



DISHA

“a way forward”



Women Safety Handbook

Issued by: Saanjh



Community Affairs Division, Punjab



Released by
Hon'ble Chief Minister of Punjab
Capt. Amarinder Singh
on the occasion of
International Women's Day
March 8, 2020.



Message

It is heartening to learn that the Punjab Police has brought out a booklet on women safety to mark International Women's Day to educate them regarding their rights, legal provisions and safety issues.

The concerted efforts of Punjab Police in bringing out this booklet are really laudable, which would surely prove to be a handy guide for the women to keep them abreast about their rights and various safety & security issues.

Our Government is committed to the cause of equal rights and opportunities for women thus ensuring their safety and security. One of the unique initiatives in this regard has been opening of One Stop Centres (Sakhi) in

DISHA
"a way forward"



all 22 districts for providing medical and legal aid besides police help and counseling services under a single roof to women in distress. Apart from this, 181 is the dedicated state level helpline for Women to report domestic Violence, sexual harassment, eve teasing, sexual assault and other crimes against women. Likewise, work is in progress to establish Standard Operating Procedures and protocols for an effective and efficient collaboration between the 181 helpline and the 'One Stop Centers'. Recently, the state Government has also introduced facility of free pick up and drop services by the Punjab Police for women travelling late at night

I convey my best wishes for the success of this publication.

Best Wishes

A handwritten signature in black ink, appearing to read 'Amarinder Singh', with a flourish at the end.

Amarinder Singh
Chief Minister
Punjab



Message

Women in all walks of life face multifarious challenges in their quest for a dignified existence in society. The occasion of International Women's Day, on 8th March every year, provides an opportunity to policy makers, governments and the intelligentsia to reflect regarding the goalposts of women empowerment and the progress made in the journey .

As head of the police force in Punjab, I take this opportunity to reiterate my commitment to the cause of Women and more specifically to the safety and security of Women. Women face Domestic Violence, Sexual assault, Sexual harassment and even Acid attacks. Punjab Police has taken various steps to ensure prevention of crime against women and to ensure their safety .



The 181 dedicated helpline for women is a 24x7 facility available day and night for helping Women. Shakti App for Women has been developed by Punjab Police with almost 80,000 downloads, wherein , the woman can send an instant emergency message to the local SHO and DSP in the area where she faces a threat to her security .Similarly, Punjab Police has initiated free pick up and drop facility for Women in the night hours. We are also launching facility of Women Helpdesks in every district and Women Liaison Officers for women Complainants in each of the 422 Police stations of the State of Punjab.

I am happy to note that the Young Women Police Officers are taking valuable initiatives for empowerment of Women of the State. The Safety Booklet for Women has been designed by Ms Alka Meena, SSP SBS Nagar with the assistance of Ms Deepika Singh, DSP SBS Nagar and has been adapted by the Community Affairs Division Wing of the Punjab Police for being launched at the state level under the Saanjh banner.

DISHA
"a way forward"



This Safety Guide has also been translated into punjabi for wider reach amongst the Women residing in rural areas. I am sure this booklet will prove to be a useful ready reckoner regarding legal provisions pertaining to crime against Women and guidelines and schemes of the government for Women safety .

Best Wishes

A handwritten signature in black ink, appearing to read 'Dinkar Gupta', written over a horizontal line.

Dinkar Gupta
Director General of Police
Punjab



Message

Women in India, in the background of their constitutional rights, have been further provided protection of various laws whereby domestic violence, dowry harassment, sexual harassment etc. are cognizable offences with adequate deterrent punishments.

However, the multiplicity of laws in favour of women has, ironically, not resulted in justice to women at the cutting edge, largely because of lack of awareness and persistence of deep rooted prejudices and patriarchal attitudes towards women. DISHA handbook on Women Safety, an easy to understand, practical guide for young girls and women whereby they can take the right steps to ensure their safety at all times and seek help from the right channels when required.



I am confident that DISHA will empower many women to pursue their dreams while taking care of their own safety and security at all times and will be beneficial to everyone.

Greetings to all women of Punjab on occasion of International Women's Day

A handwritten signature in black ink, appearing to read "Gurpreet Kaur Deo".

