



Encouraging Participation of Rural Individuals: Essential in Leading to Up-gradation of Living Standards

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Abstract

In India, rural individuals in all rural communities are residing in the state of backwardness. Backwardness is regarded as one of the major impediments within the course of progression of rural individuals. The individuals, belonging to rural communities need to be well-aware in terms of ways of overcoming backwardness. Hence, it is necessary for rural individuals to participate in various types of activities. These are, social, economic, religious, cultural and political activities. As a consequence of one's participation in different types of activities, one benefits in number of ways, i.e. augmenting information in terms of various types of subjects and concepts; honing different types of skills and abilities; putting in efforts to one's best abilities; coping with different types of problems and challenging situations; carrying out all types of tasks and activities in a well-ordered manner; promoting enhancement of overall personality traits and leading to up-gradation of one's overall standards of living. The participation in various types of activities is on an individual basis or in groups of two or more. Therefore, it is understood on a comprehensive basis that encouraging participation of rural individuals in various activities is advantageous. The main concepts that are taken into account in this research paper are, understanding the importance of participation in various activities, measures to be implemented by rural individuals in enhancing their participation and advantages experienced by rural individuals through enhancing their participation in various activities.

Keywords: Abilities, Activities, Enhancement, Participation, Rural Communities, Rural Individuals, Skills, Tasks

Introduction

The population comprising of more than 70 percent resides within rural communities. In these communities, agriculture and farming practices are regarded as one of the primary occupations of the individuals. Furthermore, they are engaged in production and manufacturing processes of various items, i.e. artworks, handicrafts, garments, jewellery, candles, baskets, food items and so forth. Hence, individuals, belonging to rural communities, have one of the primary goals of bringing about improvements in overall quality of lives. Hence, in order to achieve this goal, individuals, belonging to rural communities are encouraged to participate in different types of tasks and activities. This is necessary in leading to up-gradation of confidence levels (Oliveira, & Menezes, 2017). This is regarded as vital in promoting enhancement of personality traits and overall standards of living of rural individuals. The rural individuals are overwhelmed by various types of setbacks in terms of different factors, i.e. poverty, illiteracy, backwardness, unemployment, and gender inequality. The rural individuals need to overcome these in order to be successful in job duties. Therefore, one needs to ensure, they hone confidence levels in putting into operation their job duties efficiently.

The rural individuals have recognized the meaning and significance of education. They have formed the viewpoint that education is the instrument, which not only imparts information in terms of academic subjects and concepts, but also in terms of ways that are necessary in emerging into moral and ethical human beings and productive citizens of the country (Phillipson, & Scharf, 2004). The rural individuals in this manner are contributing significantly in augmenting information in terms of various aspects, which would encourage their participation in different types of tasks and activities. The rural individuals have formed the viewpoint that developing artistic skills and getting engaged in creative activities will be facilitating in promoting better livelihoods opportunities. Hence, economic, social, religious, cultural and political are different types of activities in which rural individuals participate. The participation in all these activities is regarded as the key in bringing about improvements in one's overall quality of lives. Therefore, it is necessary for rural individuals to up-grade their competencies and abilities, which would be facilitating in enhancing their participation.

Understanding the Importance of Participation in various Activities

From the stage of early childhood, throughout the lives of the rural individuals, they are required to augment information in terms of meaning and significance of participation in different types of activities. Within homes, educational institutions, employment settings and various types of public places, these activities are organized. When all rural individuals are wholeheartedly committed towards achievement of desired goals and objectives, particularly when they focused towards bringing about improvements in their overall quality of lives, they are required to participate in different types of activities, i.e. social, economic, cultural, religious and political.

The participation in different types of activities prepares the individuals, belonging to rural communities in terms of different techniques, which would be facilitating in achievement of desired goals and objectives. Furthermore, they hone the traits of morality, ethics, diligence and conscientiousness. The reinforcement of these traits will be facilitating in doing well in one's job duties and achievement of desired goals and objectives. In addition, these are advantageous to individuals on a comprehensive basis. Therefore, individuals are able to acquire an efficient understanding of importance of participation in various activities, when they are being well-prepared to achieve desired goals and objectives.

