

WOMEN SAFETY 2023



Why This Handbook?

Over the past few years, incidents of crime against women have been on the upswing in India. More and more women are joining the urban workforce and safety of women continues to be a major area of concern, in spite of many regulations laid down by the Government.

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

However, conviction rates are poor because of the **sluggish** judicial system, 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 rather than the perpetrator of the crime, who often gets away.

We, at MitKat, have been propagating the concept of Women's Safety Awareness and Self Defence training which not only increases their awareness in various potentially unsafe situations; but also teaches women to protect themselves against a physical attack using sound judgment and self defence techniques.



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Safety Awareness

“FLIGHT, not FIGHT”

If you recognise a situation as potentially unsafe, run away or get away from there.

But if you can't run immediately, you **Can** and **Should** defend yourself.



Defend
Disarm
Disappear



Alert
Anticipate
Avoid



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 **habitat**, surroundings, potential attackers and their likely behaviour.
- Trust your instincts.
- Remember - your age and dress isn't a barrier. It CAN happen!
- Don't run from danger, run towards safety.
- You can reduce your risks, not eliminate them.
- Money and possessions are easily replaced, life and safety are not.
- If prevention fails, your best chance is to fight back but you must know HOW to fight back.
- Have a confident body posture, you shouldn't appear an easy target.
- Be alert and pay attention to the body language of others.
- Speed dial – your personal helpline is a must.
- Carry emergency contact information like family details, medical assistance number and company HR/helpline numbers at all times.
- Use GPS and safety apps on your mobile effectively.
- Never move out without a fully charged mobile phone. You should be able to make calls in an emergency.



- Always keep your family or friends informed about your whereabouts, especially when going out other than the daily routine.

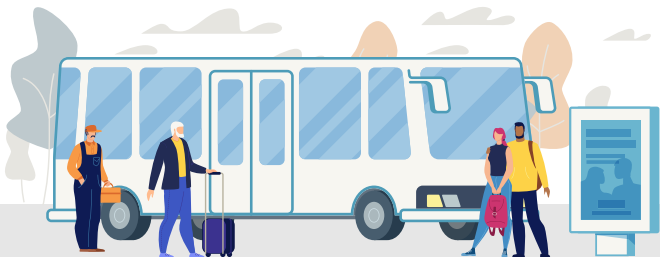
Safety while Travelling by Road

- Always keep your vehicle in good driving condition and vehicle documents in order like license, registration, insurance etc.
- Always wear seat-belt while driving a car or as a passenger and helmet if on a two-wheeler whether riding oneself or as a pillion.
- Keep a first-aid kit, torch, umbrella, small hammer, pepper spray and a car fire extinguisher handy in the car.
- Approach your car with the keys ready.
- Don't unlock your car from a distance. Make a quick inspection of the car before getting inside.
- Ensure you always have enough fuel.
- Check your car after receiving it from valet parking.
- Avoid travelling through deserted areas especially at night; riding by oneself, do not stop at deserted places specially during odd hours.
- Don't just stop even if someone tells you that you have a flat tyre. Continue driving till you reach a well lit area.
- Always have your mobile phone charged when travelling alone.
- If you are being followed, drive to the nearest police station or a crowded place and call for help.
- Avoid getting provoked by unruly drivers and do not respond to road rage.
- Do not stop at night, especially on highways, for any reason.



Safety during Travel in Public Transport

- Remain alert. Try not to sleep - listen to music, talk to someone.
- Keep your eye on the road while travelling in an auto/taxi.
- Click a picture of the auto rickshaw/ taxi number plate, send it to your emergency contact, and make sure the driver knows you have done this. Follow up with a call.
- If travelling late by train/metro, try and board the compartment very next to the driver's coach.
- If the ladies compartment is empty, board the general compartment instead.
- Keep arms folded.
- Do not get distracted by social media while travelling.
- Carry a torch and keep all important things handy if you need to get off.
- Do not share an auto and taxis with strangers, especially males.



