Explorative Case Study'. In the study, the researcher presented the life story of Radha, a transgender person. Article gives account to the population and legal provisions available for transgender people. and

explains how the life of a trans person is different within the socio-historical landscape of Kerala with the rest of the states in India. The first person account gives account to the reasons why trans people are marginalized though having several trans people friendly policies in the state which is irony to the god owns country. The authors gives two important suggestions like raising awareness of transgenderism among the public. and the other one is scope for further research on policy and program implementations in the state. The author discusses the reasons for transgender people being marginalized as Impaired perceptions of normalcy are often closely related to lack of “contact” with transgender people. lack of awareness about transgenderism etc. He adds Kerala society is considered sexually repressed and moral surveillance by society is pervasive.

(Mullanvathukkal, 2018) a research consultant in Integrated Rural Technology center Palakkad in her study titled ‘Blind Spots in Transgender Mainstreaming: The Case of Kochi Metro’ analyzes the case of Kochi metro where employment to trans persons were offered. The paper explores positive and negative experiences of transpersonal through the implementation of the project. The paper also attempt to chronicle the case of inclusive mainstreaming attempts of Kochi metro Limited. The paper argues that implementing gender mainstreaming strategies may suffer from bottlenecks and hurdles if not planned with a bottom-up approach.

Healthcare services

(M. R. S, 2023). The research is done among transgender people in the background of The Transgender Persons (Protection of Rights) Act, 2019, and the Transgender Persons (Protection of Rights) Rules, 2020. Section 15 of the Act the Transgender Persons (Protection of Rights) Rules, 2020 is analyzed in the study which stands for healthcare facilities. Data are collected through both didactic methods and semi-structured data Interviews with transgender people. The study argues that Most public hospitals Lack of facilities to meet local medical needs. while private Hospitals charge huge fees for this. Thus this study Examines the Kerala Government's Transgender policy and looks into the steps taken by the Social Justice Department for the welfare of the community. Section

15(d) of the Act provides for bringing out a Health Manual in accordance with the WPATH guidelines. Therefore, this paper further explores how Indian health standards align with international health standards to defend the health rights of transgender people.

(nair & nair, 2021) discusses about the various schemes, programs, health needs and services that are available in the national and in Kerala states are discussed. The article has been brought after series of secondary literature enquiries, interviews with transman and trans woman and from personnels working in NGOs for transgender people's welfare in the state. The article discusses various government schemes like The provision of INR 3000 per month for a year for post-Sex Reassignment Surgery Care and recovery, The allotment of up to INR 2 lakhs as reimbursement for transgender persons who have undergone SRS, NACO, NACP IV among others. Transgender people has general health care needs and specific healthcare needs in relation to their transition but the irony is in the discrimination and abuse. Availability of few public health care institutions for transition and high money force transgender people to choose sex work as a method to earn money for the surgery. The article adds that prolonged stigma and mistreatment has to be changed so that transgender person can lead a acceptable life in our society.

(Wesp et al., 2019). Intersectionality Research for Transgender Health Justice: A Theory-Driven Conceptual Framework for Structural Analysis of Transgender Health Inequities. The researchers through the article provides a new conceptual approach to transgender health research that explores the mechanisms and vectors through which social inequalities lead to disparities in health outcomes for transgender individuals. IRTHJ draws upon intersectional and structural injustice theories to suggest that the social and health disparities experienced by transgender individuals are the outcome of existing power relationships within and between exploitative structures, institutional structures, and socioeconomic processes. The Institute for Research on Transgender Health (IRTHJ) framework outlines three primary objectives for the advancement of transgender health research. These objectives are to identify intersections of power relations, to challenge the established paradigm, and to focus on embodied knowledge. In this article, the authors demonstrate how IRTHJ offers researchers the tools to revolutionize the conceptual, practical, and interpretative approaches to transgender health research. Additionally, they

discuss the implications of IRTSJ for programs, policies, and actions in the field of transgender health justice.

(John & Jose James, 2021) Attitude of Young Adults towards Transgender Community in Idukki, Kerala. Because of social stereotypes and unwelcome attitudes, transgender people are often seen as vulnerable and excluded. If people are born with male or female anatomy but feel different from the gender they were born with, they may be marginalized as they do not fit into the widely accepted binary gender categories. This study attempts to summarize attitudes and gender differences towards transgender people in the Idukki district of Kerala, India. The study has adapted a quantitative approach with descriptive research design. The research problem raised in the study is expressed as: what is the attitude of young people in Kerala towards transgender? Data were collected from 60 students at selected universities using the scale 'Attitudes towards transgender men and women (ATTMW)' by Thomas J Billard (2018). The study revealed a more down-to-earth, positive attitude towards transgender people in general. The study also documents progressive steps taken by the Kerala government for the benefit of the transgender community. This study has implications for understanding the general attitudes of Kerala youth towards transgender people and the manifestation of gender attitudes in research, academia and policy-making.

Empowerment of transgender persons

(A. M. S & John, 2020) A Reason to Rejoice – The Empowerment of Transgender

Women in Kerala The researcher has used a qualitative approach and has conducted in depth personal interviews among transwomen. The paper exclusively studies trans women who have struggled in their life but came up successful in their career. The personal experience of childhood, challenges and how these challenges were overcome is discussed in the study. Researcher has tried to understand the process of self empowerment among transwomen. The study concludes that self employment is a continuous yet difficult process for a transwoman because of low visibility in the past but situation is changing now.

Education of transgender people

(Jones et al., 2016) 'School experiences of transgender and gender diverse students in Australia, Sex Education'. This paper investigates and other shapes of arrangement. This article is based on a 2013 survey of 189 Australian transgender and gender-diverse students aged 14-25, combined with 16 online interviews with members of this group. . The results of the study include both quantitative and qualitative data detailing the following details. The trend toward more disruptive, fluid, and inconsistent identification of members of this student group and the diversification of that student group needs at school.

(Tabassum & Jamil, 2014) Plight of marginalized: Educational issues of transgender community in Pakistan. The study focuses on the educational issues of transgender people. Non probability Snowball sampling was used to get the participants and using semi structured open end questions data was collected from 50 respondents. The findings of the study revealed that the social stigma attached to transgender individuals is too pervasive and, despite the transgender community's desire to pursue education, they were restricted from access to this institution. The outcome also indicates that the government did not have a unified approach to the issue of the transgender population. The study concludes that there is a need for formal legislation/policy within the education sector to facilitate the transgender people within the institutions and there is also a need for a platform at city level to communicate the needs of the transgender people to the government.

(Antony & Colins Johny, 2017) Social Work Intervention for the Empowerment of Transgender Community in Kerala, India. The researcher has tried to bring out the needs of transgender people in Kerala state with reference to Maslow's hierarchy of needs theory. Four case studies have been presented in the study. The article tries to clarify the restrictions in transgender people's all encompassing improvement and concordant working within the society. Article too put forward the proposals on how to reintegrate transgender community additionally focuses out how it'll contribute towards the advancement of the whole society. case study method has been used in this study to understand closely the life conditions of transgender people in the state. The important needs according to Abraham Maslow like physiological ,safety,love and belongingness,self esteem and self actualization are related with transgender people from

the study. This enquiry calls for social work intervention like in education of transgender people, micro level and family education etc.

Summary of review of literature

A large number of studies has been done among transgender people worldwide. Compared to Indian literature, western literature presented transgender person's childhood and educational experiences in their childhood. The studies show that in the binary rooted Indian society transgender people face a lot of challenges. In the context of Kerala state also a large number of studies has been done (Antony & Colins Johny, 2017), (A. M. S & John, 2020). In the studies of Kerala policy, healthcare, empowerment, workplace experience and socio-economical aspects of the society and transgender people's life is discussed. One study done by (John & Jose James, 2021) put light on the Attitude of Young Adults towards Transgender Community, taking samples from Idukki district. One study done by (nair & nair, 2021) discusses about the various schemes, programs, health needs and services that are available in the national and in Kerala states are discussed. The researcher explains how the existing policies and programmes are helping transgender people towards inclusivity. Two researchers (Fenn et al., 2020) (2020) and (Mullanvathukkal, 2018) explains how hardship the life for a transgender person from the data collected from transgender employees in Kochi metro limited. The literatures reviewed analysis, describes and critically examines transgender policies and programmes, especially in Kerala.

METHODOLOGY

Background of the study :

The research study stemmed from the researcher's pilot study among transgender people in the previous year. The researcher's observations of transgender people's life in different parts of the city, and continuous engagement with them has helped build rapport among transgender people. In the pilot study it was known that the area of enquiry was explored using in depth interview.

Problem statement :

India is a diverse country. People belonging to various religions, caste and faith live in harmony. Though we admire its unity in diversity, most often we forget marginalized people of the society especially gender minority groups i.e Transgender individuals. According to the census .0.8 percentage of total population are transgender people marking india the highest transgender populous country worldwide. Transgender people have been part of the society from centuries before but they were suppressed and were not able to reveal their identity and live life like people around them. As we have witnessed the Supreme court judgment of 2015 popularly known as NALSA judgment of 2015 and kerala state being passed transgender policies, the problems faced by them has no remedy. Transpeople faces problems ranging from family disputes, harassments, bullying, exploitation, mental stress, exclusion, isolation, rejection, gender dysphoria and many more. In this background researcher intends to study the experience of inclusion from transgender persons inside Kerala state as knowing their experiences of inclusion and

impact of inclusion can be used for policy modification or bringing in awareness for trans people friendly approach.

Significance of the study : As india has the largest number of transgender population in the world and also has policies and programmes made for uplifting transgender people ,the study among trans people of Kerala on their experience of inclusion in their life will help in understanding how inclusion is related to positive changes in trans people's life.

Aim of the study

The aim of the study is to explore how transgender people have experienced inclusion in their life.

Research objectives

There are two major objectives of this study .