**Gurpreet Kaur Deo, IPS
ADGP/Community Affairs Division,
Punjab with add, charge of
Women & Child Affairs**

CONTENT

- 1** Crime against women- a brief overview
- 2** Dos and Don'ts for safety- Beware and Be aware
- 3** Teach your kids
- 4** Pepper Spray-Uses, Precautions, and Preparation
- 5** Self Defence
- 6** Cyber Safety
- 7** Punjab Police at your service:
 - Helpline numbers
 - Shakti App
 - Know Your Police App

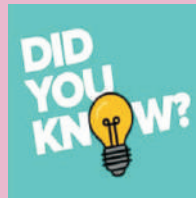
DISHA

“way forward”
Chapter 1



**Crime Against
Women - a brief
overview**

Unwelcome and explicit sexual overtures, demand of sexual favours or making sexually coloured remarks by any man against any woman is a crime under section 354A IPC



Morphing pictures of a woman and sharing them with an intent to harass and defame her is a crime as per section 499 IPC and section 66-D IT Act.

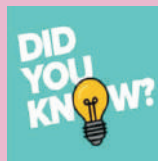
A senior colleague demanding sexual favours in exchange for work benefits, promotion or salary hike is an act of Sexual harassment as per Sexual Harassment of Women at Workplace Act, 2013

Watching, capturing or sharing images of a woman engaging in a private act without her consent is voyeurism and is punishable under Section 354 (c) IPC.

Making sexually coloured remarks against a woman in a public space is a crime under Section 509 IPC.

If a woman's clear refusal to someone's sexual advances is met by threats to harm her physically or her reputation and property, it is a crime under Section 503 IPC.

Following someone with or without their knowledge is stalking and is an act of sexual harassment. The man can face jail term ranging 3-5 years or fine.





OFFENCE	SECTION	ACT	PUNISHMENT
Molestation	354	IPC	Minimum 1 year Maximum 5 year and fine
Sexual Harassment	354A	IPC	Minimum 1 year Maximum 3 year and fine
Assault with Intent to disrobe	354B	IPC	Minimum 3 year Maximum 7 year and fine
Voyeurism	354C	IPC	Minimum 1 year Maximum 7 year and fine
Stalking	354D	IPC	Upto 5 year and fine
Eve teasing	294 & 509	IPC	294 IPC upto 3 month and fine 509 IPC upto 3 years with fine
Dowry Death	304B	IPC	Minimum 7 year Maximum life imprisonment
Cruelty by Husband or Relative	498A	IPC	Upto 3 year and fine
Rape	376	IPC	Minimum 7 year Maximum life imprisonment
Acid Attack	326A	IPC	Minimum 10 year Maximum life imprisonment
Throwing/Attempt Acid Attack	326B	IPC	Minimum 5 year Maximum 7 year with fine

OFFENCE	SECTION	ACT	PUNISHMENT
Kidnapping and Abduction	363, 366	IPC	Kidnapping 7 year with fine Abduction 10 year and fine
Trafficking	370	IPC	Minimum 7 year Maximum 10 year and fine



Molestation



Sexual assault or physical abuse of the body of a person, especially a woman or child. Eg. Hugging, Pinching.



Eve Teasing

The act of publicly targeting and annoying women by use of offensive language and behaviour





Stalking



Stalking is unwanted and/or repeated surveillance or physical pursuit of a woman.

Voyeurism



The practice of gaining sexual pleasure from watching others when they are naked or engaged in sexual activity.

Sexual Assault



An act in which a person intentionally sexually touches another person without that person's consent, or coerces or physically forces a person to engage in a sexual act against their will.

Sexual Harassment at the Work Place



Unwelcome Sexually colored or Sexual Remarks, inappropriate promise of rewards in exchange for sexual favors at work place

Domestic Violence

Domestic violence is violence or other abuse in a domestic setting, such as in marriage or cohabitation.



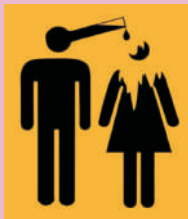
Trafficking

Trade of Women for the purpose of forced labour, sexual slavery, or commercial sexual exploitation.



Acid Attacks

A form of violent assault involving the act of throwing acid or a similarly corrosive substance onto the body of another "with the intention to disfigure, maim, torture, or kill".



Dowry Death

The murder or suicide of a married woman caused by a dispute over her dowry.



Kidnapping & Abduction

Taking away of a woman by force or against her will



Rape

Sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against the consent of the person.

