

Problems Faced by the North East Women in the Mainland Indian State

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Abstract

A diverse range of tribal communities and subgroups from the states of Assam, Manipur, Meghalaya, Mizoram, Arunachal Pradesh, Sikkim, Nagaland, and Tripura make up the northeastern region. It resembles a little version of India. Despite this, the population believes it to be a homogeneous society. Many individuals, including women, have migrated to the mainland Indian states, particularly to the nation's major cities, due to the region's lack of infrastructure, job creation, and educational opportunities. However, many of them, especially the women in the community, are subject to numerous racially discriminatory, socially degrading, sexually assaulting, harassing, and abusive platforms because of the stratification system that society has created in terms of the hierarchical treatment of people in terms of race, gender, place of birth, etc. Due to their place of origin, differences in their facial structures, different lifestyles, different eating habits, etc., many women are subjected to sexual abuse, workplace harassment, verbal abuse, mental torture, and fraudulent behaviour, even though they come from a small but diverse region and live in such new, developed cities. Metropolitan areas, including Delhi, Mumbai, Bangalore, and Kolkata, which are well-known for their advancements in infrastructure, employment prospects, educational opportunities, etc., also have a dark side to their history. Delhi is notable for having India's highest rate of crime against women. However, because of this subgrouping of women, the crimes committed by women in the northeast account for 50% of the overall crime rate percentage in the capital itself. The following list of case laws explains the relevant circumstances that these women have encountered and managed while residing in India's capital and other pan-Indian states or major cities.

Keywords: Problems, North East, Women, Mainland, India.

Introduction

In India, prejudice against women has taken several forms over many decades. Women have experienced various sorts of direct, indirect, and symbolic forms of violence, not just in India but throughout the world. Even though there have been multiple waves of feminism since the late 1990s, including the women's empowerment movement during the independence era, there are still a lot of negative stories about women that are still hidden. Double-layered discrimination occurs when a woman or an Indian lady is subjected to discrimination. Why? She was subjected to discrimination due to her gender and social standing. However, I would say that women in the northeast endure three different forms of prejudice. Because of the gender stereotype, which is the primary reason for being a woman. Second, in terms of racial discrimination, I am from the Northeast. Finally, because she is a woman from the Northeast, a stereotype that mainland Indians have normalised, portraying them as someone who should not be looked at with an appropriate gaze, but rather as a tool or doll-like figure that can be used and discarded whenever you like. Unfortunately, this is the unfortunate reality, even though these statements are harsh to hear. I would be concentrating more on case laws as citations as a law student and future advocate in order to provide a landscape

from the perspective of law itself and to better explain the circumstances facing women in the northeastern parts of India. There are eight states in the Northeast. It was formerly known as the Seven Sisters. However, it is now recognised as seven states and one brother due to Sikkim's recent incorporation with the seven states. Manipur, Meghalaya, Mizoram, Arunachal Pradesh, Tripura, Nagaland, Sikkim, and Assam are among them. After the historic case of KARMA DORJEE V.S. UNION OF INDIA¹, several criminal cases that were occurring in different regions of mainland Indian states, particularly in metropolitan areas like Delhi, Bengaluru, Mumbai, Kolkata, etc., were able to be resolved. Following Nido Tania's death in Delhi's Lajpat Nagar district, a Sikkim resident filed this case. In order to raise awareness of an issue that has long been ignored by the Indian state, the petitioner filed a writ petition under Article 32² of the Indian Constitution before the Supreme Court.

Article 15(1),³ (3) (Right against exploitation based on religion, caste, sex, gender, etc.), Article 14 (Right to equality)⁴, and Article 38⁵ of the Directive principles of state policy, according to the appellant, were all flagrantly violated. Additionally, he had put together several files on crimes that had been reported since 2014 but had been ignored by the judiciary and government.

