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Ending all Violence Against and Exploitation of Women and Girls

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Abstract: One of the most visible manifestations of men's and women's power disparities is violence against women and girls. The analysis of statistical data and surveys reveals that violence against women in various forms is a global phenomenon that crosses across cultures, nations, and social and age groups. The core causes of violence against women, according to this paper, are prevalent gender norms and an asymmetrical power stability between men and women. The publication explains the international and regional human rights frameworks relating to gender-based violence, as well as the devastating impact of violence against women and girls on human development and how this links to the majority of the Millennium Development Goals. It is emphasized that gender stereotypes and the connection between the sexes must be addressed in order to prevent gender-based violence. As a result, collaborating with men and boys is just as crucial as assisting women and girls.

Objectives

The objectives of this paper are to:

- Understand the meaning of violence;
- Understanding the types and reasons for gender based violence;
- Understanding the social factors contributing to violence against women;
- Understanding the Millennium Development Goals;
- Promoting the gender equality through working with men and boys;
- Promoting the Preventive measures;
- Promoting the role of Healthcare system.

Research Methodology

In order to assess and analyze the gender based violence, number of qualitative and quantitative aspects were used in the analysis. Tools, analytical techniques, and appropriate approaches were employed in this investigation. In this study, secondary data was employed as a source of information. The data was then analyzed using various methods to arrive at the results and draw a conclusion.

Introduction

The Sustainable Development Goals (SDGs), a collection of 17 goals and 169 targets aimed at transforming the world over the next 15 years, were unanimously accepted by the United Nations' 193 member states on September 25, 2015. These objectives are intended to eliminate poverty, prejudice, abuse, and avoidable deaths, as well as to address environmental damage and usher in a new period of development for all people everywhere. This agenda is a welcome departure from the Millennium Development Goals, which were established in 2000. (MDGs). The prevalence of violence against women, even after 15 years of MDGs, has been identified as undermining progress on other MDGs, due to its devastating effect on women's ability to contribute to and benefit from larger developmental processes.

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Despite the fact that most indicators of gender equality have improved since the MDGs were implemented, gender gaps still remain. More than 30% of women in the world have been subjected to physical or sexual violence. As a result, unlike the MDGs, the SDGs prioritized the prevention of violence against women and girls. This also allows for strong leadership and advocacy, which are necessary for motivating and committing financial and other resources.

SDG 5 sets a set of goals to abolish discrimination, violence, and harmful behaviors, to recognize and reward unpaid care labor, to increase participation and leadership in decision-making, and to ensure universal access to sexual and reproductive health and reproductive choice.

Gender equality is not only a basic human right, but also a prerequisite for a secure, affluent, and long-term world.

In the last several decades, advancement has been achieved: more girls are attending school, fewer girls are being coerced into early marriages, more women are serving in parliament and in leadership positions, and laws are being modified to promote gender equality.

Despite these improvements, significant challenges persist: discriminatory legislation and societal norms persist, women are underrepresented at all forms of political authority, and 1 in 5 women and girls aged 15 to 49 report suffering physical or sexual assault by an intimate partner in the previous year.

What is Violence against Women?

"Violence against women is undoubtedly the most heinous violation of human rights. And it's probably the most common. It is unconstrained by region, culture, or income. We cannot claim to be making true progress toward equality, growth, and peace as long as this trend continues."

Physical violence against women is not the sole form of violence against women. It encompasses all forms of abuse, including sexual, emotional, psychological, and financial. Domestic and familial violence, as well as sexual assault, are the two main categories of violence against women targeted by the National Plan.

On an international level, the United Nations Declaration on the Elimination of Violence against Women provides the following definition:

'The term violence against women means any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.'

Women's and girls' violence is frequently viewed as a singular issue with isolated incidences. A look at the empirical evidence, on the other hand, paints a bleak picture. According to the World Bank, violence against women is a leading cause of death and disability among women of reproductive age, outnumbering traffic accidents and malaria combined.

Violence against women is not only a fundamental violation of human rights, but it is also one of the most serious public health issues and a major contributor to poverty. As a result, decreasing violence against women and girls is critical to meeting the Millennium Development Goals.

The following are some of the most important aspects of domestic violence:

☐ acts of violence committed by people who are in, or have been in, a close relationship;

☐ a prolonged pattern of behavior aimed at dominating a partner through fear, such as utilizing violent and threatening behavior. In most situations, the violent behavior is part of a set of strategies used to exert authority and control over women and their children, and it can be both criminal and non-criminal.

☐ Physical, sexual, emotional, psychological, and financial abuse are examples of threatening or violent behavior.

Spanks, shoves, blows, punches, and kicks, as well as being pushed down the stairs or across the room, stomping, arm twisting, suffocating, and being burned or wounded, are all examples of physical violence.

Controlling behaviors such as financial control, estrangement from family and friends, constant disgrace, threats against children, or being threatened with pain or death can all be examples of psychological and emotional abuse.

Coercively controlling another person's money or other assets is considered financial or economic abuse.

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It can also include extortingmoney, refusing to let a victim participate in financial decisions, or prohibiting a victim from working.

Family violence is a broad phrase that encompasses both violence among family members and violence between intimate partners. It ischaracterized by the same types of behaviors as domestic violence.

Although only some parts of family violence are capital crimes, the National Plan recognizes that any conduct that causes the victim to livein dread is wrong.

Rape, sexual abuse with tools, being forced to view or partake in pornography, forcible prostitution, and being forced into sex with the offender's acquaintances are all examples of sexual assault or sexual violence.

According to research, women are frequently subjected to a continuousspectrum of violence, ranging from cognitive, financial, and emotional abuse to physical and sexual violence.

