

# FOGSI's SEXUAL MEDICINE COMMITTEE IN ASSOCIATION WITH PUBLIC AWARENESS COMMITTEE

Dr. Parag Patil Memorial Public awareness e-Newsletter

## SEXUAL VIOLENCE - THE PROBLEM & THE SOLUTION



**Dr. Parag Patil**

~ Public Education Initiative ~



**Zydu**s  
**Fortiza**



**Dr. Alpesh Gandhi**  
President FOGSI 2020



**Dr. Jaydeep Tank**  
Secretary General



**Dr. Ragini Agarwal**  
Vice President Incharge  
SMC



**Dr. Anita Singh**  
Vice President Incharge  
PAC



**Dr. Niraj Jadav**  
Chairperson  
Sexual Medicine Committee



**Dr. Kalyan Barmade**  
Chairperson  
Public Awareness Committee



**Dr. Apurba kr Dutta**  
Editor in Chief and Public  
awareness incharge  
SMC



**Dr. Yogini Rolekar**  
Sub-Editor eNewsletter  
Sexual Medicine Committee

# SEXUAL ABUSE/SEXUAL HARASSEMENT

Sex can be most pleasurable and can be enjoyed by two consenting partners. But there is also a harmful or ugly side of sex which is known as “coercive sex” or sexual harassment of various forms. This refers to sexual acts which cause pain, grief, injury, fear or disease and which are performed against the wishes of the partner or without consent.

Any verbal or physical behaviour with a sexual aspect, which is directed by one person against the other, and which upsets, demeans or causes harm to the other person constitute “**Sexual Abuse**”.

Various forms of sexual abuse include:

- Eve teasing
- Stalking
- Obscene gestures
- Obscene telephone calls
- Child sexual abuse
- Incest
- Forced prostitution/trafficking
- Sexual harassment at work places
- Rape – the most heinous crime of all sexual abuses.
- **Sexual abuse violates the basic human rights.** Some of the examples of coercive sex and sexual assault are:
  - A child is kidnapped, raped & killed
  - Father rapes a daughter
  - A young boy is sexually assaulted and used for sodomy by two or more men
  - A 25 year old secretary in an office was repeatedly disturbed by the sexual advances made by her boss.
  - A 65 year old lady was raped by a teenage boy when she was alone in the house.
  - A school girl was kidnapped by a neighbour and raped repeatedly.
  - A mentally retarded girl was raped by four youths

~ Brought to you by ~

 PENEGRA®



ERACT X

Zy<sup>d</sup>alis<sup>MD</sup>

Sustanon® 250

Zy<sup>d</sup>us  
Fortiza

Recent incidences of worst gang rape cases :

Nirbhaya, Kathuva, Unnao, etc

### **National Crime Records Bureau (NCRB) data-Jan 2020**

- A rape was reported every 15 minutes on an average in India in 2018
- Out of these, about 85% led to charges & 27% led to convictions
- Every 4th victim was a minor and more than 50% in age group of 18 to 30 years
- In 94% of cases perpetrators were known to the victim – family member, friend, employer, live-in partner etc.

With increasing incidences of rape, doctors get to see many rape survivors.

Millions of women/children are rape survivors. Rape can devastate individuals, challenge and change relationships in unimaginable ways. Sexual assault can leave an indelible mark on sexuality and relationship.

During the last decade the public awareness about sexual abuse has reached unprecedented heights.

Every media – print or visual, starts with reporting of at least one instance of rape everyday. The word “**Rape**” has become a household name. Whether more and more cases are coming to light or people have become insensitive towards women is not known.

Childhood sexual abuse impacts functioning of both children & adults and can have serious effects – many are disclosing that they were fondled, molested or raped when they were young children. Adult survivors remember the previously suppressed child abuse.

The term “**victim**” is used to apply to persons who may still be in an abusive situation. The term “**survivor**” will apply to adults who were abused and survived.

### **Sexual abuse and rape can encompass**

- Physical
- Emotional
- Psychological consequences
- Immediate effects
- Delayed, long term effects
- Effects on future sexuality
- Effects on sexual relationships/partner
- Immediate examination

~ Brought to you by ~

 PENEGRA®



 ERACTX

 Zydalism<sup>MD</sup>

 Sustanon<sup>®</sup> 250

 Zydus  
Fortiza

- Long term follow up
- Counselling

## Rape

The word 'Rape' in latin i.e "rapere" means to steal, seize or carry away.