The rural individuals are required to put emphasis on reinforcing a constructive approach. This approach is facilitating to the rural individuals in forming positive viewpoints in terms of various types of subjects and concepts. In addition, this approach will be facilitating in forming cordial and amiable terms and relationships with other individuals. The rural individuals understand that in order to be successful in their job duties, they are required to overcome seclusion and backwardness and integrate with the mainstream society. Furthermore, this approach is facilitating in obtaining answers to all types of questions that are overwhelming and clarifying their doubts.

In addition, they will overcome all types of setbacks. The rural individuals, throughout their lives are required to understand the meaning and significance of constructive approach. This is regarded as the key in carrying out all types of tasks and activities in an appropriate manner. The rural individuals within as well as outside the homes are required to put emphasis on reinforcing a constructive approach throughout their lives. Therefore, one is able to acquire an understanding of importance of participation in various activities, when they are focusing on reinforcing a constructive approach.

The individuals, belonging to all communities, occupations and socio-economic backgrounds are overwhelmed by different types of psychological problems of anger, stress, anxiety, frustration and depression. The rural individuals undergo different types of situations in their lives, which would enable them to experience different types of psychological problems. In addition, one needs to prevent these from assuming a major form. Furthermore, these will be prevented from giving rise to impediments within the course of putting into operation different types of job duties and responsibilities. In addition, these have unfavourable effects on overall personality traits of the individuals.

The different types of psychological problems are experienced in a major or minor form. These would be considered as impediments within the course of putting into operation different types of tasks and activities in a well-organized, effective and disciplined manner. In order to augment one's participation in a satisfactory manner, it is of utmost significance to be healthy, from physical as well as psychological perspectives. Hence, participation is facilitating in promoting good physical and psychological health. Therefore, an understanding of importance of participation in various activities is acknowledged, when good health is promoted, physically as well as psychologically.

Measures to be implemented by Rural Individuals in enhancing their Participation

The rural individuals are overwhelmed by different types of problems and challenging situations, which are regarded as major impediments within the course of promoting enhancement of their overall standards of living. Some of these are, scarcity of resources; unawareness in terms of different factors; illiteracy; backwardness; various types of health problems and illnesses; psychological problems of anger, stress, anxiety, frustration and depression; gender inequality and so forth. The rural individuals need to understand that they cannot live their lives in seclusion and loneliness (NPTEL – Humanities and Social Sciences, n.d.). In other words, they are required to augment information in terms of different types of subjects and concepts, which would be advantageous to them on a comprehensive basis.

Furthermore, rural individuals need to ensure, they are well-equipped in terms of different types of measures, which would be facilitating to them in enhancing their participation. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in these measures. These are stated as follows:

Formulating Goals and Objectives

An aimless life is a meaningless life. Hence, individuals, belonging to rural communities have different types of goals and objectives to achieve. Some of these are, acquisition of good-quality education; promoting better livelihoods opportunities; bringing about improvements in one's financial positions; augmenting different types of skills and abilities; reinforcing the traits of efficiency, honesty and truthfulness; promoting good health and well-being, physically as well as psychologically; reinforcing contacts with other individuals; integrating with the mainstream society; making use of modern, scientific and innovative methods and materials; promoting enhancement of overall personality traits and bringing about improvements in one's overall quality of lives.

Hence, when all rural individuals are wholeheartedly committed towards achievement of desired goals and objectives, they are required to participate in different types of activities, i.e. social, economic, cultural, religious and political. The participation in different types of activities prepares the individuals, belonging to rural communities in terms of different techniques, which would be facilitating in achievement of desired goals and objectives. Furthermore, they hone the traits of morality, ethics, diligence and conscientiousness. Therefore, formulating goals and objectives is regarded as one of the indispensable measures to be implemented by rural individuals in enhancing their participation.

