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DOMESTIC VIOLENCE AGAINST WOMEN IN INDIA: A HIDDEN RELATIONSHIP WITH DEPRESSION, ANXIETY AND DILEMMA

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Abstract

Domestic violence is a global issue that is beyond religious, social, cultural, geographic and economic boundaries and is an infringement of human rights. Domestic violence is a well-known and most chronic towards women's in India. Domestic violence still has very strong roots in Indian society and women are very slight aware of the laws and establishments dealing with it. We live in civilized and democratic society which is based on the principles of equality and freedom for all. But is there equality and freedom for women are equal to as men? Answer is big no. Major steps are taken by the government in the form of various schemes and policies to nurture their status and perceive women's rights. This Journal is a meek attempt to accentuate the issues of domestic violence against women.

I. Introduction

In India we discriminate against women but worship goddesses. It is always heard that house become home when there are women in the family, but her own home is not safe. Instead it became a place of violence, assault and exploitation. Violence against women is not new fact, history is full of violence against women. Male egoistic views against women also plays a vital role in violence against women. In India, domestic violence is often viewed as a private matter and not reported to authorities, which makes it difficult to accurately measure the extent of the problem. Many families and communities view domestic violence as an acceptable form of discipline and control. This, coupled with a lack of legal protections and resources for victims, makes it difficult for those affected by domestic violence to seek help. Domestic violence is a serious issue that affects far too many women in India and around the world. Every year, hundreds of

thousands of women fall victim to physical, emotional, and psychological abuse at the hands of their partners. Violence against women is a problem across the World. It affects women of all races, ethnic groups, classes and nationalities. It is a life-threatening problem for an individual woman and a serious problem for all socio-economic and educational classes. It cuts across cultural and religious barriers, impeding the right of women to participate fully in society.

As per violence against women prevalence estimates, 2018¹ (WHO 2021) two of the most prevalent types of violence that women experience is intimate partner violence (IPV) and non-partner sexual violence (NPSV). Almost one in three women across the world have experienced one or both of these forms of violence at least once in their lifetime. 30percent of women have experienced IPV or NPSV that's 736 million women around the world. Violence against women was first recognized as a violation of human rights in 1992.

Intimate partner violence

Intimate Partner Violence (IPV) includes psychological, sexual, and physical violence committed by a current or former intimate partner or husband. **More than 1 in 4 women (26%)** aged 15 years and older have suffered violence at the hands of their partners at least once since the age of 15. Applying this percentage to the 2018 population data from World Population Prospects, the WHO estimates that 641 million women have been affected Approximately 245 million women ages 15 and above have experienced intimate partner violence in the last one year or so. By the time they are 19 years old, one out of four adolescent girls who have been in a relationship will already have been physically, sexually or psychologically abused by a partner.

Non-partner sexual violence

6percent of women worldwide have been subject to sexual violence from a non-partner. In addition to violence from intimate partners, non-partner sexual violence (NPSV) poses a risk to women's safety and bodily integrity. NPSV refers to acts of sexual violence committed by any person that is not a current or former husband or male intimate partner. NPSV can be perpetrated by a family member, friend, acquaintance, or stranger. Since all women can be exposed to this type of violence, the denominator for calculations includes all women and not only those who have ever been married or had an intimate partner. The reported occurrence of NPSV is very different to intimate partner violence. It is more common in higher-income countries, especially **Australia and New Zealand**, where it has affected **19percent** of women, and **North**

America, where **15percent** of women have been affected (WHO). In contrast, the estimated prevalence rates in **Southern Asia (2percent)** and **Sub-Saharan Africa (6percent)** are much lower.

