



MODERN WOMEN –SELF GUARDS HERSELF

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National Crime Records Bureau (NCRB), International Men and Gender Equality Survey (IMAGES)

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**ABSTRACT** Human Rights are basic right to which every individual is entitled as a human being. They are the minimum rights, which are compulsorily obtainable by every individual. The constitution of India also guarantees the equality of rights of men and women. However, in the sphere of women's human rights in India, there exists a wide gulf between theory and practice. Indian society is a male dominated society where men are always considered to be superior. The women in India very often have to face discrimination, injustice and dishonour. Though women in India have been given more rights as compared to men, even then the condition of women in India is miserable. This paper will throw light on the human rights of women in India and also on how all the fundamental rights given to the women are being violated in India, by focusing on the various crimes done against them and also how women started defending herself during the time of need.

1.INTRODUCTION

India is a fast growing country in every fields. It is booming in the field of economy, research, technologies and infrastructure. In the contemporary world voice of women is increasingly being heard in the streets, in the courts and in Parliament. Women play a key role not only in the well-being of their family but also in the advancement of their country. Indian society has been according a high place to the women since time immemorial but of late because of the modern ways of life women have become insecure and unsafe especially in our big cities. Cases of unnatural violence against them have become common. This is a reflection on our society. The safety and security of women is of vital importance as it involves the prestige of our country abroad. But this cannot be ensured by law and order forces alone. People should also contribute their mite. They can do so by protesting strongly against the violence done to young girls and women. There should be a kind of social boycott of those families whose young men are involved in crimes against women. It is the social stigma more than the law that will ensure security and safety of women. Even after such a witnessed advancements in the country, violence again women is still practiced. It has made its root so deep which is creating problem in getting out completely from the society. Violence again women is the very dangerous social evil. (1)

2. VIOLATION AGAINST WOMEN

Violence knows no boundaries or gender. From India to America and Africa to the Middle East, women have defended themselves in times of war. The myth that women are gentler, more passive, and weaker than their counterparts has been put to rest by the actions of brave women. The history books are filled with women warriors, many of whom were simply average women who saw a need for survival and rose to the occasion.

Female deities, whose origins predate historical records, are present in most early cultures. Often they were portrayed as warriors, which signals a pervasive presence of women among such activities prior to a profound change in many human cultures after the adoption of agriculture as the typical sustenance (and which enabled protracted warfare with large armies).

Their influences, the roles of women rulers, and those of significant women, were retained in many of these cultures so strongly that no layers of new legends, ideals, and myths were able to obscure them completely. Razia Sultana, Rudrama Devi, Rani Mangammal ,Rani Velu Nachiyar,Chand Bibi,Abbakka Rani, Tarabai,Bibi ,Dalair Kaur, Bibi Sahib Kaur, Mai Bhago, Malalai of Maiwand, Onake Obavva, Begum Samru[,Kittur Chennamma, Rani Lakshmi Bai ,Rani Durgavati, Keladi Chennamma,Belawadi Mallamma.(2)

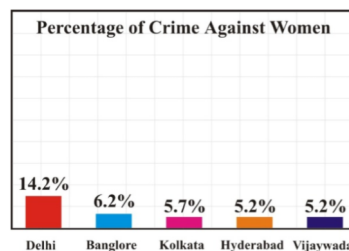


Figure: 1. 41% of India women face violence before 19: Survey

The Times of India (2016) Saturday, Nov. 26.

According to the National Crime Records Bureau of India, reported incidents of crime against women increased 6.4% during 2012, and a crime against a woman is committed every three minutes. In 2012, there were 244,270 reported incidents of crime against women, while in 2011, there were 228,650 reported incidents. Of the women living in India, 7.5% live in West Bengal where 12.7% of the total reported crime against women occurs. Andhra Pradesh is home to 7.3% of India's female population and accounts for 11.5% of the total reported crimes against women. 65% of Indian men believe women should tolerate violence in order to keep the family together, and women sometimes deserve to be beaten. In January 2011, the International Men and Gender Equality Survey (IMAGES) Questionnaire reported that 24% of Indian men had committed sexual violence at some point during their lives. (3)

In 2012, a study conducted in New Delhi found that 92 per cent of women reported having experienced some form of sexual violence in public spaces in their lifetime, and 88 per cent of women reported having experienced some form of verbal sexual harassment (including unwelcome comments of a sexual nature, whistling, leering or making obscene gestures) in their lifetime .UN Women (2013). *Safe Cities Global Initiative* - The survey of 2012 done by NCRB in five major cities depicts the growth of crimes rate against women(4).



