



WOMEN 24/7 SECURE

A woman's guide to personal safety

Foreword by Dr. Kiran Bedi



SECURE

Sunil Nihal Duggal

**DO YOU BELIEVE IN
YOURSELF?**

**DISCOVER YOUR
STRENGTH.**

**IT'S TIME TO
BECOME YOUR
OWN PERSONAL
BODYGUARD.**

Women 24 Secure

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Dedicated to the Indian urban woman.

So that you no longer have to look over your shoulder as you walk home from work; so that you no longer have to turn a deaf ear to eve-teasers and are able to look them straight in the eye; so that you no longer have to live in fear. The time has come to embrace the warrior in you.

While it is important to have the confidence to face all adverse situations, it is sometimes wise to simply retreat from a situation without any kind of verbal or physical confrontation.

Be aware, vigilant and choose your reaction with caution and care.

PREFACE



The incidents that have been happening against women are deeply disturbing and I was forced to ask myself: How safe are our women? How prepared are they when it comes to personal safety?

In conversation with Raveena Tandon this is what she had to say to me **“In fact I would like to thank you Sunil, because you have started Safe Women Foundation , and I have read your book, congratulations on that, which is educating girls and teaching them how to handle themselves in every situation , it is so necessary . I wish you do lot more work in Mumbai as well, which I can help you as well”**.

India is moving strongly towards a continuous economic boom and women are enjoying equal opportunity in their chosen professions. At the same time, articles in newspapers and magazines on rape, eve teasing and molestation appear almost daily. I was horrified to learn that a rape

is reported every 24 hours in our national capital. So while there are no longer any limits to what a woman can achieve, the real question is: Has the mentality of the Indian male changed? Well, according to a lot of women the answer is “NO”.

Before embarking on this project, we conducted several in-depth discussions with women from diverse backgrounds - doctors, business owners, students, housewives and so on. The idea was to understand the every day problems, which women face and to judge whether they were reacting correctly to threatening situations. I also wanted to know if women were aware of the legal provisions in place, to assist them, should the need arise. This was done through simple questions like: Do you regularly interact with strangers? Do you feel safe contacting the police in an emergency? Who do you think you can really trust?

My initial reactions to the different answers were of SHOCK and HORROR, which ultimately led to RESPECT. Inspired by their personal stories and appalled by the behavior of men, I was motivated to create a guide on personal safety for women, particularly urban women across the country. My aim is to empower them with the knowledge that will strengthen their confidence so that they can take the right action at the wrong time.

We have now updated the book and made it available on our website www.swfindia.com to be downloaded FREE..

ACKNOWLEDGEMENT

This book has been a real labor of love for me and my team. Without the support of this dedicated team, the project would not have reached fruition. This project has been a total team effort and I am extremely grateful for their tireless support.

Interestingly, we don't have a single editor but a special thanks to my mother-in-law **Mrs. Renu Singh** who would sit with me after her day job as a senior school English teacher and help me with the editing and proof reading.

When I spoke about this project to **Dr. Kiran Bedi**, her instant reaction was so positive and encouraging that it really inspired me to not only finish the book but to make a movement out of this issue of women's safety. I am very grateful for her support and also the most heartfelt foreword.

A special thanks to **Shifu Kanishka Sharma**. With over 30 years experience in 8 different martial art forms, Shifu Kanishka Sharma is India's ace martial arts guru, celebrity action choreographer and elite commando trainer of Indian Special Forces and Para Military Forces for over 10 years now. He is the Head of Special Security Group for 24 secure Pvt. Ltd.

A nod of gratitude to **Amit Khanna**, a dynamic young criminal lawyer for the legal advice, A special thanks to photographer **Olya Millentis** and **Jaff** for the great pictures for the book.

A note of thanks to **Ms Ruchi Kaul** , GM-HR and Training with 24 Secure, she has been with us since the last 6 years. She is Ex CISF, trained commando and certified screener from Bureau of Civil Aviation Security. She has helped with a lot of her inputs in the book.

To **Priya Pal** — Exec HR 24 Secure, **Jyoti Singh** — Asst HR, 24 Secure, **Jyoti Upadhyay** coordinator SWF, **Gaurav Sabharwal**- DGM IT and ERP, **Arunav Dutta Gupta** — Asst Manager 24 secure, **Jagdish Bhatt**- Designer for Nihal Group.

Special thanks to the lady guards of 24 who came trained with us did the shoot for the book and the AV . Last but not the least - **Papa, Ma, Suruchi and our Boys**, thanks for making me a better person and inspiring me to keep going, thank you and love you all.

conscious of how to protect themselves and **in Delhi In fact I would like to thank you sunil, because you have started Safe Women Foundation , which is educating girls I have read your book, congratulations on that, which is educating girls and teaching them how to handle themselves in every situation , it is so so necessary . I wish you do lot more work in Mumbai as well, which I can help you as well.**

How secure do you feel as a woman?

I don't feel very secure as a woman, particularly when alone in the evenings. There are times when I wish I was a man & I didn't have to deal with all the negative attention. Being a resident of Delhi, I don't venture out alone at night. After hearing n-number of stories about women being harassed, the fear of being victimized has become a part of my psyche.

- Shobhana, 21
College Student
New Delhi

**THE CONFIDENCE
THIS BOOK EVOKES
THROUGH ITS
CONTENTS IS AN
INVALUABLE TOOL
FOR MODERN
LIVING.**

**BETTER A THOUSAND TIMES
CAREFUL THAN ONCE DEAD**

- Proverb

FOREWORD



This is an amazing work-book for security and safety of women authored by a young man. This is truly creditable.

I call it a work-book, for the readers can actually self-work and self-help. It would be equally good for trainers to use this as a comprehensive model/module and a valuable reference.

I also perceive this work-book as a great resource for 'self preparation to prevent and protect'. All placed together visually and informatively...

Self Defence training for girls needs to be incorporated in all educational institutions. It will enable women to not only protect themselves but equally enhance their self confidence and self worth.

We must remember that confident and safe women mean a stronger and happier nation.....

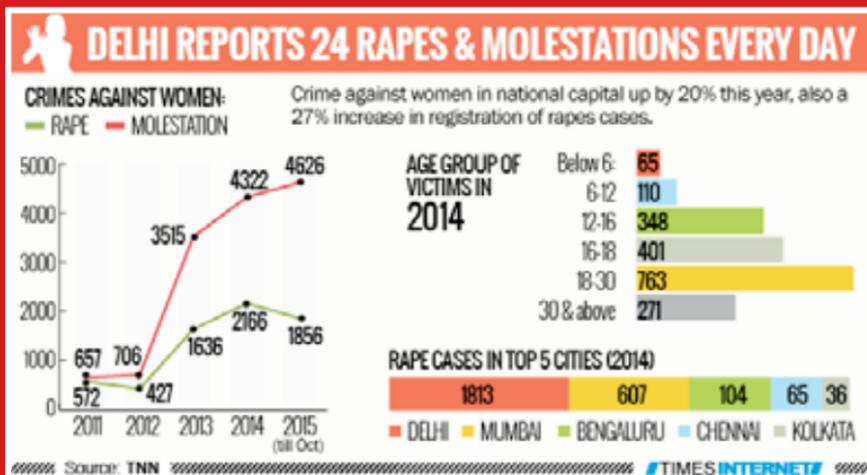
With best wishes...

Kiran Bedi

CRIME AGAINST WOMEN IN THE CAPITAL HAS GONE UP BY 20% THIS YEAR AS COMPARED TO 2014, AND THERE HAS ALSO BEEN A 27% INCREASE IN REGISTRATION OF RAPES CASES.

A TOTAL OF 6,482 CASES OF RAPE AND MOLESTATION WERE REGISTERED UNDER IPC UP TO OCTOBER 31 AGAINST 5,483 IN THE CORRESPONDING PERIOD LAST YEAR. POLICE DATA ALSO REVEAL THAT 2,069 CASES OF RAPE WERE REGISTERED IN 2014 AS COMPARED TO 1,571 IN 2013; 4,179 MOLESTATION CASES WERE REPORTED IN 2014 AGAINST 3,345 IN 2013; THERE WERE 1,282 CASES OF HARASSMENT IN 2014 AGAINST 879 THE YEAR BEFORE; AND DOWRY DEATH CASES TOUCHED 147 IN 2014 AS COMPARED TO 137 IN 2013.

POLICE OFFICERS SAY THAT IN 70% OF CASES, THE ACCUSED ARE KNOWN TO THE VICTIMS AND CRIMES ARE COMMITTED INSIDE HOMES, MAKING IT DIFFICULT TO PREVENT THEM. ONLY 3.5% OF RAPES ARE COMMITTED BY STRANGERS.



INTRODUCTION SAFETY & ITS IMPORTANCE

In the 21st Century, a woman is perceived as independent and strong. Never before was she seen brimming with such confidence to shape her destiny; never before did she declare herself the respected equal of her counterpart.

Sadly, for all these brave and wonderful steps she has taken forward, she continues to live under the blanket of fear. Even with all the strength she embodies, she remains afraid to walk down a street or enter an empty house on her own.

Safety may be perceived as a threat free environment. Safety is awareness; safety is self-responsibility; therefore it should be the first word in every Indian woman's vocabulary. Every Indian woman steps out of her house with the fear of being followed, harassed or molested. She finds herself unsafe till the time she returns back home.

I observed during the research of this book that the Indian woman is taught to turn a deaf ear to lewd remarks and she is encouraged to stay silent if assaulted. But is her silence, and that of the society in general, a source of encouragement to eve-teasers, domestic abusers and assaulters?

The answer is... YES. **This book is an appeal to all Indian women, to recognize their strength and to show everyone that they can shoulder the responsibility of their own safety. My efforts are for the empowerment of women.**

So before you begin the journey, make a commitment to face every challenge head on. **Be firm, be assertive, be confident and you will realize that you are ready to fight the battle.**

Always remember, awareness is the key to safety.

Most accidents can be avoided by one simple act-**Being Vigilant**. Assaults against women mostly occur due to lack of awareness. Therefore, the first step towards your safety is to always be **aware and vigilant**.

Here are a few simple rules you can follow to become more vigilant and proactive:

- » If you notice any abnormal behavior in the neighbourhood or at the workplace, such as an unfamiliar face or someone who seems to be hanging around without a purpose, it can indicate a potential threat or assault.
- » Consider any stranger you see everyday, en-route to your office/college, as a suspect. Be aware of alternate routes and also make a note of all the safe hubs on those routes such as a friend's house or a public place.
- » Do not disclose your residence address, personal numbers or e-mail address to anybody you do not know well.

How important is the self defense these days?

“Self Defense is very important. When you are in any kind of adverse situation, you are your first help in spite of shouting hard and anybody reaching to you... it's you who have to fight and for that self-defense and those small tricks help us to escape and would help to change those situations turning bitter. I have also faced such situations and was fought hard and this incident of my life has made me so strong physically and mentally. We should have programs in schools, colleges and companies to teach the self-defense tricks.”

- Dipti Sarna, 24
Snapdeal Employee
Guragon

PRIMARY SECURITY TIPS

The biggest misconception women have is that they are not strong enough to protect themselves from an attack. Men may be physically stronger, however, strength is much more than just physical capability. Women can protect themselves in a number of ways by building their mental strength and confidence.

I, therefore, would like to advise and encourage women to learn the “ways of the woman warrior”. They should learn to win by outsmarting the attacker/s. Following are a few simple ways of thwarting a potential threat:

Put up a verbal boundary: If someone is approaching you aggressively, hold out your hands in front of you and in a strong, assertive voice, yell “Stay Back!” or “Stop!” Most aggressors would leave a woman alone, if they felt she was not afraid to fight back.