DISHA

“a way forward”

Chapter 2

**Dos and Don'ts
for Safety
- Beware and
Be aware**



Dos

- Appear relaxed, confident and alert, especially if you are in high risk situations.
- Keep safety numbers on speed dial on your cell phone.
- Use GPS and safety apps on your mobile effectively.
- Every time you go out, tell someone where you are going and when do you expect to be back.
- Keep your eyes on the road while travelling in an auto/taxi. Try to remain alert.
- When staying in a hotel, prearrange all hotel information, request a room with peephole.
- Carry bags close to your body.
- In closed public transport vehicles, sit near exits.
- Invest in a safety whistle and always carry it while travelling.
- If you are alone and do not know anyone nearby, try calling a name out to make an assailant believe you may be with someone. This may also help you if you are alone at home.
- If held from behind, don't struggle forward, you'll only exhaust your self. Instead, carry through your self backwards to surprise your attacker or stomp on the lower leg or foot.



- The elbow is a strongest part of our body. Try to use it when attacked.
- When in trouble, do not show your fear, Show your anger instead, raise your voice.
- On social media, update your privacy setting regularly.
- When driving yourself, lock your car from inside, check your fuel tank and always approach your car with the keys ready in your hand.



Don'ts

- Accept food/drink from strangers.
- Leave your drink unattended. If you need to move away from your drink , finish it/carry it/leave it.
- Fight or Argue with unfamiliar men.
- Carry valuable items or large amount of money when traveling alone.
- Wear expensive jewellery when travelling alone.
- Use shortcuts through dark alleys, fields, or vacant lots when alone.
- Leave your bag unattended in public place.
- Wear shoes or clothing that restricts your movements.
- Park in isolated areas.
- Count cash in parking lot. Someone could be watching you.
- Invite strangers to your house/hotel room.
- Put too many personal details on social network.
- Go alone to meet someone you met online.

Always Remember

Whenever in trouble, the idea is not to teach a lesson but to escape, be safe and buy time till help arrives.



Beware and Be Aware

- **Always be aware of your surroundings.** This applies whether you are traveling alone or in groups. Don't just focus inwardly on your thoughts if you are alone, or your friends if you are together. Keep an eye out for your environment, looking out for suspicious characters, possible danger, etc. Also, don't assume that because your area has been "safe" thus far, that it will continue to be so.
- **Travel in groups** "There is safety in numbers" is not just a cliché. It's actually true. Make a point of traveling together with others, whether it's on Public Transportation, on Campus, in Cars, etc.
- **Change the route** normally travelled. If you have taken the same bus, train or highway to get to work or school, change your route.
- **If you are driving alone** Don't think that if you are in a car, you are safe. Windows should be up and doors locked even when driving to avoid unwanted passengers at intersections. When you are walking to your car, always have your keys ready so that you can quickly get into your car.
- **Don't Use the Mobile and Headphone:** If you are used to blocking outside world using your mobile while outside, drop this habit, especially in the isolated areas.



- **Do not open the door of your home without checking:** Do not open the door to your home without first checking from a window, peephole or by asking and verifying who it is.
- **Report any suspicious activity around your home:** If you see people loitering on the streets near your house, call the Police and report it.
- **Tell others about your whereabouts:** Parents, spouse or friends should know where you are going and when you will be back so that your absence will be noticed. If you live alone or if you are travelling alone, arrange a conveyance in such a way that someone checks whether you have reached the destination safely or not.
- **Trust your instincts:** If you are walking somewhere and feel strange or scared, don't ignore this feeling and take extra precautions by walking a little faster to get to a more populated or well-lit area or change the route you have been driving on.
- **Attract attention if you are in a dangerous situation.** Get others to pay attention to what's happening to you if you are under attack or being harassed. You can alert others by honking a car horn or loudly describing what is happening.



- **NEVER admit that you are alone:** If someone calls your home and asks if you are alone, never admit it and instead ask who the caller is. If they refuse to identify themselves, calmly hang up. Keep the radio on in the house so that caller will get the impression that others are in the home too.
- **Obscene Phone Calls.** If you receive an obscene call or crank call, do not talk to the caller. Note down the date and time of call. If they are persistent, inform the Police.
- **If you are a student.** Avoid studying in isolated class rooms, libraries or parts of the college campus that are not regularly patrolled by the security officers of the institute.
- **In large buildings, take the elevator,** and not the staircase. Staircases are usually quiet and dark and therefore take the elevator. But if someone suspicious gets on, don't hesitate to get off the same time and/or raise alarm; or if someone is already the elevator who you feel strange about, do not get on it.

