

Intimate Partner Violence and Its Impact on Women's Physical and Mental Health

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Abstract— We have entered into a new millennium, but from the starting of the civilization till date, the women have continued to be suppressed and ill-treated by the patriarchal society. She is oppressed, dependent, exploited and discriminated throughout her life. Now-a-days, women security is one of the biggest concerns. Though crime against women existed in past also but in last decade only, it has become a matter of discussion and concern. Violence against women is gender based and is basically committed because of the sole reason that they are female. There is a number of violence that is committed against women. Some are performed by individuals while remaining is accomplished by the society. Intimate Partner Violence (I.P.V.) is the most common form of violence against women in which the perpetrator is either her husband/an intimate male partner. I.P.V. takes place between two individuals in an intimate relationship. Couple may not be married, but may be cohabiting or dating. This violence may occur in/outside of the home. I.P.V. can take a number of forms. This I.P.V. is not only a human right issue but also an important public health problem. In intimate relationship, physical violence is accompanied by psychological abuse. A significant number of deaths among women are caused by partner violence.

Index Terms— Discrimination, Intimate Partner, Judicial Reforms, Mental Health, Psychological Violence, Physical Health, Physical Violence, Sexual Violence, Women Empowerment

ABBREVIATION

BNS: Bharatiya Nyaya Sanhita
BNSS: Bharatiya Nagarik Suraksha Sanhita
BSA: Bharatiya Sakshya Adhinyam
CEDAW: Convention on the Elimination of All Forms of Discrimination against Women

DEVAW: Declaration on the Elimination of Violence against Women
DPSP: Directive Principles of State Policy
DV Act: Domestic Violence Act
H.C.: High Court
FIR: First Information Report
ICCPR: International Covenant on Civil and Political Rights
ICESCR: International Covenant on Economic, Social and Cultural Rights
IPV: Intimate Partner Violence
NCD: National Commission for Women
NGO: Non-governmental Organization
NPP: National Population Policy
PCEW: Parliamentary Committee on Empowerment of Women
PCPNDT: Pre-Natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act
PIL: Public Interest Litigation
POCSO: Protection of Children from Sexual Offences Act
POSH Act: Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act
S.C.: Supreme Court
UDHR: Universal Declaration of Human Rights
UoI: Union of India
WCD: Women and Child Development

I. INTRODUCTION

We have entered in a new millennium, but from the dawn of civilization till date, the women continue to be suppressed and ill-treated by the patriarchal society. In every walk of her life, she is weak, dependent on man, exploited and faces gender discrimination. This

gender-based violence which threatens the basic human rights of a woman, extends across economic, social, cultural and regional boundaries. Women in our society face violence throughout the life cycle from pre-birth to old age. Most crimes against women are unreported for a number of reasons such as fear, social stigma, drawbacks of legal mechanism and many more. Women are the soft targets for various illegal and suppressive activities in different walk of social life. Today, the most common forms of violence against women are done by her husband or an intimate male partner. Most of the women are economically dependent and emotionally involved with those who abuse them. IPV is common in all countries, irrespective of economic, social, religious or cultural groups. Through the effort of women's organization and international institutions around the world, now violation against women has become an issue of international human rights and public health concern.

II. MEANING OF INTIMATE PARTNER

Intimate partner includes –

- Current spouse
- Current non-marital partner
- Former marital partner:
 - Divorced partners
 - Separated partners
- Former non-marital partners

Thus, intimate partners need not be cohabiting. Again, the relationship need not always include sexual activities. Thus, if two persons have a child in common but they are not in any current relationship, they also fit in the category of former marital partners or former non-marital partners.

