

# International Council For Industrial Security & Safety Management



**Newsletter: February 2012**

*Let's professionalize the professionals...*



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.



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 socio-economic background as their victims. Rapists may be repeaters and may continue to rape until they are caught.

**Capt S B Tyagi**  
**For ICISS**



**International Council For Security & Safety Management**

Pinkerton CRM India, International Council For Security & Safety Management (ICISS) and FICCI have launched India Risk Survey 2013. The esteemed members of ICISS and the readers of its newsletters will be happy to note that ICISS is helping and supporting this survey. The survey is an attempt to recognize possible risk factors while operating in India. The end result of this survey will also be shared with Indian government that will be eventually referred to formulate regulations, critical policy enhancements and strategic decision for commercial organizations. The previous survey results were effectively used by many organizations world over to learn about risk dynamics in India. We value a professional like our readers of the newsletter and members of ICISS and are very keen to get your expert comments through the survey. You can fill the survey by clicking this link:

<http://risk.pinkertonindia.com/irs2013/>.

Alternately the survey form can be downloaded from their portal ([www.pinkertonindia.com](http://www.pinkertonindia.com)) and filled as a hard copy. The report will be presented along with discussion by experts in March 2013 at FICCI, Federation house in Delhi, India. We would be glad to share a complimentary copy of the report with you. To provide an idea on the final report we are attaching IRS 2012 Report with this mail.

# Sexual Assault Criminals Act like Predators

Sexual assault is a crime, which 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! 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. We 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.



# rape escape

## Women's Self-Defense

### Self-defense Principles

- Stay aware of people in your surroundings
- Stay with people, go to people
- Keep a barrier between you and the bad guy
- Attract attention
- Control his hips and his hands
- Use your strongest weapons against his weakest targets

#### 1. Stay aware of people in your surroundings.

Not surprisingly, criminals exhibit predatory behavior in preparing to attack. They will try to pick a casual location to look for their prey. They will look at their intended victim far more and for longer periods of time than social norms. They will move when the prey moves. They will stop and look around for witnesses. They will often make several passes by the prey in a sort of 'dry run', seeing if the victim will react or to get a sense of how the attack might work. Pay attention! Who is looking at you? Has the same person or car passed by you twice? Does someone appear to be moving with you?

#### 2. Stay with people, go to people.

Do not ever let yourself be taken somewhere. Cops call it the "secondary crime scene" and most of the time it will be where your worst nightmare resides. If you are approached in a public place do not get in a vehicle with him. Do not walk around the building to the alley -- STAY where others can see you. His worst fear is the fear of getting caught, so you should drop to the ground if you need to in order to prevent him from carrying you away. On the other hand, if you are in your house or another location that is private, you need to GO to people. His worst fear is the fear of getting caught -- run out the door to a neighbor's. Crawl out a window onto the roof. Drive your car up to a diner or convenience store. Go where there are lights and others.

#### 3. Keep a barrier between you and the bad guy.

Use a barrier to block him or use distance to gain time. Keep your doors locked. Stay in your car! Force him to get through a barrier before he can get to you. Use a barrier of pepper spray. The more difficult you make it, the more time it takes him and that means he might be discovered.

#### 4. Attract attention.

The first thing he will say to you is "don't scream or I'll kill you". He's telling you exactly what will ruin his plan. Go ahead, ruin his plan -- create a disturbance, scream, throw things, blow the horn. If you think you should yell "fire" go right ahead. You can't count on others coming to your aid, but you want to appeal to his fear of getting caught and make him think that someone could hear you and be coming.

#### 5. Control his hips and his hands.

This might sound strange if you've not gone through the Rape Escape course, but the concept works. Control his hips to prevent penetration. If you can get your feet on his hips you can



control the distance between the two of you. His hands are the weapons he will use against you. He will hit you, slap you, stab you or shoot you, but he has to use his hands to do the damage.

#### **6. Use your strongest weapons against his weakest targets.**

His weakest targets are those that are most valuable, yet ironically, cannot be entirely strengthened. His eyes, throat, groin and knees are your primary targets. Your secondary targets are his face and his abdomen. Strong weapons that you can employ are your kicks using the bottom of your feet, your elbows, hammer-fists and palm heel strikes.

