

REPORTING A CASE



"It is important not to make small talk with men you don't know. Don't make prolonged eye contact but don't look victimised. Try to be with friends especially at night, make sure that you stick together and where possible get a male friend to make sure you get home safely."

— Malti Bhojwani, Life Coach, Neuro-Linguistic Programming (NLP) practitioner and Author

"Walk purposefully and be alert. If the physical danger is imminent, use your body and available objects to cause quick, intense pain, and leave the scene before the aggressor can recover. But, it is advisable to get trained in self-defense before you engage an aggressor."

— Sadashiv Mogaveera, Senior IKMF Instructor, Krav Maga Mumbai

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• It is important not to make small talk with men you don't know. Don't make prolonged eye contact but don't look victimised.

Sadashiv Mogaveera explains further, "Understand the first principle of self defense — safety. Often, ignoring an eve-teaser may work, provided you are not in physical reach of the aggressor. But sometimes, you don't have that choice. Try to anticipate where you may be faced with such unwanted situations, and try not to be alone in them. If you don't have that choice, make sure you keep a family member, friend or colleague posted about your whereabouts, commutes and timings."

EXPERIENCES

A few women in the city share their experiences with eve teasing and how they handled them: "I was outside Borivali station in a rickshaw when a man grabbed me and walked away. I got off the rickshaw and chased him. It was a long run and the passers-by just watched. I had to scream that he was a robber to get attention. A few boys on bikes helped me chase him and beat him. When I told them the real reason, they beat him even more."

— Anuska Vaz (Name changed)

A few months ago I was on my way to college in a rickshaw. I was sitting in the corner and we were at a signal. Just before the signal turned green, a hand grabbed my chest. The rickshaw moved and I couldn't see the man's face. Also, I was in such shock that it took me a while to gather myself and react. I was frozen and started crying. Now I make it a point to sit in the center of the rickshaw, clutching my bag close to me.

— Urmi Sharma, 22 (name changed)

"I am new in Mumbai and have never experienced this except for the innocuous kissing sound some man made at me as I was crossing the road in

broad daylight, just near my home. It was annoying but I just walked away and ignored it without letting it ruin my day."

— Malti Bhojwani

WHAT THEY LOOK FOR

- Distracted women. Give your earphones a break while travelling alone and stay alert.
- Women who are wearing clothing easy to grab on to. Scarves, ponytails and items such as dungarees are easier to pull.
- Women who are alone. Avoid dark alleys and empty parking lots as much as you can.

AVOID IT

Sadashiv Mogaveera gives us a few tips on how women can avoid situations which can lead to uncomfortable eve teasing issues:

STEP 1. Be alert, understand the situation. If you are in a public place, don't get engrossed in your mp3 player. A woman whose body language is alert and purposeful is a hard target.

STEP 2. Use your instincts. Don't walk close to a corner when passing by an alley, because if there's someone standing around the corner to grab you, you won't see him in time. Don't walk on the side where cars are driving in the same direction as you are walking. Instead, cross-over and walk on the opposite pavement, so that you can see any car that slows down. This will make you a difficult target.

STEP 3. Learn how to use your body and belongings as weapons. Heels, knees, teeth are all excellent weapons. So are nail-files, keys, cell-phones, and credit cards. And you don't need a license to carry them. If used in the right way, you can teach the strongest man a lesson he'll never forget.

STEP 4. If you are trained and fit, your mind will continue to work even in a tricky situation. Most untrained women find when they are confronted, touched or attacked, they get into victim-mode, and their mind and body shut down. This is exactly what the attacker wants.

PRODUCTS TO CARRY

Every women needs to keep herself protected. Here are a few things you can invest in to combat eve teasing:

Pepper spray: Pepper spray is effective because it helps easily disarm the attacker so you can run away. Just make sure it's not hidden somewhere in your purse and you can get to it easily in times of emergency.

Personal alarms: These come in the form of keychains and other small contraptions that make it easy for you to call out for help in such situations.

Tasers: These may be a bit much but can be effective as well in high risk situations where you are somewhere that you will feel unsafe.

Perfumes and deodorants: Even if you don't have a bottle of pepper spray, you can use your perfume or deodorant to disarm the attacker.

Anti-rape condom: This may not be freely available yet, but if you can get your hands on one it would really help you to stay safe. The condom is designed with jagged teeth like hooks that attach onto a man's private parts and once attached only a doctor can open it.

TAKE A CLASS

Being prepared and trained is the best way to prevent, avoid and deal with any sort of issue you may be faced with. Take a look at two classes we suggest you sign up for:

KRAV MAGA Affiliated with the Israeli Krav Maga, which is the only authentic source of Krav Maga training in the world — the self defense class trains civilians in the Israeli self-defense system, Krav Maga. Senior IKMF Instructor for Maharashtra, Sadashiv Mogaveera tells us, "Unlike martial arts, Krav Maga is simple to learn and easy to retain, and can be learned in a relatively short period of time. It is not a sport, so there are no rules, tournaments or belts. It is based on real-life scenarios and threats. It is also an excellent fitness regimen. Once you start training in Krav Maga, you will never feel the need to be inside a gym again." Their students come from all walks of life and include ex servicemen, security personnel, business owners, lawyers, bankers, teachers, engineers, architects, managers, airline

crew, students, homemakers and more. "The class has a fairly large number of male members off-late women (from school-going girls to business-women) have started joining us," Sadashiv tells us.

WHERE Classes are held in Bandra (W) and Vile Parle (W)
CONTACT 9967044083

DARE The DARE program is one it's kind in the city and is perfect for women to get their kicks and punches in place. You can learn how to defend yourself verbally, avoid situations that could lead to eve teasing and defend yourself physically as well. Dr Komal VS from the DARE program in Mumbai tells us, "From initial eye contact, someone can make out whether you're an easy target. The best thing is to ensure you're not a target of any sort." From college students, homemakers and working women, the program will benefit all.

WHERE Classes are held at centers across the city
CONTACT www.jkfindia.com or learn more at http://indianwomandefense.tripod.com/



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>> Taking a self defense class means that you can walk with confidence and defend yourself in any and every unwanted situation that may arise as you travel through the city

« CELEBS IN THE NEWS: AYESHA'S MARRIED LIFE



NOT SO SINGLE

Soon to be seen in Nagesh Kukunoor's upcoming film *Mod*, Ayesha Takia is doing films as she pleases, but marriage is her top priority. She says, "I am enjoying my married life. I have always dreamt about a secured future so, you know, I do everything in a planned way. Like, after marriage, my film *Wanted* released, which was a hit, but after that, I wanted to do something different. When Nagesh offered me this film, I was ready. In between, I tried to understand the hotel business." Hardly seen on the big screen these days, she has no qualms about appearing once in two years on the screen as long as she is content with her home life.



KALKI DOES NOT LET SUCCESS GO TO HER HEAD

Having received critical acclaim for her role in *Zindegi Milegi Na Dobar* as a girl who loves herself and loves to maintain her image, Kalki Koechlin says that success does not go to her head. According to her, once the lights go out, she is the normal Kalki who likes to talk and chat incessantly, is funny and loves to laugh her heart out. She however, is very happy with the fact that people have appreciated her role, as she thought it was a very challenging role. She believes that it was a very different role and she had to get an attitude to her personality to play the role to her best.