The petitioner had argued that people from the North-Eastern states experienced violence, harassment, and racial profiling while being Indian citizens. In this case, the petitioner serves as a wake-up call to the fact that people in the Northeast states are denied access to basic amenities and that resources, including the condition of hospitals, employment opportunities, and transportation, are not distributed fairly, and that people in other parts of the nation despise them. The petitioner has provided several print media pieces from 2009 onwards to bolster the plea with numerous factual information.

Key Incidents

1. On October 26, 2009, a woman who had turned down a stalker's advances is said to have been burned to death in her kitchen.
2. On April 17, 2012, a young Manipur student is said to have perished in her college dorm after being attacked by a bunch of armed individuals.
3. August 2012: Hateful posts on social media caused panic to break out in a Karnataka community.
4. A young Manipuri girl was allegedly killed on May 29, 2013, in a rented residence in the National Capital area.
5. January 25, 2014: Racial comments and molestation were directed at two young women from the Northeast.
6. On January 29, 2014, a teenage student in New Delhi's Lajpat Nagar neighbourhood was racially taunted and brutally attacked to death.

¹ The Constitution of India (2024), Part 3, Fundamental rights. Right to Constitutional remedies. Shree Ram Law House. Chandigarh. Article 32, remedies for Enforcement of Rights conferred by this Part.

²The Constitution of India (2024), Part 3, Fundamental rights. Right to equality. Shree Ram Law House. Chandigarh. Article 15 Prohibition of discrimination on grounds of religion, race, caste or place of birth. P: 60-61.

³The Constitution of India (2024), Part 3, Fundamental Rights. Right to Equality. Shree Ram Law House. Chandigarh. Article 14 Right to Equality. P: 56-59.

⁴ The Constitution of India (2024) , Part 4, Directive Principles of State Policy , State to secure a social order for the promotion of welfare of the people. P: 97.

The Landmark Judgment of Karma Dorjee V.S Union of India

After outlining several significant instances in the previously cited cases, the issues relevant to this case were clearly stated. Following the death of Nido Tania, a student from Sikkim, a petition was initiated to protect the Northeastern states against racial violence. Article 15 was violated in this case. Discrimination based on religion, race, caste, place of birth, etc., is prohibited by Article 15. It also discusses the applicability of Article 15(3)⁶, which declares that the State may make particular provisions for women and children, notwithstanding this article.

Racial discrimination and attacks in the public and private sectors, unequal resource allocation, and the lack of equal rights and opportunities for citizens of the northeastern states were the primary concerns in this case. Additionally, it was blatantly against Article 14 (Right to Equality) of the Indian Constitution. The petition was submitted in the public interest to establish the rules required to stop the atrocities being committed against residents of the northeastern states.

The petitioner in this action against the Union Government had argued that the government should appoint a committee to look into situations involving discrimination, and that committee should be led by a former Supreme Court judge. In order to shed light on the situation where the northeastern states are being humiliated and subjected to discrimination in many regions of the country, the trial has emphasised Article 15 of the Constitution, which forbids discrimination based on race, religion, caste, sex, etc. This article of the Indian Constitution aims to protect individuals from discrimination of any kind.

- 1. Committee Constitution: Establishment of a committee to look into racial discrimination claims under the direction of a former Supreme Court judge.**
- 2. Establishment of Procedures: The creation of systems to successfully handle discrimination issues.**
- 3. Awareness and Equality Programs: These are initiatives that are implemented by the state and union governments to foster equality, awareness, and a sense of fraternity.**

The government responded to the petitioner's case by discussing the creation of the Bezbaruah Committee, which was established on February 5, 2014, to solve the problems that the people of the northeastern states faced. This committee was led by M.P. Bezbaruah, a member of the North East Council. The committee divided their suggestions into the following categories:

- 1. Promotes the provision of prompt justice and legal aid by establishing legal aid centres, lok adalats, and a special section for the protection of Northeast women at the National Women's Rights Commission.**
- 2. Special police activities, such as proactive regional action, special patrols during odd hours of the day, and a dedicated facility for women and girls to be picked up and dropped off.**
- 3. Educating the public about the northeastern states through the establishment of schools at different levels, such as state and district levels etc.**
- 4. Every judge of the court who heard the case agreed with the petitioner's position about the protection of the rights of the people in the northeast. The threat of racial discrimination against residents of the northeastern states who live in the**

