



BE  
THE  
CHANGE



## About CEHAT

Centre for Enquiry into Health and Allied Themes (CEHAT), the research centre of Anusandhan Trust, is a multidisciplinary institution conducting socially relevant health related research, training, service and advocacy. It is governed democratically through participatory management and upholds the principles of transparency, social accountability and ethics. CEHAT in collaboration with MCGM is implementing a comprehensive health care response to sexual violence across three public hospitals in Mumbai since 2008.

## Content development

Case studies developed by Padma Bhate-Deosthali and Prachi Avlaskar based on research study by Bhate-Deosthali P, Rege S, Avalaskar P and Arora S, *Surviving Sexual Violence, Understanding the impact on survivors and families*, CEHAT, 2018, ISBN 978-81-89042-81-3.

## Thank you!

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## Centre for Enquiry into Health and Allied Themes

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Rape and sexual assault are crimes being committed with sickening regularity in our country. With a culture of victim blaming and shaming coupled with low conviction rates, it is highly likely that a large number of sexual assaults are not even reported. For those who choose to report rape and sexual assault the process is daunting, even nightmarish.

During the years 2016-2018, CEHAT conducted a study to assess the impact of rape on the lives of survivors and their families. In the course of the study, survivors and their families detailed what the system and society offer them most of the time. Policemen who refuse to file cases, accuse the survivor of lying and collude with the accused. Hospitals that are callous and inhuman. Public prosecutors whose apathy and negligence border on the criminal. Defense lawyers who thrive on illegal means to freely defame, threaten and intimidate survivors. Judges who allow survivors to be re-traumatized in court in outright contravention of the law. Families that refuse to stand by survivors. A society that isolates and shuns the survivor and her family while it protects, sympathizes with and even celebrates the accused.

What the testimony of survivors and their families revealed was that institutions that are expected to deliver justice are filled with bias and become the main hurdle in the survivors' access to justice. And the society that never fails to express anguish and dismay at rape, actually ends up encouraging a 'rape culture'.

This otherwise gloomy scenario that emerged during the study, was thankfully illuminated by a few rays of hope. In an environment that's heavily stacked against survivors, there are still some who swim against the tide, defying the predominant culture of their institutions. They are members of the police, judiciary, medical fraternity and society, who act with truth and compassion. They show us the way forward, the way to fight rape. Through this calendar, we celebrate their attitude and actions as we at CEHAT renew our efforts to stand solidly with survivors of rape and sexual assault as they fight to rebuild their lives in the face of extreme adversity.

**Be the change** **2019**

	Jan			Feb	
M		14	28	11	25
T	1	15	29	12	26
W	2	16	30	13	27
T	3	17	31	14	28
F	4	18		1	15
S	5	19		2	16
S	6	20		3	17
M	7	21		4	18
T	8	22		5	19
W	9	23		6	20
T	10	24		7	21
F	11	25		8	22
S	12	26		9	23
S	13	27		10	24

TELL ME  
I AM NOT ALONE



SHE is a survivor who is now 20 years old. Since her parental family was unsupportive of her after SHE filed her case, the police moved her to a shelter. SHE, then a minor, received tremendous support from a social worker. Over time, her relationship with her parents deteriorated but the social worker helped her to remain stable. SHE still lives at the shelter, is now pursuing a degree in social work and credits the shelter and social worker with giving her a fresh chance at life.

**What every survivor is saying to the world:**  
**Tell me, I am not alone**





JUDGE

JUSTICE IS A FUNDAMENTAL RIGHT

SHE was in court. Her case was being argued. The lawyer defending the accused kept asking her irrelevant questions about her caste and her mother's inter-religious marriage. He kept trying to scare, threaten and make her uncomfortable. The Judge ordered him to stop asking irrelevant questions. The judge also ensured that SHE had privacy in the courtroom, when she was asked to provide details of the assault. SHE felt very comforted by the supportive atmosphere created by the Judge.