Know your safety props: Always keep a can of pepper spray handy. Just the act of aiming it at a potential attacker and yelling, “I have pepper spray!” can serve as a deterrent. If you don’t have pepper spray, even a perfume bottle or an aerosol deodorant can be effective.

Knowing how to use these devices also plays a huge role in your protection. You must be familiar with the working of the device. To be comfortable with it you must practice, practice and practice. ●



Refer to "The Indian Angels, fool proof moves"

THE THREE 'S' PLAN

Situation- You must never give a potential assaulter the chance to attack you. Whatever the situation, always be vigilant.

"I lost my mother when she got attacked by two people who started following her right from the outside of my house to the market and while coming back, a mistake made by her...she took the route that was closed for pedestrian use. She was wearing heavy gold jewellery and was on the phone, she didn't realise that she was being followed. Indeed the saddest moment of our lives and learning for every woman to stay vigilant all the time" ●

-A Delhi hotel employee

Surroundings- Being at the wrong place at the wrong time can pile up the odds against you. If you have doubts about an area, go with your instincts. Get out of there!

Surroundings play a huge role in deciding how and where a criminal selects his victims. Don't get boxed in. Maintain space. Always try and walk in a group of two or more. Remember, safety lies in numbers. Busy and populated areas increase the chances of getting help and witnesses in case of a mishapening.

"A 14 year old girl was raped several times in a day by her neighbor and she didn't report this incident to her

parents for 10 days. Her parents knew very well that they were staying in an abominable neighborhood and never allowed their daughter to interact with the neighbours, but that was just an unfortunate day and she was alone at home” ●

-SWF team

Senses (Be Aware)- Always have a plan before you step out. Know your whereabouts in advance and do not appear confused and lost if you find yourself in an alien place, may it be an unfamiliar city, town or even an unfamiliar shopping mall.

Criminals don't attack an individual when the mood strikes them. They prey on the ones they find weak, confused, lost, unaware and vulnerable. Even in unknown surroundings, always show that you are familiar with your whereabouts and walk with confidence.

“I never ask anybody the way while going to some unknown destination. I prefer to get the map made beforehand or use GPS” ●

-Ashima Gupta, sales professional

HELPFUL SAFETY RULE: APPOINT A SAFETY BUDDY

"Hi buddy, call me whenever you need me!"

If you find yourself in any threatening situation, the last thing you want is your S.O.S. call to go unanswered. Therefore, it is important for you to choose someone and make him/her your safety buddy. A safety buddy should be somebody who would take your call irrespective of his/her situation or location. Your safety buddy should know that your call could be an S.O.S. and therefore it is very important to always answer.

You may have a safety word or a code that tells your buddy that you are in trouble.

A safety buddy is like Mr. India, who is not there physically but is there to take your call 24x7. He/she would know about your daily plan, movements and about the routes you take from the time you step out of the house till the time you come back home safely. A safety buddy should ideally be a close friend or a family member. His/her number should be saved on the speed dial of your mobile phone and vice versa.

And being hi-tech these days can prove to be a positive step towards ones personal safety.

A personal safety app or SOS app is a mobile application which can be used to aid personal safety. There are many safety apps available on the internet. Some of them are, SmartShehar, Woman Safety Shield Protection, VithU and Scream Alarm etc.

LIVING ALONE... ?

Dramatic changes in social attitudes and opportunities for women imply that more and more women are living alone. For the independent career women, this is a positive and exciting development. In the existing safety scenario, however, a woman living alone is seen as a soft target by potential assaulters. The basic precautions listed below are a good starting point for women who live on their own, to make their homes and lives safer:

- » If you live alone, don't advertise the fact .
- » Be very diligent about the outdoor lighting surrounding your house. A bright light should be wired to a timer switch so that it turns on at the same time every evening. ●
- » If you have multiple entry points to your house make sure they are always locked. Try to use only the door that is nearest to the busiest spot (i.e. facing the main road rather than the back garden).
- » The front door, the hinges and the windows should be strong and of good quality. Keep them all locked and change when required.



Timer switches are available at most electrical stores.

- » Have dead bolts installed on the main doors and make sure these doors always open inside. ●
- » Avoid entertaining visitors whom you don't know. Always confirm the identity of the representative of any service provider agency by calling up the number on the ID-card provided before opening the door. For the purpose, it might be necessary to install a chain lock or 'peep-hole' on your front door.
- » Install a phone by your bed to call for help in case of an emergency or intrusion.
- » Verify and register your domestic help - drivers, hawkers etc. with the local police.
- » In case of an attack, many domestic appliances can be used as weapons — from a screwdriver, to a fork, a pair of scissors or even a pen.
- » Get to know your neighbors and your neighborhood.
- » Consider installing an alarm system but make sure it is one you know how to use.

REMINDER: The front door, the hinges and the windows should be strong and of good quality. Keep them locked and change these safety devices immediately, when required.



Dead bolts are available at most hardware shops.

HOW TO PRACTICE SAFE SHOPPING

- » Shop during daylight whenever possible. If you must shop at night, go with a friend or family member.
- » Dress casually and comfortably. Avoid wearing flashy or expensive jewellery.
- » If possible, do not carry a purse or a wallet. Only bring the cash you need or credit cards you are going to use. Leave all extra cash at home.
- » Pay for purchases with a cheque or credit card wherever possible. Keep your cash in a pocket.
- » Avoid overloading yourself with shopping bags. It is important to have clear visibility and freedom of movement to avoid mishaps.
- » **Be alert and be aware of your surroundings. Keep a keen eye on the people and movements around you. Stay vigilant.**

- » Even though you are rushed and thinking about a thousand things, stay alert to your surroundings.
- » Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- » Keep a record of all of your credit card numbers in a safe place at home.
- » Do not leave packages visible in your car windows. Lock them in the trunk or, if possible, take them directly home.
- » While sitting in your car after shopping, first get inside the car — lock the car — and then settle your shopping bags.

WHEN YOU TRAVEL BY PUBLIC TRANSPORT

Many women rely on public transport to reach their destinations. While most of your fellow travellers mean no harm to you, it's foolish not to be cautious. Keep the following precautions in mind when you travel by public transport:

- » Know your route and expected time of travel. Try to avoid isolated spots at train stations or bus stops.
- » Never choose an empty carriage or bus; try and sit next to another woman and close to the door of the coupe if possible.
- » If a rowdy gang boards the bus or train, don't hang around till the trouble starts. Try and get off the train or bus immediately and take the next transport available.
- » If someone is bothering you, complain to the driver or conductor immediately. If it is too crowded for you to reach the conductor, then call out loudly for help to catch his attention.

- » Plan in advance for someone to meet you and pick you up at the station/bus stop, if you are expecting to be late.
- » If someone starts up a conversation, be pleasant and confident, but don't give away personal information like where you live or work.
- » Wait on a well-lit section of the Bus stop/ Metro station, close to the exit or where there are other people around. Many stations now have CCTV cameras and staff that are trained to deal with emergencies.
- » If you feel uncomfortable switch seats or even consider getting off the train/bus and catching the next one. Only do this if the station where you are getting off is manned and busy.
- » Know where the emergency button or cord is situated in the cab or any help points at the station.
- » Never share your cab with an unknown person.
- » If ever you feel uneasy in a cab ask the driver to stop in a busy place that you know well, and get out.
- » If you feel that your photo is being clicked in a metro, call the helpline numbers.

DON'T GET STUCK IN THE ELEVATOR

One of the possible alarming situations is to find yourself trapped in an elevator with an assailant. The precautionary steps you can take to prevent such a situation are as follows:

- » If you feel uneasy about boarding the elevator with someone, don't get in. Wait for the next elevator or use the stairs.
- » If you get into an elevator with a man or a group of men, stand facing them (but avoid eye contact), with your back next to the control panel. Locate the alarm.
- » If you are assaulted, press every button you can lay your hands on. If the assailant has a hold on your arms, you can try to throw your weight against the control panel to press the buttons and flee at the first opportunity. ●
- » Scream and yell as loudly as you can. Show him that you are not afraid to fight back. If the assailant persists in harassing you, then try and inflict some pain to him, for example, by stamping your shoe heel on his foot with full force.

Refer to "The Indian Angels, fool proof moves"

How safe do you feel when travelling by public transport?

After completing my studies from Delhi, I accepted a job offer that was close to my house. I thought it to be a safer option in terms of commuting. I felt most vulnerable in a bus, which was the only way to commute. Unfortunately, because of this reason I had to forego better options in and outside Delhi.

- Shilpa, 26
PR Professional
New Delhi

SAFETY AT WORK

Most working women are required to attend personal meetings with strangers outside the office. While most of them return safely from their appointments, this routine activity endangers their personal safety due to several reasons: They have to meet a total stranger on their own; nobody is aware of their whereabouts or their expected time of return. Only the woman in question, has a record of the associate's identity, which is most probably noted in the diary she is carrying at the time.

To avoid landing yourself in a situation where your personal safety at work is threatened, try using the following suggestions:

- » Colleagues should inform each other about the associates who have a tendency to misbehave or act vague.
- » Notify a colleague about the meeting and leave a written note with the associate's name, time, location of the meeting and your estimated time of return. If you are self-employed, leave these details with a friend or a neighbour.
- » If you arrive at a meeting and feel anxious or insecure, call your office and leave a contact number. Be prepared to leave the meeting if you really feel nervous — think of an excuse in advance.
- » As mentioned earlier, ask a friend to be your 'safety buddy'. A safety buddy is someone you call to leave a message about your whereabouts. Your safety buddy should be instructed to call you thrice and if you do not respond, an emergency contact should be informed.

REMINDER: Make sure someone is always aware of your whereabouts.

HELPFUL SAFETY RULE : KEEP YOUR POSSESSIONS NEAR AND DEAR

You should not be careless about your possessions even in a familiar work place. Though there are less chances of something tangible being stolen, crucial information (such as the pin code of your credit card or just the credit card number) can be copied. A car or house key is also quick and easy to duplicate. So think twice before leaving your handbag at your desk while you exit the room... even if it is just for a few minutes.

Are you sure you know everyone who comes into your building? NO. This is simply not possible. So either keep your valuables with you at all times or keep them locked.

A THING OR TWO ABOUT CAR PARKS

From the point of view of personal safety, if you have a car you may be able to pull yourself out of a threatening situation. However, the following precautions can reduce the chances of finding yourself in an uncompromising situation (like returning to a multi-storey car park after dark):

While parking:

- » Try and imagine what the parking spot will be like when you return to the car. If required spend time looking for a place near a well-lit area or an exit.
- » Reverse your car into the parking space so that you can drive away swiftly if the need arises.
- » Lock all the doors, close all windows and remove valuables from sight.
- » Keep in mind the exact place where you have left your car.
- » Your mobile may not work in the basement of the car park. Avoid using the basement, instead look for a space on the ground floor or above.

- » Don't park in isolated or visually obstructed areas near walls or heavy foliage.
- » Use valet parking or an attended garage, if you're driving alone.

While you are leaving:

- » Have easy access to your keys; also keep a flashlight handy if it's dark. Remember, the flash light itself can be used as a weapon.
- » If there is an attendant or guard, inform him that you are going to fetch your car.
- » Walk briskly and confidently in the middle of the aisles and try not to get too close to the other parked cars.
- » Make sure your car is secure and that no one is in the back seat, before you get in.
- » If you see a suspicious van or vehicle next to your parked car, for example with tinted glasses, strange movements inside or very loud music, go back and ask the guard to come with you. It is his job to protect you.