General objectives

To understand the experiences of inclusion of transgender people in Kerala state.

Specific objectives

- To understand transgender people's experiences in different stages of their life.
- To explore inclusive experiences in transgender people's lives.

Research design

The study is qualitative in nature and exploratory in research design.Using an interview guide consisting of Semi structured open end questions data has been collected from transgender people .Snowball sampling has been used as data collection tool.From the collected data ,themes and sub themes were explored .Case study method has been used to narrate the experience of inclusion among transgenders in Kerala state

Definition of concepts Experience

Theoretical definition: The way that something happens and how it makes you feel

Operational definition: experience of inclusion among transgender people.

Inclusion

Theoretical definition : The practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized (Oxford university)

Operational definition: Experiences of acceptance and incorporation in various spheres of transgender people's life

Transgenders

Theoretical definition: someone whose gender does not match the body they were born with

Operational definition:someone whose gender does not match the body they were born with.

Universe

The universe of the sample is transgenders across Kerala state .

Inclusion and exclusion criteria

Transwomen and transmen belonging to 20-30 age categories and holding a Transgender identity cards are included in the study.

Exclusion criteria

Cis gender people and transgender people who don't hold a valid transgender identity card are excluded from study.Similarly below 20 and above 30 aged transgender people are also excluded.

Tools for data collection

In depth interview method is used as the data collection tool.

Method of data collection

Interview guides consisting of open ended questions have been used for data collection method

Pilot study

In the previous year ,a pilot study was conducted among transwomen exclusively from the Ernakulam district .Interview guide was used as data collection tool.The study has used snowball sampling from some trans women.The participant was answering well for the questions that was prepared .A good rapport was also built with the participant .

Ethical considerations

In this study the researcher has taken informed consent from the participants. They have joined for the study voluntarily and not of force. The anonymity /confidentiality of the participants details was assured and thus have been represented by pseudonym

Challenges and limitations of the study

The researcher has faced challenges in collecting data . Because the participant was from a gender minority community and residing in rented hostels, the owner was not allowed for interview. In the public places the participant wasn't open because of their identity and afraid of anonymity .

PROFILE OF THE CASES

Six transgender people from across Kerala state have participated in the study. A brief overview of their profile is given below.

PARTICIPANT	NAME & AGE	GENDER	RELIGION	PLACE	EDUCATION LEVEL	FAMILY STRUCTURE
1	Rose/26	Transwoman	hindu	Muvattupuzha (Ernakulam)	ITI	Nuclear
2	Dr.Lakshmi/28	Transwoman	Christian	Thrissur	MBBS	Nuclear
3	Fathima/22	Transwoman	Muslim	Malappuram	Bsc Nursing	Nuclear
4	Supriya/28	Transwoman	Hindu	Thiruvananthapuram	Bachelors	Nuclear
5	Anoop/28	Transman	Hindu	Pathanamthitta	Bachelors	Nuclear
6	Rohith/26	Transman	Christian	Ernakulam	Masters	Nuclear

CASE 1

Name : Rose (pseudonym)
Age :26
Gender :Transwoman
Religion :Hindu
Place : Muvattupuzha (Ernakulam)
educational Qualification:ITI
occupation : working in carnival MNC,Infopark
family structure :Nuclear

The first participant of the study Ms.Rose(pseudonym) aged 24 is a transwoman.She was born in a socio-economically backward family consisting of father,mother and a younger brother.She was born biologically male characteristics, but her interests were more of feminine natures.She is currently working in a Multinational company in Kochi and is residing in a rented house in Aluva.

'I understood I am different from other boys of my age in my childhood itself,I used to like girls' dresses and company with them'.

In the childhood itself ,Rose has always felt she is different from other boy childs.she was interested on girls dolls and would play with girl friend of her age.Because of her feminine nature ,his brother would bully her most of the times.But parents has no complaints .But later stages as she tried to reveal her identity her ,parents opposed and abused verbally .Her Family was a middle class one who have least knowledge on gender

diversity. *They opposed everything after a long time only; they gradually began to accept but not fully .Still In my house they don't accept me as I am.there is no Acceptance everywhere .*

The participant has faced unacceptance from father,mother and younger brother.Her parents were strict and wanted her to behave like a typical boy child of her age.Similarly she had no one to listen to her feelings in childhood. As her parents were not much educated and were residing in a village ,the society generally was not accepting transgender peoples.While school days she has faced discrimination in the school .Her company was with girl students and other boys would make fun of her.But she has not faced discrimination from her teachers.

"Through news and newspapers at the age of 15 I got to know that there are more people like me'. The participant felt huge relief as she knew she was not alone and more people like her are there ; however in her adolescent age she had felt confusion of her gender and was always thinking why people's attitude is different for her.She completed her tenth standard as a 'boy' identity and joined ITI.

*'I have studied till ITI, I have done other courses online like ethical hacking' .Because her parents were not ready to accept their 'son' turned into daughter.She has completed her studies in male identity and it's been some years only since she has come out completely .After her studies she thought the family may accept her but as her family was not accepting her identity Rose has moved on into a shelter home based in Kochi.As shelter homes provides staying for three months and transgender people has to find a job and relocate ,Rose found work in different places including beauty parlor ,shops and in nursery plants .While working in the nursery garden during Covid 19 lockdown,she was blamed for low sale and she quit the job there.In the workplace she is accepted for her identity though she dressed female people would easily recognise because of her physical appearances *'During covid 19 pandemic and subsequent lockdowns , i used to work in a nursery plants as sales but when sales down ,the owner started saying 'because of you ,the customers are not coming and our sales are down' ,i was hurt and i quit the job .I stayed jobless for some time.They don't accept my identity as a transgender'**

She lost the job and was jobless for a long period. As there was no shelter home availability she used to stay with other transgender people in the city until finally she got a job from Multi National Company.

'When i saw there was an opportunity i applied for it .Thus i joined infopark .It's been one year in the infopark. Am getting ESI, PF benefits there .and salary package is also good'. The participant is happy working in the MNC. The presence inclusive policies ,rules and regulations and good payment is an attractive to work in MNC compared to other places where she was blamed and bullied . 'In the MNC nobody really care about your gender , 'They want people who is ready to work (Rose seemed to be satisfied and happy while saying this) They prefer people who are ready to work .There are three washrooms in our office .It was there before i joined .From the starting of infopark i think it is there .Since it is a MNC they retain international standards and practices. It's a USA company . There is a gender neutral uniform at the workplace like that we see in school childrens'

For the participant, the inclusive workplace in the MNC and supportive attitude of the coworkers make her feel accepted and encouraged. People cherish each other; success and promote for gender diversities. But in the public space she has faced bullying. Earlier she used to travel using public transport but as people would stare in the buses and some people even physically exploits ,She now prefers to use her own bike . *'i would only use public buses only when i have no other choice ,mostly that happens when i have given my bike for service'*.

On weekends she would go back to her home but not like female dress but in gender neutral. she likes to wear women's dresses but it is not accepted in her families and relatives ,so prefer to wear gender neutral dresses as people don't notice simply.

The participants present work place is in infopark ,Kochi where she is getting a good salary and coworkers are also not judging or staring. Rose says that people in Kochi are more accepting than in other cities like Malabar region and southern Kerala, maybe because trans people are more visible in the city. The participant says that our society doesn't accept

transgender people and their rights are always deprived. The isolation she has faced from her family has impacted her mental health and she has build perception that *'there are no people who accepts a transgender person as s/he is in their identity'*.

CASE 2

Name :Dr.Lakshmi (pseudonym)

Age : 28

Gender :transwoman

Religion :Christian

Place :Thrissur

educational

Qualification: BAMS and MBBS

occupation : Docter

family structure : Nuclear

Dr.Lakshmi life is an inspiration ,hope and possibility to all especially to transgender people who dream big ;breaking this binary-gender rooted society.In her childhood she wanted to become a teacher but her parents wanted her to pursue medicine ,so she decided to take MBBS and is a successful person in her career.She is currently working as a doctor in a private hospital in Thrissur.She believes that parental support is very important in successful transitioning and living happily in the society.Though not easily but her family finally accepted her identity when she completed her graduation and a psychiatrist said *'she has no mental illness ,her identity is woman'*.It took her years to convince her parents for undergoing gender reassignment surgery but it gave result as her family supported her financially which happens very rarely in our society.

She was assigned male at birth but from what she remembers ,she used to identify herself as a girl child. *'Nobody knew that I was a girl child ,only I knew that I was a girl'*.says Dr.Lakshmi .In her childhood she used to be an extrovert person ,talkative in nature and would company with girlfriends mostly.It was during her fifth standard that Dhruv's (previous name) mind was read by her parents after reading her scribbles in 'his' diaries ,The book consisted of her feelings and emotions as a female but however her parents doesnt mind it seriously as their 'son' is a child. *'The occurrence had unleashed disorder in my life and in our family. Be that as it may, I felt diminished since my near family individuals were within the know of things at slightest,'* she says.

She used to share with her family members and relatives that she is a girl child but nobody really cared ,as this book was found she felt happy as at least people know her identity

now. Back in the school the condition was pathetic. Nobody was there to listen to her. *'I was bullied not for my mannerism but I was bullied for being genuine to others'*. To her boy friends she used to be genuine but the boys in the class used to make fun of her. They would bully her because of her feminine mannerisms. Such bullying in the class has changed her extrovert into an introvert personality, but still to her close friends she used to be genuine and open up. But that would also end up in the ears of others. She had class leaves because of the bullying in classrooms. She says first it hurted a lot but later she mastered imitating male ego and macho mannerisms.

'In the washroom, I had the inhibition to use boys urinals., I used to go looking carefully. I won't go when everybody is present there. Generally in the normal breaks, I won't go unless that much urgent. I used to go washrooms in the class breaks (between small gap of one class and another) since that time there won't be other boys. maximum I used to go in separate toilets. If that is closed then only I would use urinals'. -she shares.