What survivors want judges to know: Justice is a fundamental right

	Mar			Apr		
M		11	25	1	15	29
T		12	26	2	16	30
W		13	27	3	17	
T		14	28	4	18	
F	1	15	29	5	19	
S	2	16	30	6	20	
S	3	17	31	7	21	
M	4	18		8	22	
T	5	19		9	23	
W	6	20		10	24	
T	7	21		11	25	
F	8	22		12	26	
S	9	23		13	27	
S	10	24		14	28	



2019

NOT ALL SCARS  
CAN BE SEEN



An acquaintance had raped her post spiking her beverage which left her unconscious. She sustained several injuries and was in an intoxicated state. At the hospital, the doctors were both compassionate and professional. Not only did they collect relevant samples and attend to her injuries, but they also treated her for psychological trauma as they recognized that SHE was in a state of shock, because a trusted person had betrayed her.

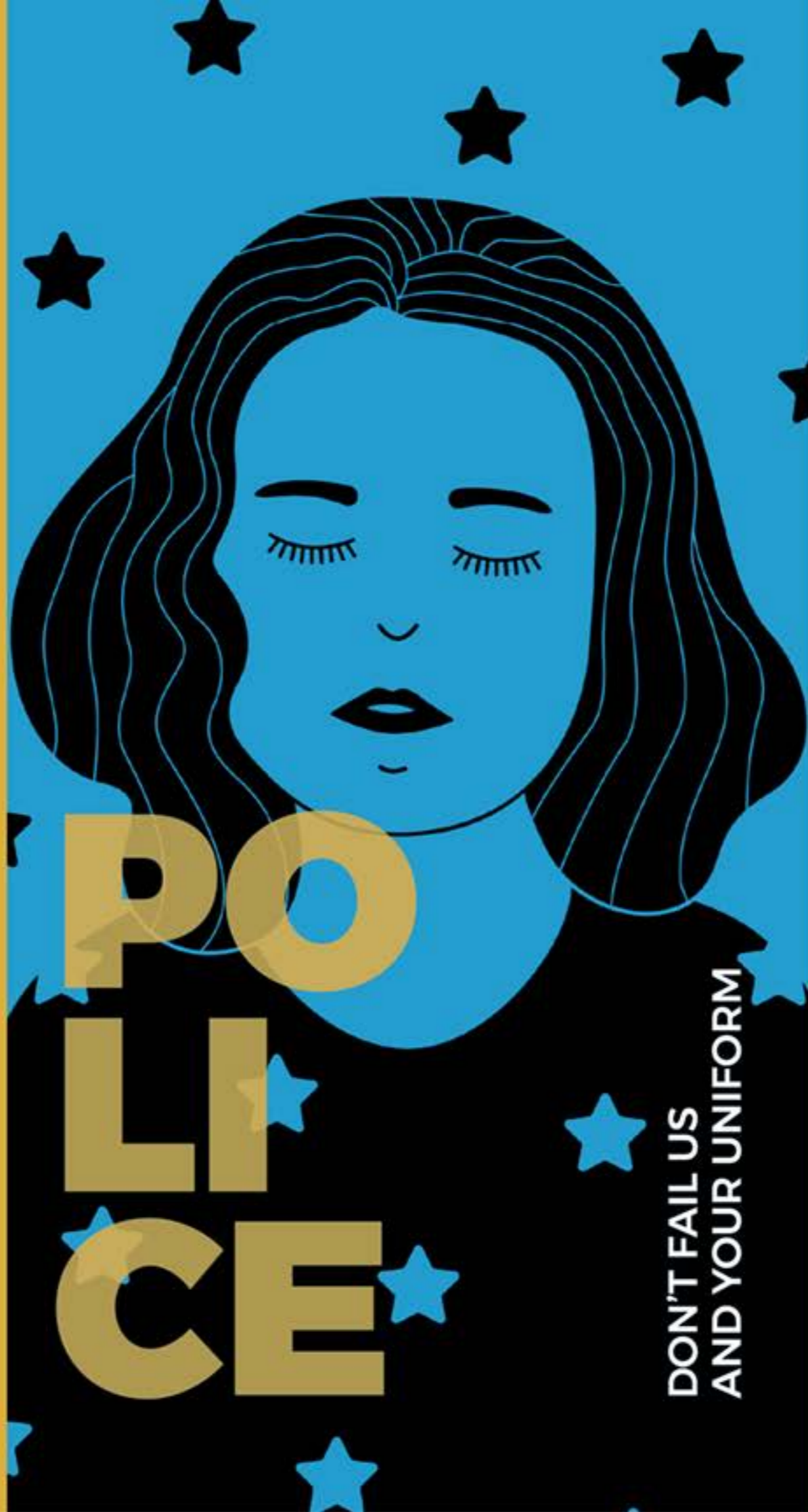
What survivors would like doctors to know:  
Not all scars can be seen