II. Domestic violence against women in India

India has endorsed the Convention on the Elimination of All Forms of Discrimination against Women and the Universal Declaration of Human Rights, both of which ensure that women are given equal rights as men and are not subjected to any kind of discrimination. The Constitution of India² also guarantees substantive justice to women. article 14 right to equality, Article 15 of the Constitution provides for prohibition of discrimination against the citizens on grounds of religion, race, caste, sex or place of birth or their subjection to any disability, liability or restriction on such grounds. article 15 (3) gives power to the legislature to make special provision for women and children and right to life under article 21. In exercise of this power, the Protection of Women from Domestic Violence Act was passed in 2005. In this paper we will go through all the related laws which are constituted for the empowerment and protection of women.

Violence against women and girls is one of the most systematic and widespread human rights violations, and India is no exception. As per the report of National Commission for Women (NCW)³ for the calendar year 2022 total 30,957 complaints were received by NCW, highest in seven years. Of the 30,957 complaints the maximum of 9,737 were of right to live with dignity, followed with 6,985 were of protection of women against domestic violence and 4,613 of harassment of married women/dowry harassment. Uttar Pradesh has the highest number of cases registered with 16,873 cases. Cases in last ten years i.e. 2021, 2020, 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012 are 30,865, 23,722, 19,730, 19,908, 14,591, 19,088, 23,370, 33,906, 21,242, 19,579 respectively.

Domestic Violence in India during Covid-19

On March 22, 2020, the Prime Minister of India announced a nationwide lockdown for one day. This lockdown was subsequently extended for a week, then for 21 days and finally until May 3, 2020 to contain the spread of COVID-19. India declared COVID-19 a “notified disaster” under the Disaster Management Act, 2005⁴. Extended lockdown and other social distancing measures imposed to curb the pandemic made women more vulnerable to domestic violence. Women were fighting a shadow pandemic inside their homes⁵.

National Commission for Women's (NCW) data showed that domestic violence complaints doubled after the nationwide lockdown was imposed in India⁶. Tamil Nadu Police reported an increase in domestic violence complaints.

They received approximately 25 calls every day during the lockdown period and registered at least 40 such cases⁷. Similarly, Bangalore Police reported a spike in complaints from 10 calls to 25 calls every day from the victims of domestic violence⁸.

During the lockdown, when the courts were not fully functional, there were some interesting judgements which paved the ways for urgent measures to address the pandemic of domestic violence. Few are highlighted below⁹:

The Delhi High court, on a petition filed by an NGO, directed the government to deliberate on measures to ensure effective implementation of the Protection of Women from Domestic Violence Act, 2005 in the wake of increasing number of cases. The state in its reply said that it has put a protocol in place where a survivor once calls the helpline, the tele caller will take the complaint and will forward it to the counsellor who will establish phone communication with the survivor during the lockdown.

The Jammu and Kashmir High Court took Suo moto cognizance and offered slew directions that include the creation of special funds and designating informal spaces for women such as grocery stores and pharmacies where women could report abuse without alerting the perpetrator.

The Karnataka High Court asked the state government about the helplines and action taken on domestic violence complaints. The state in its reply stated that helplines, counsellors, shelter homes and protection officers are working round the clock to help victims of violence.

III. Schemes/Programs for empowerment of women¹⁰

The Ministry of Women and Child Development is implementing various schemes/ programmes to bring women into the mainstream of all the sectors in the country in order to empower them.

The details are as under:

One Stop Centre and Universalization of Women Helplines

Ministry of WCD is administering two schemes from Nirbhaya Fund namely One Stop Centre and Universalization of Women Helplines. The One Stop Centres (OSCs), popularly known as

Sakhi Centres, aim to facilitate women affected by violence (including domestic violence) with a range of integrated services under one roof such as Police facilitation, medical aid, providing legal aid and legal counselling, psycho-social counselling, temporary shelter etc. The Women Helpline (WHL) Scheme provides 24 hours emergency and non-emergency response to women affected by violence, both in public and private spaces by linking them with appropriate authority such as Police, One Stop Centre, Hospital, Legal Services etc. WHL also supports women in distress with rescue van and counselling services in addition to providing information about women welfare schemes and programs across the country. Women can dial 181 short code to avail services from Women Helpline.