The participant has faced trouble in using boys urinals and preferred to use normal toilets usually in small gaps of class hours. In her early adolescent years, thinking she has mental issues, she has been brought to a psychiatrist by her parents but the psychiatrist said *'he has no mental illness'*.

The participant has been an extrovert person but when people began to bully her for her gender she became an introvert person, reserved to herself.

'When I began to receive bad experiences I used to be silent and not open up to anyone. I used to develop the feeling that nobody is there to support me and became more introvert type. when this feeling persists there is no need of opening up right. Then I myself thought of hiding the reality and survive'.

She says that nobody accepted her neither her brother nor friends thus she continued her studies. But one day while sitting in the entrance coaching examination center in Thrissur amidst their conversation one of the boys said *'Dhruv you have got female mannerism'*. Dhruv (present Lakshmi) was shocked for a while and thought these people had found 'her' identity but that incident simply went with laughters.

Lakshmi says ,she had developed feelings of suicides when she doesnt find a way to whom she should talk about and was clueless whats going on with her life.She would constantly ask herself *'how long should iam i supposed to live like this in a fake identity'*.After completion of her studies she opened up with her parents .She says *'when i opened up first time ,my parents were against but after completion of studies i was able to convince them and they were also closely watching me.Finally my parents accepted me for the person iam.That day i understood the true sense of motherhood from my mother'* . She had planned for years and was studying about Sex reassignment surgery (SRS), its cost ,pros and cons etc.She started her treatment while practicing in the hospital.She believes that it is important to make a trustworthy ground with coworkers and patients in the hospital before she could reveal everything .

Dr.Lakshmi has faced gender dysphoria when she was in her teen ages.*There were days of sleepless nights and cries* -she says.Later in the college sometimes girls would approach him but of interest but she wasn't really able to talk as he never really had male feelings towards a female.In the workplace no one directly bully her as her knowledge and experience.Co workers do respect her for the post she is working.The participant's family is educated .Her parents are both retired nurses .Because of the familial support and acceptance her life is easy .Similarly in the workplace ,because she gave coworkers time to adapt ,people are accepting her.

CASE 3

Name :Fathima (pseudonym)

Age : 22

Gender :Transwoman

Religion :Muslim

Place : Malappuram (currently Shelter home ,Kochi)

Educational Qualification:Bsc Nursing

Occupation :nil

Family structure :nuclear family

Fathima is in her early adulthood but she been through tough times in her life and has faced many odd till date. She is a muslim trans woman hailing from malabar region of Kerala. She is currently living in a Shelter home based in Kochi .She remembers her childhood as *'i knew from my fourth age that i have some kind of mistake- i.e am not a 'pakka boy'(real boy) and i was girlish type. After my eight standard i realized i was born 'wrong character'.*

The participant has faced a lot of trauma in her childhood from multiple spheres. She has been bullied in the school, house and from immediate family members .She has been sexually exploited by her ustad. *'I have been sexually abused in my eighth standard ,since my physical appearance was girlish , even though i wear jeans and shirts i was easily recognised .while studying in madrasa one of the ustad misused me .he touched my private parts ,when i asked he said 'because am behaving like a girl thats why he touched me'.*

This happened when she was fourteen years old. Mohammed Irfan (earlier name) had been sexually abused by his ustad in a madrassa .After this incident what shocks is ,Irfan was blamed for being girlish. Though the ustad was transferred to another Madrassa. Irfan was excluded from 'his' family for being coming out open and speaking out what happened to her. His parents wanted her to live like other boys of his age does. *'Once when I shaved my mustache ,my father hit me several times. He asked me why I was shaving my mustache ,beard and hair on my hands?.* Irfan has been beaten up multiple times for shaving a mustache. He kept telling her family members to her father ,elder brother and mother that their son is not son but a daughter but no one really cared .Instead they were considering her wish to live in a woman identity as psychiatric illness.

'My mother informed my father ,and in front of a large number of people he undressed me... locals saw a boy with breasts. Irfan had faced this incident after completing his nursing education and coming back to home. That day he says he has weared a shirt and

pant. But seeing him his mother yell and later his father hit him, since she had started taking hormone treatment the changes were visible. This incident has serious repercussions in his life. His paternal aunt was saying his father to undress his pant also but Irfan warned them if they do anything further he would end up doing suicide.

In his childhood and adolescence because of his female mannerism he has been called *nine, pennan, penkonthan*, (words used for bullying in Malayalam) by other boys in the region. But after this incident occurred in his home, he has faced sexual exploitation in public places like markets and busy shops, people would touch him with wrong intentions.

Irfan moved to Kollam because of isolation and exploitation in his house and neighbouring places. But ended up in sex work. The members of 'our' community told 'me' *'you can earn a handsome of money if you engage in sex work as you look fair skin you better do sex work. The money you can use for surgery'*. Irfan fallen in the trap. As long as one month he did sex work but the people inside transgender community cheated her. They paid half the money from they offered. She remembers with sad how she used to stand roadside awaiting customer for sex work..

Because his family was belonging to Muslim community and was residing in a colony of closed people, the incidents happened to Irfan was reaching out to people in the society. She has been introduced before another Ustad for help as she had interest to wear girl clothes and desire to become a woman. But that also not helped. The people were considering it a psychiatric illness. Later he left home and moved to Babylanchia for completing Bsc Nursing but had been rejected getting men hostel facilities because of her feminine physical features. He stayed with transgender people in the city in rented room and completed studies.

After her nursing he tried to get a job as home nurse but he was rejected because of her physical appearance. The participant has been isolated, bullied, tortured for being girlish and subsequently these experiences has led to two time suicidal attempts. The feelings of worthless, self efficacy and respect to himself was at zero level for the individual. The participant has been excluded from family members which is considered to be the primary

social institution. More than inclusion, Fathima has so far experienced exclusion and exploitation from multiple domains of her life.

CASE :4

Name : Supriya (pseudonym)
Age : 28
Gender : transwoman
Religion : Hindu
Place : Thiruvananthapuram educational Qualification: Pursuing IIT Madras occupation : self working family structure : nuclear

Supriya was born in a Hindu family. When asked about her childhood, she says She doesn't like to remember those days of *isolation, rejection and bullying in family and schools*. Her father has been passed away when she was one year old and her mother was remarried to another man. She was brought up with her *Kunjamma* (mother's sister). Though she was born in Kerala she was later brought up in Mumbai and Ahmedabad where her *Kunjamma* was working in Railways. While asking about her childhood she says:

'I was rejected and isolated in my childhood. I didn't receive care and support from my parents .

I haven't seen them properly' Because she lost her parents in her early age she was moved to North India along with her *kunjamma* and her family. But later she joined schooling in Kerala residing in the care of her maternal grandmother. Everything was going good in her life as a 'boy child' until fifth standard when she began to recognise she has some difference from other boys of her class in mannerisms, gestures, interests, feminine attitudes etc and also people around also began to notice these differences and started bullying

.While she walks in the road or talk to people,her mannerisms would attract everyone's attention.

'I was a sensitive child.I tried to hide my differences from others but were visible beyond my conscious level'

Supriya was later aware of people's staring and was imitating male mannerism but beyond her own control ,she would end up expressing feminine characters .Back in the classroom ,She has bullying experiences from classmates ,especially from boys .This incidents has a serious impact on her studies and school attendance .The bullying started in her fifth standard and heightened as she reached eighth standard and she finally stopped going school in her tenth standard .Before she finally ended up schooling ,she had regular issues with attendance shortage.

'I wanted to learn .But I was afraid to go school' She was bullied not only by students but also by teachers .She was a target to many teachers who would come to class and compare Supriya with others .Pointing her the teachers will say *if you don't study you will end up like him'* . There was partiality from the teacher's side as she was backward in studies.These incidence had a serious impact on her confidence level and she began to feel inferior to other children. *'I had developed feelings like these people are smarter than me and amworthless ,useless and an idiot'* she remembers

While studying in highschool supriya has joined social media platform Orkut ,where she had made friends who helped her to clear her doubts about her gender identity and she finally eloped to Bangalore and met with her *guru amma*. She was fifteen years old at that time .Later under the care of guru amma she joined her first job in a photo shop.She cleared her SSLC and secondry examination writing major examinations only .

Back in her family ,her step father has an abusive and bullying character. *'it was during our onam celebration ,we were four people in our home and for eating onam sadhya (onam meal) we were gathered in our table.I was really happy and was waiting to have food with them but they eaten without calling me ,when i step out of my room there was only one leaf left there'*.. Supriya remembers the days of discrimination from her parents that still haunts her. Her parents showed discrimination towards herself and her younger brother .The

parents would buy anything his brother would demand but nothing for her. One of the incidents that she likes to share with is of her experience of the inclusion that she felt in 2017. When she came back to Kerala to attend a book launch of her distant relative in Kochi. The book titled *Meenukal Chumbikunnu*, a lesbian novel was launched in a prominent place in Kochi, where Supriya was given the role of Compering. 'When the organizers invited me if I can perform as compering role. It was first time I was invited to compare in front of famous personalities in the stage, I was nervous about the audience'. But Supriya did well and received appreciation from the intellectual audience. The participant is currently pursuing second year in IIT Madras for a course. Also she is working in a MNC based in Kochi.

CASE :5

Name : Anoop (Pseudonym)
Age : 28
Gender :transman
Religion: Hindu
Place :Pathanamthitta
educational Qualification: Bachelors
occupation : first Indian transgender News reader , entrepreneur
family structure : nuclear

Anoop ,the fifth participant in the study, remembers his childhood isolated and neglected .

'When I was inside my mothers womb at the age of seven months,my father left us'

He was born in a Hindu Family ,with biologically female characteristics.While his mother was conceived, his father was insisting for abortion but his mother wanted him .His father has left his mother while he was inside his mother's womb.He was brought up by his single mother ,she was working in other's houses and has given him good education till his eight standard .She got remarried to another man when Anoop was thirteen years old.Back in school,he would fall in love with girls and he would consider himself a boy.

