

# Importance of Self-Defence to Protection of Women

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**Abstract:** We live during a world where every movement there are new changes in life sometimes these changes are positive and sometimes these changes are negative, but if we prepare ourselves mentally for any situation that comes, then able to move forward with positivity therein situation. The identical rule also applies to our safety. Always seeing the events happening within the society, we've got feeling of insecurity in our minds, especially parents are often worried about the protection of ladies, in such a situation, we will not hand over living openly for reasons of safety, in such a way self defence techniques are important in mentally empowering all folks. Fairly often we are able to protect ourselves from the objects around us with a touch sense, but thanks to lack of confidence, we will not make sure of our safety whether or not we would like to. How self defence can plays a very important role in generating confidence this can be discussed during this paper.

**Keywords:** Awareness, Self Defence, Techniques, Women.

## 1. Introduction

In the present scenario women are underestimated than men everywhere the planet. Even she must fight for equality. From history to the current times, women are subjected to atrocities on this basis. In western countries, women were seen as only one object of consumption. But in Indian history, women are given the place of goddess, not only women were considered superior, but women were also given a high position within the society.

The women had the correct to decide on an acceptable groom for her, the Indian women had the proper to education and even we get examples associated with women's debates from religious texts. But gradually the thinking towards women within the society changed. With the foreign invasions in India the thinking towards women took a replacement turn. Atrocities on women started increasing and gradually discrimination against women started spreading within the society. But still there are such great heroines in Indian history people who recognized their power by forgetting social discrimination. And when the time came, the war was also conducted efficiently.

In India from the traditional time, women were made to practice fighting skills from childhood. On the idea of fighting skill, she not only protected herself when the time came rather, the ladies went to rise for the defence of her country or society. But unfortunately, the contribution of the many such women from the pages of history was either removed or not even recorded under a deliberate trick.

In order to form women feel that she is able, she could be a weak woman who cannot do any work without a person, so an oversized number of conspiracy to cover the valour of girls was done. Women and men are the 2 wings of a social bird. even as a bird cannot fly with one wing within the same way society cannot move forward without the assistance of either men or women, for this both must move forward together.

All over the planet, the ladies fought many battles for her equality and gradually she became successful in it. Today, shoulder to shoulder with men, she is contributing towards advancing the economy of the country and therefore the nation. She is moving out of the homes and dealing successfully even in remote areas.

Today the ladies of the 21st century are striving for ladies empowerment. But even today the attitude of the society towards women has not changed. There are many such mischievous elements always hovering around us, who commit a criminal offense just on seeing the chance.

*Create Awareness:*

Employees, both male and feminine, should be educated about behavioural ethics and developing the proper culture that supports female safety. Women employees need to be constantly trained on the luxurious. Act and made conscious of aware of its constituents, powers and jurisdictions. This can help them realize if they need at the receiving end of inappropriate behaviour and acquire them to lift objections to the acceptable authority. Regular surveys should be conducted within the organization for female employees to produce their feedback on the working environment.

*Enforce a Zero-tolerance Policy:*

An organization's reputation improves globally when it implements and enforces strict policies for its employees. It speaks plenty about the organization. A well-defined policy that mentions strong disciplinary action for anyone found guilty should be circulated organization-wide.

*Promote a Spirit of Entrepreneurship and Openness among Women:*

Enforcing policies and academic sessions are beneficial, but, a process or a system that promotes power equality within the organization is introduced through which the occurrence of negative incidents are reduced. Assigning dynamic roles and projects to women where they get more responsibility, recognition and power can boost their confidence and standing

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within the organization. Global women leaders round the world may be invited to talk at seminars to motivate women and make them alert to what proportion they'll achieve personally and professionally.

#### *Founded a robust Internal Committee:*

A credible Internal Committee that investigates thoroughly and recommends strong action should be founded.

The IC should be perceived as fair by both male and feminine employees and it should even be freed from any biases towards gender, seniority of the worker etc.

