Experiment Analysis: Women Safety in Mumbai

Arshnoor Kaur (C009), Mehek Soni (C033), Mubasshira Aibani (C035), Ojasvi (C038),

Pranjal Suthar (C039), Tanya Iyer (C053)

JDSOLA, NMIMS, Department of Psychology

S.Y., B. Sc. Applied Psychology

Analytical Review

Course Instructor: Prof. Anagh Mishra

October 3, 2024

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Acknowledgement

We would like to acknowledge and give our warmest thanks to our supervisor and subject professor Ms. Anagh Mishra as well as Faculty-in-charge Ms. Nidhi Dedhia who made this work possible. Their guidance and advice carried us through all the stages of our experiment analysis. We would also like to thank Ms. Mayola Rodrigues for providing us with the necessary class permissions for smooth conduction of our experiment. The completion of this undertaking could not have been possible without the participants whose names may not be enumerated. Their contributions are sincerely appreciated and gratefully acknowledged. Lastly, we would express our deep appreciation and indebtedness to the esteemed institute, Jyoti Dalal School of Liberal Arts, NMIMS for providing us with all the facilities that were required.

Aim

The aim of our experiment was to understand perceptions of women safety (of students aged 18 to 20 years old) in Mumbai and how it impacts them psychologically.

India has a rich history of culture and tradition. In Indian tradition, women are seen as the "goddess of the family" (Spina, 2016), yet they are still often seen as inferior to men. Traditionally, Indian women stayed at home, but the idea that women are only meant to be homemakers and objects for men (Dube, 2001) is changing. With better education and the rising cost of living, many women are now pursuing careers.

The recent incidents that have happened in the last decade have shook us to the core. We cannot even imagine the pain of those who have faced the extremest of exploitations. In 2018, a survey ranked India as the most dangerous country for women, even more so than war-torn countries like Afghanistan and Syria. This shows how serious the situation has become. Back in 2011, India was fourth on the same list, which means things seem to be getting worse. A report by the National Crime Records Bureau (2015) states that, on average, 26 crimes against women are reported every hour, or one complaint every two minutes. In fact, a 2017 survey found that 70% of women are too afraid to file complaints, and many cases are just dismissed.

Our experiment is significant in the light of the United Nations sustainable development goal SDG# 11.7 that aims to provide universal access to safe inclusive and accessible public spaces for women. This has made women’s safety a crucial research topic. Our experiment looks into women's safety in Mumbai and highlights the need to address this issue while filling the gap in firsthand information about women’s safety in India.

Hypothesis

The hypothesis of our experiment was studying the psychological impact of exploitation on daily lives of women. It included one independent variable and three dependent variables.

The independent variable was exploitation by male which was defined as any form of direct or indirect exploitation which includes verbal slurs, catcalling, stalking, inappropriate touching, any form of abuse, or anything that you consider as a threat to your safety.

The three dependent variable included self image defined as how women perceive themselves, both physically and emotionally due to exploitation i.e., body image issues, self-esteem issues, shame, guilt, anxiety), increased vigilance defined as increased awareness or alertness due to exploitation like being more cautious, avoiding certain places or people and constantly being on guard to protect themselves and intent of the person defined as judgements women make about the intentions of men in the way they behave whether they are genuinely friendly or having underlying motive of exploitation.

We have 3 hypotheses:

i) Exploitation by men leads to increased vigilance

ii) Exploitation by men results in formation of negative perception of intent of the person.

iii) Exploitation by men gives rise to negative self image

Procedure

Sample size

For the research, the following criteria were used:

Inclusion criteria: All the participants were between the age groups of 17 to 23, women only.

Exclusion criteria: Anyone below the age of 17 and above 24. No men would be a part of this study.

The intent behind keeping the discussion only for women was to reduce possible hesitations participants might face in the presence of a man.

Setting

The experiment took place offline in the Mithibai building's classroom. The classroom was chosen as our setting to ensure that we would get a quiet atmosphere with no interruptions because the topic we were discussing was sensitive and required privacy.

Data collection and analysis

A qualitative approach through focus group discussion was used to analyze the exploitation of women by men and their impacts.

A mixed use of convenience and random sampling was applied to select the participants for the study. Google Forms were rolled out to collect data on individuals who might be interested in joining the experiment. Secondly, we approached individuals in the college foyer, and after explanation, if they expressed interest, we collected their contact information.

The data was collected in the form of an audio recording once we had received consent from all the participants present. For the analysis, we transcribed everything from the audio recording and later did a thematic analysis.

Moderators and Confederates

During the discussion, 4 moderators were present to ensure a seamless flow. Their role was to make sure that all the previously discussed sub-topics would be covered. As well as to observe the participant's non-verbal cues. A prompt would be provided to the participant, and the conversation would flow. If it seemed like the participants were getting off-topic or there was no more to add to the prompt, then another question would be presented to them. Along with that, 2 confederates were part of the study. The 2 confederates played a part in designing the experiment and were placed to create an approachable and comfortable atmosphere for other participants. Women's safety and their experiences are delicate and sensitive topics that many might not be open to speaking up about. Having someone share their experience would encourage them to open up about their possible encounters. The discussion lasted for 50 minutes.