⁶ The Constitution of India (2024), Part 3, Fundamental rights. Right to equality. Shree Ram Law House. Chandigarh. Article 15 (3) Nothing in this article shall prevent the state from making any special provisions for women and children . P: 60.

pan-Indian states was taken seriously by the Supreme Court. Declaring that such a discriminatory comment was against Article 38 of the Directive Principles of State Policy and Article 51A(e) of the Fundamental Duties, in addition to being forbidden under Article 15 of the Constitution. The court cited the Indian Penal Code (IPC), 1860s Sections 153A and 153B, which address racial violence and were deemed insufficient to address the threat. Along with citing the discussions that took place in light of the Bezbaruah committee's recommendations, the Court instructed the Central Government to amend the current law and take the necessary actions, consulting the State Government as the Concurrent List subject. India is a party to the International Convention on the Elimination of All Forms of Racial Discrimination, which requires its member nations to denounce racial discrimination in all of its manifestations and to foster inter-racial understanding.

5. **The Indian Penal Code (1980), part 8, Offences against the Public Tranquillity, Eastern Book Company, Lucknow. Section 153A—Promoting enmity between different groups on grounds of religion, race, place of birth, residence, etc., and doing acts prejudicial to the maintenance of harmony.**

6. **Section 153B—Imputations, assertions prejudicial to national integration.**

Justice D.Y. Chandrachud, the primary author of the ruling, had noted that the prejudice against the people of the northeastern states is a problem with the way the law is enforced. People's mindsets need to be brainwashed in schools, colleges, universities, workplaces, and other places. It is important to promote pluralism and a sense of fraternity. It is urgent to address the issues that the people of the Northeast states face, such as poverty and unemployment. According to Article 21 of the Indian Constitution, every person is entitled to the right to life and dignity. He added that the Home Minister must take corrective steps and deal with the problem immediately.

Case Studies of the Issues Faced by the North East Women in Pan Indian States

This historic ruling has been documented as a sort of synthesis of numerous cases that had been pending throughout the nation. Even more crime incidents, both reported and unrecorded, exist, though, and the most frequent crime scene locations for murder, rape, gang rape, sexual assault, molestation, and other crimes are found in major cities like Delhi, Mumbai, Kolkata, Bangalore, etc. Some of the cases in the following are included here. In a newspaper headline, it was found that a young woman from Manipur had been raped by her co-worker. This incident happened in 2022, and it took place in Safdarjung of South Delhi. The offender was charged under Section 375⁷ of the Indian Penal Code (rape) and Section 376⁸ of the Indian Penal Code (punishment for rape) for his horrific conduct. Such incidents have made us aware that not only racial discrimination but also crime rates have been increasing day by day against women from these regions, even if there is the implementation of many new laws out there.

In another news headline in 2024, it was found out that a young girl from Assam was murdered by her South Indian boyfriend. The post-mortem report had revealed that she was murdered ruthlessly by her boyfriend himself. The incident had happened in Bangalore. Even though a murder case was filed, due to a lack of proper evidence and the absence of the

⁷Indian Penal Code (1960), Chapter 16 Offences affecting the human body, (Of rape), Eastern Publishers, Lucknow, Section 375: Rape.

⁸Indian Penal Code (1960), Chapter 16 Offences affecting the human body, (punishment for rape), Eastern Publishers, Lucknow, and Section 376: Punishment for rape.

perpetrator, the case remains pending currently as well. The victim's family still awaits justice to this date. Incidents like this have taught us the dark side of live-in relationships in today's era, while sidelining many positive sides of a healthy relationship. The failure in the development of awareness of self-love and dependence upon a partner's protection has also led to fluctuations in the emotions of a person, especially in terms of a female partner. This momentarily leads to their death, including instances like the one that is mentioned above.