III. DEFINITION OF VIOLENCE AGAINST WOMEN

The term “violence against women” includes different types of harmful behavior directed towards women

¹ Article 1 of the Declaration on the Elimination of Violence against Women, 1993; retrieved from https://www.un.org/en/genocideprevention/document/s/atrocity-crimes/Doc.21_declaration%20elimination%20vaw.pdf on 14/11/2025 at 8:50.

and girls because of their gender. One of the most accepted definitions of violence against women has been given by the United Nations. The Elimination of Violence against Women (1993) defines violence against women as “any act of gender-based violence that results in or is likely to result in physical, sexual or mental harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.”¹ Again, the declaration gives lists of some forms of violence. It provides that violence against women includes physical, sexual and psychological violence. These acts again include spousal battering, violence related to dowry, sexual abuse, rape and all other traditional practices harmful to women. They also include sexual harassment at workplace and educational institutes, non-spousal violence, women trafficking, forceful prostitution and violence perpetrated by the state e.g. rape in war.² Thus, violence against women refers to those acts/behaviors of discrimination and deprivations rooted in gender-based inequality.

IV. TYPES OF INTIMATE PARTNER VIOLENCE

Violence is divided into four types:

- Physical violence
- Sexual violence
- Threat of physical/sexual violence
- Physical/emotional abuse when there is prior physical/ sexual violence/ prior threat of physical or sexual violence

Physical Violence: Physical violence includes the intentional use of physical force for causing death, hurt or grievous hurt disability, injury or harm. Thus, physical violence includes scratching, shoving, pushing, grabbing, throwing, shaking, choking, biting, slapping, poking, hair-pulling, hitting, punching, use of weapon, burning, use of restrains, etc. Again,

² Article 2 of the Declaration on the Elimination of Violence against Women, 1993; retrieved from https://www.un.org/en/genocideprevention/document/s/atrocity-crimes/Doc.21_declaration%20elimination%20vaw.pdf on 14/11/2025 at 8:50.

physical violence also includes coercing any other person for committing any of the above acts.

Sexual Violence: Sexual violence is divided into three types –

- By physical force, compel any individual to engage in any sexual act against her/his will, whether or not the act is completed.
- Any attempt or complete sexual act with a person who is not able to understand the nature and the consequence of the act, to deny participation, or unable to communicate own unwillingness to engage in the sexual act, e.g. as a result of illness, disability, influence of drug or alcohol or due to pressure or intimidation.
- Abusive sexual contact.

Threat of Physical/Sexual Violence: Threat means the use of words, gestures or weapons to communicate one's intention to cause death, hurt, disability, injury or physical harm and also includes use of words, gestures or weapons to communicate the intention so as to compel a person against her/his will to engage in sexual acts or abusive sexual contact.

Psychological/Emotional Abuse: Psychological or emotional abuse includes trauma to the victim caused by words, actions, threats or coercive tactics. Perpetrators use psychological abuse to control, terrorize and denigrate their victims. It generally happens prior to or concurrently with sexual or physical abuse. Psychological abuse involves –

- Humiliation.
- Control what can/can't be done.
- Withhold information.
- Deliberately making someone embarrassed or diminished.
- Isolate the victim from family and/or friends.
- Denying the victim access to basic resources.

- Demeaning someone whether in public/private place.
- Stalking.
- Undermining the victim's self-worth and confidence etc.

“48.4% of women have experienced at least one psychological aggressive behavior by an intimate partner.”³

“4 out of 10 women have experienced at least one form of coercive control by an intimate partner in their life.”⁴

“17.9% of women have experienced a situation where an intimate partner tried to keep them from seeing family and friends.”⁵

“18.7% of women have experienced threats of physical harm by an intimate partner.”⁶

V. CRIME STATISTICS RELATED TO WOMEN IN INDIA (2020–2024)⁷

2020

- Total crimes against women: 3,71,503 cases
- Crime rate: 56.5 per lakh women population
- Increase in domestic violence cases during the COVID-19 lockdown period.

2021

- Total crimes against women: 4,28,278 cases
- Crime rate: 64.5 per lakh women population
- Around 49 crimes per hour were reported against women in India.

2022

- Total crimes against women: 4,45,256 cases
- Crime rate: 66.4 per lakh women population
- About 51 FIRs per hour registered against women.
- Major offences included cruelty by husband/relatives, kidnapping, assault, and rape.

³ Breeding, M.J., Chen, J. & Black, M. C. (2014). *Intimate Partner Violence in United States -2010 Atlanta, GA; National Center for Injury Prevention and Control, Centers of Disease Control and Prevention*; Retrieved from https://www.cdc.gov/violenceprevention/pdf/cdc_nis

vs_ipv_report_2013_v17_single_a.pdf on 22/10/2025 at 09:55

⁴ Ibid

⁵ Ibid

⁶ Ibid

⁷ Government of India, Ministry of Home Affairs, Report of National Crime Record Bureau, 2024.

