

BREAK THE SILENCE



AMNA SHAHZAD

**DEPARTMENT OF MEDIA STUDIES
KINNAIRD COLLEGE FOR WOMEN**

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BREAK THE SILENCE



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IN
MEDIA STUDIES**

BY

AMNA SHAHZAD

**DEPARTMENT OF MEDIA STUDIES KINNAIRD
COLLEGE FOR WOMEN, LAHORE
2018-2022**

DISSERTATION APPROVAL
KINNAIRD COLLEGE FOR WOMEN



Date: 05-12-2022

I hereby recommend that the project prepared under my supervision by

Amna Shahzad

F18BAMS060

Entitled

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be accepted in partial fulfillment of the requirements for the degree of

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IN

MEDIA STUDIES

In Charge of Research Report

Head of Department

Recommendation concurred in

1. _____
2. _____
3. _____
4. _____

**Committee
for the
Final Examination**

RESEARCH COMPLETION CERTIFICATE

It is certified that **Ms. Amna Shahzad** session (2018-2022), Department of Media Studies has carried out research work entitled “**Break the Silence**” under my supervision.

It is assured that research work is original and has not yet been published anywhere else.



Supervisor’s Signatures

Dated: 05-12-2022

Supervisor’s Name: Ms. Sadia Safir Tarar

Designation: Lecturer (Department of Media Studies)



Signatures

Dated: 05-12-2022

Name: Dr. Kiran Karamat

Designation: Head of Department (Department of Media Studies)

“All the changes suggested by examiners during defense are incorporated in this final copy”



ANTI-PLAGIARISM DECLARATION

I certify that this is my own research work. The work has not, in whole or in part, been presented elsewhere for assessment. Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 11%. If this statement is untrue and I am found guilty of plagiarism, the punitive actions against me should be taken as per Kinnaird Anti Plagiarism Policy.

Amna Shahzad

F18BAMS060

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ABSTRACT

Domestic violence is the issue that has been scaring women and children since forever. They have been trained in a way that they have to tolerate abuse other than breaking the silence. This documentary is to educate people about why there is a need to break the silence and what is battered women syndrome and what are its effects. We have tried to aware people about the psychological state of victims who tolerate violence and any kind of abuse.

Teachings of Islam about domestic violence and abuse and, we have talked about the legal laws and psychological help one can get. We have conducted expert interviews in these domains. Moreover, we have portrayed what mental and physical injuries can take place from domestic abuse and how harmful this can be for a nation. Our documentary will give the guidance about what psychological and legal help one can have. What a battered women syndrome a mental state can turn into a harmful thing and can destroy generations and generation. We have discussed the false myths about Islam and domestic violence. The project is on social issue which needs to be highlighted and to educate people about the devastating effects of battered women syndrome.

Keywords:

Domestic violence, intimate partners, psychological state, male perpetrators

TABLE OF CONTENTS

Dissertation Approval	i
Research Completion Certificate	ii
Anti-Plagiarism Declaration	iii
Acknowledgments	iv
Abstract	v
Chapter 1: Introduction	1
1.1 One liner	3
1.2 Basic Idea	3
1.3 Need of the project	3
1.4 Scope	4
1.5 Clarity of the project	4
Chapter 2: Literature Review	5
Chapter 3: Significance	10
Chapter 4: Script	11
Chapter 5: Audio/Video Board	12
Chapter 6: Technical Methodology	15
6.1 Approach	15
6.2 Clustering/ Brainstorming	15
6.3 Objectives	15
6.4 Target Audience	16
6.5 Shots	16
6.6 Location	16

6.7 Equipment	16
6.8 Treatment	16
6.9 Pre-Production Co-ordination	17
6.10 Production Co-ordination	17
6.11 Post Production Co-ordination	17
Chapter 7: Budget	18
Chapter 8: Conclusion	19
Chapter 9: Recommendations	20
Chapter 10: References	21

CHAPTER 1

INTRODUCTION

In the 1970s, a prominent Psychologist, Dr. Lenore Walker, attempted to explain the psycho-social condition of a woman suffering from domestic violence in her book "The Battered Woman." Battered Woman Syndrome, a theory of multiple victimization, explained the development of a psychological problem in women who are repeatedly abused by their husbands by using the cycle of violence and "learned helplessness" (Walker 1979).