REMINDER: Always be aware and vigilant about your surroundings.

- » If you have doubt that somebody is following you...CONFRONT. And if he comes out aggressive, start running around in the parking, don't go to your car. Everything is being observed in the CCTV room, you will immediately get the help.

Do you feel safe driving alone at night?

"I keep memorizing a few safety tips while driving late at night. Once, while going back home from a secluded stretch of about 40 kilometers having no signals on it, a car came close to my car and the driver told me to stop. I decided not to stop the car even if the wheel is punctured and carried on. He kept dodging me for about 5 Kilometers. I tried calling police several times but couldn't get through. I called my husband and gave all the car details and told him to try police. Fortunately, toll plaza came and I parked my car on the ticket window for next 30 minutes. I ensured that the car was not around and started my journey again."

- Prena 37
Consultant
Gurgaon

SAFETY TIPS TO MEMORISE

Various routes should be taken

It is very important for a woman to learn various exit routes that can be used in case of an emergency. It is also essential to take different routes frequently so as to avoid being followed.

The first thing you should do before travelling to a new place is to keep a road map of that area. This way you will always know where you are and you will not have to ask strangers for directions.

Traffic rules

Be thorough with the traffic rules when driving. You should be aware of places like one-way roads and dead-end streets. Get used to recognizing road signs and what they signify as they offer valuable information about the direction in which you are heading.

Mode of public transport

It is also important to know all modes of public transport in the city where you live or in the city you are visiting. This will give you a sense of confidence and reduce the need of speaking to strangers.

Do you feel safe walking down a street during the day or at night?

I would never walk alone at night. Crossing a street during the day can also be unsafe at times. I wonder when the time will come, when we'll be able to walk alone without the fear of being assaulted or harassed. Honestly, I don't think such a day would ever dawn.

- Meenakshi, 39
Teacher
Chennai

WHAT DO I DO WHEN...

Though not all situations, or attackers are the same, yet there are some common circumstances where you may find your personal safety being compromised. This chapter describes the relevant responses to a variety of such situations.

SITUATION 1

Being Followed On Foot

The first thing is to confirm if you are actually being followed. Try changing your route or crossing over, to confirm that you are being followed. A lot of 'followers' will be deterred by your awareness and will simply give up the chase. There may be a few, however, who persist. In this case, it is important to realize that you do have various options.

- » The best & the easiest thing to do is to move towards a public place where there are a lot of other people.
- » An alternative is to ring the door bell of the nearest house and communicate your situation. Don't be shy and reluctant to do so. Always remember it is better to be safe than sorry.
- » Never guide the follower to your residence. If at all you don't have an option, be sure you have a person at home to deal with the situation.
- » If you are in a public place and feel confident about a confrontation, turn around and firmly question his intention. The aggressor hopes for an inactive reaction from his prey, so you might surprise him into a hasty retreat.

- » Immediately call your safety buddy and explain your where about and stay on the call.

SITUATION 2

Being Followed By Car

When being followed by a car or a motorbike while you are walking, more or less the earlier principles apply. There are, however some additional tips to keep in mind:

- » Try walking on the side where the traffic is coming towards you. This won't give the person a chance to pull over behind you.
- » When approached for directions, maintain a safe distance from the vehicle. Most likely it is a harmless situation, but it is best to take full precaution. Just in case the person has malicious intentions, keeping a safe distance will help.
- » If the vehicle obstructs your way and you feel threatened, scream for help and let others around you know that you are in danger.
- » If you are being followed for your valuables and stuck, don't resist. Give up your property. Don't risk your life.

SITUATION 3

Being Followed By A Car While Driving

If you feel you are being chased, observe the vehicle for a few minutes before jumping to any hasty conclusion. Take frequent turns and stop at a public place. If the car is still behind you, follow the tips below:

- » If the person persists, the most intelligent move is to drive to the nearest hospital, hotel or a public place. On reaching there, inform your safety buddy, the security guard, receptionist or the doorman about the suspicious character immediately.
- » Don't go home till you are sure that your stalker is off your tail.
- » Look for the nearest PCR van or dial 100 or 1091 to report about the vehicle.
- » At the end of this book, we have listed all the police stations in each area of all the major cities, for your ready reference.

SITUATION 4

Having My Bag Snatched

When someone tries to snatch your bag or any other belongings, the wise thing to do is to let go. Keep in mind, your life & personal safety mean much more than anything material.

You may also adhere to the following safety tips:

- » Keep the bag close to you. If possible, choose a shoulder bag and sling it across your body.
- » Safeguard important things like — house keys, wallet, mobile phone etc. Keep them in a pocket.
- » Keep only the fundamentals in the bag for minimum loss.
- » Let the bag go, rather than getting involved in a fight for it.

SITUATION 5

Coping With The Common Eve-Teasers

What should you do if someone rubs against you in a public place?

No one has the right to touch you without your consent. By voicing your objection you might be able to enlist the support of some good samaritans.

Don't be in a state of shock when you land in such a situation. Instead be quick to react — let the person know he is crossing the limits of decency:

- » The first effort should be to move away.
- » If you are in a congested and crowded place and it is not possible to move away, embarrass him by shouting and letting everyone know of his misbehavior.
- » If however, you are not able to shout, grind your heel into his foot. That should make him back off. A word of caution: be prepared, in case he retaliates. ●

● Refer to "The Indian Angels, fool proof moves"

Dealing With Obscene Phone Calls

Obscene phone calls, e-mails & SMSs serve as yet another tool for harassing girls/women.

After receiving such calls one often gets frightened & upset.

- » The aim of such callers is to instigate you and make you react. If you let your emotions show, the caller's purpose is achieved. So never respond to such calls, e-mails, or SMSs.
- » Keep disconnecting such crank calls, do not engage in a verbal duel. In most cases the caller will get bored & will try to find another target.
- » If the above mentioned trick fails, call out to a man (imaginary or real) 'Hey papa, look who is on the line, can you please talk to him'. The caller would have disconnected by the time you get back to the call.
- » Alternatively, if possible you could blow a whistle loudly into the mouthpiece. Most probably he won't call back.
- » Get a caller ID phone installed. Avoid taking calls from the same number. If such a call persists — report it to the police.

Coping When The Car Breaks Down

Hectic work schedules mean that women often find themselves heading home alone at night. While this fact seems inevitable, what would you do if your car broke down on a deserted street? In order to protect yourself, it is important to adhere to the following tips

- » Inform your family or friends about your starting time and route. If your car breaks down then immediately call upon someone who is in the vicinity and can help you.
- » Call your family and let them know your exact location. Then call your car mechanic or car help line number.
- » Keep sitting inside the car with the doors locked and the windows rolled up, as long as possible or until help arrives.
- » Do not accept help from a stranger. If someone tries to force his way into the car, call the police immediately and blow your horn constantly to attract attention of other people nearby.
- » Keep your car dealers helpline Nos. always with you for roadside assistance.

Dealing With Road Rage

Road rage is a common problem faced by many on a daily basis — over taking, blocking the way, banging on the windows, abusing, are just a few examples. If the person is trying to race with you, let him win the race. Our aim is to avoid accidents. Remember the following points:

- » While on the road, be prepared to encounter rash and rude drivers.
- » Be tolerant & patient while dealing with such people, If stuck in a traffic jam then keep your cool. Do not make any gestures that warrant a reaction.
- » Don't hesitate in saying sorry when alone. Try and keep your ego at bay. Being the first one to say sorry can avoid unpleasant confrontations.
- » If you had a confrontation with someone on the road, change the route for a couple of days — don't let troublemakers know your every day route.

- » Never draw unnecessary attention towards your vehicle — eye-catching stickers, fast driving, blowing the horn repeatedly etc. should be avoided.
- » Ignore any driver who acts aggressively as any form of acknowledgement will serve as encouragement.
- » If ignoring the man doesn't work, try heading for a busy place where you can get help. The local police station is the best option.
- » Don't respond by accelerating, braking or swerving suddenly. The other driver may think that you are looking for an argument — and you could lose control of your car.
- » If the person overtakes & blocks your way, stay in the car with all the doors locked. Wait till the time he starts walking towards your car, reverse quickly and drive away.
- » If possible dial 100 from your mobile phone & call for help. Other than that, blow the horn or use the vehicle's flashlights to get help.

**“NO SAFETY, KNOW PAIN.
KNOW SAFETY, NO PAIN.”**

Would knowledge about basic safety & security measures help?

It would definitely help all girls/women. Basic safety measures should be a part of our education system. Agencies doing pioneer work in this field should conduct workshops in schools, colleges, offices, neighborhoods and villages. This is an urgent requirement of our society. Unfortunately not too much attention is being paid.

- Sheila, 36
Artist
Mumbai

LEARN SELF DEFENCE WITH SHIFU



Shifu Kanishka Sharma

With over 30 years of experience in 8 different martial art forms, Shifu Kanishka Sharma is India's ace martial arts guru, celebrity action choreographer and elite commando trainer of Indian Special Forces and Para Military Forces for over 10 years now.

He was the first Indian to train at the Shaolin Temple in China and bring Shaolin KungFu to India. He also introduced the deadly combat art, Pekiti Tirsia Kali, to India and is an expert additionally in JeetKuneDo, Muay Thai and Tai Chi. He is an expert in Women Street Survival Combat Tactics and is Head of Special Security Group for 24 secure Pvt. Ltd.

"Our Safety is in our own hands, Women need to go out and start training in Combat in order to understand concept of Safety and security. More than kicking and punching they need to understand the best way of Self Defense "HOW NOT TO BECOME A VICTIM" And work on OODA CYCLE (OBSERVE ORIENT DECIDE AND ACT) If you have will power and common sense you can deal with any situation."

So, what can you do? Remember the 3 'S'.
As mentioned before

Sense — You must never get distracted. Always plan where you are going and never appear lost or confused when in an unfamiliar city, town, or even shopping mall.

Situations — Never give anyone the opportunity to attack you. Maintain space.

Surroundings — Being at the wrong place at the wrong time can stack the odds against you. If you have doubts about an area, follow your instincts and get out of there.

It's easy for me to sit here and tell you what you 'should' do, but it's more effective for you if I also tell you 'how' to build that type of confidence — as confidence is key.

To begin with, don't appear timid, shy or dependent. Use positive body language to let anyone who is making you uncomfortable know that you are not someone he can fool around with. The most important tool for this is to look directly into the eyes of anyone who is trying to intimidate you.

Come to terms with the fact that you too can serve as your own bodyguard. All it takes is the knowledge of a few easy self-defence moves, and the

commitment to use them, should the need arise. Practicing this is the key to feeling comfortable. This is important as when you're in an adrenaline state, in a threatening situation, you should be able to react quickly, as you might not get the time to think, therefore practice gets you there.

This is especially applicable when it comes to body language. How you carry yourself, your purse or your groceries, all play a huge part in how a potential assaulter perceives you. Don't ever let him think that you are an easy target.

So begin to think of yourself as a soldier, not an actress. Walk with a purpose, with your head held high and not looking down at the ground. Keep your wits about you, be vigilant. **It's not paranoia, it's protection.**

One question I often ask my students is:

How does a predator hunt? He does not go after the strongest, fastest or healthiest — rather he picks the slowest, the most unaware and the weakest.

Women are perceived to be weak. But they are not weak by any means, especially if they learn the many ways in which they can ensure their personal safety. As a martial arts expert for over 20 years, I have come across many petite, fragile, and even physically handicapped women who have learnt to protect themselves.

“SAFETY FIRST IS SAFETY ALWAYS.”

- Charles M. Hayes

THE FIST

How to make a fist ready for a punch?