Travelling Out-Station

- Ensure you have confirmed bookings.
- Ensure your family members and business associates know your itinerary.
- Plan your travel in such a way that your journey ends at dusk.
- Carry multiple ID proofs.
- Making sure you have enough cell phone battery life before leaving one location to last until you get to another.
- Ensure your luggage is locked and secure.
- Avoid accepting food & drinks from strangers, especially if home-made.
- Be alert during unexpected halts especially at night.
- While en route, limit personal contacts and avoid discussing business.
- Remain sensitive to local culture and avoid offense.
- Keep a low profile and avoid altercations with locals.

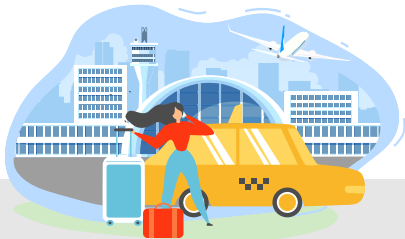


Travelling Abroad

- Plan your trip well and book your accommodation and travel in advance after doing thorough research.
- Make sure you have confirmed visas, air tickets and a good travel insurance.
- Carry photocopies of all your important documents like passport, medical papers, travel insurance and credit cards. Leave a set with family/ friends back home and mail a scanned copy to yourself for easy access, in case you lose your passport due to any reason.
- While on vacation, plan your visits for the day and make notes before you leave your hotel room. Do not look lost or confused, else you will be an easy target for crooks.
- Be alert and aware and do not fall for scams or get distracted by chaos created by locals with the intention to rob.
- Check about any special medical conditions that may be an issue in the country you are visiting. Also, stay abreast of the travel regulations, for example, the need for vaccination certificate or COVID-19 testing as mandated by the local authorities. Carry enough quantities of any medication that may be required for your or your family with a copy of the doctor's prescription.
- Know and understand the laws regarding alcohol and drug usage in the country which you are visiting.
- Be friendly but respectful with the locals, yet politely avoid accepting food and drink offered to you.
- Make sure to uprise oneself with the latest COVID-19 vaccination requirements and other COVID-19 related travel guidelines.

What to do if you lose your passport abroad:

- File a police complaint and a complaint to the Passport Office (PO) or Indian Mission.



- Apply for a temporary passport from the Indian embassy. The procedure can take up to two weeks.
- **Note:** The original Police report serves as an identity proof for bank and embassy formalities as well as to obtain the new passport back home. Keep it safe!

Best Practices while Travelling in Aggregator Cabs/Other Taxis

- Check to see if the photo of the driver that is shared on the app matches the driver in the car.
- In spite of GPS tracking (for transport aggregator cabs) and especially in cases of regular cabs with no GPS tracking, share picture of driver and number of car when you start the ride especially if it's late at night or early morning.
- Check for child lock- Ensure it's unlocked.
- Sit directly behind the driver, this cuts access to you physically and prevents cases of inappropriate touching.
- Avoid personal and intimate conversations with near and dear ones while in the cab.
- Avoid giving personal information on the phone that can be noted by the driver.
- Avoid shared cabs late at night as you will then end up travelling with a cab full of strangers.
- Avoid getting familiar with the cab driver.
- Stay alert- Do not plug in ear phones or fall asleep.



Best Practices while Travelling on Two Wheelers

- Service your vehicle regularly to avoid getting stuck.
- Ensure fuel tank is full.
- Both driver & pillion should use helmets.
- Avoid travelling through deserted/isolated areas especially at night.
- Don't just stop even if someone tells you that you have a flat tyre. Continue driving till you reach a well-lit area.
- Never stop enroute especially in unknown areas/ isolated areas or at odd hours for any reason whatsoever.
- If you are being followed, drive to the nearest police station or crowded place and call for help.
- Always park vehicle in a crowded area or if at night under a street lamp.
- Avoid parking in dead end alleys.
- Keep key ready and avoid looking for it after reaching parked vehicle.
- Always have your mobile phone charged when travelling alone.