Battered women's syndrome is a psychological condition that is the by-product of the abuse that is encountered by a woman because of various reasons like an unhappy and unhealthy marriage or relationship, etc. The form and degree of this abuse can vary from person to person and the situation in which she is experiencing it may also control the intensity of this unique psychological disorder (Appleton, 1980). If we focus on the abuse only, then we categorize it in three forms: physical (sexual mostly), verbal, and psychological. Out of these three, the first two are sensed easily, while the third one remains either undetected or completely ignored because of its abstract presence. Collectively and statistically, most of the above-categorized abuse is performed at the hands of the sufferer's intimate partners like husband, boyfriend, and fiancé. It is during this categorizing aggression-bearing state that women feel chained and unsafe (Health line, 2021).

In this strange mental state, women start to believe that one day their romantic partners will change their course of abusive actions and will start treating them the way they deserve to be treated. This non-pragmatic thinking pattern gives birth to the hope that keeps them willing to tolerate abuse in its increasing order. This hope acts like a strain that keeps them from taking bold action against suffering i.e., leaving, or coming out of an abusive relationship because of numerous reasons, like religious perspective, moral reason etc. It even gets worse when they start believing that they are the prime cause of the abuse that they are enduring. In this way, they inflict suffering on themselves to some extent (Social philosophy, 2019).

Abuse can affect people of any age, gender and class. It is not bound to any single factor. Domestic violence is an endemic social issue both in urban and rural areas in Pakistan. It is increasing at an alarming rate. In the society of Pakistan, violence against women or domestic violence is considered a private family issue without any valid reason and focus. Therefore, women have to tolerate violence silently on a daily basis because of false myths, misuse of social customs, religious norms and cultural values. And this thing runs through generations.

Domestic violence is growing drastically in Pakistan, and this eruption is more intense in homes. The majority of Pakistani women do not feel like ending an abusive relationship for the sake of society, to protect the respect of family, and stigma attached to divorce because coming out of a relationship is still taboo in our society (Ethnos Med. 2015).

In “Battered Women Syndrome”, this type of abuse occurs within a relationship as intimate partner violence. Violence against women has no boundaries; it can be physical, sexual, verbal, psychological. One of the three women faces sexual abuse from their intimate partners around the globe (England, 2007).

Male controlling interactive violence develops from mutual verbal arguments and insults, progressing to physical struggles. It can be found in up to 20% of high-conflict divorcing families. Violence can be initiated by either partner; however, the man may physically dominate or overpower the woman. Furthermore, a woman's struggles and counterattacks may cause the man to become more dangerous and threatening (Johnston et al, 1993).

In battered women syndrome, one who experiences abuse tries to find ways to survive the situation. One of which is the false hope that their abuser will stop one day. But, in reality, what they need is, to break the silence, to put a full stop to their almost never-ending suffering (Domestic Shelter, 2021).

Abuse can cause severe mental and physical health issues, too. Mentally, abuse can cause severe anxiety, depression, victim can be emotionally withdrawn, deny that anything is wrong and can excuse the abuser, again and again, can feel isolated, have low self-esteem, sleeping problems, feelings of anger, sadness, hopelessness or worthlessness, intense feelings of fear, panic attacks, Serious physical injuries, suicide attempts, chronic health problems, family disruption other crimes and even deaths (Psychiatric Times, 2009).

Despite accounting for nearly half of the population, women continue to face discrimination in society; most concerningly, violence against them in almost every form is on the rise. Every two hours, a woman was raped somewhere in the country, and hundreds were victims of honor killings and domestic violence (Human rights commission 2000).

1.1 One Liner

The documentary “Break the silence” is a documentary highlighting battered women syndrome and intersectional sexual violence. It educates people about the devastating physical and mental effects on a victim of abuse.

1.2 Basic idea

It’s a documentary on the psychological state of women who are victims of physical, sexual and mental abuse. The documentary focuses on the catastrophic effects on victims’ mental health of domestic abuse. And how one can cop up from this suffering using governmental, social and psychological/therapeutic aid.

Moreover, the documentary is containing interviews with experts in this domain and we also shed some light from the Islamic perspective.

1.3 Need of the project

The reason for choosing this topic is that the worst reality of our society is being ignored forever. Staying in an abusive relationship is considered better than coming out of it. The societal pressure is getting intense. Coming out of an abusive relationship is still taboo in our society. The trend of tolerating abuse needs to stop. We want to be aware and educate people, specifically women, how damaging this can be for them and for the generation they are going to raise. And to be aware of society how their support can make a change and can protect a daughter, mother, sister, and most importantly, a woman, a human, from living a miserable life (Nandy, 2010).