DISHA

“a way forward”

Chapter 3



**Teach
Your Kids**

Good Touch

It feels good to be hugged and kissed by people you love.

- When Mommy gives you a hug & kiss after you wake up.
- When Daddy gives you a good night kiss
- When Grandparents and Family come to visit and everyone gets a hug.



Bad Touch

Bad touch makes us feel bad or uncomfortable.

- When someone kicks, hits, pinches or slaps.
- When being touched where you are not supposed to be touched.



If someone gives me a bad touch, I say “no, stop that, back off” or “I don’t like that” or “don’t touch me that way”.

“Never agree to keep it secret. Tell someone you trust.”



If someone gives you a bad touch then you should tell:

Parents, Grandparents, Teacher or other trusted adults.



When someone gives you bad touch, Don't feel that you are bad. Whoever gives you a bad touch is the one who is bad, not you. **"Your body belongs to you"**.

Incest:

Dear Children, sometimes bad touch can come from your close family members too. It's not your fault! Don't stay silent. Share with your "safety network" or call childline 1098 or police helpline no. 112/181.



Do not let Anyone touch you on your



Picture Credit - Google



Tips for teaching kids about Good Touch and Bad Touch

- **Use the swimsuit rule.**

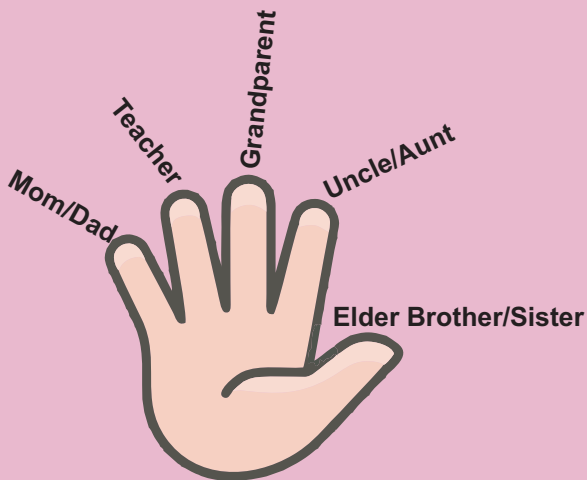
Private body parts are the parts you cover with your swimming suit when you go swimming. No one should ever touch your private parts except your parents or doctor.

- **Explain what safe touch is**
- **Empower them to say NO**
- **Give them ownership of their body**
- **Don't force attention**
- **Help your child trust his/her instincts**
- **Practice role play**
- **Ensure that the child knows who to call and how to call out for help if trapped in an uncomfortable situation.**
- **Make your children memorize their home address and important phone numbers**



Safety Networks

Safety Networks have been used as part of protective behaviours for a long time. You trace around a hand and then on the fingers of the hand the child can write names of five adults they can talk to. Tell them these are the people who will listen, believe and take appropriate action.





The Protection of Children From Sexual Offences (POCSO) Act

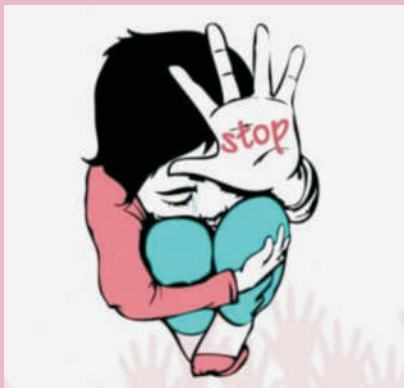
- Defines a child as any person under the age of 18 years of age (Section 2).
- This act is gender neutral for both children and for the accused.
- There are five types of sexual offences against children under POCSO Act. These are: penetrative sexual assault; aggravated penetrative sexual assault; sexual assault; aggravated sexual assault; and sexual harassment of the child; (Section 3, 5, 7, 9 & 11)
- Abetment of an offence or an attempt to commit an offence is also punishable under the Act. (Section 16)
- Using a child for pornographic purposes such as representation of the sexual organ of a child, usage of a child engaged in real or simulated sexual acts, the indecent or obscene representation of a child is an offence under POCSO Act and is punishable (Section 13)





- A Special Court is a Court to be set up under section 28 of the POCSO Act for providing speedy trial and to try the case in a child friendly atmosphere.
- If there is any apprehension of the commission of an offence under the POCSO Act, the same may be informed either to the SJPU (Special Juvenile Police Unit) or Local Police (Section 19)
- Media/hotel/lodge/hospital/club personnel have an obligation to report to the SJPU or Local Police if she/he/they come across any material or object which is sexually exploitative of the child (Section 20)