2023

- Total crimes against women: 4,48,211 cases
- Crime rate: 66.2 per lakh women population
- Increase of 0.7% compared to 2022.
- “Cruelty by husband or relatives” remained the largest category of offences.

2024

- Total crimes against women: approximately 4.41 lakh cases
- Slight decline of 1.5% from 2023 according to NCRB data.

VI. CONSEQUENCES OF INTIMATE PARTNER VIOLENCE

Intimate partner violence affects both mental and physical health of women directly such as injury and indirectly such as chronic health problems which results from prolonged stress. Thus, violence experience is a root cause of many diseases and conditions. Even the influence of violence can persist long after the violence has stopped. The more severe the violence, the greater its impact on a woman’s mental and physical health.

Injury And Physical Health: The physical injury resulting from intimate partner violence includes fractures, broken bones or teeth, sight and hearing damage, attempted strangulation, bruises, welts, lacerations and abrasions, abdominal and thoracic injuries. However, in addition to injury and possibly far more common, are ailments that have no identifiable medical cause and are also very difficult to diagnose. Sometimes these are referred to as ‘stress-related conditions’ or ‘functional disorders.’

Mental Health and Suicide: Abused women by their partners suffer severe levels of depression, phobias and anxiety than non-abused women. In the WHO multi-country study, “reports of emotional distress, thoughts of suicide and attempted suicide were significantly higher among women who had ever

experienced physical or sexual violence than those who had not.”⁸ In addition, intimate partner violence has also the following results-

- Alcohol and drug abuse;
- Eating and sleeping disorder;
- Physical inactivity;
- Poor self-esteem;
- Poor-traumatic stress disorder;
- Smoking;
- Self-harm;
- Unsafe sexual behavior etc.

Sexual And Reproductive Health: IPV may lead to a number of negative sexual and reproductive health issues for women, including sexually transmitted infections including HIV, sexual dysfunction, pelvic inflammatory disease, pregnancy complications, unsafe abortion, unwanted pregnancy , sexually transmitted infections through forced sexual intercourse within marriage or through indirect ways, for example, creating such situation that women finds it difficult to negotiate condom or contraceptive use with their partners.

Violence During Pregnancy: Physical intimate partner violence is very common in all over the globe. And this violation during pregnancy has the following results –

- Maternal mortality;
- Stillbirth;
- Late entry into prenatal care;
- Low-birth-weight or small-for-gestational-age infants etc.

Effects On Child: From our childhood we can easily answer what a child needs. First and foremost, a child needs loving parents, safe and secure home which is free of violence. If things go wrong outside the world, home should be a place of support, comfort and help. Unfortunately, worldwide 275 million children are exposed to violence in their own home.⁹ Child who lives with and is aware of violence in his home faces

⁸Prevalence of intimate partner violence: Findings from the WHO multi-country study on women’s health and domestic violence; retrieved from https://www.who.int/gender/violence/who_multicountry_study/media_corner/Prevalence_intimatepartner_WHOstudy.pdf on 02/10/2025 at 07:30

⁹ Behind closed doors: Impact of Domestic Violence on Children; UNICEF report; retrieved from <https://www.unicef.org/media/files/BehindClosedDoors.pdf> on 7/10/2025 at 10:15

many challenges and risks that can last forever their lives. Children who are exposed to intimate partner violence experience emotional stress which badly affect children's development of brains, emotional distress, fear, anxiety, depression, poor performance in study and extracurricular activity, negative health outcome, immature behavior, sleep problem, irritability and many more. Thus, IPV at home creates hurdles in child's physical, emotional and social development.