'my thought process always included loving a girl ,marrying a woman and live like a man .in times of dressings also i didn't like woman dresses.Even while going to school also i felt bad but however i would dress up as it is the uniform in the schools'

Sometimes some of the girlfriends would come and share their love stories with other boys but he was not able to imagine loving a boy.Another thing that used to hurt him emotionally was during his periods. *'I have asked God multiple times that my interests are like a man's, then why do I have a woman's body'*. For Anoop the woman's body was really irritating as he liked to play like boys and used to seem himself a man.He even became sad when his crush would be absent in the class . *'I was staring at other girls while in the classroom. When the girl is absent I would become sad '*

In the school days he used to write journals, but one day his uncle and aunty find it and read it. They smile at him thinking she is a child but the diary consists of writings like a boy and what was inside him. He was afraid though but that went easy.

Anoop was a brilliant student at schools and colleges. He has dressed female till his completion of studies and had relations with girlfriends. But there were instances in relationship where he felt useless and worthless when his girlfriend was found to be cheating him and roaming around other boys. He says *she wants sexual relationship but i couldn't give her*'. Later he meets with his wife Supriya (transwoman) in an exhibition center in Ernakulam. They fall in love and they get married. He says 'She helps me get mental support in hard times. She would listen to me'. During the transition surgery Anoop had his wife with him who used to look after him. He also received emotional support from uncle, aunts and other family members. He feels incorporated and accepted of his identity when kids call him *maama, maama*. Another instance which he loves to remember is flagging in ceremony in the temple.

'for a transman like me and altogether as a trans couple, some incidents are very valuable to us. The incident of inviting us to raise the flag of the temple is very valuable to us. I was not really thought of but when the people called us, i felt really happy and felt like i am also a part of the society. This was not a program organized by the people from transgender community, but it showed how much people incorporate trans people like me. We felt really happy among that many cis gender people, me and my wife raising a flag in one of the oldest temples in this region'

Anoop remembers this incidence of flag off in the temple, the valuable and most cherished event in his life. Anoop and his wife Subham has married in 2020 as transgender couple. His friends, families everyone was attended the marriage. Later the couple came in Ernakulam for good job and started living in the rented house. The people around the house are very welcoming. They accept the identity of the couples and treats equally with cis couples in the region, The transman who transitioned from Female to male in 2016 works in Popular Malayalam news channel and also owns a fish farm of his own. Transition was not that problematic to the person but what always hurt him is the absence of his mother in his life.

'Ammede kurav ennum oru teeravedhanayanu enik' (Meaning the absence of my mother is a never ending pain to me) .He has tried a lot to speak with his mother but she is not interested as she has another family and husband . *'I feel really sad that she left me and gone away.I have made a sketch painting (pointing the wall)of me and my mother together.[takes deep breath].*Anoop used to talk to her mother saying iam from customer care just to listen to her mother's voice but she block his phone number .later as he tried to call her from his aunt's mobile his mother said *'i don't want to hear him ,it's been long age he died for me'*.That hurted him alot.

CASE :6

Name : Rohit (Pseudonym)
Age : 26
Gender :transman
Religion: Christian
Place :Kolenchery (Ernakulam)
Educational Qualification: Post Graduation
occupation : Working in a MNC based in Kochi
family structure : nuclear

'I remember from my childhood that i was different ,my tastes,interests and mannerisms were different from other girl children'.Rohith ,(Earlier Kalpana) 28 years old trans man hailing from Kolenchery region of Ernakulam district remembers his childhood as this.He was born biologically female ia a middle class christian family .It was during his eighth standard he began to notice he has some differences from other girl childs of her age.His mother who was working as a nurse in a private hospital was also observing her physical differences .In times she would ask him 'do you have changes physically' as she wanted to know if Kalpana has started her periods or not .Kalpana hit her periods in her ninth standard .He was selective in making friends however most of the boys of the village would gather in her house in school off days and they play cricket ,GTAYCT and other games in her house.However the people around her house would complain to her parents 'a young girl and fifteen -sixteen boys .what's happening in your house?.'

From her childhood itself she had more boys as friends .Because she was a physically big girl with more masculine features most of the people would stare .

'People used to bully me and comment from behind in public places .Staring is the main problem I have suffered.But I used to neglect it as it would affect myself'.

Rohith remembers those days and people's bullying and committing (though not directly) in public places with sadness.But he would never take them seriously as he was aware these incidents will affect his mental health.

'I always felt in the past that I'm living in someone else's body.I wasn't able to express myself to the truest form.i was acting like a particular character. 'But i was well aware of the fact that the female body will have menstruation and was convinced myself to accept the phenomenon of the body.'

Though she was a strong person and smart in academics there were instances were she has felt gender dysphoria.Some of the time he would stand in front of the mirror and looks the female body and cry.

After completing SSLC ,he joined for plus one and during a sports event in the district level some boys from other school bullied him calling '*kanchana*' the name of the transgender

person character in the Telugu movie Kanchana .That hurted Rohith alot .Because of the masculine features but female body people were staring her.

Later after completing her bachelors and masters in social work she finally revealed her identity to her parents .

'After my studies my girlfriend also left me and i finally managed to reveal to my parents .during this time I had suicidal thoughts .i had felt a complete failure.the life i wanted to live with inner identity and relationship breakup has serious hurted me.'

She wanted to seek counselor help but did not got any professional help .She wanted her emotions to be listened to and someone to support from the breakup but however her parents were supportive and easily accepted her new identity.

'I have kept all the sources for coming out from the past itself. I had collected journals and contact details of transgender peoples.One fine evening I called my mother ,father and sister just two days before my birthday and revealed my identity. I have even booked an appointment in a famous hospital in the city .So in my birthday we visited a doctor in the hospital as it would give a scientific base to my parents'.

Rohith says what the endocrinologist's done on the day changed 'her' life.The doctor shared about trans people but it was new to my parents.Feared from this revealing incident she had planned to elope but his mother told him

As younger child in the family i was pampered from my childhood .when i said i want to go out of house and about to pack the clothes my parents and elder sister resisted me.They had accepted me and my identity .They cried and said 'please don't go.we are here to accept you'.

Later Rohith left for Singapore and stayed for about a year there.The time was enough to his parents to internalize and accept his gender .But during the marriage of his elder sister in January 2023,some of the distant relative asked her *'why there is change in your voice and what happened to you ?* before all the people He felt hurted .

'I had felt some kind of shame on myself during my elder sister's wedding in the january.When the people asked me about why I am behaving like a man ,my parents were

just smiling and not reacting or speaking out about that incident. I think because of me my parents are humiliated'. Rohith says that people who are very distant in relation are interfering in others matters unnecessarily. The participant because of the advantage of not having easy visibility of gender identity unlike transman; has experienced least bullying .He has been accepted in the family ,friend circle and educational institutions except some experiences of bullying from unknown people. Currently he is working in a multinational company based in Kochi.

CASE SUMMARY

The summary of the case study shows that six transgender participants,has experienced the phenomenon of inclusion in in their life in varying magnitude .Out of six cases ,four participants are male to female (transwomen) and two cases are female to male (transmen).In the study all of them has identified their gender identity different in their childhood itself ,though only few dared to speak (except case 2).The early identification and revealing has resulted in bullying mainly among transwomen (case 1,2,3 and 4) and transman (case 6) which faced comparatively least bullying.Another transman (case 5) haven't faced bullying because the masculinity was not as visible like in case 6,though both are transmen.So bullying in the childhood especially in school and among peer group is primarily rooted with visibility .Here the low visibility of gender orientation among transman (biologically female) makes their early adolescent age easier.In the study ,it was also found that all of the participants has felt crush towards opposite gender while studying in schools and colleges .The participant 3 who have faced negligence from the part of families tend to fall partner relationship (except case 2).In case 3,it is the boyfriend of the transwoman who has helped her get hostel facilities and provided emotional support.Similarly the participant 5 is also found to be positively affected having transwoman as his wife.Similarly four cases has tried suicidal attempts during their adolescent period (except case 2 and case 6).

Only in two of the cases ,i.e participant 2 and 6 of the study,there was a immediate acceptance of gender in the family.In both families the education level of the parents is higher compared to the rest and are financially stable.The study showed that familial education level and awareness on gender diversity plays a significant role in accepting transgender people.In two cases i.e Participant 4 and 5 ,the trans person has received least parental love and care,In the case of participant 4,the person has lose her father when she was one years old and mother remarries ,but in participant 5 case ,though his father leaves his single mother works hard and educated him till eighth standard until she also remarries and move in.The participants 1 and 3 has not yet accepted in their families which has affected their successful transitioning .Compared to participant 1 ,the participant 3 has got higher education level ,but she been sexually abused,has faced bullying from multiple spheres of her life and ,engaged in sex work for living and is currently living in shelter home.This participant has found to be depressed having male sex organ in her body but due to fear from families who are still searching for her (has got missing complaint in police) she is unable to go for surgery not she was able to get a job Meanwhile the other person has got job in MNC and is working happily .Thus motivational level and emotional strength is found to be at varying degree for these two participants who are facing almost similar challenge in their life.In case 5,the participant was parented by a single mother but on her remarried ;he felt worthless and had emotional issues.The difficulties in understanding gender role and identity in the adolescence age and thereafter also found to be ending up with suicidal attempts (except case 2 and 6). Among the cases Participant 1 is not fully accepted till date in the family which has forced her to relocate outside her home .Out of all cases ,the third participant has experienced bullying ,physical violence ,mental trauma,sexual abuse and torture the most in her life -The basic of inclusion i.e the familial acceptance is still absent in her family .

