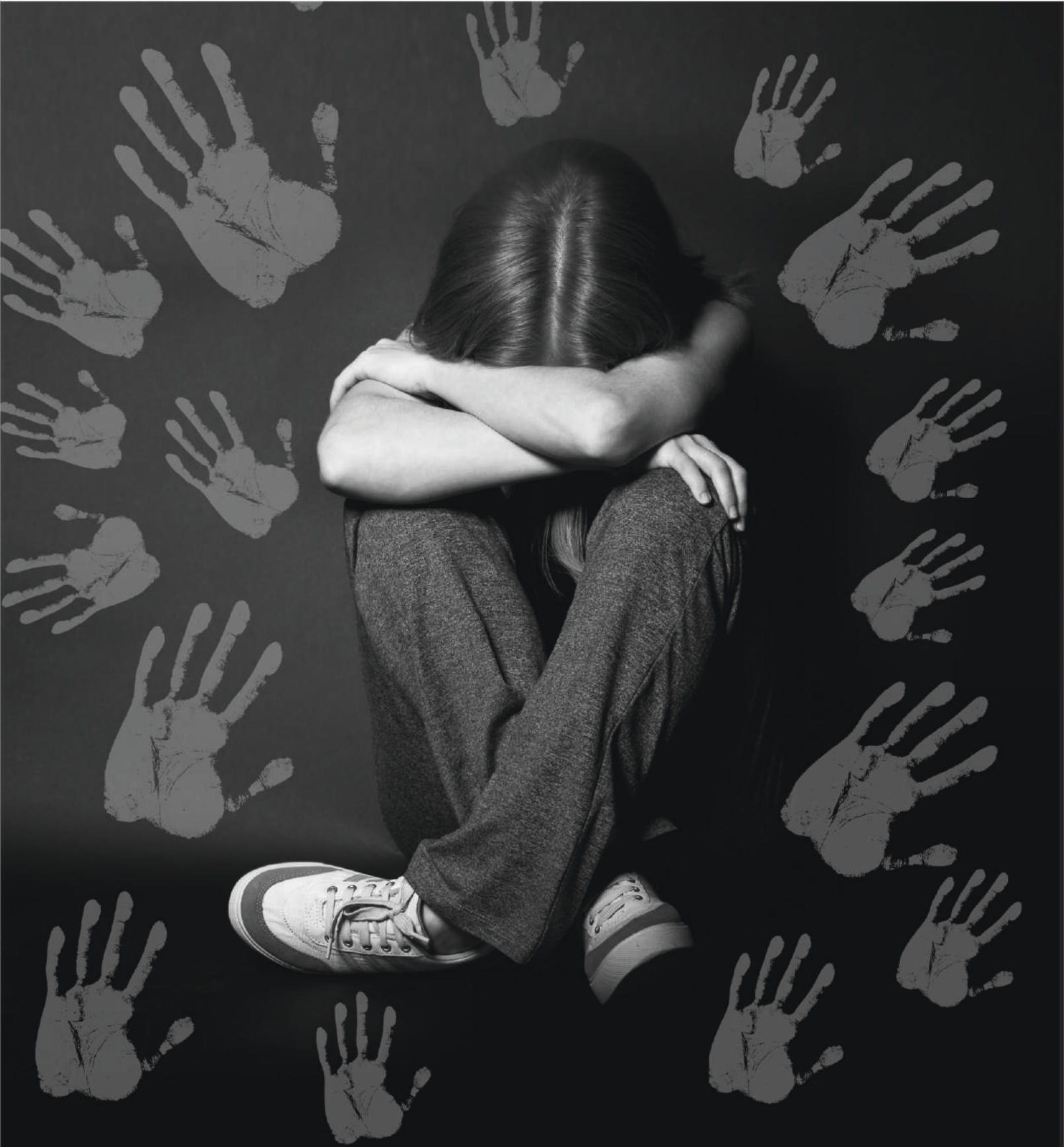




**FOGSI**  
FEDERATION OF OBSTETRICS AND  
GYNAECOLOGICAL SOCIETIES OF INDIA



Women Safety...  
a burning issue

## FOGSI SAYS NO TO VIOLENCE AGAINST WOMEN & GIRLS!



*“We must be the change we want to see in the world”*

Mahatma Gandhi



We are the torch-bearers for Women's Health and are responsible for them from “Womb to Tomb” being often the primary health providers especially for women who never reach out to the health care system until they get have period problems or get pregnant. Hence we are often in the privileged position of being first responders in situations of violence against women and children...but the tragedy is that often the person hesitates to open up, or we fail to do what we should.

At FOGSI, we are a group of more than 38,000 gynecologists in the unique position to reach out to more than half of the 1.3 billion population of our country...in fact to ALL since sensitization should be for men and women too! With this background, we conducted our powerful and most awaited venture to ensure Safety for Indian Women and Girls- FOGSI's Conclave on **No to Violence against Women and Girls and No to violence against Health Care Providers**, which is aligned with FOGSI theme of the year, ie, **Safety First for Indian Women and FOGSIANS**.

In a unique initiative, this community connect E-conclave was conducted on 22/11/2020 from 9.30 am -8.30 pm and had about 21,000 viewers across different media including Facebook and Youtube. There were talks from experts in the field and interactive discussions to seek remedy to this grave problem. Results of essay and slogan competitions on the theme, to sensitise the community were released on that day.

Violence in any form is not acceptable and non-negotiable. Let us say in one voice, strong voice, 'NO to VAWG'. The United Nations General Assembly has designated November 25 as the International Day for the Elimination of Violence Against Women. The UN System's 16 Days of Activism against Gender-Based Violence activities, from 25th Nov to 10th Dec took place under the 2020 global theme:

**"Orange the World: Fund, Respond, Prevent, Collect!"**

Dear friends, we have to rise to the occasion and translate good intentions into action, even if it may seem to be a small step, to actually help someone at grass roots level- that's when our vision of safety for Indian Women will become a Reality!! A smiling woman is the face of a healthy society. Let us pledge to make our women safe, strong, and healthy. Let us inspire a new behaviour and a new era.

**Dr. ALPESH GANDHI**  
President FOGSI



### CONTRIBUTORS TO THIS BOOKLET

- **Dr. Reena Wani**, Core Committee Member FOGSI VAW Cell
- **Dr. Sunil Shah**, Joint Secretary FOGSI
- **Dr. Priyankur Roy**, Secretary, Siliguri ObGy



List of Office Bearers of FOGSI for the Year 2020



**Dr. Alpesh Gandhi**  
President



**Dr. Shantha Kumari**  
President Elect



**Dr. Nandita Palshetkar**  
Immediate Past President



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**Dr. Aswath Kumar**  
National Co-ordinator



**Dr. Reena Wani**  
Coordinator,  
A book 'Kavach'



**Dr. Priyankur Roy**  
Coordinator,  
A book 'Kavach'



## Guidelines for Girl Child Safety



- ✓ Accompany the child while she is going out.
- ✓ School bag should bear, name & address of parents.
- ✓ Child should remember their residence phone no.
- ✓ Take child along with you when you go to market.
- ✓ Raise hue & cry on child forcibly taken by stranger.
- ✗ Minor girls should not be left in custody of neighbours or relatives.
- ✗ Address and telephone No's should never be shared with strangers.
- ✗ Child should not disclose on telephone of being alone at house.
- ✗ Child should not be sent alone to cinema, halls, park or market.
- ✗ Child should not take eatables from strangers.
- ✗ Don't go out side school without permission of School teacher.



## Safety tips for a woman when travelling alone



Always stay connected with friends and family members on phone while travelling.



Make sure your mobile is charged before travelling in Wee hours



Never allow any mid way commuter to share your booked cab under any circumstance.



Keep weapon of self-defence such as whistle, pepper spray, pen knife, screw driver in your bag at such a place which can be easily accessible in case of emergency.