Women's Response to Abuse: Quantitative studies have shown that most of the abused women are not passive victims, but adopt active methods to increase their safety and that of their children. Some of the women resist, some flee, while still others try to keep the peace by fulfilling their husband's demands. To the outside world, it may seem an absence of positive response by the women may in reality be a calculated assessment to protect herself and her children and to survive in the marriage. Again, a women's response to abuse is depended on the limited options available to her. There are a number of factors which keep women in abusive relationships. These are economic dependence, fear of retribution, emotional dependence, absence of support from family and friends, concern for the children's future and last but not the least an abiding hope that the man will change.¹⁰

VII. LAW AND POLICY FRAMED IN INDIA AGAINST GENDER VIOLNCE AND INEQUALITY

India has passed a number of legislations and policies to combat violence against women and also established national, state and district level statutory bodies.

Constitution of India: Part III (Art. 12 to 35) of the Constitution of India guarantees fundamental rights to all citizens of India (including women). It ensures right to equality, freedom, right against exploitation and constitutional remedies. Again, Part IV (Art. 36-51) provides DPSP which also emphasis on equality.

Bharatiya Nyaya Sanhita: The BNS contains several provisions protecting women's rights and dignity. Important sections include laws against rape, sexual harassment, stalking, voyeurism, trafficking, acid attacks, and cruelty by husband or relatives. The BNS also strengthens punishment for offences such as dowry death, outraging modesty, and assault with intent to disrobe. Provisions relating to kidnapping, forced marriage, and exploitation of women ensure greater protection and safety. These sections aim to uphold women's equality, bodily autonomy, and dignity while providing stricter penalties and faster justice against gender-based crimes in India.

Bharatiya Nagarik Suraksha Sanhita: The BNSS includes several provisions safeguarding women's rights during criminal proceedings. It ensures privacy and dignity of women victims by allowing statements to be recorded by female police officers or magistrates, especially in sexual offence cases. Medical examination of rape victims must be conducted by registered female practitioners where possible. BNSS also provides for speedy investigation and trial of crimes against women. Provisions relating to legal aid, victim compensation, witness protection, and in-camera trials strengthen women's access to justice. These measures aim to create a sensitive, fair, and victim-friendly criminal justice system in India.

Prorection of Women from Domestic Violence Act, 2005: This Act provides protection to women from domestic violence which includes physical, emotional, verbal, sexual and economic abuse of women within the family and the home. This is a civil law which is meant for protection orders and not to penalize criminally.

Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (PoSH Act): Through this Act, any women, whether an employee or not, either working in the organized/unorganized sector, if victim of sexual harassment at the workplace can get protection.

Indecent Representation of Women (Prohibition) Act, 1996: This Act prohibits indecent representation of women through advertisement, writing, painting, figures and other similar display.

¹⁰ Dutton MA, "Battered Women's Strategic Response to Violence: the role of context"; American Psychiatric Association; SAGE; 1996; retrieved from

<https://psycnet.apa.org/record/1996-98753-006> on 20/10/2025 at 06:15

Information Technology Act, 2000: This Act makes some offences against women punishable such as sending offensive message, violation of privacy, spreading obscene and sexually exploited materials etc.

Protection of Children from Sexual Offences Act, 2012(Pocso): This Act provides protection to children from offences of sexual assault, sexual harassment, pornography etc.

Immoral Traffic in Women and Girl Act, 1956: It aims to prohibit trafficking and sexual exploitation of women and children for commercial use.

Dowry Prohibition Act, 1961: Giving or taking dowry is punishable under the Act.

Pre-Natal Diagnostic Techniques (Regulation and Prevention of Misuse) (Pcpndt) Act, 1994: This Act regulates pre-natal diagnostic techniques to reduce selective abortion caused by pre-natal sex determination.

National Population Policy (NPP), 2000: This policy aims to empower women by giving them full control over their family planning and reproductive choices.

National Policy on the Empowerment of Women, 2011: Some of the objectives of this Act include equal access and participation in the political, economic, social, cultural, health and civil spheres, elimination of all forms of violence against women and girls, adopting a gendered perspective in development and strengthening the legal system.

Legal Services Authority Act, 1987: This Act provides legal aid to all, including women and children, based on equal opportunity to justice.

Statutory Bodies:

- Ministry of Women and Child Development (WCD)
- National Commission for Women (NCW)
- Parliamentary Committee on Empowerment of Women (PCEW) – A special committee formed to oversee the empowerment of women in India.

