

Nanna Olage Indira
Indira in Me
Women Safety Handbook



About Indira Gandhi

Bharat Ratna Smt Indira Gandhi is perhaps India's most charismatic Leader & Prime Minister.

Smt Indira Gandhi lead India's numerable achievements such as:

- *Green Revolution to make India self-sufficient in food grains*
- *Liberation of Bangladesh from Pakistan*
- *Nationalisation of banks, gave access of banks for all*
- *Abolishing privy purses of princely states*
- *India's first Nuclear Test*
- *Space program, putting India in the world space map*
- *20-point programme to fight against poverty*
- *India's First Environment Protection Act, to save Environment*

Born on November 19, 1917 in an illustrious family, Smt Indira Gandhi was the daughter of Pt. Jawaharlal Nehru. Smt Indira Gandhi was actively involved in the freedom struggle. In her early childhood, she founded the Bal Charkha Sangh and in 1930, the 'Vanar Sena' of children to help the Indian National Congress during the Non-Cooperation Movement. She was imprisoned in September 1942 and worked in riot-affected areas of Delhi in 1947 under Mahatma Gandhiji's guidance.

Smt Indira Gandhi first appeared on the centre stage of Indian politics when she became the President, Indian National Congress in 1959. From 1964 to 1966 she was the Union Minister for Information and Broadcasting. She surprised a lot of her political opponents who thought she was politically inexperienced and went on to serve as Prime Minister for 11 long years. After a brief stint out of power, she came back with a thumping majority in 1980 and remained Prime Minister, till she was tragically assassinated.

She found recreation in whatever she did and equal relaxation in being close to nature, in different forms of art, in physical activities like hiking in the mountains, or even reading about an unfamiliar subject.

About Nanna Olage Indira

Incidents of crime against women have been on a rise in India for last few years. More and more women are joining the urban workforce and safety of women continues to be a critical area of concern, in spite of many laws laid down by the Government.

In key economic hubs like Delhi, Gurgaon, Mumbai, Bengaluru, Hyderabad, Chennai and Pune, there has been a steady increase in the number of cases of harassment and molestation being reported.

However, the conviction rates are poor because of the poor judicial system, lack of awareness, faulty methods of collecting forensic evidence and limited use of modern technology.

Most cases of sexual harassment at home, work or public places are often not reported due to cultural inhibitions in many parts of the country; where the stigma is attached to the victim/survivor rather than the perpetrator of the crime, who often gets away.

At **Kaagaz Foundation**, we have been propagating the concepts of women's safety which increases awareness to deal any unsafe situations. It also teaches women how to protect themselves against a physical attack using commonsense and basic self-defence techniques.

Nanna Olage Indira (Indira in Me), a women safety handbook is step towards making the environment safe for women, to empower them so that they can continue to contribute towards India's progress.

On the birth centenary year of the 1st women Prime Minister of India **Smt Indira Gandhi**, who has been a role model for many generations of women **Nanna Olage Indira** aims to invoke the power of **Smt Indira Gandhi** in every woman to stand up for herself in the face of adversities.

- **Kavitha Reddy**
Founder Trustee

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How does Suraksha App work?

SCENE OF EMERGENCY
Send alert by opening the app and pressing the red button or press the power button of the mobile 5 times

STEP 1
Command Centre receives the Suraksha alert of the registered mobile and tracks the victim location. Also a 15 sec audio and video of the victim location is received at the control room.

STEP 2
Simultaneously emergency alert message is flashed to registered emergency contacts.

STEP 3
Live Vehicle Tracking system activates the nearest Hoyalas. Jurisdictional police station alerted.

STEP 4
Hoyalas arrive at the scene of emergency and intervene. Updates action taken to the Command Centre.

STEP 5
Case handed over for further investigation to the jurisdictional police station.

24x7 EMERGENCY RESPONSE SERVICE

Press the green button cancel, if Suraksha was activated by mistake.