Moreover, while talking of about domestic violence, the society always discusses physical abuse on victim, it tends to neglect the psychological trauma a victim has to go through. We aim to shed light on both the physical and the psychological sufferings of a victim. We want to make a point that domestic violence is not only limited to physical abuse it also involves psychological abuse and it is high time we should open dialogue on it.

We also felt the need to highlight this topic because battered women syndrome in our society is triggered by a lot of factors such as women low empowerment, low illiteracy rate, less opportunities and most importantly wrong interpretation of religious values, poverty and our cultural norms. By highlighting this issue, we wanted to create awareness on the root causes of the problem, so it can be terminated from the origin.

The project is needed because stats of domestic violence are increasing rapidly. And why there's a need to break the silence to protect generations and society.

1.4 Scope

Women have always been a sensitive topic of society. Domestic violence and abuse are now at an alarming level. This social issue needs to be highlighted. Victims are not aware of how they can approach governmental and other help other than serving themselves to abusers. Considering it a taboo issue, we have taken the decision to highlight it because we think that as a society we need to talk about the seriousness of the issue, we constantly need to raise voice and spread awareness among the masses specially the youth.

The reason for producing a documentary on this sensitive topic is to create a sense of awareness on the issue and also to indulge experts point of views and Islamic perspective to better understand the problem. We believe that in-depth understanding of the issue can help in providing the possible solutions to terminate it.

1.5 Clarity of the topic

As we have mentioned above the topic is related to the effects and treatments of battered women syndrome, and how badly it is affecting the lives of women. We have taken interviews of psychologists and victims of battered women syndrome to get a n insight about the topic. Moreover, we have also focused the psychological state of the victims as this aspect is often neglected in our society. Our main purpose of this documentary is to educate people about this very important issue of our society.

CHAPTER 2

LITERATURE REVIEW

“What I See” (2020) this short film effectively highlights a very pertinent matter in question with respect to today’s society and the world at large. Through an apt portrayal of the stereotypical behavior containing the maxim “Boys don't cry”, it implicitly draws a picture of a young boy’s mind and thoughts. Eventually, this so-called cliché manifests itself in the behaviors of man in today’s society. The frustration and agony a person pass through is an ultimate result of the stereotypical effect this maxim causes on young minds and makes them more prone to domestic abuse and violence. In addition to this, the ideology of a boy to be like his father is also being influenced by the exploitation of vulnerable sections of the society. The contrasting behaviors of the two families highlight the significance of a family structure and its importance, value and desirability for a child to live in. However, with destroyed structure one is not able to differentiate between right and wrong and sooner or later it will destroy the personality of the persona being abused and oppressed. Agitation by a small piece of glass refers to the abnormality of the emotions as they are triggered by something as futile as a piece of glass. But this troublesome behavior might suggest the distress a person is going through or a habit of seeing everything according to one’s own terms and approach. Moreover, an apt portrayal of the act of unleashing a hidden beast inside a human is implicitly illustrated by the actions and gestures of the male actor. Not only this, but also the fact that this act of setting the monster free is considered as a normal, casual activity for male members of society. In addition to this, a portrayal of the capacity of women to love despite being brutally treated and abused is well established in the film. She loves her man without acknowledging the fact that he is hurting her continuously and is not resentful of his actions. Basically, this is the very behavior of our society towards men that encourages them to cross the limits of humanity and violate the basic human rights.

Dutton (2018) explained in her article that battering and its results are complicated factors that are frequently misunderstood by the general population. While each woman experiences and typically refers to battering, a number of incidents are typical within those who have been subjected to these traumatic occurrences. The result suggested that aided the field in focusing on the reality that battering has negative consequences for people who have been subjected to it. Furthermore, we must comprehend each victim's experiences as taught

by the enormous and constantly expanding level of evidence research important to interpreting an individual's perception and response to having been convicted.

Bauman (2018) investigated that how stigma match and battered woman syndrome terminology influenced public views of an abused woman who murdered her assailant. Consequently, women were shown to be more inclined to perceive the abused woman as a survivor and to feel she committed a crime. While men responded that only if the lady matched the conventional picture of a beaten woman were more inclined to see her as a victim. Respondents also stated that they thought the lady was emotionally competent and that she was not guilty of any wrongdoing. The findings suggest that men and women have different perspectives of abused women who murder.

