

NATIONAL WOMEN'S WING

P E E R - E N R I C H M E N T S E R I E S

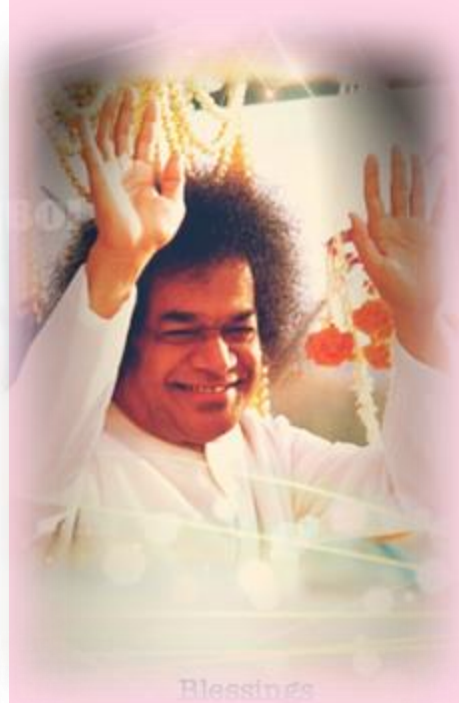


Let's Talk – An Interactive Women to Women session on what's on our minds

AUGUST 23, 2025

Planning is undeniably crucial for navigating daily life effectively. It provides structure, reduces stress, and helps manage potential obstacles more effectively to achieve personal, career, and financial goals. However, sometimes due to family dynamics and relationships, women may find themselves in situations that require understanding and a Personal Safety Plan.

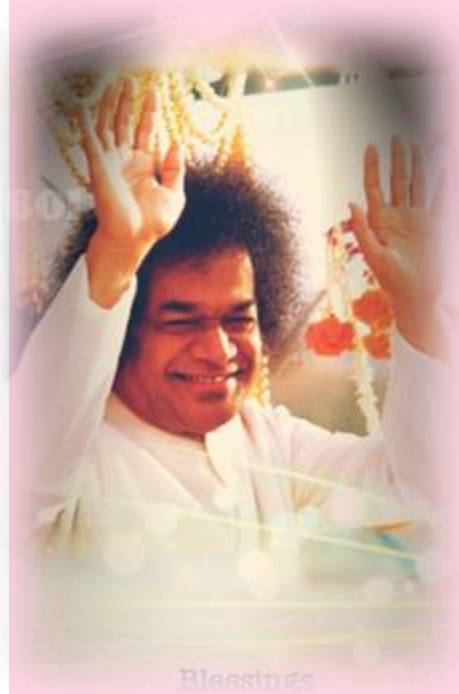




Bhagawan Sri Sathya Sai Baba said in 1978,
"Women always strive hard for the welfare of their family. They always aspire for samata (equality), samagrata (integrity), sam-aikyata (unity) and sow-bhraat-ritwa (fraternity). Their speech is truthful, their hearts are full of peace and their actions are righteous. Women, being the recipients of eight forms of wealth, confer prosperity and auspiciousness on the family, society and the world at large."



SATHYASAI.US



On August 11, 2000, Bhagawan Sri Sathya Sai Baba said,
"You can see it yourself, where there are women of character, there you find all prosperity. It is entirely due to the presence of virtuous women that Bharat remains safe and secure. Bharat owes its greatness and glory to its women. So. respect women and make them happy."

Statistics

•[Women](#):

Approximately one in three women worldwide has experienced physical or sexual violence by an intimate partner. In the US, nearly half of all women have experienced psychological aggression by an intimate partner in their lifetime.

•Men:

While less frequently reported, one in four men in the US have experienced physical violence, rape, or stalking by an intimate partner.

•[Children](#):

A significant number of children witness domestic violence, with estimates ranging from 15.5 million to 19 million.

•[LGBTQ+ Individuals](#):

LGBTQ+ individuals experience domestic violence at similar or even higher rates than heterosexual individuals.

•Specific Demographics:

Women aged 18-24 and 25-34 often experience the highest rates of IPV. American Indian/Alaska Native women experience higher rates of IPV than other racial groups.

ELDER ABUSE –

Every year an estimated 2.1 million older Americans are victims of physical, psychological and other forms of abuse and neglect. 1 out of 14 cases of elder abuse is reported to authorities. In 90% of the cases, perpetrators are family members.

INDIA - The [Protection of Women from Domestic Violence Act](#) (PWDVA), 2005, was enacted to address the pervasive issue of domestic violence against women in India. Recognizing that existing legal provisions were insufficient, the act aimed to provide a comprehensive framework for protection, prevention, and redressal of domestic violence. However, despite its survivor-centric design and visionary framework, survivors continue to face systemic barriers that delay justice, compromise safety, and erode trust in the system. For the PWDVA to truly fulfil its promise, we must look beyond its legal text and focus on the lived realities of those it aims to protect.

AVAILABLE STATISTICS – HIGH PREVALENCE IN SOUTH ASIAN COMMUNITIES

Some studies show rates significantly higher than national averages

Researchers emphasize that these numbers are under reported due to systemic issues, cultural norms and community stigma

2022 survey based study of 155 SA found that 31% experienced some sort of DV.

The most commonly REPORTED types were emotional abuse – 88% of those abused

Physical violence 47%

2021 Multi site study of 468 South Asians across 50 US states detailed as below –

Physical violence – 48%

Emotional abuse – 38%

Economic Abuse – 35%

Immigration-related abuse – 26%

In-law abuse – 19%

Sexual abuse – 11%

A separate 2021 dissertation reported SA Women in USA experience IPV at rates ranging from 40-60%

In 2002 a study noted that SA Women in USA were particularly high risk for IPV with 40% reporting abuse in their relationship

In law violence and abuse is a commonly reported issue, as the patriarchal structure

places wife below her in laws in HH hierarchy, followed by –

Financial dependency, lack of social support, language barriers, immigration-related abuse, patriarchal norms and rigid gender roles with reinforcing male authority and female subservience