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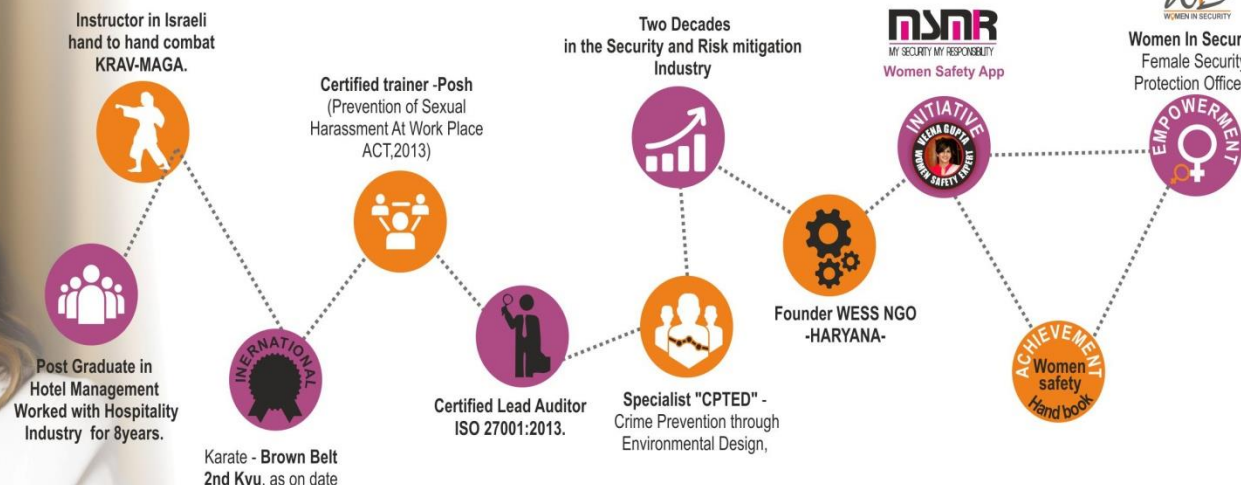
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TAKING CARE OF UNCERTAINTIES





VEENA GUPTA

Entrepreneur Risk & Security Consultancy, System Integrator, CPTED Specialist, Self Defense /Women Safety- Expert
Lead Auditor(ISO 27001:2013), Chairperson FSAI (Women & Security committee), Founder WESS NGO

Founder and CMD of Seam Group of companies comprising of Seam risk solutions, Seam infratech projects, Concept safety systems, Warm enterprises , Start up , Women safety app. With a more than **two decades of experience** in Executive Protection, Risk Management, Real estate, Fire and security, Veena is a member of many international security organizations like **ASIS, FSAI, SECONA, IISM, APSA, NBAA & IFSEC**.

Veena specializes in formulating integrated security solutions by using modern security management techniques. She has expertise in subjects like Risk and Disaster management solutions, Security Consultancy & Audits, and Business Continuity Plan. Constantly upgrading herself by taking part in various international seminars and conferences across the globe.

Bestowed with the title of **'Lady Bodyguard,'** Veena is a pre-eminent name in the security services domain. She is known for her ground-breaking work and initiatives undertaken for self-defence & women empowerment. As a part of her CSR initiative she imparts **training sessions** and organizes camps on varied topics, ranging from **fire safety, to emergency procedures, road safety, women safety, soft skills, and many more.**



FROM THE MEDIA EYES.....

Self-defence sessions a hit with all age groups in Gurgaon

(CONTINUED FROM PAGE 1)

"We think that nothing bad will ever happen to us and avoid taking precaution, or we keep blaming others for our safety. The best way to feel safe is to prepare ourselves to face the danger," says Manisha Khurshid, 35-year-old Tower resident and organiser of a self-defence session. "When I suggested having this session, I got a positive response from the RWAs and neighbours," she adds.

The RWAs are also contacting NGOs that deal with women's safety issues and provide classes or trainers for self-defence. Some organisations have also connected with the Haryana Police for demonstration and trained introductions to self-defence techniques.

ENCOURAGES FROM RWAs AND RESIDENTS HAVE INCREASED

Self-defence trainers and organisers say the number of queries they get has increased, with residents enquiring for introductory sessions in residential societies. "Many societies have taken steps to help residents fight back. We conduct these sessions free of cost and have received about 10-15 queries in the past one-and-a-half months," says Veena Gupta, self-defence trainer and founder of Women Empowerment Safety & Security Foundation (WESS). WESS has conducted eight sessions in the last month in localities like, Tattva Vihar, Sector 36, Emerald Towers and others.

"We have received about 10 queries last month for conducting sessions of women in Gurgaon. In today's scenario, it is important to be able to protect one's safety. We have organised workshops in four localities last month. We charge a nominal fee depending on the venue," says Anushka, who owns a self-defence training academy.

THE INITIATIVE IS TAKEN BY THE RESIDENTS

The organisers say that though one session is not enough, it is a good way to introduce the concept. "These are like introductory classes. The sessions held within the society so more people participate and develop an interest," says Tapasvi, who organised a class in Tulip Garden.

Devi, who organised a session at Towers Vihar, says, "We organised the session with support from the RWAs. I am sure that when parents see their kids learning how to fight back, it would have inspired them to enroll the kids for more



AGE NO BARR: An elderly woman learns self-defence techniques at the session.

WE CANNOT SIT AND WAIT FOR OTHERS TO TAKE ACTION FOR US. SELF-DEFENCE TEACHES US TO BE SELF-SUFFICIENT. MANY TECHNIQUES THEY TEACH IN THESE CLASSES ARE NOT STRENGTH-BASED, WHICH MEANS ANYONE CAN LEARN TO MASTER THEM

— Koral, DLF Phase IV resident

classes. I read about the campaign, Meri Sorakshi Meri Zimmedari, and thought I must do this for my society."

"We cannot sit and wait for others to take action for us. Self-defence teaches us to be self-sufficient. Many techniques they teach in these classes are not strength-based, which means anyone can learn to master them," says Koral, a DLF Phase IV resident who organised a session in her society.

PEOPLE BEGIN TO DEVELOP INTEREST AND ASK QUESTIONS

Organisers of self-defence workshops say that each introductory session is attended by 30-40 people. "The attendance can vary as per the locality and no coach of the resident organiser. But around 40 people turn up for most of these workshops. The classes are usually held over the weekend," says Veena.

Residents are informed about the sessions through WhatsApp groups and social media. "When I heard out about the session, I was initially sceptical due to my age. But the organisers explained the importance of attending the session and said that it is a good way to learn self-defence. Now, after attending the session, I feel it was worth making up early for," says Subhash Shukla, an Emerald Towers resident.

"It is good to have such sessions in our locality. I was worried about my safety but never really thought about taking self-defence classes. After attending one session and learning the basic techniques, I already feel safer," says Nisha Anand from DLF Phase IV.