The Commissioner of Police, Bangalore City Police
No.1, Infantry Road, Bangalore - 1. Phone: 080 22942222, 080 22943322 Email: compolbcp@ksp.gov.in

Suraksha App.
My Personal Security Guard 24x7
download and feel secure

RENGALURU CITY POLICE
WITH YOU 24x7
www.bcp.gov.in

MY SECURITY IS IN MY HANDS

Safety Awareness

Nothing happens all of a sudden, if you recognise a situation as potentially unsafe, get away from there as quickly as possible.

1st step is FLIGHT, not FIGHT

But if you can't get away immediately, then you should DEFEND, DISARM, DISAPPEAR.

You CAN and SHOULD always defend yourself, if you are ALERT, you can ANTICIPATE potential problems and AVOID unpleasant situations. When in doubt SHOUT out ALOUD!

General Awareness

- *Be aware of your surroundings, trust your instincts*
- *Never forget that your age/dress is not the culprit*
- *Don't run from danger, always run towards safety*
- *If you have to fight back, you must know how to fight back*

Tips to Stay Safe!

- *Have a confident body posture, do not appear as an easy target*
- *Speed dial your personal helpline*
- *Carry emergency contact information*
- *Use Safety Apps on your mobile effectively*
- *Always ensure mobile phone is fully charged when you step out*
- *Carry a Whistle, clip it in an accessible place*

Vehicle Safety

- *Check your car after receiving from valet parking*
- *Approach your car with keys ready*
- *Check fuel tank*
- *Do not unlock your car from a distance*
- *Avoid driving through deserted area*

Safety at Home

- *Look through peep hole before you open the door*
- *Don't let strangers enter your house*
- *Do not leave the door unattended*
- *Make sure you lock your door before turning back*
- *Receive your parcels at the main door*

Safety in using Public Transport

- *Remain alert, try not to sleep*
- *Keep your eye on the road while travelling in an auto/taxi*
- *If ladies' compartment is empty, board general compartment*
- *Travel in reputed transport services only*

Travelling Out-Station

- *Ensure family members/friends/colleagues know your itinerary*
- *Plan your travel in such a way that journey ends in day time*
- *Have enough mobile phone battery back-up*
- *Pre-check your route before you travel to a different town*
- *Pre-arrange your stay at the destination*
- *Request a room with a peephole and safety chain*
- *Do not wear expensive jewellery*

Social Media Harassment

- *Don't put too many personal details on Facebook, Google, LinkedIn, or other social networking as they might get misused*
- *Update your privacy settings regularly*
- *Virtual to real, never go alone to meet an online friend*
- *Always make two kinds of online presence*
 - *Professional presence for your colleagues and clients*
 - *Private presence meant for socializing*

Let us fight together for a safer environment for Women! Let us spread awareness on safety! Let us make our Locality, City, State, Country safe for all Women! It's our responsibility to leave behind a safer India!



07

Crimes against Women

According to Indian law, crimes against women can be classified as:

Sexual Harassment at Work Place

Eve

Kidnapping

Abduction

Molestation

Rape



Teasing

Stalking

Voyeurism

Dowry Death

Cruelty by Husband or Relatives

Molestation: If a man physically touches a woman's body with a sexual overture and without her consent.

Eve Teasing: If the offender utters any sound/word or makes certain gestures or shows certain objects to insult woman's modesty.

Stalking: When someone is following, or contacting or attempting to contact a woman, despite repeated indication of disinterest from her.

Voyeurism: Whoever watches or captures woman's image while engaging in a private act, when she would expect not to be observed.

Sexual Assault: When a woman is coerced, forced, threatened, against her will to participate in any involuntary sexual activity with a man.

Sexual Harassment at Work Place: Unwelcome sexual behaviour that negatively affects woman's work life.

Cruelty by Husband or Relatives: Dowry demands and other related harassment.

Dowry Death: Women who are murdered or driven to suicide by continuous harassment and torture by husband or his relatives.

Kidnapping or Abduction: Taking away of a woman by force against her will.

Rape: Sexual intercourse against a woman's consent.

