

## **National Helpline for Women:**

1. **181** – Women Helpline (All India)
2. **1091** – Women Helpline (Police)
3. **112** – Emergency Helpline (National)
4. **1071** – National Disaster Helpline

## **Women-Specific Helplines:**

5. **1098** – Child Helpline (For girls and children in distress)
6. **14425** – NALSA Legal Aid for Women
7. **011-24673366** – National Commission for Women (NCW)
8. **011-23317004** – Central Social Welfare Board (For distressed women)

## **State-Specific Women Helpline Numbers:**

(Each state has a dedicated 181 and 1091 helpline. Below are additional helplines in different states.)

- **Delhi:** 011-23378044 (Delhi Commission for Women)
- **Maharashtra:** 022-26111103 (Mumbai Women Helpline)
- **Uttar Pradesh:** 1090 (Women Power Line)
- **West Bengal:** 033-23592200 (Kolkata Police Women Helpline)
- **Tamil Nadu:** 044-28592750 (Chennai Police Women Helpline)
- **Karnataka:** 0821-2418400 (Bangalore Women Helpline)
- **Rajasthan:** 0141-5156127 (Jaipur Women Helpline)
- **Madhya Pradesh:** 0755-2443850 (Bhopal Women Helpline)
- **Bihar:** 0612-1091 (Patna Women Helpline)
- **Punjab:** 0172-2740432 (Chandigarh Women Helpline)
- **Haryana:** 0124-2335100 (Gurgaon Women Helpline)
- **Gujarat:** 079-23251212 (Ahmedabad Women Helpline)
- **Kerala:** 1091 / 0484-2626026 (Kochi Women Helpline)
- **Telangana:** 181 / 040-27852400 (Hyderabad Women Helpline)

## **Additional Helplines for Women's Safety & Rights:**

- **Cyber Crime (Women Safety):** 1930 / [www.cybercrime.gov.in](http://www.cybercrime.gov.in)
- **Acid Attack Victims Helpline:** 011-23237166
- **Domestic Violence Helpline:** 181 / 1091
- **Sexual Harassment at Workplace (POSH Helpline):** 011-44770222
- **Women & Child Development Ministry:** 011-23382393

# **WOMEN RIGHTS**

## **1 Protection Against Domestic Violence (Mental & Physical) – The Protection of Women from Domestic Violence Act, 2005**

- **Mental harassment, verbal abuse, emotional abuse**, and threats are covered.
- Women can file a **domestic violence complaint** against husbands, in-laws, or partners.
- Legal provisions:
  - ✓ **Immediate protection orders** (restraining the abuser)
  - ✓ **Residence rights** (women cannot be forced out of their home)
  - ✓ **Monetary relief** (maintenance and compensation for emotional distress)
  - ✓ **Medical and psychological support**

### **👉 Where to file?**

- **Protection Officer** (appointed in every district)
  - **Local police station** (FIR under Section 498A IPC)
  - **Legal aid cell** (free legal help for women)
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## ② Protection from Workplace Harassment – POSH Act, 2013 (Sexual Harassment of Women at Workplace Act)

- If a woman faces **mental stress due to sexual harassment at work**, she has the right to:
  - ✓ **File a complaint with the Internal Complaints Committee (ICC)** (mandatory in companies with 10+ employees).
  - ✓ **Demand a safe working environment** and strict action against the offender.
  - ✓ **Seek compensation for mental trauma.**
  - ✓ **Get protection from victimization** (no retaliation from the employer).

### 👉 Where to file?

- **Internal Complaints Committee (ICC)** (within 3 months of the incident).
  - **Local Complaints Committee (LCC)** (if ICC is absent).
  - **Women's Commission or Court** (if ICC doesn't act).
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## ③ Right to File a Complaint for Cyber Harassment – IT Act, 2000 + IPC Sections

- Women facing **online abuse, cyberstalking, blackmail, or mental stress due to cyber harassment** can:
  - ✓ File a complaint under **Section 66A, 66E, 67, 67A** of the **IT Act** for online abuse.
  - ✓ Report **cyberstalking, threats, and obscene messages** under **Section 354D & 509 IPC**.
  - ✓ Lodge an FIR online via [Cyber Crime Portal](#).