"I took my children for one session. I want them to develop interest in self-defence and I will train them further with regular classes," says Apollonia from Sector 36.



From contacting NGOs to asking Haryana Police to take classes, Gurgaon societies are doing every bit to ensure that women stay safe in the city.



In many societies, after the first session, residents have enquired about more sessions. "I approached Veena after the first workshop in our locality. My kids and wife were keen to train further. I have formed a group in the society and have asked WESS to come over the weekends and take more classes," says Sanjay Datta, a Tulip Garden resident.

"I have formed a group with my friends and have asked up for self-defence classes," says Nisha Jain, a Sector 36 resident.

— Anushka.Gowarid@timesgroup.com

Gurgaon societies train residents in self-defence



A self-defence training session at Emerald Towers. In the background, a group of women are practicing self-defence techniques. A woman in a red shirt is being held back by others.

MANY SOCIETIES HAVE TAKEN STEPS TO HELP RESIDENTS FIGHT BACK. THEY HAVE RECEIVED 15-17 QUERIES IN THE LAST ONE-AND-A-HALF MONTH

— Veena Gupta, self-defence trainer and founder of WESS

In order to curb the crime rate in the city, Gurgaon residents have taken matters into their own hands. In order to ensure that people are not easy targets for criminals, many societies have started hosting self-defence classes. Residents to organise sessions in Emerald Vihar, Tulip Garden, Emerald Towers, Sector 34, Sector 36, Sector 38, Sector 39, Sector 40, Sector 41, Sector 42, Sector 43, Sector 44, Sector 45, Sector 46, Sector 47, Sector 48, Sector 49, Sector 50, Sector 51, Sector 52, Sector 53, Sector 54, Sector 55, Sector 56, Sector 57, Sector 58, Sector 59, Sector 60, Sector 61, Sector 62, Sector 63, Sector 64, Sector 65, Sector 66, Sector 67, Sector 68, Sector 69, Sector 70, Sector 71, Sector 72, Sector 73, Sector 74, Sector 75, Sector 76, Sector 77, Sector 78, Sector 79, Sector 80, Sector 81, Sector 82, Sector 83, Sector 84, Sector 85, Sector 86, Sector 87, Sector 88, Sector 89, Sector 90, Sector 91, Sector 92, Sector 93, Sector 94, Sector 95, Sector 96, Sector 97, Sector 98, Sector 99, Sector 100.

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GURGAON IS TALKING ABOUT

Pics: Ajay Kumar Gautam and Lokesh Kashyap

BIG GURGAON SAFEER

Gurgaon women take charge of their own safety

@timesgroup.com

Increasing incidents of crime against women have made Gurgaon women come forward to take action for themselves. Many citizens and resident groups are working to communicate with the authorities and urge them to implement policies to make it safer for women.

PACK A PUNCH AT SELF-DEFENCE TRAINING ON GOLF COURSE ROAD

Women's Empowerment, Safety and Security Foundation has launched a self-defence campaign in Gurgaon. The session started with self-defence training on Golf Course Road. The attendees were put in various scenarios like robbery, molestation, gun attack. The session had a special focus on the January 21 rape case, where a woman was killed. The unique to defend oneself, if an attacker tries to rob or drag the victim out of a car.

The initiative for basic self-defence training, Shiksha Gupta, Founder, WESS, said, "We

need to take responsibility for our own safety. Police, friends or relatives cannot be around us all the time. Some basic techniques can be of great help if you are attacked. In this initiative, we will hold meetings every alternate week at different spots to demonstrate a possible attack situation and train people to react to them".

Isha Sharma, a resident of Sector 52, who attended the session with her husband and daughter, said, "Every time my daughter steps out of the house, it scares me to even imagine what she might have to face. I came here to make sure she learns some techniques so that in case she is ever in an unfortunate situation, she can save herself."

Attendees at the campaign were taught self-defence techniques like punching and kicking



The NGO, Women Empowerment, Safety and Security, teaches self-defence techniques to domestic help in one of the workshops conducted by them



—CONTINUED FROM PAGE 1

DON'T WANT TO TAKE ANY CHANCES: DOMESTIC HELP

Most domestic help in Gurgaon live in rural areas in the suburbs and Old Gurgaon, from where most such incidents have been reported. Because of this, they are wary of travelling to and from their houses, particularly in the evenings, and many have even planned to return to their hometowns for some time. They say that many of their employers feel they are overreacting, given the recent incidents, but they don't want to take any chances.

A domestic help from Sector 57, who didn't want to be named, says, "There are rumours and stories going around the entire city. There were incidents of women being attacked just two lanes from where I live. I don't want to risk it. *Isse achha toh ghar pe baitho kuch din, jab tak yeh sab khatam nahin ho jata.*"

Another help who stays in Old Gurgaon adds, "*Maine bol diya sab gharon mein ki main nahin aa sakti. Andhera hone ke baad darr rehna hai ki koi choti na kaat le. Sabko mazaak lagta hai par humein sach mein darr hai iska.*"

EMPLOYERS CONFUSED ABOUT HOW TO REACT TO 'BRAID-CUTTING' FEAR

But this refusal to step out of the house has stumped the residents for sure. Nidhi Arora, a resident of Golf Course Road, says, "My help said she couldn't come for a couple of weeks because of the 'braid-cutting ghost'. I am okay with her not coming because of illness or waterlogging, but how does one respond to this? I even hinted that I might replace her, but she didn't budge."

Neelima Mitra, a Sector 56 resident, tells us, "My maid told me last week that she is going back to her village till this braid-cutting menace subsides. At first, I thought she was just overreacting, but she actually left. I'm not sure when she plans to return, because I don't

MY MAID TOLD ME LAST WEEK THAT SHE IS GOING BACK TO HER VILLAGE TILL THIS BRAID-CUTTING MENACE SUBSIDES. AT FIRST, I THOUGHT SHE WAS JUST OVERREACTING, BUT SHE ACTUALLY LEFT

— Neelima Mitra, a Sector 56 resident

know whether the police will ever catch anyone in this case. I also don't know if I should look for another help, because she might have the same fear."

'WE TAKE TURNS TO DROP HER BACK HOME IN THE EVENING'

Residents say they have had to offer their help incentives in order to convince them to continue working despite the braid-cutter's threat.

Kartika, a resident of Phase I, says, "I spoke to a few of my neighbours who employ the same help, and we pooled in and offered to pick and drop her every day. That's why she agreed to continue working. Now she has started coming on her own in the morning, and we take turns to drop her back in the evening. It's time-consuming, but not having domestic help would have been a bigger headache."

Ananya Singh, a Sohna Road resident, says, "I offered my help a change in her timings so that she can go home before dark. She agreed but she is still uneasy. It is inconvenient for us as we have to wrap up lunch and prepare dinner very early, but I hope it's temporary."