Scope of the Problem

Every country in the world has violence against women. It affects every aspect of society and affects people of all ages. Regardless of their cultural circumstances, many offenders of violence towards women assume that their actions will be met with little criticism from their peers.

According to statistics, violence against women is extremely common. In total, it is projected that one out of every three women in the world will experience some sort of gender-based violence during their existence.

The following section describe the various kinds and types of violenceagainst women:

- ☐ Violence occurring within the family and between intimate partners: The use of violence, coercion, assault, or intimidation to dominate or dominate a family member, partner, or ex-partner is known as family violence (also known as domestic violence). There is a disparity in such a relationship, where unacceptable behavior or violence is utilized to control others.

    Family also influences whether or not women are subjected to socially sanctioned types of violence against women. Female genital mutilation, for example, is estimated to affect roughly 130 million girls and women globally, according to the Office of the High Commissioner for Human Rights.

    Family members who act in conformity with socially accepted concepts of "family honor" may also mistreat women. Every year,tens of thousands of women and girls are murdered by members of their own families in attempt to reestablish "family honor." Finally, these women are victims of misogynistic standards of conduct that allow for the execution of women and girls as a penalty for violating society norms.

    Intimate partner violence (IPV) is when a romantic relationship is characterized by abuse or aggressiveness. Both current and previous spouses, as well as dating partners, are considered "intimate partners." The frequency with which IPV occurs and the severity with which it is manifested are also variables. It can range from a single violent event with long-term consequences tonumerous years of chronic and severe bouts. IPV is a major publichealth concern with several personal and societal repercussions. Around 35% of female IPV survivors and more than 11% of male IPV survivors suffer from bodily injuries as a result of the IPV. IPV might also cause death.

    IPV is also linked to a slew of additional harmful health consequences. These include a variety of chronic illnesses that impact the heart, digestive, reproductive, muscle and bone, and nervous systems. Survivors may suffer from mental health issues such as anxiety and signs of posttraumatic stress disorder (PTSD).They are more likely to engage in risky activities including smoking, excessive drinking, and sexual risk. People from marginalized groups, such as racial and ethnic minorities, are at ahigher risk of experiencing negative outcomes.

- ☐ Violence occurring within the general community and at theworkplace: One of the most important occupational dangers nowadays is sexual harassment in the workplace and in educational institutions.

    Women's workplace violence and harassment are frequently a manifestation of power and control

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(by co-workers, employers and supervisors, and third parties). It can take a variety of implicit and explicit forms, and it can be influenced by how work is organized and how work activities are carried out. Many workplaces have adopted rules and procedures, frequently jointly approved by employers and workers' representatives, as a result of research on these dynamics and their detrimental impact, as well as women's activism and greater reporting of violence and harassment, as well as legal duties.

Young people are particularly vulnerable to manipulation at work. According to the International Labor Organization, nearly 250 million children aged five to fourteen in emerging regions are forced to work. Through illegitimate and unorganized labor, girls in particular are susceptible to serious exploitation. These women are at the hands of their employers as domestic employees, carpet weavers, industrial laborers, or prostitutes, with little hope of a brighter future.
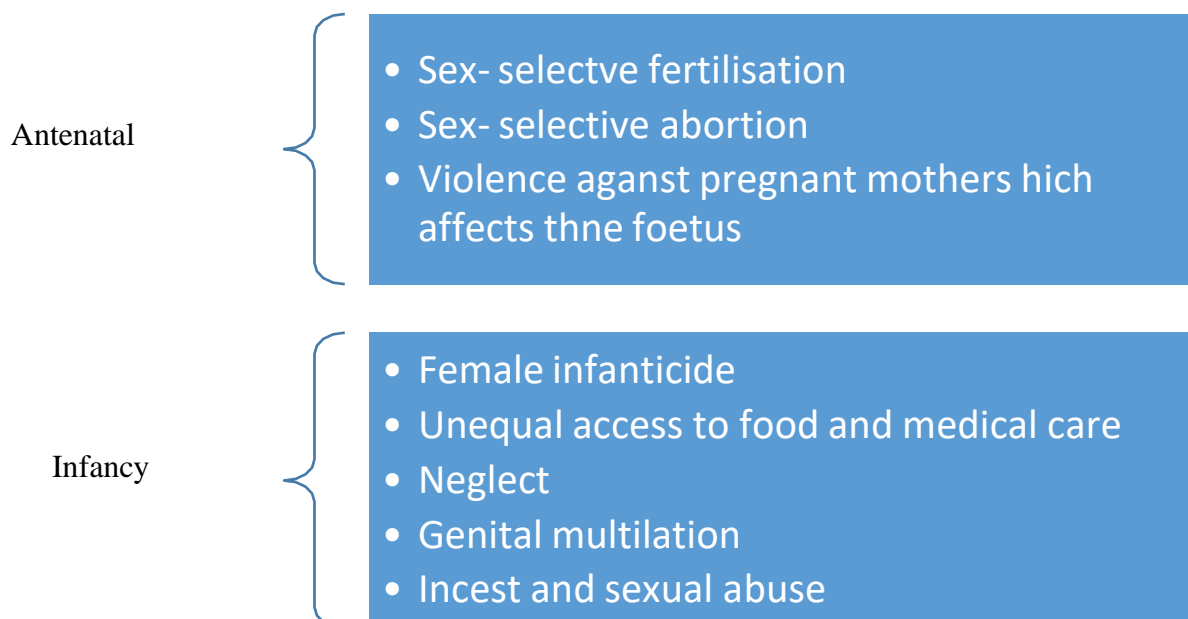
Violence within the female lifecycle

Women's lives are impacted by gender-based violence throughout their lives. Women may be threatened with sexual assault, rape, or incest at any stage in their life. While males are at risk as well, the likelihood of a girl being raped or sexually assaulted is substantially higher than that of
her brothers. Furthermore, perpetrators of violence against women can be family members, individuals in positions of trust or power, or even strangers. Physical, economic, and emotional forms of violence frequently reinforce each other, leaving women vulnerable to interdependent and cumulative patterns of violence.