DISCUSSION

The study is done using semi structured open end questions with people who identifies themselves belonging to transgender community. Transgender is umbrella term for gender minority people worldwide. Along with other LGBTQ communities, the transgender communities in India is the largest worldwide. In the Kerala scenario, it was in 2014-15 period the department of social justice has done a survey which estimated the presence of transgender people in the state (28) prior to this survey the supreme court judgment of 2014 has directive to recognise transgender people as 'third gender'. However the survey revealed that 52 percent of the people want to undergo medical or surgical interventions in their life to live in their perceived identity but only 9 percent is able to do so. The study also finds that there is 32 percentage people trying to suicide atleast once in their life. Later this study also resulted in formulating comprehensive policy for incorporating the directives and constitutional guarantees to transgender people. The some of the facilities offered by social justice department involves shelter home facility, transgender ID facility, sex reassignment surgery reimbursement and distress counselling etc.

In this study it was found that two transwoman (participant 1,3) has made used of social justice department facility, i.e availing shelter home while coming out with their inner identity. In both cases, the participants were not accepted of their transgender identity and was forced to leave their life. The first participant, who is hailing from Ernakulam district and third participant from Malappuram district has been bullied not only from outsiders

but from their own family members. Thus even for utilizing the facilities of social justice department or any other organization a strong support from families especially emotional support and financial independence is found to be very contributing factor. The participant one in the study while asked whether she has done her surgery (SRS) the participant sadly says *'I haven't done my surgery yet'*, As she belongs to a socio economically weaker family she currently working for her family though her family not accept completely. In the initial days of revealing identity the person was opposed. *'They opposed everything, I think that is how a transgender person is treated everywhere at first'* the participant says. *'Still In my house they don't accept me as I am.'* In the third study with a young trans woman who had been sexually exploited and out of no way has been worked as sex worker in her early age, she says *'even though i wear jeans and shirts i was easily recognised'* she was abused by her ustad in madrassa, when he questioned him the ustad said *'since am behaving like a girl thats why he touched me with sexual interests'*. But the irony is that the family members excluded him after this was being shared. *'Once when I shaved my mustache, my father hit me sevral times. He asked me why I am shaving my mustache, beard and hair on my hands'*. his family was residing in a colony and with four boy children, the father expected the second child (participant 3) to be like others. Later also the participant is bullied from family members, friends and people around. *'Boys in the area used to tease me using sexually explicit words, 'ayye this is onpathu, chandupottu, koosan, penkoosan (words used to bully in malayalam).'* The participant has been undressed in front of house by the father and paternal aunt. Because the participant has taken hormone therapy he had developed breast. *'Before the hormone intake i had no issues without a shirt at home but after hormone treatment i used to keep wearing always. my family members would always ask why don't you open your shirts like a boy. That was how my father showed my body to everyone. everyone saw me' 'A boy with breast'*. This incident had serious impact to the participant and he eloped to the town, and resided there. Later for the transition, he used the shelter home facility and is currently residing there.

According to system theory, the person in the environment, a person's values, attitudes, knowledge and social behavior is very much related with people around him/her. Especially while the person is in the child stage. In most of the cases especially of transwomen cases

(cases 1,2,3 and 4) the person has faced several bullying experiences from boys friends ,teachers and other people from the public.Here the children are doing so when people around them do so.In case 3,the family of the participant is living in a colony with low educational level and awareness on gender diversities .The parents itself bullies the participant and hence her small siblings also tease her.These children are learning that no person shall go beyond gender norms of the society and are internalised.Though they may educated later stage ,but their bullying has already created negative experience on the emotional health of the participant.One study (Aneesh MS 2017) says that ‘majority of the transgender people reside outside of their home due to gender identity issues’ this is true in this study also;though not majority of the participant but two out of six cases has been used shelter home in Kochi because of the exclusion.The exclusion and non acceptance is so severe that the families has even given missing complaint against the participant. *‘It's been six seven months since leaving home.they tried to take me to mental hospital.only god knows what would happen if i was taken to mental hospital.Somewhat i managed to escape from house’* the participant said crying.The case also supports that .

Looking glass self theory

According to looking glass self theory ,sense of self identity is developed by individuals in the context of environment based on people's attitude towards the person and their way of behavior and treatment.In this study,done among transgender people the ill treatment from people including siblings, friends, families,relatives and public places contribute to the sense of Identity among transgender people.

In the case of participant (M to F) 4,in her childhood she has undergone discrimination from teachers, friends and even from her own family .Her father was died when she was one years old,the step father was of abusive character.She remembers the days of schools and the experience as *‘when i was in sixth standard,the boys in the class used to bully me and that heightened when i reached in eighth standard.Similarly teachers would target me as i was behind in studies,they often make me a victim and used to compare me with other students.Teachers would say to other students if you don't study you will end up like him’*.*I was always chosen to target in my class.whenever i hear this i would feel inferior to others’*

.The incidence of bullying,targeted pointing has made the extrovert child introvert and reserved character.That has affected the child's self image also.In another case ,the participant says ' the ill experiences has *developed in me the feelings like other children are smarter than me and I Am worthless ,useless and an idiot. My confidence level was at zero.So I would always feel isolated.*Such experiences also contribute towards the attitude formation in the people and towards society as they believe no one is there to love or hear them out.The perceived identity of self developed based on the experiences contribute towards the perspective development .In the study there was a common saying '*The people around will never understand the feelings and identity of a transgender person*' which is a result of such perspective development made out of such experiences .

But some incidence of inclusion ,i.e experience while working in MNC in case of participant 1,6 ,the experience of flag hosting in temple by transcouples(participant 5),compering opportunities received by participant 4 are helping Transgender people to become more realistic and bring in change in their perspective from a generalized saying of all people in the society is same to '*In most places people are accepting us*

In a study (29) it was found that the role of internalized transphobia (IT) and rejection was found to be positively associated with mental health .Because of the low visibility in the society and least exposure with gender minority people ,the cis people has developed transphobia especially among smaller children and elderly people .The approaches and attitude developed through such perception will contribute towards creation of negative or inferior mentality among transgender persons.

Gender socialization theory

The theory States that gender role is a product of socialization.Human beings by birth are not learning every skills,values and humane concepts but are later in the course of development learnt and modeled by observing people around.

When a child is born ,he /she has got only two sexes ,either the child is a boy or a girl.But in the course of development the child may not showcase the same gender expression or identity which the society expects.Thus identity differs from sex which is biologically

origin whereas identity is perceived by persons in their mindset. It is not need to be exact same as people around for all especially transgender people whose gender do not confined to societal gender role. Similarly the transgender people faces identity confusion which makes their state of mind fragile and sensitive to bullying. The transgender people in their childhood ,have developed confusion about their gender role while the other children would behave ,talk and develop themselves either in feminine or masculinity. In the study the first four participants who are biologically male happen to fall in love with other boy children in the classroom but are afraid of their reaction .The children confuse and self question why the person is having such feelings,emotions while the rest of the people get attracted and fall in love with the opposite sex. The two transman (participant 5 and 6) who are biologically female falls in love with other girl child but gets confused for the reason.

‘One day while sitting in the entrance coaching examination center in Thrissur amidst our conversation one of the boys said ‘Dhruv you have got female mannerism’.

The participant was shocked because he has been hiding his gender identity .Earlier in his life ,when the person would say he is a girl,people used to bully him. So he changed from an extrovert to reserved person ,this time he thought he got caught but was not caught. He is currently working as a doctor in a hospital in Thrissur district.

Thus in a binary society which recognised male and female gender, Children and adults behaved the way society expects them to showcase. In most of the cases the participant has undergone experience of bullying mainly from boy children in school. Compared to the transwomen, such experience are lesser for transmen who are biologically female bodied persons. The masculinity expectations of the society for male sensitive, shy but caring attributed to female is centered in people’s mindset. when the boy or male doesn't seems to be demonstrating mannerisms of male, he gets bullied. This bullying ranges from family, school and in public. The participant 2 says *‘I have been bullied by boys in the classroom because I would say I'm a girl’.*

Similarly the another trans woman remembers her childhood

'The small children in the neighborhood bully me saying Chaandpotu,onpathu,shikhandi etc ,it hurts'. From this it is evident that smaller children are learning from adults ,and are perceiving that being transgender person is wrong.

Similar experience has been shared by first participants in this study. *You can see people in public murmuring on seeing a trans person,and staring .Don't mind them that's it '*

No one socializes a transgender person once they reveal their identity. The very rooted concept of behavior,mannerism, dressing for male and female does not suit Transgender people who for example are female bodied but identifies a male identity in them similarly with trans women also. This identification of the identity happens early period of life typically according to this study ,the participant has identified their identity when they were studying for class seven and eights but were afraid of bullying and loss of friendship.The persons consciously tries to manage female mannerisms or male mannerisms so that they feel not different from others and others also accept them and treat them inclusively but they fail to hide their identity.

From the data analysis and careful analysis three major themes which are related to the phenomenon of inclusion has been found.The three themes are inclusion,exclusion and Need for professional help.The sub themes like Family acceptance,family Education and awareness ,welcoming employment and successful relationship belongs to the first theme of inclusion.The second theme explored ,i.e Exclusion is related with sub themes like Bullying,exploitation ,discrimination,school experiences ,denial of employment,isolation,rejection and visibility is related.The sub themes like gender dysphoria,suicidal ideation belongs to the third theme of need for professional help.

In this study Six participants has been interviewed using an interview guide to explore how they have experienced the phenomenon of Inclusion in their life.It shows that experience of inclusion differs in their life in different ways.The participants included two transmen (Female to Male)and four transwomen (Male to Female).However most of them were not

accepted from their families .All of the participants have identified their Sense of identity in early childhood. But the gender norms and expectations are hard to meet for them .

From the in depth interview with six participants ,some major themes and subthemes were explored which are represented below.