In another news headline, it was discovered that a woman from the Churachandpur district of Manipur was killed by her live-in partner in South Delhi. The reason was related to having suspicions about extramarital affairs. A case was filed under section 105⁹ of the Bharatiya Nyaya Sanhita (BNS), which addresses culpable homicide that does not qualify as murder, in light of the medical findings. This incident talks about how many crime rates happening between couples are rooted mostly in extramarital affairs due to the differences in the living lifestyles of people based on their socio-economic background differences.

Then, in another case, it was discovered that a female student from Nagaland studying at Delhi University was sexually assaulted through molestation by a resident of Delhi. Unfortunately, the sad part is that the lawyer representing her, along with her, also got physically assaulted by mobs when they went to the court as part of their hearing case.

In another news limelight, we found out about the mysterious death of a young girl hailing from the district of Ukhrul in Manipur. This incident was dated back in 2013. The main contention arises when the police are allowed to submit the complaint via IPC Section 306¹⁰ (suicide) and not under Section 300 (murder) and Section 302¹¹ (penalty for murder). This was related to a murder case, although the lack of evidence has put the plaintiff's side at a huge disadvantage. This concerning incident has made us aware of the situation that people coming from such regions, including women and children, and along with the third gender community, mainly face much xenophobic behaviour and discriminatory treatment in terms of getting an FIR or complaint warrant issuance from the police or higher authorities. This often created a sense of a lack of living security or safety measures when the higher-ups also discriminated against persons based on their race, caste, or region, which is a clear violation of the fundamental rights in terms of Article 15.

Another news story stated that a gym trainer from Assam was found to have been killed in Delhi by her co-worker and lover, who was also from Silchar (Assam). The post-mortem and NIA report had shown traces of stabbing by the partner himself. These kinds of incidents show us the failure of a founding relationship between couples, which eventually leads to death, crimes, or rape. Trust is the foundation of any relationship. If trust is breached between two persons, then it ends up in dangerous circumstances, which can even cause brutal deaths. Emotional trauma causes more fatalities than physical violence. Hence, a lack of mental awareness of a lack of emotional support or controlling emotions has led to many downfalls of various forms of relationships.

In another key incident, there was a rape case involving a young girl in her twenties from Sikkim who was working at an NGO based in South Delhi. Later, with the arising of evidence reports, it was found that the NGO owner had raped her by blackmailing her and also sexually assaulted and gang-raped her along with another worker. The case was updated

⁹ The Bharatiya Nyaya Sanhita , 2023, Chapter 6 (Of offences affecting the human body), (of offences affecting life), Section 105 : Punishment for culpable homicide not amounting to murder.

¹⁰The Indian Penal Code , 1960, Chapter 6 (Of offences affecting the human body), (of offences affecting life), Section 300 : Murder.

¹¹The Indian Penal Code ,1960, Chapter 6 (of Offences affecting the human body), (of offences affecting life), Section 302 : Penalty for murder.

by the Delhi Commission for Women. This incident is related to that of sexual harassment of women at the workplace. We can say that, although with the rise of many new laws, implementation or development in terms of the economic or commerce sector. Yet the number of crimes keeps on increasing, and this often questions women's safety in every sector.

Also, in another key incident, a young girl in her early twenties from Sikkim was gang raped in an Uber car while she was coming back from her work. The incident took place in Delhi NCR. This had happened after the horrifying Nirbhaya incident. Then, Haryana saw another terrifying rape occurrence. For this crime scene, a formal complaint was made against the accused at the Gurgaon police station under Section 376D (gang rape) and Section 376-DA (penalty for gang rape).