Fear of violence, especially harassment, has a long-term harmful impact on women's self-esteem and dignity, as well as their mobility and access to resources, as well as their fundamental social, economic, and political activities.

Violence against women has a multigenerational impact: boys and girls learn and procreate in large part based on their parents' gender roles. Men who observe and experience violence as youngsters are more prone to employ violence against their partner and children as adults. Similarly, women who see or suffer violence as youngsters are more likely to be victimized in adulthood. Women who have had their female relatives subjected to female genital mutilation are more inclined to express for or allow it to continue to them.

It's crucial to remember that there are particular types of violence against women that only occur in certain cultural contexts. Dowry- related violence, female infanticide and selective abortion of female fetuses, honor killings, and female genital mutilation are examples of this. While there is undeniable cultural variance in violence, it is important to remember that gender-based violence has universal characteristics. Even if the forms in which this exploitation of authority manifests varied, violence is a systemic problem in many civilizations around the world

Antenatal
- Sex- selectve fertilisation
- Sex- selective abortion
- Violence aganst pregnant mothers hich affects thne foetus

Infancy
- Female infanticide
- Unequal access to food and medical care
- Neglect
- Genital multilation
- Incest and sexual abuse

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Childhood

- Genital Multilation
- Incest and sexsual abuse
- Unequal access to food, medical care and education
- Child labor, child prostitution and trafficking

Juvenile

- Dating & courtshp violence
- Economically coerced sex
- Forced Marriage
- Rape
- Marital rape
- Sexsual harassment and abuse on the way yo, or from, school/ the workplace
- Persecution of Lesbians
- Honour killings

Old Age

- Abuse of Widows
- Accusation and rituals related to witchcraft
- Forced "suicide" or homicide of widows for economic reasons
- Neglect of older women
- Psychological abuse by partner and relatives
- Physical abuse by partner and relatives
- Rape
- Sexual harassment

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Violence and Gender

The term 'gender' refers to a set of attributes and personal attributes that men and women are expected to exhibit in society. These preconceptions are based on the notion that some attributes, attitudes, characteristics, and positions are "natural" for males while others are "natural" for women. Gender, on the other hand, is socially defined and learnt, rather than being natural or biological. Gender issues play a role in social, political, and economic transformations. Families, schools, the media, civic society, and the state all have an impact on gender roles.

Many commonly accepted gender standards around the world are founded on a set of ideas that favors males over women. In general, men's roles and characteristics are valued more highly than women's. As a result, masculine roles are frequently regarded as deserving of better remuneration and prominence. This demonstrates how gender hierarchies are intertwined with larger economic and social power dynamics.

Gender thus aids in the formation of hierarchies and the perpetuation of inequities. Gender is concerned with power dynamics between the sexes, which favor males over women and provide preference to certain groups over others, such as heterosexuals over homosexual, bisexual, lesbian, or transgendered people. Women's violence serves as a "policing mechanism" for creating, manifesting, defending, and reinforcing unequal inequalities. As a result, explanations for violence against women are a defense of today's unequal gender norms and socio-economic power structures in the public and private arenas.

Violence and male role models

Men are not born cruel toward women and children; rather, their views and standards about what it means to be a man lead to violence. When it comes to male aggression, it's important to look at two components of male gender norms in particular. The first is men's perception of "entitlement" to certain advantages over women, while the second is about some of the most generally accepted traditional masculinity, such as how men are supposed to act and the precise roles they are expected to play.

Boys and men are encouraged that they are entitled to many forms of benefits that women are not. Greater authority and access over women in the public realm, influence over their economic activities, earnings, and mobility; and a right to sex, obedience, and other services (such as childbirth, cooking, caretaking, and cleaning) from them within the house are instances of masculine advantages.

Boys and males in various societies learn to varying degrees that it is appropriate to assert their "authorizations" through violence towards women. "The events that precipitate violence in abusive relationships are strikingly similar," according to the WHO World Report on Violence and Health published in 2002. Disobedience or arguing with the man;

asking him about money or girlfriends; not having food ready on time; not caring enough for the children or home; refusing to have sex; and suspecting a woman of adultery are just a few examples. Many men, in fact, blame their aggressive behavior on the shortcomings of the women and reject any culpability. Many countries have paradoxical moral frameworks that allow men to have extramarital affairs while yet believing they are decent husbands and fathers. Many men retaliate violently when their wives seek family assistance and criticize their husbands' spending on girlfriends.

Gender standards, in addition to a sense of superiority, play a major role in conditioning men to use violence. Women and men have distinct qualities and duties, which most people can identify regardless of where they reside. These attributes aren't exclusive to any one man or woman, but rather to a societal expectation of what men and women should be.

Gender norms are expressed in a variety of ways due to the world's great cultural diversity. However, there are numerous features that are universally shared among civilizations. These "dominant" gender norms are simply idealistic representations of how men and women should act. Women and men are subjected to a variety of social pressures and "policing mechanisms" that reinforce these limiting roles and behaviors. As a result, people - particularly women - frequently have little say in how these rules are interpreted.