Das (2018) finds its universality. The purpose of the film, which ultimately links you to a helpline, is to spread awareness and bolster women to speak up about issues, ranging from violence to everyday sexism. As we follow the situations of the two women, who come from two distinct socio-economic backgrounds, the film successfully highlights the fact that sexism and patriarchy know no class confines. All of the men in Lisa Grim Shaw's life, together with her partner, had beaten her. Nancy Gartner used the battered women defense to protect her in court. Lisa had been through a lot of difficulties even after separation with her husband. Her husband used to come over her house and beaten her so after all this she took a step and murder his husband because she thought it's the only way to get rid of him. Nancy defended her in court by saying that she did this right and called this as self-defense. This short film "Domestic violence" is basically about a girl who was brutally beaten by her partner. Her wife took care of her husband made lunch for him but he was beaten due to tasteless meal. Her husband was beaten her wife daily on small things. One day, she said to her husband that I will not stay with you and left your home. Her husband was beaten harshly and said that you have to be stay with me. She bearded all the things just to save her married life. But in the end, she took a step for herself. Someone helped her wife and called police to arrests her husband. Her man arrested and wife became lived independently now.

Walter (2017) Break the routine- A domestic abuse short film 2017 constructed this film in a way to urge women to break the routine of being abused by the male members of the society. It highly evokes sympathy by portraying the juxtaposition of two sections of society. The use and exploitation of power by the hands of male members of society and its clear-cut influences on other members is highlighted by the plot line of the short film.

Recently, the works of Kirmani et al. (2015) have added another dimension to the corpus of literature on the issue of gender. This work represents a new line of inquiry that connects gender to politics and the performing arts. This work demonstrates how cultural forms such as theatre, dance, music, film, and fine arts have been used to advocate for gender and class equality, women's rights, and the rights of the marginalized. The works examined under the keyword gender are not directly related to the current study. Because they do not highlight the issue of gender violence. Nonetheless, the categories relevant for the work in this sense that it draws our attention to the challenges that the South Asian, particularly the Punjabi women face discrimination. These obstacles take the form of patriarchy, gender inequality, and the prevalence of oppressive social order. In some ways, these factors make women more vulnerable to violence.

Shadow pandemic (2015) is a term often used for the rise in domestic abuse cases world over, as women and children are forced to stay indoors along with abusive husbands and fathers, in the ongoing lockdown. This pandemic, growing in the dark, away from the spotlight of coronavirus, is often lost in numbers, helplines and statistics. Filmmaker and actor Nandita Das have given a face to this shadow pandemic by making a short film, listen to her, in the confines of her home, illustrating the case of one such woman, who is facing violence. The film, supported by various UN agencies like the UNESCO, UNFPA, UNICEF, UN Women and the South Asia Foundation (Madanjeet Singh Foundation), opens with a working mother, played by Das, who is juggling an office meeting on a video call with her colleagues, taking care of her son and fulfilling the demands of her husband. In this already tense atmosphere, where her attention is divided, she gets a call from a woman who is being abused by her husband. The short film, in a matter of minutes, chronicles the inner turmoil of Das, bringing out the various layers in which women, who are confined at home during the lockdown, are dealing with patriarchy, mental and physical violence, and gender roles of parenting. Whether it is making coffee for a lazy husband in a privileged household or dealing with domestic violence, the film drives home a pertinent point. Made with limited resources and cloistered in an apartment, Das sticks to the basics of storytelling, in both visuals and narrative, and cleverly portrays violence, solely through audio. In the ordinariness (and banality) of the circumstances.

Marianne (2009) conducted a study `Who does to whom` in which research was commissioned Northern Rock Foundation to see how a gender affects the perpetrators and victims of domestic abuse are affected. The report explores and takes into account both context

and consequences. It provides a unique picture which takes place over time rather than a single incident or activity. Majority of the cases recorded by the police contain male to female abuse.

Honor (2005) has also stated that domestic violence effects both women and children the most. Primary care providers working with children, particularly pediatrics nurse practitioners, comprehend the dynamics of domestic abuse, recognize domestic violence, and intervene appropriately. Domestic violence can affect a child immensely. Domestic abuse affects children in various ways. Domestic violence is frequently accompanied by other significant developmental risk factors for children, such as poverty, female-headed households, and low levels of education among primary caregivers. As it is not a single action but a pattern of many physical and emotional behaviors conducted through oppression by a current or former intimate partner.

According to Dan (2004) Gender inequality and gender power imbalances are the driving force behind the "epidemics" of this crisis. This is also caused by social isolation, language barriers and lack of awareness. The inequality amongst gender, class, culture are the lead forces behind it. Women are not made aware of their rights and are not taught about their place in a society without a man. This gives the man a power of authority as the women is incapable of survival as an individual.