### 👉 Where to file?

- **Cyber Cell of Police** (in any city).
  - **Online Cyber Crime Portal** (for fast action).
  - **Women's helpline (1091 or 181)** for immediate support.
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#### 4 Protection from Mental Harassment & Stalking – Section 354D IPC

- If a woman faces **continuous stalking (physical or online), unwanted calls, threats, or mental stress**, she can:
  - ✓ File a **criminal complaint against the stalker**.
  - ✓ Seek a **restraining order from the police or court**.
  - ✓ Demand **police protection** if she feels unsafe.

##### 👉 Where to file?

- **Local police station (1091 women's helpline)**.
  - **Cyber Crime Cell** (if online stalking is involved).
  - **National Commission for Women (NCW) portal** for urgent cases.
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#### 5 Protection Against Dowry Harassment – Section 498A IPC + Dowry Prohibition Act, 1961

- If a woman suffers **mental torture due to dowry demands**, she can:
  - ✓ File a case under **Section 498A IPC** (Cruelty by husband/in-laws).
  - ✓ Demand **strict action against in-laws and husband**.
  - ✓ Seek **immediate protection and restraining orders**.

##### 👉 Where to file?

- **Women's police station / Crime Against Women (CAW) Cell**.
  - **Family Court** for legal separation or maintenance.
  - **Legal aid center** for free legal assistance.
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#### 6 Right to File a Complaint for Rape, Assault, and Sexual Violence – Section 376 IPC

- Women who face **sexual assault, rape, or molestation** and suffer mental trauma can:
  - ✓ File an FIR under **Section 376 IPC** (for rape).

- ✓ Get **free medical & psychological support** at government hospitals.
- ✓ Seek **legal action, fast-track court trials, and compensation.**
- ✓ Claim **financial support from the government** under **Nirbhaya Fund.**

👉 **Where to file?**

- **Nearest police station (FIR can't be denied, even if crime occurred earlier).**
  - **Fast Track Court** (for quick justice).
  - **Women's helpline (181) for immediate assistance.**
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**7 Protection from Forced Marriage – Prohibition of Child Marriage Act, 2006 + Hindu Marriage Act, 1955**

- If a girl is **forced into marriage** or facing mental stress due to forced pressure, she can:
  - ✓ File a complaint to **stop the marriage.**
  - ✓ Get the **marriage declared null & void.**
  - ✓ Seek **police protection** from her family.

👉 **Where to file?**

- **Local police station (1091 women helpline).**
  - **District Magistrate's office.**
  - **State Women's Commission.**
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**8 Right to Abortion – Medical Termination of Pregnancy (MTP) Act, 1971**

- A woman has the right to **abort a pregnancy up to 24 weeks** in case of:
  - ✓ **Mental trauma due to pregnancy** (including rape cases).
  - ✓ **Health risks to the woman or fetus abnormalities.**
  - ✓ **Unplanned pregnancies** (for married & unmarried women).

### 👉 Where to go?

- **Government & private hospitals.**
  - **Women's health centers** (free counseling & support).
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## 9 Legal Protection Against Human Trafficking & Forced Prostitution – Immoral Traffic (Prevention) Act, 1956

- If a woman is being **forced into prostitution or trafficking**, she can:
  - ✓ Seek **police protection and immediate rescue.**
  - ✓ Get **legal aid, shelter, and rehabilitation** from NGOs & government.
  - ✓ File an FIR under **Section 370 IPC** (Human Trafficking).

### 👉 Where to file?

- **Anti-Human Trafficking Cell (AHTC)** in police stations.
  - **NGOs like Prajwala & Nirbhaya Centers** for victim support.
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## 10 Right to Free Legal Aid – Legal Services Authorities Act, 1987

- Women facing **mental stress in any case** can get:
  - ✓ **Free legal advice and lawyers.**
  - ✓ **Support for filing complaints & cases.**
  - ✓ **Mental health counseling & police protection.**

### 👉 Where to go?

- **District Legal Services Authority (DLSA) offices.**
- **National/State Women's Commission (NCW/SCW).**

## ◆ 11. Right to Live with Dignity – Article 21 of the Constitution

- Every woman has the right to **live with dignity and personal liberty.**

- Mental or emotional abuse that affects her dignity is a **violation of fundamental rights**.
- Women can approach the **Supreme Court or High Court** if their dignity is harmed.