Plenty of the standards that are widely associated with women tend to limit them to "caring roles" and seek to keep women submissive and fragile in comparison to men. Women, whether or not they have children, are expected to care for their families, children, and the sick, as well as perform other assisting and care-giving responsibilities at work and at home. Women are frequently groomed to be physically appealing and

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submissive to men. Strength, boldness, and the capacity to handle situations and emotions, on the other hand, are valued traits in male - dominant standards. Males are supposed to provide for their families and to protect them. They are expected to be tough fighters, decisive leaders, handsome, affluent, and influential in short. Men are frequently socialized to believe that they are entitled to advantages over women, such as higher position and higher salary, as well as the ability to command women's regard and gratification.

What impact do dominant gender norms have on men's views on violence? Understanding men's use of violence begins with being groomed to be "courageous" and "in charge." When such qualities are jeopardized, they can also transpose into a willingness to fight and use violence to establish authority. When they believe their "rights" to women's respect and affection are being denied, some males resort to violence and rape.

These dominating gender norms assist to explain why men, particularly young men, are the most common victims and perpetrators of all forms of violence. Men, on average, battle more than women in conflicts, at home, at school, and on the street. Almost all militaries across the world are made up of guys. Men are also the ones who are inducted into civil wars or commit terrorist activities. Overall, research reveals that men are more likely than women to use firearms and to be incarcerated or assassinated. Men are also more prone to harm themselves. Men, for example, are more likely than women to commit suicide, according to data.

Men face several obstacles in both their public and private lives as a result of these dominating ideals of masculinity. Men may resort to spousal abuse in the private sector if they do not "succeed" in being manly in the public arena - that is, if they do not achieve status,

economic gain, or security. Domestic violence is usually linked to men's inability, actual or perceived, to fulfil masculine responsibilities, according to experts from South Asia. When spouses react to a husband's failure by questioning his behavior, it exacerbates the problem. The husband is embarrassed by both the failure and the difficulties posed by his wife, both of which diminish his manhood."

Many women's responsibilities in the public domain, as well as in their families and private relationships, are constrained by the same set of stereotypical gender standards. This is particularly true in post-conflict settings, where aggressive masculinity is the dominant concept.

Political and social trends, as well as present power arrangements, must always be taken into consideration.

Social factors contributing to violence against women

Individual men do not commit acts of violence against women in a bubble; rather, violence has systemic as well as personal foundations.

On an individual level, violence against women is motivated by the pressures, fears, and suppressed emotions that underpin many of the prevalent forms of manhood. Individuals learn about violence from their families, the media, their communities, and other institutions, which adds to these causes.

Gender norms, on the other hand, are institutional: they are determined and upheld at all strata of society. The same challenges that define and sustain prevailing gender norms – and, as a result, gender disparities between men and women – also foster environments where violence against women is tolerated. These elements can be traced throughout the environment in which violence against women happens, that is, the setting in which men and women use and are subjected to violence. To further comprehend the

interrelationships between the various components, consider how the surrounding social environment influences and supports men and women's behavior and attitudes.

These conventions, on the other hand, are undeniably inescapable. Personal behaviors and interpersonal connections, as well as institutional and societal institutions, determine gender; gender is an essential element of your life no matter where you come from.

However, violence against women is all around us, and the persistence of dominant gender norms should not lead to complacency when it comes to dealing with their negative repercussions. Governmental and private interventions are both conceivable, and development cooperation can encourage and support both.

Dissipate Myths

Several myths about violence against women must be debunked. Many people do not notice (or do not want to notice) when violence occurs in their own neighborhoods or among "people like them." Some people still regard domestic violence against women as a private affair involving husbands, partners, or other family

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members. Others struggle to place a familiar face on abusers, preferring to believe that another type of person is accountable for acts of violence or rape.

It's difficult to picture someone we know sexually attacking or abusing their spouses. Statistics on violence, on the other hand, show that these types of violence are extremely common in all societies. Acts of violence against women are perpetrated by men from all civilizations, races, castes, religions, and geographical places. Men who are intimate acquaintances of the victim and likely to be from the same social group and background commit the majority of sexual abuse and rape cases.

Many people associate violence with poverty or alcoholism. However, many of the underlying linkages between gender and violence are

overlooked in this perspective. There are many myths concerning the origins and nature of violence.

Particular acts of violence can be caused by a variety of factors, including unemployment or poverty, as well as difficulties such as alcohol or drug abuse. These "triggers," on the other hand, are not the root causes of domestic violence against women. Gender norms, as well as the authority and belief systems that come from them, are crucial in creating an environment conducive to women's violence.

However, people, as well as organization, institutions, and the media, are ultimately accountable for establishing and perpetuating these gender roles. As a result, the existing set of rules should not be regarded as a set of ideas that cannot be changed.

Opportunities for change

Gender equality does not imply that all forms of violence will be eliminated. Moving toward a more equitable power balance between the sexes, on the other hand, is a critical step toward reducing violence. A world that is more peaceful and non-violent will benefit both men and women. Males are indeed victims of a variety of forms of violence, the majority of which is perpetrated by other men. Despite the existence of dominant gender norms such as sexism and uneven power between men and women, communities and cultures also encourage good, nonviolent, and gender equitable masculine and feminine behaviors.

Men are children, dads, carers, and nurturers at various stages throughout their life. Men play crucial roles in maintaining peace and providing care not only for their families, but also for their community and civilizations as a whole. Men and boys can play an active role in changing the attitudes and behaviors that enable the use of violence by drawing on more diversified concepts of masculinity.