Safety in a Hotel

- When booking a hotel room online or through an agent, always check the traveller reviews, both good and bad.
- Pre-arrange all hotel information at the destination before boarding.
- Many hotels have special rooms for women travellers. Ask for these wherever possible.
- Check the locks and latches on all doors and windows. Make sure your room door has a deadbolt and a peephole.
- After checking in, take a look at the layout of the hotel and locate the emergency exits in case of a fire.
- The parking lots and hallways should be well-lit. In case you find dark areas which have not been attendants bring it to the notice of the Hotel Staff.
- Your room is your personal space. Meet acquaintances in common areas like the lobby or restaurant.
- Keep items like laptop and extra cash secure in the room safe. If possible lock the cupboard using your own lock. **Never leave your passport behind.**
- Keep your room key, wallet, smart phone and a flashlight handy near the bed, in case you need to leave in a hurry.
- Quick inspection of the hotel and of the room in presence of hotel staff.
- Request a room with a peephole and safety chain.
- Don't invite associates / strangers to your room , prefer meeting them in common areas like lobby.
- Check for hidden cameras and check two way mirrors.
- Stay close to the door when room service/house-keeping staff are doing their work. **If possible keep the door open till they leave.**
- Dress in a way that allows you to run out and call for help in case of any untoward situation.



Safety in Public Places

- Avoid parking your car in areas without ample light.
- Don't wear expensive jewellery when you are alone.
- Keep your cell phone handy.
- While in changing rooms of malls, be sure to check for a two-way mirror.
- If you have a daily walking schedule, change the routes you take. Break the pattern.
- In the lift, stand near the control panel; if you sense a threat due to someone's presence, press all the buttons before your floor.
- If you need to wait for a while, stay indoors rather than on road or bus stop.
- Hold your key or a pen in your hand while you're walking in the dark for added confidence.



Safety at Social Gatherings

- Don't leave your drink unattended. If you need to move away from your drink, finish it/carry it/leave it.
- Make your own drink or ask them to make it in front of you.
- Ensure that your arrangements for drop and pick-up are made well in advance
- Don't accept drinks or food from strangers.
- Inform your family/ colleague/friend about whom you are with and your expected time of return.
- Share the contact number of the person you are going out with, with your family or any responsible person.
- Wear clothes that you can travel home alone in, or carry a simple change (flat shoes, a stole and leggings).
- Do not share personal information with someone you've met for the first time.



Safety at Home

- Choose your residence in a society with a good security system like high walls, good lighting, and security guards.
- Ensure all doors and windows are equipped with best quality locks and grills.
- Install simple security systems in your home like a cctv camera and/or a burglar alarm.
- Have a family safety plan for emergencies like fire and burglaries. Discuss it with your family regularly.
- When you go on vacation, you can create a “someone’s at home” look using timers on lights and TVs.
- Your neighbours are your first line of defence in case of an emergency. Get to know them well!!
- Keep a “Grab bag” ready for emergencies containing important original documents like identity proofs, home and insurance papers. Keep scanned copies of all important documents saved online.
- Please check the credentials and references of housekeeping staff before you employ them.
- No delivery or service persons should come inside your home unless necessary.
- Look through the peep hole before you open the door.
- Don’t let your milkman, watchman enter your house; receive them at the main door.



- Do not leave the door unattended.
- Make sure you lock your door before turning back.
- Dress modestly when you answer the door.

Staying Safe in Cyber Space

- Don't ever put too many personal details on Facebook, Google, LinkedIn, or other social networking as they might get misused.
- Do not accept friend request from strangers.
- Avoid "check in" at every place that you go to, on Facebook.
- Update your privacy settings regularly.
- Install a good antivirus.
- Virtual to real - never go alone to meet someone you met online!
- Do not reveal too many personal tastes, distastes, hobbies, which can be used to profile you and segregate you for targeted cyber crimes.
- Keep your webcam off when not required.
- Always make two kinds of online presence: a professional presence for your colleagues and clients; and a private presence meant for socializing.
- WhatsApp display pictures can be seen and downloaded by any vendors or colleagues that you share your number with, so take care.
- Never go alone to meet someone whom you have only known online **such as** any vendors or colleagues.