Being well-informed regarding Methodologies and Procedures

The individuals, belonging to rural communities are required to carry out different types of job duties and responsibilities within personal and professional lives. In order to put these into operation in a well-ordered manner and generate desired outcomes, it is necessary to be well-informed in terms of different types of methodologies and procedures. These are referred to the ways of doing well in one's job duties, achieve desired goals and meet the expectations of other individuals. Hence, rural individuals need to ensure, they augment information in terms of different types of methodologies and procedures in order to do well in their job duties and achieve desired goals.

With advancements taking place and with the advent of modernization and globalization, it is necessary to augment information in terms of different types of modern, scientific and innovative methods and materials. As a consequence, one will be able to carry out all types of job duties in a well-ordered and disciplined manner. In other words, different types of job duties and responsibilities will be put into operation in more efficient and satisfactory manner. Therefore, being well-informed regarding methodologies and procedures is one of the significant measures to be implemented by rural individuals in enhancing their participation.

Augmenting Skills and Abilities

The rural individuals need to put emphasis on leading to up-gradation of different types of skills and abilities. These are, communication skills, decision-making skills, analytical skills, critical-thinking skills, problem-solving skills, technical skills, creative skills, presentation skills, personal skills, professional skills, intellectual skills, artistic skills, leadership skills, negotiation skills, and public-speaking skills. On the other hand, abilities which need to be augmented are, planning, directing, organizing, controlling, co-ordinating, convincing, persuasion, emotional intelligence, systems thinking, possessing the abilities to work under stress, putting in efforts to one's best abilities, coping with different types of dilemmas and challenging situations in an adequate manner and carrying out all types of tasks and activities in a satisfactory manner.

Through participation in different types of activities, individuals, belonging to rural communities will render an important contribution in leading to up-gradation of different types of skills and abilities. The individuals, belonging to rural communities are augmenting skills and abilities, when they are putting into operation various tasks and activities in a well-organized and disciplined manner. In order to be successful in one's job duties and responsibilities, it is of utmost significance to promote enhancement of different types of skills and abilities. Therefore, augmenting skills and abilities is an expedient measure to be implemented by rural individuals in enhancing their participation.

Honing Interactive Abilities

The individuals, belonging to rural communities are overwhelmed by seclusion and loneliness. Due to this, they are unaware in terms of different types of subjects and concepts. They have their own norms and values on the basis of which they live their lives. They communicate with individuals only within their own communities, on the other hand, they are overwhelmed by backwardness. It is necessary for rural individuals to augment interactive abilities. When they are engaged in production and manufacturing job duties of various items, they need to put emphasis on honing interactive abilities. The main reason being, they are required to market their products and for this purpose, they need to generate information in terms of marketing techniques and labour market factors.

The rural individuals are required to be well-informed in terms of techniques, which would be facilitating in augmenting interactive abilities. These are, making use of polite language and decent words, treating each other with respect and courtesy, making provision of factual information, depicting the traits of helpfulness and co-operation and possessing an approachable nature and an amiable attitude. Hence, it is well-understood, honing interactive abilities is a renowned measure to be implemented by rural individuals in enhancing their participation.

Augmenting Technical Skills

The utilization of technologies has acquired prominence not only in the lives of individuals, belonging to urban communities, but in the lives of rural individuals as well. Hence, rural individuals need to put emphasis on leading to up-gradation of technical skills. For this purpose, they are required to acquire an efficient understanding of the concepts and get engaged in regular practice. The utilization of technologies have been utilized in order to carry out different types of tasks and activities in a more well-organized and regimented manner. The individuals are required to make use of internet. The internet is regarded as one of the most prominent sources that is made use of in order to augment information in terms of different types of subjects and concepts. Furthermore, one is able to obtain answers to all types of questions that are overwhelming and clarifying their doubts in terms of different types of subjects and concepts.

