

## Violence, Rape and Assault against Women

Manjul Mishra\*

HOD, Deptt. of Chemistry M. D. Mission College, Kota, Rajasthan, India

\*Corresponding Author E-mail: manjulmishra7@gmail.com

---

### ABSTRACT

*India is safe for men & women, but the recurring incidents of rapes & sexual assault in India are making a belief that India is not at all safe for women. For this, the whole nation can't be blamed when hardly a handful of the people are involved in this crime. But the recent fatal incidents of sexual harassments have raised our consciousness on this matter. Accordingly, if Indian women are ready to get modernized; they also need to raise their personal security, for every time it is she, who has to go through tough nuances in every city, every street through which she walks through. In a country like India, a woman herself should be well prepared to take care of herself; no candle march will provide any sort of assistance at such hard instances.*

*Women have been advancing at every sector, be it sports, science, arts, politics etc. She has stood at par with what a man can do. Yet, she still fights for equality. No matter what the old thoughts & upbringing culture still lay cluttered in the minds of men that women are the better halves of the society, yet they are the victims to maximum tortures in many ways in their lives. Time has changed yet the attitude towards women is monotonous. To understand better, one has to go to the root cause of the problem. The system has to be changed from roots. There has to be stringent punishments & fast tracks to monitor the cases of injustice done to females. If this law is stringent in a country, the offender would at least think twice before committing a crime. If this continues the current scenario will change soon & we will definitely be a proud citizen of "RAPE FREE INDIA" & females will rejoice the fathom of independence.*

**Keywords:** Violence, Rape, Domestic violence, Women.

---

### INTRODUCTION

As we know woman is the most wonderful creation of God, a living being born to sustain other creatures. Due to this valuable role of hers, God has placed her at the top-most position for it is she upon whom the survival of other beings is possible. Every woman has her own capabilities, her own charm, her own aura & her own beauty. Since childhood, she proves to be a responsible family member. In her youth, an aware citizen & after marriage, she plays the role of a SAVIOUR i.e. 'The Life Giver'. God has endured this wonderful capability in females & has filled her with the warmth of motherly love & subtle abilities to handle various tough situations & undergo through hard circumstances being prudent. No one in mankind can deny this true & real fact of life. Even God exclaims this creation of woman as one of the most enchanting & enduring one.

### THE MISERABLE PLIGHT OF WOMAN IN TODAY'S SCENARIO

The society has always proved to be male dominating. Due to this all her aspirations & desires are being buried in the dearth of demands of males. Most of the times, she has to undergo physical & mental tortures & goes through atrocities like dowry, humiliation, harassments & eve teasing. This has proved a curse to whole mankind a sin committed against the girls & women whom God regarded as the exuberant creation by all respect & regard. She has the ability to create her own exuberant exotica around her. It is males who prove to be a hinderance & take pleasure in her presence satisfying all greeds and various craves of lust, money etc. via undignified deeds. The Jesus present in each man has turned into Satan 'The devil'.

Fig.1



### INCREASE IN RAPE & ASSAULT

Once woman become an endangered species; it is only a matter of time before the instance of rape, assault & violence become widespread. In the backdrop of fewer available females, the surviving ones will be faced with the reality of handling a society driven by a testosterone high.

The legal system may offer protection, but as is the situation today, many cases might not even surface for fear of isolation & humiliation on the girl's part.

### DETERIORATED STATUS OF WOMAN

A woman is not a rabid feminist who would shout herself hoarse about the domination of men in any society. Sure, males are the stronger sex when it comes to the pecking order in a country, but that does not entail a curbing of rights for women. Rather than whining about the denied opportunities, she should stand up & try to grasp the chances they want for themselves. We all know about the (Delhi Rape Case, Dec. 2012) The most brutal rape case ever heard. There were nation wide protests, debates & candle light marches, everything done by the public to punish the criminals. There have been lawyers to defend these criminals!!

How Disgusting!!! The poor girl suffered & died a painful death. Her family got justice after a long span of 9 months. The govt. kept waiting for more cases to occur. This is how our Judicial System works.