Sl no	Major theme	Sub theme
1	Inclusion	Family acceptance
		Education and awareness
		Welcoming employment
		Relationships
		Building Career
		Financial independence
2	Exclusion	Bullying
		Exploitation

		Discrimination
		Denial of employment
		Visibility
		Gender dysphoria
3	Need for professional help	Suicidal attempts

1.INCLUSION

Inclusion is multifaceted and a phenomenon where a person feels accepted as the person is in the gender or identity .It is a feeling of Acceptance, an action of incorporation.For cis people may not have felt such experiences but a transgender person life is impacted from experience of inclusion and exclusion.When a baby is born ,the individual has only two sex either he is a boy or she is a girl.Later in the course of development only the person realizes that his/her gender is different from other children of that age.But families especially parents are not able to accept the fact that their boy is actually a girl or vice versa.For the parents this is very difficult to accept as they have no exposure to gender diverse people or has enough awareness about how to treat such children.This confusion about parenting is seen in the studies.The parents mostly force their child to wear gender dresses and behave in the societal expected way.But there is no thought of how these forceful attempts to retain the assigned gender of their child could have affected their

mental health which eventually affects the transgender person's attitude and perception about family and society.

The word inclusion means (30) Inclusion means recognizing our universality "Unity" and interdependence. Inclusion means that we Even if it is not "equal", it is "one". act of inclusion means fighting exclusion and all sociopaths.It is a multifaceted phenomenon and its elements involve family,education,healthcare,public sphere,policy ,marriage and all aspects of the society.In the study the participants has experienced and felt included in various domains of their life.It involves acceptance of the transgender people in the families and treating them equally with other people .In the school the participant has felt incorporating and welcoming except some incidence of bullying and discrimination.However the the majority of the participant has felt included after their transitioning.

Treatments and therapies are not something that could be bring in changes in an overnight it takes years to complete.In the first stage of my transition surgery and hormone change period only i had ill feelings about families and friends and among co-workers .i didn't went outside for my surgery .but my transition surgery was started in the working environment of hospital where i work .so i made environment convenient there in hospital for my surgery .i have not done my surgery impulsive or in fantasy .i thought about this years and taken the decision .i had only two ways left .the one was to continue with my profession and face the society like a coward ,act of living a life .the other was to be strong ,bold and genuine and say loud that 'am a girl' live without face mask and actings.

The participant who is a doctor by profession has been accepted in the family .She has planned for years ever after she has realized her gender is different from other male friends of her age.She has been saying from her childhood that she is a girl child but no one would take it seriously or acknowledge it.In the gender binary society of ours,it becomes very difficult especially to transwomen (who are biologically male) to reveal as there is only

rejection and bullying. The participant 2 in the study who had undergone several bullying in school, later mastered to fake male mannerisms and complete her studies. Later after becoming a doctor only she revealed her identity to family, whom accepted her identity (though not immediately) but accepted eventually. The case shows that to become part of the society and live in the identity one person wants, firstly the environment modification has to be done. As the family was financially independent and belong to socio-economically independent in the society, accepting their child's identity was easier for them. But in the Third case,

'They asked me whether I could come as a home nurse. I told them 'am a transwoman' and am planning of surgery, and i would stay in my identity. They said they don't have any problems. they were staying in mumbai and was from educated family background. i stayed there for about three months and used to transfer money to my family'. The transwoman who is born in muslim family, living in colony in Malappuram says. She has suffered bullying, exploitation and run away from family. Then worked in a hospital in Kozhikode. While working in the hospital she was hired for home nurse by a family who were ready to accept her. In her case, the people who have lived in Mumbai has exposure to transgender people and are ready to give a employment. But in her family, the members only cared about the money she was earning. When she stopped sending money her father called the house owner and said

'My father asked through phone call to the house member where i worked as a home nurse. whether i have done surgery and said they want me back as their son. i replied i don't want to go both as their son or daughter because i don't know whether really he love me or not, if i go back to family you will hear news of transgenders beaten to death or of suicide'

The participant is afraid of her own family because of the ill experiences she has been through. She has been helped by her partner to relocate to a shelter home and emotionally. She says *'It's been two years since relationship. He said me to 'open up at home', 'how long will you keep it with you'*

Her partner is loving her and is supporting laser treatment and getting a hostel facility. When the hostel owner was denied her room, he explained the owner and helped her get one.

a) Family acceptance key to inclusion

The case study shows that the primary social institution, i.e. the family is key to the growth and development in the transgender people's life. But the acceptance in families are very rooted with the societal acceptance. In the case 2 and 6 the family members has accepted immediately which has helped for easy transitioning. But in the case 2, the family members were not accepting the participant but the participant created a space where the family could understand gender diversity and accept. She has revealed gender identity only after her education which provided her financially stable so that if the family rejects she would find a job based on her degree. Similarly the sixth participant who is biologically female revealed her Identity after her graduation and on her birthday she took her parents to a doctor, to get a scientific base which she expected her parents would be convinced. In the first and third participant's case, because of the socio-economic background of the family members, the parents were not accepting her gender. Their parents were shocked to see their son turned into a daughter and thus had to elope.

'When I went to the house my mother asked me why there are changes in your body at that time. Even wearing a t-shirt would reveal my breasts since I began to take hormones. My mother spoke badly to me'- The participant three says. The mother of participant 3 said to his *son what the people will say if you do this*'. Thus for families Societal acceptance is needed, which is difficult.

b) Education and awareness

Kerala is a state with good literacy rate and health infrastructure along with other improved social indicators but in this study the Transgender people have experienced bullying and staring the most in public places. There is still no or little awareness especially between

middle age or elderly people about the difference between sex and gender. One of the participant remembers one of the incident that has happened in 2015, *'I had came back to Kerala for a program,i attended it and was returning back to bangalore.I was waiting for a bus in Edapally toll which i was pre booked .the time of the bus scheduled was 8.30 pm but it was late .A police jeep stopped at me and asked 'what are you doing here?.I looked around me ,he was asking me so i replied i am waiting for a bus to travel to Bangalore sir. Then he replied 'oh so now business area in Bangalore' he was sitting in the jeep and was behaving rude .He then asked are you traveling alone. I replied, "Why do you need to know that?" He came out and shouted bad words at me loudly'*.

Police officer who is supposed to safeguard people is rude at Transgender people.For many people Transgender people reminds them of sex work only.But generalising is not what they want they expect considering themselves equal to everybody else .

'While I travel with my trans people friends ,people would stare and speak against us between themselves ' shares participant 1 because of such experience the person is using her own bike to travel.Thus there is a strong need for awareness building and education for upcoming youngsters.

c)Welcoming employment

The employment rules,regulations and their policy is critical for Transgender people to incorporate in the workplace equally with other cis People.In this study one of the participant says *'They are multinational corporates company ,They want people who is ready to work'*.The person has been working in the company for past one year .the work culture and people's attitude is good ,and are giving good dome of money for the work she does.Another transgender person (participant 6) is also happy about the welcoming policies of MNC.He says *for maintaining*

their international standards and diversity inclusive policies ,MNCs hire gender diverse people'.Apart from the participant (1 and 6),two other participants has also received job in news channel and software companies. *I Am the first trans man newsreader in Kerala,i have two readings in each month and i'm paid one thousand rupees for each reading he says.He is also doing his own entrepreneurship .For his credit he has fishes,birds and dogs*

for sale. The participant says *'the main problem is within our transgender community .we have all opportunities but no one is ready to work hard, everybody is behind easy money doing sex work.'* He points out towards the availability of welcoming job openings and explains how easy money attracts transgender people in the city.

d) Relationships

When nobody loves a person, the person seeks affection from outside. In the study most of the transgender persons including both transmen and three trans women had affairs in their early adulthood . *'I always had difficulty doing group work with girl friends. During my bachelor studies I had a relationship with a girl. I had shared everything with her .We loved each other for about four years. She was treating me like a man.* A trans man hailing from Pathanathitta says this. For the person ,who have lost his only mother after her remarriage in his early adolescence found to be helped having a partner ,who used to support emotionally . Those tough days of loneliness and isolation and subsequent trauma have been relieved because of the partner. Similarly for transgender persons they find persons who accept their identity as acceptance. For successful inclusion into the broader society, some people out of many becomes helpful. In the case of a transwoman, she shares that her stay in a men's hostel in kozhikode was difficult . Though her physical appearance was mustache and ponytail, the men used to identify the difference in her. Later when the hostel warden tells her partner who is a cis male to take her, it is her boyfriend who supports her emotionally and fight for her shelter. She says *'the warden called my boyfriend and said take 'this aanum pennum kettavan (meaning take this mix of male and female) ,you bought him here so you must take him from here'*. It was found that some relationship helps transgender people.

e) Building career

Having a job of own or employed under any employee and earning money results in financial independence . In two participants 2 and 6; who hails from economically stable families have found to be revealed after completing their education and are ready to work. the participant 2 says *"i thought about this years and taken the decision .i had only two ways left .the one was to continue with my profession and face the society like a coward*

,act of living a life .the other was to be strong ,bold and genuine and say loud that 'am a girl' live without face mask and actings. Maybe the best choice was second since i have struggled hard,completed my post graduation ,i had experience of practice .everything may have gone in vain if i haven't prepared myself and gone to surgery .So i prepared myself ,made myself confident''. According to her ,a transgender person who identifies his/her identity should build a career first.She says because she has given her parents enough time to understand gender diversity,they felt easier accepting her identity. **f)Financial**

independence

Being Financially independent after a particular stage of life is basically a good sign towards life.As having sufficient money will help people purchase whatever they like and in whatever field a person is interested,In this study among the transgender people also,being financially independent makes their transitioning easier,as transitioning is rooted with their identity establishment.This gap between early identity identification and beginning a life in new identity is basically concreted with transitioning.With the SRS surgery only trans woman or trans man identity is given by social justice department too.In this study (Participant ,2,4,5) although does not belong to a rich family background,they did part time job and financially that helped in his transitioning.The Participant 5 says *'Though i was raised in a broken familial relation,i feel satisfied with my life as i was able to do part time job and make a living of my own'*. He has worked as a daily laborer,in hotels,in a dancing crew and others.Thus being financially independent contributes towards self worth and confidence which eventually helps transgender people transitioning and later living with their identity.Financial independent is possible only through getting employment ,but a strong desire to get a job and attitude to work should be demonstrated by transgender people.Because despite having good education one person hasn't got employment because the transwoman (participant 3) is feeling weaker from inside herself. *'As i work in the MNC and reside in Aluva ,and visit family very rarely iam happy'*- participant one says.She would pay a some portion of her monthly income and she is happy.After her employment she has began to receive some value .Such acceptance and acknowledgment makes the transgender person self worth .