Rapport building

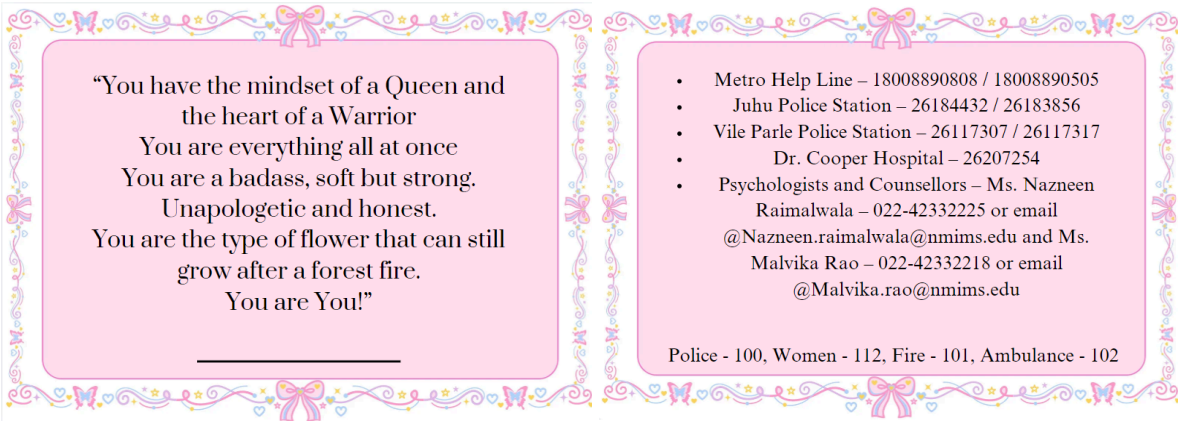
Keeping in mind that most people won’t be open to sharing their experiences if surrounded by strangers, so to break the ice, we played Bingo with the participants titled sensitive person bingo. Each block was filled with relatable texts, helping the participants become more familiar with the moderators and other individuals present for the study.

Ethical considerations and interruptions

Participant confidentiality was ensured, and we started the discussion only after obtaining their consent. Once the discussion ended, a debriefing was done about our experiment as well, and the presence of confederates was revealed.

Incentive

A resource list was also provided to all the participants, which contained a list of numbers of women's safety helplines and app names that were designed specifically for women's protection. A tiny business card was also provided, which has these important numbers printed on the back. The front side of the card contained a women empowerment quote.



Results and Observations

Independent variable- Exploitation by males

Normalisation of Harassment

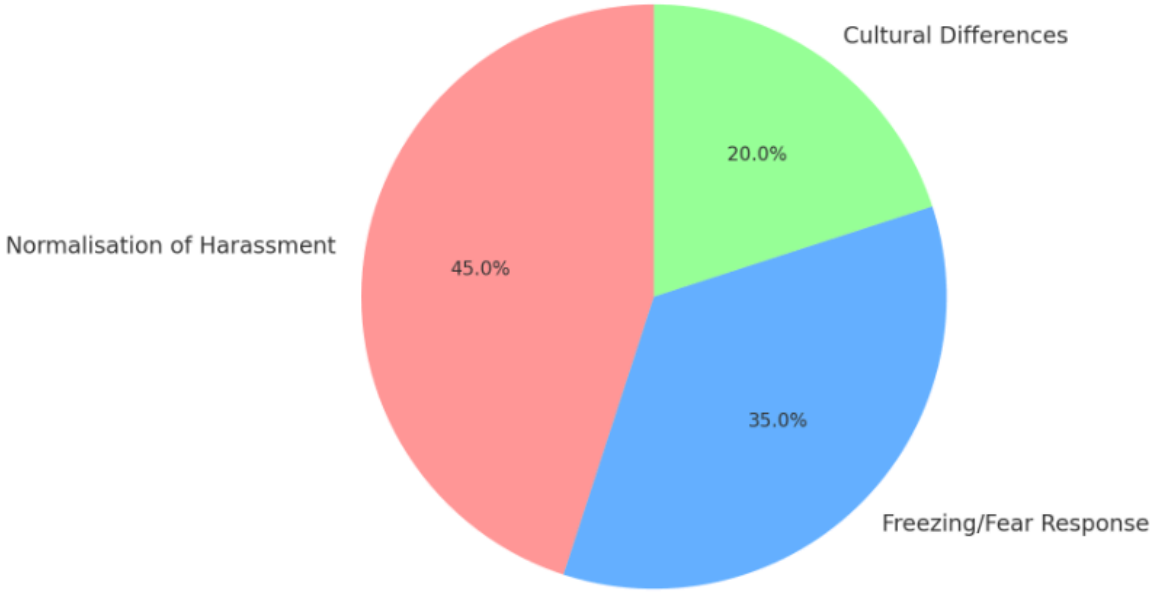
Many participants described experiences of catcalling and unwanted attention, highlighting how these behaviours become normalised over time. One participant noted quitting cycling due to an incident of harassment. This normalisation reflects a pivotal societal issue where harassment is expected, leading to a sense of helplessness.

Freezing/Fear Response

Participants often reported a "freeze" response when confronted with harassment, a common psychological reaction to danger. For instance, **o**ne participant took several seconds to process being touched while cycling, showcasing the confusion and fear that accompany these experiences. Thes instances of harassment creates a sort of emotional scar to the victim and affects their future perceptions of safety as well.

Cultural Differences

A contrast emerged in how safety is looked at across different environments. One participant shared how she felt safe walking alone at night in her home country but had to change her behavior in India, such as altering her clothing, and becoming more alert when walking through roads or certain areas, to feel secure. By this we can understand where we exactly lack as a society and how unsafe some environments are for females in particular.