Punishment for failure to inform is either imprisonment upto six month or with fine or both (Section 21)





- If a person makes a false complaint or provides false information against any other person, she/he shall be punished with imprisonment up to six months or with fine or with both (Section 22)
- The POCSO Act has barred the media from disclosing the identity of the victim including his/her name, address, family details, photograph, school, neighborhood etc. (Section 23).
- If a person discloses the identity of a child, she/he shall be punished with imprisonment up to six months extendable to one year or with fine or with both (Section 23)



Know the facts and speak out against child sexual abuse. We all need to protect our children against any form of abuse. Here is your chance to do so. **Start now!**

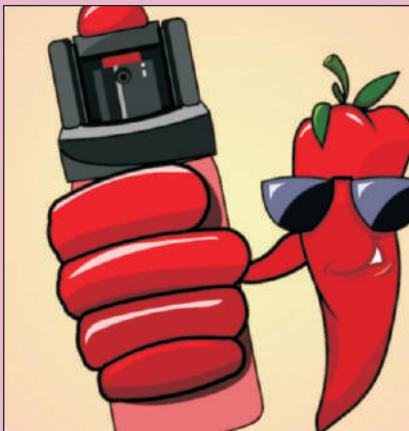
DISHA

“a way forward”

Chapter 4

An illustration in the background shows two stylized human figures, one purple and one pink, holding hands. Above them is a rainbow with a white center, set against a light blue circular backdrop with yellow rays. The entire scene is set against a light pink background.

**Pepper Spray-
Uses, Precaution
How to Prepare
at Home**



Uses

- Easy to use, instantly effective personal safety device primarily meant for women.
- **Effective range** upto 7/8 feet.

Precaution

Keep it away from children. Should not be left in car during summer since high temperature may cause the seal to leak.



Just USE it

- Causes immediate involuntary closing of the eyes, difficulty in breathing.
- Sudden and intense, searing pain about the face, nose, and throat
- Subsequent breathing through the nose or mouth leads to ingestion of the chemical, which feeds the feeling of choking.

What it does?



Make it your 1st weapon of self-defense.

- Potential to create fear/threat among anti-social elements
- Gives you plenty of time to escape & seek help.

How long?

- Duration of its effects depends on the strength of the spray but the average full effect lasts around 35-40 minutes, with diminished effects lasting for hours.
- Non-Lethal, No Permanent After Effect



What to do if I accidentally spray it on myself

- Do not rub the face. This will aggravate the pain.
- The best immediate treatment is to expose the person to fresh air.
- Rinse the affected area with cold water.
- Clean the affected area with non-oil cold cream based soap.
- If eyes are exposed, flush copiously with cool, fresh water for minutes.
- If you wear contact lenses, remove them carefully with clean hand
- Clothing which is contaminated with Pepper Spray should be removed immediately.
- Persons assisting should wear rubber gloves to avoid residual contamination.
- If any irritation or pain persists after decontamination procedure, a physician should examine the exposed area.

How to Make one at Home

Before you start making it, wear glasses and gloves for your safety.

Ingredients

- Vinegar (nail paint remover which has acetone can also be used)
- Chilli flakes
- Red chilli powder
- Black Pepper
- Oil (refined oil will also do)
- A bowl
- Spray bottle
- Strainer



Procedure

- Mix all dry ingredients first – chilli flakes, red chilli powder.
- Add vinegar to it as it preserves the solution better (or acetone in nail paint remover)
- Top it up with some oil which will help it to get stuck on clothes and skin and will take longer to wash off.
- Stir all ingredients well.
- Transfer the solution to the spray bottle using the strainer.
- It is important that it is sealed tightly to prevent its leakage



DISHA

“the way forward”

Chapter 5

An illustration featuring two stylized human figures, one in purple and one in pink, holding hands. Above them is a vibrant rainbow with yellow sun rays emanating from its center. The entire scene is set against a light pink background.

Self

Defence

Areas of Vulnerability

Primary Targets

1. Eyes
2. Throat
3. Groin



Secondary Targets

1. Nose
2. Kneecaps
3. Ears
4. Head/face



What's in your Purse - Things that can be used for self defence

1. Pen
2. Pencil
3. Nail Cutter
4. Bangles
5. Comb
6. Scarf



7. Ear Phones
8. Deodorants
9. Pins
10. Keys
11. Phone Charger
12. Mobile Phone

Always Remember

When in a dangerous situation, the idea is not just to run away from danger but to run towards safety.