Swadhar Greh Scheme

The Swadhar Greh Scheme is is being implemented as a Centrally Sponsored Scheme for women who are victims of difficult circumstances in need of institutional support for rehabilitation so that they could lead their life with dignity.

Ujjawala Scheme

The Ujjawala Scheme is being implemented as a Centrally Sponsored Scheme for Prevention of trafficking and for Rescue, Rehabilitation, Reintegration and Repatriation of victims of trafficking for commercial sexual exploitation.

Working Women Hostel

Working Women Hostel Scheme is implemented by the Government with the objective to provide safe and conveniently located accommodation for working women, with day care facility for their children, wherever possible, in urban, semi urban, or even rural areas where employment opportunity for women exist.

Beti Bachao Beti Padhao(BBBP)

Beti Bachao Beti Padhao(BBBP) Scheme was launched on 22nd January 2015 with an aim to address declining Child Sex Ratio (CSR) and related issues of empowerment of girls and women over a life cycle continuum. The objectives of the scheme are, to prevent gender biased sex selective elimination, to ensure survival and protection of the girl child and to ensure education and participation of the girl child.

Mahila Shakti Kendra (MSK)

The Mahila Shakti Kendra (MSK) Scheme was approved in November, 2017 as a centrally sponsored scheme to empower rural women through community participation. The aims to facilitate inter-sectoral convergence of schemes and programs meant for women. The scheme is implemented through State Governments and UT Administrations with a cost sharing ratio of 60:40 between Centre and States except for North East & Special Category States where the funding ratio is 90:10. For Union Territories 100percent central funding is provided.

Pradhan Mantri Matru Vandana Yojana (PMMVY)

Pradhan Mantri Matru Vandana Yojana (PMMVY) is a Centrally Sponsored Conditional Cash Transfer Scheme, for implementation across the country with effect from 01.01.2017. The maternity benefit under PMMVY is available to all Pregnant Women & Lactating Mothers (PW&LM), excluding PW&LM who are in regular employment with the Central Government or the State Governments or Public Sector Undertakings (PSUs) or those who are in receipt of similar benefits under any law for the time being in force,

For first living child of family Under the scheme Rs.5,000/- are provided to the eligible beneficiary in three instalments during pregnancy and lactation in response to individual fulfilling certain nutrition and health seeking conditions.

The eligible beneficiary also receives the remaining cash incentive as per approved norms towards maternity benefit under Janani Suraksha Yojana (JSY) after institutional delivery so that on an average, a woman gets Rs.6,000/-.

Recently, Ministry has launched 'Mission Shakti' (Integrated Women Empowerment Programme) - an Umbrella Scheme in a mission mode aimed at strengthening interventions for safety, security and empowerment of women. It seeks to realise the Government's vision for 'women-led development' by addressing issues affecting women on a life-cycle continuum basis and by making them equal partners in nation-building through convergence across Ministries/ Departments and different levels of governance, greater participation and support of Panchayats and other local governance bodies and Jan Sahabagita, apart from strengthening digital infrastructure for last mile tracking of service delivery.

IV. Protection of women against domestic violence act, 200511

This is an act of the Indian Parliament enacted to protect women from Domestic Violence. It prohibits a wide range of Physical, Sexual, Emotional & Economical abuse against women and all these are broadly defined under the Act. It provides security to women in a family from men in a family. The extent of the Act covers not only the protection of women who are married to men but also women who are in Live-in-relationship, just as family members including Grandmothers, Mothers, etc. A woman has right to be liberated from any type of violence under this Act. Under this law, women can look for security against Domestic Violence, Financial Compensation, right to live in their mutual house and they can get maintenance from their abuser in case they are living separated.

Domestic violence includes:¹²

Physical abuse: Includes hurt of any kind, assault, criminal intimidation and criminal force.