#### **Technology to the Rescue - Mobile Apps for Women Safety**

With mobile phones having become such inseparable part of our lives, women can definitely make good use of technology to use their mobile phones as an SOS tool in case of emergencies. There are some easily downloadable apps available that can help enhance the safety and security of women, everywhere and every time.

- FightBack makes use of GPS, SMS, location maps, GPRS, e-mail and your Facebook account to send SOS alerts to a pre-defined list of emergency mobile numbers in case of any emergency.
- EyeWatch has some additional features. Free fall activation means the application gets activated by itself when mobile phone drops (dropping a mobile is a common occurrence in emergency situations). The inbuilt audio/video/image support enables the application to even send the images, videos and sound bites along with the location in SOS alerts.
- 'I Am Safe' can notify well-wishers and the nearest police station just by the press of a button in case of emergencies. The app also lets your family members or friends track if you're travelling in a cab in the right direction.



### **DISASTER MANAGEMENT PLAN FOR PRUDENT WIVES**

**Every human being has an expiry date - however all of us forget this!**

**By: Col Atul Tyagi, Veteran**

It is very unfortunate that worldwide, even highly qualified ladies and those in high positions have little knowledge or interest in financial and property matters. They love to be wholly dependent on their male folks i.e. parents / husband/son etc. Even if someone tries to educate/inform them on these subjects, they shrug them off with the remark - this is a man's job - why should I worry!

The experience of most Indian women who are confronted with sudden widowhood is sad. The absence of a support system makes the task of the Indian widow an onerous one. This note has been prepared in the hope that every married man will take certain actions, which would considerably mitigate the hardship that his wife (Widow) would have to undergo in the event of his sudden death.

Likewise, every married woman should be encouraged to take proactive measures to secure her future in the contingency of widowhood. In any case, ladies live five years longer than their partners.

Preparing for a tragedy is perhaps one of the most important steps in financial planning a wife (in fact anyone) can take. Thinking ahead to protect yourself and your children in the event of a disaster may be emotionally difficult, but it need not take a great deal of time, and you could someday thank your stars (or husband) for having made the effort.

### **Step 1: Will power**

Convince your husband to write and register will In Spouse's Favor

You and your spouse should make out separate WILLS and get them registered. In DELHI getting a will registered only costs Rs 600 only. It's a myth that people in their late 20s and early 30s are too young to worry about a WILL. Indeed, dependents of this age group suffers most and most of the young victims die intestate, that is, without executing a Will. The absence of a WILL makes the process of recovery for the bereaved family lengthier and more complicated, and may entangle it in court cases.

It's also a myth that you need to have a substantial amount of money and assets, including immovable property, to make a will. If you fail to make your Registered Will, your property will be distributed among your legal heirs in accordance with the personal law applicable to you. In the case of an intestate (those who fail to make a WILL) Hindu male in India, the legal heirs include his mother, widow and children.

Legally speaking, there is no difference between a registered and an unregistered WILL. However, all Offices in India like Municipal Corporation, LIC, Transport Department, Jal Board, Electricity Company, Insurance Company, Bank etc. insist on a registered will. Also, if one goes by experience, there are lesser chances of people going to courts to contest a registered will because it costs lot of money and efforts

It is essential that a copy of your Will should be available with your spouse who should be able to easily locate it in the event of your death.

*In case of joint property / flat of husband and wife, each must write and register their wills in favor of each other.*

### **Step II: Buying Term Insurance for self and husband**

Convince your husband the need for buying term insurance equivalent to 10 years' salary & increasing the amount with rising salary & inflation.

Life Insurance is meant to provide the dependents of the policyholder with enough money to replace his income in case he dies. It must take care of the basic expenditure that your family will incur, major expenses like monthly expenses, marriage of children and other liabilities like

loans etc. Term Insurance should cover till at least your employment period that is now 65 years.

Only now, Indians have started going in for TERM INSURANCE. Problem is that though the premium is very low, but like medical and car insurance, there is no pay back at the end of the term of insurance. It lapses. It is the reason very few Indians go for this insurance.

### **Step III: Collecting Important Records**

Step three in your disaster management plan costs nothing but managing records and time. You and your husband should gather all your important records, a copy of the will and information about where the original will is kept, bank account numbers, safe deposit lockers, insurance policies, Provident Fund and Public Provident Fund details, nominees and the like and keep them in a safe place, but definitely not at your work place.

