

**IMPACT OF SELF DEFENCE TRAINING ON WOMEN**  
**EMPOWERMENT –A STUDY IN GOVERNMENT DEGREE COLLEGE**  
**FOR WOMEN BEGUMPET**



**INTRODUCTION:**

As we look back at ancient times we find that in India there were eminent women philosophers like gargi and maytreyi who were given as much respect as men and participated in discourses and discussions at par with men. In our national freedom movement, the contribution of women has been no less than that of men. Women's education and empowerment play an important role in development of the nation. Our full potential as a nation will only be realized when women who constitute about half of our population can fully realize their potential. Women's empowerment implies equality of opportunity and equity between the genders, ethnic groups, social classes and age groups, strengthening of life chances, collective participation in different spheres of life-cultural, social, political, economic processes.

It is unfortunate that even today social evils like dowry, child marriages, female infanticide, sexual harassment, eve teasing, domestic violence continue to exist in our society.

## **VIOLENCE AGAINST WOMEN IN INDIA:**

Violence against women and girls has many manifestations, including forms that may be more common in specific settings, countries and regions. Violence against women manifests itself as physical, sexual, emotional and economic.

The most universally common forms include domestic and intimate partner violence, sexual violence (including rape), sexual harassment, and emotional/psychological violence. Sexual violence as a tactic of warfare and in the aftermath of emergencies is also common in the respective countries and areas affected. Other widespread forms around the globe include: sexual exploitation, sexual trafficking, and harmful practices, such as female genital mutilation/cutting (FGM/C), forced and child marriage.

Less documented forms, include:

crimes committed in the name of “honour”

femicide

prenatal sex selection

female infanticide

economic abuse

political violence

elder abuse

dowry-related violence

acid-throwing

Particular groups of women and girls, such as members of racial, ethnic and sexual minorities; HIV-positive women; migrants and undocumented workers; women with disabilities; women in detention and women affected by armed conflict or in emergency settings, may be more vulnerable to violence and may experience multiple forms of violence on account of compounded forms of discrimination and socio-economic exclusion. The perpetrators of violence may include the State and its agents, family members (including husbands), friends, intimate partners or other familiar individuals, and strangers. (UN General Assembly, 2006)

## STATISTICAL DATA OF VIOLENCE IN INDIA:

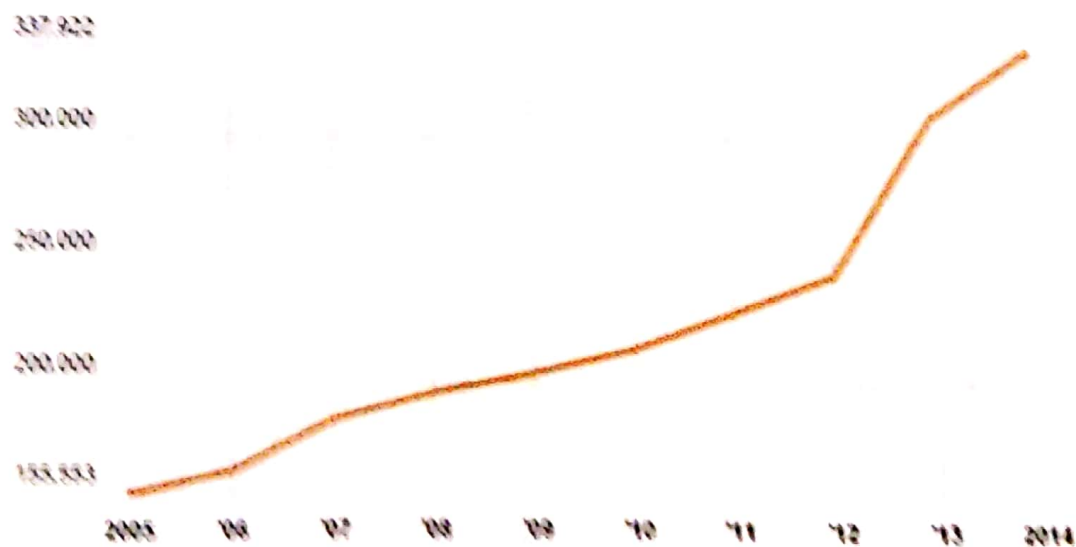
Crimes against women have more than doubled over the past ten years, according to latest data released by the National Crime Records Bureau.

