

## Domestic Violence and Untouchability Key Notes:

Domestic violence and untouchability are two social issues covered in the Social Studies chapter of Class 10 in the Nepali syllabus. Here are some key notes on the effects of these issues and the measures that can be taken to address them:

### Domestic Violence:

- Domestic violence refers to physical, sexual, or psychological harm inflicted by a family member or intimate partner.
- Domestic violence can have serious physical and psychological effects on the victims, including injuries, trauma, and depression.
- Children who witness domestic violence may suffer from long-term emotional and psychological damage.
- Measures to address domestic violence include legal action against perpetrators, counseling and support for victims, and public awareness campaigns to change attitudes and beliefs about violence.

### Effects of Domestic Violence:

- Physical injuries such as bruises, cuts, and broken bones
- Emotional and psychological trauma, including depression, anxiety, and post-traumatic stress disorder
- Low self-esteem and feelings of worthlessness
- Social isolation and difficulties in forming and maintaining relationships
- Children who witness domestic violence may suffer from emotional and psychological harm, including anxiety, depression, and behavioral problems.

### Measures to Address Domestic Violence:

- Legal action against perpetrators of domestic violence, including criminal charges and restraining orders
- Counseling and support services for victims, including hotlines, shelters, and therapy
- Public awareness campaigns to change attitudes and beliefs about domestic violence
- Education programs in schools and communities to promote healthy relationships and prevent domestic violence
- Economic empowerment programs for victims to help them gain financial independence and leave abusive relationships.

### Untouchability:

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- Untouchability refers to the practice of social exclusion and discrimination against certain groups based on their caste, religion, or ethnicity.
- Untouchability can have a range of negative effects on the victims, including social exclusion, economic hardship, and psychological harm.
- Measures to address untouchability include legal action against discrimination, affirmative action policies to promote equality, and public awareness campaigns to promote understanding and acceptance of diversity.
- Education is also a key factor in addressing untouchability, as it can help to promote understanding and respect for diversity and challenge stereotypes and prejudices.

### Effects of Untouchability:

- Social exclusion and marginalization from mainstream society
- Limited access to education, healthcare, and employment opportunities
- Economic hardship and poverty
- Psychological harm, including low self-esteem and feelings of worthlessness
- Inter-generational transmission of poverty and discrimination.

### Measures to Address Untouchability:

- Legal action against discrimination, including laws and policies to prevent discrimination and promote equality
- Affirmative action policies to provide opportunities and promote equality for marginalized groups
- Public awareness campaigns to promote understanding and acceptance of diversity and challenge stereotypes and prejudices
- Education programs in schools and communities to promote understanding and respect for diversity
- Economic empowerment programs for marginalized groups to help them gain access to education and employment opportunities.

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