May

Jun

M	13	27	10	24	
T	14	28	11	25	
W	1	15	29	12	26
T	2	16	30	13	27
F	3	17	31	14	28
S	4	18	1	15	29
S	5	19	2	16	30
M	6	20	3	17	
T	7	21	4	18	
W	8	22	5	19	
T	9	23	6	20	
F	10	24	7	21	
S	11	25	8	22	
S	12	26	9	23	





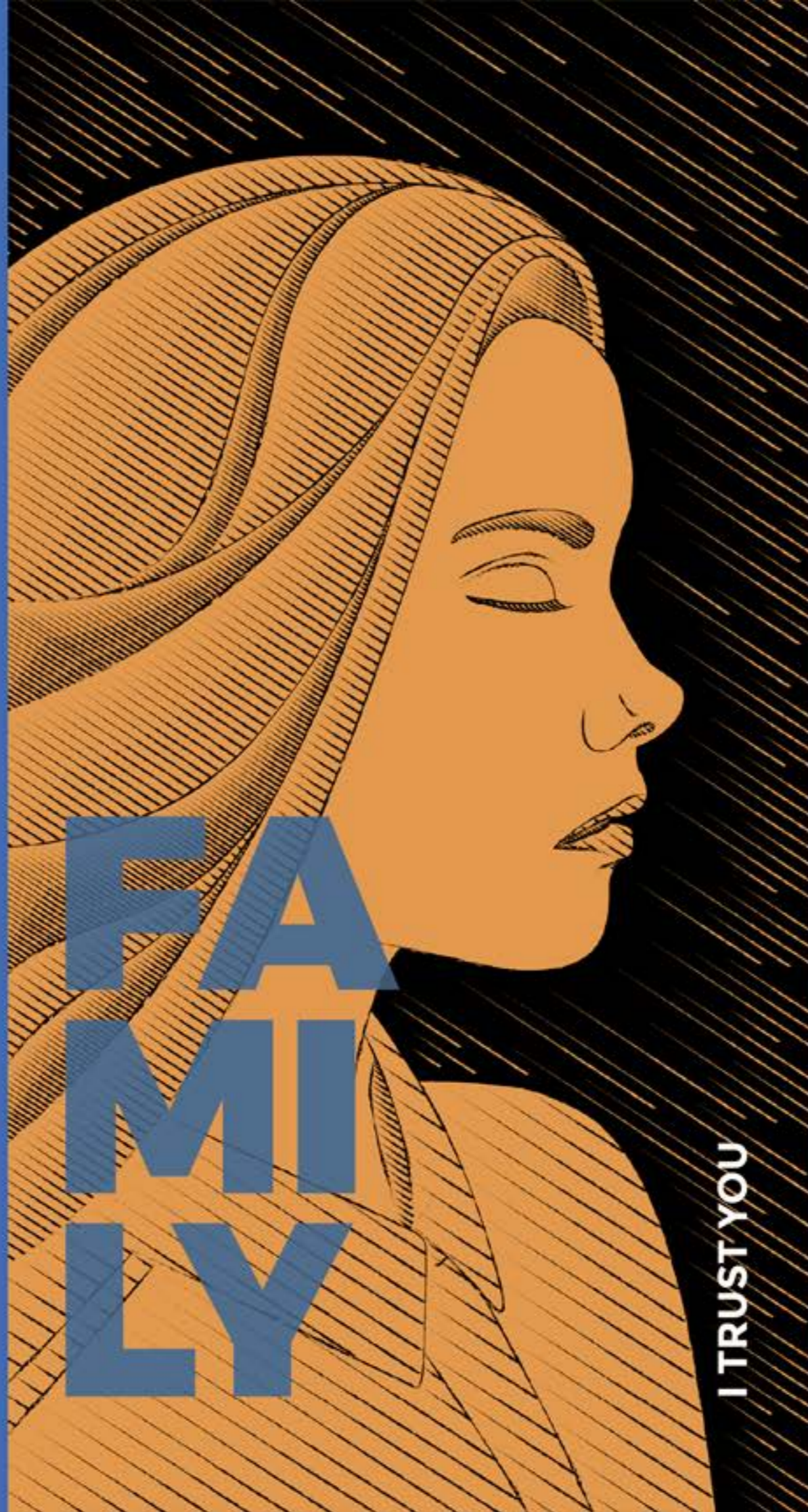
SHE is 5 years old and was sexually abused by a man living in the chawl where she resides. The accused was caught in the act by her mother who wanted to report the matter to the police. On the other hand, her father and other family members felt that reporting the case would bring the family dishonor and were angered by the mother's insistence on taking legal action. Others from their community suggested that the matter be settled by taking the money the abuser was offering. Her mother however, was determined to report the matter to the police - she feared that the accused could attack others, if let off scot free.