**Figure: 2 Percentage of Crime Against Women “Safe Cities Global Initiative” The Survey of 2012 by NCRB in five major cities.**

### 3. IS WOMAN SAFE?

“It’s good that people worship women in India, but it will be even better if they listen to them. Women are still not treated equal; their abilities are still greatly underestimated. Women should not be dependent on anybody. They should develop strength of character and focus on the quality of their work.” Security Of Women safety in India is a big concern which has been a most important topic regarding women safety. Now-a-days, women are working outside in the field with the men by meeting shoulder to shoulder together with their all the responsibilities at home. This is a big shame to us that still women are victims of many violence even they have changed themselves to survive in this modern world. In India male considered themselves dominating and superior than women which gives rise all the violence against girls.

One of the main reasons of violence against women is the mentality which deems women inferior of men and merely limits their importance to the maintenance of the household, the upbringing of children and pleasing their husbands and serving other members of the family. Times have changed but the mentality still prevails in the mindsets of several narrow minded Indians. One of the major elements hampering women's rights progress in India is the chronically low level of female political representation, analysts say. While Sonia Gandhi, the widow of former Prime Minister Rajiv Gandhi, presides over the Indian National Congress Party, only about 10 percent of parliament members are women. By contrast, women comprise 17 percent of the U.S. Congress, and in Pakistan, the National Assembly reserves 17.5 percent of its seats for women.(5)

The recent incident in which a 23 year old paramedical student was gang-raped by 6 men inside a moving bus near a posh Delhi locality and thrown off the bus naked after herself and her male friend were beaten and assaulted with an iron rod has undoubtedly shocked the nation to its core.

This was reflected in the massive protests that followed the incident, demanding justice for the victim, Although it was a most heinous case of cruelty, it is ironical to note that such incidents are not actually rare in our country. There are several such cases happening everyday where females (from infants to old ladies, from upper middle class women in metro cities to dalit women in villages....the list can be endless) are subjected to horrendous sexual torture by lustful men who are, in most cases, known to the victims.(6)

### 4. SELF DEFENSE IS IMPORTANT ?

We learnt that self-awareness is a key ingredient for successful women. Self defence and self-protection are an important priority for women **and has become increasingly popularised over the years. A quick glance towards the headlines quickly makes evident the violence, conflict, and threats that entangle the modern world,** because statistics say that all women are good candidates to become victims of violent crime at any point in their lives. According to statistics, a woman who is only 21 years of age has a 25 percent risk of suffering violent crime in her life. Self defence is more than just okay. When a woman's safety is in danger, defending herself by fighting back is the most ethical decision she can make.

The most common crime to happen to a woman is rape, but it is more about a feeling of dominance from one person over another rather than actual sex. According to statistics, the majority of rapes are perpetrated by men who women know. Assault on women is also a common crime because assailants assume women will be more passive and not fight back; this has to do with stereotypes of women.

The best way for women to fight back against crime is to prevent it from happening by avoiding being alone or being in badly lit areas. However, getting into such situations is sometimes inevitable.

The majority of rapes occur in the victim's home. According to the Bureau of Justice, almost 40 percent of all rapes take place in the female victim's home. In the event that rape prevention fails—such as by avoiding problem areas or making sure a woman is never alone—the best chance for survival is to fight back. Fighting back is not just necessary, but it is a moral right because protecting one's self is paramount.

### 5. FIGHT BACK!

In a country where women are raped every 22 minutes, according to India's National Crime Records Bureau, Brutal attacks on women are reported daily in India's press. These reports come in the wake of the horrific Delhi gang-rape case, a watershed moment that shook the country's collective conscience and forced Indians to confront the endemic problem of violence against women. Since then people the world over have asked what, if anything, has changed? Laws were reformed, fast-track courts were established, gender-sensitivity training was ordered for police officers and government funds were made available for victims. As Naomi Wolf notes, unrelenting media attention and more vocal advocacy by campaigners and survivors are reasons for optimism. But these latest attacks expose India's continued failure to ensure women's safety. The struggle to end violence against women is not about making women safe on the streets, but about making the streets safe for women.

