

**Instead of thinking of thirty-six different ways of fighting, the best course is just to run away.**

**- Chinese Proverb**

Dangerous situations are faced by working women worldwide. We must not deny this problem. As women employees, extra care must be taken by you, your safety is in your hands too. The company can do its best, but without your involvement any safety measure can be made to stand on its head. So here is what you can do for your own safety.

While commuting

1. Make mock calls on your phone after you are seated in your cab. Let the driver know that there are people waiting for you.
2. If you sense something suspicious intuitively, respect that suspicion and refuse to go in that cab.
3. Procure all the phone numbers and registration numbers of cab companies contracted to service your area. And check if the registration is known.
4. Ask for identity cards from new cab drivers.
5. Make sure all doors of the cab are locked so that someone can't enter with a knife at a traffic signal. (this happened in Whitefield, Bangalore)
6. If you put up any kind of fight at all the rapist will change his mind because it takes too long – Howard Johnson NYPD
7. Find 10 minutes a day to skip or do some cardio workout. This will give you the cardiac strength to survive an attack.
8. Carry a pepper spray. A small cutter blade. Even a pen is a good weapon. But make sure your weapon is in your hand throughout the journey.
9. DO NOT SLEEP IN THE CAB. No matter how tired you are or no matter how many people are in the cab.

Striking without weapons

1. Catch one of the aggressors fingers and bend it backwards forcefully. It is sure to break and cause him lots of pain.
2. Kick him in the knee, shin or instep
3. Knee him in the groin
4. jab his neck or throat with your fingers
5. jab the eye
6. bite

## Other precautions

1. Sign up for Martial Art Kickboxing, it's a practical martial art. 0-9845396360
2. Learn Self Defence.
3. Be positive and be alert
4. Do not 'look' like a victim. Stand to your full length and make proper eye contact for at least 1 second with suspicious strangers
5. Do not trust people easily. Always check their motives.
6. Keep a pepper spray behind your front door at home. Out of reach of children.
7. Cover your jewellery when you are outdoors.
8. Wear your duppatta with the ends falling in front of you. If you wear it the other way around you can be choked.
9. Imagine all the possible situations of violence in your life without denial and then use your common sense to protect yourself.

- Ashwin Mohan (Self Defence Expert)