Dytisha (2003) recommended that Domestic violence is a public issue that influences women, everything being equal, ages, and financial sculptures with insights accentuating the staggering impacts of homegrown violence on the existences of battered women.

Van (1997) inquired that domestic violence has only recently come to light as a crime. Before that domestic abuse against women had no consequences and could be considered as a common practice. Religious and social traditions are also mentioned that have already reinforced violence in marriage. Historically such cases were given to courts which chose not to interfere in family matters, as the abuse was not counted as crime at that time and there were no laws against it.

Dutton et al (1993) discussed the battered syndrome and the notion of battered woman syndrome was put to the test by evaluating 50 beaten women and 25 sexually molested women who had just quit their partnerships. The result showed that battered women suffered three characteristics of the battered woman syndrome: increased "conflicting bond" to the abuser, significant worth of mental illness, and terrible self. Therefore, given the descriptive survey,

consciousness, bond, and psychological distress "act" similarly in relation to past characteristics. Intermittent renewables and strength distinctions are examples of misuse. These characteristics, together with the severity of physical and mental abuse, should be included in the evaluation of pounding aspects. He proposed a redefinition of battered women syndrome in three ways. Women who are at greater risk due to mental or cognitive limitations also face obstacles in responding to domestic violence, both in the immediate violent situation and in the period following it. An intellectual deficit may prevent the battered woman from understanding her options for responding to violence, following through with such actions, or even understanding the importance of doing so.

As indicated by Walker (1979), the hypothesis of learned defenselessness clarifies why ladies create and start to disguise figuring out how to be powerless on the grounds that they are not ready to control the battering and become desensitized to the occasions and feelings encompassing the maltreatment. The span and seriousness of women battering has been investigated.

CHAPTER 3

SIGNIFICANCE

The main purpose of this documentary is to create awareness among people about the devastating effects of abuse on victim's physical and mental health. The significance of the study is to highlight the mental state of the victim who suffers any kind of abuse and violence from their intimate partners as we as a society fail to comprehend the psychological abuse. The mental trauma of a victim is never discussed. So, it is very important that to highlight this perspective of battered women syndrome. Furthermore, we wanted to educate people how abuse left scars on the soul too.

The major focus is the interviews of psychologists educating us about battered women syndrome and myths about victims. This documentary contains detailed information about domestic violence and its effects. With the help of this documentary, directors want to educate people about battered women syndrome and their mental state. And how domestic violence not individually but collectively can affect us as a society and generations can suffer from this issue. And how important is it to protect women and children from domestic abuse (PubMed.Gov, 2020).

Moreover, by working on this topic we want to encourage the young content creators to produce such content that can not only create awareness on t=serious issues of our society but can also play a very significant role in bringing a change. It is high time that the content creators need to take these steps and fulfil their social responsibility by educating the masses. So, we aim to motivate the new talent by our documentary.

In this Digital era, electronic media is one of the best platforms to educate or to create awareness about anything new and quick feedback is a plus point. This is why electronic media is used as a medium to convey our message. The reason behind showcasing this documentary is that people should know about the effects of violence and this need to stop.

CHAPTER 4

SCRIPT

کہا آپ نے کبھی سوچا ہے ماں، بیٹی، بہن، بیوی، بے شمار رشتوں میں بندھی ایک عورت نا جانے اپنی زندگی میں کتنے امتحانات سے گزری ہے

یونائیٹڈ نیشن کے مطابق ہر تین میں سے ایک عورت جسمانی، ذہنی اور تندرست کا شکار ہے اور پاکستان میں صورت حال کچھ مختلف نہیں۔ درحقیقت پاکستان میں ہونے والے جرائم کا زیادہ تر حصہ خواتین کے ساتھ ہونے والے جرائم ہے۔ یونائیٹڈ نیشن اور حکومت پنجاب کی مشترکہ رپورٹ کے مطابق 90% پاکستانی کسی نہ کسی گھریلو تشدد اور 47% خواتین زیادتی کا سامنا کرتی ہیں 04% خواتین واقعات کی رپورٹ درج کرواتی ہیں۔

عورتیں شدید تشدد کے باوجود اپنے ساتھ ہونے والی زیادتی کی کہانیاں بتانے سے کہیں ڈرتی ہیں۔ اب سوال یہاں پر آتا ہے کہ کیا تشدد جسم تک محدود ہے کیا اس کے اثرات عورتوں کو ذہنی معذور نہیں بنا دیتے؟ ذرا سوچیں؟