VIII. INTERNATIONAL INSTRUMENTS

There are a number of international instruments for ending violence against women. Here are some of the prominent instruments –

In international level, violence against women is recognized as violence of human rights. Though United Nations early human rights law did not specifically mentioned violence against women, still relevant. For the first time, the Universal Declaration of Human Rights (UDHR) was adopted by the United Nations in 1948. Though UDHR was not originally binding on member states, but it received wide acceptance. UDHR states “everyone has the right to life, liberty and security of person.”¹¹ Same right was reaffirmed by the ICCPR (1966) which protects the right to life¹² and the right to liberty and security of person¹³, right to equal protection under the law¹⁴ and the ICESCR which gives the right to the highest standard of physical and mental health.¹⁵

All these rights are implicated in violence against women cases. As a result, states which are parties to these international instruments have an implicit duty to protect their women from violence as a part of their obligations.

Like the earlier conventions on human rights, the CEDAW, 1981, did not expressly include violence against women. However, CEDAW’s primary focus is to “condemn discrimination against women in all its forms”.¹⁶ This article was interpreted to cover violence against women.

Later on, the monitoring body of CEDAW, the Committee on the Elimination of All Forms of Discrimination against Women adopted General Recommendation Number 19¹⁷ which explicitly included gender-based violence as a form of discrimination covered by CEDAW. It provided that the discrimination includes gender-based violence that is violence which is targeted towards women for the reason that she is a woman or which affects women disproportionately. It implies acts which results

¹¹Article 3 of the Universal Declaration of Human Rights, 1948.

¹²Article 16 of ICCPR

¹³Article 9 of ICCPR

¹⁴Article 14 of ICCPR

¹⁵Article 12 of ICESCR

¹⁶Article 2 of CEDAW.

¹⁷ CEDAW Committee: General Recommendation no.19 on Violence against Women: retrieved from <https://oursplatform.org/resource/cedaw-committee-general-recommendation-no-19-violence-women/> on 17/10/2025 at 08:05.

mental, physical or sexual harm or suffering, threats of such acts, coercion and other deprivations of liberty. Recommendation 19 also specifically addresses violence as a form of discrimination against women. In 1999, the General Assembly, adopted the Optional Protocol to the CEDAW. The optional protocol provides two methods to monitor compliance with CEDAW. Firstly, it established a communication procedure for individual women/groups of women to seek claims of violence of CEDAW after exhausting domestic remedies.¹⁸ Secondly; it creates an inquiry procedure through which the committee can investigate incidents of violence of women's right. Finally, the Declaration on the Elimination of Violence against Women was adopted by the UN General Assembly on 20th December, 1993, through its 48/104 resolution. It covers physical, sexual and psychological violence at home and elsewhere in society. It has also given the most widely accepted definition of the term 'violence against women.' The declaration provided three categories of violence against women. First type is violence perpetrated by the state, e.g., violence against women in custody, second type is violence occurring with the general community, e.g., sexual harassment, rape, trafficking in women etc. Third type is violence in the family and in the private sphere, e.g., incest and selective abortions. The declaration states that these rights include right to life, equality, liberty, equal protection under the law, right to the highest standard of physical and mental health, right to just and favorable condition of work, right not to subject to torture, cruelty, inhuman or degrading treatment or punishment.¹⁹

IX. JUDICIAL PRONOUNCEMENTS

Here are some of the leading Supreme Court judgments to grant equality and equal protection to women:

- Sexual harassment at workplace:

¹⁸Article 2 and 4 of the Optional Protocol to the Convention on the Elimination of Discrimination against Women

¹⁹ Article 3 of the Declaration on the Elimination of Violence against Women, 1993.

²⁰ AIR 1997, SC 301

In Vishaka Vs. State of Rajasthan²⁰, the Hon'ble Supreme Court has held that it is an urgent need to provide a safe environment to women which should be free from sexual harassment and accordingly passed several guidelines for the implementation by the govt. and the employers.

In Apparel Export Promotions Council Vs. A. K. Chopra²¹, a case related to molestation of a female employee where the accused employee was terminated by the disciplinary authority of the company, the Hon'ble Supreme Court upheld the termination as valid.