The following is an illustrative list of important records ladies should have/know when husband is alive:

Immovable property: original Purchase Deed of the house or flat; if on Power of Attorney, the original POA; original documents given by DDA/ Housing Agency to the original allottee, allotment letter, payment receipts, particularly of the last payment, possession letter, letter of physical handing over of house/ flat, registered WILL of the original allottee, sale deed, special and general power of attorney, bank Saving Bank and FD numbers, Bank Accounts In Either or Survivor Mode, Post Office Schemes, NSS, NSCC, cheque books, Bank address, Pension papers, Provident Fund nomination form, PPF pass book with spouse as nominee, Pan Number, Election Card, Passport Numbers with date of issue and renewal date and place from where issued - Note renewal date Mutual funds , Electricity , Water, Municipal File of property, Medical Insurance and date of annual renewal, Insurance Papers, Car documents, etc.

Also keep separately copies of property documents duly notarized at other place so that in case original and lost/misplaced, for getting copies of original same from authorities.

Kindly understand in details from your husband about above matters. Also, as and when husband goes to such offices for some work, if possible, kindly go with him. It will make your task easier in unfortunate case of your becoming widow. In respect of property on rent, the original lease deed and related document should be available.

[A word of caution – never give your original documents of title of property, Registered Will or their photocopies to anyone.]

### **Step IV: Keeping Records updated**

You should update your records and files every month or quarterly so that you are not confronted with unpleasant surprises. If you have opened a bank account, or subscribed to a provident fund, or a life insurance policy before marriage, do remember to change your nominee as your spouse. Ensure that in all your investments, either these are held jointly or the beneficiary/ nominee is spouse.

### **Step V: Identify a Friend in Need**

Write down the name of person(s), who will be helpful to your spouse in her hour of need because children would leave for their destinations after fourth day.

## Step VI: Responsibility of Husband

It is the responsibility of every husband to make his WIFE financially educated meaning thereby that she has as the ability to make informed judgment and take effective action regarding management of money across the entire cycle of saving, spending, investing, budgeting, property buying, etc.

The motivation behind disaster management planning is the desire to help the surviving partner cope with the loss and go on with the business of living.

# Citizens need not be cowards

## Apex Court lays down 10 Point Guideline for Self-Defence

At a time when terrorism and mafia pose a grave security threat to India, the Supreme Court has given a pro-active meaning to the 'right to self-defence' and said the law does not require a law-abiding citizen to behave like a coward when confronted with an imminent unlawful aggression. Nothing is more degrading to the human spirit than to run away in the face of danger, said a bench comprising Justices Dalveer Bhandari and A K Ganguly. The bench laid down a 10point guideline on right to self-defence, under which a person cannot be accused of committing a crime even if he inflicted mortal wounds on the aggressor.

But, it warned against using it as a tool to settle scores or enmity. It also did not approve the use of force in excess of what was warranted to avert imminent danger to the life and property of the person exercising the right to self-defense.

"The citizen, as a general rule, are neither expected to run away for safety when faced with grave and imminent danger to their person or property as a result of unlawful aggression, nor are they expected, by use of force, to right the wrong done to them or to punish the wrong doer of commission of offence," said Justice Bhandari writing the judgment for the bench.

"The right of private defense is thus designed to serve a social purpose and deserves to be fostered within the prescribed limits," it said. When can one resort to his right to self-defence? "A mere reasonable apprehension is enough to put the right of self-defence into operation, but it is also settled position of law that a right of self-defence is only right to defend oneself and not to retaliate. It is not a right to take revenge," the bench further said.

Taking a closer look at the SC judgments of the last 50 years, the bench crystallized a 10-point guideline to make a common man understand his right to self-defence and its operation. The main points are:

- Right to self-defence available to only one facing imminent danger.
- Mere reasonable apprehension is enough to put this right into operation



Nothing is more degrading to the human spirit than to run away in the face of danger, an SC Bench said.