Self Defence

Vulnerable points with methods of attack



DISHA

“a way forward”

Chapter 6

Cyber Safety

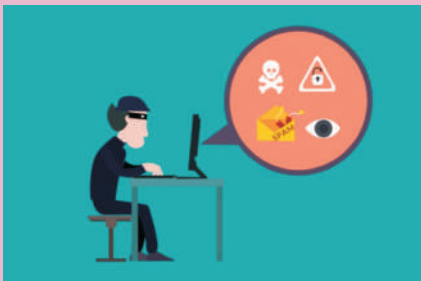
A stylized illustration in the background shows two figures, one in purple and one in pink, holding hands. Above them is a rainbow with yellow sun rays emanating from it. The entire scene is set against a light pink background.

What is Cyber Crime

Cyber crime refers to any crime that involves a computer and a modern telecommunication network such as internet and mobile phone.



Cyber criminals may use computer technology to access personal information, business secrets or use the internet for exploitative or malicious purposes.



Women and Children can become victims of crimes in cyber space such as:

● Cyber Bullying/Stalking/Sexting

Incident in which attacker uses the internet and other electronic devices to persistently harass the victim. Also, bullying incidents are committed using online communication medium like e-mail, social media, SMS, messenger, forums etc., to harass, threaten, embarrass and humiliate the victim

● E-mail phishing

A fraudulent e-mail message designed to be a legitimate person or organization to trick the recipient to share personal information, such as password, bank account numbers.

● Online Matrimonial Fraud

Incident where fraudsters create fake profile on leading matrimonial websites for cheating gullible women.





● Profile Hacking

Compromising and/or using your social media account without your permission.



● Picture Morphing

Morphing the face of person to the body of another and publishing it to blackmail or intimidate the person.

● Fake Job Call Letter

Websites offering jobs need to be checked for veracity and authenticity. Mails need to be double checked and verified before responding especially if one is asked to put in a personal appearance.

● Dating Websites

Females can be manipulated by smooth talkers on dating sites who might misuse any pictures/texts sent across.



● **Revenge Porn**

When intimate pictures clicked with friends/acquaintances are posted online when the relationships gets sour or there is family feud.

● **Cyber Grooming**

Practice where someone builds an emotional bond with teenage children through social media or messaging platform with an objective of gaining their trust for the purpose of sexually exploiting them.

Always let an adult know if you get threatening or weird messages. Approach cyber crime police or you can report to nearest police station.

Cyber crime complaints can be reported on National Cyber Crime Reporting Portal by typing URL <https://www.cybercrime.gov.in> in the web browser

**You can also report to:
State Cyber Crime Cell,
phase 4, sec 59,SAS Nagar, Punjab
Email : ssp.cyber-pb@nic.in
Contact no. 0172-2226258**

The Information Technology Act, 2000 has provisions to deal with Cyber Crime against Women and Children :



Sec. 66-C Punishment for identity theft :
Punishment - Imprisonment upto 3 years and fine upto 1 Lakh rupees.

Sec. 66-D Punishment for cheating by personation by using computer resource :
Punishment - Imprisonment upto 3 years and fine upto 1 Lakh rupees.

Sec. 66-E Punishment for violation of privacy
Punishment - Imprisonment upto 3 years and/or fine not exceeding 2 Lakh rupees.



Sec. 67 Punishment for publishing or transmitting obscene material in electronic form :

Punishment - Imprisonment for 5 years and fine upto 10 Lakh rupees.

Sec. 67-A Punishment for publishing or transmitting of material containing sexually explicit act in electronic form :

Punishment - Imprisonment for 7 years and a fine upto 10 Lakh rupees.

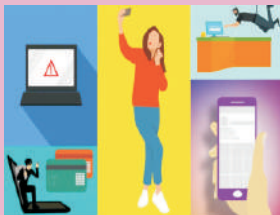
Sec 67-B Punishment for publishing or transmitting of material depicting children in sexually explicit act :

Punishment - Imprisonment upto 7 years and fine upto 10 Lakh rupees.