کوئی بھی عورت مرد یا بچہ گھریلو تشدد کا شکار ہو سکتا ہے لیکن زیادہ تر بچے اور عورتیں اس کا شکار بنی ہیں۔ تو اس بات کا کس طرح جائزہ لیا جا سکتا ہے کہ آپ یا آپکے جائزے والے کے ساتھ گھریلو تشدد ہوا ہے یا ہو رہا ہے گھریلو تشدد بہت مشکل سے پہچانا جاتا ہے کیونکہ تشدد کی بہت قسمیں ہوتی ہیں انکی شکلوں میں سے کچھ بہت واضح ہوتی ہیں جیسے کہ نہپڑ مارنا، بیٹنا، گال دینا اور جالنا۔ جنسی تشدد میں جو افعال شامل ہوتے ہیں۔ جنسی تعلق قائم کرنا۔ اگر آپ سے آپکی مرضی کے خلاف جنسی تعلق قائم کروائے جائیں یا آپکے ہونے والے بچے کو زبردستی ضائع کروایا جائے۔ ذہنی تشدد بھی گھریلو تشدد کی ایک قسم ہے۔

اس کے ساتھ ساتھ جذباتی اور نفسیاتی حملہ، جیسے کہ کسی کو بے عزت کرنا، نیچا دیکھنا، ڈرانا دھمکانا، جہوزی حسد کرنا، طالق کی دھمکیاں دینا، معاشی تشدد کرنا یا اپنی بیوی کو باہر کے کام کرنے سے روکنا اور انکے مالی اخراجات پر قابو پالینا۔ یہ سب بھی گھریلو تشدد کی اقسام ہیں

CHAPTER 5

AUDIO VIDEO BOARD

Scenes	Audio	Visuals	Duration
	BGM - Slow	Title: An Inconvenient Truth if Society Starting credits: Directed by Samreen Aslam Produced by Amna Shahzad	22 seconds
1	BGM - Slow Voice over کیا آپ نے کبھی سوچا ہے ماں، بائیں، بہن، بیوی، بے شمار رشناؤں میں بندھی ایک عورت نا جانے اپنی زندگی میں کتنے امتحانات سے گزرنی ہے - پاکستان میں صورت حال کچھ مخالف نہیں۔ درحقیقت پاکستان میں ہونے والے جرائم کا زیادہ تر حصہ خواتین کے ساتھ ہونے والے جرائم ہے۔	Montage <ul style="list-style-type: none"> • Animated clips of battered women. • Clips of battered woman crying. • Pictures of reports issued on battered women by different news channels and united nations. <p style="text-align: center;">بول کے لب آزاد</p>	35 seconds
2	BGM – Slow Interview: SOT 1 Ms. Ayesha - Lecturer	<ul style="list-style-type: none"> • Mid shots and long shots of interviewee • Insertions of animated clips of battered women. 	14 seconds
3	BGM – Slow Interview: SOT 2 Dr. Komal - Psychiatrist	<ul style="list-style-type: none"> • Long shots of interviewee • Insertions of animated clips of battered women • Insertions of victims of domestic violence. 	52 seconds
4	BGM – Slow Interview: SOT 1 Ms. Ayesha – Lecturer	<ul style="list-style-type: none"> • Multiple clips of interviewee • Insertions of victims of domestic violence. 	29 seconds