Sexual abuse: Such as conduct of a sexual nature, such as forced sexual intercourse, Forcing the aggrieved person to watch pornography or other obscene material, forcibly using women entertain others, any act of sexual nature, abusing, humiliating, degrading or otherwise violative of one's dignity.

Verbal and emotional abuse: Such as accusation/aspersion on character or conduct, insult for not bringing dowry, insult for not having a male child etc. Forcing to not attend school, college or any other educational institutions preventing one from taking up as job repeated threats to cause pain to any person in whom the women is interested. Preventing from marrying a person of your choice.

Economical abuse: Such as not providing money for maintaining women or her children, not providing food, cloths, medicine, etc, Forcing women out of the house. Preventing from accessing or using any part of the house, Preventing or obstructing one from carrying on employment. Non-payment of rent in case of a rented accommodation. Selling or pawing stridhan or any other valuables without informing and without her consent. Forcibly taking away salary, income or wages etc. Non-payment of other bills.

Domestic incident report (DIR): Upon receipt of a complaint of domestic violence, the protection officer or the service provider has to prepare a DIR in form 1¹³ (as provided in the domestic violence act) and submit the same to the magistrate and copies of the same to police

officer in charge of the concerned police station. If the women so desire, the police officer or the service provider can assist the women in filling the report and a copy of the DIR is to be annexed with such application.

Penalty for breach of protection order by respondent:¹⁴

1. A breach of protection order, or of an interim protection order, by the respondent shall be an offence under this Act and shall be punishable with imprisonment of either description for a term which may extend to one year, or with fine which may extend to twenty thousand rupees, or with both.
2. The offence under sub-section (1) shall as far as practicable be tried by the Magistrate who had passed the order, the breach of which has been alleged to have been caused by the accused.
3. While framing charges under sub-section (1), the Magistrates may also frame charges under section 498A of the Indian Penal Code (45 of 1860)¹⁵ or any other provision of that Code or the Dowry Prohibition Act, 1961 (28 of 1961)¹⁶, as the case may be, if the facts disclose the commission of an offence under those provisions.

V. Indian Penal Code (IPC)¹⁷

In 1983, with the passing of the Criminal Law (Second Amendment) Act, Section 498A was added to the IPC. The goal of this clause is to prevent the husband or other family members from torturing his wife for dowry and to punish him or them if he or they do so. Section 498-A was introduced in the year 1983 to protect married women from being subjected to cruelty by the husband or his relatives. A punishment extending to three years and fine has been prescribed. The expression “cruelty” has been defined in broad terms so as to include inflicting physical and mental harm to the body or health of the women and indulging in acts of harassment with a view to coerce her or her relations to meet any unlawful demand for any property or valuable security. Harassment for dowry falls within the sweep of latter limb of the section. Creating a situation driving the women to commit suicide is also one of the elements of “cruelty”.

VI. Pointers to prevent domestic violence

Domestic violence always has a negative effect on the victim. They undergo emotional, psychological and physical changes. Domestic violence has major impacts on the victims, families, society and its functioning. In order to put a stop to all these, there are various things

which should be followed:

Awareness: One of the major steps to stop domestic violence is to make the apartment owners association aware about the negative drawbacks and harms of domestic violence. **Set the rules against the practice of domestic violence and impose stringent punishments on the attacker.** Gather more information and educate people about the detrimental effects of domestic violence. It is really not advisable that we ignore such things and instead raise a voice against it.

Need for stringent laws: It is very important that the law against domestic violence has to be imposed stringently. Domestic violence was recognized as a grave criminal offense in 1983 by introducing the section **498-A in the Indian penal code.** This act helps in the elimination of domestic violence among family members.

Empowered Non-government organizations: In order to curb domestic violence among people in apartments, individuals can also seek the help of non-government organizations. These organizations will make people aware about the consequences and get justice to the victim.

Seek police help: In case of severe violence, individuals can seek legal help from the police and put an end to domestic violence. **The police play an important role in curbing domestic violence issues.** Special courses on how to handle domestic violence issues are provided to the police. It is very important for them to take domestic violence as a serious health issue which can cause serious damage to families.