Step 1: Straighten your fingers.

Step 2: Leave your thumb & curl all your fingers tightly into the top of your palm and not the center.

Step 3: Now curl your thumb over your already curled fingers. Ensure that your thumb is always placed on top of the fingers.



1



2



3

THE FEET

Basic position of your feet:

Step 1: Stand with your feet apart as shown in the picture.

Step 2: Move one leg back in a perpendicular position to the foot in front. This stance makes it easier to pivot on either foot, which is necessary to deliver a punch, an elbow or even a kick.



‘Practice this at home, in front of a mirror.’

THE INDIAN ANGELS FOOL PROOF MOVES

HIT, FINGER JAB AND RUN

This technique is useful when your attacker has got hold of you (as shown).

Step 1: While the attacker is holding your right wrist to pull you, kick him on his groin as hard as possible with your right feet.



1

Step 2: Simultaneously get your other hand ready for the finger jab. While you will hit on the groin, the attacker will automatically bend forward with the force and then you finger jab on his eyes.

2



Step 3: Once his vision is blocked and he is down with pain, RUN.



3

MIDDLE OF THE LEGS

This move is best to use on men who come close & put their arm around your neck. The following steps will help you deal with this:

Step 1: As soon as the attacker puts his arm around you, get ready with your hand which is there on the outer side. Make sure your fingers are completely open and not curled.



2



Step 2: Now with all force possible, hit into your attacker's stomach or groin.

3



Step 3: By this time the attacker is already in pain and loosen the grip, get your other hand from behind and block his vision.

4



Step 4 : Pull him back with all the force that he doesn't have any option except falling down. And run!

CROUCHING GIRL, HIDDEN TIGRESS

Change of your attacker's idea of what a woman is capable of, with this move. Here's how to alter his attitude towards women:



Step 1: As soon as you sense the attacker moving towards you, start stepping back, simultaneously getting your feet in position and lifting your hands up to your face as shown. Convey the idea that you are scared and start crouching back.

2



Step 2: Just when the attacker is close enough, stun him by kicking him hard on his stomach or groin.

BLIND FOLD

This move is an extremely effective one if your attacker has grabbed your neck or grabbed you by your collar with both his hands. Here's how to free yourself:

Step 1/2: As soon as the attacker grabs your neck, obstruct his vision by putting both your thumbs into his eyes, he will lose his grip. Immediately hold his ears tightly and pull him down.

1





Step 3: Simultaneously, raise your leg to hit his nose on your knee.



BLOCK AND HIT

This move proves to be life-saving when the attacker tries to slap you or grab you by your hair:



Step 1: Guard yourself with your arms as shown in the picture. This kind of guard is called triangle guard.



Step 2: Hit the nose with left hand hammer punch.

3



Step 3: Immediately hold his right arm after the punch and Get close to the attacker, jerk your right elbow up towards his chin with force.

4

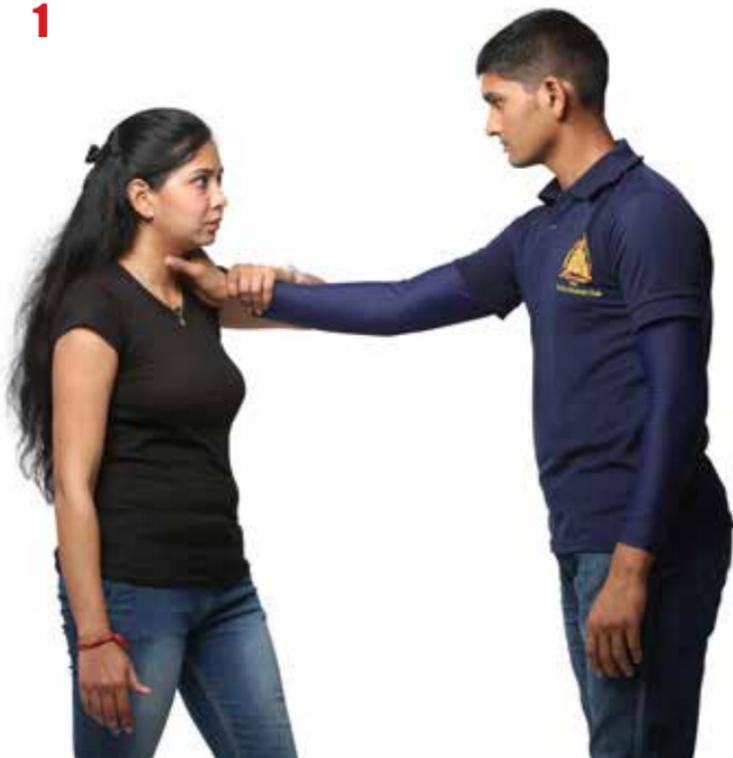


Step 4: Grab his hair to pull him down and hit his nose with your knee and RUN.

ELBOW TWIST

Yet another move on the menu to counter the attacker when he's got you by your neck or collar by one hand. Follow these steps:

1



Step 1: As soon as the attacker grabs your neck, bring your hand that is on the outer side over the attacker's wrist; hold his wrist from upper side (As shown in the picture).

Step 2: Twist his wrist outward with all the force and pressure. This will free your neck from his grip. Simultaneously, open your fingers and put straight into his eyes.

2



Step 3: Actively, jerk your elbow of the same arm up towards the attacker's chin with force.

3



NEUTRALISE KNIFE ATTACK

Intense situation where the attacker has the knife on your neck. One wrong move can lead to disaster, Keep your calm and Handle this situation tactfully as mentioned in the steps:

1



Step 1/2: When your neck is on the knife point, twist the wrist of the attacker outward so that the knife is away from you.

2



Step 3: Twist attacker's wrist towards his neck and cut (as seen in the picture).

3



4



Step 4: Turn towards your left, put all the pressure on attacker's elbow from the outer side, simultaneously place your left leg over his right leg.

5



Step 5/6: Join both your hand and have attackers arm in the loop made. With all the pressure push him down and sweep his right leg to make him fall (as seen in the picture).

6



GROUND RECOVERY TACTICS

This technique is useful when your attacker has got you pinned to the ground and he is on top of you pointing knife on your neck.:

1



Step 1: Keep your hands close to attacker's arms.



2

Step 2: Grab attacker's wrist with both your hands and pull his hand away from your neck.



3

Step 3: Twist your hip from the right side to place your right leg on top of the attacker. Simultaneously, place your left leg on his right knee.

Step 4/5: The position made in earlier step will help you to get on top of your attacker, hold his knife hand and punch him on his face.



5



6



Step 6: Place your left knee on his knife hand and hit his head with your right elbow.

WEAPON OF OPPORTUNITY

This technique is useful in freeing yourself from your attacker when he has grabbed you from behind, as shown in the picture. Here's how to go about it:

1



Step 1: When the attacker has grabbed you from the behind, hook the attacker's right leg from behind with your right leg to prevent yourself from lifting.

2



Step 2: Simultaneously, take out a pen/hair clip or something else to hit the attacker on his hand and hold the finger of his same hand.

Step 3: Pull his finger outwards to release the grip, turn around with all the pressure on the finger to make him bow down.



3

PAIN IN THE BACK

The simplest way to teach men who love pinching-your-butt a lesson is by confronting them , no matter how fragile you are, you will definitely manage to throw the pervert to the ground. Charge on him:

Step 1/2: The very second you feel the aggressor touching you, turn around and while looking at him in his eyes raise your elbow to hit his face forcefully.



3

Step 3/4: Open your fingers now hit his chin with your lower palm and push him back.



4

HELPFUL PHONE

Your phone can be useful in this tactic when your attacker grabs you by your wrist as shown in the picture. Here's how to free your wrist:

1



Step 1: When the attacker grabs your wrist when you are busy talking on the mobile.

2



Step 2: Hit him hard on his hand with the mobile and keep hitting till he leave you.

SELF DEFENCE TOOLS

Every object around you can be used...

In survival confrontations everything around you can be used. **Wherever you are, everything has the potential to be a weapon.** You have to do everything you can — scream, scratch, bite or hit with a common object. The only point to be kept in mind when attacked, is to survive — don't leave any stone unturned. Try everything possible that gives you enough time to escape.

Objects you can use...

Belt: A belt not only makes for a cool fashion accessory but in moments of crisis, comes handy as a weapon of self-defence.

Just roll up the entire length of the belt around your palm, leaving a little length towards the buckle-end free. And you are ready to strike anybody who dares to mess with you.



1

Spray Power: Deodorants, small spray bottles or cans of air fresheners and pepper sprays are all extremely capable tools of self defence. Just make sure you hold the can tightly, ensuring that the nozzle is directly towards the attacker. **Focus on his eyes for maximum effectiveness.**



Stone: You can target your attacker with stones, sand or coins. You can also strike your opponent with knives, pencils, crochet pins, safety pins or knitting needles. Act as quickly as possible because you might get only one chance to defend yourself. Do not miss it.

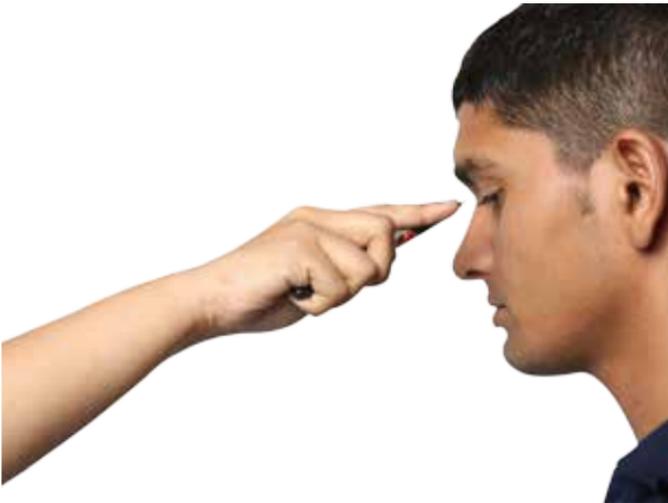




4



Jagged Edges: They may seem insignificant as weapons of self-defence but they are undoubtedly very effective. The use of their sharp tips can get you out of a troublesome spot. For example, a kitchen fork.



PRACTICE

- » Practice makes a person perfect — This phrase is undoubtedly appropriate in such cases.
- » To build up strength in your arms and confidence in your punching-power just get yourself a small punching bag and a pair of gloves and work-out with the bag for twenty minutes everyday.
- » Practice all the moves shown in this book, at home, either with a friend or on your own, in front of a mirror. It will go a long way to guarantee success, when you are actually confronted with unpleasant situations.



If someone tries to attack you, do you feel that you have the ability to defend yourself?

Due to a series of crimes against young girls in my city, my parents enrolled me in a Karate course. Earlier I used to think if someone attacked me, I would not be able to defend myself. Now I know that is not the case. I now feel confident to defend myself at any given time.

- Sarika, 24
Graphic Designer
New Delhi

How do you expect the police to help you?

Police can help women in distress by placing more PCR vans in & around the city. Each PCR van must have a woman constable in it. Women will feel much more comfortable sharing their problem with a female. Male police officials should make sure they talk respectfully with women in trouble (especially rape victims). Their aim should be to help these women & not to make them feel as though they invited the crime.

- Shruti, 30
Journalist
Hyderabad

THE UGLY SIDE: CRIME AGAINST WOMEN IN INDIA

Our society attaches great sanctity to women, but in practice it is violated in such a gruesome manner, and on such a scale, that hypocrisy is too mild an expression for it.

