



**SEREIN INC**  
**RESOURCES FOR WOMEN**  
**IN DISTRESS**

**RESOURCES AND IMMEDIATE CRISIS CARE FOR  
WOMEN IN DISTRESS/ABUSIVE CIRCUMSTANCES**



## India

Domestic abuse helpline: 181

Abuse helpline: 1091/1291

Women's helpline national: 1090.7217735372 (WhatsApp)

My choices: 56767 ( domestic violence help through SMS)

National Commission For Women: 011-23237166,23234918

## Delhi

Delhi commission for women: 011-23237166, 23234918

Delhi Women Protection Cell: 011-24673366/4156/ 7699

Shakti Shalini ( NGO ) Women Shelter: 011-24373737,011-24373736/10920

SAARTHAK: 011-26853846/ 26524061,<http://shaktishalini.org>

JAGORI: 011-26692700, <http://www.jagori.org/>

Action India : 011-24377470 / 24374785

Rahi foundation: 011-40536176

Joint women's programme: 011-24619821

Sakshi Violence Intervention Center: 0124-2562336/ 5018873

## Mumbai

Mumbai Police Women Helpline No: 022-22633333, 022620111

Maharashtra Women Commission: 07477722424, 022-26592707

Dial 1298: Operated by 80 NGOs

Maharashtra Women Helpline: 022-26111103, 1298 , 103

MAJLIS - MAHARASHTRA:022-26661252 / 26662394

Navi Mumbai Police Station:022-27580255

Sneha :+91-9833052684/9167535765

Maitra helpline: 24533270/25366577

Sakhya: 95250-2471540

Stree mukti sanghatana: 27821564/25297198

Aasra: 27546669

Dilaasa: 26500241

## Gurgaon(Haryana)

Haryana Women and Child Helpline: 0124-2335100

Helpline for women in Distress: 9911599100

Women and Child Development Department: 0172-2560349

## Bangalore

Bangalore women police: 080-22943225

Karnataka women police: 0821-2418400

Karnataka women's commission: 080-22100435/ 22862368, 080-2216485

Samaja Seva Samithi : 080-26600022 /9448945367

Abhayashrama: 080-22220834, 080-22121131

Tara Women Centre ( NGO Ashraya ) : 080-25251929

Nava Karnataka Mahila Rakshana Vedike: 9490135167

Vanitha Sahayavani: 100, 080-22943225, 080-22943224

## Kolkata

All India Women's Conference: 2337 3605 / 2478 0214 / 2359 5864

Association for Protection of Democratic Rights: 2237 6459 / 98742 52064

Durbar Mahila Samanwaya Committee: 2530 3148 / 2543 7451 / 7560

Gana Unnayan Parshad: 2265 2403, Helpline: 10925, Naboday Centre: 2573 6207

Calcutta Legal Aid Committee: 2248 4833 / 2248 3892

West Bengal women commission: 033-23595610

West Bengal Women Helpline Number: 033-23595609, 23210154

Swayam - Westbengal : 033-24863367



## Chennai

Tamil Nadu Women Helpline:044-28592750

Tamil Nadu State Commission for Women:044-28551155

Women Police Helpline: Chennai – 1091

Support line for women burn survivors and domestic abuse: 044-43111143 and 18001027282 (toll-free)

Joint Women's Programme (Delhi, Bangalore, Kolkata, Chennai): 011-24619821

The International Foundation for Crime Prevention and Victim Care

Shanti Crisis Line: +9144 – 43111143

## Hyderabad

Helpline For Women's Harassment – 1091

Women protection cell – 040-23320539

Women police station – 040-27853508

Roshini helpline – 040-66202000

Asmitha resource center for Women – 040-27733251

Shaheens women's organization – 040-24386994

AP women's network – 040-27014394

National Commission for Women – 011-13237166



## Jaipur(Rajasthan)

Rajasthan Nirbhaya Helpline:1800-1200-020

Rajasthan Women Commission: 0141-2779001-4

Rajasthan Women Helpline: 0141-2744000

Vividha: 0141-5172435

Vishakha: 08764149509, 0141-2786526

Abhyutthānam: 08239129043, 09460685023, 08239192326, 09779089559

## Pune

Aks Helpline for domestic abuse: 8793088814

Abhay Domestic Violence helpline: 09423827818

Susamvad – Sakhi – Helpline: 9520 – 25448400/25538434

Nari Samata Manch: 24473116

Masum: 02115 – 222969

Chetna Mahila Mandal: 9520 26610516

Maher: 952137 252174

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The guide was developed on 16 June 2020, the contact numbers, timings and services provided are subject to change as per govt/ non-govt entities running these helplines.



## Serein Team



**Ishani Roy, Founder:** A scientist by training, Ishani has a PhD in Applied Mathematics from Brown University and has been a post-doctoral fellow at University of Oxford. Most recently she was a scientist with General Electric (G.E.) where she contributed to product development in the Aerospace, Healthcare and Energy sectors. Serein is an attempt at using science to enable diversity and inclusion and drive organisational development in every business.

**Chryslynn D'Costa, Co-founder:** Chryslynn is a former Gandhi Fellow with her work addressing educational leadership in rural government schools in Rajasthan. Chryslynn graduated with a master's degree from Azim Premji University. Chryslynn is a regular columnist with publications such as LiveMint and The Hindu writing on PoSH and culture.



**Naureen Bhullar, Research Advisor:** Naureen got her PhD in Psychology from Virginia Tech and taught at Widener University in Chester, PA where she was tenured. She did her post-doctoral work at Indian Institute of Management Bangalore (IIMB). She is engaged in research on emotional contagion, autism in adolescents and adults, women in STEM, and diversity and inclusion. She is engaged in research with Serein, which includes assessment of training sessions, designing surveys and co-creating activities for different workshops on bias and sexual harassment.

**Shilpa Singru, Head of Design and Content :** Shilpa has created award-winning video and television content for organizations as diverse as UTV, PBS and Microsoft. Her recent work as producer was for the Emmy-winning show Biz Kid\$ on PBS. Shilpa has an M.F.A in film from the University of Wisconsin, Milwaukee. Her experimental work has been screened at the Museum of Contemporary Art, Institute of Visual Arts and in global film festivals. She is passionate about creating engaging content in video, film, graphic design, and animation.



**Faakirah Junaid Rafiquee, Legal Associate:** is a lawyer and content designer. She is an experienced head of operations skilled in research, policy analysis, human rights, mental health, women rights, workshop moderation and document drafting. She is a strong operations professional with a Bachelor of Law focused in women rights and policy analysis. She has facilitated and designed workshops on issues like feminism, prevention of mental health, and childhood sexual abuse. She also has developed courses, modules and programmes on the same issues. Faakirah writes on women's and mental health issues .

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