A pie-chart depicting the independent variables that we observed

Dependent variables

Vigilance

This variable seeks to understand the alertness of women after they have faced exploitation. It is observed that after such incidents, women usually adopt a higher level of alertness, which in the long run is perceived as normal. And this statement proved to be true when enquiring about the variable. The participants shared that they have become more conscious of their surroundings. One of them even mentioned that just at the sight of a dishevelled male who seemed to be suspicious, she raised her voice before he even did anything. This resulted in touching upon the topic of if one ignores the early warning signs the risk of violence is being increased by inviting potential offenders.

Another viewpoint that came into picture was how there is a significant difference in the cultures of different cities. Almost all our participants were from outside Mumbai and it

was their first year living here. So they mentioned how the environment in Mumbai appears to be safer as compared to their hometowns.

Intent

This theme explored what is the intent of the exploiter in such situations. First is asserting power living in a male dominant society. They always think that they are superior to women and they have the whole right to show their dominance on women . The perpetrator physically invades her personal space, controlling her movement and causing fear and confusion. Secondly it would be disregard for boundaries , men often feel entitled to women's bodies and personal spaces. The exploiters derive satisfaction and validation from causing discomfort to the women , knowing that the victims often feel powerless to respond. In male-dominated societies, where these behaviours are often normalised, exploiters exploit this cultural backdrop to continue their actions with little fear of consequence.The ultimate intent is to control whether it's making women change their behaviour , such as rushing home or altering their clothing, or making them feel constantly vulnerable. One of the confederates even pointed out the evolutionary perspective of how males have always played a dominant role in the society and that mindset being taken forward.

Self-image

This theme explored how women feel when they are a victim of harassment They get constantly stared at and some social standards of beauty can also negatively affect self esteem. This theme in particular explores how women perceive themselves when they are faced with a dangerous situation or how their past experiences play a role in shaping their reactions and responses.

Body image perception was the recurring theme throughout the participant's responses. For instance, in an ongoing discussion a participant mentions standards set by the

society, but they don't feel a need to adhere to those as they realise the uniqueness of each person. There is also a constant fear of something bad happening as a participant mentioned while talking about women's safety being threatened by males.

When asked if these instances have in any way affected their work or school performance. There have been differing views about this. A participant responded that they do not let it affect their work or school performance, but on the other hand, a participant responded to this question by saying that even especially with teens there are a lot of hormonal changes that take place and there is a little bit of discomfort that comes with it. Participants seemed to be having indifferent views about their self image after these incidents, as they recognized that it isn't them who are at fault but the dirty mindset of the exploiters.

Observations

Although limited observation data were collected, we identified a few key behaviours patterns among the participants during the discussion. Several participants displayed fidgeting behaviour, which could suggest discomfort or nervousness during the discussion. At the start, many participants were hesitant to share their thoughts openly. However, after confederates began engaging, the group dynamic shifted, and participants became more comfortable expressing their views. Some participants appeared lost in thought during the discussion, maybe they were processing complex or sensitive topics before responding. This was particularly observed when sensitive issues, such as body image or harassment, were brought up. One participant was noticeably distant from the typical group opinion when asked about openly discussing taboo (e.g., breasts).

As facilitators of the discussion, we realised that participants weren't responding very well to direct questions as much as to scenarios. When a facilitator shared her experience, and

asked to share opinions, the participants were more responsive and put forth their points freely. While discussing an incident, two participants have contradictory views on whether or not an incident should be reported. One participant shared that since the police don't take action towards the cases, it shouldn’ t be reported while the other mentioned that it is our duty as a woman to report such cases.

Ancillary Factors

The discussion took place right after lectures had ended, which led to participants being in a rush to leave. Additionally, it was raining, which added to the urgency for many to head home quickly. As a result, the focus and engagement of some participants were likely reduced.

An external individual interrupted the discussion, causing a brief distraction and potentially breaking the participants' concentration. This unplanned interference disrupted the smooth progression of the conversation and may have affected the depth of responses.

These ancillary factors contributed to the challenges faced in conducting our discussion smoothly.

Research Studies

One of the literatures explores the safety of women in public spaces in Delhi which is no doubt the rape capital of India. The authors feel that women fear to move around freely due to the fears of harassment and violence. It hence has an impact on women's social, economic and cultural activities. Women tend to perceive public spaces like streets, markets and public transport as unsafe. Hence, they change their routines or even avoid these areas (Viswanath and Mehrotra, 2007). Normalization of gender-based violence and societal attitudes are the root causes of these molestations. The authors have suggested certain measures including increased police presence, improved urban planning and community awareness programs which aim to change the societal norms regarding women's rights and safety (Viswanath and Mehrotra, 2007).

Another article examines the critical issue of women's safety in Mumbai, highlighting the pervasive fear of harassment in public spaces. The study aimed to address the lack of firsthand knowledge regarding women's experiences and safety concerns in urban India especially in social and cultural contexts. Data was collected through a three-stage methodology: administering structured questionnaires to around 300 working women, conducting in-depth qualitative interviews, and auditing busy public areas to assess safety conditions. The analysis revealed six key themes: perceptions of safety, transportation safety, actual violations of personal safety, victims' reactions, interactions with police, and recommendations for improvement (Bharucha & Khatri, 2018). The findings indicate that 91% of the women expressed worry about their outdoor safety and almost all the participants reported experiences of tangible threats. Mumbai has been labelled as one of the safest cities in India but the study underscores a troubling reality where societal hypocrisy regarding women's treatment contributes to an unsafe environment (Bharucha & Khatri, 2018). The

authors argue that while recent high-profile crimes against women, especially rape cases, have brought women's safety to the forefront of research, not much primary research exists in this area (Bharucha & Khatri, 2018). It also shows the need for policy changes and research to address the issues regarding safety of women in urban areas. The authors emphasize that although Mumbai ranks as the safest city in India, it is still unsafe and fearsome for women, underscoring the importance of addressing this pressing concern within the country's cultural context (Bharucha & Khatri, 2018).

