

# International Council For Industrial Security & Safety Management



**Newsletter: September 2012**

*Let's professionalize the professionals...*

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## Why Sexual Assault?



Business out-sourcing has become the harbinger of economic changes in India! It has also changed the Indian society! With those nocturnal office hours and disposable income, the youngster's zeal to spend the money on having good time has created a cultural imbalance where one half has taken naturally the western concepts of 'dating' and 'living-in' and remaining other half is yet to accept these as part of social norms.

The allied problem is that liberal behavior of a partner is often misunderstood as consent. It also is male chauvinistic approach that before consent a woman must resist and bit of force is part of the consequent agreement! Alas! Both are farther from the truth. The sharp increase in the number of sexual assaults reported amply proves this fact.

Some people have the wrong idea about sexual assault. They think the assailant was overcome with sexual desire, the victim was dressed too seductively or "asked for it", or that all victims wanted sexual contact!

These ideas assume that sexual assault is motivated by passion. It isn't. Sexual assault is a violent crime, a hostile attack, an attempt to hurt and humiliate. Sex is only the weapon! Motive is to hurt – physically and mentally. The body scars take some time to heal but psychological scars take years may be the life time!

**Capt S B Tyagi, FISM, CSC  
For ICISS**

# Facts about Sexual Assaults



Sexual assault is a crime, and it occurs with increasing frequency, but remains the most under-reported crime. There is a rape victim every sixteen minutes.

A woman is beaten every 18 seconds; three to four million are battered every year. Three out of four women will be the victims of at least one violent crime during their lifetime.

These statistics are repeated, in countries worldwide. Sexual assault awareness is based on environmental alertness.

Remember, alcohol dulls your reflexes. When uncomfortable, trust your instincts!

## Anyone can be a victim.

In over one-half of reported rapes, the rapist is an acquaintance, neighbor, friend or relative. Acquaintance rape is less likely to be reported to the authorities than rape by a stranger. Acquaintance rape frequently occurs under circumstances where the victim, the attacker or both have been drinking or are intoxicated. The victim of an acquaintance rape may not recognize it as a crime or consider the incident as a rape.

## The Victim:

You are a victim of a crime if you have had unwanted sexual contact. Sexual assault is no less serious just because you know your assailant. Previous sexual contact with your assailant does not justify or excuse the crime. If you think sexual assault is motivated by passion or happens because the victim asked for or wanted it, look at the facts. Sexual assault can happen to anyone - you, your children, co-workers or friends, or other members of your family.

## The Situation:

Perhaps you think sexual assault happens only in certain high-risk situations such as hitchhiking, walking alone at night, or going out socially alone. It's true that sexual assault can occur in such situations, but it also takes place in ordinary, seemingly safe places. In fact, about one-third of all rapes occur in or near the victim's residence. About one-half of rapes are by first or casual dates or romantic acquaintances.



## The Rapist:

Imagine a typical rapist. Whom do you picture? A sex-crazed man? A psychopath? More often than not, those stereotypes are wrong. Most rapists don't look peculiar or behave strangely. Mainly, they want to hurt, humiliate and degrade another human being. Rapists are not sexually deprived men; most have available sexual outlets. In addition, many are married and lead normal lives prior to conviction and often come from the same socioeconomic background as their victims. Rapists may be repeaters and may continue to rape until they are caught.

## The Crime:

"I thought I could trust him; I thought he was my friend. I started feeling uncomfortable, but I ignored my feelings. I thought he would never do anything to hurt me. Suddenly, he was a stranger. He was doing something I never thought he would be capable of - my friend was raping me." Donna - 20-year old acquaintance rape survivor.