SELF-DEFENCE CLASSES FOR DOMESTIC HELP

The fear is so much that a local NGO, Women Empowerment, Safety and Security (WESS), even provided self-defence sessions to the scared domestic help. Veena Gupta, president of WESS, tells us, "Since we heard of a lot of incidents about women being so scared that they were refusing to venture out of their houses, we decided to help them. First, we counseled them that these incidents are not done by supernatural elements, but just human beings. Then, we had a couple of sessions with about 20-25 domestic help, teaching them how they can defend themselves if someone attacks them, especially if someone tries to grab them by their hair."

— Abhimanyu.Mathur@timesgroup.com

Mysterious braid-cutter leaves Gurgaon domestic help-less

Gurgaonwallahs are offering drop backs home, changed work timings and even self-defence classes to convince scared domestic help to come to work despite the threat of the 'braid-cutter'



A local NGO has been offering women self-defence training against the braid-cutter

Abhimanyu.Mathur@timesgroup.com

Ever since the mysterious 'braid-cutting' menace has hit rural Gurgaon, city-based housewife Sushma Rajput has been quite perturbed. No, nobody has attacked her and her braid has not been threatened so far. Her worry over the matter stems from her maid Geeta's fear of this 'braid-cutter'. Ever since the incidents of braid-cutting happened in parts of Gurgaon, Geeta has been so scared of her tresses' safety that she has refused to come and work at the Rajput household, leaving Sushma quite frazzled. But Geeta is not the only domestic help in the city who is scared after multiple incidents of braids being mysteriously chopped off. Many others have either refused to come to work or even left for their hometowns in fear of the braid-cutter of Gurgaon, leaving their employers confused.



MAINE BOL DIYA SAB
GHARON MEIN KI MAIN
NAHIN AA SAKTI.
ANDHERA HONE KE
BAAD DARR REHTA HAI
KI KOI CHOTI NA KAAT
LE. SABKO MAZAAK
LAGTA HAI PAR
HUMEIN
SACH
MEIN
DARR
HAI ISKA

— A domestic
help
who stays in
Old Gurgaon

महिलाओं ने कहा, मेरी सुरक्षा, मेरी जिम्मेदारी



सेक्टर-51 में लगाया गया सेल्फ डिफेंस कैंप

■ एनबीटी न्यूज, गुड़गांव : महिलाओं को सशक्त करने के लिए जगह-जगह कैंपेन चलाए जा रहे हैं, जिसमें हर आयुवर्ग की महिलाएं भाग ले रही हैं। मेरी सुरक्षा, मेरी जिम्मेदारी कैंपेन के माध्यम से सोशल एक्टिविस्ट वीना गुप्ता शहर के अलग-अलग आरडब्ल्यूए के साथ मिलकर महिलाओं को आत्म निर्भर बनाने का काम कर रही हैं। सेक्टर-51 में हुए सेल्फ डिफेंस कैंप में एसएचओ पूनम भी पहुंची और महिलाओं को जागरूक किया। वीना ने बताया कि वह अपने इस कैंपेन के माध्यम ये महिला सुरक्षा पर काम कर रही हैं। अलग-अलग सोसायटी और संस्था उनके साथ मिलकर काम कर रही हैं। वहीं महिलाओं को ऐप के माध्यम से भी ऑनलाइन टिप्स दिए जा रहे हैं।

50 सप्ताह का कार्यक्रम शुरू

खुद से हुई छेड़छाड़ तो ठान लिया, बनना है 'दुर्गा'

47 साल की वीना ने बॉडीगार्ड बन पेश की मिसाल

■ एनबीटी न्यूज, गुड़गांव

नवरात्र में एनबीटी आपको कुछ ऐसी महिलाओं के बारे में बता रहा है, जिन्होंने अपनी शक्ति के दम पर समाज में एक अलग मुकाम हासिल किया। आज की कहानी एक ऐसी महिला की है, जिसने न सिर्फ अपनी और अपनी बेटी की रक्षा का प्रण लिया बल्कि दूसरों की रक्षा का भी बीड़ा

उठाया। 47 साल की वीना गुप्ता एक बॉडीगार्ड हैं। छेड़छाड़ का शिकार हुई तो लिया फैसला :

वीना ने बॉडीगार्ड बनने का फैसला तब लिया जब वह खुद ईव टीचिंग का शिकार हुई। बात 2007 की है। वह अपनी बेटी और फ्रेंड के साथ मॉकट में थीं। इस दौरान कुछ लड़के उन्हें परेशान करने लगे। इस घटना से वह काफी डर गई। सवाल न सिर्फ उनकी सुरक्षा का था, बल्कि बेटी की सेफ्टी का भी था। उन्होंने फैसला किया कि वह इस डर से उबरेंगी और सेल्फ डिफेंस की ट्रेनिंग लेंगी।

यूएस की कंपनी से किया है टायअप : सेक्टर 56 में रहने वाली वीना गुप्ता बचपन से ही दबंग

रही हैं। उन्हें इस काम को करने में किसी तरह का हिचकिचाहट नहीं हुई। घरवालों ने भी उन्हें पूरा सपोर्ट किया। पहले वो छोटे स्तर पर ही यह काम करती थीं, लेकिन अब उनका यूएस बेस्ड अमेरिकन बॉडी गार्ड कंपनी से टायअप है। इसके माध्यम से वह विदेशों तक अपनी सर्विस दे रही हैं। वह बताती हैं कि 2012 में उन्होंने उदयपुर में आयोजित एनआरआई की शादी में बॉडीगार्डिंग की थी।

महिलाओं को देती हैं फ्री सेल्फ डिफेंस ट्रेनिंग : वीना डब्ल्यूईएसएस यानी विमिन एंपावरमेंट सिक्युरिटी एंड सेफ्टी नाम का एनजीओ भी चलाती



बीच में लाल टी शर्ट में खड़ी वीना गुप्ता

हैं। इसके माध्यम से वे महिलाओं को फ्री में सेल्फ डिफेंस में दक्ष कर रही हैं। हर शनिवार को वीना 3 घंटे सेक्टर-57 में महिलाओं को ट्रेनिंग देती हैं। साथ बॉडीगार्ड बनने के लिए कई महिलाओं को फुल ट्रेनिंग दे चुकी है। पहला बेच वह मुंबई में तैयार कर चुकी है। इसके बाद अब दिल्ली-एनसीआर के ग्रुप को तैयार करने लिए शेड्यूल तैयार कर रही हैं।