Scope for Improvement

One of the key challenges highlighted during the feedback session was the low engagement in the discussion. A specific point noted was one of the participants suggested that if the discussion had been initiated by faculty or the department, there would likely have been a higher turnout. The backing of an authoritative figure or official department support could have lent more credibility to the discussion, encouraging more people to engage. So, future discussions on such sensitive topics could benefit from greater institutional involvement, which might result in a larger and more diverse group of participants.

Conclusion

Outcomes

Out of 3 of our hypotheses, one was rejected and two weren't rejected.

The first hypothesis was not rejected as the participants mentioned that exploitation will cause increased vigilance and it turned out to be true. Most of the participants reported that after facing any form of exploitation or even getting to know about incidents, they would become vigilant about their surroundings.

The second hypothesis was also not rejected as participants critically evaluated the intent of the exploiter and mentioned that it could be stemming from a dominant stature a male holds in the society. We expected that the participants would give irrational explanations but in fact they very mindfully and rationally discussed the intent of the person.

The third hypothesis was rejected as the participants mentioned that they had indifferent views regarding themselves as they realised it was the filthy mindset of the exploiters. This view could also have been because our participants were young literate females who were aware about their rights and roles in society even in the presence of a few orthodox people in society.

Exploitation is more than just a crime; it's a serious violation of a woman's freedom and autonomy. Women often face societal pressure to modify their behaviour avoiding certain places or situations in an effort to stay safe. Exploitation, whether through harassment or societal norms, severely impacts women's self-image and sense of security. In our society, it's all too common to hear blame directed at women for the circumstances they find themselves in. Questions like, "Why was she out so late?" and therefore shifts the focus away from the real issue that is the actions of the perpetrator. Women are often told to avoid certain places or situations for their safety. But the problem isn't what women do or where they go—the

problem is the violence they face. Expecting women to change to stay safe is unfair and wrong. It's society that needs to change, not the women who are being victimised.

Imagine a future where no woman feels the need to look over her shoulder, where respect and safety are inherent rights rather than hard-fought battles. This vision is achievable, but it requires collective action and a commitment to do so .

Together, we can create an environment where women are seen as equals—where they can live freely without fear or judgments . It's time to challenge outdated beliefs and support a society that prioritises accountability and respect for all individuals. Let's work towards a society where every woman can thrive without compromise.

Challenges faced

One of the primary challenges was the reluctance of individuals to participate in the discussion or fill out the forms. Despite safety being a crucial issue, many respondents seemed indifferent, treating it as irrelevant, which was unexpected given the number of safety incidents that had occurred around the campus. We anticipated a greater level of interest and enthusiasm, especially since the university had not previously conducted such discussions. However, people seemed more inclined toward entertaining or light-hearted activities, which hindered data collection.

There were several instances where individuals backed out of participating at the last minute. This was particularly disappointing as it impacted the overall sample size and quality of the discussion. Keeping the attention of the participants engaged throughout the session was also a challenge, as many seemed distracted or uninterested.

A stark contrast was observed between the responses during discussions and the actual data/statistics on safety in India. While many participants expressed a sense of safety, data shows that India remains a dangerous country for women, with most crimes targeting teens and young adults. This gap between perception and reality showed a disconnect in the actual severity of the issue.

There was minimal support from faculty or institutional bodies to promote the discussion. Greater involvement from the university could have helped draw more attention to the topic, resulting in a larger and more engaged audience.

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Appendix

Consent Form

It is attached in the Drive Folder.

Questions

IV - Exploitation by male

1. Have you ever experienced or witnessed exploitation like verbal slurs, catcalling, staring or unwanted attention, or any form of verbal or physical abuse by males, either directly or indirectly?
2. What was your immediate response when it happened? Did you react or ignore it? Why?
3. Have you gotten normalised to it?

DV - self image

4. How does being treated this way by men affect how you see yourself, physically or emotionally?
5. Does it affect your work or school performance?

DV - Vigilance

6. Do you regularly feel that certain places (e.g., public transportation, parking lots) pose a higher safety risk for you compared to other areas?
7. Do you feel that your safety concerns are influenced by stories from friends, media, or personal experiences?

DV - Intent

8. Why do you think offenders act that way?
9. How do you typically respond when someone you don't know approaches you in a public space?

Sub-themes

10. Do you feel the government is doing enough to protect women from feeling unsafe or insecure because of men's actions? Why or why not? Awareness
11. Marketing about safety tools. Statement.