As many as 2.24 million crimes against women were reported over the past decade: 26 crimes against women are reported every hour, or one complaint every two minutes, reveals an IndiaSpend analysis based on the last decade's data.

The semantic meaning of "crime against women" is direct or indirect physical or mental cruelty to women. Crimes directed specifically against women and in which only women are victims are characterised as "crimes against women". Cruelty by husbands and relatives under section 498-A of Indian Penal Code is the major crime committed against women across the country, with 909,713 cases reported over the last 10 years, or 10 every hour.

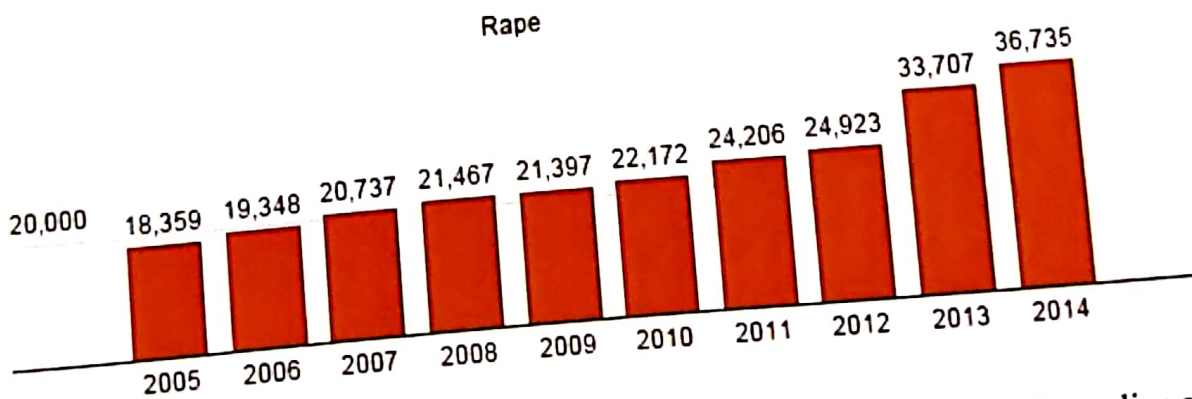
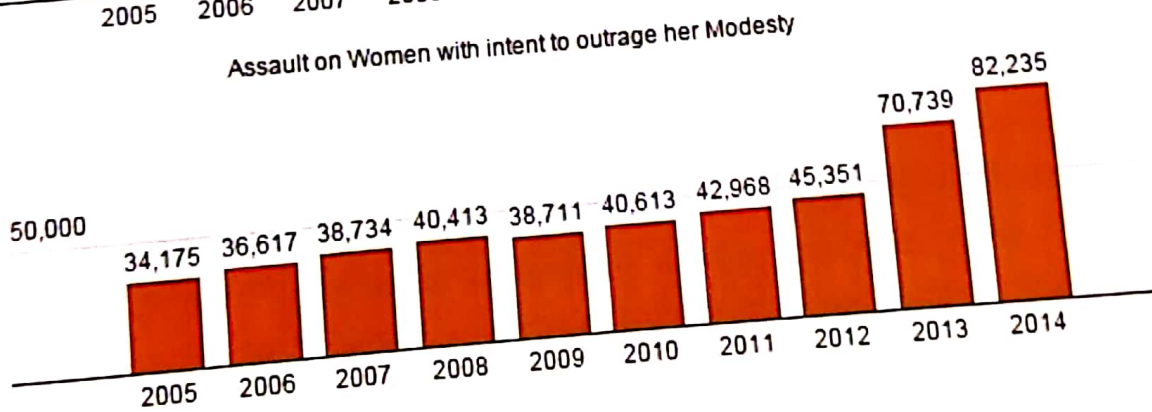
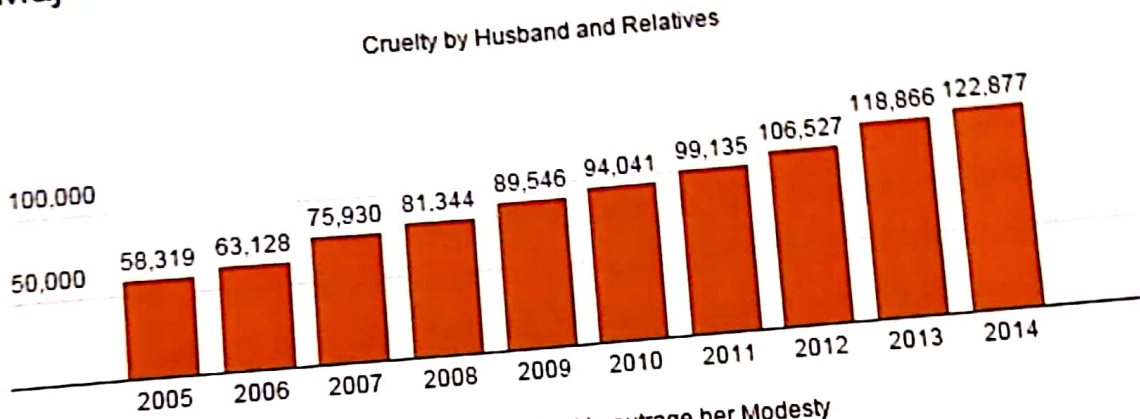
### **Crimes Against Women, 2005-2014**