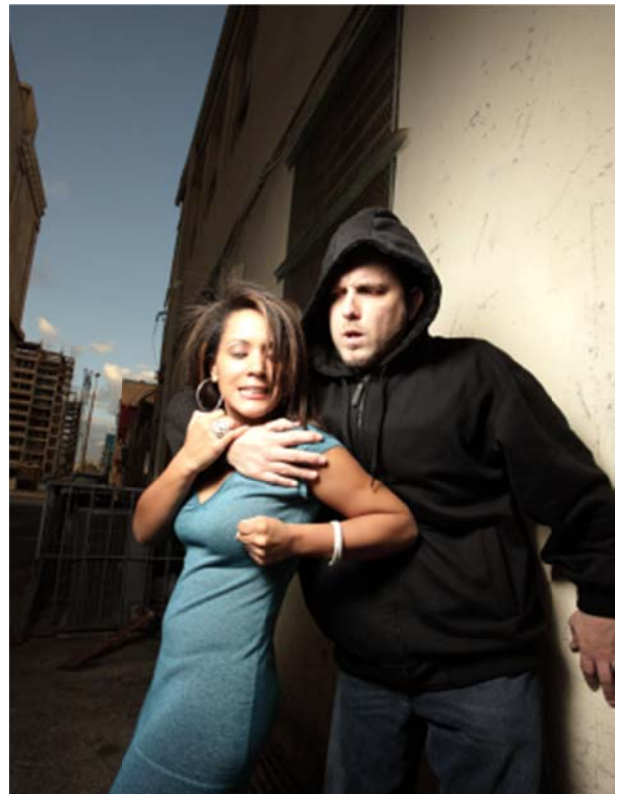
# Increasing Your Safety Factors

## Be Alert When With Acquaintances

Find out about new friends or acquaintances. Ask others who know or have dated the person. Date with friends before accepting a single date. Make definite plans in advance. Don't leave a group setting with a person you don't know well.

**Set sexual limits.** And communicate those limits. Tell your partner clearly what you intend. Establish that any sexual activity will be a mutual decision. Speak up if you're getting confusing messages from your partner. Be forceful and firm; don't worry about being polite. Don't fall for lines such as "You would if you loved me." Consider or practice approaches such as "Stop this! I'm not enjoying it." Pay your own way or share costs to avoid arguments such as "You owe me - I spent all this money on you." Beware of partners who disregard your requests.

**Be assertive.** State what you really want and are feeling. Remember, alcohol and other drugs compromise your ability to make decisions. When you say "no", make your message clear. When you say "yes", be sure you know what you're agreeing to. Don't be embarrassed to yell, make a scene or run away. Don't worry about offending your partner; remember, you are being humiliated. If you are uncomfortable with a date, you can choose to end it. Take your own vehicle or meet at the destination. Carry money for a phone call or fare home.





### Take care of yourself.

Don't assume other people will take care of you or protect you from harm. Avoid parties where men greatly outnumber women. Don't accept rides from newly made acquaintances. Be careful when inviting someone to your residence or accepting an invitation to theirs. Avoid secluded places where you are put in a vulnerable position. Acquaintance rapes often occur in a residence.

### Trust Your Instincts.

Believe your inner feelings when you get uncomfortable about a person or situation. Respond as soon as you feel uncomfortable!

### Know Your Defenses.

Anyone can be a victim of sexual assault. You should think about the kinds of defense you would be willing to use. In some cases, resistance can frighten off or discourage the attacker, but it can also lead a rapist to become more violent or increase efforts to subdue the victim.

Now is the time to consider your options; there is little time to think during an attack. Could you really hurt an acquaintance who tried to hurt you? Are you willing to yell? Are you able to run? Remember, rape is a crime of violence, not passion. You've got to assume that a rapist is willing to use violence. If you are attacked, your main concern must always be your safety.

Because all people and all situations are different, there is no ONE way for you to protect yourself. People have different capabilities, and you must decide for yourself the best defense method for you.