Discussion Transcript

So what are we starting with the questions?
The first one is again I will remind you guys that say whatever you feel is right and nothing is wrong just say whatever comes to you.
So the first thing is have you ever experienced or witnessed exploitation like verbal slurs catcalling staring or unwanted attention on any form of verbal or physical abuse by males either directly or indirectly?
What do you all want to share?
We need to also elaborate a little bit.
You can raise your hand.
So like I in logger period obviously people were not around there. So I used to go cycling in the morning and evening.
In the morning at around 7 o'clock I would go cycling.
Again somebody came on the bike and they just they held me from my back.
And I just felt like the cycle was not in my control.
I had not had so much experience doing all that sort before that.
So I was not knowing what exactly happened to me.
So it took 5 seconds to think about what exactly happened.
And then the person that event was out.
So then I realized that was a bad punch.
I was not knowing anything like that.
So yes that had happened.
Would you like to share what your age was during that time?
I was maybe 17 years old.
Okay.
17?
Yes.
Anyone else like that?
Me and my sister like we were just walking around the area.
And like two or three people they were like catcalling us like them unwantedly.
And we were trying to rush back to our home. Like literally running to our houses.
It would get amazing. So it started happening.
What was the other second question?
What was the immediate response when it happened?
Did you react or ignore it?
Ignore it.
Ignore it.
If you think you ignored it at any point did you feel like after later in your life you felt like that incident was normalized in a way.
And like you know if anyone did that again you were like can't he get a rose cup?

You felt that way.
Anyone here?
I don't know if it's all because we don't know.
Of course we cannot react on them.
But we react in our way.
Like if something is happening and we are going from there that is also called a reactionary reaction.
Yes absolutely.
But then of course not directly to them.
Not directly.
Yes.
Can we share some of the experience like from mine?
Sure.
So the novelist in the center you know something clicked in my head when you said that.
My friend she travels.
She travels by train daily you know to come to college.
And she travels by the general compartment.
So you see when you are…
And it's a rush hour.
It's a college time.
We close our rush hour.
So when you come and then people are standing so close to you and it's something like pressure to close.
She feels very uncomfortable and often ignores it.
And to the point it's like yes you know what is happening.
I don't know what to do.
It's very normal.
So when it had happened with me like I froze at that point.
I don't know how to react.
It was like first of all get home.
Again like that thing had happened with me one time more due to which I had quit cycling as well.
And…
But like it made me stronger.
Instead of quitting cycling now it would have been more difficult to quit cycling.
Now if someone comes it will be like that.
Do you feel like at any point if this happens in the near future do you think that this is very normal or have you gotten normalized to it?
Do you guys feel that sometimes even staring or sometimes you wear like something on your face that you feel like…
Have you all gotten normalized to it?
Yes.
I have since I am not from India.
So like…
It's like you can roam around at 3 pm and if you walk alone you will reach home safely.
Nothing will happen.
No cat calling.
No staring.
You can do whatever you want to do.
Do whatever you want.

So like I have experienced it myself.
Like four or five times after moving from India and since then I have started carrying the same experience with me.
But like I still don't find it normal because at the end of the day we are humans and we can do whatever we want and wear whatever we want.
But just because we get stared at and cat called at and it's not weekly we ignore everything that might be.
And men say that we cannot generalize the gender which I really do not.
But if you look at the stats it happens with almost every woman.
Like she faces that at least once in her life.
So I think I am…
Like because I am not from India I feel very very lured and unsafe when I travel alone or go anywhere alone.
So like I carry the experience with me all the time now.
Guys I just wanted to remind everyone just like part of question answer.
At any point you all have to use like you all have to say something to all the persons that you have been with.
Can I ask you a question?
Like where do you travel in India right now?
I travel only in Mumbai but I travel a lot of other places but I travel with my family.
And where do you feel unsafe?
Like in Mumbai or somewhere else?
In Mumbai sir.
But games in fact so you stay here alone in Mumbai?
Yeah I stay with my family and my friends.
You stay with your family?
I stay with my friends.
You stay with your friends?
But at any point you felt like you know the fact that you stay here alone away from your family that would make you feel a bit more unsafe as compared to other places.
No because back at home also half the time as in the door because there is a lot of different traffic and it has been like it has been with us also here in India to study.
So I mean it would also be because I am used to everything in Nepal so I am not that scared or like I would feel unsafe.
But I don't know it's just very different to even if I have to get one medicine I literally have to change my clothes wear pants take the bus play a game go now.
So I hope I don't feel that way.
Like I can go one week see what I can do I don't feel that there is a pain or that I need to be more precautious or that I don't have to change my clothes when I am going from one side to the other.
I don't have to change my dress I don't have to do all these things.
So it's really scary to think about it in that way.
I have a question.
I was like these nasty things don't get normalized.
And actually that would be a feature film actor.
But I have a question.
Do we have any other option?
Any other option?
Other than what?

Other than exploring it.
Do we can or we can't?
I mean I don't know if you are familiar with the psychology of it or not but we call it the flyer-side approach.
Yes.
And there is always freeze as well.
And you know most often in such situations you freeze in what people do.
Because you know you are making people think yes you are with me I am with you but in that scenario you don't even have to just brain freeze more.
You don't know what is happening with you.
And she mentioned that you know she was inappropriately touched and it took her a while to process it.
It takes time for you to process.
But obviously if you are more vigilant if you at the end of the session we are going to share with you some resources if you are more vigilant you will obviously fight with it.
And like guys I am from Mumbai.
Don't have this perception about Mumbai.
Obviously with the rise in cases about safety and everything what I personally feel is you know media is constantly addressing you know a crime has been committed.
What is happening with that?
Is he sentenced? Is he imprisoned for life? What is happening?
What I can tell you personally in Mumbai yes somewhere the police could be weak but the people around no matter what you do people are not going to harm you.
So like I can tell you that about Mumbai for sure.
You just say help and people will come around.
Let's go to the next question.
Yeah so yeah oh yes.
So this is very sad you know it comes with experience to a certain point the level of confidence.
So even if my mom feels that somebody is staring unfunny way she will open she will suppose as I am like you know the person is sitting here he will muck down and chew away.
Because to an extent they feel very shameful if you call out against an action. But it's also unsafe like for our side of you know our graduates who just walk the other way.
To an extent you have confidence when you are there you know to confront people.