Cyber Crime Cells in India

Haryana

Cyber Cell: 0172-2524058,
sp-cybercrimephq.pol@hry.gov.in

Delhi

Delhi Cyber Cell: 011-2089263,
addlcp.cybertech@delhipolice.gov.in

Bihar

Bihar Cyber Cell: 0612-2238098,
cybercell-bih@nic.in

Punjab

Punjab Cyber Cell: DIG, Cyber Crime
aigcc@punjabpolice.gov.in,
ADGP, Cyber Crime 0172-2226258
igp.cyber.c.police@punjabpolice.gov.in

Uttar Pradesh

UP Cyber Cell: 0522-2390538,
adgcybercrime.lu@up.gov.in,
SP sp-cyber.lu@up.gov.in

Madhya Pradesh

MP Cyber Police:
DIG, State Cyber Police
niranjan.vayangankar
889@mppolice.gov.in,
ADG, State Cyber Police
0755-2770248
adgcybercell@mppolice.gov.in

Assam

Assam CID:
DIGP digpcid@assampolice.gov.in,
0361-2521618, igp-
cid@assampolice.gov.in

Gujarat

Gujarat CID Cyber Cell:
SP cc-cid@gujarat.gov.in,
IGP 079-23250798
cc-cid@gujarat.gov.in

Maharashtra

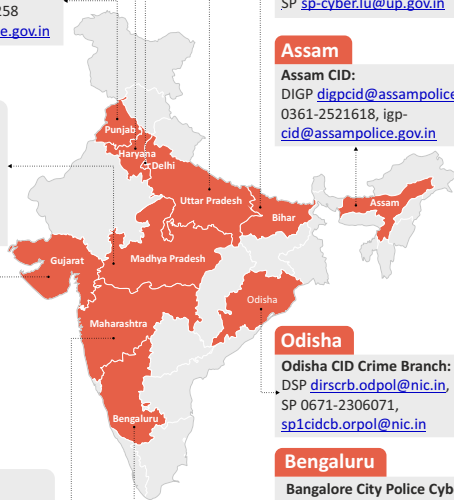
Maharashtra Cyber Police:
Special IGP ig.cbr-mah@gov.in,
SP 022-22160080 sp.cbr-mah@gov.in,
Mumbai 022-26504008,
cyberpst-mum@mahapolice.gov.in

Odisha

Odisha CID Crime Branch:
DSP dircrb.odpol@nic.in,
SP 0671-2306071,
sp1cidcb.odpol@nic.in

Bengaluru

Bangalore City Police Cyber Cell:
cybercrimepsbcp@ksp.gov.in,
compolbcp@ksp.gov.in,
picrbcbcp@ksp.gov.in,
9480801554, 080-22375522



National Cyber Crime Helpline:
1930

National Women Helpline:
181

National Police Helpline:
112

Crimes against Women

According to the law in India, crimes against women can be classified as:



Molestation

If a man physically touches your body with a sexual overture.



Eve Teasing

If the offender utters any sound/word or makes certain gestures or shows certain objects to insult your modesty.



Stalking

When someone is following, contacting or attempting to contact you, despite repeated indication of disinterest from your side.



Voyeurism

Whoever watches or captures your image while engaging in a private act, when you 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 the Work Place

Unwelcome sexual behaviour that negatively affects your work life.

Crimes against Women



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 & Abduction

Taking away of a woman by force against her will.



Rape

Sexual intercourse against a person's consent.