Click pictures & note details of vehicle and driver and convey it to your spouse/parents/friends. Even if you can't reach anyone, pretend as if you are on a actual call conveying all the details. Make sure the driver hears you.





## Security Guidelines for Home-Makers



- ✓ Be alert and vigilant about strangers.
  - ✓ Put a magic eye and a chain on the door.
  - ✓ Keep a pet dog, if possible.
  - ✓ Ascertain the identity and particulars of plumbers, electricians, postman, painter domestic helps etc.
  - ✓ Watchman/Chowkidar should be provided with a torch, a whistle and wooden stick. He should be advised to remain in touch with local police officials.
  - ✓ While going out, always switch-on a light.
  - ✓ Important telephone numbers should be kept on a convenient place.
  - ✓ Connect your house to neighbour's house with an alarm bell.
  - ✓ All windows and doors should have strong grills. Care should be taken to secure the spaces for air-conditioners and coolers secure.
- ✗ Don't talk to strangers and never believe in them.
  - ✗ Don't take lift from unknown persons.
  - ✗ Don't hesitate to shout/ scream on being harassed.
  - ✗ Don't accept gift from strangers.
  - ✗ Don't go any friend's house without informing the parents /spouse



## Safety tips for working women



Have proper information of office areas. Know about safe places and the location of pay phones. Plan emergency exits.



Try to imagine appropriate responses to various situations and decide ahead of time how you will respond



Don't work late night. If you are working late, let security or a friend know, and tell them when you expect to leave.



If you enter a washroom and suspect someone is lurking in there, don't call out. Back out, go to a safe area with a lockable door and phone for help





## 15 Personal Safety Apps For Women



### 1. Namola

With Namola you can now stay connected, protected and most of all are safe. It will help you get in touch with your loved ones in the time of emergency. It lets you share location with your loved ones and give alerts at start & end of their journey. It has an in-built panic button.

### 2. Grannus – Women and Child Safety Medical Emergency

This app is being designed keeping in mind the safety of women, children, and also in case of any social emergency like accidents and blood donation. It also makes sure that women in distress can also seek advice NGOs on women safety which are associated with Grannus, thus giving utmost importance to women's safety.



### 3. Disha SOS

Disha SOS you can now keep vigilance on your loved one and get notified if they are in any sought of danger. It is enabled with all the necessary information which will help you get in contact with the right person at the time of emergency. It is made to increase the safety of women and citizens.

### 4. Sheroes

Sheroes is one of the biggest safety apps for women in India and the world. It lets you seek advice from the doctor absolutely free. You can even create your own community with like-minded people and discuss all you want.



### 5. bSafe — Share Locations

bSafe lets you take care of each other in the emergency times. It allows you to create your own security network. It sends SOS alarms to your loved ones at the time of emergency.

### 6. Kavalan SOS

Kavalan is an initiative taken up by the department of police in Tamil Nadu. This app was made to help people connect to the police control room and seek their help in case if the emergency situations like eve-teasing, kidnapping and etc. This app is specially designed for women and children across Tamil Nadu.



### 7. Women Safety

One of the best apps available in case of an emergency or need any kind of help. You just have to tap a button and the email is sent to your loved ones along with your location in the google map. It also captures the images from both camera as well.

### 8. Himmat Plus

Launched by the Delhi Police for the safety of women. It has a very simple user interface and can be accessed without any hassle. This app is solely been dedicated to the women in Delhi by keeping a thorough and detailed vigilance.





9. 112 India

112 India which ensures that women in India are safe. This app sends all the necessary information like name, age and emergency contacts to the number 112 which is the State Emergency Control Room and the person's emergency contacts.



10. Citizen Cop

Citizen cop is your everyday companion and a life saviour at the time of the emergency situation. It is made to keep the citizens in the city safe and especially women.

11. Emergency SOS Safety Alert

With this app you can know if your loved ones are safe or need any kind of help. This app allows you to nominate as many people as you want as the emergency contact. Based on the location of the situation, this app alerts your nominee who is in the closest proximity.