Violence Against Women and the Millennium Development Goals

The world community committed in 2000 to halving the number of people living in severe poverty by 2015. The Millennium Development Goals were established as a result of the Millennium Declaration (MDGs). Importantly, the MDGs establish explicit timeframes for measuring progress toward achieving these goals. As a specific development target, "gender equality" is listed. Furthermore, the Millennium Declaration emphasizes the importance of gender equality in achieving all of the MDGs, reinforcing the necessity of efforts to stop violence against women.

"Men and women have the right to live their lives and raise their children in dignity, free from hunger and from the fear of violence, oppression or injustice." To achieve this, it is necessary to "combat all forms of violence against women and to implement the Convention on the Elimination of All Forms of Discrimination against Women." (Millennium Declaration, 2000)

The United Nations Millennium Project Task Force on Education and Gender has identified the eradication of violence against women as one of seven key strategies that are the bare minimum required to empower women and reverse the cultural memory of female disadvantage that exists in most societies.

The importance of preventing and eliminating violence against women will be demonstrated in the following sub-sections in order to accomplish the Millennium Development Goals.

Goal 1: Eradicate extreme poverty and hunger

Individual country studies reveal a strong link between reducing violence against women and achieving long-term poverty reduction.

Individuals, families, and society all bear direct costs as a result of violence against women. The significant expense of providing medical and legal treatment to victims, as well as the harmful impact of violence on labor productivity, must be recognized. Furthermore, society must invest enormous resources in punishing

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perpetrators.

Domestic abuse alone costs millions of dollars in medical and rehabilitation expenses. Women who have been harmed are far more likely than women who have not been abused to experience major health problems. Women who have suffered violence heal more slowly and at a higher cost than women who have not. Victims of violence are also less productive and spend less time working. As a result, these women frequently find themselves unable to financially support their children.

In both the formal and informal sectors, gender-based violence has a negative impact on women's economic activity and income-generating tactics. Their ability to support themselves and their families is severely hampered. However, caring for children and the elderly is typically a woman's responsibility; these responsibilities are becoming increasingly difficult to bear in light of the HIV/AIDS pandemic. As a result, gender- based violence exacerbates poverty's feminization.

Goal 2: Achieve Universal Primary Education

Children are subjected to physical, mental, and emotional harm as a result of physical and psychological abuse. These consequences may jeopardize their growth and ability to mature into healthy individuals and contributing members of society. Domestic abuse has the potential to harm children physically. Domestic abuse, incest, and damaging cultural practices such as female genital mutilation may induce long- term psychosomatic difficulties such as sleep and food disorders, as well as physical complaints with no obvious medical reason.

Furthermore, these youngsters frequently have difficulties at school. For example, kids often have a harder time concentrating than other children, have low self-esteem, and are frequently absent from school due to health issues. Abused children are more likely to perform poorly academically in the long run, and they are more likely to drop out of school completely.

FGM has a particularly negative effect on girls' schooling. Girls who have been subjected to female genital mutilation (FGM) are more likely to drop out of school and marry at an early age. Girls may lose confidence and feel inferior to guys after circumcision. Circumcised girls have also been reported to be more prone to miss school due to health issues.

FGM has a particularly negative effect on girls' schooling. Girls who have been subjected to female genital mutilation (FGM) are more likely to quit school and marry at an early age. Girls may lose confidence and feel inferior to guys after circumcision. Circumcised girls are also more likely to miss school due to health issues associated with FGM. Many girls have painful experiences, which are exacerbated by their moms' refusal to prevent circumcision. As a result, individuals lose faith in their immediate family. Girls are also more likely than males to be raped or abducted on their way to and from school. As a result, many parents are concerned about sending their girls to school. While primary education is presented as a means of promoting more female equality, the school itself is frequently the site of violence against girls.

Goal 3: Promote Gender Equality and Empower Women

One of the most evident consequences of gender inequality and women's lack of empowerment is violence against women. As a result, achieving the third Millennium Development Goal will be unachievable as long as such misuse continues.

Violence can have a catastrophic impact on a woman's physical and mental health, as well as have long-term emotional consequences. Abuse affects women in all aspects of their lives; it undermines women's self-confidence and self-esteem, resulting in low female participation in politics and critical decision-making processes. It can also make it difficult for women to participate fully in economic, social, and family matters. As a result, women's prospects of addressing the structural reasons of gender discrimination and violence against women are reduced.

Many women continually watch and edit their behavior to fit what they believe will be desirable to their partners in order to avoid violence. In the end, "making women their own jailers" is the result.

Gender equality and empowerment are connected but not identical: empowered women have more influence over their lives. Women and girls must not only have equal access to resources and opportunities, but they must also be allowed to exert control in all aspects of their everyday lives if they are to live without fear of coercion and violence.

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Goal 4: Reduce Child Mortality

The 60 million to 100 million women who are 'missing' from world population estimates are estimated to be the result of gender-based infanticide, abortion, hunger, and neglect. Sons are considered as a type of insurance for the family's survival and as givers of old age security in some cultures, whilst daughters are seen as a burden in others. Dowry can also reinforce a desire for male children. In essence, dowry requires a prospective bride's family to pay a large quantity of money to the family of their daughter's future spouse. The use of ultrasound and amniocentesis to detect a child's sex and then abort the female fetus is common. Infanticide or abandoning of the newborn kid may occur if abortion is not available. Male births outnumber female

births in most countries throughout the world by about 105 to 100. There are fewer than 93 women in India for every 100 men.

Discrimination in health care also shortens the lives of unwanted girl children in some areas. Furthermore, food distribution in homes is typically tilted in favor of the male because the male is perceived as the family's primary income (or potential earner).

