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I believe that the most effective way by which domestic violence problem can be dealt with is by understanding the foundation of the mindset responsible for such incidents. It all starts with the fundamental thought that men are superior to women and women must be subservient to the men of their household, be it their brothers, husbands or fathers. When cultural norms are built based on this principle, the fact that men are superior to women becomes normalized and is reinforced into the psyche of boys at a very young age and as they grow up in such a culture, this notion is simply reinforced. Whenever we hear about incidents of eve teasing, the mindset of the individual indulging in such an act is a combination of ego and regarding a woman as a lesser being who should meekly accept the advances of the eve teaser. When women reject such advances and fight back, the ego of the perpetrator is hurt and the reaction to rejection can range from lewd comments to physical violence as they cannot fathom the fact that their advances were met with rejection. I also feel that movies and TV are also responsible for encouraging this mindset as they portray women as objects, encourage inappropriate romantic advances and do not portray the ramifications of such behavior. In most cases of domestic violence, the root cause has been conflicting viewpoints, dowry or just instances where the woman takes a stand against the men of the household who have the mindset described above. India has been no stranger to gender equality. During the Vedic era, women have had equal status with men in all aspects of life. Ancient scriptures have evidence showing performing teaching, training, running businesses, ruling kingdoms and even fighting on the battlefield alongside men.

The best way to tackle the problem of domestic violence has to begin through education and awareness. Right from a young age, children should be taught to regard men and women as equals whose choices and opinions must be respected. I believe that if parents treat a boy and a girl as equals and inculcate these values in their children, they grow up with the same mindset. Since media plays such an influential role in today's society, it can be used to make gender equality a mainstream aspect of modern life. Taking inspiration from our ancient and glorious past can also help bring about societal changes needed to promote gender equality and help eliminate domestic violence.

It is a known fact that in most cases of domestic violence, the victim is a woman and the perpetrators are either the husband or the family members. Having said that, we must also not turn a blind eye to the cases of domestic violence where the victim is a man. We must come forward and help out anyone who is a victim of domestic violence irrespective of their gender.