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Domestic violence

Pakistan prides itself on being a free country, but for many women, true freedom remains an elusive dream.

Beneath the facade of happy families lies a grim reality: the relentless cycle of domestic violence that women and children faced behind closed doors.

Domestic violence refers to physical, sexual and emotional torture by a partner or family.

Research indicates one in every three ^{married} women faced domestic violence. Asian development bank termed domestic violence

"a silent pandemic". According to human rights commission of Pakistan 90% of women ^{had} faced domestic violence in their life time. There are many causes behind domestic violence.

Firstly, patriarchal society contributes a lot to domestic violence.

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Man considered women his property and controlled his feeling and emotions. Secondly, societal norms also contributes to domestic violence. To report cases of domestic violence considered a shameful act. Women are considered protectors of family dignity. Thirdly, policy hurdles also contribute ~~avertly~~ to domestic violence. To solve this issue, a campaign needed to propagate women dignity and rights. Vigilant trials in cases of domestic violence also lessen this issue.