Punishment for Offences

| OFFENCE | SECTION | ACT | PUNISHMENT |
|---|---------|-----|---|
| Molestation | 354 | IPC | Min: Imprisonment for One year and Fine Max: Imprisonment for Five years and Fine |
| Eye Teasing | 509 | IPC | Imprisonment for Three years and Fine |
| Stalking | 354 D | IPC | Min: Imprisonment for One year and Fine Max: Imprisonment for Three years and Fine |
| Voyeurism | 354 C | IPC | Min: Imprisonment for One year and Fine Max: Imprisonment for Three years and Fine |
| Cruelty by husband or relative of the husband | 498 A | IPC | Max: Imprisonment for Five years and Fine |
| Murder | 302 | IPC | Life Imprisonment with Fine or Death |
| Dowry Death | 304 B | IPC | Min: Imprisonment for Seven years Max: Imprisonment for Life |
| Rape and Murder | 376 A | IPC | Min: Imprisonment for Twenty years Max: Imprisonment for Life |
| Attacking a Woman by dangerous weapon or | 326 A | IPC | Min: Imprisonment for Ten years, fine not exceeding 10,00,000 Max: Imprisonment for Life, fine not exceeding 10,00,000 |
| Abetment to Suicide | 306 | IPC | Max: Imprisonment for Ten years and Fine |

Awareness can make a woman confident, empower her to live without fear, travel around the world and participate in the progress of the nation!



Legal Guidelines

FIR: First Information Report or FIR is a written document prepared by a police officer when he/she receives information about a cognizable offence.

- *FIR must include all relevant details like date, time and place of the incident, identity of the accused, if any*
- *FIR can be lodged by a witness as well*
- *Police officer is bound to read out the FIR to the woman, and confirm her assent before she signs it*
- *Women are entitled to a copy of FIR, free of cost*
- *FIR must be duly stamped and signed by the duty officer*

Know your Rights

Police is bound to file a report by a rape victim and listen to her grievances.

Throughout the process woman's identity can't be revealed (IPC Sec 228A), applicable for rape victims.

No woman can be arrested without a lady police officer or constable being present (CrPC Sec 51 and 100).

Woman can be searched only by a lady police officer (CrPC Sec 51).

Medical examination can be conducted only in presence or supervision of a female doctor (Sec 54).

No arrests of a woman can be done after sunset and before sunrise.

Woman can't be called to police station for interrogation (CrPC Sec 160(1)).

Woman has the right to give her statement to the police in private (CrPC Sec 164).

Sexual Harassment at Work place

Whom do you complain to?

Any women who feels that she is a victim of sexual harassment at her workplace can file a complaint with her company's Internal Complaint Committee (ICC).

What should the complaint cover?

The written (or on e-mail) complaint should contain a description of each incident(s), it should include:

1. *Relevant dates*
2. *Timings and locations*
3. *Name of the respondent(s)*
4. *Working relationship between the parties*

What to expect from the ICC?

Redressal at workplace sexual harassment, employee has a right to expect:

- *A trained, skilled and competent ICC and a time bound process and confidentiality*
- *Assurance of non-retaliation*
- *Counselling and other enabling support where needed*
- *Assistance if the complainant opts for criminal proceedings*



Self Defence

Aim of self defence is to prevent harm to yourself, cause severe momentary pain to the attacker; and make a quick getaway to a safer location, without being pursued by the attacker.

Defend yourself, keep a balanced body posture so that the attacker cannot easily force you to the ground.

When in a situation of potential danger, keep your belongings close together and tucked under your arm. Keep your master hand free to defend yourself.

Remember to shout loudly. It attracts attention of others, scares the attacker and gives you confidence.

Aim for the vulnerable parts of the attacker's body, aim and strike! The strike should be with maximum force to inflict severe pain on the attacker, so that he's dissuaded from pursuing you further.

Remember – Hit hard!! He was trying to harm you, and do not stay back to beat the attacker to a pulp – escape to a safe place.