Maternal depression has an impact on a child's survival and development. Depression in reproductive women before and after pregnancy has been linked to a poorer probability of infant survival and a slower rate of child growth, according to research.

Goal 5: Improve Maternal Health

Violence against women has been identified by the World Health Organization (WHO) and the World Bank as one of the world's main public health issues. Because medical reports rarely provide information on the causes of disease and damage, determining the exact impact of violence is challenging. Malnutrition, gynecological disorders, unplanned pregnancies, and premature births are among physical consequences of violence against women.

Males who admitted to forcing their wives to have sex were 2.6 times more likely than other men to have caused an unintended pregnancy, according to a major poll of married men in Uttar Pradesh, India.

Because they were more likely than other men to partake in extramarital sex, abusive men were also more likely to have exposed their spouses to sexually transmitted illnesses. Economic dependency and institutionalized gender norms are linked to women's limited reproductive and sexual decision-making capacity.

Importantly, pregnant women who have been subjected to abuse are more likely to put off getting antenatal care and are frequently unable

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to acquire enough weight. As a result, these women are more likely to miscarry or give birth to a child who is underweight.

Female genital mutilation exposes women to serious health risks throughout pregnancy and childbirth. Tough scar tissue may prevent the birth canal from dilatation, resulting in obstructed labor, which is dangerous and can result in death for both mother and baby: the mother may suffer lacerations, severe blood losses, and the formation of fistulas, while the baby may suffer neonatal brain damage or death as a result of birth asphyxia.

Goal 6: Combat HIV/ AIDS, malaria and other Diseases

Viruses and germs that cause HIV/AIDS and other sexually transmitted diseases are more vulnerable to women biologically. Sexual abuse, human trafficking, and rape victims, in particular, are particularly susceptible to infection. Women are less likely to discuss safe sex procedures with their partners if they are afraid of their partners. As a result, people who have been subjected to domestic violence are more likely to contract HIV.

As a result, violence is both a cause and a consequence of HIV/AIDS for many women. It's also worth emphasizing that women who are subjected to further stigma face a higher risk of social exclusion, poverty, famine, and death.

Overcoming gender-stereotypes: promoting gender equality through working with men and boys

Men and boys have a lot of promise as allies in the fight against violence against women. As a result, incorporating children as collaborators is an important aspect of any preventative plan.

On the other hand, men commit the majority of violence in the world, yet it is directed at women and men of all ages. As a result, it is apparent that men must acknowledge and accept responsibility for their involvement in perpetrating, permitting, and/or enabling acts of violence. However, it is important to note that the vast majority of males are not violent. Many men may not agree with other men's aggression, but they frequently do little to question or stop it. Many women's groups and gender activists hope that, while some men are currently working with women to prevent violence, there are likely many more who want to help but don't know how.

Men must understand that stopping violence has numerous benefits for individuals, their families, and society as a whole. They must also learn to participate more actively in anti-violence campaigns.

Women and men should consider what it means to collaborate in more equitable and trusted partnerships in order to boost men's involvement. Both sexes are wary of collaborating on difficult problems such as gender and violence. Women have been supporting violence prevention and gender equality for the most part in most societies. As a result, working with men on these difficulties has been met with considerable skepticism. Some feminist groups are also concerned that this new focus on engaging with men may dilute the already limited resources available to address women's issues. Similarly, some men and boys are apprehensive about getting involved and uncomfortable with considering their own duty and potential contribution to reducing gender-based violence. These boys and men should be the focus of awareness campaigns.

The women's movement started with the goal of eliminating gender - based violence and establishing gender equality. As a result, many people still consider these objectives to be "women's issues," rather than aspects of broader concerns about human rights and social justice. Men and boys are kept out of the spotlight by this misperception, which places the burden of obligation on women and girls. It also draws attention away from the causes of violence (i.e. men's perceptions of masculinity and societal norms) and the role of violence in perpetuating an unequal power balance between men and women.

Men and boys are increasingly being included in violence prevention activities; these approaches are excellent resources to gain from and duplicate. Importantly, male involvement entails far more than one-off programs involving small groups of guys. Instead, this approach entails males improving their connections with those around them, as well as transforming male-dominated institutions in order to more effectively face issues of gender and power. Programs that seek out to individual young men, as well as efforts to secure government reforms that promote more gender equality, are examples.

Men and boys must be engaged as prospective change agents from the beginning, in addition to having a

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thorough framework. Many programs have treated men and boys solely as the source of violence and injustice, failing to see their position as part of the solution as a result.

Men encounter a variety of chances and costs while attempting to change their lives and the lives of their communities, and strategies should take this into account. It's critical to emphasize to men and boys that a brighter, less violent society benefits not only women and children, but also has significant personal gains, such as having more choices in how to act, interact to others, and build more constructive relationships within families and communities.

Young men's attitudes and behaviors regarding women, relationships, sexuality, and aggression are formed both before and during puberty, therefore a focus on youth is essential. These attitudes are frequently carried over into adulthood, which is critical. Working with young men and boys, and addressing them as transformational leaders in their social circles, should be an important part of any prevention plan aimed at reducing violence against women and girls and improving sexual and reproductive health.

Men and boys must be targeted in preventive interventions. Initiatives should pay close attention not only to the kinds of messages that are delivered to men and boys, but also to who is delivering the message. Individuals in charge of disseminating violence prevention messages must have a thorough awareness of the target group's condition, needs, and motives. They must also be credible and have the ability to interact with these young men and boys.

Given the circumstances, this could involve equipping both men and women to be facilitators or transformation representatives, using solely males, or matching messengers to collective demographic criteria including gender, ethnicity, age, and community affiliation. Men can serve as messengers in a variety of ways, but one of the most significant is by acting as a role model and mentor.