So, how does being treated this way by men affect how you see yourself, physically or emotionally? Like, does it affect your self-image or your work or school performance?
No. That's not a great question, yes.
Very good.
Yes.
Thank you.
Of course, it was an important change, because as soon as you step out of your house and you are leaving, you are getting conscious about, like, am I really so much different, am I really very much different? So, that constantly goes in your mind. And if someone is not in your setting, you are in a bad way, you always feel like, no, no, no, no, this person is standing in a bad way. So, that constantly goes in your mind as soon as you leave your place.
Okay.
Yes.

So during that time was it during that I had quit cycling? So the fear had continued for about like 12-12 years basically. And like just in June when I went for my summer holidays then I went cycling for 12-12 years. And then about the selfie which was something that people were asking. So yes at that point I had to because everybody in their teenage goes through a phase that they have hormonal changes they have physical changes everything. And some things should be changed. So I had realized that my body is not that certain type or maybe I don't know I should not look that way in the way that the male's per se will ride or something like that. So I started dressing up very conservatively. But okay it took some time for that. Now I am very well off.

Also when you said that you are not because of different strengths you normally have friends.
How many?
How many of you have traveled by local trains?
So at any point of time do you feel like these places like local train buses public transportation are more risky compared to other areas?
I am not telling you.
So comparatively I have not felt that way. It feels so much safer. And it feels like when you are traveling back home you need to keep your phone in your pocket. If you don't take it out in the shop you don't know when it gets snagged. And I think certain things have happened in my first time as well. So coming here kind of gives a liberating feeling because living there for a year and then knowing that this is the right place. I really hope that's true.

That happened with me also. I am also from Jaipur. So like my elder sister was traveling from Kolkata to Jaipur. And she had taken me out somewhere to eat. While we were coming back someone actually snagged her phone and also touched her inappropriately while she was in the auto and someone was outside. And so that's something that was very normal. But even she and I know that now coming to Mumbai we feel a lot safer. Like she now can travel anywhere in Mumbai she can travel anywhere even at 12 11 anytime.

And even I in his phone you know that there's births shown of Sri Krishna at 12 o'clock on Janmashtami. I went there this year and I was so scared because it was 12 o'clock and I returned at 12.30 and I was outside with PG at 2.30 because they did not let us enter. And even at that time at 2.30 I did not feel unsafe at any moment. Like never had felt something like that.

We would recommend you all to get a moment's time.
I am somewhat angry to that point but I do not think that Juhu area is safe. In Midibai area it was not going.
So the lane is considered very dangerous as well.
Yeah I mean not to scare you scare you but I...
Yeah.
I mean to an extent you are right. Like you know bustling areas have a lot of people.
Yeah it's true.
Bees they are very like if you go at 12 o'clock there's so much crowd and family people are there. So at one instant you won't feel unsafe.
But yeah I mean safety. Recautions But you are carrying a knife as a friend you know.
Mumbai's already had a sense of safety.

Okay so like y'all whenever these incidents happen y'all mostly learn from your friends y'all get news where they tell you is this thing happening? Or you read on your phones on Instagram. So how does

that make you feel? Do you get like I am getting more precaution. What if it happened with my friend? What if it happens with me? Does it happen with you?

So I mean in a way you can say how you can compare that if it is happening with her to say sadly that it doesn't happen with me. But then again you'll ever know that if it happened with her it is not happening that it will happen with you etc. So it's like a completely different thing but again you have to be cautious. And I take it all along as a really giant you have to be cautious to take precautions whatever whenever something happens.

So like from childhood can you imagine the type of upbringing we've had that from childhood the way we used to do that my son is so-and-so my son is so-and-so my son is so-and-so. You're thinking from 5-6 years old you want to teach that this is right that she's the wrong one. So I think it has been rooted in our brain since that oh after growing up from now on something can happen with us. If anyone touches you let us know. So I think that also needs to be changed because that changes perception towards men towards community towards our own safety and not because when we grow older like she mentioned that she was not sure if she was touched inappropriately or not but like she grew older and she realized that okay yes I was touched inappropriately. So I feel like because of those things also taking precautions I mean as you know it's been like a muscle memory that has taught us from childhood like taking precautions when we were young but again I mean I don't stand by that. And then if you don't generalize the whole community it's going to happen. And you cannot expect a 5-year-old 2-year-old child to learn everything about how you can possibly be touched in a grown way.

I think these things happen. There's a lot of youth and children also. So when do you think that it stems from?
I mean if I were in a place or somebody that has been in a group to be touched or anything I will have to do it. I will do anything for them. It's not like I would announce everything. It happened to me. I cannot do anything about it. Just hate the reaction that I have.

But in nature what our religion is I think I think if you are not guilty of what happened to you what others do is not right. Actually so it is not right. I don't care.

Also like men do these things. They stare at you tap on you. So why do they do this?
Does this come to your mind? Why do you tap this way?
Exactly. Before she said that you are taught that this is bad and this is good. And it is very normal in every home. I feel like they should also be taught that this is bad and this is good. And that should also be normalized over life.

But then I feel like even now educated people are taught this way. I don't know which people are taught this way but I feel that educated people are taught this way. But non-educated people are not taught this way. Non-educated people are taught this way. Girls are taught this way. Girls are taught this way. And I don't know when will this change.