The individuals, belonging to rural communities are required to put emphasis on leading to up-gradation of technical skills. Through these skills, they will be able to put into operation job duties in a well-organized manner, put into operation effective communication processes, generate desired outcomes and get engaged in leisure and recreational activities. In this manner, they are able to render an important contribution in carrying out different types of tasks and activities in a well-ordered and disciplined manner. Therefore, honing technical skills is a prominent measure to be implemented by rural individuals in enhancing their participation.

Reinforcing a Constructive Approach

The rural individuals are required to put emphasis on reinforcing a constructive approach. This approach is facilitating to the rural individuals in forming positive viewpoints in terms of various types of subjects and concepts. In addition, this approach will be facilitating in forming cordial and amiable terms and relationships with each other. Furthermore, this approach is facilitating in obtaining answers to all types of questions that are overwhelming and clarifying their doubts. The rural individuals, throughout their lives are required to understand the meaning and significance of constructive approach. This is regarded as the key in carrying out all types of tasks and activities in an appropriate manner.

The rural individuals need to put emphasis on reinforcing a constructive approach throughout their lives. In this manner, they are able to render an important contribution in leading to up-gradation of motivation and concentration levels in enhancing their participation. Furthermore, they will be able to obtain ideas and suggestions from others in doing well in their job duties and generating desired outcomes. As a consequence, different types of tasks and activities will be put into operation in a well-ordered and disciplined manner. Therefore, reinforcing a constructive approach is a notable measure to be implemented by rural individuals in enhancing their participation.

Promoting Good Health

In participating in different types of tasks and activities, it is necessary for individuals to promote good health, from physical and psychological perspectives. When the individuals are experiencing different types of health problems and illnesses, in such cases, it is apparently understood that competencies, abilities and aptitude of the individuals get impeded.

As a consequence, they are unable to develop motivation levels towards putting into practice different types of job duties and responsibilities in a well-ordered manner. In this manner, the participation of the rural individuals gets affected in an unfavourable manner.

In order to augment one's participation in a satisfactory manner, it is of utmost significance to be healthy, from physical as well as psychological perspectives. The main reason being, good health will be facilitating to the rural individuals in leading to up-gradation of analytical, critical-thinking and problem-solving skills. Furthermore, these skills are regarded as the key in generating information in terms of different types of subjects and concepts. In this manner, one will be able to hone enthusiasm levels and put in efforts to their best abilities. Therefore, promoting good health is a noteworthy measure to be implemented by rural individuals in enhancing their participation.

Coping with Psychological Problems satisfactorily

The individuals, belonging to all communities, occupations and socio-economic backgrounds are overwhelmed by different types of psychological problems of anger, stress, anxiety, frustration and depression. The rural individuals undergo different types of situations in their lives, which would enable them to cope with different types of psychological problems. Furthermore, these will be prevented from giving rise to impediments within the course of putting into operation different types of tasks and activities. These psychological problems are experienced in a major or minor form. These would be considered as impediments within the course of putting into operation different types of tasks and activities in a well-ordered and disciplined manner.

In order to augment one's participation in a satisfactory manner, it is of utmost significance to be healthy, from physical as well as psychological perspectives. The main reason being, good health will be facilitating to the rural individuals in leading to up-gradation of analytical, critical-thinking and problem-solving skills. Furthermore, these skills are regarded as the key in generating information in terms of different types of subjects and concepts. In this manner, one will be able to hone enthusiasm and confidence levels, put in efforts to their best abilities and possess the abilities to work under stress. Therefore, coping with psychological problems satisfactorily is an advantageous measure to be implemented by rural individuals in enhancing their participation.

Possessing the Abilities to Work under Stress

The different types of activities in which rural individuals are participating are manageable as well as complicated, these are put into operation in more amount of time or can be less time-consuming and these are put into operation on an individual basis or in teams, comprising of two or more members. Hence, individuals are required to acknowledge the meaning and significance of possessing the abilities to work under stress. This is the job duty, which is essential in coping with different types of dilemmas and challenging situations. The rural individuals need to ensure, they are well-informed in terms of the factor that this measure is facilitating in generating desired outcomes.