In Medha Katwal Lele Vs. Union of India²², one PIL was filed on the ground of non-implementation of Vishaka guidelines. The Hon'ble S.C. issued directions to all the State Governments to make amendments in their service rules to implement Vishaka's guidelines and also held that even after if any person faces grievance of any sort regard to non-compliance of the Vishaka's guidelines, then for necessary actions, the aggrieved person can directly move the H.C

- Domestic Violence:

D. Velusamy Vs. D. Patchaiammal,²³ in this case the Hon'ble S.C. recognized the concept of live-in-relationships. The court held that a new relationship had come into practice and the provisions of the DV Act would be applicable to such a relationship for the interest of the girl.

In Krishna Bhattacharjee Vs. Sarathi Choudhury,²⁴ the appellant had filed an application under the provisions of the DV Act for seeking her streedhan from her husband. The S.C. held that a petition under DV Act would be maintainable even if the cause of action had arisen before the DV Act came into force. Also held it would be immaterial if the parties were no longer living together after the passage of the DV Act.

- Access to places of worship:

In Indian Young Lawyer's Association Vs. The State of Karnataka,²⁵ the Administration of the trust of the

²¹ AIR 1999, S.C. 625

²² (2013)1SCC 297

²³ (2010) 10 SCC 469

²⁴ 2015(12) SCALE 521

²⁵ W.P.(C) No. 373 of 2006

Lord Ayapp temple at Sabarimila, Kerala banned the entry of women devotees from the age of 10 to 50 inside the temple based on certain ancient customs and usages. The S.C. held that the exclusionary practice at Sabarimila was violating the rights of the women as it has imposed a restriction on their freedom and as such the restriction is violative of their right to worship.

Dr. Noorjahan Safia Niaz Vs. State of Maharashtra,²⁶ the question before the court was whether women could be allowed entry in the Sanctum Sanctorum inside the Haji Ali Dargah. The court held that the ban on entry of women within the Dargah is discriminatory and against the principle of equality and thus, unconstitutional.

○ Acid attack:

Laxmi Vs. Union of India,²⁷ the Hon'ble S.C. has passed directions with regard to compensation and other free medical assistance and aids to the acid attack victims.

Parivartan Kendra Vs. UOI²⁸, in this case, a PIL was filed by an NGO named Parivartan Kendra wherein they contended that the direction issued by the S.C. in Laxmi's case is not followed by the state authorities. The S.C. took cognizance and directed the state government to ensure that the directions given in Laxmi case are properly implemented and followed.

○ Sex Selection and Termination of Pregnancy:

Sabu Mathew George Vs. UOI,²⁹ the S.C. gave directions to the three software companies for auto-blocking the results related to sex determination after considering the point of access to information.

Suchita Srivastava & Anr. Vs. Chandigarh Administration,³⁰ the moot was the termination of a mentally retarded woman who was pregnant after being raped at a healthcare institution. The S.C. held that as the woman has shown her willingness to bear the child, the pregnancy can't be terminated against her will and unless there is a risk to the life a pregnant woman or a grave injury is possible to her mental or physical health.

○ Dowry Death:

Kaus Raj Vs. The State of Punjab,³¹ the S.C. held that if there is evidence of demand of dowry after marriage and a woman is found dead within the seven years of her marriage, not in usual course but apparently under suspicious circumstances, then it would be deemed that her dowry death was caused by her husband and his relatives.

In Pawan Kumar & Ors. Vs. the State of Haryana,³² the Hon'ble S.C. held that for the purpose of the provisions of cruelty and harassment would not only mean physical but also mental. As there was demand for dowry within few days of marriage by the husband, thus the husband had been involved in committing acts of mental cruelty on his wife and thus, drove her to commit suicide.

○ Discrimination:

Air India Vs. Nergesh Meerza,³³ the Rules formulated by Air India was that an Air Hostess would retire on attaining the age of 35 years, or on marriage if the marriage is contracted within the first four years of service or on the first pregnancy of the Air Hostess, whichever was earlier. The court held that the Rules were violative of Art. 14 of the Indian Constitution and thus unconstitutional and thus struck down those rules.