महिलाओं ने कहा, मेरी सुरक्षा, मेरी जिम्मेदारी



सेक्टर-51 में लगाया गया सेल्फ डिफेंस कैंप

■ **एनबीटी न्यूज, गुडगांव :** महिलाओं को सशक्त करने के लिए जगह-जगह कैंपेन चलाए जा रहे हैं, जिसमें हर आयुवर्ग की महिलाएं भाग ले रही हैं। मेरी सुरक्षा, मेरी जिम्मेदारी कैंपेन के माध्यम से सोशल एक्टिविस्ट वीना गुप्ता शहर के अलग-अलग आरडब्ल्यू के साथ मिलकर महिलाओं को आत्म निर्भर बनाने का काम कर रही हैं। सेक्टर-51 में हुए सेल्फ डिफेंस कैंप में एसएचओ पूनम भी पहुंची और महिलाओं को जागरूक किया। वीना ने बताया कि वह अपने इस कैंपेन के माध्यम से महिला सुरक्षा पर काम कर रही हैं। अलग-अलग सोसायटी और संस्था उनके साथ मिलकर काम कर रही हैं। वहीं महिलाओं को ऐप के माध्यम से भी ऑनलाइन टिप्स दिए जा रहे हैं।

‘माय सिक्वोरिटी माय रिस्पॉन्सिबिलिटी’ से महिलाएं होंगी सुरक्षित

कंचन गुप्ता। गुड़गांव

नंबर्स भी इस एप में मौजूद हैं।
ऐसे आया एप बनाने का विचार

साइबर सिटी में बढ़ते महिला क्राइम को देखते हुए शहर की एक सोशल एक्टिविस्ट ने महिला सुरक्षा एप तैयार कराया है। माय सिक्वोरिटी माय रिस्पॉन्सिबिलिटी (एमएसएमआर) नामक इस एप में महिलाओं के लिए न केवल सुरक्षा टिप्स दिए गए हैं बल्कि महिलाओं को सेल्फ डिफेंस के तरीके भी बताए गए हैं। साथ ही महिलाओं के लीगल राइट्स के बारे में पूरी जानकारी दी गई है। घर से अकेली निकली महिला को किस स्थिति में क्या करना चाहिए या क्या नहीं करना चाहिए, जिससे की वो खुद को बदमाशों से बचा सके, इसके बारे में इस एप में बहुत कुछ बताया गया है। यही नहीं किसी समस्या में फंसने पर हेल्पलाइन

पिछले 10 सालों से महिला मुद्दों पर आवाज उठा रही वीणा गुप्ता कहती हैं कि साइबर सिटी में वर्किंग वूमन बेहद अधिक हैं। काम के सिलसिले में अक्सर महिलाओं को रात के समय बाहर निकलना पड़ता है। क्षेत्र के कई इलाके ऐसे हैं जहां रात के समय स्ट्रीट लाइट भी नहीं होती और न ही पुलिस दिखाई देती है। एक दिन सभी फैमिली मेंबर्स व फ्रेंड्स एक साथ बैठे थे और महिला क्राइम पर चर्चा चल रही थी। उसी वक्त सोचा कि क्यों न ऐसा एप बनाया जाए जिसमें महिला सुरक्षा के टिप्स के साथ-साथ उन्हें सेल्फ डिफेंस व अन्य सुरक्षा सुविधाएं मिल सकें। बस तभी से तैयारी शुरू कर दी और एप तैयार करवाया।

एप के अंदर है बहुत कुछ

वीणा खुद भी सेल्फ डिफेंस में एक्सपर्ट हैं। वह बताती है कि साइबर सिटी में रोजाना कई महिलाएं छेड़छाड़ का शिकार होती हैं। इनमें से कई महिलाएं पुलिस तक शिकायत नहीं कर पाती हैं। ऐसे में यदि उन्हें सेल्फ डिफेंस के गुर आएंगे तो उनके लिए अच्छा होगा। वह स्वयं अपनी लड़ाई लड़ सकेंगी। महिलाओं को ऑनलाइन बहुत से एप मिल जाएंगे लेकिन इस एप की खास बात यह है किसी खास परिस्थिति के समय क्या करना चाहिए, इसके बारे में बताया गया है। महिलाओं के साथ होने वाले क्राइम के तरीकों को देखते हुए, पहले से संदिग्धों को पहचानने व सुरक्षा में क्या कर सकते हैं, ये बताया गया है।



बटन दबाते ही बजेगा सायरन और कॉल सीधे हेल्पलाइन नंबर 1091 पर जाएगी

एप में ऐसी व्यवस्था भी की गई है कि किसी भी मुश्किल में पड़ने पर सिर्फ एक बटन दबाते ही सायरन बजने लगेगा। जिससे लोगों का ध्यान आकर्षित होगा और कॉल सीधे 1091 महिला हेल्पलाइन पर लग जाएगी। एप बनाने वाली वीणा सामाजिक स्तर पर भी काफी सक्रिय रहती हैं। वो समय-समय पर महिला सुरक्षा को लेकर वर्कशॉप भी आयोजित करती रहती हैं। इस एप में वीणा की होले वाली वर्कशॉप की भी जानकारी नियमित तौर पर मिलती रहेगी। महिलाएं सुविधा के अनुसार सुरक्षा वर्कशॉप अटेंड कर सकती हैं। वर्कशॉप में महिलाओं को सेल्फ डिफेंस ई-लर्निंग के माध्यम से सिखाया जाता है। यह एप फ्री ऑफ कॉस्ट है। एप महिलाओं के लिए शुरुआती चरण में एंड्रॉयड फोन पर ही उपलब्ध है। जल्द ही इसे अन्य पर भी उपलब्ध करवा दिया जाएगा।

Meet the 'Lady Bodyguard'

She can make you feel as safe as a male bodyguard can. Her sole purpose is to protect men as well

ARPIT GUPTA

'INSECURITY' word doesn't exist in her dictionary as she says if a woman is determined then nobody can harm her. She is Veena Gupta Srivastava, a Gurgaon resident, who has set an example for others.

With 22 years of rich working experience, she runs two companies including Women Award Reward Mentoring (WARM) and Seam group, which deals with security installation in the corporate world.

She is a post graduate in management studies hotel management (hospitality and security industries). Her path-breaking ideas and concepts are sure to make a difference to how women project and perceive themselves.

WARM was founded in 2011 to honour the extraordinary women who have contributed to society through their lives and accomplishments. "It is an opportunity for women from around the world to strengthen connections, to empower them, honour their talent, professional and personal achievement as mothers, bosses, mentors, friends, wives, sisters and other roles that all women play," said Veena.

Dating back to early '90s when she was working with a noted five-star hotel, she always wanted to be in a security-related job. After eight years, she changed her profession and entered into security field and got a great break with MNC

Company, MPA (India) Pvt Ltd, based as Asia Headquarter at Bangkok, Thailand. She learnt basic training for security guarding and safety operations in Bangkok.

"I have been working as an independent director with an Indian guarding company for security solutions based on manpower guarding and security and fire system. This was turning point of my life," she told.