In all types of activities, one does experience stress in terms of various factors, i.e. job duties, methodologies, procedures, techniques, approaches, resources, and so forth. Furthermore, when rural individuals are putting in their best efforts in order to generate desired outcomes, they will be able to do well in their job duties. In addition, they will be able to contribute efficiently in meeting the expectations of others, including family and community members. Hence, one will contribute efficiently in achievement of desired goals and objectives. Therefore, possessing the abilities to work under stress is a strategic measure to be implemented by rural individuals in enhancing their participation.

Putting in Efforts to one's Best Abilities

Putting in efforts to one's best abilities is regarded as one of the vital measures in enhancing one's participation in all types of tasks and activities. This is the job duty, which is essential in coping with different types of dilemmas and challenging situations. The rural individuals need to ensure, they are well-informed in terms of the factor that this measure is facilitating in doing well in one's job duties and generating desired outcomes. In all types of activities, there are number of job duties and responsibilities that are to be implemented, i.e. planning, organizing, directing, leading, negotiating, controlling, co-ordinating and so forth. Hence, one needs to promote a normal mind-set and put in efforts to their best abilities in carrying out various types of job duties and responsibilities in a well-ordered and satisfactory manner.

Furthermore, when rural individuals are putting in their best efforts in order to generate desired outcomes, they will be able to do well in their job duties. In addition, they will be able to contribute efficiently in promoting community well-being as well. As a consequence, rural individuals realise that when they are participating in different types of tasks and activities, they will augment their information in terms of different types of subjects and concepts. One of the important aspects that needs to be taken into account is, these need to be facilitating in promoting well-being and goodwill of family and community members. Therefore, putting in efforts to one's best abilities is a useful measure to be implemented by rural individuals in enhancing their participation.

Advantages experienced by Rural Individuals through enhancing their Participation in various Activities

From the stage of early childhood, throughout the lives of the individuals, they are required to participate in different types of activities, i.e. social, economic, political, religious and cultural. These activities are regarded as an integral part of the lives of the individuals in both personal and professional spheres, hence, it is necessary for individuals to put these into practice in a moral and ethical manner (Ng, Farinda, Kan, Lim, & Ting, 2013). The individuals, belonging to rural communities are putting emphasis in promoting family and community well-being. Advantages experienced by rural individuals through enhancing their participation in various activities are, integrating with the mainstream society; honing confidence levels; leading to up-gradation of motivation and concentration levels; promoting enhancement of overall personality traits and leading to up-gradation of overall standards of living. These are stated as follows:

Integrating with the Mainstream Society

The individuals, belonging to rural communities are required to integrate with the mainstream society in order to promote their welfare. On the other hand, participation in various types of activities is essential in leading to enhancement of knowledge, competencies and abilities. Furthermore, the up-gradation of all these factors facilitates integration with the mainstream society. It is necessary for rural individuals to augment social skills and interactive abilities. When they are engaged in production and manufacturing job duties of various items, they need to put emphasis on honing communication skills and interactive abilities. Their main reason being, they are required to market their products and for this purpose, they need to generate information in terms of marketing techniques and labour market factors. The rural individuals are required to be well-informed in terms of different types of techniques, which would be facilitating in augmenting social skills and interactive abilities. Therefore, integrating with the mainstream society is regarded as one of the indispensable advantages experienced by rural individuals through enhancing their participation in various activities.

Honing Confidence Levels

The rural individuals are engaged in number of job duties, which are essential in bringing about improvements in their overall quality of lives. Some of these include, acquisition of good-quality education; getting engaged in employment opportunities; augmenting different types of skills and abilities; participation in different types of extra-curricular and creative activities and so forth. Hence, in order to generate desired outcomes, rural individuals need to put emphasis on leading to up-gradation of their confidence levels. These are essential in doing well in one's job duties and generating desired outcomes. In this manner, they are putting emphasis on leading to up-gradation of confidence levels. Furthermore, one will be able to cope with different types of dilemmas and challenging situations in a well-ordered and satisfactory manner. Hence, it is understood on a comprehensive basis that participation in different types of activities promote up-gradation of confidence levels among individuals. Therefore, honing confidence levels is one of the significant advantages experienced by rural individuals through enhancing their participation in various activities.