Hit Where it Hurts!

Base of your palm, target - nose, jaw, throat

Elbow strikes, target - face, jaw, solar plexus

Knee rise, target - groin

Leg kick & heel stamp, targets - knee, shin, toes



Common Questions about Pepper Spray

1. Is pepper spray legal in India? Can I get punished for using it?
 - A. Pepper spray is legal in India, provided you use it for self defence. However, you should also check if your company has a policy about it.
2. Is it dangerous? Will it kill or harm a person?
 - A. Pepper spray temporarily incapacitates, remember, the person you are using it against was trying to harm you!

3. Where can I buy it?
- A. You can buy it in medical stores or even order online. Some of the common brands are "Knock out" and "Cobra".
4. Can I carry it on flights with me?
- A. It is advisable to put it in your check in baggage; airports do not permit it in the hand baggage.
5. Is there anything else I need to know about pepper spray?
- A. Keep it away from children who may accidentally use it and if you have to use it, spray it away from you at arm's length.

What's in Your Purse (Potential Weapons)?

- Pen Scarf Keys Pencil
- Ear Phones Phone Charger Nail Filer Pins
- Deodorant Mobile Phone Bangles Comb

7 Golden Rules of Safety

1. Keep Safety App in quick access - **ACCESS**
2. Carry basic Safety Tools - **ALERT**
3. Nothing happens suddenly, if you recognise potentially unsafe situation, get away - **ANTICIPATE**
4. 1st step is FLIGHT, not FIGHT - **AVOID**
5. If you can't get away immediately create a scene - **ALOUD**
6. If caught DEFEND, DISARM, DISAPPEAR - **ACTION**
7. Share information about the incident - **ACT UPON**

Safety Tools



Important contacts

Bengaluru City Police

The Commissioner of Police,
#1 Infantry Road, Bangalore - 560001

Phone: 080 22942222, 080 22943322

Email: compolbcp@ksp.gov.in

Twitter: @cpblr

Karnataka State Commission for Women

Chairperson

1st Floor, Karnataka Housing Board Building
Cauvery Bhawan, K.G. Road, Bengaluru -560 009

Contact: 080-22216485, 080-22216485 (fax)

e-Mail: kscwbang123@gmail.com

Vanitha Sahayavani

Established in 1999 by the Bengaluru City Police, Vanitha Sahayavani provides immediate Rescue & Support for women in distress. Vanitha Sahayavani also conducts Awareness Programmes on women safety and other women related issues at colleges, public & private sectors and communities.

Vanitha Sahayavani operates from the Office of The Commissioner of Police, Bengaluru 24/7, **Namma 100**

Kaagaz Foundation is an NGO with a difference. Our Vision is, Facilitate Enviro-Socio-Economic opportunities and enable Sustainable Growth!

Environment

- *Lake Campaigns & Management*
- *Creating self-sustained Urban Forests*
- *Solid Waste Management Campaigns*
- *Impact Assessment & Policy Advocacy*
- *Kere Utsava (Lake Fest) & Environmental Events*

Women Empowerment

- *Safety Workshops*
- *SHGs & Training Programs*
- *Connecting to Govt Benefits/Schemes*

Education

- *Safety Audits & Child Safety Workshops*
- *Workshops for Teachers, Parents, NGOs*
- *Infrastructure for Govt and Schools for less privileged*
- *Environment Awareness Programs*

Health

- *Runs/Marathons*
- *Health Camps*
- *Blood Donation Camps*
- *Enrolment for various Govt Health Schemes*

*“Indira Gandhi is a symbol of strength
for every girl and woman in this
country, her life is not only
inspiring but also tells us how
one can succeed even in the
face of adversity”*

- Kavitha Reddy



Nadaprabhu Kempegowda Awardee
Mountaineer | Environmentalist | Lake Activist
Trustee, Kaagaz Foundation | B.PAC - B.CLIP Alumni
www.kavithareddy.in

Kaagaz

enabling opportunities

Kaagaz Foundation

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