## There are several ways to react to a sexual assault...

### Passive Resistance

The goal of passive resistance is to think and talk your way out of the situation. With passive resistance, you can:

- Try to calm the attacker. Try to persuade him not to carry out the attack.
- Claim to be sick or pregnant. Tell him you have a sexually transmitted disease. This may intimidate the attacker.
- Try to discourage him. Pretend to faint, cry hysterically, act insane or mentally incapacitated.
- If you're at your residence, tell the attacker a friend is coming over or that your spouse or roommate will be back soon.



## Active Resistance

Active resistance is intended to distract or temporarily injure your attacker to create an opportunity for escape. Nobody can tell you whether or not active resistance will be the "right" thing to do. A decision to resist actively, however, is irreversible. Your goal is to escape, not to win. Here are some pros and cons regarding the most common types of active resistance:

- **Yelling:**  
It can surprise or frighten an attacker away if he fears people will come to help. But yelling won't help in isolated or noisy areas.
- **Struggling and fighting back:**  
A forceful struggle may also discourage an attacker, but most will retaliate and have the potential to inflict serious injuries. However, you must not be afraid to hurt an attacker. All kicks and blows must be forceful and should be aimed at vulnerable areas such as the groin, eyes, or instep.
- **Martial arts:**  
Special self-defense skills such as judo or karate are popular. If you are proficient in such techniques, they can be very effective. But proficiency requires practice.
- **Weapons:**  
Some people carry weapons such as guns, knives, or spray chemicals to ward off attackers. Unless you are trained and not afraid to use these weapons, they can be very dangerous. The attacker might be able to turn them against you. Also, some weapons cannot legally be carried, so check with local law enforcement authorities.



## Submitting to an Attack?

If you believe you might get severely hurt defending yourself or if you're afraid to fight back, don't. Sexual assault is still an assault and still a crime, even if you do not have a single cut or bruise. Victims who do not resist should never feel guilty; it is the assailant who committed the crime.

- If attacked, escape
- If trapped, stay alive
- If assaulted, memorize details

## Sexual Assault Criminals Act like Predators



Criminals are, for the majority of them, predators. They behave like a predator. They stalk and hunt like a predator. They will attack like a predator. To understand them one simply needs to look at their counterparts in the wild.

When a wolf, lion, or any other animal hunts its prey it usually follows a set routine of habits. Granted, a lot of predators hunt in packs (such as the before mentioned wolf) the habits will

basically remain the same.

### Choosing the prey

A predator will spend quite a bit of time watching a heard. It will not choose the biggest and strongest of the heard. It will set its sights on one that is young, inexperienced, weak, or even old. A single hunter has a much better chance of making a kill if it has the advantage. The same is true for the human predator. This is especially true of a sexual predator.

How do you defend against this? Quite simply it's your body language. A lot of it has to do with how you carry yourself. If you walked slumped over, eyes downward, you appear to be afraid. This shows weakness and just as a lion can sense it, so can a human.

Walk and carry yourself with a sense of confidence. Look at people. If you can't bring yourself to look them in the eyes, look just over their heads. From a short distance it appears that you are looking them in their eyes.

### Separating the prey

Once the predator has chosen its victim it will attempt to separate it from the rest of the heard. It is very important that you attempt to keep yourself near people. If you are with a group, stay with the group. This is especially true if you are in an unfamiliar place.

Do not venture off alone to the restroom, out to your car, or out of the building with someone you don't know. I have always heard guys make fun of women for going to the bathroom in a public place in a group. They can laugh all they want. This is a natural instinct and is probably one of your best self-defense tools.

If you are not with a group, stay near other people. Do your best to avoid places that are devoid of people. Side streets, alleys, empty parking garages are just a few examples. These are places where the predator knows that you have little or no chance of anyone hearing your cries for help if you are attacked.

