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**Violence against Women- Put a stop to this**

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From the origin of social life in the country various centuries came and gone, time has changed people's mind and environment a lot, however violence against women is not seems to change a little bit. Time is the real eyewitness of all the sufferings like sex discrimination, exploitation, oppression, aggression, degradation, and humiliation etc. bear by the helpless in the Indian society where many female goddesses are worshiped. In the Vedas, women are glorified as mother means one who can create and nourish a life. On the other hand, they have found themselves suppressed and subjugated by the men in the patriarchal society.

India is a traditional male-dominated country where women have to face various violence in the society from the ancient time. As the world is leading in the technological improvement, advancement of material property, etc, the rate of unnatural sex and violence with women is also on the way. Rapes and brutal murders have been so common now days. Other violence is like harassment, assault and chain-snatching etc have been involved in the daily routine in the modern Indian society. Violence against women has grown to a great extent in the free India.

There is much violence against women in India because of the male dominated society. Women generally face various kinds of crime like dowry death, sexual harassment, cheating, murder, girl child abuse robbery etc. violence against women which counted as crimes under the Indian penal code are rape, kidnapping and abduction, torture physically and mentally, dowry deaths, wife battering, sexual harassment, molestation, importation of girls etc. the cases violence against women is increasing day by day and becoming too broad.

**Historical perspective:**

Violence against women is not a new or recent phenomenon women have been the victims of violence all through the age, in all societies, cultures, regions or religious communities in the world.

It is indeed, ironic, that in India, which has given rise to apostles of peace and non-violence, women have to bear the brunt of violence-domestic as well as public, physical as well as emotional and mental.

Violence against women can be viewed in the historical perspective, for it is to a large extent, linked to her status in society.

In the vedic period, Indian women enjoyed relatively comfortable position. Gradually, violence against them began to be practiced; the doors of educational, economic, social, political and cultural opportunities were gradually closed for them.

Even their personal freedom in respect of movement, diet, dress, marriage etc. comes to be curtailed. Everyone was made to make them meek and docile. Women also began to be enslaved and prostituted. Various obligations restrictions and regulations were imposed on them and different

penalties and punishments were prescribed if women violated them. Thus violence against them comes to have a societal sanction.

Manu laid down the Hindu code and that law insists that women must consider her husband as a god; she should be kept dependency by her husband.

In the medieval period, Islam and Hinduism encountered and interacted with each other, violence against women increased manifold, it included new elements.

Today violence against women in India has assumed an alarming proportion. According to one estimate, there are about thirty specific forms of violence being committed against women from the pre natal stage to their death.

#### **Causes of violence against women:**

Violence against women feeds off discrimination and serves to reinforce it. When women are abused in custody, when they are raped by armed forces as spoils of war" or when they are terrorized by violence in the home, unequal power relations between men and women are both manifested and enforced.

Violence against women is compounded by discrimination on the grounds of race, ethnicity, sexual identity, social status, class and age such multiple forms of discrimination further restrict women's choices, increases their vulnerability to violence and make it even harder for women to obtain justice.

#### **Effects of Violence Against Women :**

- 1) Violence stops women accessing their most basic rights - to safety, health, schooling and work. Due to violence women experience injury, mental health and emotional problems. Violence limits women's access to land, water and food and their ability to participate in work, education, travel and community meetings. It also stops women and their families from making positive changes in their own lives in order to end the poverty they and their communities experience.
- 2) Violence against women has economic costs for both the individual and society, including missed work, health care for survivors, emergency shelters and legal cases. For these reasons, violence against women constitutes a major obstacle to development, peace and security.
- 3) The issue of violence against women cannot be separated from other important issues affecting women, such as HIV and AIDS. Women are at a heightened risk of infection due to violence; but are also subject to violence if their positive status is disclosed.
- 4) Violence against women has an extreme negative impact on children that can result in emotional and psychological trauma. Children exposed to family violence can developed behavioral difficulties, for example:
  - Low self esteem
  - Increased level of anxiety
  - Repressed feelings of fear, anger, guilt and confusion
  - Aggression/temper tantrums
  - Sleeping problems, such as nightmares, difficulties falling asleep etc.
  - Lack of trust
  - Suicidal thoughts
  - Poor school performance
  - Decreased cognitive abilities
  - Lack of social competence.

**Put a stop to this: Suggestions** There is a need of recognition at the national level of the issue. Though government of India has considered this issue but, consistent follow-up is mandatory.

- There should be enough educational programs in all societies and cultures, both for women and men at the same levels.
- Government should make it compulsory to incorporate the programme in all health care facilities of India for proper screening of all types of domestic violence and abuse. Adequate emergency treatments with rehabilitative measures should be provided.
- There is also a need of reforms in the police departments and judicial processes which place constraints on women from accessing justice.
- Government can take help from social groups, religious leaders and even they can strengthen their law and order situation to decrease alcohol and other addictive material usage in the country.
- Legal literacy of women by creating awareness of rights among women through media, Published literature and voluntary agencies.
- Judicial activism, i.e., giving liberal and creative interpretation of law than literal or technical interpretation.
- Strengthening free legal aid societies.
- Effective functioning of family courts and family counseling services etc
- Remove all laws that discriminate against women; review and revise all State policies and practices to ensure that they do not discriminate against women; and ensure that provisions of multiple legal systems, where they exist, comply with international human rights standards, including the principle of non-discrimination
- Ensure that legislation is in place that adequately addresses all forms of violence against women
- Take positive measures to address structural causes of violence against women and to strengthen prevention efforts that address discriminatory practices and social norms
- Institute plans of action that are regularly monitored and updated ' Governments in consultation with civil society, in particular, NGOs and women's groups and networks
- Promote the competence of all personnel in the legal and criminal justice, health and education systems to meet the needs and secure the rights of victims/survivors through professional education, training and other capacity-building programmes
- Ensure that all human rights and fundamental freedoms are respected, protected and fulfilled.
- Educate men and women, boys and girls about women's human rights and their responsibility to respect the rights of others.
- Secure women's rights to inheritance, property, housing and social security, among the range of economic and social rights.

Media that includes television, radio and newspapers can play a positive role in creating awareness about the pitfalls of violence against women. Mass media power should not be undermined by our policy makers.

**“Preserve humanity, give respect, liberty and dignity to women.”**

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