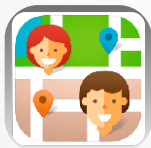


12. Shake2Safety – Personal Safety

The app lets your family members know that you need help which is triggered by shaking the phone or pressing the power button 4 times. It also sends your family members the text messages with your location at the time of emergency. Along with the text, you can even send the images.

13. My Safetipin

With My Safetipin you know the score of the road in terms of its safety. By analysing that you can take further action. The safety score is calculated based on the 9 parameters. It lets you share your location with your loved ones and they will be alerted if you step-in to a low safety score area.



14. Family Locator

Family Locator has now enabled you to stay linked to your family members at any given time of the day. It uses the phones GPS system to know the location of your loved ones.

15. Red Panic Button

With Red Panic Button you can now send an automatic panic email to your loved ones to help you out. The app is simple and can easily be navigated without any hassle. The app is available in both free and paid versions. It also supports pebble smart watch.



Disclaimer: Above information is intended for public awareness only. The responsibility of downloading and/or using these apps lies entirely on the user. Readers should independently gather full information about these apps before downloading and/or using them. Sun Pharma Laboratories shall have no bearing on their functionality neither does it make any such promise to the readers of above information.

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## Women's Helpline Numbers

All India	
Women Helpline (All India)	1091
National Commission for Women (NCW)	011-26942369, 26944754
Andhra Pradesh	
National Commission for Women	011-13237166
Women Protection Cell	040-23320539
Women Police Station	040-27853508
AP Women's network	040-27014394
Hyderabad Women Police Station	04027852400 / 4852
Bihar	
Women Helpline Centre	18003456247 / 0612-2320047 / 2214318
Women Commission	0612- 2507800
Bangalore	
Women's Police Helpline Bangalore (Vanitha Sahayavani)	080-22943225
Bangalore Traffic Police	080-22868444/22868550
Chandigarh	
Women Police Exchange	0172-2741900
Women Helpline	0172- 2741900, 1091
Samvad	0172-2546389
Chennai/Tamilnadu	
Women Helpline	1091
Delhi	
Delhi Commission for Women (DCW)	011 23378044/ 23378317/ 23370597
Women Protection Cell	011- 24673366/4156/ 7699
Central Social Welfare Board	1091/ 1291(011)23317004
Outer Delhi Helpline	011-27034873, 27034874
Women in Distress	1091
Police Control Room	100



Child Helpline	1098
Anti Stalking/Obscene calls	1096
Child, Student and Senior Citizen	1291
DCP SN Mosobi, North East Special Unit	9818099070
IGP - Robin Hibu, Nodal Officer for Northeasterners	(Whatsapp no) - 9810083486
<b>Gujarat</b>	
Women Helpline	1091
Ahmadabad Women's Action Group	079-27470036
Self Employed Women's Association	079-25506477/ 25506444
The Abhyam Women Helpline	181
<b>Haryana</b>	
Women and Child Helpline	0124-2335100
Haryana Women Commission	0172 - 2584039, 0172-2583639
Helpline for Women in Distress	9911599100
<b>Himachal Pradesh</b>	
Women's Commission	981606642, 09418636326 09816882491, 9418384215
<b>Karnataka</b>	
Women Police Helpline	0821-2418400
Mysore Women Police Station	0821-2418110 / 2418410
Women Helpline Number	080-22942149, 1091
Women Commission	080-22100435/ 22862368, 080-2216485
<b>Kerala</b>	
Women Police Helpline (Trivandrum)	9995399953
State Vanitha Cell	0471-2338100
Women's Cell, Kollam	0474-2742376
Women's Cell, Kochi	0484-2396730
Women Helpline	1091
Kerala Women's Commission	0471-2322590, 2320509, 2337589, 2339878, 2339882
<b>Kolkata</b>	
Women Helpline	1091