### HOW TO RESPOND TOWARDS UNSAFE SOCIETY

It is high time, that the girls & women are being deprived of the rights to live with safety. Now is the time for action. This is the hour to prove that the delicate & sensitive girls can take revenge for all injustice which is being done to them. Education plays the most important role for it blazes the new trails of enduring the seed of safety in them. Also the support from the family & society enables confidence in them to face the unwanted elements of the society. The physical education & martial arts make them independent to stand on their own feet & to upbring devastation in lives of sinners.

If every woman on this earth is self equipped& prepared to hit hard, then no male will dare to commit crimes like Rape, Molestation, Domestic violence etc. To win any fight or achieve any goal; our mind make-up & psychology plays most important part. Hence if we want to come out of any difficult situation, we need to be prepared psychologically & physically. We should carry self defence equipments like Pepper spray, Stun gun, Baton & Panic arms.

As said, **teen is the most beautiful part of life, so enjoy it. Paint the world in your colours. Be at the top in every respect of life, Follow your dreams with your continuous efforts, will power & unshakable trust on self. You have all you need to fulfil your dreams, just believe in yourself. You are internet age guys, fastest generation & you should not stop because of the dreadful side of society of your era. All you need to do is be alert & use self defence for protecting yourself from any tensions. Use Mindful, Verbal& Physical Self Defence.**

### MINDFUL SELF DEFENCE

Mindful self defence is self defence technique when we make our mind proactive towards protecting self. Almost 80-90% of time if we are keeping ourselves active, we will save self from big problems.

Points To Be Taken Care:

**a) Awareness & Alertness-**

- Aware about loop holes or expected dangerous points your surroundings place you school, coaching, house & market example open places, bad areas etc.
- Memorize your house landline, parent, siblings mobile numbers.
- Also remember Police Control room no is 100, children helpline number 1098 & woman helpline no 181.
- You should know your nearest police station, hospital etc.
- Understanding your institutions : If you feel something about place, person or work you are doing, then be alert & do something to come out of that situation.

Be aware about guys with possible crush, bad intention towards you & stay away from them.

**b) Avoidance-**

- Avoid being Victim, If somebody may be your friend, relative, teacher, neighbour, known one is touching you or giving wrong signals just speak up & maintain space. Don't be shy, Just speak up I don't like this, don't dare to do it again.
- Avoid hiding unwanted incidents from parents, family or friends .
- Avoid making unknown people friends on Facebook or Twitter because many people use fake images & profile to do friendship with young girls.
- Don't let anyone take your pictures.
- Travelling in night alone or Taking lift from unknown people .
- Don't let others make your Videos or MMS as these can be morphed easily.
- Taking help from unknown in case of vehicle breakdown.

**c) Precaution-**

- Save emergency contact on top of your phonebook & on speed dial, it may include no. of person who can reach fast 24\*7 in condition of danger.
- Always choose routes with ample amount of traffic.
- Always keep your Bluetooth on your ear while walking or driving so that you can call through speed dial & not to stop for calling in case of emergency.
- If you feel see or feel danger just go fast to crowded place & if you don't have time to call police, then be prepared for physical Self Defence.
- Always try to park your vehicle near lift specially at night, so that distance between your vehicle & lift is reduced.

**Assertiveness-**

Believe in yourself, if you decide firmly you can come out of any danger & you are prepared for physical self defence. Your whole body is ready & your face & body language should show that boldness.

Use The Mantra “Hit Smart! Hit Hard! & Hit Fast!”



### CONCLUSION

Though a woman is victim to various atrocities like domestic violence, mental & sexual assault, but it is she herself who can retaliate in the best possible way. Being a part of this democratic society, we should give – up our narrow thoughts about having a male dominant society and shall help women to emerge collectively as an enormous power free to explicit their views & ideas. Strict laws should be enforced to punish such anti-social elements. But the bitter truth in a country like India is that justice is given too late! Hence a woman should practice self-defense whenever she falls into harsh circumstances. Instead of feeling sorry & cursed being a woman, a female should be proud of herself & shall raise voice against the injustice done to women. Even a single initiative can change the scenario. Then surely, we will be a proud & vigilant citizen of a JUST & RAPE FREE India!

### REFERENCES

1. [www.wikipedia.com](http://www.wikipedia.com)
2. [www.google.in](http://www.google.in)
3. Self defence, Arora , A.K.
4. [www.womenassault.in](http://www.womenassault.in)