Be aware of domestic violence facts: In an apartment it is very important that the owner's association should make it mandatory for the residents to learn all the facts of domestic violence. They should never ignore any person who is a victim of domestic violence; instead they should alert all the authorities.

Encourage and not threaten: Maximum number of individuals back off when they witness any kind of domestic violence. This happens due to the fear of being harmed or assets being damaged. People mostly turn a blind eye towards it and keep mum about such incidents. In such cases it is very important to organize a meeting and encourage people to come up with the solutions.

Counselling: It is very important for every apartment to have a counsellor who can council the

individuals in terms of danger. Doing this will further make people courageous and come forward if they are a victim or if they witness any such incident.

VII. Important judicial pronouncements

*The court of Sh. Jagdish Kumar: Metropolitan magistrate New Delhi – Ms. S (name changed) vs Mr. A*¹⁸

Ms. S who was employed with an International organization knew the respondent Mr. A who was the country director of an International Organization. A started communicating with the applicant on e-mail. During course of communication he disclosed that he is undergoing treatment for cancer and was married and had one son out of his wedlock.

A invited the Ms. S to work with him the applicant being interested in the kind of work offered and left her previous job and started working with the A on the project while working with the applicant the respondent started sharing things about his illness, removal from his previous job, family etc. and became friends. He asked S to marry him and took the initiative of applying sindoor and bindi and said you are my wife". A invited the S to stay with him and started living together in one house. S claimed to have separated from his wife and was in the process of filing for divorce. A started spending on the household expenses and also used to pay the rent of the house where they lived.

Held that S lived with A in the shared household in a relationship in the nature of marriage. S was entitled to maintenance for food, clothes, medicines and other basic necessity and further household and other miscellaneous.

*Surekha Mote vs. State of Maharashtra High Court of Bombay*¹⁸

Held that we have considered section 12 of the PWDV Act¹⁹ and the proviso to section 12. This does not mean that if no protection officers are appointed, the Magistrate ceases to have jurisdiction. That would frustrate the object of the act this means that complaint can be entertained directly by the magistrate even if there is no protection officer.

*Shalu Bansals Case Delhi*¹⁸

Court directed that respondents shall provide rent for separate residence as maintenance to the aggrieved person.

VIII. Landmark judgement on domestic violence act, 2005

Sandhya Wankhede vs. Manoj Bhimrao Wankhede:²⁰ This issue has often remained a controversial one as Section 2(q) of Domestic Violence Act defines “respondent” as any adult male person who is, or has been, in a domestic relationship with the aggrieved person and against whom the aggrieved person has sought any relief under this Act. Provided that an aggrieved wife or female living in a relationship in the nature of a marriage may also file a complaint against a relative of the husband or the male partner.

In view of the definition of the term respondent covering adult male person, the judiciary has time and again been confronted with the argument that an aggrieved person can file complain under the Domestic Violence Act against an adult male person only and not against the female relatives of the husband i.e. mother-in-law, sister-in-law.

However, the Supreme Court in the aforementioned case put to rest the issue by holding that the proviso to Section 2(q) does not exclude female relatives of the husband or male partner from the ambit of a complaint that can be made under the provisions of the Domestic Violence Act. Therefore, complaints are not just maintainable against the adult male person but also the female relative of such adult male.

Sabita Mark Burges vs. Mark lionel Burges.²¹

Under Section 19 (1) (b) of Domestic Violence Act order can be passed directing the Respondent to remove himself from the shared household. Thus, the Magistrate is empowered to pass an order directing the respondent to remove himself from the shared household.

In this case, the Bombay High Court held that no matter that a man may alone own a particular house, he has no right to be violent against his wife or the woman he lives with and if the Court sees any violence he must be restrained from entering upon the residence essentially to secure the wife and children against further violence and similar disputes.