Helpline Numbers

Mumbai Police sms Helpline for autos/taxis: 9969777888

Mumbai RPF Helpline for local trains: 9833331111

Delhi Police Nirbhaya Helpline: 9833312222

Cyberabad Women's Helpline: 9490617100/9494731100

All India Women's Helpline: 1091 (women in distress)

Crimes against Women

Offence	Section	Act	Punishment
Molestation	354	IPC	Minimum: One year Maximum: Five years and fine
Eve teasing	509	IPC	Imprisonment for three years and fine
Stalking	354(D)	IPC	Minimum: One year Maximum: Three years and fine
Voyeurism	354©	IPC	Minimum: One year Maximum: Three years and fine
Cruelty by husband or relative of the husband	498-A	IPC	Maximum: Five years and fine
Murder	302	IPC	Life imprisonment and / or death with fine
Dowry death	304-B	IPC	Minimum: Seven years Maximum: Imprisonment for life
Rape and Murder	376-A	IPC	Minimum: Twenty years Maximum: Imprisonment for life
Attacking a woman by dangerous weapon or substance like acid	326-A	IPC	Imprisonment for not less than 10 years which may extent to life imprisonment and fine not exceeding 10,00,000
Abetment to suicide	306	IPC	Maximum: Ten years and fine

Cyber Crimes against Women

According to the law in India, crimes against women can be classified as:



Cyberbullying

Willful and repeated harm inflicted through the use of electronic devices, by sending messages of an intimidating or threatening nature.



Non-consensual Sexting

Sending lewd text and other related content online.



Cyber Grooming

It is when a person builds an online relationship with a young person and tricks or pressures him/her into doing sexual act.



Online Sextortion

It occurs when someone threatens to distribute private/sensitive material using an electronic medium.



Morphing

Morphing is editing the original picture by an unauthorized user.



Cyber Defamation

Defamation over the Internet on different media handles.

Crimes against Women

According to the law in India, crimes against women can be classified as:



Cyber Stalking

Tracing a person's movements across the Internet by posting messages (threatening) on the bulletin boards/ chatrooms/ emails frequented by the victim.



Cybersex Trafficking

Misuse of an individual through the web employing a webcam, photographs, recordings, or other advanced media.



Doxing

Doxing involves the public release of private or identifying information about the victim.


Redressal Mechanism:

- The Government of India has established Indian Cyber Crime Coordination Centre (I4C) under the Ministry of Home affairs (MHA). It acts as a nodal point at National level in the fight against cybercrime, with a special focus on cyber crimes against women and children. The I4C provides a framework and eco-system for Law Enforcement Agencies (LEAs) to deal with the cyber-crimes in a comprehensive and coordinated manner.
- The victims/complainants can report cyber crime complaints online at <https://www.cybercrime.gov.in/>
- National women helpline number is 181.
- A toll-free number 1930 has been operationalised to assist lodging of online cyber complaints.

Sources:

https://ncrb.gov.in/sites/default/files/crime_in_india_table_additional_table_chapter_reports/Chapter%205-15.11.16_2015.pdf
<https://vikaspedia.in/social-welfare/women-and-child-development/women-development-1/legal-awareness-for-women/cyber-crimes-against-women>
<https://www.infosecawareness.in/concept/cyber-laws-in-india/women>
<https://cybercrime.gov.in/Webform/CrimeCatDes.aspx>
<https://www.ijlmh.com/wp-content/uploads/Cyber-Crime-against-Women-in-India-Legal-Challenges-and-Solutions.pdf>
https://www.mha.gov.in/division_of_mha/cyber-and-information-security-cis-division/Details-about-Indian-Cybercrime-Coordination-Centre-I4C-Scheme

Legal Guidelines

Do's	Don'ts
 <p>Call Police "100" or "103"</p> <p>FIR</p> <p>Lodge an FIR at the nearest Police Station as soon as possible</p>	 <p>In case of rape, do not wash your Body or Clothes.</p>  <p>If the police refuse to cooperate, don't be rude or aggressive; tell them firmly and politely that you are aware of your rights</p>