\*Figures represent cases reported.



Source: National Crime Records Bureau; Figures represent cases reported. Note: Cruelty by Husband and Relatives (Section 498-A IPC); Assault on Women with Intent to Outrage Her Modesty (Section 354 IPC); Kidnapping & Abduction of Women (Section 363,364,364A, 366 IPC); Rape (Section 376 IPC);

## Major Crimes Against Women \* Figures represent cases reported.



Assault on women with intent to outrage her modesty (470,556), earlier classified as molestation under section 354 of IPC, is the second-most-reported crime against women over the last decade.

Kidnapping and abduction of women (315,074) is the third-most-reported crime followed by rape (243,051), insult to modesty of women (104,151) and dowry deaths (83,833).

More than 66,000 cases have been reported under the Dowry Prohibition Act, 1961, over the last decade.

Ten cases of cruelty by husband and relatives are reported every hour across the country followed by cases of assault on women with intent to outrage her modesty (1), kidnapping & abduction (3) and rape (3).

NCRB added three more heads under which cases of crime against women were reported in 2014.

These include attempt to commit rape (4,234), abetment of suicide of women (4,734) under section 306 IPC and protection of women from domestic violence (4,734).

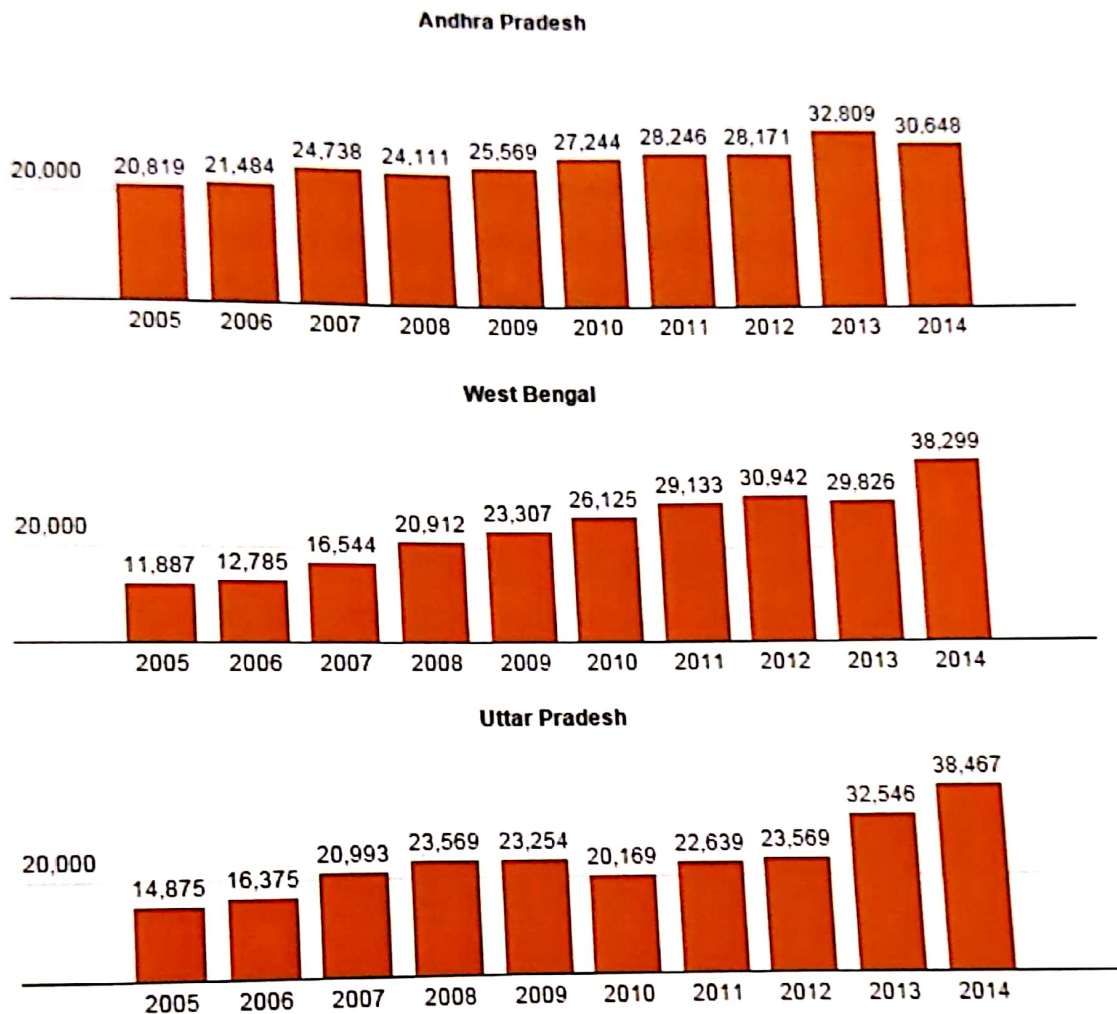
As many as 66% of women reported experiencing sexual harassment between 2009 and five times during the past year, a 2010 study in New Delhi had found.

Andhra Pradesh leads in crimes against women

Andhra Pradesh has reported the most crimes against women (263,839) over the last 10 years.

The state ranks first in crimes reported for insult to modesty of women (51,376), second in cruelty by husband and relatives (117,458), assault on women with intent to outrage her modesty (51,376) and fourth among dowry-related deaths (5,364).

## Crimes Against Women: Top Five States \*Figures represent cases reported.



Source: National Crime Records Bureau. Note: Andhra Pradesh figures for 2014 are inclusive of Telangana.

West Bengal (239,760) is second, leading in crimes related to cruelty by husband and relatives (152,852), second in kidnapping and abduction (27,371) and fifth in dowry-related deaths (4,891).

Uttar Pradesh (236,456) ranks third, followed by Rajasthan (188,928) and Madhya Pradesh (175,593).

These five states account for almost half of all the crimes committed against women across the country over the last decade.