More than 9,700 cases of atrocities against women, including domestic violence and rape, have been registered since April one this year, with Uttar Pradesh seeing the highest number of such cases Giving details in the Lok Sabha, Women and Child Development Minister Maneka Gandhi said reasons for violation of women rights include “domestic violence, outraging the modesty of women, dowry harassment, property dispute, rape”. As per the state and union territory-wise data, Uttar Pradesh has seen the highest number of women rights violation cases so far this financial year at 6,110, followed by Delhi (1,179), Haryana (504), Rajasthan (447) and Bihar (256).(7)

Self-awareness is about emotions and behaviours, reviewing how others perceive us and taking time out to think about how we behave and think. It's important to take time out to reflect and become self-aware in order to improve our interaction and relationships with others. Modern women do not fit the old stereotype that females are mousy and weak. When there is no way to avoid a criminal, the goal becomes basic survival. Fight back in any way you can. It is much harder for women in leadership positions as the behaviour required often conflicts with their personality expectations. Successful self-aware women realise they need to modify their behaviour authentically to suit different environments and experiences, for example being tough when negotiating and soft in personal relationships.(8)

### 6. MAKING TEENAGERS MORE RESILIENT

Over the years, violence against women in various forms has reached epic proportions. An estimated 30 to 70 million girls are “missing” in India since 1950, i.e., they don't make it out of the birth canal. In 2011, the International Men and Gender Equality Survey (IMAGES) on gender attitudes showed that 68 per cent of the Indian men surveyed (n=810) agreed that women should tolerate violence to keep their families together, while 65 per cent believed that sometimes a woman deserves to be beaten; 37 per cent of men (n=929) had physically assaulted their intimate partner at least once; 24 per cent had committed an act of sexual violence against someone in society and 20 per cent had committed sexual violence against their partners. The most interesting finding from the Trust Law study was

this one — 92 per cent of those surveyed knew of the laws pertaining to violence against women. What does this figure tell us about what is happening in India to women?



Figure: 3 At least three cases of rape with minors reported in Rajasthan daily'

The Times of India (2016) Sunday June 25.

The figure quoted above tells us that legislation alone is not going to stop violence against women from occurring. For every piece of progressive legislation that has upped the ante on women's rights in India, there is still the struggle against first responders who are often reluctant to register a case of rape or sexual assault. The reporting of rapes is very low in India. Most women do not report assault for a variety of reasons. Last year, India's National Crime Records Bureau data revealed that in 2012, 24,923 rape cases were reported across India. Out of these, 24,470 were committed by parents/family, relatives, neighbours and other known persons. This leaves us with a total of 453 cases of stranger rape. In essence, men known to the victim committed 98 per cent of reported rapes. This itself is a staggering figure.

A second cause of concern that emerges from the data is that we have to think about why, despite far-reaching legislation, rape and sexual assault is still common. Romit Chowdhury suggests that for Indian men the demonstration of masculinity, which has always problematically rested on harassing women, has now also become linked to breaking the laws that protect women.

Rape and sexual assault are not only occurring in homes, streets and offices, but also take on a unique group dynamic in situations of communal riots where a woman's body become a site of violence in the battle between caste or religious groups. Sexual violence was a strong component of the rioting in the 2013 Muzaffarnagar riots in Uttar Pradesh; 13 rape and assault cases were reported. It is suspected that some cases have not yet been reported because the women, now in refugee camps, have refused to step forward as they are afraid of losing their honour.(9)

CONCLUSION

It is true that Central and State governments have undertaken various legislative and other measures for promoting the welfare of women., yet the women in India are not equal to men. There is no legal or constitutional barriers to equality but there is only the social barriers. Women are not very much after equality with men. But they expect a change in the attitude of men towards them and their status. Because of violence against them , women in present days are becoming self aware and are taking keen interest in learning to defend herself in different ways. Thus the struggle to end violence against women is not about making women safe on the streets, but about making the streets safe for women The Indian woman's own conception of what her life ought to be, and can be, is the most crucial breakthrough for the whole process of emancipating her. Without this primary change, the prospects for the women of India are crippled right at home.

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RECOMMENDATION

[1]The government wants both boys and girls to know how to stand up for themselves in the area of sexuality and relationships. Young people need to set their own limits and respect those of other people.

[2]We should actively participate in the campaign of save the girl child by removing the male dominating nature of the society. Saving the girl child first needs parents to change their mind. They need to stop neglecting their daughter's nutrition, education, living style, etc. They need to consider their kids same whether they are girls or boys. It is the parent's positive thinking towards girls which can change the whole society in India.

[3] All the rules and regulations should be tough and active against those who are involved in the crime against girls (whether they are parents, doctors, relatives, neighbours, etc.). Only then, we can think and expect a good future in India. Women should also need to be strong and raise their voice. They should learn from the great women leaders in India like Sarojini Naidu, Indira Gandhi, Kalpana Chawla, Sunita Williams, etc. Without women everything is incomplete in this world like man, home, and a world itself. So, it's my humble request to all of you that please involve yourself in saving the girl child.

[4] Women's safety in public spaces suddenly escalated to a position of supreme importance on political agendas, with parties attempting to enact related policy across the country.

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