In 2008, she founded her own company, Seam group services. "Seam was basically formed to provide executive protection to the corporate. There is nothing like only men can protect people, we women can also do the same. We are capable enough to protect ourselves, our family and society," she said.

She gave the credit of her success to her husband Vivek Srivastava. "He (Vivek) has always been very supportive. He gave a good upbringing to our only daughter and allowed me to work at odd hours. He has always motivated me more than that I needed," she cheer-

fully said. She also conducts defence camps at schools, communities and public places.



There is nothing like only men can protect people, we women can also do the same. We are capable enough to protect ourselves, our family and society.

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Women traffic cops get lessons in self defence

Bhawna Gandhi | TNN

Gurgaon: Women constables and other lady officers of the city's traffic department underwent a training in self-defence recently, so that they can tackle any adverse situation head on.

The training took place at the deputy commissioner's (traffic) office in Sector 52. More than 20 women constables,

20 traffic volunteers and other officials of the traffic department underwent the training that included lessons in Krav Maga, a hand-to-hand combat system developed in Israel.

The training was an initiative by Bharti Arora, DCP, traffic, who felt that it is many times tougher for a woman officer to deal with the aggressive and misbehaving public. The training was



BEAT RETREAT

Over 20 lady constables and traffic volunteers each received lessons in Krav Maga — a hand-to-hand combat system developed in Israel

imparted by Women Award Reward and Mentoring (WARM) and they taught the lady officers how they can defend themselves while facing a challenging situation.

"Traffic officials have to deal with different kind of situations and people. It is necessary to train women officials ways in self defence to combat various situations.

In fact, we want to convey to all parents that a girl child should master martial arts so that they can protect themselves from eve teasers and other forms of harassment," said Veena Gupta, WARM.

Women's safety: Top cop meets BPO staff

HT Correspondent

htreporters@hindustantimes.com

GURGAON: As part of the safety awareness drive, the joint commissioner of police, Maheshwar Dayal, on Thursday shared a few tips with the women employees of a business processing outsourcing firm in the city.

The officer interacted with the staff of Keells BPO Solutions at DLF City Phase-3 and discussed various problems faced by them. A self-defence training and awareness session was also conducted for all the female staff of the organisation.

Emphasising on the need of women empowerment, Dayal assured that strict measures will be taken to reduce the incidents of crime against women in city. He also asked women to be prompt in registering FIR and call up the police helpline in case of an emergency.

Veena Gupta from the Seam Group conducted a workshop



Joint commissioner of police Maheshwar Dayal talks to BPO staff, in Gurgaon. HT PHOTO

on self-defence and gave live demonstrations to explain how to tackle any attack. Some of the topics covered during the session included safety and protection techniques, prevent car-jacking, kidnapping and physical intimidation, besides other situations.

Gangrape: City denizens unite for a cause

how safe are
women
♀ in NCR?

HT Correspondent

htreporters@hindustantimes.com

GURGAON: The brutal gangrape of a 23-year-old paramedical student in a moving bus in Delhi has united city denizens to seek justice for the victim.

The Millennium City has witnessed a series of protests by residents who are outraged over the incident.

More than 100 residents participated in a candlelight march from Central Arcade Mall in DLF Phase 2 to Heritage City on MG Road on Friday.

"This is not acceptable. The government has to amend the definition of rape and the accused should be hanged. The



■ Residents take out a candlelight march in Gurgaon, demanding justice for the Delhi gangrape victim, on Friday. MANOJ KUMAR/HT

victim is battling for her life. She did not deserve this torture," said Vice-Admiral (retd) SC Chopra, who took part in the vigil.

A large number of residents of DLF Phases 1, 2 and 4 also staged a protest against

women-related crimes. They also took out a demonstration at Galleria Market.

The residents will also conduct a march at India Gate on Saturday.

On Wednesday, scores of residents had protested at the

The government has to amend the definition of rape and the accused should be hanged. The victim did not deserve this.

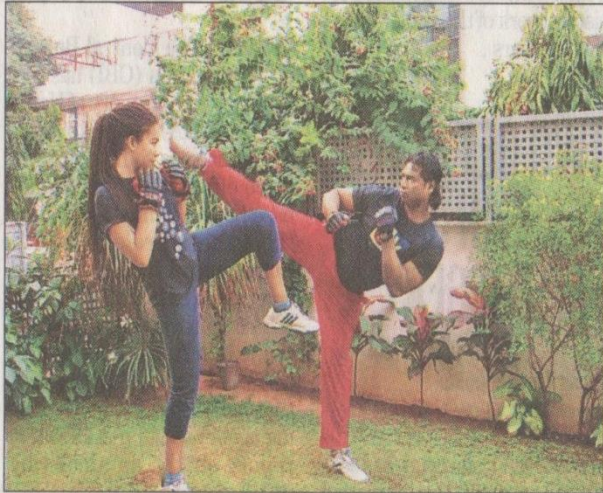
SC CHOPRA
retired vice admiral

Qutab Plaza market in DLF Phase 1.

Meanwhile, the Facebook group — Gurgaon Moms — has also initiated a campaign to impart tips to women in self-defence.

"I will give safety tips to women on Sunday," said Veen Gupta, a group member, who will head the meeting at Root Café in Sector 29. As many as 30 women are likely to participate in the event.

More women take up martial arts classes for self-defence



■ Karate and kick-boxing are popular among women as they help them raise their confidence levels. HT PHOTO

HT Correspondent

htreporters@hindustantimes.com

GURGAON: Dimple Singh, 35, a resident of Sector 57, joined kick-boxing classes to protect herself. For she knows that she can't take her husband along everywhere she goes.

"I must know how to guard myself against sex predators and roadside Romeos. Moreover, kick-boxing also helps me stay fit," said Singh, who has enrolled her son and daughter also for martial arts. In the wake of Delhi gang-rape incident, there has been a spurt in number of women taking up martial arts to protect themselves.

ACCORDING TO EXPERTS, THE NUMBER OF WOMEN WANTING TO LEARN SELF-DEFENCE TECHNIQUES HAS INCREASED BY 50%.

According to experts, the number of women wanting to learn self-defence techniques has increased by 50%. "Among children, martial arts have always been a famous sport. But for working women, it has become popular after the Delhi rape incident," said Sunil Saini, who has been running a martial arts

academy, Sai Karate Planet, in Sector-46, for the last 10 years.

Karate and kick-boxing are the favourite. "It takes at least six months to learn the technique. The major challenge is to build mental strength," said Sumit Birmani, founder and trainer at Kaishogun Martial Arts Academy in DLF City-5.

Of late, even multinational companies are encouraging their staff to take up self-defence courses. Many MNCs religiously conduct martial art training sessions for their employees. "Earlier, corporates used to conduct self-defence workshops just as a formality. But, now, we have been getting so many calls from RWAs

for conducting such courses," said Veena Gupta, founder of Women Empowerment Safety and Security. Earlier, Gupta used to train 150 students a month but now the number has gone up to 300.