Madhya Pradesh	
S.P. Office / We Care For You	0731-2522111
Mahila Thana	0731- 2434999
Pardeshipura	0731-2435999
Sanyogitaganj	0731-2523999
Pandrinath	0731-2342999
Mari Mata (Banganga)	0731-2423999
Juni Indore	0731- 2362999
MIG	0731-2570111
Mallharganj	0731-2454201
Women Commission	0755-2661813, 2661802, 2661806
Maharashtra	
Majlis	022-26661252 / 26662394
Women Right Initiative	022- 43411603 / 43411604
Human Rights Law Network	022-23439754 / 23436692
Mumbai Police Women Helpline No.	022-22633333, 22620111
Maharashtra Women Helpline	022-26111103, 1298, 103
Stree Aadhar Kendra	022-24394104 / 24394103
Mumbai	
Railway Police	9833331111
Mumbai Police Helpline	100, 103
Navi Mumbai Police Station	022-2758 0255
Pune	
Women Helpline	1091
Punjab	
Women Helpline	9781101091
Women commission	0172-2712607
Samvad	0172-2546389, 2700109, 276000114
Rajasthan	
Women Helpline	0141-2744000
Nirbhaya Sambhali Helpline	1800-1200-020
Women Police Station Jodhpur	0291 -2012112
Women Commission	0141-2779001-4



Tamil Nadu	
Women Commission	044-28551155
Snehdi	044-2446293
The Banyan	044-26530504 / 26530105
Women Helpline	044-28592750
Women Police Station, Adayar	044-24415732, 044-23452586
Women Police Station, Guindy	044-24700011
Tripura	
Commmission for Women	0381-2323355, 2322912
Uttar Pradesh	
Sahyog NGO	0522-2341319, 2310747
Vanangana	05198-236985
Aali	0522-2782066/60
Women Commission	0522-2306403, 18001805220
West Bengal	
Women commission	91-33-23595609, 91-33-23210154, 91-33-2217 4019/2244 8092
Swayam	033-24863367 / 3368/3357
Women Helpline Number	033-23595609, 23210154
Goa	
Women Helpline	1091, 0832-2421208
Women Commission	0832-2421080
Assam	
Women Helpline	181, 9345215029, 0361-2521242
Women Commission	0361-2227888, 2220150, 0361-2220013
Arunachal Pradesh	
Women Commission	0360-2214567
Chattishgarh	
Women Commission (Gaytri Bhawan, 13 Jalvihar Colony, Raipur)	0771-2429977, 4013189 18002334299, 0771-4241400





## Women Helpline NGO

All India	
All India Women Conference	011-23389680 / 1165
Sneha	9833052684 / 9167535765
Jagori	011-26692700
Saarthak	011-26853846 / 26524061
Nari Raksha Samiti	011-23973949
Lawyers Collective Womens Rights ( Domestic Voilence Cases )	011-24373993 / 2923
Pratidhi ( Legal help )	011-22527259
Sewa	011-25841369 / 079-25506444
Snehalaya	0241-2778353
NEN (North East Network)	9435017824
Azad Foundation	011-40601878
CREA	011-24378701
CSR (Centre for Social Research)	011-26125583
Vimochana	080-25492781
Swaniti	9821959901
Makam	020-25880786
Janodaya	080-23557777
Aasra	022-27546669
Swayam	033-24863367
Bharatiya Grameen Mahila Sangh	011-46643333
Sayfty	9335037018
Jagori	011-26692700
Care India	0120-4048250
Swayam	9830772814
Tara Women Centre	080-25251929
Nava Karnataka Mahila Rakshana Vedike	9490135167
Abhayashrama	080-22220834
Prerana	contactprerana@gmail.com

