

Newsletter of MSSK Alwar (Raj) –December 2020

Woman is always subjugated to fulfill the needs of her family. She gets so busy that she forgets her pain and suffering, ultimately leading to deteriorating health conditions

Every year we celebrate Mother's Day and Women's Day. We show our love and respect to important women in our lives and celebrate them. Obviously, this is a good sign but that is only one side of the story. Even today there is a major chunk of women in India who are deprived of their basic rights like education, are forced into marriage early on, are not allowed to work, but to name a few of the hardships they face for being a woman. The picture is the same not only in India but in many other developing countries.



There are some startling facts about *women's health in India* that can give you a clear idea of how women in India are deprived of their basic rights, needs, and health scenario. India tops the list of countries that are said to have the highest mortality rates during delivery and even the highest number of non-school-going girls. 25% of the total number of girls born in India do not even live to see their 15th Birthday. 40% of the HIV cases in India in 2005 are said to be that of women. While there is much more to the story, looking at these statistics, you can easily derive that the state of women's health in India is bad or rather worse.

(Vydehi institute of Medical Sciences & Research Centre, Women Health In India – Current Scenario & Challenges)

Women's health needs to be front and center – it often isn't, but it needs to be.” – Cynthia Nixon

While the primary answer to issues with **women's health** is the gender inequality issue but then there are others which also include the poor healthcare system of the country. Factors are malnutrition, which not only affects the health of the women but also the infants they give birth to.

Having said that, the current situation can be certainly worked upon, improved, and brought under control. But it requires an immense amount of dedication and reforms in the Indian Healthcare system that needs to be implemented as well as monitored consistently. Simultaneously, there is also a need to work on bringing awareness amongst the society about gender equality and equal opportunity in terms of education, health, and work for women.

There's this saying that aptly conveys a message that could help eradicate this issue by focusing on its root cause and it says – 'When you educate a boy, you educate an individual. When you educate a girl, you educate a family'. It is like *empowering women through education* thus helping them empower themselves and in an indirect sense even the whole family.

Women also need **health** care more and access the **health** care system more than do men. While part of this is due to their reproductive and sexual **health** needs, they also have more chronic non-reproductive **health** issues such as cardiovascular disease, cancer, mental illness, diabetes, and osteoporosis.

Around the world women are suffering. A woman must undergo lot of mental stress and sufferings at the hands of callous people who considered her as an object for their sadist attitude.

Question is why women are unable to take care of their health? Why are they so careless about their health? Is this something has to do with her upbringing where she is brainwashed that you have to think of others keeping aside your pains and agonies

The health of Indian women is intrinsically linked to their status in society. Research on women's status has found that the contributions Indian women make to families often are overlooked, and instead they are viewed as economic burdens. There is a strong son preference in India, as sons are expected to care for parents as they age. This son preference, along with high dowry costs for daughters, sometimes results in the mistreatment of daughters. Further, Indian women have low levels of both education and formal labor force participation. They typically have little autonomy, living under the control of first their fathers, then their husbands, and finally their sons (Chatterjee, 1990; Desai, 1994; Horowitz and Kishwar, 1985; The World Bank, 1996). All of these factors exert a negative impact on the health status of Indian women.

Poor health has repercussions not only for women but also their families. Women in poor health are more likely to give birth to low- weight infants. They also are less likely to be able to provide food and adequate care for their children. Finally, a woman's health affects the household economic well-being, as a woman in poor health will be less productive in the labor force.

While women in India face many serious health concerns, this profile focuses on only five key issues: reproductive health, violence against women, nutritional status, unequal treatment of girls and boys, and HIV/AIDS. Because of the wide variation in cultures, religions, and levels of development among India's 25 states and 7 union territories, it is not surprising that women's health also varies greatly from state to state.