Experts say self-defence is not just about learning the techniques, but about carrying oneself in the right manner. "Ninety-six per cent of it is about basic dos and don'ts — how to walk, importance of an erect posture, walking with your head held high and not keeping it low, etc. If all these basics are not right, one tends to give out signals of being weak and becomes an easy target," added Gupta.

एनसीआर के अतिरिक्त श्रमायुक्त नरेश नरवाल ने दिए सख्त निर्देश

पिछले एक साल में दर्ज रेप के अधिकांश मामलों में आरोपी, पीड़ित लड़की को परिचित ही निकला है। इसलिए लड़कियां किसी पर पूरा भरोसा न करें। यह कहना है कि एसीपी हेडक्वार्टर पूनम दलाल का। **लिव इन पार्टनर ने दिया धोखा :** 3 महीने में दो मामले ऐसे सामने आए हैं, जब महिलाओं ने अपने लिव इन पार्टनर पर रेप का केस दर्ज करवाया है। पिछले एक साल के दौरान कई ऐसे मामले भी सामने आए जब लड़की के दोस्त ने खाने की चीज में कुछ मिलाकर रेप किया। परिवार ने लड़की को किसी दूर के रिश्तेदार के साथ भेजा और उसने भी भरोसा तोड़ा। लड़कियां दोस्ती करें लेकिन आसानी से किसी पर भी भरोसा न करें। अगर समस्या हो तो पुलिस के पास आए।

Women drive for health issues

ALL WOMEN car rally's core concern is safety, awareness against breast cancer

Radhika Nagath

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HARIDWAR: It was a road show that attracted many eyes, as 50 women driving their own cars as part of an awareness rally reached here on Friday night.

Zippering on wheels, these empowered women are here for the three-day programme on women's safety and awareness against breast cancer. The rally started from Delhi on Friday morning and will culminate at Himalayan Hospital, Jolly Grant on Sunday. After halting for a night, the rally left for Rishikesh at 7.20am on Saturday via Chilla range of Rajaji National Park.

The cavalcade was flagged off at the Hard Rock Café in New Delhi. The rally is in compliance with the international sporting code and its appendices, the applicable rules and regulations of the Federation Of Motor Sports Clubs of India (FMSCI), of Federation Internationale de l'Automobile (FIA) in India, the international sporting code of the FIA, and Women's Car rally 2011 Supplementary Regulations.

Special activities undertaken by the rallyists will include dis-



• The awareness car rally being flagged off at the Hard Rock Café in New Delhi.

tribution of pamphlets to not only the participants but also locals at each venue. Noted participant and founder of Seam Group of companies Veena Gupta held a special workshop on women's safety. She runs the WESS (Women Empowerment Safety and Security) NGO for creating awareness on self defense for all.

Stand up comedians Vasu Ritu Primalani and Jeeveshu

Ahluwalia will do a special performance for all participants at The Himalayan Institute Hospital Trust.

Prize distribution and closing ceremony will be held in Himalayan Hospital, Jolly Grant. A special film on breast cancer prevention, titled 'We can Defeat Breast Cancer' will also be screened.

Speaking to HT, a participant Vandana Saxena said, "Going

on a long drive enhances the self-confidence of women. I am thrilled about it."

She has earlier participated in a rally from Delhi to Jaipur as well.

"It gives women an opportunity to compete on the road through specified routes, speed calculations and spreading the message for taking care of their own health," said organiser Abhinav Sood.

The Lady Bodyguard

Veena Gupta, a lady bodyguard, has created quite a flutter in the mostly male dominated profession

By TRISHA MAHAJAN

You have probably seen them standing right behind the VVIPs or other high-profile people—heavily built, wearing black suits and stiff upper lips. Super attentive, alert and never distracted, the male security staffers, or bodyguards, as we term them, guard their clients at every step, whether it is accompanying them in cars or protecting them from crowds. However, what would you make if a 5 feet 3 inches tall, beautiful lady, dressed in a sari, paired with high heels and makeup greeted the client with a pleasant smile and saying, 'I am your bodyguard.' It isn't just a part of my imagination, for Gurgaon-based Veena Gupta has made inroads into what was considered a male domain—security services.

To become a woman security staffer is not an easy profession to pursue—not only does one have to struggle against gender discrimination, but one also has to fight against family constraints. Though Veena initially faced a lot of difficulty, nothing stopped her from entering the field. When we ask her about the experience of being a bodyguard, she says, "It's a *filmi* style three-tier security system wherein I lead the team that comprises the first guard, the principal guard and the follow guard. We take over the entire operation right from the airport and continue to do so till the time they return. It took me about five years to make people psychologically accept the fact I can also guard them. Eventually, they have understood that body and height don't matter, it's the work that speaks."

Having worked with some five star hotels like the Taj and

Hyatt for about eight years, Veena found the odd working hours problematic. And, her decision to quit the hotel industry paved the way for security services. "I have worked in the sales and marketing departments of a number of five star hotels. After spending a good number of years in the industry, I felt sick and tired of the shift duties and even felt that there was no growth. While I was looking for change in the form of a nine-to-five job, I happened to join MPA (India) Pvt Ltd, a security organisation, which became my first step towards the field of security services," explains the 43-year-old Veena.

Although Veena never dreamt about being in the business of security services, she was always ambitious. The outcome of it was the setting up of her own company, Seam Group, with various verticals. She mentions, "MPA (India) Pvt Ltd closed down three years after I joined, due to financial constraints. Thereafter, I worked elsewhere for about four years. Then, I thought that the time had come to start something of my own and my baby, Seam Group, was born with Seam Infratec Projects Pvt Ltd, Seam Risk Solutions Pvt Ltd, Concept Safety Systems and Seam Property Management Solutions—all under the Seam umbrella."

Veena feels that all the verticals of the Group are unique and have something different to offer to people. And, when it comes to safety training, it varies according to age groups and gender. For the five to 10 year age group, the training involves telling them about the right body touch

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woman power

and educating them about their body parts; 10 to 15-year-olds are taught how to defend themselves by using body parts, from head to toe, or any available material. Women are taught how to tackle cases like chain snatching and men are given training about cases like road rage, carjacking and group fights.

Veena has come this far by undergoing special trainings. She holds a certification for first level Israeli combat, Krav Maga, a self-protection technique. Besides the basic training for six months at MPA (India) Pvt Ltd, Bangkok, she has been travelling every year to the US and the UK to attend the American Security International Seminar (ASIS), a five-day training programme, which teaches the fundamentals, and on its completion, awards you with a certificate. She adds, "I am also trained in Krav Maga, a hand-to-hand reality-based street fight which is a combination of many martial art forms like boxing, judo and wrestling along with realistic fight training. It teaches one to come out of any situation by using the 360-degree defense technique by utilising different body parts."