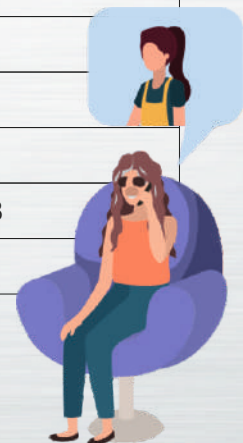




Vimochana	080- 25492781
Samaja Seva Samithi	080-26600022
Vanitha Sahayavani	080-22943225
Shakti Shalini	011-24373736 / 7
Girls Count	9654445452
Educate Girls	9999372857
Mamta	7774906147
UNICEF	9314039428
Aridhima Medical Education and Research Society	7726020908
Praveen Lata Sansthan	0141-2630526/9828096801/9828455268
UNFPA	9828455268
Plan India	9460209399
SRKPS	9414080218
Pravah Jaipur Initiative	9610009333 / 8302485842
Save The Children	9828064168
Bharti Foundation	9910604383
Vaagdhara	9414102643
Antakshari Foundation	9413340966
SSSPR	9828163831
PCCRCS	9887068869
Gayatri Seva Sansthan	9983327304
Ashra Vikas Sansthan	9828242855
Shrushti Seva Sansthan	8890272733
Aravali	9414193151
Urmul Sansthan	9414137093
FXB Suraksha India	8860221098
ARIHR	9460387130
IPE Global	9560992047
CRY	9899110837
AAA	9414022032
Amied Alwar	9413304746
Cuts CHD, Chittorgarh	9829143632



Prayas, Chittorgarh	9414110328
Navachar, Chittorgarh	9413315713
CHEER, Jaipur	9983469760
Prayatan	9414028004
Cecoedecon	7389927099
Bodh Shiksha Samiti	9829018460
UN Women	9582803939
Tabaar	8426041518
Vikalp	9414146408
IDS	9829067476
CFAR	8003590301
SNVS, Bharatpur	7976175664
Unnayan Samiti	9530153078
IIFL	9029358815
Impact	9982001816
Jeevan Ashram	9251638751
Umang	9928387735
CDAR	9414059848
Digantar	9414074231
Foster Care Society	9414029147
Freedom Fund	9414066564
Pratham	9351414259
RIHR	9460387130
CCP	9414843654
Indipendent Thought	9971884900
World Vision India	9907033245
SARATHI Trust	9694426078
WASCO	02969-233150
Manjari Sansthan	9829096288
Population Foundation of India	9928566576
Muskan	9001390064
Jatan Sanathan	9166633337 / 9950817188
Astha Sansthan	0294-2451348







## Helpline for Women in Distress

### All India

Central Social Welfare Board - Police Helpline	1091/ 1291 / 011-23317004
Shakti Shalini - Women Shelter	011-24373736 / 7
Saarthak	011-26853846 / 26524061
Jagori	011-26692700
Joint Women's Programme	011-24619821
Sakshi - Violence Intervention Center	0124-2562336
Saheli	011-24616485
Nirmal Niketan	011-27859158
Nari Raksha Samiti	011-23973949
Rahi	011-26238466 / 26224042 / 26227647
Marg	011-26497483 / 6925
Pratidhi	011-22527259
CATS	1099
CEHAT Emergency number Mumbai	9029073154
SNEHA Mumbai One stop center KEM	2224100599
SNEHA Dharavi Helpline mumbai	9833052684
SGPRC Mumbai	9167535765



Kindly scan the QR code  
or visit link for Helplines available for women in distress  
in Maharashtra

[http://standupagainstviolence.org/en\\_US/maharashtra/#mumbai](http://standupagainstviolence.org/en_US/maharashtra/#mumbai)



**KAVACH**  
Shield for Women  
360°





## Laws Related to Women

### WOMEN-SPECIFIC LEGISLATIONS

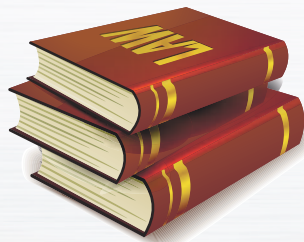
1. The Immoral Traffic (Prevention) Act, 1956
2. The Dowry Prohibition Act, 1961 (28 of 1961) (Amended in 1986)
3. The Indecent Representation of Women (Prohibition) Act, 1986
4. The Commission of Sati (Prevention) Act, 1987 (3 of 1988)
5. Protection of Women from Domestic Violence Act, 2005
6. The Sexual Harassment of Women at Workplace (PREVENTION, PROHIBITION and REDRESSAL) Act, 2013
7. The Criminal Law (Amendment) Act, 2013 (The Nirbhaya Act)