Object behind enactment of **Section 19 of Domestic Violence Act – In Sabita Mark Burges case**, the Bombay High Court very succinctly **explained the object behind residence order as:** It is common observance that the applications for grant of injunction in respect of the residence and possession of the respondent is essentially seen by Courts upon the proprietary rights of the

parties. Since in most cases wives do not own matrimonial homes, they are statutorily given rights therein which were not given to them by Courts under the principles of common law so that they have a right to peaceful enjoyment of their matrimonial home. Section 19 of Domestic Violence Act came to be enacted in the first place granting essentially the wives/women peace against domestic violence in their residence, their title notwithstanding. This statutory grant is upon the sublime principle of human rights prevailing over proprietary rights. It may bear repetition to state that both are equally entitled to the said flat unless one of them is violent.

Mohd. Zakir vs. Shabana & ORS.²²

In this very interesting case of 2018, High Court of Karnataka held that a petition under the Domestic Violence Act by the husband or an adult male can be entertained. To arrive at its decision, the High Court placed reliance on **Supreme Court's judgment in the case of Hiral P. Harsora v. Kusum Narottamdas Harsora:**

wherein the Supreme Court while striking down a portion of Section 2 (a) of the Act (defining "aggrieved person") on the ground that it is violative of Article 14 of the Constitution of India and the phrase "adult male" as appearing in Section 2(q) of the Act stood deleted.

In view of the aforesaid ruling of Apex Court, the High Court opined that If the said sub-section is read after deleting the expression "adult male", it would appear that any person, whether male or female, aggrieved and alleging violation of the provisions of the Act could invoke the provisions under the Act. In that view of the matter, the petitioner's complaint could not have been trashed on the ground that the Act does not contemplate provision for men and it could only be in respect of women.

However, the aforesaid verdict of High Court passed by Justice Anand Byrareddy was later on withdrawn by him when an Advocate opposed the verdict alleging that the Supreme Court's verdict in the Hiral Harsora case had been wrongly interpreted by the Judge.

V.D. Bhanot vs. Savita Bhanot (SLP (CRL.) No. 3916/2010)²³

In this case, the Apex Court upheld the Delhi High Court's view that: even a wife who had shared a household before the Domestic Violence Act came into force would be entitled to the protection of the Domestic Violence Act

Hence, the Domestic Violence Act entitles the aggrieved person to file an Application under the Act even for the acts which have been committed prior to the commencement of the Domestic Violence Act.

Indira Sarma vs V.K.V Sarma²⁴

In this case, the Supreme Court held that:

Not all live-in relationships are relationships in the nature of marriage.

Guidelines for testing the concept of live-in-relationship:

a. Duration of relationship, (b). Shared household, (c), Pooling of resources and financial arrangements, (d). Domestic arrangements, (e), Sexual relationship, (f), Children, (g), Socialization in public, (h), Intention and conduct of the parties.

Lalita Toppo vs. State of Jharkhand & ANR²⁵

In this recent case, the Supreme Court has categorically held that maintenance can be claimed under the provisions of the Protection of Women from Domestic Violence Act, 2005 (Domestic Violence Act) even if the claimant is not a legally wedded wife and therefore not entitled to claim of maintenance under Section 125 of Code of Criminal Procedure.

The bench explained that:

the provisions contained in Section 3(a) of the Domestic Violence Act, 2005 which defines the term “domestic violence” also constitutes “economic abuse” as domestic violence. The Court further opined that under the provisions of the Domestic Violence Act, the victim i.e. estranged wife or live-in-partner would be entitled to more relief than what is contemplated under Section 125 of the CrPC i.e. to a shared household also.