With the family and community aligned against them, her mother found support from an unexpected quarter - the police. The local police officials heard the mother out carefully and sensitively. They acted as a bulwark and encouraged filing of the case. Her mother gathered the courage to proceed. The case was registered, investigations took place and the accused was arrested.

What survivors expect from the police:  
[Don't fail us and your uniform](#)

	Jul			Aug		
M	1	15	29	12	26	
T	2	16	30	13	27	
W	3	17	31	14	28	
T	4	18		1	15	29
F	5	19		2	16	30
S	6	20		3	17	31
S	7	21		4	18	
M	8	22		5	19	
T	9	23		6	20	
W	10	24		7	21	
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F	12	26		9	23	
S	13	27		10	24	
S	14	28		11	25	





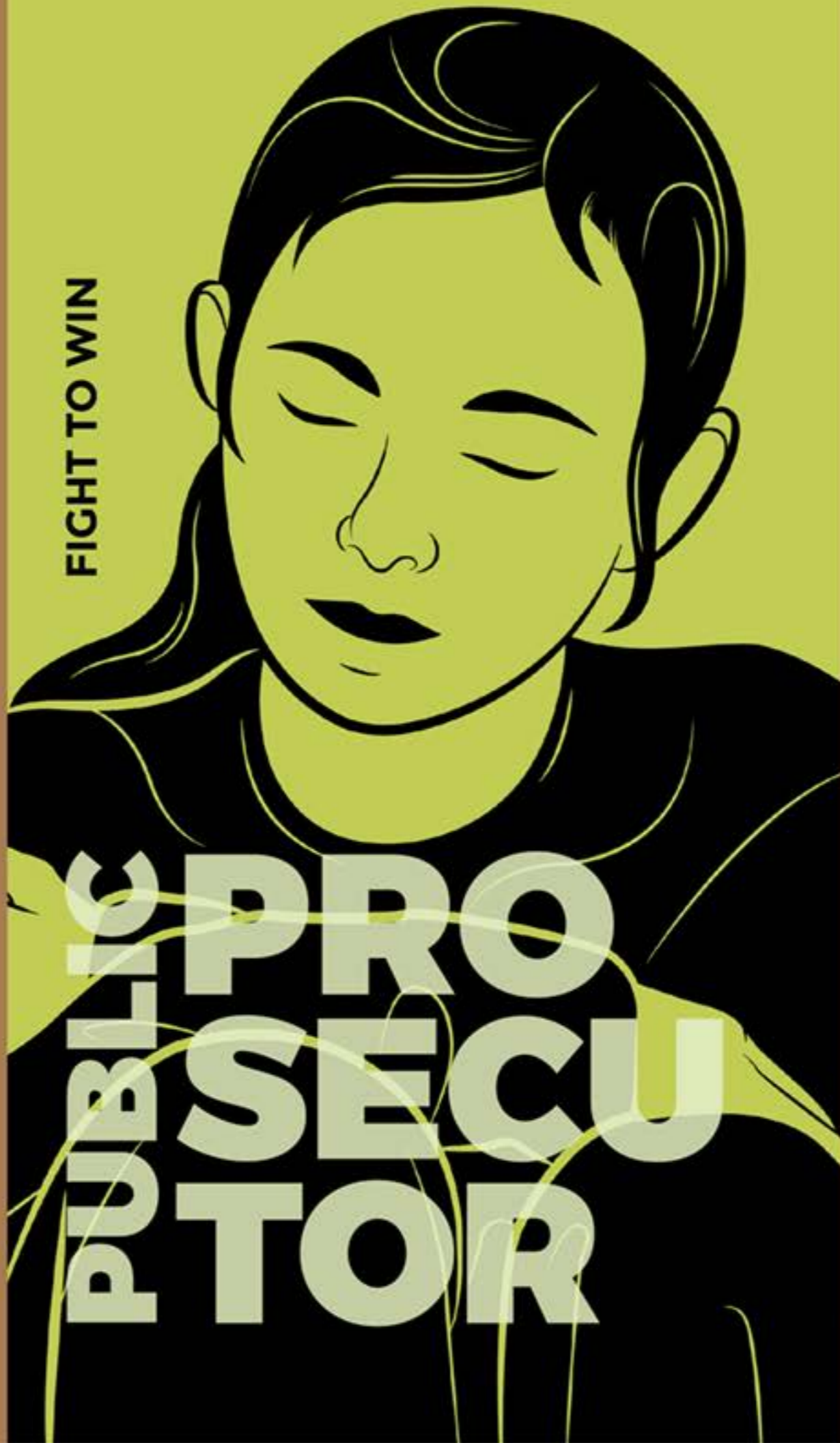
SHE is a young professional, who lived with her parents, younger brother, sister and her husband. One night her sister's husband sexually assaulted her. SHE told her sister about this. The sister believed her unquestioningly, was empathetic and immediately suggested lodging a police complaint. Her father and brother were also keen on taking legal recourse. Surprisingly SHE was supported by the in-laws of her sister. Yes, the abuser's parents were supportive of her and approved of the matter being reported. An FIR was lodged and the abuser was arrested.