Women's Health in India By Victoria A. Velkoff and Arjun Adlakha

Introduction of MSSK

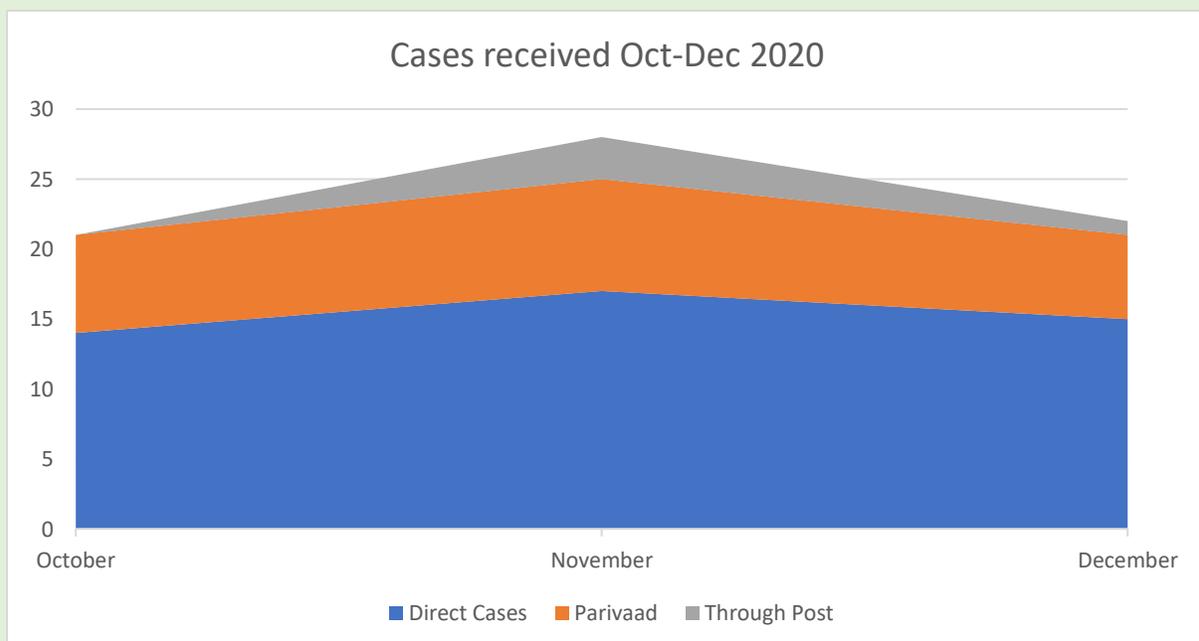
Since December 1, 2008, SAPNA is partnering with local police and Department of Women and Child in Alwar, Rajasthan to run a guidance and protection centre for women known as the Mahila Suraksha Evam Salah Kendra (MSSK). The MSSK is a holistic redressal centre for women providing support to women facing violence by way of:

- Assisting them to negotiate their way through the Criminal Justice System.
- Settling disputes through alternative dispute resolution mechanisms.
- Providing rehabilitation to women survivors of violence.
- Providing medical and legal aid, psycho-social support, shelter, economic rehabilitation, and any other relief required.

The concept underlying the centre is that of providing a comprehensive strategy of redressal for women who come to the centre for support. The single window assistance can range from mediation to legal aid, to intervention within the police system and the judiciary, to economic rehabilitation, to trauma counselling, to shelter and care.

The coordinator and team of social workers listens patiently to survivor's problem. Every case is unique which requires different resolution strategy favoring survivor which probably leads to solution for survivor's problem. Every strategy depends on the gravity and nature of grievance. Need of survivor and confidentiality are two main core values on which our work is based.

Confidentiality of each case is maintained as we understand that the victim is telling something which is very personal and close to her heart. Her trust has already been broken by the other party and she has mustered lot of courage to come to the centre.



CASE STUDY

Neha Choudhary w/o Raj (names changed)

We received Parivaad from 181 therefore contacted the girl. She picked up our call and spoke to us about her problem in detail. Counsellor told her to come to the centre as problem cannot be sorted out through phone. After speaking to the girl the counsellor called her husband and told him about our centre and the complaint which his wife has lodged through 181. He said that he will come on December 2, as he wanted the problem to be sorted out.