### WOMEN-RELATED LEGISLATIONS

1. The Indian Penal Code, 1860
2. The Indian Evidence Act, 1872
3. The Indian Christian Marriage Act, 1872 (15 of 1872)
4. The Married Women's Property Act, 1874 (3 of 1874)
5. The Guardians and Wards Act, 1890
6. The Workmen's Compensation Act, 1923
7. The Trade Unions Act 1926
8. The Child Marriage Restraint Act, 1929 (19 of 1929)
9. The Payments of Wages Act, 1936
10. The Payments of Wages (Procedure) Act, 1937
11. The Muslim Personal Law (Shariat) Application Act, 1937
12. Employers Liabilities Act 1938
13. The Minimum Wages Act, 1948
14. The Employees' State Insurance Act, 1948
15. The Factories Act, 1948
16. The Minimum Wages Act, 1950
17. The Plantation Labour Act, 1951 (amended by Acts Nos. 42 of 1953, 34 of 1960, 53 of 1961, 58 of 1981 and 61 of 1986)
18. The Cinematograph Act, 1952
19. The Mines Act 1952



20. The Special Marriage Act, 1954
21. The Protection of Civil Rights Act 1955
22. The Hindu Marriage Act, 1955 (28 of 1989)
23. The Hindu Adoptions & Maintenance Act, 1956
24. The Hindu Minority & Guardianship Act, 1956
25. The Hindu Succession Act, 1956
26. The Maternity Benefit Act, 1961 (53 of 1961)
27. The Beedi & Cigar Workers (Conditions of Employment) Act, 1966
28. The Foreign Marriage Act, 1969 (33 of 1969)
29. The Indian Divorce Act, 1969 (4 of 1969)
30. The Contract Labour (Regulation & Abolition) Act, 1970
31. The Medical Termination of Pregnancy Act, 1971 (34 of 1971)
32. Code of Criminal Procedure, 1973
33. The Equal Remuneration Act, 1976
34. The Bonded Labour System (Abolition) Act, 1979
35. The Inter-State Migrant Workmen (Regulation of Employment and Conditions of Service) Act, 1979
36. The Family Courts Act, 1984
37. The Muslim women (Protection of Rights on Divorce) Act, 1986
38. Mental Health Act, 1987
39. National Commission for Women Act, 1990 (20 of 1990)
40. The Protection of Human Rights Act, 1993 [As amended by the Protection of Human Rights (Amendment) Act, 2006 - No. 43 of 2006]
41. Juvenile Justice (Care and Protection of Children) Act, 2000
42. The Child Labour (Prohibition & Regulation) Act
43. The Pre-Conception and Pre-Natal Diagnostic Techniques (Prohibition of Sex Selection) Act, 1994
44. The Prohibition of Child Marriage Act, 2006
45. The Protection of Children from Sexual Offences Act, 2012





“

*"The day a woman can walk freely on the roads,  
that day we can say that India achieved  
independence"*

Mahatma Gandhi

”



An Indian woman is entering newer avenues & at the same time meeting newer safety challenges.

**KAVACH** is an initiative where a woman would be empowered with confidence to tackle alarming situations in her life.

For every woman we will be providing useful & handy information under kavach like : Women helpline Numbers • Information about most popular women safety apps • Do's and Dont's guidelines • Information of Laws related to women and many more...

FOGSI Team is grateful to the following persons for organizing this booklet for the benefit of women and girls across our country

- **Ms. Rashmi Parekh**, Sr. GM, Senora, a Division of Sun Pharma
- Team KAVACH designers, Sun Senora

*An initiative by*



For further information kindly mail to: [KavachWomenSafety@sunpharma.com](mailto:KavachWomenSafety@sunpharma.com)