Increasing the capacity of related professions

The simple presence of a political and legislative will to reduce gender- based violence is insufficient. Governments and nongovernmental organization must establish, enforce, and formalize policy directions on the prevention and punishment of violence against women and girls. In the prevention of violence, health experts, the police and the legal system, teachers and social workers, as well as NGO staff, are crucial players. These organization can help victims of abuse and their families by giving treatment, support, and counsel provided they are properly qualified.

Apart from strengthening legal expertise, service providers' capacity training should focus on the causes and mechanisms of violence against women and girls. Many of these players are likely to hold stereotypes and attitudes toward women's violence that are widespread throughout society. As a result, it is difficult for these persons to interact effectively with victims – especially children and young people
– unless capacity building leads them to reflect on their own attitudes about gender, power, sexuality, and abuse, allowing them to respect the victims' human rights.

Women Support

Women's voices and agency must be supported more in the national and international settings. Strengthening women's ability to express themselves clearly (voice) and become agents of their own empowerment (agency) is critical in any effort to assist them overcome ingrained sociocultural conditioning and the gendered division of labor. Empowerment necessitates a more holistic approach. This includes efforts to improve women's access to resources (such as credit, training, inheritance, and land rights) as well as their ability to use them (through anti-discrimination and gender-based violence legislation, gender-aware justice systems, and government mechanisms to improve gender equality, for example).

To counteract policy evaporation (the erosion of gender equality promises during policy implementation) and guarantee that all sectors apply a gender lens, proactive measures are required. New mechanisms are also required to provide enough funding and capacity-building support to civil society organization working on gender equality in order to facilitate their participation in policy discussions. To improve awareness of gender issues in the commercial sector, innovative techniques are also required.

Changing women's roles and strengthening them has a significant impact on household settings, which is often not viewed as a desired move for specific family members. In the setting of highly ingrained traditions and cultural patterns, identifying successful governmental strategies for enhancing equality for women is

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particularly difficult. Policy will be swimming against the stream if the rules and methods by which society operates, as well as the underlying cultural patterns, are not changed, making it difficult to identify effective policy interventionsto alleviate gender inequities.

Support for the women's movement to energize and energize the development agenda is essential for progress toward gender equality and women's empowerment. Empowerment necessitates autonomy in a variety of ways. "Women's organization are critical to advancing the gender equality agenda because they are vital actors in blowing past misconceptions and development bottlenecks at all levels." Financial assistance for women's organization and substantial women's empowerment projects is limited due to the politics of agenda setting.

Indian Approach

Through incorporating gender concerns, creating awareness about theirrights, and fostering institutional and legislative support, the government implements various schemes/programs to mitigate all forms of discrimination and violence against women, as well as to further economic and social empowerment of women.

a) Access to Reproductive Health and Wellness: POSHAN Abhiyaan (National Nutrition Mission), a sub-scheme under Umbrella ICDS, aims to eliminate stunting, under-nutrition, anemia, and low birth weight babies by reducing malnutrition/under-nutrition, anemia, and lactation among young children, adolescent girls, pregnant women, and nursing mothers. The Scheme for Adolescent Girls also aims to stop the endless transmission of nutritional and gender deprivation by providing an enabling environment for girls aged 11 to 14 years to develop themselves. .The Maternity Benefit Programme, also known as the Pradhan Mantri Matru Vandana Yojana, was launched in 2016 under the Ministry of Women and Child Development's umbrella ICDS, with the goal of providing partial compensation for wage loss in the form of cash incentives so that women can rest adequately before and after the birth of their first living child. Since 2016, the Pradhan Mantri Ujjwala Yojana has aimed to protect the health of women and children by supplying them with clean cooking fuel – LPG – so thatthey do not have to risk their health in smoky kitchens or walk long distances to collect firewood.

b) Social Protection and Economic Empowerment: Women's involvement in the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA), which requires a minimum of 33% participation, was 54.56 percent in 2018-19 and 56.87 percent in2019-20, respectively. Women are well-served by the National Social Assistance Programme, which offers pensions to persons over 60, widows, disabled people, and members of families without an earning member. Women account for 59 and 55 percent of beneficiaries at the Central and State levels, respectively.
Women entrepreneurs have benefited greatly in recent years from wealth generation through productive investments, as wellas access to credit and insurance services. The Deen Dayal Antyodaya Yojana-National Livelihoods Mission strives to mobalize and organize poor women, improve their skills, and make credit, marketing, and other livelihood services more accessible to them.

c) Empowerment through Technology: Aside from the ability to boost economic growth, technology brings up new avenues for women's socioeconomic emancipation. Increased mobile and internet access (in 2019, more than 40% of Indian women were aware of mobile internet, compared to just 19% a year ago)32 has increased their access to information and opened up new prospects for economic and other projects. Women are increasingly finding a fair playing field and a welcoming environment for creativity as the industry becomes increasingly digital. NITI Aayog's Atal Innovation Mission and Women's Entrepreneurship Platform aim to involve young girls and women by creating an ecosystem of innovation, research, and entrepreneurship across the country.

Prevention

It is possible to prevent violence against women. We now have a better understanding of what helps to prevent violence against women than we did previously. RESPECT women is a framework developed by WHO,UN Women, and ten other organization to prevent violence against women. Each letter of RESPECT stands for one of the following seven strategies:

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R – Relationships skills strengthenedE – Empowerment of women

S – Services ensured P – Poverty reduction

E – Environments made safe

C – Child and adolescent abuse prevented

T – Transformed attitudes, beliefs and norms

Group-based workshops with women and men to promote egalitarian attitudes and relationships; gender empowering education for women and girls; economic/cash transfers; and social mobilization to promote egalitarian gender norms are just a few examples of significant role in each of the above seven strategies.