On December 2, the parivaadi and her husband came to the centre. Counselor first spoke to her husband. He told the counsellor that he works in some other town while his father works and stays in Agra. Neha stays with my mother in our village. Everything was going fine, and Neha never complained about any problem. He wants to keep Neha. Counsellor then called Neha and asked her to tell the problems. She told the counsellor that initially everything was going fine but after some time my mother-in-law started misbehaving with me. She started abusing my family. She doesn't want to stay with her mother-in-law. She is ready to stay in Agra. Raj told the counsellor that Neha never discussed the problems, if she must have told him then he would have tried to solve it. Raj said it is not possible for her to stay in Agra but as he has shifted back to his hometown, he will ensure that these problems don't persist. Neha didn't agree so the counsellor gave her time to think.

After 2 days Neha called and she told us that she is ready to go back to her husband's place and she will inform us when she goes. On December 8, we received the call from her father-in-law that they have brought Neha home. Counsellor asked the father-in-law to give phone to Neha. Counsellor spoke to Neha and she said she is fine because her husband is staying with her. She will inform us if any problem reoccurs.

Priti w/o Anil (names changed)

Priti came to our centre. She told us that on November 8, 2018 she got married. Since then, her husband started torturing her. He started abusing her parents. *"I left my husband's house but, somehow, I used to come back after an assurance from his side that he will not misbehave. My husband works with a chemical factory in Vadodara. I had infertility issues because of which I had to undergo treatment. Now, I have two kids. He is very over-possessive towards his kids and he sometimes make me feel that I am just a caretaker. Because of his over-possessiveness he does not let anyone come close to the kids and this has led to major strain in relationship with my family. Recently his behavior has become destructive. He throws household things and beats me."*

After talking with the lady, the counsellor called the husband and asked him to come for joint meeting on December 12.2020

On the specified date, the lady and the husband came to the centre . Counsellor spoke to them in detail. He agreed that he is very possessive towards his kids but he loves his wife. He felt sorry for what he had

done and assured us that he will not repeat the mistakes. After counselling both the parties. Sahamati patra was signed in which both parties put clauses so that the problem does not reoccur.

Rachna w/o Govind Singh (names changed)

Rachna came to our centre. She told us that she got married on February 15, 2004 and since the beginning her husband's family had been troubling her and would try to instigate my husband and kids against her.

"My husband had served Indian Navy so because of his job I used to stay with him. But after his retirement things have become unbearable. My husband beats me in front of the kids and uses abusive words." She blamed her in-laws for changes in her husband. She told the counsellor she wanted that her husband should respect her and stop using abusive words.

After speaking to the client, the counsellor called the client and her husband on December 12 . They both came to the centre. Her husband told the counsellor that since beginning of the marriage, his wife never stayed with his parents, so her complaints were wrong. The client said that she stayed with them initially but as she belongs to town and her husband's family is from rural background, she was unable to cope up with the village work and so she went with her husband.

Counsellor told the husband that differences do occur between husband and wife but it doesn't mean that you beat your wife and mentally abuse her. He agreed that he sometimes becomes aggressive, but his wife is equally to be blamed. He told the counsellor that he is staying separately with her but despite that she abuses his parents and blames them for everything.

Counsellor counselled both the parties patiently and brought them into consensus. They were made to fill Sahamati Patra.

ACTIVITIES

Cyber- Crime Workshop – October 15, 2020

Cybercrime, or **computer-oriented crime**, is a crime that involves a computer and a network. The computer, mobile or any other computing device may have been used in the commission of a crime, or it may be the target. Cybercrime may threaten a person, company or a nation's security and financial health.

Keeping in mind that cybercrime is a burning issue, Chief Coordinator of MSSK spoke to SP Ma'am and then went personally to meet her. As she was not there, she spoke to the Assistant Superintendent of Police Mr Bairwa and informed him that MSSK wanted to conduct a workshop on cybercrime. He readily agreed and said this topic really needs attention. He appointed Mr Dinesh Kumar, Cyber Cell Incharge, to conduct the workshop.