Actually you know there is a very thin boundary between literacy and education which many people fail to understand. I think literacy is when you put what you have studied in practice and you invite those values while education is yes when you read a book you just read it. You don't invite that. You are not literate enough. And come to your point depending on which rich you are. I mean tension can be bad for anyone. It can be like yes I am literate enough. Yes I am literate enough. Yes I am literate enough. So it can be anyone but you are not literate enough.

Do you all think that where that feeling is coming from when you are going to exploit someone? Why do they do it then? Okay. Because they are literate they don't know what they can see. Thirdly biography. It really comes from high chances of what's going to be and how easily that is accessible because anyone can open it and watch it and do it. So I think that these three are the major issues that this comes to your point. Yes.

I guess it comes down to men are thought to be dominant from the very beginning. So they feel that they can be dominant upon female bodies also. They can view everything as objects even female. They can view it like that. Plus the female bodies are not well-educated to be talked about. I mean how many of you are comfortable when you openly go and talk about moves or you openly go and talk about real cases. You are comfortable but many of the people they are not comfortable talking about these things. So the point is we are not comfortable if the men they talk amongst themselves if they don't talk to females regarding these matters as well. Just because the sensitivity upon this issue has not even developed. So they view the half female bodies like that in that sense. That is the main thing. I feel that the three all upon things happen. You all agree the word dominant is like that.

So like when any men or any stranger let's consider men they approach you in a public space so how do you usually respond? We immediately go into that fight where I am like immediately that even if that person is not really anything somehow even if it is a female I go into that zone and if something comes to me or touches me I immediately cut my hand like this. So that's my response. If you have not responded to the first support then you would not be welcoming it. Approach as in like they are trying to be very friendly very friendly or you know it is a common thing. I share a very good incident happened with me. I was walking and I saw a guy he asked me when is the lounge open? It was the small area. But there was nothing there. There was a mall I was like there is a mall there must be something there. No no where lovers are taken they eat there. And then I was like I was at work it was in the rickshaw. So first he said no listen tell me. I ran away from there because that guy was in the rickshaw and he was obviously faster than me. That's weird. You come up with weird reports.

I didn't report it. I didn't report it. I just felt like you would obviously give some mentality that it's okay I don't care. Many times people don't even report thinking at all. Because unless you don't report you say see what you're wearing. Do you think they'll report it once? I don't think they'll report it. I guess they won't be able to do it. Some will report if they send a call does it work? No. When Drake and Molligan report it the police won't be able to do it. They can. But still I don't think they'll report it. You should obviously push for that. I don't think they'll report it. Yes but I also have a non-perceptive that it's okay hope has come out but it's our duty when she asks that question because I haven't thought of it I haven't told her I haven't done any action. Now it's my duty to go and report such scenarios.

Yes. I feel like again it's a massive thing but I think I've also been taught that when something big happens you can't report it. But like in my house my parents have taught me no matter what happens if a case is made and she's making her company and I'm not in it then we can talk about it. So I feel like I'm not looking at the severity of what happened but the fact that it happened should be reported instead of waiting that it's okay if something happens if it happens you never know what will happen in the future. So I feel like it should be reported.

So I was very very little when actually my family and I was assigned my mom's body and some guy came and he touched my thigh and it was very dark and I don't know I don't know if this is package or I had idea but yeah then I told my mom she was so furious she was finding that is he that person she

taught me that I'm the scientist and all the studies are based on it. Do you know why do you have this? Do you know why do you have this? You are brought to science because you look at the bad touch so I thought of something I don't know how it happens so I told her it's a swimsuit anyone any effect covers a swimsuit so how can you not touch it and actually on the body I didn't touch it that is inappropriate only and I learned that by myself. So yeah. She told me she was a very important person I also used to think the way she said reporting is important but deep down we all know practically because we are seeing so much on social media that it is not working at all we are just getting this you know I'll give you an analogy to understand that like that signal many people break the signal and move forward so think you come fast my buffer time is over let's move forward everyone does it even I did it once so this once I did it too it's like that only you don't follow it but still it's your duty as a citizen to follow the traffic guidelines if you do that you have to please the police it's your duty to report if you do something but it's your duty I feel that I have been thinking about this for 20 years mostly 25 years if I report it then it will be fun even in India even in our country that's why I like it so yeah that was what I was thinking let's move on I'll tell you about this actually there is this yellow T-shirt that I was wearing saw that this s-d-s-s actually she kept it in her purse and said it's your duty and she was like we are going to take measures for this. And because of the report that you have made because of that you are on the stage. Otherwise the staff don't know how it works. So they have put more security maybe by-line. I'm just saying that sometimes reporting as a student as someone who's like fighting under it it works. It works. Yes.

Incidents like this change the perspective. Because now the reporting is important. Again you see something like something on both sides. No no no. Okay okay. We are supposed to plan. Right it works. It's obvious on both sides. You all have pros and cons. Okay. We are all kids. We have to do something. That's not possible. We are children so our generation our younger generation we are all like this is it. Right right.

Okay. Moving on to the next question we have do you all think? I don't know if I have to answer this question. But I just want to make it clear. I'm sorry. I'm just going to say it. Question? I don't know if I have to answer this question. I'm just going to say it. I'm sorry. I don't know if I have to answer this question. Just five minutes. Five minutes. Five minutes. And we have something like good to deliver. You can leave. I'm using it in the case of fire. Otherwise it's okay. Yeah like just on that two questions I have. Do you all think government is playing an active role in taking part in this? I don't know. I don't know. If there is media attention the government is actively playing the role but if it's not there then there's no... There's a two-day break. Yeah yeah. We'll listen to the people. Yeah. So when the case is over we'll move on to the next question.