Cyber Safety- Tips to Stay Safe Online

- Don't give out your location details or personal information to people you don't know.
- Don't meet someone you have been in touch with online as it can be dangerous. Always check with an adult/someone you trust first.
- Never accept e-mails, files, pictures or text from people you don't know as it can lead to hacking of your account.
- Tell someone if something or someone makes you feel worried or uncomfortable.
- Block inappropriate content and sites.
- Change password frequently and don't accept friend request from strangers.
- In case of cyber bullying share these messages with parents/teachers/friends who are mature enough to understand the gravity of situation and act accordingly
- Collect/save offensive post/comment as these can be used as evidence against the perpetrator during police investigation.





Chapter 7

**Punjab Police
at your Service**



Empower Yourself with Knowledge

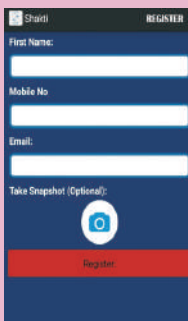
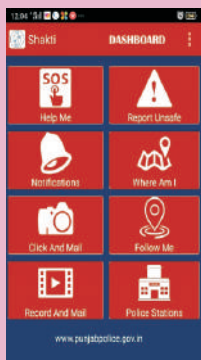
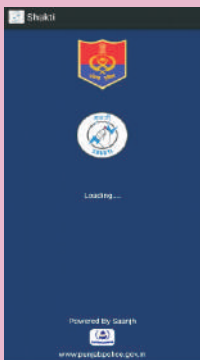
- Save **Helpline Numbers** (112, 181, 1091)

- Download **Shakti App**

- Download **Know Your Police** app



Shakti App





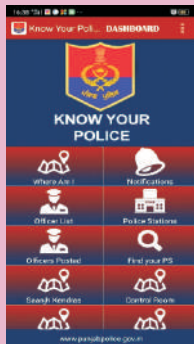
What is 'Shakti' App

For the safety and security of women, a women safety mobile app namely “**SHAKTI**” has been developed. The main features of this app are:

- User can Register on this app after filling necessary details.
- User can feed contact numbers of her relatives or guardians in SOS help to generate SMS alert at the time of crises.
- By pressing “HELP” button on her mobile phone, she can send alert to her relatives, District Police Control Room, concerned SHO, DSP of Sub Division and other police officers.
- Users can take picture of the unsafe places and can send these pictures to Police Control Room, these Geo-tagged pictures along with meta data will be received in police control room and police can further analyse this information and take necessary remedial steps like enhanced patrolling, getting street lights installed in the area.
- User with the help of this app can access information like contact number of the SHO of nearest police station, concerned DySP of Sub-Division etc. In addition to these, distance of her location from nearest Police Station.



Know your Police



16:27 26% [signal] [battery] [wifi]

Know Your Police REGISTER

First Name:

Mobile No

Email:

Take Snapshot (Optional):

Register:



What's Know your Police App?

- This app helps people in distress situations like accidents, crime etc. and enables common people to access following information through this app: Telephone numbers of any Police Station, SHO, DySP, SSP, CP in Punjab and Senior Police Officers at office of DGP Punjab and Punjab Police Headquarters.
- Location and Google Map of the area of Police Station and approximate distance of location of individual from the Police Station. It also gives details of location of individual at a particular point of time.
- Contact details of all Police Stations, Sub-Divisions including email IDs and Google Maps of all Police Stations.



- In an effort to ensure Women Safety, Police will now provide free pick up and drop facility to Women between 9pm to 6am. This facility is available on calling helpline number 112, 1091, 181
- Women police cells are functioning in all districts in Punjab and efforts are being made to make existing police stations more women friendly.
- Women can now get Zero FIR or free jurisdiction FIR registered in any police station irrespective of place of incident/jurisdiction and the same can be later transferred to the appropriate police station
- Heinous crime against women shall only be dealt by women police officers in every police station across Punjab.



Punjab Police always at your service....



Thank You

Saanjh



Community Affairs Division, Punjab

cad.pphq.punjab@gmail.com

Contact No. - 0172-2220050

62



Conceived by :
Alka Meena IPS
SSP, SBS Nagar



Prepared by :
Deepika Singh PPS
DSP-Sp. Br., SBS Nagar



Special Contribution :
Prevoyance
Jerath Path Lab
Gurinder Pal Singh

Disclaimer: This booklet is meant for creating awareness and for educational purposes.
Information provided in it has been collected from various sources.



Issued by: Saanjh



Community Affairs Division, Punjab