Today on Oct 15,2020 at 3:00 pm we had an online workshop where DSG members, teachers and college lecturers of Arya Women B.Ed. college attended the meeting. Chief coordinator welcomed the participants and the guest speaker. She gave brief introduction about today's topic and the points which will be covered today. The Chief Coordinator requested the participants to mute their microphone and informed that their queries shall be taken care of at the end of the session. There were total 20 members who attended the workshop. Mr Dinesh, Incharge Cyber Cell Alwar District, told us how social media like Facebook, Twitter etc attracts the crime against women. He warned participants that they should not be accepting any unknown friend request or post pictures which gives an opportunity to a perpetrator to defame them. He said that we have to be extra careful in trial rooms of clothing stores especially because sometimes a camera is fixed behind the mirror. He even explained various laws which women can exercise if their position is undermined.

After discussing about cybercrime related to women he also discussed that how we have to be careful when we are withdrawing money from ATM or the way anti-social elements can manipulate you by taking your OTP which means instant withdrawal of money from your account. He explained with examples various ways we can be exploited.

After the talk there was a Question and Answer Session. As we had shortage of time, many questions were answered through DSG member WhatsApp group.

At the end of the Question and Answer Session the Chief Coordinator thanked all the participants for their valuable time and hoped that it was a good learning experience for everyone.



Outreach was done at following villages, as per Covid 19 norms.

1. Ballabora November 4 ,2020

Coordinator went to Ballabora village for the outreach programme. There were 10 ladies present. Coordinator explained to them how MSSK is working in the field of women safety since 13 years. I told them that Mahila Suraksha Evam Salah Kendra is run to ensure that the problem between the couples is amicably sorted out and matter does not go to court or police. The entire process was explained to the ladies. During the question answer session ladies said that they are not facing any issues, but they will communicate to other people so that it can be of help to them.



2. Nanglashedu - November 6, 2020

The outreach was conducted in Nanglashedu village where 20 ladies attended the meeting. The coordinator told the ladies about the working of MSSK. She told them that there are many instances that happen between husband and wife which can be sorted out through counselling. Our centre ensures that the confidentiality is maintained so that women don't face the humiliation of society. They were made acquainted with the process of our centre. The talk ended with a question-and-answer session.



3. Shahpur - November 9, 2020

Coordinator visited the village where a group of 15 ladies gathered for the talk. She discussed the working of MSSK and the process in which the women's grievances are resolved. She explained that when women come to our centre we listen to her and ensure she ventilates all her feelings. After talking to her, she is made to fill a form so that further action can be taken. Then we call the persons against whom complaint has been given. Then both complainant and other party sits for counselling. Once the problem is resolved between both the parties, they are asked to fill Sahamati Patra. After the complainant goes back to her husband place, follow up is done. After the talk the ladies discussed many issues faced by women today. They agreed that counselling is the right way of solving any disputes

4. Thekda November 11,2020

Coordinator visited Thekda village where she addressed the group of ladies regarding the working of MSSK and the entire process of resolving the disputes.

Coordinator told the ladies that in our centre confidentiality is maintained for each case because we realise that the woman has gathered courage to come to our centre. After the talk question and answer session was conducted.



5. Pathroda, Bakhtal Chowki November 23, 2020

Today coordinator and counsellor both visited the Pathroda village where 30 women had gathered for talk. This talk was conducted with the help of Ibtada. In this talk, the coordinator discussed with women about the working of Mahila Suraksha Evam Salah Kendra. She explained that how our centre ensures that confidentiality is maintained in each case and when the lady leaves the centre, she has smile on her face. During the talk some women spoke about the kind of problems the women encounter and how the situation gets worsened when on-time intervention is not done. Coordinator explained that with our intervention we have been able to save many marriages. She emphasized that right kind of intervention can save marriage.

People directly approach Police and court which leads to increase in conflict rather than resolving an issue.

The talk ended with the question-and-answer session.



6. Kerwajaat, December 10, 2020

Counsellor and Constable went to the village for their outreach programme. Around 30 ladies attended the meeting. Initially there was a formal introduction then the counsellor spoke to the ladies about the centre. She told them that in our centre we ensure that confidentiality is maintained and each lady who comes to us is heard properly so she gets to ventilate all her feelings. We ensure the confidentiality of each case. The entire process of the centre was discussed and after the discussion there was a Question-and-Answer Session.