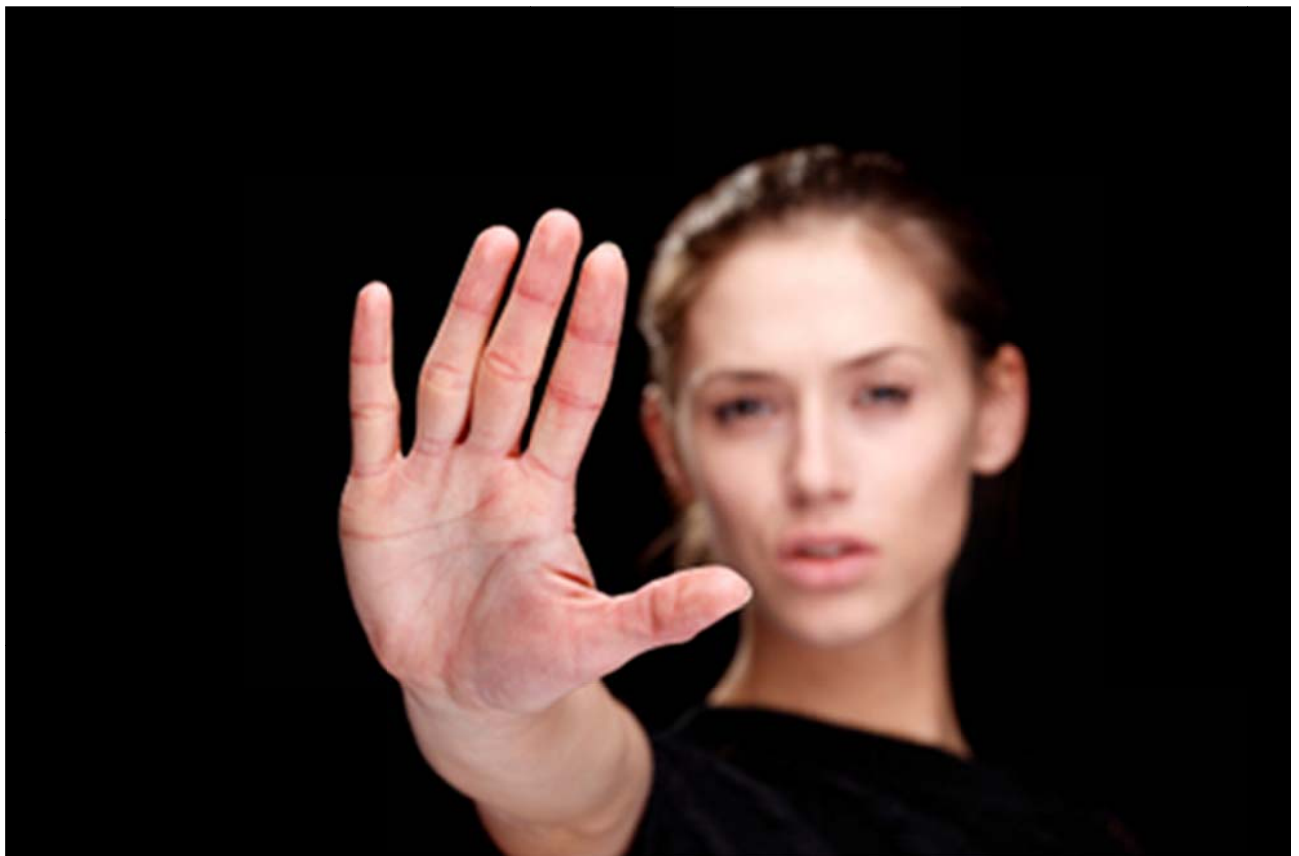
## Moving the prey to another location

Many times after a predator has brought down its prey it will move it to another location in order to consume it in peace without being disturbed. With human predators Law Enforcement calls this the Primary Crime Scene and the Secondary Crime Scene. A person may be attacked in one place. Once the victim is subdued the attacker will then move them to another location where they are a little freer to carry out whatever intentions they have.

If you are attacked in a restroom, a parking lot, or other public place it is a sure bet that the attacker will attempt to move you away from people and help. It is important that you fight and do everything in your power to keep this from happening. Try to fight off your attacker and make as much of a disturbance as you can when the attack first begins to draw attention to yourself. Yell. Scream. Run. Fight!