FIR

- An FIR is a written document prepared by a police officer when he 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
- The police officer is bound to read out the FIR to you, preferably in your own language and confirm your assent before you sign it
- You are entitled to a copy of FIR, free of cost
- The 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
- You cannot be arrested without a lady police officer or constable being present. (CrPC Sec 51 and 100)
- You can be searched only by a lady police officer/constable (CrPC Sec 51)
- Medical examination can be conducted only in presence or supervision of a female doctor (Sec 54)
- No arrests after sunset and before sunrise
- Throughout the process your identity can't be revealed (IPC Sec 228A), applicable for rape victims
- You can't be called to the police station for interrogation (CrPC Sec 160(1))
- A woman has the right to give her statement to the magistrate in private (CrPC Sec 164)

Sexual Harassment at the Work Place

What is Sexual Harassment?

- An act or behaviour is said to constitute sexual harassment when there is physical contact and advances involving unwelcome and explicit sexual overtures,
- When a demand or request for sexual favours are made
- When sexually coloured remarks are made
- When one forcibly shows pornography
- When there is any other unwelcome physical, verbal or non verbal conduct of sexual nature

The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, consistent with the Vishakha judgment, was enacted to ensure safe working spaces for women and to build enabling work environments that respect women's right to equality of status and opportunity.

All workplaces in India are mandated by law to provide a safe and secure working environment free from sexual harassment for all women through compliance with the below mentioned three elements

- Prevention
- Prohibition
- Redressal



Sexual Harassment at the Work Place

Forms of Workplace Sexual Harassment

Generally workplace sexual harassment refers to two common forms of inappropriate behaviour:

Quid Pro Quo (literally 'this for that')

- Implied or explicit promise of preferential/detrimental treatment in employment
- Implied or express threat about her present or future employment status

Hostile Work Environment

- Creating a hostile, intimidating or an offensive work environment
- Humiliating treatment likely to affect her health or safety

How to Identify Sexual Harassment?

Some examples of behaviour that constitute sexual harassment at the workplace:

- Making sexually suggestive remarks or innuendos, offensive comments or jokes
- Serious or repeated offensive remarks, such as teasing related to a person's body or appearance
- Inappropriate questions, suggestions or remarks about a person's sex life
- Displaying sexist or other offensive pictures, posters, mms, sms, WhatsApp, e-mails or other social media
- Intimidation, threats, blackmail around sexual favours
- Unwelcome social invitations, with sexual overtones commonly understood as flirting
- Abuse of authority or power to threaten a person's job or undermine her performance against sexual favours

Sexual Harassment at the Work Place

Prevention and Prohibition

What do Organisations Need? - “A Complaints Committee”

The Act provides for two kinds of complaints mechanisms: Internal Complaints Committee (ICC) which is within your company or organisation; and a Local Complaints Committee (LCC) which is in every district. All Complaints Committees must have 50 per cent representation of women.

Internal Complaints Committee (ICC)

Every employer is obliged to constitute an ICC through a written order. The ICC will be composed of the following members.

No	Member	Eligibility
1	Chairperson	Women working at senior level as employee; if not available then nominated from other office/units/department/workplace of the same employer
2	2 Members (minimum)	From amongst employees committed to the cause of women / having legal knowledge/ experience in social work
3	Member	From amongst NGO/associations committed to the cause of women or a person familiar with the issue of Sexual Harassment

Local Complaints Committee (LCC)

The District Officer will constitute an LCC in every district so as to enable women in the unorganised sector or small establishments to work in an environment free of sexual harassment. The LCC will receive complaints:

- From women working in an organisation having less than 10 workers
- When the complaint is against the employer himself
- From the domestic workers

Sexual Harassment at the Work Place



The Complainant

In case of Physical Incapacity

- Complainant's relative
- Complainant's friend
- Co worker
- Officer of NCW or SCW
- Any person who has knowledge of the incident with the written consent of the complainant.