IX. Supreme Court intrigued by the lack of ‘protection officers’ for domestic violence cases

A government document in the top court shows that 4.4 lakh cases of domestic assault are pending across a sample 801 districts.²⁶ The Supreme Court has sought more information from the government about Mission Shakti²⁷, an umbrella scheme for the safety, security, and empowerment of women, intrigued by a possible chronic shortage in protection officers to deal with domestic violence cases. A government document in the top court shows that 4.4 lakh cases of domestic assault are pending across a sample 801 districts. Though most of these districts have

'one-stop centres', established under Mission Shakti, to receive victims, there is still a lack of clarity about how many of them actually employ protection officers to effectively help the traumatised survivors. Appointment of protection officers is mandated under Section 8 of the Protection of Women from Domestic Violence Act, 2005.

Protection officers, who should ideally be women, have a pivotal role under the law. They help victims file complaints, give information to the police, provide immediate protection and support, inform victims about their legal rights and support them through the court proceedings. "Protection officers — like the Magistrates — who are tasked to the implementation of the enactment, have been conceived as the backbone to effectuate the law, enacted with laudable objectives, by Parliament," the Supreme Court has said.

Taking on record the government's figures, a Bench of Justices S. Ravindra Bhat and Dipankar Datta recently calculated that with 4.4 lakh cases pending in 801 districts, a protection officer in each of these districts would be saddled with more than 500 cases.

There is an urgent necessity to have more protection officers or the anti-domestic violence law would be reduced to a dead letter, the court indicated.

The court has asked the Secretary Women and Child Development Ministry to meet with the principal secretaries of all the States. Representatives from the Finance Ministry, National Commission for Women, National Human Rights Commission, Social Justice Ministry and the National Legal Services Authority should attend. The first meeting should be held in three weeks.

The court has asked the government to place on record the current status of Mission Shakti, specific information regarding the number of one-stop centres established under the programme in each district, their staffing pattern and data on distress calls.

The Bench also directed the Centre to disclose details of any common portal or scheme, if any proposed, to be set up concerning domestic violence cases.

The government has also been asked to provide material to indicate how Mission Shakti would act as an umbrella scheme for implementation of the Domestic Violence Act, especially with

respect to the statutory officers and remedies provided in the Act.

The court ordered the government to file its action taken report in six weeks.

X. Conclusion

In India and whole world, it's not that only women suffer domestic violence, men also go through the trauma of domestic violence but women are going through this brutality in majority. India's data on different forms of domestic violence are: Lifetime Physical and/or Sexual Intimate Partner Violence :29.3 %²⁸. Physical and/or Sexual Intimate Partner Violence in the last 12 months: 24 %²⁹. Lifetime Non-Partner Sexual Violence: Official National Statistics Not Available³⁰. Child Marriage :27.3 %³¹. Gender inequality index rank is 123³² and global gender gap index rank is 140³³.

The experiences of domestic violence crime victims could be improved in various ways to prevent or minimize the crime. Possible strategies include enhancing communication, managing emotional feelings effectively, solving problems immediately, creating awareness campaigns, and establishing justice responses to protect the victims. Good communication during a conflict can aid people to feel more at ease since it helps them understand each other's perspectives, eliminating possible violence. In conclusion, domestic violence should be eliminated or prevented since it compromises the well-being of women. People need to know when and how to express their feelings when controlling emotional reactions since it is healthy to express one's emotions, but it is essential to know how and when. Individuals who are adept at managing their emotions can more maturely and responsibly deal with stressful or difficult situations. They understand they can control how they react rather than allowing their emotions to dictate their actions and are aware that their actions and reactions impact the responses of others and their feelings. After independence government and judiciary have established essential legislations to protect women from domestic violence along with needed amendments but domestic violence against women is growing menace and if we have to stop such a menace then we have to work together. Even the women who are a victim of domestic violence should raise their voices and fight for themselves. It's important that we all take a stand against domestic violence and do our part to help victims and prevent future abuse. One way to do this is by supporting organisations that provide aid and resources to those affected by domestic violence. Keeping quiet is not a solution. One who surrenders to such violence is a much bigger culprit than the one who commits such violence. Its high time to rupture the hidden relationship with depression, anxiety and

dilemma.

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