Leading to Up-gradation of Motivation and Concentration Levels

The rural individuals need to put emphasis on leading to up-gradation of motivation and concentration levels towards putting into practice different types of tasks and activities. In order to do well in their job duties and generate desired outcomes, rural individuals need to put emphasis on leading to up-gradation of motivation and concentration levels (Preventing and Combating Illiteracy, 2013). These are essential in augmenting information in terms of different types of subjects and concepts and desired goals will be achieved. In this manner, they are putting emphasis on leading to up-gradation of motivation and concentration levels. Furthermore, one will form positive viewpoints in terms of various factors.

In addition, they will be able to cope with different types of dilemmas and challenging situations in a well-organized and agreeable manner. Hence, it is understood on a comprehensive basis that participation in different types of activities is facilitating in leading to up-gradation of motivation and concentration levels. Therefore, leading to up-gradation of motivation and concentration levels is an eminent advantage experienced by rural individuals through enhancing their participation in various activities.

Promoting enhancement of overall Personality Traits

Through participation in different types of activities, individuals are contributing efficiently in promoting enhancement of overall personality traits. The main reason being, individuals are able to augment their information in terms of different types of subjects and concepts. Furthermore, when individuals are doing well in their job duties, achieving desired goals and objectives and promoting enhancement of their overall standards of living, they are able to contribute efficiently in leading to up-gradation of their overall personality traits. As a consequence of being successful in various types of tasks and activities, individuals will incur the feelings of pleasure and contentment. In this manner, they will contribute efficiently in leading to up-gradation of their overall personality traits. The main reason being, when individuals are satisfied with the outcomes, they will render an important contribution in leading to up-gradation of personality traits. In addition, one will reinforce traits of efficiency, honesty, truthfulness, righteousness, morality and ethics. Therefore, promoting enhancement of overall personality traits is an expedient advantage experienced by rural individuals through enhancing their participation in various activities.

Leading to Up-gradation of overall Standards of Living

Leading to up-gradation of overall standards of living is regarded as one of the essential goals of individuals, belonging to rural communities. Hence, when they are participating in different tasks and activities, they are contributing efficiently in preparing themselves in a well-ordered manner in the achievement of this goal. As a consequence of being successful in various types of job duties and responsibilities, individuals will incur the feelings of pleasure and contentment. In this manner, they will contribute efficiently in leading to up-gradation of their overall standards of living. The main reason being, when individuals are satisfied with the outcomes, they will render an important contribution in leading to up-gradation of overall standards of living. In addition, one will reinforce traits of efficiency, honesty, truthfulness, righteousness, morality and ethics. These traits are regarded as fundamental in doing well in one's job duties and achievement of desired goals and objectives. Therefore, leading to up-gradation of overall standards of living is an eminent advantage experienced by rural individuals through enhancing their participation in various activities.

Conclusion

Rural individuals need to be encouraged to participate in different types of activities. Measures to be implemented by rural individuals in enhancing their participation are, formulating goals and objectives, being well-informed regarding methodologies and procedures, augmenting skills and abilities, honing interactive abilities, augmenting technical skills, reinforcing a constructive approach, promoting good health, coping with psychological problems satisfactorily, possessing the abilities to work under stress and putting in efforts to one's best abilities. Advantages experienced by rural individuals through enhancing their participation in various activities are, integrating with the mainstream society; honing confidence levels; leading to up-gradation of motivation and concentration levels; promoting enhancement of overall personality traits and leading to up-gradation of overall standards of living. Finally, it can be stated, participation of rural individuals in various activities will promote their well-being.

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