#### *Incorporate Educational Programs for Male Employees:*

Policies and committees to extend women safety are effective, but absolute safety is often be established in a company only if the basis of the matter is fixed. This could be executed by continuous sensitization and training for male employees on the way to conduct themselves when working with their female counterparts. An illustration program will help them understand on what constitutes as harassment in order that there won't be any ambiguity on what appropriate workplace behaviour is. It should be run half-yearly, quarterly or monthly as per need and demonstrate scenarios where their actions, words and behaviour will be corrected and improved. An inventory of Dos and Don'ts, program guides and tests should even be made available for all male employees.

Many instances of molestation actually occur thanks to a scarcity of understanding of what constitutes inappropriate behaviour. Good training & sensitization programs can significantly help in bringing down instances of molestation.

#### *Provide Equipment and Safety Aids for girls:*

Strict measures are often put in situ to stop any quite violence or harassment of ladies. However, it's also recommended that girls should be trained to shield themselves when such a happening occurs.

Women should to be trained to instantly escalate any uncomfortable situation that they will find themselves in. Further, provide counselling sessions, life-coaching workshops specially structured for ladies within the organization's monthly regime. This may provide sensitive women with the arrogance to talk up. Today's world is familiar with the term harassment. Harassment will be identified as behaviour. It can generally terms be defined as an unwelcome behaviour of sexual nature. Harassment at workplace may be a universal problem within the world whether it's a developed nation or a developing nation or an underdeveloped nation, atrocities and cruelties against women is common everywhere. It's an issue giving negative effect on both men and girls. It's seen to be happening more with women gender as they're considered to be the foremost vulnerable section of the society nowadays. Molestation therefore may be a major problem within the workplace and it's become one in every of those issues that receive plenty of negative attention.

#### *What Is Sexual Harassment?*

Sexual harassment has been identified as a term which is difficult to define because it involves a spread of behaviours. Efforts are made at both national and international levels to define this term effectively. Often, the term is subjected to different interpretations. Some believe that it's better to not

mingle with female colleagues, so one doesn't get embroiled in a very harassment complaint. The fact of harassment incidents at the workplace is that there's more to fret about under-reporting, than people misusing the law.

Sexual Harassment includes many things:

1. Actual or attempted rape or sex crime.
2. Unwanted deliberate touching, leaning over, cornering or pinching.
3. Unwanted sexual teasing, jokes, remarks or questions.
4. Whistling at someone.
5. Kissing sounds, howling and smacking lips.
6. Touching an employee's clothing, hair or body.
7. Touching or rubbing oneself sexually around another person.

#### *Indian Constitution on Sexual Harassment:*

Sexual harassment clearly violates the basic rights of a women to Equality under Article 14[2] and Article 15[3], her right to life under Article 21[4], and her right to practice any profession and keep on any occupation, trade or business [5], which incorporates a Right to safe environment free from harassment. The molestation at Workplace (Prevention, Prohibition and Redressal) Act, 2013.

The Harassment Act (Hereby called as an 'Act') was finally enacted within the year 2013 for the prevention of molestation against women at workplace within the whole of India. The most objective of the act was protection of girls, prevention and redressal of harassment complaints harassment includes anybody or more of the subsequent unwelcome acts or behaviour (whether directly or by implication) namely:

1. Physical contact and advances; or
2. A requirement or request for sexual favours; or
3. Making sexually colored remarks; or
4. Showing pornography; or
5. The other unwelcome physical, verbal, or non-verbal conduct of sexual nature.

#### *Why is Self-Defence Important?*

1. *Safety:* The first importance of self-defence is for ladies to be able to protect themselves against anything that's unacceptable in terms of social conduct.
2. *Confidence:* There's nothing more empowering than having the arrogance to analyse a dangerous situation and take actions to beat them effectively.
3. *Empowerment:* It empowers women to steer a healthy and fulfilling life by encouraging them to accommodate stressful and dangerous situations independently.
4. *Discipline:* It teaches discipline which transfers over to all or any other areas of life. It helps women be calmer, understanding, flexible, gain body and mind control, be more responsive than reactive, more observant, and achieve cognitive awareness.
5. *Reduces Dependency:* Simply because you are a lady, you shouldn't be asked to travel with a companion! That's what learning self-defense does – it causes you to independent, helping you protect yourself in every situation.
6. *Health and Fitness:* Self-Defence programs are also a

fun way of exercising and building a healthy body, thereby improving physical and mental stress.