One of the latest yet most terrifying news stories heard was about the chilling death of a young girl from the Bishnupur district of Manipur in Southeast Delhi. To date, her death remains unclear whether it was a real suicide or a planned murder. In order to use forensic evidence to ascertain if her death was truly a suicide, murder, or culpable homicide, the AIIMS had to make a postmortem report on the body. Nonetheless, some contend that her suicide note found in her chamber proves that the financial and professional stress she endured had a role in her demise. However, many deaths and homicides of women or people from the northeast have been caused by physical assaults, sexual assaults, harassment, and discrimination in other states, especially in Indian states on the mainland, so there are many questions regarding the cause of her death. Even though the cause of her death is yet unknown, the Manipur Joint Coordinating Committee, or JAC, has called on the National Investigating Agency, or NIA, to carry out a thorough investigation to give the deceased's family fair justice.

Another chilling report was found in the news report dated 2025, when an Assamese girl was found missing in Delhi. She went to give the civil services exam in Delhi, and then she was found dead in Uttarakhand due to unknown circumstances. It came across with the findings that two of her North Indian Friends accompanying her were related to the incident. It was ordered that the relevant authorities should hold the two people involved in this horrific incident accountable and conduct a thorough investigation to determine whether it was culpable homicide under Section 299¹² of the IPC or Section 100¹³ of the BNS, murder under Section 302 of the IPC or Section 101¹⁴ of the BNS amounting to criminal intimidation under Section 506 of the IPC or 351(1)¹⁵ of the BNS, or attempted murder under Section 307 of the IPC or Section 109¹⁶ of the BNS. Additionally, it should be ensured that justice is administered correctly and promptly and that no such crime is left unpunished. This was a significant step that was required to guarantee justice and safety for all of our society's daughters. In a very recent news headline dated 2025, there was the death of a student from Tripura studying at Delhi University who committed suicide under immense pressure. Despite studying and also working as an intern at the same time, she had faced extreme

¹² The Indian Penal Code (1960) Chapter 16 (Of Offences affecting the Human body) (Of Offences affecting life), Eastern Book Publishers, Lucknow, Section 299 – Culpable homicide.

¹³ The Bharatiya Nyaya Sanhita (2024) Chapter 6 (Of Offences Affecting the Human body) (Of Offences affecting life), Professional book Publishers, New Delhi, Section 100- Culpable homicide.

¹⁴ The Bharatiya Nyaya Sanhita (2024) chapter 6 (Of Offences affecting Human Body) (Of Offences affecting life), Professional book Publishers, New Delhi, Section 101- Murder.

¹⁵ The Bharatiya Nyaya Sanhita (2024), Chapter 19, (Of Criminal Intimidation, Insult, Annoyance, Defamation, Etc), Professionals book Publishers, New Delhi, Section 351(1) Criminal intimidation.

¹⁶ Section 109 Attempt to murder.

financial constraints and pressure from both her academics and family. Such situations have become normalised, as many students from the Northeast are mostly from the lower middle class, and to support their families, they had to take on risks that sometimes they were unable to handle. As the region is mostly under extortion and inflation pressure, there is a peak in unemployment among educated youths out there. This forces many youths to come out of their regions and move to metro cities to be the breadwinners to support themselves and their own families. However, this has ignored the physical and mental health of the youth, and thus, the overstress and pressure would end up causing severe trauma and depression. Therefore, leading to many instances of suicide and crime issues in the new cities. Thereby, mental awareness and self-health care are very necessary to tackle such risky situations. The core issue lies in the prevailing mindset toward people from the Northeast, often marked by prejudice and discrimination. This is compounded by the apathetic response of the Delhi Police to incidents of sexual harassment involving individuals from this region. A troubling aspect is the tendency of the general public to normalise such crimes by blaming the victims, often attributing the assaults to their choice of clothing. While some argue that provocative clothing invites such behaviour, this notion is both harmful and unfounded. A stark example is the molestation of two Manipuri women inside a café—both were dressed modestly, yet they were still subjected to harassment. This incident underscores that the problem is not with what women wear, but with the mindset of those who choose to harass and those who enable it through silence or inaction. An Assamese professional who has been residing in Delhi for the past four years shared her perspective on the discrimination faced by northeastern individuals, especially women. She emphasised that the tendency to blame victims based on their attire—commonly directed at women from the northeast—accounts for only a small fraction of the issue, roughly 10%. The far more significant factor, she argued, is the deeply rooted prejudice and problematic mindset prevalent among many locals, who are quick to shame and stereotype northeastern women. According to her, a major misconception held by people in metropolitan areas is that individuals from the northeast are overly casual or permissive, making them vulnerable to being objectified or manipulated. She firmly rejected this false belief and stressed the urgent need for collective action. She called upon not just northeastern women, but the entire community, to unite and assertively protect themselves against any form of injustice or abuse.