Physical, sexual and psychological violence occur regularly in our communities. These include acts of rape, sexual abuse, sexual harassment, domestic violence, intimidation at work, in educational institutions, trafficking of women and forced prostitution. These are just a few of the horrendous crimes that occur on a daily basis in India.

RAPE

Walking, travelling by public transport or travelling by personal vehicles has become fraught with sexual danger & harassment. Girls are abducted & pulled into moving cars while they are standing on the bus stop, walking on the road, shopping in the market etc. For women the harsh & brutal reality of rape has become a fact they have to live with.

Under Section 375 of the Indian Penal Code, rape is forced sexual intercourse with a woman without her consent or when consent is obtained by fear. The law recognizes rape as a crime and perpetrators face serious consequences, such as life imprisonment.

Rape often results in emotional devastation of the victim, as it is one of the most heinous crimes and the victim continues to lead a traumatic life.

The threat of sexual assault or rape is an unfortunate and a very real part of every woman's life, but due to the social stigma and shame attached to victims, rape remains one of the most misunderstood and under-reported crimes. Not only are many cases of rape not reported, but also many cases in our country are not even registered with the police.

Investigation of rape cases requires an extra-sympathetic handling of traumatized victims. The investigators must try to establish proper rapport with rape victims and must assure the victim of their concern, not only for the arrest and conviction of the offender but also for the victim's welfare. In order to protect yourself these are a few tips that you can abide by:

- » Don't go out at night, for shopping or otherwise. If you do, never go alone but always in a known group.
- » Roll up your car windows when you drive and make sure all your doors are locked.
- » In over 80 percent of rape cases, the perpetrator is known to the victim, therefore be vigilant about any abnormal behaviour and if you suspect something, be extra careful.
- » Always carry a mobile phone. It is important to make sure that you are able to be in touch with the "right" people at all times.

'DATE RAPE' DRUGS

The use of date rape drugs has become a more common occurrence in India. These drugs render the victim physically helpless, unable to refuse sex, create disorientation in time and space and even induce a memory lapse. Being colourless and odourless, spiking a drink is simple and its potency is double that of many other drugs.

The three types of date rape drugs are:

- » GHB (Gamma Hydroxybutyric Acid), used for narcolepsy in the United States.
- » Rohypnol (Flunitrazepam), used by insomniacs and during anesthesia.
- » Ketamine (Ketamine Hydrochloride), used by veterinarians.

All traces of these drugs leave the body within 72 hours of ingestion. While the ingestion of GHB causes behavioral changes like increased aggression, impaired judgement and severe neurological effects, Rohypnol leads to loss of muscle control, drunkenness and confusion. Ketamine produces a state characterized by profound analgesia (super relaxed state of muscles) and amnesia.

The notion that a decent, educated person cannot be a rapist is continuously challenged in date rape cases. The assailant need not be a stranger who assaults the victim in a dark alley, it can easily be someone you have recently met or even a friend.

The scars of any form of rape are long lasting and the process of recovery is often less physical and more psychological. Being raped on a date by someone you know is a traumatic experience, leaving most victims feeling partially responsible. They feel they must have encouraged the person or dressed in a seductive manner and many cases are left unreported due to the fear of social stigma.

Be safe, not sorry

If your drink has been moved from its place or looks different, don't drink it. If you feel unwell, extremely drunk, or sleepy after only one or two drinks, get help from a trusted friend, not a stranger, or go straight to the bar owner or security staff and tell them you are feeling unwell.

Keep your eyes and ears open; if you hear someone talking about date rape drugs or if a friend seems to be 'too intoxicated', leave the party or club immediately.

It may all seem a bit extreme, but remember, you are worth it. Here are a few tips that can help you avoid a date rape situation:

- » Don't accept drinks from strangers
- » Don't share your drink with anyone
- » Refrain from drinking from a punch bowl
- » Don't drink anything that tastes or smells unusual
- » Avoid drinking at raves or large parties where you don't know many people.

Whatever your drug of choice, remember drugs and alcohol can affect your ability to make decisions, such as identifying danger signs and plotting escape routes. Manage how much you consume.

- » Always get your own drink. Watch it being poured.
- » Don't leave it unattended.
- » Don't drink or taste anybody else's drink.
- » Dispose of your drink if you think it tastes odd, if you just leave it, someone else may drink it.

WORK PLACE HARASSMENT

Work place harassment contains elements of coercion, threat and/or unwanted attention in a non-reciprocal relationship. Sexual harassment, therefore, takes the following meaning: When a man in a position of control and influence, deliberately compromises a woman's job or career, by using his authority and power to coerce the woman into sexual relations, and threatens her with dismissal or demotion, should she refuse his advances. Typical forms of work place harassment are:

- » Verbal harassment or unnecessary touching, patting or pinching
- » Subtle pressure for sexual favours
- » Suggestive remarks over the phone. Whistling and cat-calls
- » Inappropriate comments about the way she dresses, her body or questions about her sexual activities
- » Viewing or reading pornographic material in her presence

Steps for stopping sexual harassment:

Your first move — the information-gathering stage — is to take a few close female colleagues into confidence. Does this man habitually bother women? Has he been reprimanded about it in the past? Is the problem of sexual harassment common in the office? The mere fact of sharing your worries will restore confidence in you.

Next, you should speak to the man troubling you. Choose the most appropriate time to do so, making sure you are not alone. Ask him to stop behaving in such a manner, and tell him that it offends you. It is important to plan your conversation so that you are specific in what you say.

Make sure you report the situation to the HR department of your organization and also to the top management.

A new law has been outlined on the lines of Vishakha Guidelines. According to this law, it is the duty of the employer or any other responsible person at the workplace:

- » To prevent or deter such acts of sexual harassment
- » To provide the procedures for the resolution
- » Settlement or prosecution of acts, of sexual harassment by taking all steps required.

Any company having more than 10 female working in it will have an internal Sexual Harassment Committee. Constitution of the committee:

- » There should be 5 — 7 members in the committee. More than half of the committee should consist of women.
- » Chairperson — Senior Most Female of the organization.
- » There must be an outsider member from NGO or organization that deals with women related issues
- » One male member should be there.
- » Some myths and facts about sexual harassment:
- » Myth 1 — Women enjoy eve teasing

Fact 1 - It is humiliating, intimidating and painful

- » Myth 2 — Eve teasing is harmless flirtation

Fact 2 - Behavior that is unwelcome cannot be considered harmless or funny

- » Myth 3 - Women who say No, actually mean YES

Fact — this is a way to justify sexual aggression and one sided sexual advances

**“TOO MANY WOMEN, IN TOO
MANY COUNTRIES, SPEAK THE
SAME LANGUAGE OF SILENCE”**

- Hillary Clinton

POLICE AND LAW

FIR

First Information Report: It is the first round of information given to the police officer in charge of a station. It includes the commission of any cognizable offence (such as rape, assault, molestation etc.). The information can be given orally or in writing.

A police officer, on receiving such information, should immediately have the written statement signed. He must immediately investigate the matter and take action against the offender.

The police is not to be paid any fee or money for registering the FIR and subsequent investigation. The entire investigation of the case, including the medical examination of the injured (if any) and submitting *challan* in the court, is part of government duty for which no charges are levied by the government. If anybody in the police station makes such a demand at any stage of investigation, a complaint should immediately be made to the senior police officers.

COURT OF LAW

How to Deal with the a police officer who doesn't Cooperate:

File a complaint with the Senior officer (DCP/SP /CP).

Serious departmental action will be taken against the erring police officer. Therefore, one should always complain to the office of the senior-most police officer against the non-cooperative cops.

WHO TO CONTACT FOR CRIMES AGAINST WOMEN

Police Stations

In case the police is not registering a case/ FIR on the complaint, the aggrieved can move to the court and can file a criminal case against the offender. The victim can also seek help from the court for registration of an FIR.

'Crime Against Women' Investigation Cell

The police department has created 'crime against women' cell to help women in distress. Their job is to ensure humane treatment for the female victims. They deal with crimes like rape, dowry death, molestation, eve teasing etc. All 'Crime Against Women' cells, are also instructed to provide counselling facilities to the victims.

NGOs (Non Governmental Organisations)

There are many NGOs that are working for the welfare of women helping them to obtain justice. These organisations also help in reaching the right department and are, in particular, very supportive. They also take up cases where government agencies are not helping or co-operating.

**“I SUFFERED FOR A LONG TIME
AND SWALLOWED ALL MY PAIN.”
SAFETY DOESN'T HAPPEN BY
ACCIDENT.**

- Anonymous

IMPORTANT LEGAL INFORMATION

Any person who uses criminal force with the knowledge and intention to outrage the modesty of a woman is booked/punished under Section 354 of Indian Penal Code (IPC). The culprit can be punished with up to two years imprisonment.

The law also deals with cases where there is no force (physical) used to outrage the modesty of a woman. It recognizes that certain words, gestures, sounds and exhibition of certain objects are done with the intention to insult the modesty of a woman. Such offences are punishable under Section 509 of the IPC and the offender can be prosecuted.

Some women face situations where they receive intimidating phone calls, letters, SMSs or MMSs from anonymous sources. These offences are covered under Section 507 of the IPC. For these offences, the aggrieved woman can move to a court of law and can file a case against the culprit. The police, unfortunately, have no role to play here; it is only the court of law where these complaints are made and registered. Police Stations are required to record an abstract of such complaints and to advise the complainant to file the complaint in the

concerned court. The punishment for such kind of offences is up to two years imprisonment.

There are many incidents, where though the offence has not been completed or committed, an attempt to commit a brutal offence (like rape) has been made. **Most of the time these cases do not come to light as women feel that the offence was not committed and they have had a narrow escape. This gives the criminal all the more encouragement and audacity to re-attempt or commit it once again with the same victim or else where.**

There is, however, a separate procedure of law to deal with the attempt to commit the brutal offence and these attempts are dealt with much severity under Section 511 of the IPC.

Self Defence & Law

Any injury caused to the offender/aggressor due to an act of self-defence by the victim does not constitute an offence under the law. For instance, using pepper spray on an offender who is approaching to harm you is not a crime, as it is recognized as an act of self-defence. The Law, in fact, does not recognize any act that is done to protect ones self, as an offence. The Right of Private Defence is not restricted solely to one's own body but extends in the defence of another person and includes property (movable or immovable).

KEEPING FAITH!

The one word in the English dictionary which keeps us going in today's frantic world is... 'Faith'.

Faith that our efforts yield positive results; faith in the Almighty; faith in our friends and family. This is one virtue we should never let go of, schooling ourselves to always be optimistic and positive in our attitude towards life.

The basic premise behind this book is to improve the Safety Quotient (SQ) for women across all age groups.

I hope the contents of this book will help you to confront aggressors more confidently. By now, you would have learnt the rules of personal safety.

Essentially the idea is to empower you with the knowledge to help you lead a safer life.

I would not like this publication to evoke any fear, resentment or negativity. Keeping this in mind all characters have been portrayed comically. I truly believe one has to keep one's mood light even when dealing with serious issues like women's safety. Otherwise we would all be living in a paranoid state-of-mind, where even a genuine gesture could be misinterpreted as an offensive move. Therefore, we must strike a balance between discerning other's intentions and staying alert and aware.

This would prevent us from creating a self-fulfilling prophecy whereby our own actions and fears create unfortunate situations out of normal ones.

Ultimately the confidence, which comes with knowledge and understanding, is an invaluable tool for modern living. It will make you feel more secure, and you will know before hand what to do in most of the day-to-day situations. We don't live in a perfect world or a perfect city and neither are we perfect. However, this is another step to equip ourselves with the necessary tools that we need for self preservation.