7. *Reduces Discrimination/Sexism:* Crimes against women may be curbed during a significant way when women are empowered to fight back against any discrimination and sexism.

#### *Simple Techniques of Self-Defence:*

Memorize vulnerable spots to attack – it doesn't matter how big or strong the attacker is, these vulnerable spots are their weak points –

- Eyes
- Nose
- Ears
- Throat
- Knee
- Groin

#### 1) *Palm Strike*

If you are near to the attacker, a palm strike is the simplest option for inflicting damage and getting away. Strike the assailant's nose or chin with the heel of your hand. Aim upward in order that you're striking the underside of his nose or chin. Breaking the nose during this way are going to be extremely painful for the attacker and can provide you with lots of time to flee.

#### 2) *Kick the Groin*

A strike at the groin can end a fight immediately. Defy within the direction of the attacker along with your dominant leg (the one you'll use to kick) behind you. Then with all the speed and power, engaging your hip muscles and quads, kick your leg straight out, leaning slightly behind to ensure a balance. If the attacker is closer, you'll use your knee to attack the groin.

#### 3) *Ear Slap*

Retaining a surprise element is essential to successfully tackling the attacker with a ringing ear slap! When confronted, open your palms at the side of your waist and distract the offender with an issue like 'What does one want?' or 'What did I do?'. Then in a very swift move, cup your hand and slam your palms into the opponent's ears. A well-placed ear slap is sufficient to knock out or disorient the attacker, providing you with time to settle on between fight or flight.

#### 4) *Wrist Release*

When an attacker grabs your wrist and tries to drag you, don't resist the grip. Rather, you'll be able to become independent from the hold in one simple movement: Step one than the road of attack and trap the attacker's hand by a rotational switch placing your fingers over his wrist, locking the wrist, then twisting the opponent's arm, followed by an elbow spiral. The movement requires no power on your part. You don't must be stronger than your attacker.

#### *Safety tips to avoid a confrontation:*

1. Stay in well-lit areas. If you park during the daytime, consider what the area will seem like once you return at night time. Ensure there's ample lighting.
2. It's handy to connect a whistle to your keychain to frighten potential attackers and obtain help quickly.

3. Ensure your cellular phone is charged for emergency calls.
4. See who's at the door before you open it. Look around a window or a keyhole to create sure it's safe.
5. Wear your jacket over your purse, so your valuables are less exposed.

#### *Notable Organizations and Movements Started by Women: Blank Noise*

The most effective self-defence strategies and techniques work equally well for men and girls, but let's face it: Women really want them because they're assaulted more often than men. Statistics indicate that one in three women are the victim of some form of violent attack in her lifetime. Women also endure more incidents of verbal and harassment. Although most women's self-defence courses specialise in skills for quickly and efficiently destroying an attacker, self-defence training also should include methods for preventing a confrontation from turning physical within the first place. Learning the way to steer removed from a threat might not sound as exciting as ripping out an attacker's heart, but as they are saying in every beginner's class, evading an attack is nearly always superior to blocking an attack.

#### 1) *Trust Your Instincts*

Too many ladies enrol in a very self-defence class after they have been assaulted. Once they recount the incident, they often say the identical thing: "I had this bad feeling, but I told myself to not be paranoid," or "I knew I shouldn't have gone, but I didn't want to harm his feelings."

If something doesn't feel right, it probably isn't safe — that is the bottom line. Many ladies are been conditioned to ignore the small voice that tells them trouble is coming. Your instinct is that the best detector of danger. The following time you hear that small voice, hear to what it's saying.