A Delhi resident observed that acts like eve-teasing and making inappropriate remarks have, unfortunately, become commonplace in the city. Despite the prevalence of molestation incidents, many cases remain unreported and unregistered—primarily because victims fear social judgment and stigma. Only those with the courage to face societal backlash usually come forward to file complaints. The situation is worsened by the unhelpful attitude of the Delhi police and the sensational way the media often handles such cases, both of which further deter survivors from seeking justice. Tragically, reports of sexual violence—including molestation, rape, gang rape, and even murder—against women from the Northeast surface almost daily. This ongoing threat creates constant fear among families, making parents hesitant to send their daughters to cities like Delhi for education or employment. In addition to physical crimes, Northeastern individuals frequently face everyday discrimination in the form of offensive remarks and racial slurs. Terms like “chinky” and misidentifications as Chinese or Nepali are regularly used, rooted in ignorance about their distinct physical features, cultural practices, and lifestyle differences from those in mainland India. This othering has led to a false sense of entitlement among some, who believe they can demean or marginalise Northeastern people—an attitude that must be urgently addressed.

Advantages of Job Opportunities

Notwithstanding the drawbacks of living in other regions of the nation, they nevertheless enjoy a number of benefits, including employment opportunities and amenities in corporate sectors, private firms, and various MNCs (multinational corporations). There aren't many job opportunities in these areas because of the high rate of inflation and extortion. Additionally, the government in these areas fails to give its citizens adequate employment possibilities because of the high degree of corruption. Even if corruption is a prevalent issue in a nation like India and the cause of the growth in educated unemployment, there are plenty of job prospects in metropolitan areas, albeit few in the public sector and primarily in the private sector. Despite the fact that resources are abundant in these areas. Unfortunately, they are unable to create adequate jobs in the state because of a lack of infrastructure and improper governmental implementation of developing activities for such resources. As a result, many people left their state in search of fresh employment prospects in order to escape these unemployment issues and provide for their families.

Advantages of Better Educational Opportunities

The areas frequently experienced numerous bandhs, blockades, curfews, etc. Since the state is mostly controlled by extortion forces, and because there are many underground groups. Even though there are numerous unique central universities in the northeastern states, such as Manipur University, Gauhati University, NEHU, National Institute of Technology, Nagaland, Mizoram University, National Sports University, Imphal, Manipur, etc., this has frequently resulted in a halt in the educational system. However, because of the unsettling events occurring in the state, pupils encountered severe difficulties in their academic careers. As a result, many of them decide to leave their home state in search of better educational opportunities at other state-based and centrally located universities in the mainland, including Jamia Millia Islamia, Delhi University, Mumbai University, Kolkata University, Gujarat University, Panjab University, and JNU. Let's use Manipur as an example to illustrate a typical situation. Since Manipur has been experiencing ethnic violence for three years, the state is dealing with a variety of blockades, bandhs, and curfews as a result of internal social, political, economic, ethnic, and regional problems. And as a result, the academic system has experienced several disruptions. In order to obtain greater educational chances and a broader range of information, the bulk of them took flights to other states. Depending on the level of education and knowledge they have received from the other states, they would constantly attempt to combine their local knowledge with outside information and apply it when they returned home to have a greater influence on their country.