The three little words that survivors rarely hear:  
*I trust you*

	Sep		Oct	
M	9	23	14	28
T	10	24	1	15 29
W	11	25	2	16 30
T	12	26	3	17 31
F	13	27	4	18
S	14	28	5	19
S	1	15 29	6	20
M	2	16 30	7	21
T	3	17	8	22
W	4	18	9	23
T	5	19	10	24
F	6	20	11	25
S	7	21	12	26
S	8	22	13	27



	Nov		Dec			
M	11	25	9	23		
T	12	26	10	24		
W	13	27	11	25		
T	14	28	12	26		
F	1	15	29	13	27	
S	2	16	30	14	28	
S	3	17		1	15	29
M	4	18		2	16	30
T	5	19		3	17	31
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S	9	23		7	21	
S	10	24		8	22	



FIGHT TO WIN

PUBLIC PROSECUTOR

SHE was sexually abused by a local teacher and the video of the same was circulated in the community. Her public prosecutor worked hard to grasp all the nuances of the case. Says SHE, "He was very good and told me I should not be afraid of anything. He also used to call three days before the court date to let me know whether or not I needed to be present, just to ensure my time was not wasted." The Public Prosecutor also helped prepare her for the deposition in court. This, SHE said, made her feel empowered.

What survivors wish public prosecutors would do:  
**Fight to win**





**Be the change you want to see**

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*Cehat*