#### 2) *Practice Target Denial*

Don't make yourself an accessible target. The result of a battle is usually determined before the primary blow is struck. Once you have the chance to flee from a situation before it turns bad, take it.

If an approaching person gives you the creeps, walk to the opposite side of the road. If an elevator door opens and also the guy standing inside makes the hair on the rear of your neck rise, anticipate the subsequent elevator. Those actions aren't cowardly; rather, they seem to be a smart thanks to eliminate danger.

#### 3) *Present Yourself Confidently*

Be aware of the message your body sends to those around you. Like animals, human predators target those they consider the weakest or most vulnerable. Attackers explore for women who appear frightened, confused or distracted. They give the impression of being for ladies who walk with their head down and their hands stuffed in their pockets, or perhaps one who's overburdened with packages or distracted by children.

Remember that attackers don't want to bait a fight; they require a simple mark. By walking confidently and awareness looking around and keeping your back and shoulders back you'll dramatically reduce the likelihood of becoming a target within the first place.

#### 4) *Set Strong Verbal Boundaries*

Good verbal skills are a good self-defence tool, one you're likely to use more frequently and successfully than any physical technique. When a predator engages you in conversation, he's actually "interviewing" you to work out if you'll make an honest victim. An experienced attacker is practiced at using his words to freeze you with fear, thus reducing the possibility that you are going to attempt to defend yourself.

Although an aggressive verbal confrontation is terrifying, you have got to be strong enough to point out the attacker he's picked the incorrect victim. If you stand tall, remain calm and respond confidently and assertively, you'll likely "fail" his interview. The facility of your voice alone can cause him to hunt a neater target.

#### 5) *Maintain A Non-Confrontational Stance*

In a self-defence situation, one in all your secret weapons is that the element of surprise. Most predators feel confident that you just won't defend yourself, and you ought to maximize that misconception. If you assume a martial arts stance, it immediately tells the attacker that you simply understand how to fight. In response, he's likely to be more aggressive.

Instead, use a confident, relaxed stance during which your hips and shoulders are forward, your arms are bent, and your hands are up and open. This conciliatory posture may mislead the attacker into thinking you're willing to comply. If it becomes necessary for you to strike, he probably won't be prepared for it.

#### 6) *Keep A Secure Distance*

Everyone encompasses a temperature or a personal space. When an aggressor enters that zone, you're uncomfortable because you recognize you'd need that space if you had to fight back. When you're in an adrenalized state, you would like 1/4 of a second to react to an assault. This "reactionary gap" should be anticipated once you give some thoughts to your temperature.

You should attempt to maintain approximately one to one-and-a-half arm lengths between yourself and therefore the aggressor. If he starts closing in, you would like to use verbal boundaries. If he still doesn't backpedal, it is time to urge physical.

#### 7) *Use The Element of Surprise*

Most predators assume you cannot defend yourself. Therefore, you ought to profit of the element of surprise. If you're engaged in a very conversation, you've got the chance to use verbal skills and a non-confrontational stance to entice the aggressor into dropping his guard. If you're grabbed from behind, you need to respond immediately. In either case, putting up a fight can surprise him and increase your chance of landing the primary blow.

#### 8) *Keep Your Techniques Simple*

One of the most effects of an adrenaline release is that the loss of fine motor skills which means simple gestures like unlacing your fingers or pulling your hands out of your pockets can become far more challenging and therefore the odds of your executing an attractive joint lock or high kick rapidly dwindle.

No matter which self defence you practice, learn techniques that are basic and keep on with them in an exceedingly self-

defence scenario. Also like to recommend the following:

- Heel-palm strike. Hitting with an open hand reduces the prospect that you are going to injure your hand and enables you to more easily attack from a non-confrontational stance during which you're holding your hands up and open while you set verbal boundaries. Then, if your attacker steps into your temperature - bang! - he gets it right within the face.
- Eye strike. The attention strike will be employed in a standing or prone position. Often, simply driving your fingers toward your assailant's eyes will cause him to recoil. Whether or not you do not make contact, it creates space to line up a more devastating blow.
- Knee strike. This method is usually recommended over any kind of standing kick because it's easy to use and many be delivered while you stay cantered and close to the ground - which is crucial when you're adrenalized. A knee to the groin can end a fight immediately.