#### 👉 Where to seek help?

- **National Human Rights Commission (NHRC)**
  - **State Human Rights Commission (SHRC)**
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### ♦ 12. Right Against Verbal and Emotional Abuse – Section 294 IPC

- If a woman faces **verbal abuse, insults, public shaming, or offensive language**, she can:
  - ✓ File a case against the abuser under **Section 294 IPC** (Obscene Acts and Words in Public).
  - ✓ Seek **police protection** if threats continue.
  - ✓ Demand **compensation for mental stress**.

#### 👉 Where to file?

- **Local police station (1091 Women's Helpline)**
  - **Magistrate's Court**
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### ♦ 13. Right to Claim Maintenance – Section 125 CrPC & Hindu Adoption and Maintenance Act, 1956

- If a woman is **abandoned, separated, or divorced**, she has the right to:
  - ✓ Claim **financial maintenance from her husband** for living expenses.
  - ✓ Demand **child support** if she has children.
  - ✓ Get **legal assistance for maintenance claims**.

#### 👉 Where to file?

- **Family Court or District Court**
  - **Women's Legal Aid Centers**
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#### ◆ **14. Right Against Eve-Teasing – Section 509 IPC**

- Women harassed or mentally disturbed by **comments, gestures, or lewd remarks** can:
  - ✓ File a **criminal complaint against the offender**.
  - ✓ Get **strict police action, including arrest**.
  - ✓ Demand **compensation for emotional distress**.

##### 👉 **Where to file?**

- **Local police station (FIR under Section 509 IPC)**
  - **Women's Commission or NGO support groups**
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#### ◆ **15. Right to Maternity Benefits – Maternity Benefit Act, 1961 & 2017 Amendment**

- Pregnant women working in **government and private jobs** are entitled to:
  - ✓ **26 weeks of paid maternity leave** (for the first two children).
  - ✓ **Crèche facilities in workplaces with 50+ employees**.
  - ✓ **Protection from job termination during pregnancy**.

##### 👉 **Where to complain?**

- **Labour Commissioner's Office** (if an employer denies maternity leave).
  - **Women's Rights Commission**.
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#### ◆ **16. Right to Property – Hindu Succession Act, 1956 (Amended in 2005)**



- Women have **equal inheritance rights** as men in their father's property.
- **Daughters have full rights** even after marriage.
- **Widows have full rights** over their husband's property.

👉 **Where to file disputes?**

- **Civil Court or Family Court**
  - **Legal Aid Cell** for free legal support
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♦ **17. Right to Marry by Choice – Special Marriage Act, 1954**

- Women can **marry anyone of any caste, religion, or nationality**.
- Parents or society **cannot force them to marry** against their will.
- **Live-in relationships** are also legally recognized.

👉 **Where to complain?**

- **Local police (1091 women's helpline)** for protection from forced marriage.
  - **Legal Aid Authority** for court protection.
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♦ **18. Right to Free and Compulsory Education – Right to Education (RTE) Act, 2009**

- **Girls under 14 years old** cannot be denied **free education**.
- Poor and underprivileged girls are entitled to **free education up to 12th grade** in government schools.
- Special **scholarships & reservation for girl students** are available.

👉 **Where to complain?**

- **District Education Office**
- **National Commission for Protection of Child Rights (NCPCR)**

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## ♦ 19. Right to Safe Public Spaces – The Criminal Law (Amendment) Act, 2013

- If a woman feels unsafe in **public spaces, transport, markets, or offices**, she can:
  - ✓ **Report lack of security measures** to the authorities.
  - ✓ Demand **better surveillance (CCTV), women-only coaches in transport**.
  - ✓ Get **protection from street harassment (Section 354 IPC)**.

### 👉 Where to file a complaint?

- **Local police station (Women's Help Desk)**
- **State Women's Commission or Municipal Corporation**

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## ♦ 20. Right to Anonymity in Sexual Crimes – CrPC Section 327 & 228A IPC

- Women **victims of rape, sexual assault, or harassment** have the right to:
  - ✓ **Keep their identity secret** (media or police cannot reveal their name).
  - ✓ Demand **a private court trial** (in-camera proceedings).
  - ✓ Seek **immediate psychological & medical support**.

### 👉 Where to get help?

- **Women's Police Helpline (1091 / 181)**
- **Legal Aid for survivors (District Court Legal Cell)**