In case of mental incapacity

- Complainant's relative
- Complainant's friend
- Special educator
- Qualified psychiatrist/ psychologist
- Guardian/ authority under whose care the Complainant is receiving treatment /care
- Any person with Knowledge of the incident, jointly with any person mentioned above

In case of Complainant's death

- Any person who has the knowledge of the incident with the written consent of her legal heir

In case Complainant is unable to file the complaint for any other reason

- By any person who has knowledge of the incident with her written consent



Complaints Committee

Sexual Harassment at the Work Place

Whom do you complain to?

Any woman who feels that she is a victim of sexual harassment can file a complaint to her company's Internal Complaint Committee.

What should the complaint cover?

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

- Relevant dates
- Timings and locations
- Name of the respondent(s) and
- The working relationship between the parties

What to expect from the Committee?

When it comes to redress for workplace sexual harassment, employee has a right to expect:

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



NGOs that can Help

Human Rights Law Network
www.hrln.org
Contact: +91-11-24374501

Lawyers Collective
www.lawyerscollective.org
Contact: +91-22-434 11603/604

National Commission for Women
www.ncw.nic.in
Contact: 011 - 26942369

Women's Research and Action Group
www.wragindia.org
Contact: 91-22-26674830

Self Defence Tips

The 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
- Practice defensive techniques regularly with friends / family / colleagues to keep yourself ready
- Remember to shout NO 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
- Do not stay back to beat the attacker to a pulp – escape to a safe place

Hit Where it Hurts



Using your Knee as a Weapon

Targets:
Groin



Elbow Strikes

Targets:
Face, Jaw, Solar Plexus



Leg Kick & Heel Stamp

Targets:
Knee, Shin and Toes



Using the Base of your Palm as a Weapon

Targets:
Nose, Jaw, Throat

“MitKat's unique Women's Safety Awareness and Self Defence Training teaches you practical and simple self-defence techniques”

Self Defence Tips

Common Questions about Pepper Spray

Q. 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.

Q. Is it dangerous? Will it kill or harm a person?

A. Pepper spray temporarily incapacitates (Indian pepper sprays are made of natural chilly extracts). Remember, the person you are using it against was trying to harm you!

Q. 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".

Q. 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.

Q. 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 | ▪ Comb | ▪ Pins |
| ▪ Pencil | ▪ Scarf | ▪ Keys |
| ▪ Nail filer | ▪ Ear phones | ▪ Phone charger |
| ▪ Bangles | ▪ Deodorant | ▪ Mobile phone |

MitKat's Women's Safety Training

We have evolved a unique Women's Safety Awareness and Self-Defence Training session; which has already been effectively used for training women in various corporate entities.

- **Module 1:** Evasion, Avoidance and Deterrence (this would be an interactive discussion cum presentation)
- **Module 2:** General self-defence training (this would be a practical session with demonstrations and full participation by all trainees)
- **Module 3:** Using common implements and accessories for protection (this would be a practical session with demonstrations)

According to your organisation's requirement, we can tweak the content, duration and methodology.

The MitKat Advantage

- Training designed by ex-special forces and ex-military team
- Training conducted by experienced women trainers
- Customised to locations and company profiles



Our Other Trainings

- Women Safety Awareness and Self-Defence Training
- Prevention of Sexual Harassment at Workplace (POSH)
- Gender Sensitisation for Male Employees
- Employee Safety Training for Men
- Fire Safety Training
- Training for Fire Marshals/Wardens
- First Aid Training
- Safe Driving Training
- Workplace Ergonomics Training
- Crisis Simulation
- Executive Protection Training
- Security Sensitisation for CXOs



MitKat Advisory

Risk Consultancy - Asia & Beyond



Our Platforms



Risk Intelligence Platform



Risk Exposure Platform



Risk & Intelligence Monitoring Engine (RIME)

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