#### 9) *Don't Panic If You're Knocked Down*

More often than not, women find them self on the bottom when they're assaulted. The nice news is that the majority assailants aren't skilled ground fighters; they're bullies who are wont to knocking women down and forcing them to comply. Remember that the heel-palm strike and eye strike work well on the bottom. It is a good idea to process some kicks that job there, as well.

In particular, the side thrust kick functions during a sort of scenarios. If you're on the bottom and your assailant is standing, it gives you a bonus because your legs are longer than his arms which means he'll need to expose his body to your kick if he wants to achieve you.

Knee strikes also function effectively on the bottom. While you struggle along with your attacker, he probably won't protect his groin. Once you see a gap, get close enough to strike upward into his crotch.

#### 10) *Follow Through*

The fight isn't over until the threat now not exists. Therefore, you need to be 110-percent committed to the battle. If you fight back so pause, you hand over the initial advantage you gained from using the element of surprise.

Once your opponent knows you'll fight, it becomes tougher for you to prevail. To survive, you want to continue your barrage until it's safe to stop striking and escape.

Self-defence, especially for girls, is of utmost importance within the responsibility the globe we sleep in today. Women, usually referred because the weaker sex, are considered easier targets. During a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defence for ladies has become a necessity quite ever.

## 2. Society's Approach towards Crime against Women

Rape, molestation, kidnapping and murder are the foremost common kinds of crime against women in India. The ladies in India are at risk of acid attacks and eve-teasing. The mindset of the people, including the victim and therefore the spectator, is

to ignore and just let it go. But, what we, because the responsible citizens of an independent country, fail to grasp is that these instances of harassment can flare up into other bigger heinous crimes against women which is when the importance of learning self-defence techniques for girls is felt.

Various studies have shown that the criminals tend to decide on their targets after they (the potential victim) are unaware of the environment. Hence, it's time that every woman became vigilant and totally aware to the environment.

The women should bear in mind of the strategies to be adopted under different adverse circumstances. As an example, if you're alone at home during such an attack, you ought to hurriedly run to kitchen to seek out seasoning and knives to use them as weapons.

Here is that the list of possible measures that ladies should fancy to safely steer faraway from danger:

1. Note the number of the cab when travelling alone.
2. Enroll themselves for self-defence classes and learn several techniques to physically fight the attacker.
3. Choose trainings in basic karate, kickboxing, Israeli krav-maga, and traditional stick fighting (using lathi).
4. Institutes in India Developing Awareness for Self-defence Among Women.

### 3. Some Quick Tips & Tricks for Self-defence

Pretend to be submissive initially and fight back when the attacker is off-guard. Stay fit enough to run fast. Keep a check when walking on the road to avoid groping or chain-snatching from behind. Keep your purse to your front and walk paying full attention around. Try avoiding high-heeled footwear once you must walk a protected distance and in unknown territories. Say out 'STOP' in a very loud and aggressive voice when need be but avoid using swear words or threats. Though the self-defence training may not be easily available everywhere, women can conjure for this by being updated about the gender

violence issues across newspapers, television and magazines. Also, the ladies in smaller cities can learn self-defence techniques from websites which have proper training content and tutorials.

### 4. Conclusion

Thus, we will say that on the one hand, self-defence techniques give us confidence and on the opposite hand, it helps us within the situation of danger. That's why today the training of self-defence is being conducted by various organizations, NGOs and Schools, this technology is providing to be beneficial in ensuring the security of all. Keeping in view the present situation, there is a need to further promote the expansion of self-training which can bring confidence in girls and protect themselves from danger.

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