## Returning to the prey

Should you be attacked and the assailant departs the area you need to GET OUT of there as fast as you can. Predators in the wild may get distracted and leave their prey. They may have their fill and walk away. Many times they will return to the prey to finish what they started. Your attacker may leave. After he has gone many times he will begin to think. The adrenaline rush is done and his mind may clear a bit. If he has left you he may think "She can identify me". Or he could decide that he wants more. At any rate many times the attacker will return to the prey.





# The Massive Black Outs in India

## Col N N Bhatia (Veteran)



The author is army veteran having more than three decades of colorful service in various command and staff functions. He also had a very long and mentionable tenure with Intelligence Bureau where he was associated in inspection and audits of industrial security measures undertaken by PSU and government establishments.

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The recent massive black-outs left 670 million Indians without power for two days. Roads were gridlocked, coal miners were trapped underground, hospitals had been plunged into darkness and millions of train passengers were stranded after grids supplying electricity to half of India's 1.2 billion people collapsed on both 30<sup>th</sup> and 31<sup>st</sup> July 2012 for two days at a stretch. Stretching from Assam, near China, to the Himalayas and the northwestern deserts of Rajasthan, the outage was the worst to hit India in more than a decade and embarrassed the government, which has failed to build up enough power capacity to meet soaring demand.

"Even before we could figure out the reason for yesterday's (30<sup>th</sup> July) failure, we had more grid failures the next on 31<sup>st</sup> July)," said R. N. Nayak, Chairman of the state-run Power Grid Corporation. By the afternoon rush-hour, only about 40 percent of power was back up and streets were clogged with commuters trying to get home.

By nightfall, power was back up in the humid capital, New Delhi and much of the north, but a senior official said only a third was restored in the rural state of Uttar Pradesh, itself home to more people than Brazil.

It's certainly shameful. Power is a very basic amenity and situations like these should not occur," said Unnayan Amitabh,

19, an intern with HSBC bank in New Delhi, as he was giving up on the underground train system and flagging down an auto-rickshaw to get home. They talk about big ticket reforms but can't get something as essential as power supply right said another disgusted citizen.



**Traffic Jams in the Capital after the power failure**



Hundreds of millions of people across India were left without power on these two days in one of the world's worst blackouts, trapping miners, stranding train travelers and plunging hospitals into darkness when grids collapsed for the second time in two days.

The cuts in such a widespread area of the world's second most populous nation appeared to be one of the biggest in history, and hurt Indians' pride as the country seeks to emerge as a major force on the international stage.

Train stations in Kolkata were swamped and traffic jammed the streets after government offices closed early in the dilapidated coastal city of 5 million people. The power failed in some major city hospitals and office buildings had to fire up diesel generators.



**Not a candle light dinner BUT a candle light hair cut!**

The Metro services came to grinding halt and many commuters were struck in 300 trains halting in between the stations with air-conditioning stopped. Some passengers panicked as power controlled automatic doors could not be opened. By mid-evening, services had been restored on the New Delhi metro system. Two hundred miners were stranded in three deep coal shafts in the state of West Bengal when their electric elevators stopped working.

India was forced to buy extra power from the tiny neighboring kingdom of Bhutan to help it recover from a blackout that hit more than 300 million people. Indians took to social networking sites to ridicule the United Progressive Alliance (UPA) government, in part for promoting Shinde despite the power cuts.

### **What was the reason?**

Power Minister Sushil Kumar Shinde blamed the system collapse on some states drawing more than their share of electricity from the over-burdened grid, but Uttar Pradesh's top civil servant for energy said outdated transmission lines were at fault. Asia's third-largest economy suffers a peak-hour power deficit of about 10 percent, dragging on economic growth.

What was the reason of Massive Power blackout in India? Was UP at the heart of the power crisis that plunged 600 million people across the country into darkness? Even as the central government and experts poured over the possible reasons, power officials in the state denied any blame. But as an expert on Industrial Security, I could not rule out the cyber sabotage angle.