It has been my sincere effort, after having heard countless stories and episodes from various women on their experiences, to create a book that can really empower women with knowledge, because as you know — 'Knowledge is Power', and those who have realized this, live more fulfilling lives.

It has been a pleasure compiling this book. I hope all of you have enjoyed reading it as much as I have enjoyed putting it together. Kindly send in your comments or questions to:

info@24securenow.com
www.24securenow.com

INFORMATION EVERY WOMAN SHOULD HAVE

Police stations

In case you are followed, the most appropriate place to find help is at the police station. It is therefore important to know the nearest police station in the area where you live and work. In the supplement section of this book, you will find the list of police stations in your city alongwith their telephone numbers.

NGOs

A list of various NGOs dealing with women issues is also appended in the supplement. They could be contacted in case you need to know more about women's rights.

Is culture an obstruction to women's security? And is modernization the solution?

We are victims because of receding Indian culture. Modernization & Westernization is about the empowerment of women: empowering their minds; creating awareness of their rights; helping them cultivate a higher self-esteem; demanding equality in all personal relationships; being educated about handling difficult situations.

- Divya, 35
Housewife
Bangalore

HELP LINES

POLICE BANGALORE

Senior Citizens Helpline 1090

Makkala Sahayavani
(Children's Helpline) 1098

Vanitha Sahayavani
(Women's Helpline) 1091

Ambulance 105711 1062 / 108

Traffic Helpline
1095, 080-2294 3030,131

Harassed by Auto Drivers
080-25588444 / 555

Suicide Prevention SAHAI
080-25497777

Fire Service Control Room
080-22971500

EAST ZONE

Amrutha Halli
amruthahallipsbcp@ksp.gov.in
T 22943644

Banasawadi
bwadibcp@ksp.gov.in
T 22942552

Bharathinagar
bnagarbcp@ksp.gov.in
T 22942547

Bowring Hospital
bowringbcp@ksp.gov.in
T 22942551

Byappanahalli
bpnhallibcp@ksp.gov.in
T 22942545

Chikkajala
chikkajalabng@ksp.gov.in
T 28467200

Commercial Street Police Station
commercialbcp@ksp.gov.in
T 22942549

ByatarayanaPura
bypurabcp@ksp.gov.in
T 22942507

C.K.Achchukattu
ckachukattubcp@ksp.gov.in
T 22942380

CENTRAL ZONE

Ashoknagar
anagarbcp@ksp.gov.in
T 22942076

Cubbon Park
cparkbcp@ksp.gov.in
T 22942087

Halasoor Gate Women PS
hgatewbcp@ksp.gov.in
T 22942081

High Court Security
T 22943282

S.R. Nagar
srnagarbcp@ksp.gov.in
T 22942078

S.J. Park
sjparkbcp@ksp.gov.in
T 22942079

Sadashivanagar
ssnagarbcp@ksp.gov.in
T 22942085

Sheshadripuram
sspurbmbcp@ksp.gov.in
T 22942586

Ulsoor Gate
hgatebcp@ksp.gov.in
T 22942075

Vidhana Soudha
vsoudhabcp@ksp.gov.in
T 22942086

POLICE CHENNAI

CP ,S.George, IPS
T 044-2851003
M 94422-00913
E cop@vsnl.net

ACOP Hqrs.
T 044-23452254

ACOP LO North
T 044-23452346

ACOP LO South
T 044-23452650

ACOP CCB
T 044-25615013

JCOP North
T 044-23452450

JCOP East
T 044-28555075

JCOP South
T 044-23452378

JCOP West
T 044-23452446

DC Control Room
T 044-23452259

DC SCP
T 044-23452407

DC CCB I
T 044-25615026

DC CCB II
T 044-23452213

DC Hqrs.
T 044-23452209

AC Anti Dowry Cell
T 044- 23452703
M 94444 89175

AC Control Room
T 94434 60811

POLICE DELHI

PCR
T 100 (24X7) (Toll Free)

Eyes and Ears
T 1090 (TOLL FREE)