7. Kaiwada, December 21, 2020:

Counsellor and Constable went to Kaiwada village where 30 ladies attended the meeting. Counsellor explained to the ladies the entire process of centre and told them that it is important that the marital discords should be resolved. As a woman we should not tolerate injustice and should raise our voices. After the talk there was a question-and-answer session



8. Sahori, December 18, 2020

The outreach was conducted in Sahori village on December 18 where 30 ladies along with the members of Ibtada attended the meeting. The coordinator told the ladies about the working of MSSK. She told them that there are many instances that happen between husband and wife which can be sorted out through counselling. Our centre ensures that the confidentiality is maintained so that women don't face the humiliation of society. They were made acquainted with the process of our centre. The talk ended with a question-and-answer session. During the question and answer session women told that every woman in this village is suffering from some issues but they don't come out openly because of fear of society.



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9. Kalsaada, December 25, 2020 :

Today on December 25, Coordinator visited the Kalsaada village where cluster meeting of Ibtada was organised. In this meeting women head of various subgroups of Ibtada were present. The coordinator spoke to them about the working of centre and various laws which were made by government to protect the rights of women. Coordinator told the women that it is important that they should discuss their issues and try to find out the solution. Coordinator emphasized that many times the panch or their relatives are unable to solve the marital issues which is easily solved with our intervention. Few women who told the coordinator that in this meeting there are 10 women who are facing



issues but the fear doesn't let them come out openly. Coordinator motivated them that living in fear will not resolve issues. They should contact us as we ensure that complete confidentiality is maintained.

10. Tuleda, December 26, 2020

On December 26, Coordinator along with counsellor went to Tuleda Village where 80 women attended the meeting. These women were working under NREGA Scheme. Counsellor started the talk with some questions and then started discussing the working of our centre. Coordinator discussed with them about the different types of violence, and how we solve these various types through arbitration. Coordinator told the ladies that many complex issues can easily be resolved through proper communication. Some ladies were doubtful that these issues can be resolved easily



but they were assured that it is done even if it takes time. After the meeting, some ladies came to us that we wanted the liquor shop to be closed in our village. I advised them that they should write a letter to Collector with their signatures and meet him personally. Some ladies told the coordinator that the main issue with our ladies is that they don't cooperate, they fear their family so it will not be easy for them to get signatures but they will try. Coordinator gave them flyers and told them if they require any kind of advice they can speak to us.

11. **Gujuki, December 26, 2020** : On December 26, Coordinator along with Counsellor visited Gujuki Village where around 30 ladies were present. Coordinator acquainted them with the working of our centre Coordinator told them as a arbitrator we try to resolve the issues, try to develop a trust between the client and her husband, try to unknot their differences. As we are not related to either party they listen to our suggestions and ensure us that they will try to implement it in their lives. Once the differences are sorted out we make them sign sahamati patr. Continuous follow up is done later on to see that they are happy. After the talk many ladies came with their issues which we listened to and told them to come to our centre.



Training of Saathins, December 29, 2020

On December 29 one day training was conducted for Saathins appointed by Women and Child Welfare Department. Coordinator addressed the issues of women violence and give a brief knowledge of domestic violence act. Then they were informed about the working of Mahila Suraksha Evam Salah Kendra and the process that is followed when a complaint is received. We emphasized the fact that all women receive a patient hearing from us. After the talk there was a Question Answer Session.



Networking

S.no.	Date	Team member	Address	Purpose
1	20/11/2020	Lavina Choudhary and Hurma Meena	Aravalli Police Thana	Networking
2	18/12/2020	Manisha Bhan Ganju and Phoolwati Saini	Umrain	Networking
3	26/12/20	Manisha Bhan Ganju & Lavina Choudhary	Dholidhoop	Networkiing
4	26/12/2020	Manisha Bhan Ganju & Lavina Choudhary	Sadar thana	Networking

IMPORTANT PHONE NOS.

Rajasthan Mahila Aayog :- 0141-2779002, 0141-2779003

Police Control Room :- 100,8764874042,8764874050,8764874046

Child line No. :- 1098

MSSK :- 0144-2702565

Women Helpline No. :- 181

MSSK – ALWAR

Chief Coordinator – Manisha Bhan Ganju

Counsellor 1 – Lavina Choudhary

Counsellor 2 - Phoolwati Saini

Police 1 - Hurma Meena