2.EXCLUSION

How does it feel when a person is born in a particular sex later confused having another identity and falling into gender dysphoria? This paper has attempted to explore the implication of such role confusions and exclusion impacts. Transgender persons have been excluded from the Society from long time ago. Their visibility is very low in our society which recognise male and female genders. In this study the transgender people have experienced exclusion from multiple domains which involved family, education, society, workplace and public spheres. Because our society is binary and people has developed their attitude and perception based on the gender roles they have learnt to exclude ,transgender people as they differ in gender expression and a negative image has been developed whenever hearing a transgender person. In the study ,many transgender People confronted incidence of isolation, discrimination, bullying, exploitation which has affected their emotional health ,and developed general perspective about the people in the society. The transwomen in the study agrees that there is exclusion from many spheres ,mostly from the family members as they are not accepting at first and forcing to behave like other children. Similarly there is stigmatization in the public about trans people. *‘in the public places i have not experienced violence as such but people would stare us like alien’* one transman says. The bullying experience in the childhood for transwomen has led to feel discomfort, discontinuous in regular attendance which end up in shortage in attendance etc. The study explores that apart from the children the targeted blaming by teachers (not because of gender but backward in studies) has affected their self image and made transgender children self efficacy zero level. In the course of development the exclusion is then faced when classmates and friends identifies there is some difference between them and a transgender child. They exclude the transgender child which results in reduced socialization on the person. Similarly the ill experience of questioning by a police officer and approaching with a bias of ‘all transgender people are sex workers’ affects inclusion steps and push transgender towards exclusion. The study also shows temporary relationship (except participant 3 and 6). The cis people approach transgender persons on their money balance and when they leave transgender person falls emotionally. *We have*

been in a relationship for about three years;but as I was not able to give her 'love',she left,' the participant says.

The exclusion experienced by transgender people is more than just this.They have refused to provide shelter in paid men's hostels .*Since you have brought this aanum pennum kettavane ,you should take back'*. This was the action taken by a hotel owner on knowing she was a transwoman.Getting a space is very difficult for transgender persons.Another trans woman also shares that because she was a transwoman the owner of plant garden fired stating lose in the business.Such experiences of exclusion affects their mental health and their hormone therapy or transition.In first participant the exclusion is severe enough ,where the families have bullied in home and verbally abused.

a)Bullying

Bullying is the act of hurting persons intentionally.in this study all the transwomen and one transman except participant 5 has undergone bullying in their life.Bullying in the studys shows that it is not necessary for transgender people to reveal their identity to experience bullying because with the external appearance itself people are judging them and calling them using sexually explicit words..The way a transgender person appears ,the dress that person is dresses,the friends s/he makes ,their sound difference from a typical cis male or female gains people attention.Because of the women identity a biological male may dress up a women and appears in the public.That is upto the person what to wear what no is his/her choice but people judge and find happiness calling with different names.For example in this study the participant 2 says *'I was bullied not for my mannerism but I was bullied for being genuine to others'*. The person in her childhood was not wearing a female gendered dress but was bullied because of her feminine mannerisms and approach . bullying because she was open to her friends.another trans woman shares *'Thus i stopped my education on eighth standard.Then i would write major examinations only and wouldn't go regularly'*. The person was average student at class who was targeted by teachers also for not studying but it was known such approaches has added negative experience on

her. Such bullying experience has also contributed for creating a negative self image and reserved personality.

b)Exploitation

Transgender people are being exploited in our society. Because of the difference in physical appearance and their gender identity not confirming to biological sex their life is very difficult .

In all aspects of the society the people are exploited, In the study a transwoman was exploited physically by her ustad. The ustad had touched her breast and also she had undergone similar experience in the public places. *'the people in the neighborhood would touch with wrong intention while in the busy markets'* a transwoman narrates her experience of abuse . Similarly exploitation in sex work is also there.

b)Discrimination

In this study discrimination was mostly faced by participant 4 where the trans woman's father dies while the person was a child, later her stepfather discriminates against her and her step brother. Later on the revealing of her identity ,the discrimination heightens . *Because i was different people would stare*, she remembers. Discrimination in getting a job though having equal qualification is also explored in this study. Another transwoman who was the second out of four son in the family was discriminated by her family when she revealed her Identity.

c)Denial of employment

Denial of employment in the private smaller enterprises or job openings push the transgender people for easy money doing sex work. In this study only one person was known doing sex work in the past because the person was denied of job in multiple places. The person was not accepted in the family making her support system to the lowest out of all cases. As transgender people need money for transition ,with a small amount it is harder for them to sustain their life.

first i used to give them whatever i earned ,then i transferred 10000 ,then i reduced it to 8000 then reduced the amount gradually to 5000 and rest of the money would spend for

treatment ,i had limitation to ask money from my boyfriend .participant 3 remembers.They need good sum of money for treatment itself ,thus providing employment is vital to save them from engaging in sex works which may affect in turn their health conditions later stage. In this study Compared to multinational companies and other bigger employment generation companies, it is the smaller mostly private jobs which are denied to transgender people as their perception is that placing a trans person will lower their sales. 'After losing the previous job ,I have applied for many jobs but in the interview when they get to know my identity I would be denied.This is the employers attitude'. The hiring manager also worries about the value of their company because customer and sales declines they believe.

d)Visibility

Compared to tranman who are biologically female and identify themselves male ,trans women have visibility due to their physical appearance making them vulnerable to abuse and exploitation .excluded from the society.For transmen they are not easily recognised from cis males.one of the participant says *'my way of talking and gestures were observed by people around since my gestures were more feminine nature.These differences were visible beyond my conscious level as there is limitation in hiding'*. Whereas a trans man says *'nobody was shocked hearing my transition as i was always looked like a boy,whether it is walking,way of speech and energy.Many of my friends had said to me that I have male character'*. The advantage of transmen is that on their breast removal surgery ,they will physically look like a male .They have no problems faced even traveling .People *while traveling recognize i am a transman only when i am saying otherwise they don't know.*

3.NEED FOR PROFESSIONAL HELP

Today there is good availability of professional help in almost every sectors,i.e be it engineering,medicine.science ,training and health.In this study among the transgender people it was found that transgender people identifies their gender in the early age.but they are forced to imitate the gender expression of other boys or girls of their age as they confuse why are they behaving the way they are .*'As long as I remember I identified my gender identity when I was eight standard .Before that i used to feel i'm different .Although I try to fit in as female identity but wasn't able to .My choice and interests,mannerism were different from other girl children'*

The participant six who is a trans man in this study says . ‘She’ was born biologically female but it was in her early period she knew she had differences from others. But she was able to fight the mental trauma. The participant was taking easy, but in another participant who is also a transwoman says

‘It was difficult at times ,I just wanted to cut my breast .I have thought about why God gave me breast i have thought multiple times that my interests are like a man's, then why I have a woman's body.The hair growth was really irritating to me.i remember till the five classes it was okay ,but later as menstruation started ,breast development starts the days were really difficult.When i was loving a girl and considering myself a boy,having menstruation is really difficult’. The adolescent days and later transition days are particular to transgender people ,and it is more than psychological confusion that a cis person feels. But the early identification of gender and more visibility of physical appearance makes trans women more confused and feel trapped. Participant 4 of this study says *‘There was femininity when I would speak,when I walk and everything I would do .Later when I know ,I tried consciously to behave like masculine features in times of walking in public places and gestures while talking with others’.* In the cases of trans women who are biologically male but identify themselves in female identity this gender expression attracts people’s attraction and people bully them.

‘I don't want years but atleast single day I want to live as a female . I don't want male organs in my body when I am dying .I don't like seeing private parts while bathing ,it hurts me.my elder brother used to say there are only two genders i.e male and female . Sadly my younger brothers who are studying in fourth and sixth standard call me onpathu,(chaandpott ,koosan ,penkoosan) which is really hurting.

When societal expectations become gender rules,a transgender person undergoes psychological issues. I was *not able to accept too many feminine nor masculine characters .I wanted to adopt masculine characters but I was afraid of what the people would say.* Participant six says.

In this study four participant has tried for suicide atleast once in their life. When they left isolated and excluded having their role confusion, they felt useless and worthless. In most times they didnt received emotional support or a friend who would listen. In most of the cases (except case 1,2 and 4) transgender persons has fallen in temporary relationship which has helped them feel included and loved. The both transmen (F to M) in this study was in relationship in their early period of adulthood but the relationship was not lasting as the partner wanted sexual relationship which was not able to provide by the persons. But in the case of participant 3, the partner of the participant has been helpful throughout the time.