Women in distress
T 1091

Special Cell
(North-Eastern States)
T 1093

For uploading Audio and Video Clips
T +91 9910641064

Crime against women cell
JOINT CP/SPUWAC
T 011 26882691

DCP/SPUWAC
T 011 24121777

ACP/HQ
T 011 26887100

ACP/COUNSELING
T 011 2410010

ACP/JJU
T 011 2410010

ACP/PS-CWC
T 011 24102156

DISTRICT/UNIT: NORTH-EAST DISTRICT

AddL CP/NE
T 011 22131049, 22131062

AddLDCP I
T 011 22131056, 22131051

AddLDCP iind
T 011 22131048,

Acp Seelam Pur
T 011 22560742
M +91 8750870704

PS Zafrabad
T 011 22560191, 22560192
M +91 8750870723

PS New Usman Pur
T 011 22172410, 22175468
M +91 8750870722

ACP Gokul Puri
T 011 22181123
M +91 8750870707

PS Bhajan Pura
T 011 22560741, 22561071
M +91 8750870732

PS Jyoti Nagar
T 011 22110187, 22110185, 22110186,
22110181
M +91 8750870733

ACP Shahadra
T 011 22824230,
M +91 8750870705

PS Man Sarovar Park
T 011 22599374, 22599375
M +91 8750870725

PS G.T.B.Enclave
T 011 22580946, 22580947
M +91 8750870730

ACP Seema Puri
T 011 22580948
M +91 8750870706

PS Nand Nagri
T 011 22583307, 22585985
M +91 8750870727

PS Harsh Vihar
T 011 22342074, 22342073
M +91 8750870729

ACP Khajuri Khas
T 011 9810197906, 91-11-22960459
M +91 8750870708

PS Khajuri Khas
T 011 22962735, 22966851
M +91 8750870734

PS Karawal Nagar
T 011 22932231, 22932232
M +91 8750870735

PS Sonia Vihar
T 011 24533174, 24533339

DISTRICT/UNIT: SOUTH-EAST DISTRICT

AddLCP
T 011 26825544-5822

DCP/SOUTH-east DISTRICT
T 011 26825822-5544

ACP New Friends Colony
T 011 26843663, 26843664
M +91 8750870905

PS New Friends Colony
T 011 26934863, 26834563
M +91 8750870924

PS Jamia Nagar
T 011 26943227, 26945563
M +91 8750870925

PS Hazarat Nizamuddin
T 011 24359989, 24355758
M +91 8750870926

PS Sunlight Colony
T 011 26347482-83
M +91 8750870927

ACP Lajpat Nagar
T 011 29835388
M +91 8750870906

PS Greater Kailash
T 011 29249617, 29235815
M +91 8750870930

PS Amar Colony
T 011 26412194, 26474748
M +91 8750870929

ACP Kalkaji
T 011 26443492
M +91 8750870907

PS Govind Puri
T 011 29986050, 29980049
M +91 8750870933

PS Okhla Indl. Area
T 011 26816677
M +91 8750870932

ACP Sarita Vihar
T 011 26825588

M +91 8750870904

PS Jaitpur

T 011 29945322-323

M +91 8750870922

PS Badarpur

T 011 29894753, 29894754

M +91 8750870923

Acp Ambedkar Nagar

T 011 29967092-88

M +91 8750870908

Ps Chitranganj Park

T 011 26271374, 26271587

M +91 8750870936

PS Sangam Vihar

T 011 26044546, 26042188

M +91 8750870935

PS Pul Prahlad Pur

T 011 26366800, 26366801-6802

M +91 8750870937

DISTRICT/UNIT: CENTRAL DISTRICT

DCP, CENTRAL DISTT. - PS. Darya Ganj

T 011 23261377

ACP Darya Ganj

T 011 23268182

M +91 8750870404

PS Chandni Mahal

T 011 23279338, 23271751

M +91 8750870423

PS JAMA MASJID

T 011 23269777, 23261625

M +91 8750870422

ACP Kamla Market

T 011 23231578

M +91 8750870405

PS Hauz Qazi

T 011 23210414, 23212482

M +91 8750870425

PS I.P. ESTATE

T 011 23378474, 23370928

M +91 8750870426

ACP Pahar Ganj

T 011 23553550

M +91 8750870406

ACP Karol Bagh

T 011 25733594

M +91 8750870407

PS Parsad Nagar

T 011 25751048, 25725652

M +91 8750870432

PS Rajinder Nagar

T 011 28742712, 28744012

M +91 8750870431

ACP Patel Nagar

T 011 25873400

M +91 8750870408

PS Anand Parvat

T 011 28764807, 28762468

M +91 8750870435

PS Ranjit Nagar

T 011 25704008, 25704009

M +91 8750870436

DISTRICT/UNIT: EAST DISTRICT

DCP-I/EAST

T 011 22232103, 22232183

DCP-II/EAST

T 011 22232104

ACP/PG/Cell

T 011 22232051

ACP/CAW Cell

T 011 22232180

ACP/DIU

T 011 22232116

ACP Gandhi Nagar

T 011 22513088, 6723

PS Gandhi Nagar

T 011 22072761, 22082235

M +91 8750870625

PS Geeta Colony

T 011 22506665, 22508164

M +91 8750870626

PS Krishna Nagar

T 011 22093224, 22093887

M +91 8750870624

ACP VIVEK VIHAR

T 011 22154102, EXT 6740

M +91 8750870604

PS Anand Vihar

T 011 22384200

M +91 8750870622

PS Farash Bazar

T 011 22303600, 22305868

M +91 8750870623

ACP Preet Vihar

T 011 22524433, EXT 6731

M +91 8750870606

PS Preet Vihar

T 011 22013655, 22509966

M +91 8750870628

PS Shakarpur

T 011 22542992, 22542441

M +91 8750870627

PS Jagat Puri

T 011 22420362, 22420363

M +91 8750870629

PS Madhuban

T 011 22434977, 22434981, 22434983

ACP Kalyan Puri

T 011 22777512, EXT 6744

M +91 8750870608

PS Kalyan Puri

T 011 22772287, 22772251

M +91 8750870635

PS New Ashok Nagar

T 011 22716080, 22715352, 22715080

M +91 8750870637

PS Mayur Vihar

T 011 22710335, 22710048

M +91 8750870634

PS Gazipur

T 011 22610068, 22610094, 22610100

M +91 8750870636

ACP Madhu Vihar

T 011 22773000, 22776000

M +91 8750870607

PS Mandawali

T 011 22720808, 22720809

M +91 8750870632

PS Pandav Nagar

T 011 22780090, 22780080

M +91 8750870633

DISTRICT/UNIT: NEW DELHI DISTRICT

DCP, NEW DELHI DISTT. - PS.
Parliament Street
T 011 23747777

ACP Parliament Street
T 011 23744100,23361231,23363451
M +91 8750870504

PS Mandir Marg
T 011 23364100,23366730
M +91 8750870522

ACP Connaught Place
T 011 23386100
M +91 8750870506

PS Barakhamba Road
T 011 23363800,23363700
M +91-8750870527

PS Tilak Marg
T 011 23382100
M +91-8750870526

ACP Chankya Puri
T 011 23793100,23361231/3461
M +91-8750870505

PS Tughlak Road
T 011 23012100,23014878
M +91-8750870524

DISTRICT/UNIT: NORTH DISTRICT

DCP, NORTH DISTT. - PS. Civil Lines
T 011 23817012, 23962201/6401

ACP Civil Lines
T 011 23810113
M +91-8750870106

PS Maurice Nagar
T 011 27666332, 27662638, 27667178
M +91-8750870128

PS Timar Pur
T 011 23812734, 23814421
M +91-8750870129

PS Burari
T 011 27616844-45
M +91-8750870130

ACP Sarai Rohilla
T 011 23697610
M +91-8750870107

PS Gulabi Bagh
T 011 23651692/23651917
M +91-8750870133

PS Roop Nagar
T 011 23844632, 23849120
M +91-8750870132

ACP Sadar Bazar
T 011 23512410
M +91-8750870105

PS Bara Hindu Rao
T 011 23529707, 23528060
M +91-8750870125

PS Subzi Mandi
T 011 23823161, 23827354
M +91-8750870126

ACP Kotwali
T 011 23973022
M +91-8750870104

PS Lahori Gate
T 011 23953776, 23958234
M +91-8750870122

PS Kashmere Gate
T 011 23967889, 23968730
M +91-8750870123

DISTRICT/UNIT: NORTH-WEST DISTRICT

DCP, NORTH-WEST DISTT. - PS. Ashok Vihar
T 011 27229835

ACP Ashok Vihar
T 011 27198783
M +91-8750870204

PS Keshav Puram
T 011 27181325, 27156090
M +91-8750870223

PS Bharat Nagar
T 011 27301800-1200
M +91-8750870222

ACP Model Town
T 011 27459201
M +91-8750870208

PS Adarsh Nagar
T 011 27672452-4452
M +91-8750870233

PS Mukherjee Nagar
T 011 27654668, 27654675
M +91-8750870234

ACP Shalimar Bagh
T 011 27492157
M +91-8750870206

PS Mahendra Park
T 011 27632501
M +91-8750870228

ACP Saraswati Vihar
T 011 27353646
M +91-8750870205

PS Maurya Enclave
T 011 27322353,27325006
M +91-8750870226

PS Rani Bagh
T 011 27015329-793
M +91-8750870206

ACP Jahangir Puri
T 011 27632544
M +91-8750870207

PS Swarup Nagar
T 011 27811415-16
M +91-8750870231

PS Bhalswa Dairy
T 011 27811933,27811934
M +91-8750870230

DISTRICT/UNIT: OUTER DISTRICT

Addl. CP, Outer, PP-Dost
T 011 27034873, 27034874

ACP Alipur
T 011-27202248
M +91-8750870304

PS Narela
T 011-27282350, 27280435, 27281521
M +91-8750870321

ACP Rohini
T 011-27941771
M +91-8750870305

PS Mangol Puri
T 011-27921168, 27922186, 27913026
M +91-8750870326

PS Vijay Vihar
T 011-27052772, 27052773, 27041227
M +91-8750870327

ACP Sultan Puri
T 011-25962524
M +91-8750870306

PS Aman Vihar
T 011-25185393, 25961500, 25961629
M +91-8750870329

PS Begum Pur
T 011-27581128, 27581118, 27581112
M +91-8750870335

PS Prashant Vihar
T 011-27561877, 27557184, 27555524
M +91-8750870324

PS Rohini North
T 011-27048210, 27048211, 27041334
M +91-8750870334

DISTRICT/UNIT: SOUTH DISTRICT

DCR SOUTH DIST. - PS. Hauz Khas
T 011-26857726, 26512986

ACP Defence Colony
T 011-26258486
M +91-8750870806

PS Lodhi Colony
T 011-24620283, 24611753
M +91-8750870829

PS Kotla Mubarak Pur
T 011-24620106, 24624825
M +91-8750870828

ACP Hauz Khas
T 011-26863842
M +91-8750870804

PS Malviya Nagar
T 011-26691861, 26691862
M +91-8750870822

PS Saket
T 011-29561300, 29562300
M +91-8750870823

ACP Mehrauli
T 011-26644203
M +91-8750870805

PS Neb Sarai
T 011-29551597, 29551326

M +91-8750870825

PS Fatehpur Beri
T 011-26659611, 26659511
M +91-8750870826

ACP Vasant Vihar
T 011-26153010
M +91-8750870807

PS Vasant Kunj North
T 011-26892530, 26123990
M +91-8750870831

PS Vasant Kunj South
T 011-26139360, 26139361
M +91-8750870832

ACP Safdarjung Enclave
T 011-26107510
M +91-8750870808

PS Rama Krishna Puram
T 011-26185222, 26186963
M +91-8750870834

PS Sarojini Nagar
T 011-26882346, 24671281
M +91-8750870835

PS South Campus
T 011-26171719, 26171718
M +91-8750870833

DISTRICT/UNIT: SOUTH-WEST DISTRICT

Addl. CP SOUTH-WEST DIST.
T 011-28042984, 28042990

ACP Delhi Cantt.
T 011-25893488, 25897858
M +91-8750871006

PS Inder Puri
T 011-25832201, 25832202
M +91-8750871031

PS Naraina
T 011-25891181, 25892010
M +91-8750871030

ACP Dwarka
T 011-28051587
M +91-8750871004

PS Sector 23 Dwarka
T 011-28051585, 28051584

M +91-8750871021

PS DWARKA (NORTH)
T 011-28031878, 28031879
M +91-8750871022

PS Kapashera
T 011-25063758, 25066105
M +91-8750871024

PS Dwarka South
T 011-25089326, 25089336
M +91-8750871023

ACP Daburi
T 011-25550969, 25639968
M +91-8750871005

PS Binda Pur
T 011-25643525, 25643526
M +91-8750871025

PS Palam Village
T 011-25365979, 25365981
M +91-8750871026

PS Sagar pur
T 011-25035354
M +91-8750871028

ACP Nazafgarh
T 011-25016100
M +91-8750871007

PS Jaffar Pur Kalan
T 011-28014100, 25318081
M +91-8750871033

PS Chhawala
T 011-25316100, 25316300
M +91-8750871032

PS Baba Hari Dass Nagar
T 011-28012200
M +91-8750871035

DISTRICT/UNIT: WEST DISTRICT

DCR WEST DIST. - PS. Rajouri Garden
T 011-25453992, 25166508

ACP Tilak Nagar
T 011-25407901
M +91-8750871106

PS Hari Nagar
T 011-28522868, 28525719
M +91-8750871130
PS Maya Puri

T 011-28117644, 28116097
M +91-8750871131

ACP Vikas Puri
T 011-25572422
M +91-8750871107

PS Janak Puri
T 011-25553166
M +91-8750871133

PS Uttam Nagar
T 011-25377461, 25377425, 25357424
M +91-8750871192

ACP Rajouri Garden
T 011-25446901
M +91-8750871104

PS Kirti Nagar
T 011-25438719, 25110462
M +91-8750871122

PS Khyala
T 011-25988736/RG4256, 25435550
M +91-8750871123

PS Moti Nagar
T 011-2510150, 25938880
M +91-8750871124

ACP Punjabi Bagh
T 011-25225615
M +91-8750871105

PS Paschim Vihar
T 011-25267286, 25263471
M +91-8750871126

PS Mianwali Nagar
T 011-25280979, 25268394
M +91-8750871127

PS Madipur
T 011-25217008

ACP Nangloi
T 011-25946800
M +91-8750871108

PS Ranhola
T 011-28363001, 28363002,
M +91-8750871137

PS Nihal Vihar
T 011-25946700, 25946710
M +91-8750871136

PS Mundka
T 011-65715032, 28352011
M +91-8750871138

WOMEN HELPLINE
23317004 (1091) / 23317003,
23491091 / 23317002

Delhi Legal Services Authority

1. SECRETARY
Delhi Legal Services Authority
Room No.-1, Patiala House

New Delhi - 110001.
T 23383014
2. SECRETARY
Delhi High Court Services
Committee, Room No.-35-36, Lawyers
Chambers, New Delhi - 110001.
T 23383418

3. SECRETARY
District Legal Services Authority,
Room No.-287, Tis Hazari Courts,
New Delhi - 110054.
T 23911544 / 23911611 Ext.450

4. SECRETARY
District Legal Services Authority,
Room No.-311, Karkardooma Courts,
New Delhi - 110032.
T 22301945 / 22301946
Extn: 3007

HELP LINE

T 2373132, 23070345
From 10 AM to 5 PM
On all working days.

ROUND THE CLOCK HELP LINES TELEPHONE NUMBER

Police Control Room
100 / 23378888

Help Line for Women in Distress
1091, 24121234

Help Line for Students/Senior
Citizens - 1291

POLICE GHAZIABAD

SSP/Ghaziabad
T 0120-2820758
M 9454400274

SP(City)/Ghaziabad
T 0120-2854015
M 9454401058

ASP/Ghaziabad
T 9643322909

ASP (U/T)/Ghaziabad
T 9560754125

Addl.SP(R/A)/Ghaziabad
M 9454401057
T 0120-2820758

Addl.SP(Crime)/Ghaziabad
M 9454402568
T 0120-2820758

Addl.SP Control Room/
Modern Control Room
M 9999013500
T 9454-458223

DSP/Ghaziabad
M 9454401570
T 0120-2791769

DSP/Ghaziabad(Co
Control Room/ Office
Gzb)
M 9412180280

DSP/Ghaziabad , Co
City 01
T 0120-2733070
M 9454401569

DSP/Ghaziabad, Co Modi
Nagar
T 01232-223515
M 9454401573

DSP/Ghaziabad, Co
Indrapuram Ghaziabad
T 0120-3125539

POLICE GURGAON

Police Control Room
T 0124-2316100

Women Helpline
T 1091

Senior Citizen Helpline
T 0124-2221559

PS Women
M +91-999191770
T 0124-2218057, 2218058

Toll Free Number to Report For Suspicious Person
T 1090

Commissioner of Police
M +91-9999981801
T 0124-2311200, 2312200

Joint Commissioner of Police
M +91-9999981802
T 0124-2869300

DCP Hqrs, Gurgaon
M +91-9999981803
T 0124-2869300

DCP East, GGN
M +91-9999981804
T 0124-2572659, 2573659

DCP West, GGN
M +91-9999981805
T 0124-2869300, 2222388

DCP South, GGN
M +91-9999981807
T 0124-2869300, 2222399

DCP Traffic, GGN
M +91-9999981808
T 0124-2576015

DCP Crime GGN
M +91-9999981806
T 0124-2219282

ACP Udyog Vihar GGN
M +91-9999981811
T 0124-2365325

ACP Traffic GGN
M +91-9999981812

ACP Sadar GGN
M +91-9999981814
T 0124-2577185

ACP DLF GGN
M +91-9999981813
T 0124-2577057

ACP Crime GGN
M +91-9999981816

ACP City GGN
M +91-9999981819
T 0124-2324111

ACP HQ GGN
M +91-9999981815
T 0124-2226100

ACP Manesar GGN
M +91-9999981820
T 0124-2290274

ACP Sohna GGN
M +91-9999981810
T 0124-2362000

ACP Pataudi
M +91-9999981817
T 0124-2672207

PS Sadar GGN
M +91-9999981825
T 0124-2201476

PS DLF Sec-29 GGN

M +91-9999981822
T 0124-2396700

PS Sushant Lok
M +91-9999981826
T 0124-2386231

PS DLF-I GGN
M +91-9999981827
T 0124-4059084, 2567223

PS DLF PH-II
M +91-9999981821
T 0124-2566387

PS Sec. 55/56
M +91-9999981823
T 0124-2574100

PS Sector 40
M +91-9999981824
T 0124-2381567

PS City Gurgaon
M +91-9999981833
T 0124-2321496

PS Sector-10/A
M +91-9999981836
T 0124-2370490

PS Civil Lines
M +91-9999981834
T 0124-2224233

PS Sec-5 (Old GGN)
M +91-9999981835
T 0124-2254610

PS Rajendra Park
M +91-9999981837
T 0124-2469210

PS Udyog Vihar
M +91-9999981831
T 0124-2340200

PS Sec 17/18
M +91-9999981838
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Alappuzha
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Kottayam
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Idukki
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Ernakulam Rural
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Thrissur
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Palakkad
T 0491-2522340 / 100