Focus on women's safety; recognize unequal gender power relations; use participatory approaches that encourage critical reflection on power; strengthen people's voice and agency; and facilitate partnerships across organization and sectors are some of the components that fall under more than one of the above strategies.

The role of health-care system

When it comes to addressing violence against women, the health system is a critical first step. Women who have been assaulted are more likely to seek medical help for symptoms related to the abuse, even if they do not seek treatment for the violence. Since most women seek health services at some point in their lives, particularly in relation to sexual and reproductive health, the health system and, in particular, sexual and reproductive health services, provide an opportunity to identify violence, provide psychosocial support, treat presenting health conditions, including injuries, mitigate other health consequences, and refer to other resources as needed (e.g. shelters, legal aid, counselling).

The healthcare system/sector can also help avoid violence by sending out health promotion messages to societies about the unacceptable nature of violence, the importance of meaningful relationships, and the reduction of risk factors including problematic drinking and substance abuse. The healthcare system can also help to reduce violence by identifying women and their children who are victims of abuse early on and providing psychological assistance and counselling.

The fundamental package of services to be delivered to survivors isbased on the WHO recommendations for responding to intimate partner violence and sexual violence against women (2013) and for responding to child and adolescent sexual abuse (2017).

Intimate partner violence:

- Clinical investigation to be conducted to identify violence
- first-line assistance
- rehabilitation of injuries and other related medical problems
- basic psychological assistance
- Diagnosis and treatment for depression, PTSD, and other mooddisorders ranging from mild to severe
- Documentation
- Recommendations, as needed (e.g., legal, shelter, and socialprotection).
- Sexual violence:
- first-line assistance
- rehabilitation of injuries and other related medical problems
- STI prophylaxis, Hepatitis B and HPV vaccination, and forensic evidence collection; post-rape care, including emergency contraception (if 5 days), HIV PEP (if 72 hours), STI prophylaxis, Hepatitis B and HPV vaccination, and forensic evidence collection
- basic psychological assistance
- Diagnosis and treatment for depression, PTSD, and other mooddisorders ranging from mild to severe
- Documentation
- Recommendations, as needed

Health-care providers must be trained to provide care to survivors, andhealth-care facility readiness can be improved by implementing mechanisms for privacy and confidentiality, making referrals to other resources, and providing adequate supervision and mentoring.

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Role of WHO

The World Health Organization, in partnership with a variety of partners, is raising awareness about and addressing to violence againstwomen by:

Research involves evidence-based approaches to emphasize the scope of violence against women, its risk factors, and repercussions, as well asto find effective preventative and response strategies. For example:

- As part of the monitoring of the SDG 5.2 aim of ending all kinds ofviolence against women and girls, WHO is developing and updating global, regional, and country assessments of violence against women.
- Setting guidelines and values for an effective medical response to violence against women in the development of guidelines and tools. Forexample:
- A toolbox for health response to violence is being finalised by WHO, which will include guidelines, a clinical handbook for health care practitioners, a health manager's manual, a provider training curriculum, and a quality assurance tool.
- Increasing the capacity of health services in developing countries to address to violence against women. For example:
- In a lot of countries, including Afghanistan, Egypt, Namibia, Pakistan, Uruguay, and Zambia, WHO has supported the updateor establishment of national protocols and health practitioner trainings.
- In humanitarian contexts such as Bangladesh (Cox's Bazaar), the Democratic Republic of Congo, Iraq, Nigeria, Syria, Iraq, and Cox's Bazaar, WHO is boosting the health cluster's capacity to address gender-based violence.
- By encouraging leadership to confront violence against women through partnerships and advocacy, we can build political will. For example:
- A resolution and a global action plan on strengthening health systems in the fight against violence against women and girls havebeen endorsed by the World Health Assembly.
- In the 25 years since the International Conference on Population and Development (ICPD), much progress has been made in addressing violence against women, from its inclusion as a target in the SustainableDevelopment Goals (target 5.2) to an increase in the availability of prevalence data (more than 100 countries have such data) and the number of countries with laws addressing some forms of violence against women. To create long-term change, all governments must implement legislation, develop policies, and scale up programmes that:
- addressing women's discrimination
- promote gender equality
- support survivors
- Assist with the transition to more peaceful society and egalitariangender standards.

Conclusion

In the last two decades, much has been done to bring violence against women and girls into the public eye and ensure that it is no longer considered a taboo or private subject. Violence against women and girls, on the other hand, is not decreasing; on the opposite, it is increasing. Sexual violence is the crime that is increasing the most overthe world. Many countries are currently experiencing violent conflicts or wars; the wealth gap is rising; and fundamentalist ideologies are on the rise. In such an environment, a culture of disdain for human rightsand use of force thrives.

The achievement of SDG 5.2 and the aims set out in it also means that the participating countries are meeting their commitment to women and girls by attaining their national goals. Their monitoring and reporting for SDGs reflects what they do on a national and subnational level. Gender equality and women's empowerment is a cross-cutting goal that necessitates cross-sectoral action and initiatives (to address the challenges of traditions, cultures, and private-sector practices), so a national plan of action with strong mechanisms, funding, and policy adherence for reforms and transformative approaches is required.

Similar plans and commitment are needed at state levels. Civil society organization working on women's

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concerns will play a critical role, and they must be given roles and responsibilities as partners. Aside from proper money, which has not been a strong case thus far, policy direction will need to be maintained.

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