Today, Veena is not only the proud owner of the Seam Group, but her client list also boasts of highly esteemed corporate clientele like Wal-Mart, Lenovo, DELL, Dabur and Kodak, among others. "I conduct seminars and conferences at various offices in order to sensitize the issue on safety and security. I also conduct training sessions for the Gurgaon Police, Delhi Police and some other government bodies," states Veena.

Veena also runs an NGO, Women Empowerment Safety and Security (WESS), a foundation that originated from her passion for the upliftment of women. "I have wanted to set up an NGO for the past two years. As a President, and together with the other 14 founder women, we aim to protect the society by bringing forward a safer India and focus on issues like women safety, security and equal rights for women. We also conduct workshops twice a month with respect to women's emancipation, which have been a huge success."

Apart from security services, Veena is passionate about dance as she is a trained Kathak dancer. She also loves the idea of travelling and meeting new people. Veena feels that her carefree attitude, confident body language and direct eye contact act as an add on to her personality. For her, her family is her biggest strength. She adds, "It took time for my family to accept my profession. But steadily, they understood my passion. My husband is my real supporter and my daughter is another support pillar in my life as she helps me in spreading my message amongst her friends."

Veena is quite clear about her mission of empowering women. "I am trying to merge all the verticals under one roof. After a few years, I am planning to open a parent company in Bangkok. I want to take it to such a level that it allows me to start my flagship company in Singapore. Thereafter, I will open more divisions and make my group a private limited company." With Veena's vision and mission so clear, we wish the lady bodyguard all the best. <<

...giving lessons to school girls





गुडगांव की वंदना सिंह ने मिसेज इंडिया क्वीन ऑफ सबस्टेंस २०१५ प्रतियोगिता में क्लासिक कैटेगरी मिसेज इंडिया घोषित हुई. एचसीडब्ल्यू और अदिया इनोवेशंस द्वारा ७ फरवरी होटल आईटीसी वेलकम, द्वारका, नई दिल्ली में मिसेज इंडिया क्वीन ऑफ सबस्टेंस २०१५ प्रतिस्पर्धा का आयोजन किया गया था. इस प्रतियोगिता में प्रतिस्पर्धियों को महिमा चौधरी (बॉलीवुड एक्ट्रेस) और फैशन जगत की जानी मानी हस्ती कोरियोग्राफर नितिन बेदी द्वारा आईटीसी वेलकम होटल, द्वारका में सजाया संवारा गया. इस पेजेंट के कॉस्ट्यूम डिजाइनर्स प्राची भारद्वाज और मोहित फलोद न तैयार किए थे.

प्रतिस्पर्धा में मुंबई और गुडगांव के टैलेंट ने धमाल मचाया और मिसेज इंडिया क्वीन ऑफ सबस्टेंस २०१५ और क्लासिक मिसेज इंडिया क्वीन ऑफ सबस्टेंस २०१५ का खिताब जीता. गुडगांव की मिसेज वीना गुप्ता ने फर्स्ट रनरअप टाइटल और गुडगांव की मिसेज साक्षी विश्वेश और गोवा की मिसेज रॉशेल एनोन बामनिया ने सेकंड रनरअप टाइटल जीता.

मिसेज इंडिया कांटेस्ट





Fire & Security Association of India

Regd. Office: No. 19/1, Kannadasan Salai, Behind Natesan Park, T. Nagar, Chennai - 600 017

This is to certify

Veena Gupta

is a individual member of Fire & Security Association of India.

This certificate is valid for the period

15-02-2017

to 15-02-2020

“ To promote Human Safety and Security as an important societal obligation in the economic development of the country and use this as an index for future investments and growth in the pursuit to be a global leader. ”

(Pankaj Dharkar)
National President



(Ajit Raghavan)
General Secretary

This is a Provisional Certificate. Hardcopy of the Certificate will be couriered.

www.fsai.in



Fire & Security
Association of India

Certificate of Appointment

Mr. Veena Gupta

*FSAI Management is pleased
to appoint you as the*

***Chairman - Women Safety &
Security***

for the period April 2018 - March 2020

*On behalf of the members,
we wish you success in all your
innovations and in the growth of FSAI*

Dominic K.P.
National President - FSAI



Suresh Menon
National Secretary - FSAI

NBT

नवभारत टाइम्स

सहभागिता प्रमाण पत्र

वी-11 अल्ला

आप 'जी बेफिकर' मुहिम का हिस्सा बनीं और महिला सशक्तीकरण की आवाज़ बुलंद की। नवभारत टाइम्स आपके हौसले को सलाम करता है।



सुधीर मिश्र

स्थानीय संपादक



Certificate of Appreciation

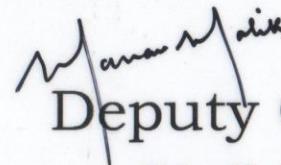
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Mr./Ms. ..Veena..Gupta...D/o..J.P.Gupta.....

For the Contribution in

..Imparting...training...on...Women...Safety.....

Hoping Persistence Performance in Future


Deputy Controller

Civil Defence
Gurgaon

Dated : 19.06.2015....



ALOK MITTAL, IPS,

D. O. No. 135

*Commissioner of Police,
Gurgaon, Haryana - 122 001
0124 - 2311200*

Dated 2-1-14

TO WHOMSOEVER IT MAY CONCERN

WESS "Women Empowerment Safety & Security-Foundation" is a Gurgaon based NGO run by **Ms.Veena Gupta as a Founder President**. WESS has been formed by 14 independent professional and successful women who have come together for the selfless purpose and cause and to create a safer community.

2. WESS is a self funded foundation with an object of empowering and to educate the women and men towards building a safer and secure city for all citizens. WESS has been conducting workshops with Gurgaon Police to achieve common goals of reducing crime against women, gender equality and awareness. Now, WESS intends to extend their training sessions in partnership with Gurgaon Police in schools, colleges, rural areas, RWAs and Gurgaon community.

3. I convey my heartiest congratulations to the WESS team on behalf of Gurgaon Police and wish them all success in all their endeavours in future.


(Alok Mittal, IPS)
Commissioner of Police,
Gurgaon.