C. B. Muthamma Vs. UOI,³⁴ the Indian Foreign Services rules were challenged where a women employee had to take prior permission before marriage from the government and if it was found that her married life was hampering her duties than she may have to resign. The court held that such rules are violation of the right to equality and thus against the Constitution.

X. CONCLUSION

IPV and abuse have a great impact on women's psychological, physical, sexual and reproductive health. It has the following health outcomes: HIV infection, sexually transmitted diseases, forced abortion, premature birth, low birth weight, mental health problems, injuries, and death from homicide, suicide and many more. Thus, IPV is a grave human

²⁶ 2016 SCC Online Bom 5394

²⁷ AIR 2015, SC 3662

²⁸ 2015 (B) SCALE 325

²⁹ 2016(12) SCALB 75

³⁰ (2009) (11) SCALE 813

³¹ (2000) SCC 207

³² 1998(3) SCC309

³³ 1981, AIR 1829

³⁴ 1979, AIR 1868

rights and public health problem. Solution of this problem requires joint involvement of many organizations working at community, national and international levels. At each level, priorities should be on empowering women and girls providing support and care to the victims and increasing penalties for abusers. Progress made in each level should be the key to achieve global reductions in IPV. As described by Rashida Manjoo, the current UN Special Rapporteur on violence against women, “states must acknowledge that violence against women is not root problem, but violence occurs because other forms of discrimination are allowed to flourish,”³⁵

XI. SUGGESTIONS

1. Women’s education: More emphasis should be given on women’s education so that women would be aware of their rights and remedies available to them.
2. Women empowerment: Women should be empowered so that they would not be financially dependent on their male partner.
3. Support for victims: Women’s crisis centers and battered women’s shelters should be established for providing counseling, job training, programmes for children, assistance in dealing with social services and with legal matters, treatment for drug and alcohol abuse etc.
4. Legal remedies and judicial reforms: Access to legal remedies must be made easier for women victims. Judicial reforms should be made so that fast and effective relief can be given to IPV victims.
5. Treatment for abusers: Treatment programmes for perpetrators of partner violence should be done.
6. Health service interventions: Most women victims come into contact with health system at some point in their lives, e.g. - when they give birth or seek care for their children and sometimes when they seek contraception. This is the time and place where women undergoing

abuse can be identified, provided with counseling and if necessary, referred to specialized treatment and services.

7. Community based effort: Non-governmental organization members sometimes visit victims of violence in their homes and communities. Non-governmental organization can recruit and train workers from their earlier clients, who were themselves victims of IPV and these workers can work in the grass root level.
8. Preventive campaigns and school programmed: Preventive campaigns and school programmes on IPV should be organized to raise public awareness.
9. Action at all levels: To prevent and cure IPV actions should be taken at both national and international levels. At national level, priorities should be to improve the status of women, making adequate norms, policies and laws on abuse and creating a good social environment for women within the country.
10. Women’s involvement: Intervention should be framed to work with women who will be naturally the best judge of their situation.
11. Multi-sectored Approach: Various sectors like judiciary, health dept. police and social support services should work together in dealing with the problem of IPV.
12. Investment: Govt. should invest much more in IPV research.
13. Integrated Programmes: IPV should be integrated with other programmes, e.g.-those tackling teenage pregnancies, youth violence, substance abuse and other forms of family violence.
14. Mental illness: Women with active psychiatric symptoms should be identified and treated promptly. Patients with psychiatric illness should be kept in protected environment till substantial improvement is noticed. Public awareness should be created on mental illness.

³⁵Statement by Rashida Manjoo, United Nations Special Rapporteur on Violence against Women, it’s causes and consequences; 2015 retrieved from <https://www.unodc.org/documents/justice-and->

prison-reform/IEGM_GRK_BKK/Statement_on_Gender-related_killings_for_Bangkok_meeting_November_11_2014.pdf on 22/10/2025 at 8:55

15. Law enforcement: Efficient and accountable law enforcement machinery at all levels of the govt. is needed.
16. Code of conduct: At home, school and work place, code of conduct with respect to interaction with opposite sex should be implemented.