Malappuram
T 0483-2734966 / 100

Kozhikode
T 0495-2721831 / 100

Wayanad
T 04936-205808 / 100

Kannur
T 0497-2763337 / 100

Kasaragod
T 04994-222960 / 100

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0471-3945000

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9846 200 100

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Inspector General of Police (Zones)
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M 94471-71553

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Spl Commissioner of Police (I)
T 2214-5476

Addl Commissioner of Police (I)
T 2214-1696, 2214-1515, 2214-5799

Spl. Addl. and Jt. Commissioner of
Police (HQ)
T 2214-3970

Spl. Addl. and Jt. Commissioner of
Police (TP)
T 2214-5558

Spl. Addl. and Jt. Commissioner of
Police (A)
T 2214-1836

Jt. Commissioner of Police (Orgn)
T 2214-5509

Deputy Commissioner of Police (II)
Head Quarters
T 2214-1720

Deputy Commissioner of Police(II),
Special Branch
T 2282-3602

Deputy Commissioner of Police,
Women Police
T 2214-1953

Divisional Deputy Commissioners of Police

North and North Suburban Division
T 2360-5650

Central Division
T 2228-1403

Eastern Suburban Division
T 2374-5645

South Division
T 2281-3467

Port Division
T 2439-7174

South East Division
T 2290-4660

South Suburban Division
T 2499-4711

South West Division
T 2499-4702

POLICE MUMBAI

Commissioner of Police, Mumbai
T 22620826

Police Control Room (Mumbai City)
T 22621855,22621983,22625020,22641449,22620111,100

Infoline
T 1090

Women Help Line
T 22633333,22620111,103

South Region Control Room
T 23089857,23089855,23070505

Central Region Control Room
T 23710505,23720505,23712081,24140909,23750505

West Region Control Room
T 26552195,26412021,26457900,26572299

East Region Control Room
T 25230893,25233588,25233534,25222121

North Region Control Room
T 28850918,28854643,28877544

Armed Police Control Room
T 24146778,24149090

Jt. C.P. (L&O)
T 22624405

Addl.C.P. (Crime)
T 22621220

DCP (Zone-I)
T 22620453

DCP (Zone-II)
T 23073663

DCP (Zone-III)
T 23700608

DCP (Zone-IV)
T 24021101

DCP (Zone-V)
T 24976960

DCP (Zone-VI)

T 25229303

DCP (Zone-VII)
T 25645228

DCP (Zone-VIII)
T 26508381

DCP (Zone-IX)
T 26422042

DCP (Zone-X)
T 28367767

DCP (Zone-XI)
T 28903899

DCP (Zone-XII)
T 28943200

DCP (Port Zone)
T 22611620

DCP (HQ — I)
T 22620043

DCP (HQ — II)
T 22678751

POLICE NOIDA

SSP
T 2544632 / 2549330

SP (Noida)
T 2422271 / 2443031

SP (Rural)
T 2350241 / 2504366

CO (I)
T 2422231 / 242759

CO (II)
T 2580412

CO (Greater Noida)
T 2350241 / 2504035

CO (Dadri)
T 2662932

CO (Jewar)
T 05738-272500

Police Station Sec-20
T 2523102, 4349042

Police Station Sec-24
T 2411173, 4349045

Police Station Sec-39
T 2577100

Police Station Sec-49
T 2573665, 2573665, 4349046

Police Station Sec-58
T 2580412, 3223308

Police station Phase-2
T 2568600

Police Station Kasna
T 2326611

Police Station Surajpur
T 2560601

Police Station Dadri
T 266283

Police Station Bisrakh
T 2360035

Police Station Jarcha
T 2301010

Police Station Dankaur
T 225446

Police Station Kakor
T 257221

Police Station Rabupura
T 271541

Police Station
Jahangirpur

T 261936

Police Station Jewar
T 272135

Fire Station
101

Police Control Room
T 2525100
T 2351324
T 2350100
T 2351325
T 2351327

Women helpline 1090
101

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Sector 9, Chandigarh, India
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E info@punjabpolice.org

POLICE PUNE

Control Room
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100

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F 0522-2206120/2206174
E Police@up.nic.in
www.uppolice.up.nic.in

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T 224300

Control Room
Chitrakoot
T 236800 / 100
Siddharth Nagar
T 222183 F 222170

Control Room (Dcr)
Siddharth Nagar
T 222101 / 100

Control Room (Dcr)
Lalitpur
T 272944
Etawah
T 254041/ 254613/ 244421
F 254977

Control Room
Etawah
T 254408 / 100
Fatehgarh
T 234410 F 234206

Control Room
Fatehgarh
T 223791 / 100

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T 2304407 F 2532153
Sspknnr@satyam.net.in

Kanpur Nagar
T 2303300 / 2303969 /
2305923

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Kanpur Nagar
T 2336000

Police Exchange
Kanpur Nagar
T 2366111

Kanpur Dehat
T 220211/220211 F 220296

Control Room
Kanpur Dehat
T 220297
Kannauj
T 235439 F 234808

Control Room
Kannauj
T 235491

Hardoi
T 234749 F 234904

Control Room
Hardoi
T 234247
Kheri
T 253210 / 252565
F 252112

Lucknow
T 2228965 / 2222217
221165 / 2385969
F 2274204

Control Room Ccr
Mau
T 2220507

Control Room Dcr
Mau
T 221988

Control Room Dcr
Bareilly
T 2573850

Control Room Ccr
Bareilly
T 2550010

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Budaun
T 224959 / 100

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Pilibhit
T 255415 / 251960

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Shahjahanpur
T 223133

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Shahjahanpur
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T 225372

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Ghaziabad
T 2766898

Control Room Ccr
Ghaziabad
T 2734906

Control Room Noida
Ghaziabad
T 2528056/ 2528054/
2525100

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Meerut
T 2648623

Control Room Ccr
Meerut
T 2660546/100

Control Room Ccr
Muzaffar Nagar
T 2645238

Control Room Ccr
Agra
T 2361305/2367090/100

Control Room Dcr
Agra
T 2267922

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Aligarh
T 2525727/100

Control Room Dcr
Aligarh 2400487

Control Room
Etah
T 233232/233681

Control Room Dcr
Firozabad
T 285014

Control Room Ccr
Firozabad
T 245760/100

Control Room
Mainpuri
T 234385/100

Control Room Ccr
Mathura
T 2505989/ 2409272 /
100

Control Room Dcr
Allahabad
T 2604630

Control Room Ccr
Allahabad
T 2652000/100

Control Room
Fatehpur
T 224524/100

Control Room
Pratapgarh
T 220244/100

Control Room Dcr
Azamgarh
T 221372

Control Room Ccr
Azamgarh
T 221437

Control Room
Ballia
T 220727

Control Room
Balrampur
T 234100

Control Room
Barabanki
T 223893

Control Room
Faizabad
T 244445
Dcrb Faizabad
T 224218 / 100

Control Room
Sultanpur
T 222348
Control Room
Gonda
T 222383/100

Control Room
Basti
T 246828

Control Room
Deoria
T 227910

Control Room Ccr
Gorakhpur
T 2333434

Control Room Dcr
Gorakhpur
T 2334669

Control Room Moradabad
T 2412205-10

Control Room Ccr
Moradabad
T 262580

Control Room Dcr
Moradabad
T 250100

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Rampur
T 2351100

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Ghaziipur
T 2221438

Control Room Dcr
Saharanpur
T 2725224

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T 2646296

Control Room Dcr
Jaunpur
T 260046

Control Room Ccr
Jaunpur
T 262818/100

Control Room Mirzapur
Mirzapur
T 265100/252108/100
Azamgarh
T 220107 / 220403

Control Room Dcr
Sant Ravidas Nagar
T 250286

Control Room Sonbhadra
T 252612

Cfo Varanasi
Varanasi
T 2354363

Control Room Dcr
Varanasi
T 2500120

Control Room Ccr
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www.apstatopolice.org

ASSAM

www.assampolice.com

COCHIN

www.cochincitypolice.com

DELHI

www.delhipolice.nic.in

GOA

www.goapolice.org

HARYANA

www.haryanapolice.nic.in

HIMACHAL PRADESH

www.hppolice.nic.in

KARNATAKA

www.karnatakastatepolice.org

KERALA

www.keralapolice.org

KOLKATA

www.kolkatapolice.org

MADHYA PRADESH

www.mppolice.nic.in

MUMBAI

www.mumbaipolice.com

PUNE

www.punepolice.com

PUNJAB

www.punjabpolice.org

RAJASTHAN

www.rajpolice.nic.in

UTTARANCHAL

www.uttaranchalpolice.com

UTTAR PRADESH

Uttar Pradesh Police

uppolice.up.nic.in

CRIME

National Crime Records Bureau

www.ncrbindia.org

INVESTIGATION

Central Bureau of Investigation

cbi.nic.in

STATE COMMISSIONS FOR WOMEN

Andhra Pradesh State Commission for Women

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Assam State Commission for Women

Bal Bhavan, Uzan Bazar
Guwahati - 781 001
T 0361-2524875

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11 South Beily Road, Patna, Bihar

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T 23382687

District Social Welfare Office,
District Officer (Central),
GLNS Complex, Behind Feroze Shah
Kotla Stadium, Delhi Gate,
New Delhi - 110 017
T 23318323

District Social Welfare Office,
District Officer (N. Delhi),
Jam Nagar House, Shahjahan Road,
New Delhi - 110 003
T 23071093 / 94

District Social Welfare Office,
District Officer (North)
20-21, Shopping Complex, Delhi
Administration Flats, Gulabi Bagh,
Delhi - 110 017
T 23652304

District Social Welfare Office,
District Officer (N.W - I),
NP School for Deaf & Dumb, Sector
5, Near Vishram Chowk,
Rohini, Delhi
T 27040844 / 27933961

District Social Welfare Office,
District Officer (N.W - II),
K-5/3, Model Town III, Delhi - 110 009
T 27410018

District Social Welfare Office,
District Officer (N. East) ,
Sanskar Ashram, Opp. GTB Hospital,
Dilshad Garden, Delhi
T 22133765

District Social Welfare Office,
District Officer (East)
West Block, Opp. Jal Vihar Terminal,
Lajpat Nagar, New Delhi
T 22450147 / 22450151

District Social Welfare Office,
District Officer (S. West),
C-22/23, Udyog Sadan, Qutub
Institutional Area, Qutub Enclave,
New Delhi - 110 016
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District Social Welfare Office,
District O (West),
Nirmal Chhaya Complex,
Jail Road,
New Delhi - 110 064
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NGOs MUMBAI

AKSHARA - A Women's Resource Centre

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Mumbai - 400 044
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Near Telecom Quarters,
Sion Trombay Road, Deonar,
Mumbai - 400 088
Superintendent
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Mr Noel D'Silva,
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Andheri East, Mumbai - 400 058
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Lane, Mahim, Mumbai - 400 016
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F 91 - 22 - 244 627 68
E wit@hathway.com

PERSONAL NOTES

"This is an amazing work-book for security and safety of women. I call it a work-book, for the readers can actually self-work and self-help."

Dr. Kiran Bedi

This book is an appeal to all women to recognize their strength and to empower them with knowledge. The author is the Managing Director of a leading ISO 9001:2000 certified security company that has won prestigious 'Security Agency of the Year' awards consecutively for the years 2003 & 2004. This company was also the first ever to launch women bodyguards in India.

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