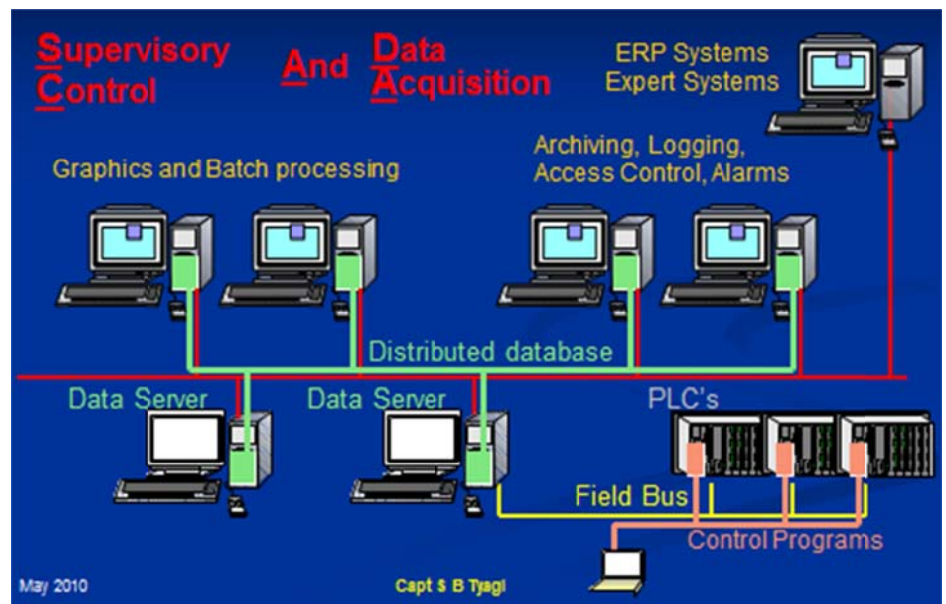
## Was it sabotage?

There is cyber war going on between Iran and a few other countries. Chinese are known officially hacking sensitive sites world over. Pakistan, North Korea and many countries world over are indulging in bloodless hidden cyber war against their adversaries. It all started two years back with Stuxnet, considered the most sophisticated computer virus ever and virtually world's first weapon of mass destruction. It is like a laser guided missile and comparing it with older virus like Trojan horse and Time Bomb seems comparing nuclear bomb with a crude bomb. Cyber experts point finger towards the US and Israel in developing this malicious program with a single purpose of sabotaging nuclear installations of Iran.

IT experts feel there are numerous versions of the Stuxnet like Duqu and Flame that are difficult to control as not all under the control of people who created them. Computer Emergency response Team for India (CERT-IN) had issued alert against these viruses two years back but by then it was too late as more than 80,000 computers were infected with this virus in India. Giving us dubious distinction of the third most infected country with this virus and country has suffered unlimited losses and many cyber criminals are trying to take over control of these viruses.

While investigation are on to pin point the cause of the world's largest black out, possibility of the Chinese / Pakistani nexus to hit India's economy and prestige secretly cannot be ruled out. Cyber warfare is like chemical and biological warfare that are not confined to geographical boundaries. Our vital installations like power, oil, nuclear facilities, defense etc. can be targeted at will in large scale. The US Defense Advanced Project Agency (DARPA) that was involved in creation of the Internet finds itself unable to cope with hacking. The “**Shadows**” investigators as well as “the Dark Visitor” a blog that researches Chinese hacking activities have concluded that these originate from Chengdu University of Electronic Science and Technology that has leashed cyber war world over.

Therefore, the **SCADA (Supervisory Control and Data Acquisition)** also called **Industrial Control Systems (ICS)** can be hacked easily to put country like India adversely in the world's eyes as soft state and down grade its economy. We need to develop counter measures and our experts know what these are and Government's will should not be lacking to implement them.



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