The 'rape' is the most heinous crime which includes vaginal, anal or oral penetration on another person without the consent of that person. It is the most gruesome & loathsome offence committed against humanity.

Rape is any act of non-consensual penetration. It does not matter if the victim was raped by force or under duress.

A rapist can be either a male or a female.

A 'rape victim' can also be a male or female. Any degree of penetration is sufficient to constitute rape. Ejaculation is not required.

## What is Rape?

### What amounts to Rape under law?

A 'rape' charge under the Section 375 of Indian Penal Code has two parts:

- non-consensual penetration of any orifice (vagina, anus, mouth, urethra) in a woman by a man, OR,
- non-consensual touching of any orifice with the mouth. This is not restricted to having sex. Forcing a woman to do this to herself, or with someone else, is also rape.

The court will decide that these acts are rape if:

1. Against her will:
2. Without her consent:
  - Consent obtained by misrepresentation, fraud or under mistake is no consent;
  - Consent to intercourse on the assumption of false promise to marry:
  - Consent and submission-distinguished.
3. Consent procured by putting the woman under fear of death or hurt is no consent in law;
4. Consent accorded under a misconception that the person is husband of the woman is not a valid consent;
5. Consent procured by a woman of unsound mind or under influence of intoxication etc, is not a valid consent; and
6. Consent of a girl under 18 is not valid in law: wife 16-18years age statutory rape.

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydelis MD**

**Sustanon 250**

**Zydelis  
Fortiza**

Consent has been clearly defined as a clear, voluntary communication that the woman agrees to the specific sex act, leaving no room for debate. It also makes it clear that absence of physical injuries is immaterial for deciding consent.

### **Types of rape :**

- solo rape
- gang rape
- date rape
- statutory rape
- homosexual rape
- marital rape

### **Who commits rape ?**

- normal looking people
- guardians
- teachers
- father
- brother
- relatives
- religious leaders
- friends
- neighbours
- acquaintances
- strangers

### **Why do they rape ?**

- failure to acknowledge humanity in others
- to punish
- for revenge
- to show power & masculinity
- denial of woman's autonomy

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis<sup>MD</sup>**

**Sustanon<sup>®</sup> 250**

**Zyklus  
Fortiza**

- power assertion
- retaliation, anger
- sexual excitation
- opportunity, urge, proximity to women, clash of cultures
- pornography
- under the influence of alcohol, drugs

### Three components of rape are :

- power
- hunger
- sexuality

### Myths about rape

1. Women secretly love to be raped
2. Woman is responsible for rape because she seduces the person to have sex
3. Only beautiful women get raped
4. A woman who resists cannot be raped
5. It is always the woman's fault to get raped

Usually rape is glorified in movies and stories. If a girl is raped, the thinking in the society will generally be that she will have only four options:

- Take poison & die
- Join sex trade
- Marry the person who raped her
- Honour killing by brother, father or members of the community

**Consequences of rape :** Sexual abuse is a ruthless combination of sexual abuse, emotional abuse and physical abuse.

- Physical Problems
- Emotional Problems
- Psychological Problems
- Sexual Problems

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zyklus  
Fortiza**



**Rape may result in :** extra genital injury, genital injury, psychological symptoms, sexually transmitted diseases (STDs / HIV), pregnancy, sexual and relationship problems.

Additional injuries may result from being struck, pushed, stabbed or shot at.

Psychological problems are potentially the most prominent.

**Short term consequences :** Fear, nightmares, sleep problems, anger, embarrassment, shame, guilt etc.

Tenseness, crying and trembling, shock, disbelief and quiescence.

**Long term consequences :** Post traumatic stress disorders (PTSD), psychiatric problems, sexual and marital problems, interpersonal relationship problems.

Genital injury can vary from a simple abrasion or cut to severe tears in the vulva, vagina, rectum etc. It depends on the type of penetration, vaginal, oral, digital, anal.

Older rape victims experience significantly more severe genital injury than younger victims. They may experience vaginal lacerations, hematomas, abrasions & anal injuries.

### **Effect on Sexuality**

Sexual risk behaviour includes, sex with a stranger, multiple partners, STDs, unwanted pregnancies, etc.

Sexually abused girls develop lack of trust in others/partner, sexual phobia, vaginismus, dyspareunia, nonconsummated marriage, disturbed interpersonal relationship with the husband which can also lead to divorce.

Sexual dysfunction includes disturbances in sexual desire, alteration in sexual response cycle, difficulties with sexual arousal, orgasmic disorder and sexual pain. They can resort to smoking and drinks. Depression & PTSD may play an important role in causing sexual difficulties.