'It's been two years since the relationship .my boyfriend said to me to 'open up at home' , 'how long will you keep it with you'. On revealing her Identity the family members of the participant tortured her emotionally, there was incidence of bullying, exploitation and stress in the home. Thus the participant was eloped from home. Later her partner has helped her getting hostel , financially and getting job in a hospital. Her boyfriend in the transition time had been helpful. In the distressing situation the partner would call the participant and give emotional support. Thus the participants felt a need for support which when not received from people around they fall in temporary relationship . The cis people also, they feel need for emotional support , but comparatively the transgender people need strong psychological support in professional way especially given the binary structure of our society. People who have not received skills and trainings for emotional ventilation and psychological therapies , the help may itself not help. Thus there is a need for psychological help from professionals like social workers , counselors and psychiatrist. And the strong desire to live in female or male identity of the participant may come true

a. Gender dysphoria

According to (30) gender dysphoria is a psychological condition resulting when a person's biological sex is not coming together with the identity of the person. *'I knew that I was different from other children from the days I could remember .Nobody knew that I was a girl child ,only I knew that I was a girl'*. Remembers participant 2 of the study. In all of the cases the participants had realized there is identity different from others. But there is no

case where the participant was accepted in the families in the identifies she identifies herself or himself. *I would try my best to fit in the female identity but i wasn't able to. My choices, interest, mannerisms were different from other girl children of my age. Thus I have felt I am living in someone else's body. I wasn't able to express myself in the truest form. I was acting like a character.* For transgender people it is very difficult to realize their Identity, it is difficult to cis gender children in the adolescent age, so their mental health and state is beyond imaginations. As our society expects a particular way and everyone is doing their gender role, the primary confusion arise in their mind is whether i am a boy or girl. Then they compare other boys or girls and identifies they are similar to their counterpart biologically but feels attracted towards themselves while the rest of the people gets attracted to opposite sex.

b. Suicidal attempts

In four cases in this study the participant has tried for suicide at least once in their life. The gender role confusion in the binary society which recognise only male and female gender and considers others not normal and treats accordingly pushes transgender people to end up their life. The stress and trauma heightens when there is no or limited help. *'I have thought multiple times that my interests are like a man's, then why I have a woman's body. The hair growth was really irritating to me. I still remember till the five classes it was okay, but later as menstruation started, breast development started the days were really difficult'*. Participant five who is transman says.

For transgender people they experience gender role confusion in their adolescents age. But all of the four people has tried for suicide in their young adulthood stage. As they are isolated and excluded all of the participant finds someone who helps them emotionally, but when the person leaves they feel alone and not worthy like in the past. The self image of the transgender person collapse and they decide to end their life

'I have tried to suicide two times (shows her hand veins) but was not successful' participant 4 says. On asking what led her to suicide, it was known the role confusion, inability to change her gender through surgery and hardship for getting jobs for financial independence. For another participant the loss of his mother (remarries to another person) has left the child alone. It was during his fourteen years old, the single mother brought up transman first

trying to suicide through fan.He says ‘ *i have tried for suicide two times ,but whenever i try to hang a cloth to fan someone will definitely knock the door*’ he remembers.In the case of third participant has tried for suicide two times .She says

‘The body i wished all these years is important to me .I dont know how far i will be able to live as a male ,i tried but i couldnot.I even tried to suicide twice.on my first attempt my parents said ‘such births should better dying’.when i attempted suicide for second time ,i said back ‘its not me but people like you to die’.they have messaged me that wherever am ,they wont allow to live me .they says am living embarrassing my family’

There was strong unacceptance,incidence of bullying,exploitation and verbal abuse from the family members in her case .In another incidence inside her family ,the father orders her elder brother ‘*closing his two ears and hit him hard so that blood flow through his nose ,then only his kazhapp will come to an end.* Family support when it is absent a transgender person fails and feels worthless which eventually end up in suicide .

IMPLICATION FOR PROFESSIONAL SOCIAL WORK

Social work is a multidisciplinary academic degree which develops professionals who have passion towards social work ,not typically like social service but it is about professional help so the person or community can help themselves.As social workers learn multi disciplinary papers as part of academics they can work in large number of fields.In the field of transgender community or any other gender minority communities social work has got a huge scope .As the transgender people belongs to marginalized group,social workers can engage in one to one practice or in community development practices.As found in the study ,there exists a lot barriers which make it difficult to transgender people feel included in the society.The phenomenon of inclusion is primarily rooted with acceptance of identity and welcoming in families .But study shows that parents are always worried of what the relatives or other villagers will think and speak about.So people always tends to behave , understand and approach as the society demands.This gender expectations in the society is a social construct that had been developed and evolved worldwide.Social workers can perform micro level awareness campaign which would develop awareness level among families of transgender people who have yet not revealed their identity.Social work professionals working in the field of transgender well being or Ngos can also conduct one to one assessment in private set up.Working in such organization or projects the professionals can render their services in application for Identity card,liaising with local authorities,casework and group work. Social workers also lend their support to community based organization from transgender community itself ,like there are *sahodari* ,*sahayathrika*,*mythra* and others.Social workers work in Government projects like 'suraksha' HIV /AIDS control projects along with Transgender PRO .The professionals can also work in project formulation and research among transgenders and other gender minority communities.

From system theory,we know that human beings learn from people around their skills ,values,and ideologies and develop attitude in that base .The experience of bullying,verbal

and emotional abuse can be relate to the perspective of gender socialization and expectations of society in a particular way .The people living in a particular society, especially in patriarchal one people develops gender role attributed to male and female .When the people observe Transgender people whose biological sex not confirms with their mannerisms,gestures and interests mostly people think the person is a *shikhandi* (Inter sex) but it is not exactly.People in the society hasn't developed intellectually enough to understand the difference between sex and gender.Thus for gender minority people the diversity comes with difficulty.In this background,social workers who value the inherent dignity and worth of a person and follows principles and ethical responsibilities they have huge scope to perform.Some of the skills is found to be very urgent for working with Transgender individuals like Skill in maintaining confidentiality ,attitude of not judging and constantly reflecting the works done to improve.towards the incidence of unacceptance of trans gender identity that participant experienced in their life.

CONCLUSION

Kerala is one of the literate state in the country .The state is well known for its 'kerala model of development' because high standard of living and low per capita income.But the

situation of transgender community is not the same. Many transgender people have not identified of their gender identity and many have identified they are some different from others but never revealed. It is shocking but in a state with highest literacy rate, transgender visibility is least. Though compared to other states, people in Kerala are not considering gender minority people as having divine and auspicious, the dignity to live is also not given to them as human beings. In this study the phenomenon of inclusion is found to be basically rooted on families, a person who feels accepted whole heartedly and is supported by the family members can develop positive self concept and self image which would definitely helps in pursuing their dreams (participant 2,5 and 6).

Some suggestions for making the transgender people really a part of the society :

- Educating people: despite having rules, it is not satisfactory until and unless people's attitude and perception towards transgender and gender minority people changes, thus it is very important to educate people about gender diversity, for this purpose mass awareness campaigns should be conducted.
- Creating space for interaction with transgender personalities : Cis people who have been exposed to stereotype gender roles and have interaction with cis people have least exposure with gender diverse people. For upcoming youth, it is vital to have exposure with transgender people so that the existing transphobia diminishes and people begin to treat them as just human beings with different gender identity and sexual orientation.
- Employing professionals in the transgender cell and other projects of government : Professionals like counselors with interest to work in gender clinics and sexual minority groups can be available for services for distress management and guiding transgender people to successfully ventilate their feelings, emotions and develop attitude to pursue their dreams.
- Breaking stereotypic job openings : in the study, it was found that because of the rules, an inclusive work culture has been developed in MNCs, similar to that employment institutions can model the MNCs where just work matters and not gender.

- Spreading awareness of available facilities to transgender people: The study shows that, two transwomen have made use of government shelter home facility, which has helped them find a shelter and other transgender people which has helped in emotional support. But a large number of transgender people who have not yet declared themselves as transgender individuals in the fear of shelter can be helped for coming out.
- There is huge scope for research to understand, describe and explore multiple domains of transgender person's lives and hence more studies should be conducted and based on the study, projects should be formulated to cater their emotional needs and therapies.

In the society where we live, it is important to understand sex and gender is different. Sex is biologically determined based on the male or female sex organs. But gender is different, it is realization of one's identity by the person itself. And the sexuality is just not only limited to binary concept of heterosexual or lesbian or gay, it is way diverse. Its fluid nature is to be accepted by the society. Here in the context of Kerala, which is the fully literate state in India, the transgender people have found to have good education (not generalizing) but the institutions are available which is evident from the higher education level of the participants. The institutions don't bar anyone based on their gender or sexuality. But out of the six studies, five persons only found a job where they feel happy. The sixth participant who has been trauma of bullying, undressing before the public, sexual exploitation and enmity from family; is lacking behind in terms of transition surgery and employment. Such ill treatment and exclusion from multiple domains of life has found to be affecting emotional health of the participant (case 3), thus it is vital to understand that different people have different level of emotional competency and distress counseling and psychological help available to them. Trained professionals including counselors, psychologists and social workers can help the emotional and social needs of transgender people. But however breaking the gender stereotype is the basic foundation towards the inclusive society.

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APPENDIX

A))Semi -structured open ended Questionnaire

- 1)Can you share about your childhood ?
- 2)Can you tell us about your family and siblings ?
- 3)Can you please share the experience of education in school ?
- 4)What was the experience at school and higher education institutions before and after realizing yourself as a transgender ?
- 5)How was your identification as a transgender person ?
- 6)How was the approach from other students ,friends and teachers observing your differences(in home circle and schools)?
- 7)Can you share the experience of your involvement(positive/negative) in the family after revealing your gender identity ?
- 8)Could you share your familial support after being identified yourself as a transgender person?
- 9)What are the challenges that you had faced during transition?
- 10)What was the broader societal approach towards you as a transgender ?
- 11)Could you share any instances where you felt excluded?, especially in the workplace ?
- 12)Could you share an experience where you felt deserted or abandoned when you were with your peer group.
- 13)Can you share your concept of a free and just society?
- 14)how would you describe yourself as a Transgender person in broader society ?
- 15)Have you felt insecure in life ? If so What kind of insecurities exist in the society for transgenders ?
- 16)There is no proper word to represent Transgender in malayalam. State your opinion