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Date **16 feb 2011**

Place **GURGAON**


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Director & Chief Instructor
IKMA, (International Krav Maga Association) India

Capt. Jaipreet Joshi
Director & Chief Instructor



This is to certify that

Veena Gupta

**Has successfully participated in the self defense training
by Grandmaster Tamas Weber.**

**This training was held at Stockholm, Sweden
from 26th May 2015 to 1st June 2015.**


Signed

Dr. Tamas Weber
Phd Military Science

系東流

Diploma
Veena Gupta

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5 Kyu

in the art of Shito-ryu Sanshinkan
Karate-do

Date: **2016 05 19**

Soke Tamas Weber

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Website:- www.sanshinkan.org

WORLD HEAD OFFICE:-

Sanshin Karateklubb (Sve Kampsportcenter), Sveavagen 130, 113 50 Stockholm, Sweden



CERTIFICATE OF GRADUATION

Certificate No. 6890

Date : 040417


This is to certify that
Veena Gupta

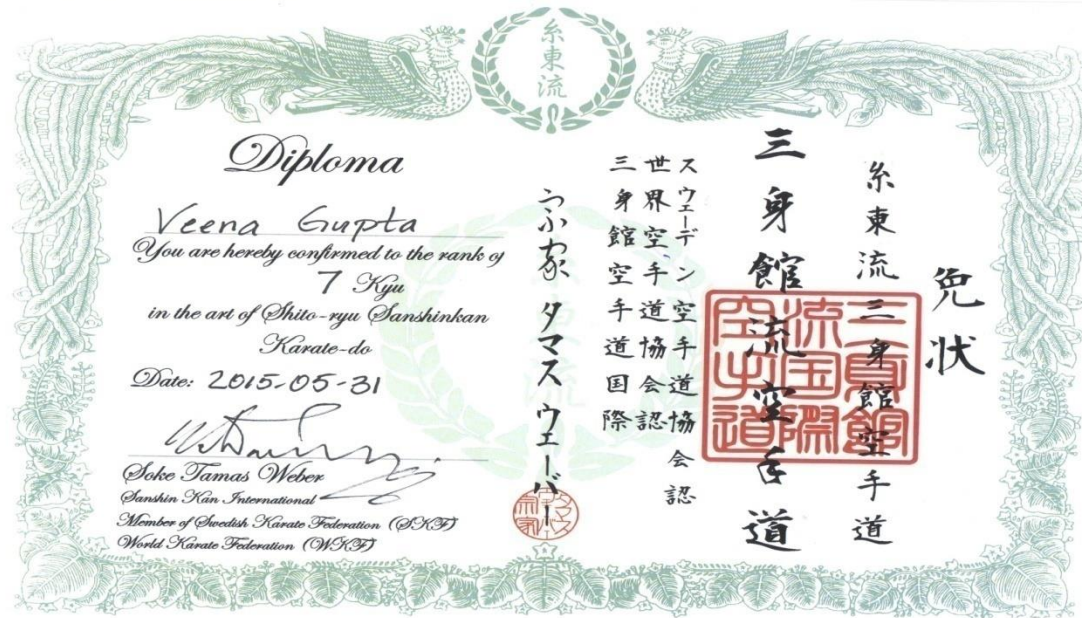
Is hereby granted the Rank of 3rd Kyu Brown Belt in the art of Karate with
Sanshinkan International in recognition of the progress, ability and knowledge that has been accomplished by
the diligent study & practice in martial art.

It is our wish that the student will endeavor to improve further in the physical, Mental & Spiritual forces
that are involved in the daily study & practice of the Martial Art


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Ms. Veena Gupta

Has successfully completed all training and testing
Requirements as developed by the Network Security Solutions(India) Ltd. to be certified as a
Crime Prevention
Through Environmental Design (CPTED) Specialist

28th – 29th October, 2016



NETWORK SECURITY SOLUTIONS (INDIA) LTD.

Shiviinder Singh

Shiviinder Singh
CFE, CPTED
Director (Risk Training)

Jagdeep Kairon

Jagdeep Kairon
CISSP, CISM
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From the Clients eyes-link attached...

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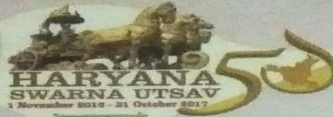
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Award & Recognition





हरियाणा कला परिषद्

(हरियाणा सरकार की स्वायत्त संस्था)

एवं विवेकानंद पब्लिक स्कूल, गढ़ी हरसरु, गुरुग्राम
के तत्वाधान में

अंतरराष्ट्रीय महिला दिवस पर २२ दिवसीय मातृशक्ति महोत्सव -2017



आदरणीय श्रीमती वीना गुप्ता (महिला सुरक्षा के क्षेत्र में)
महोदया,

आपके अथक परिश्रम, शिक्षा, प्रेम, समाज सेवा, दृढ़ संकल्प एवम, समर्पित बहुमुखी, प्रतिभा, से समाज लाभान्वित होता रहा है। आप विरासत में मिली परंपरा एवम संस्कृति का समाज में सदैव प्रचार-प्रसार करने हेतु तत्पर रहते हैं।

अपनी कर्मठता, दृढ़ता, विनम्रता, सहजता, संकल्पशीलता एवं उदारता से आप ने समाज में अनुकरणीय, व्यक्तित्व का उदाहरण प्रस्तुत किया है। आप के बहुमुखी व्यक्तित्व, कृतत्व एवं प्रतिभा दृष्टिकोण को रेखांकित करते हुए हम आपके सम्मान स्वरूप अपने इस मंच से

मातृशक्ति सम्मान

से आपको विभूषित करते हुए यह मानपत्र सादर समर्पित करते हैं। इस अवसर पर सविनय प्रणामपूर्वक हम आपके स्वस्थ, सुखी, कर्मशील, सृजनरत दीर्घायु जीवन की मंगल कामना करते हैं।

आपके गुणगुण प्रशंसक, मित्र एवं शुभाकांक्षी।

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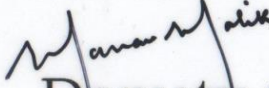
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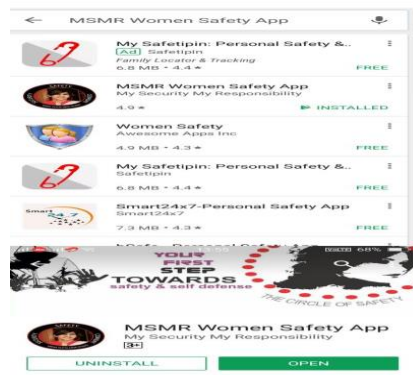
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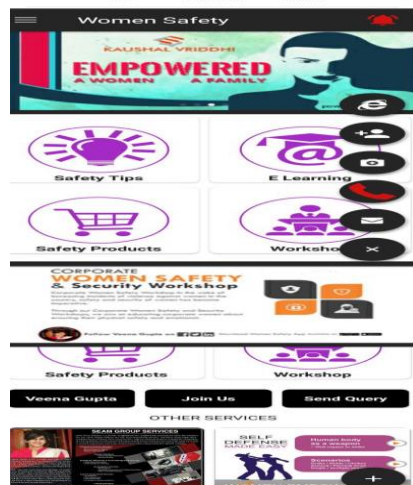


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WESS

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