Survivors of child sexual abuse are likely to have more severe sexual problems. Shame, guilt, pain, fear and anxiety can aggravate the problems.

Sexual Problems include –

- Fear to get married
- Sexual aversion
- Low libido
- Sexual anaesthesia
- Lack of arousal
- Dyspareunia
- Vaginismus
- Anorgasmia

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zyklus  
Fortiza**

- Infertility
- Partner's sexual dysfunction

Some of the feelings in the victim include – **“I am a damaged goods”, “I can't ever enjoy sex”, “I am afraid to be attractive and look desirable”**.

**For married girls** – Rape can have very powerful impact on couples

Sexual assault can leave an indelible mark on the sexuality and relationship . She might feel dirty, disgusted or even angry if the partner tries to be intimate with her.

The woman may find herself completely unsupported by the partner. PTSD can lead to nightmares, feeling of emptiness, memory loss, guilt, shame, insomnia, loss of appetite & hallucinations. Certain things from partner might trigger painful flashbacks. During the healing process these triggers should be identified and the girl is protected from it. Rebuilding the sex life after she has been raped might be one of the most difficult things she will ever be able to do.

The residual mental, physical and spiritual effects of sexual assault and rape can permeate the daily lives of survivors which make it difficult to heal. The effect of sexual assault affects the mind, body and spirit.

Lingering mental health problems, difficulties such as depression & PTSD play an important role in initiating and/or prolonging the sexual difficulties.

They can resort to smoking, drinks, etc. Shame, guilt, pain, fear, anxiety can interfere with sexual desire and satisfaction.

Gynaec problems like chronic pelvic pain, dyspareunia, nonspecific vaginitis are common.

During OBG visits and examination in abuse survivors Per vaginal examination may be associated with terror and pain.

She can have feeling of vulnerability in lithotomy position, re experience of past feelings of powerlessness, violation and fear.

**Pregnancy and child birth may be an especially difficult time for survivors.**

During gynaec examination patient's comfort should be increased by talking to her through the examination, maintaining eye contact and involving her during examination.

Fortunately there are treatments available which have been found to be very successful in lessening negative symptoms after rape.

Gynaecologists can offer support to abuse survivors by giving them empowering messages, counselling, referrals to sexologists, mental health professionals and being empathetic during sensitive examination.

**Rape victim / Survivor examination**

Children should be made aware of sexual abuse at any age, the importance of good touch/bad touch, comfortable touch/ uncomfortable touch should be taught from an young age.

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zydus  
Fortiza**

Children are told not to allow any known or unknown person to touch her in the covered parts of her body and abuse her body. If such a situation arises, to resist the abuse, run away from the place and inform parents. Parents should create a comfortable environment where children can communicate freely and without fear, shame or guilt. The parents or caretakers must listen to the child and have belief in the child and be prepared to give all the required support wholeheartedly.

When the girl comes and informs her parents, the usual procedure of informing the police, going for medical examination and preparation to face court proceedings are very important. There can be problems when the perpetrator is a known person, close relative (incest), or a person who would threaten the victim of dire consequences.

### **Long term presentation**

The survivor at a later date can present to a doctor with vague symptoms, substance abuse, alcohol, marital problems, eating disorders, depression, behavioural problems, age inappropriate sexual behaviours, promiscuity, excessive masturbation, abusing other persons, doing poorly in school, Post traumatic stress disorder, running away from home.

PTSD of adult survivors can include – re-experiencing the event, feeling of detachment, general numbing of response, sleep disturbances.

### **Management**

- Initial examination and treatment
- Treatment of physical injuries – extra genital & genital
- Treatment of infections
- Pregnancy test – emergency contraception
- Protection against STDs HIV
- Immunization – Hepatitis B, Tetanus
- Psychological counselling
- Long term follow up and counselling
- Sexual and marital counselling

### **Management also includes**

- Good history taking
- Counselling
- Sex, therapy
- Psychological support – managing emotions

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zyklus  
Fortiza**

- Partner counselling
- Social support
- Family counselling

### **Doctors believe in empowering survivors of sexual assault and rape.**

Many obstetricians / gynaecologists, knowingly or unknowingly provide care to abuse survivors. Whenever needed they should screen women for the history of child sex abuse.

### **Rape laws**

Rape laws – section 375 – definition of rape

Section 376 – punishment for offenders, imprisonment – 7 years to life & fine

Death sentence in extreme cases

Section 376 A – abuse by husband when wife living separately

Section 376 B - Sexual abuse by public servant

Section 376 C – abuse by manager of jail, remand home etc.