- It is unrealistic to expect a person under assault to modulate his defence step by step with any arithmetical exactitude.
- Force used in self-defence ought not to be wholly disproportionate than necessary for protection of self or property.
- Person who is in imminent and reasonable danger of losing his life or limb may in exercise of self-defence inflict any harm even extending to death on his assailant either when the assault is attempted or directly threatened

## **Ladies - Know your rights!**

Courtesy: Maj Pradeep Kumar Laskar [pkl\_13@hotmail.com]

Just thought I'd share this with you. Because many people forget to respect females as well as each other many times. An incident took place in Pune - a young girl was raped by a man posing as a plain clothes officer; he asked her to come to the police station when she and her male friend didn't have a driver's license to show. He sent the boy off to get his license and asked the girl to accompany him to the police station. He took her instead to an isolated area where the horrendous crime was committed. The law [which, most of us are not aware of] clearly states that between 6 pm and 6 am, a woman has the right to REFUSE to go to the Police Station, even if an arrest warrant has been issued against her.

It is a procedural issue that a woman can be arrested between 6 pm and 6 am, ONLY if she is arrested by a woman officer and taken to an ALL WOMEN police station. And if she is arrested by a male officer, it has to be proven that a woman officer was on duty at the time of arrest.

Please share this information to as many girls you know. Also to boys, because this can help them protect their wives, sisters and mothers. It is good for us to know our rights. To what extent it comes of use remains to be seen in any situation. But as they say, knowledge is power! I did not know this and am sure lot of us doesn't? Please be informed.

## **To Wear Or Not To Wear: That Is Not The Question... Helmet Research**

Courtesy: Prof. K. Ganapathy MS (Neuro) MNAMS (Neuro) FACS FICS Ph. D, Secretary of the Asian Australasian Society of Neurological Surgery (the largest continental society of neurosurgeons with 28 countries as its members).

Helmets have not suddenly arrived At least 50 years of research in various fields have led to this development. Helmets have been designed based on cadaver studies, animal experiments, computer simulation studies, biomechanical studies and study of crash injury patterns. Sir Huge Cairns was the first person to understand the role of helmets in preventing severe head injuries and deaths.

### **Helmet passes through four main tests namely -**

1. Shock absorption – Cushioning capabilities of the padding test.
2. Resistance to penetration-to make sure the shell of the helmet is strong.
3. Strength of the retention system-to test the stretching of the chin strap.

4. Rigidity-to test the structural and safety performance. **Most injured motorcyclists who do not wear helmets report that they did not expect to be injured;** yet 40% of the head injury-associated deaths were ascribed to the motorcyclist's loss of control, not, apparently, to some action of the driver of another motor vehicle.
5. Studies have shown that when helmet use is voluntary, it is used by 40-50 %; **when it is compulsory it is almost 100 %;** no other approach has succeeded in raising helmet use to anything close to these levels.

## How is a helmet useful?

- The brain is the only organ in the body with its own safe deposit vault.
- When a major impact occurs, the skull however thick cannot absorb the entire force! The impact only slightly attenuated is still transmitted to the underlying brain. When direct injury occurs, the damages to brain are very serious - often irreversible.
- A helmet considerably increases the thickness of the container. The blow gets absorbed, spreading the impact over a larger region. The intensity at any one point is considerably diminished. The time lag also reduces the ultimate intensity reaching the brain through the helmet, hair, skin, skull and the meninges of the brain.

## Suggestions -

- Please reconsider your decision not to wear helmet.
- Young ladies, please decide to use helmet while you comfortably sit at the back seat. Please take some positive decisions and convince your brothers, husband, friends, father, etc. to use helmet. I am sure you do not bother about your hair-style and use helmet yourself.
- Car drivers, use seat belt, avoid mobile phones while driving.
- Follow all traffic rules, even if someone is not watching you. And do not celebrate when you dodge a traffic man, ultimately we will suffer.
- Please do not try to save some petrol by driving on wrong side to avoid taking a U-Turn some distance away.

## Why use the helmet?

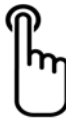


**Notice something in the photograph!  
See the helmet; it is there but not where  
it could have saved the life!**



**Don't talk while he drives**

**Dates to Remember!**



**GLOBAL ENERGY SECURITY  
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## **Food for thought:**

**If it is not already with you, provably it will harm you:  
the information, the technology – in short, 'The  
Edge'!**

**Suggestions & feedback may be sent to us on e-mail: [captstbyagi@yahoo.co.in](mailto:captstbyagi@yahoo.co.in)**

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