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The topic of healthy relationships is never too early to introduce to a child. This is introduced by example as we go through various activities in life from the mundane to the more complex ones. These lessons bring about a recognition of being respectful to people you know and people you don't and to expect the same from others.

As a parent this is the best thing one can do to help ensure that our children's expectation is one of healthy relationships. This can provide them with the strength to push back when there is any kind of abuse and to ensure they themselves are never in the wrong.

Life doesn't always go as planned and circumstances put people in situations where they are the victim of or an observer to an abusive relationship. The awareness that there are organizations like Maitri willing to help is important and should be shared as widely as possible and especially in demographics which have a higher risk of being in this situation.

There is an opportunity using historical information and modern day data analysis methods to identify these groups and the best possible way to reach them. This could make it possible for young volunteers to focus their efforts where they are needed the most, using tools that have been known to work. Above all there is a need for compassion and caring for those around you to spot and help whenever we see signs of abuse. Quite often asking the question "How are you doing?" starts the process, and here is where presence of organizations like Maitri make all the difference by providing a viable path to break out of these tough situations."