Section 376 D – abuse by hospital staff & management

Section 228A – disclosure of victims in rape

Section 354 – outraging modesty of a woman includes all form of sexual assault other than rape. Sexual harassment, voyeurism, stalking and use of force to disrobe women. “Character of the Victim” & “her past sexual history” are now rendered totally irrelevant.

Section 354 A – IPC – Sexual harassment

376 E – death sentence

- Repeat rape – Repeat offences
- Gang rape
- Rape causing death or resulting in permanent vegetative state.

Aggravated rape – special position of victim or the criminal

Rape by – police, public servant, doctor, relatives, guardian, jailier etc

Rape during communal violence

Rape causing death or vegetative existence

Imprisonment-10 year to life.

Unnatural and abnormal sexual offences – section 377

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zyklus  
Fortiza**

## Sexual harassment

Sexual harassment is defined as any unwanted sexual attention, which a woman experiences. Some of these activities include obscene gestures, cat calls, touching, rubbing, pinching, etc. Sexual harassment can happen in schools, colleges, roads, parks, offices, cinema halls and many other places.

To prevent women suffering at the hands of male colleagues and bosses in work places, stricter law has been brought into force.

It was in 1997 in Vishaka vs State of Rajasthan & other case that for the first time sexual harassment had been explicitly – legally defined as an unwelcome sexual gesture or behaviour whether directly or indirectly as :

1. Comments, whistles or catcalls
2. Staring, leering or ogling.
3. Name calling of a sexual nature.
4. Telling jokes or stories that are sexist or of a sexual nature.
5. Sexual innuendo.
6. Unwanted, repeated requests for dates.
7. Remarks or jokes about a person's clothing, body or sexual activities.
8. Sexual gestures.
9. Intrusive, sexually explicit questions.
10. Unwanted touching, such as massages or hugs.
11. Displaying pictures of a sexual nature.
12. Unwanted requests for sexual favors.
13. Unwanted sexual touching or penetration.

Supreme court has laid down certain guidelines for the prevention and punishment of sexual harassment at workplace to ensure gender equality for working women. A complaints committee has to be set up in all Govt. and private sector organizations.

## Child Sex Abuse :

India has one of the largest population of children in the world. Any sexual act with a child less than 18 year of age is taken as child sex abuse we need to protect children. Both boys & girls may get abused. From an infant to adolescent any child can experience abuse.

The dynamics of child sexual abuse differ, from those of adult sexual abuse. Children can face sexual abuse at home, outside home, on the road, school, hostel, residential school etc.

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zyklus  
Fortiza**

Children may not know that they are being abused.

Famous personalities who had experienced child sex abuse include Oprah Winfrey, Virginia wolf, Alfred Hitch cock and others.

For a victim of child sex abuse it is the

- power abused
- trust betrayed
- politics of domination &
- Vulnerability

People have to be careful about vehicle drivers, cooks, bus conductors, delivery boys, watchmen etc.

Child sex abuse is a ruthless combination of sexual abuse, emotional abuse and physical abuse.

They can suffer from physical injury, emotional disturbances, behavioural problem, psychological problem, unusual sexual behaviour.

They can have infections, urinary, genital, defaecation problems, low academic performance, school drop out, lack of memory, anxiety, depression, aggressive behaviour, bed wetting, and later in their life sexual & relationship problems.

There will be short term & long term consequences.

Child sexual abuse is evidenced by the activity between a child and an adult or another child who by age or development is in a relationship of responsibility, trust or power, the activity being intended to gratify or satisfy the needs of the other person

This may include

- Inducement or coercion of a child to engage in any unlawful sexual activity or non penetration sexual act.
- Exploitation or use of a child in prostitution or other unlawful sexual practices.
- Exploitative use of children in pornographic performance of materials
- Exposure of genitals in front of child or making it to expose.

The victim/survivors need proper sexual health assessment, education, counselling and therapy. Sexual abuse impairs health, sexual development and expression, sexual behaviour and adjustment.

The protection of children from sexual offences (POCSO) Act 2012 has enabled to provide a robust legal framework for the protection of children from offences of sexual assault, sexual harassment, pornography while safeguarding the interest of the child at every stage of the judicial process.

This has child friendly reporting, recording of evidence, investigation and speedy trial of offences through special courts.