5	<p align="center">BGM - Slow Voice over</p> <p>ہونا ڈیٹا نیشن اور حکومت پنجاب کی مشترکہ رپورٹ کے مطابق 90% پاکستانی کسی نہ کسی گھریلو تشدد اور 47% خواتین زہادنی کا سامنا کرتی ہیں 04% خواتین واقعات کی رپورٹ درج کرواتی ہیں۔</p> <p>انہی تشدد کے ہونے کے باوجود اپنے ساتھ ہونے والی زہادنی کی کہانیاں بتانے سے کیوں ڈرتی ہیں۔ اب سوال یہاں پر آتا ہے کہ کتنا تشدد جسم تک محدود ہے کتنا اس کے اثرات عورتوں کو ذہنی معذور نہیں بنا دیتے؟ ذرا سوچیں؟</p>	<ul style="list-style-type: none"> • Animated clips of battered women. • Clips of battered woman crying. • Pictures of reports issued on battered women by different news channels and united nations. 	29 seconds
6	<p align="center">BGM – Slow</p> <p align="center">Interview: Vox pop</p> <p align="center">Laiba (victim) – age 25</p>	<ul style="list-style-type: none"> • Clip of interviewee 	1 minute 4 seconds
7	<p align="center">BGM – Slow</p> <p align="center">Interview: SOT 2</p> <p align="center">Dr. Komal – Psychiatrist</p>	<ul style="list-style-type: none"> • Long shots of interviewee • Insertions of woman crying • Insertions of women subjected to domestic violence 	1 minute
8	<p align="center">BGM – Slow</p> <p align="center">Voice over</p> <p>کوئی بھی عورت مرد کا بچہ گھریلو تشدد کا شکار ہو سکتا ہے۔ لیکن ذہادہ نہ بچے اور عورتیں ایس کا شکار بنتی ہیں۔ نو ایس بات کا طرح جائزہ لیا جا سکتا ہے کئی آپ یا آپکے جاننے والے کے ساتھ گھریلو تشدد ہوا ہے یا ہو رہا ہے گھریلو تشدد بہت مشکل سے پہچانا جاتا ہے کیونکہ تشدد کی بہت قسمیں ہوتی ہیں انکی شکلوں میں سے کچھ</p>	<ul style="list-style-type: none"> • Animated clips on battered women including reports. 	1 minute 18 seconds

	<p>بہت واضح ہونے لگیں جس سے کہے نہ بڑھا کرنا جنسی تشدد ، ، پھینکا ، گال دینا اور جالنا۔ میں جو افعال شامل ہوتے ہیں۔ جنسی نعلق قائم کرنا۔ اگر آپ سے آپکی مرضی کے خلاف جنسی نعلق قائم کروائے جائیں تو آپکے ہونے والے بچے کو زبردستی ضائع کروایا جائے۔ ذہنی تشدد بھی گھریلو تشدد کی ایک قسم ہے۔</p> <p>اس کے ساتھ ساتھ جذباتی اور نفسیاتی حملہ، جس سے کہے کہیں کو بے عزت کرنا، نیچا دکھانا، ڈرانا دھمکانا، جنونی حسد کرنا، طالق کی دھمکیاں دینا ، معاشی تشدد کرنا جس میں اپنی بیوی کو باہر کے کام کرنے سے روکنا اور ان کے مالی اخراجات پر قابو پا لینا۔ یہ سب بھی گھریلو تشدد کی اقسام ہیں۔</p>		
9	<p>BGM – Slow Interview: SOT 2 Dr. Komal - Psychiatrist</p>	<ul style="list-style-type: none"> • Clips of interviewee • Insertions of victims of domestic violence crying 	1 minute 9 seconds
10	<p>BGM – Slow Interview: Vox pop Laiba (victim) – age 25</p>	<ul style="list-style-type: none"> • Clip of interviewee 	15 seconds
11	<p>BGM – Slow Interview: SOT 2 Dr. Komal - Psychiatrist</p>	<ul style="list-style-type: none"> • Clips of interviewee • Insertions of victims of domestic violence smiling 	13 seconds
	<p>BGM - Slow</p>	<p>Animated collage of pictures of battered women all over Pakistan.</p>	27 seconds

12		الفاظ نہ آواز ہم راز نہ دم ساز نہ کسی سے دور اے بہ میں خاموش کھڑی ہوں	
13	BGM – Slow	End Credits	17 seconds

CHAPTER 6

TECHNICAL METHODOLOGY

6.1 Approach:

The documentary “break the silence” is including in-depth interviews of psychologists about battered women syndrome (mental state) and detailed information about the Islamic perspective of domestic violence. Legal laws and governmental help for the victims and punishments for the abusers.

The unique part of the documentary is that we also highlight the legal laws and teachings of Islam with comparison to false myths about domestic violence.

6.2 Clustering of idea/brainstorming

The hit upon the idea of making a documentary on battered women syndrome after seeing a lot of hype on social media about domestic violence and abuse and supporting the idea of why we should start breaking the silence and take a stand against it. The trending hashtag divorced daughter is better than dead daughter grabbed our attention. The purpose of this documentary is to assemble all the facts and figures correctly with accurate and authentic information to create awareness.

6.3 Objectives

Following are the objectives of our documentary:

- To educate people about the laws and consequences of committing violent acts against women.
- To be aware youth about the religious perspective of marriage and domestic violence with the support of the Qur’an and Sunnah.
- To create awareness about battered women syndrome (mental state) and how one can cop up with governmental and psychological help.
- To inform people about the devastating effects of domestic violence on society.
- To teach women about legal laws against domestic violence and to educate society on how their support can make a difference.