Okay. Next question is you know we used to do marketing about consumer products like growth content volume and everything. But did you all know that we have safety apps? Yeah. And like we know about them. But why do we do marketing about them? Like just a curious question. Yes. I think because of that marketing... Even if we do it how can we do it? On the spot we can't be happy about the safety app. Otherwise things get messed up. The safety apps say that when you're feeling unsafe like when I'm feeling unsafe like something will happen to me. Exactly. We have to work with the safety apps. So do you all feel like like this app is going to be marketed as enough or not enough? Okay okay okay.

Just one thing just to say that the last few chapters if you know anything just write it in the chat. I don't know if you know. I'm sorry. Okay okay okay.

So guys we're just going to rush up. So the recent regular discussion happened and we got great perspectives. And now we need to talk about the different sections. So there are like mostly five things that we can do and we're going to like give you all the resources to survey it. Okay. So it has like campus info lines the most important numbers that you require contacts for me to get if you are around the campus. Then there are mobile apps for safety that you can download over the software. This is where there are different different apps that you can save your emergency contacts in SOS settings. Do you all know what are SOS settings? Okay. So you have to enlarge it by a few seconds. Then there are set-defense tools and also set-defense practice. How many of you here know set-defense practices? Okay. And how many? You said that you slapped me out. We have a set-defense tool set for campus defense. So we're just sending out this campus QR code. It's like a poll you know to rate all these defense tools. Rated as in which one you feel most useful and effective. And there's like a short card that you have to keep in your wallet and you can keep your gram on the screen. And you can write the name on the blackboard.

Okay. Go up? Okay okay okay. No? Me? Naam? Naam? You did anything. Actually it's like a little poll you know. You just rate it. Thank you so much. You're so sweet. Okay.

Just by like a raise of hands can you tell us which is the most effective defense tool Um purposefully I guess... So like purposefully I guess... I think it's the most natural one. Yeah. Perfect like... Yeah. Uh sell them to my friends? Yeah. Who are sending them? Who are sending them? But maybe someone else will be happy with this. One second please. Yeah please.

Okay guys sorry for the chaos. Uh so we are just going to debrief here also this discussion that we have on women's safety. So I got this idea. Considering like my friend sent lots of messages that this guy is going around the campus and he's like harassing girls and then the global chemist incident that occurred and then the skywalk thing that happened. So it prompted me that we should like have a discussion of like women and that we understand more that what is this perception of safety? And how like after these incidents happen how your self-image changes how often you go or avoid social situations and intent of the person. So this study we are going to conduct and whatever data we got from you all we are going to analyze it and we are going to write a report. So this was a part of our assignment. And also as an initiative like help you all since you are FI students and you are new to this college. And if you all want to know any of the results you are in contact with us. That's our decision. That's our progress. Also another thing these two guys they are from our team. We are confettists basically. Also confettists basically. Like you know someone who knows why their experiment takes part. Thank you so much for your time guys. We would love you to have all the best. Can you all have your seats? This way. And who are those three guys? Also since you all are FI students if you have any doubts or anything any doubt any problem please do contact us.

Resource List

Campus Infoline

1. Disaster Management Cell of BMC – 108
2. Police Helpline – 100
3. Women Helpline – 112

4. Metro Help Line – 18008890808 / 18008890505
5. Juhu Police Station – 26184432 / 26183856
6. Vile Parle Police Station – 26117307 / 26117317
7. D.N. Nagar, Andheri (W) Police Station – 26303893 / 26304002 / 26303038
8. Santacruz Police Station – 26492972 / 26487856
9. Fire Brigade Help Line – 101 / 26205301
10. Ambulance – 102 / 1298 / 1252
11. Dr. Balabhai Nanavati Hospital – 26182255 / 26267500
12. Dr. Cooper Hospital – 26207254
13. Dr. Pooja Sablok / Dr. Harish Dhuri Ground Floor, Mithibai College – 42355909
14. Psychologists and Counsellors – Ms. Nazneen Raimalwala – 022-42332225 or email @Nazneen.raimalwala@nmims.edu and Ms. Malvika Rao – 022-42332218 or email @Malvika.rao@nmims.edu

Mobile Apps for safety

1. Raksha App
2. My Safetipin
3. Smart 24x7
4. bSafe
5. Shake2Safety
6. 112 India App

Technology and Privacy Settings

1. Share Live Location with trusted contacts using apps like WhatsApp or Google Maps
2. Enable Call Recording to keep evidence in case of exploitation
3. Ensure Privacy settings are locked to avoid sharing personal information publicly
4. Set up shortcuts for quick SOS Calls or sending texts to emergency contacts (search SOS in phone settings)

Self-defense tools

1. Pocket knife
2. Pepper Spray
3. Personal Alarm
4. Strobe Flashlight
5. Self-defense practices

General Safety Tips

1. Capture photos or videos in case you see someone suspicious discreetly
2. If being exploited over the phone or online, take screenshots and save messages
3. Avoid isolated places, especially after dark
4. Stay alert while using headphones or phones in public spaces
5. If something feels wrong, act on it and move to a safer area or call for help
6. Use apps like Google Maps to check for safe routes
7. Know the security spots and emergency protocols in and around the campus
8. If you find anyone suspicious in or around the campus, inform the security guards right away
9. Build a network of fellow female students who can keep an eye out for each other and join university safe spaces for advice or help