~ Brought to you by ~

 PENEGRA®



ERACTX

Zydalis<sup>MD</sup>

Sustanon<sup>®</sup> 250

Zyklus  
Fortiza

The act is gender neutral for both children and for the accused.

It criminalises consensual sexual intercourse between two people below the age of 18 years

**Mandatory reporting** – every crime of child sexual abuse should be reported. If a person fails to report they may face imprisonment.

Many survivors do not want to go through the trauma of criminal justice system

Mandatory reporting may hinder access to medical aid, medical abortion, psychological care, etc.

**Prevention of CSA** - Healthy environment at home, healthy sexuality education, Recognise – Resist  
-Report sexual abuse, teaching good touch, bad touch, comfortable touch, child helplines, & counselling centres.

~ Brought to you by ~

**PENEGRA**



**ERACT X**

**Zydalis MD**

**Sustanon 250**

**Zyplus  
Fortiza**



Let us take a pledge to prevent sexual abuse

### Prevention of Sexual abuse

- Creating awareness in the society
- Changing the patriarchal mindset and gender bias
- Promoting gender equality
- Healthy sexuality education from home, school and colleges
- Awareness about recognizing, resisting & reporting sexual abuse right from young age.
- Teaching good touch, bad touch
- Messages from celebrities
- Govt role
- Strict implementation of law & punishment in a time bound manner.
- Role of society, healthcare professionals, counsellors, religious leaders, NGOS & individuals, media
- Creating redressal for victims under one roof with, police, medical facility and court facility
- **Beti Padavo, Beti Bachavo, Beta Samjhavo**



**Dr Padmini Prasad**

Gynaecologist & Sexologist

National Co-ordinator, FOGSI Sexual Health Committee

~ Brought to you by ~

**PENEGRA**



**ERECT-X**

**ZydalisMD**

**Sustanon<sup>®</sup> 250**

**Zyklus  
Fortiza**



# Sexual Medicine Committee & Public Awareness Committee **FOGSI**



*presents*



## Dr. Parag Patil Memorial Awareness Program & Competition

**Theme : Sexual Violence - The Problem & the Solution**



**Dr. Alpesh Gandhi**  
President, FOGSI



**Dr. Jaydeep Tank**  
Sec. General, FOGSI



**Dr. Ragini Agarwal**  
VP Incharge, SMC



**Dr. Anita Singh**  
VP Incharge, PAC



**Dr. Niraj Jadav**  
Chair Person, SMC



**Dr. Kalyan Barmade**  
Chair Person, PAC

~ Chief Co-ordinator ~



**Dr. Archana Verma**

~ Program Moderators ~



**Dr. Tripti Sharan**



**Dr. Apurba Dutta**

~ Zonal Co-ordinators ~



**Dr. Shehla Jamal**  
North



**Dr. Anju Soni**  
West



**Dr. Indrani Roy**  
East



**Dr. Shyjus Nair**  
South

~ Faculties/Panelists ~



**Dr. Hema Diwakar**  
Past President, FOGSI



**Dr. Jaideep Malhotra**  
Past President, FOGSI



**Dr. Sanjay Chugh**  
Psychiatrist



**Mr. Amodh Kant**  
Ex. Bureaucrat & Founder NGO 'Prayas'



**Mr. Neeraj Kumar**  
Ex. Police Commissioner



**Karauna Nundy**  
Supreme Court Lawyer & Activist

~ Competition Judges ~



**Dr. Pankaj Desai**  
Past President, FOGSI



**Dr. Narendra Malhotra**  
Past President, FOGSI



**Dr. Rishma Pai**  
Past President, FOGSI

- Live Q&A Session
- Date : 6<sup>th</sup> Nov, 2020
- Time : 5 pm - 7 pm

### ~ Competition ~

We invite **Essay / Poster / Slogan** on the above theme. Last Date of submission : **30<sup>th</sup> Oct, 2020**

**Rules** : Open to all, **Essay** - 250 words, **Slogan** - 10 words, **Poster** - A3 size drawing/painting, **Language** : Hindi or English

**Send entries** : **Essay** – essaysmc@gmail.com , **Slogan** – slogansmc@gmail.com, **Poster** – postersmc@gmail.com

Join us **LIVE** /KAMOTSAV | Watch Live [www.Eractx.in](http://www.Eractx.in) | Password : eractx

Send your queries to [sexmedcom@gmail.com](mailto:sexmedcom@gmail.com) or ask live!

~ Brought to you by ~

**PENEGRA**



**ERACTX**

**ZydaLisMD**

**Sustanon 250**

**Zyklus  
Fortiza**