6.4 Target audience, demography and psychographics

The target audiences of the documentary are Pakistanis as a whole but especially women. It could be shown widely because the topics hold the interest of the public. The documentary targeting everyone as the majority, men, women, society. But the teachings of the Qur'an and Sunna specifically targeting Muslims and legal laws are for everyone.

6.5 Shots/camera angles

We have used different angles related to the documentary shooting because the major duration of the documentary is based on interviews so directors planned to take mid shots, close shots, mid-long shots, extreme close shots of interviewees. And long, mid, close-ups for pictorial presentation of domestic abuse.

6.6 Location

Multiple locations have been decided for the shoot of the documentary. The interview of the psychologist is taken place in her clinic or the interview of other interviewee takes place in Kinnaird college and clips of domestic violence will shoot in different places.

6.7 Equipment.

- DSLR: Nikon5300 and Canon 700D lenses: Nikon 50mm 1.8
- Sound-recorder
- Gimbal
- Tripod stand

6.8 Treatment

The documentary is showing the reality with help of different shots of interviewees, clips and pictures of domestic violence. The project can bring awareness to the public about the legal laws and effects of domestic violence. For the shots of the interviews, camera and gimbal will be used, for close up scenes. Good sound quality will be maintained. Adobe premiere will be used for editing purposes.

Following are the three stages of production

Pre-production

Production

Post-production

6.9 Pre-production coordination

Pre-production is like a raw production in this phase all work before shooting is being planned and implemented. In this phase, we roughly draft our documentary. In this phase elements like length, duration, location, main motives and objectives, interviews, screenplays are included.

Days and timings were decided for interviews. The camera person is outsourced so shooting details have discussed with him timely. All schedules have formed with mutual discussion and the availability of each person. A budget sheet has also prepared.

6.10 Production coordination

We have decided to complete the shooting in the margin of 3-4 days and make sure all the interviews take place on time. Due to pandemics, variations can be made in shooting and schedule. We timely handed over the raw material to the editor.

6.11 post-production coordination

At last, after having all the raw data, the final footage has selected with music according to the genre. Moreover, voiceovers have also recorded. Video editing have done with professional software I.e., Adobe premiere. Music, voiceovers, audio clips have added to the final material and the director looked forward to the final approval by the supervisor. Along with the documentary an awareness campaign has also made with the help of Adobe Photoshop and Canva like posters, flex, title, logo DVD cover and much other stuff to convey the main goals to the viewers.

CHAPTER 7**BUDGET****Genre:** Documentary

Duration: 8 Minutes

Language: Urdu and English

Head of Accounts	Qty	Names\Descriptions	In House	Out Source
Pre-Production				
Director	1	Amna Shahzad Samreen Aslam	Yes	
Producer	1	Amna Shahzad Samreen Aslam	Yes	
Fuel of Research		For Personal Car	2,000	
Production				
Camera Facilities and Equipment		All Technical facilities	-	15,000
Food	3	5 days shoot	-	5,000
Car + Fuel	1	1 Car	6,000	
Communication			-	1,000
Post Production				
Editing + Graphics		5 Shifts		20,000
DVD Cover		3 DVD"s with covers		300
Project Printing		2 Project files		35,00
Miscellaneous		Budget allocated for unseen expenses		3,000
TOTAL OF ALL EXPENSES				55,800

CHAPTER 8

CONCLUSION

Domestic violence is the issue that has been in record for ages and ages, and it has affected generations and generations. Domestic violence is not only limited physically but has devastating effects on mental health too.

Through our documentary we are trying to aware about the destroying effects of domestic violence on mental health. We have taken the interviews of phycologist and the lecturer. The lecturer told us about battered women syndrome and phycologist acknowledged us with her experience with the patients and therapies used for treatment.

In the end a message from the phycologist how we as a society and individual can overcome this and how we can protect our daughters and a gender from getting into syndrome.

CHAPTER 9

RECOMMENDATIONS

In the society like Pakistan, where beating women is normal, where believing that domestic abuse or violence is limited to body it is very difficult to change the thinking patterns of both genders and society in such short period of time. Following recommendations can help somehow:

- To educate daughters and sisters it's not normal to be beaten up, staying in such abusive relationship is not a sensible choice. Education starts from home.
- Some work should be done by institutions about educating both genders about marriage and how to protect women as they are the Muhafiz (protectors) of women in Islam. Seminars should be done about legal and religious rights a woman has about domestic violence.

CHAPTER 10

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