Measures to Stop Violence against North East People or Women in Pan Indian States or Metro Cities of India

The primary goal would be to spread general knowledge and awareness about the people and area of the Northeast through various media outlets, including newspapers, journals, newsletters, social media, educational institutions, and news channels. A few of them are listed below.

- 1. One of the finest ways to educate others about the people in this area and their rights is to impart knowledge.**
- 2. More information about this region and its people needs to be taught in technical and professional higher education.**
- 3. Women must pursue higher education in schools so that school-age children can learn about better careers. This is necessary to improve education for women in the Northeastern states.**

4. Working women require greater public knowledge of safety and prevention measures against sexual violence, human trafficking, and racial discrimination. This might be done by student organisations, community leaders, and political leaders.
5. A crucial component of sensitisation is having a basic understanding of the law, including how to file cases and legal remedies. There needs to be greater cultural interaction between local communities and those in the Northeast.
6. The Bezbaruah Committee suggests that, at the next NCERT, universities and schools outside of the Northeast should make projects about the region a required component of their course curricula and that all teacher training institutions should be encouraged to design their curricula in a way that can raise trainees' awareness of the region.
7. To strengthen the bonds between North-East residents and metropolitan residents, seminars, workshops, and awareness campaigns should be organised.
8. To ensure that the people remain strong even if they are away from home, the leaders of the student associations, NGOs, and civil societies in the northeast must unite and stand firmly for the people whenever any problem or undesirable incident occurs. They must come from all eight states.
9. While victims seek assistance in their hour of need, a dedicated female Delhi police force for women in the northeast must be established for patrolling and must not discriminate while filing charges.
10. To ensure their protection from this commission's directive, the National Commission for Women must also take a strong stance when addressing any matter involving violence that has been experienced by any woman in the Northeast. Rather than treating people differently while processing issues because of their colour, class, caste, place of birth, location, etc.
11. In order to ensure justice for these individuals, particularly women from this region, when any crime case has been committed against them, the judiciary should also take significant steps when handling such cases of these people, rather than postponing the litigational process in order to delay the procedures.

These parameters could help to stop violence against women.

Precautionary Measures to be taken by any woman to save themselves from such Crime Scenes

A few of them are listed below:

1. To always have a little, sharp object on hand, such as a cutter knife or sharp hairpin, so they can protect themselves right away if someone tries to hurt them.
2. To have a tactical pen, taser, or pepper spray on hand so you can use it on the individual who tries to assault you right away.
3. To maintain your GPS location while driving an Uber or other vehicle.
4. To share your live location via WhatsApp with your friends or family to track your location in case anything happens to you, and to save them time.
5. Keep yourself occupied by making calls to friends or family when riding in a public vehicle, such as an Ola or Uber, to avoid interacting with the driver, who could use this information against you.
6. Always have a recording pen with you and use it most of the time so that it can be used later on as evidence in court should a crime occur. So that, even if you are harmed, you can receive justice quickly.

7. Learn self-defence techniques, even if they are simple, so that you can protect yourself if you find yourself in a dangerous scenario.

Conclusion

In conclusion, we found that, due to its enforceability, Article 15 is an essential fundamental right that protects the Indian people. Through the case of Karma Dorjee v. Union of India, we have witnessed half of the problems that women in the northeast experience when residing in the pan-Indian states. The numerous case studies that I have mentioned above, including the most current case studies as of 2025, could emphasise the remaining 50%. It is the duty of the courts, as well as the other organs, that make room to address these problems and provide them with cooperative answers. However, the court must play a crucial role in delivering justice and fairness in terms of rendering decisions, handling issues, and offering appropriate solutions—particularly to victims—in a more straightforward manner based on equity and substantive equality. Additionally, educating the population on the mainland about the people from these regions should be the main concern. Education, social media, and public media such as journals, research articles, newsletters, etc., could all be used to do this. It is also important for the executive branch to adopt protection-based schemes. Ultimately, it comes down to the public's attitude toward treating people fairly and with dignity rather than making fun of them because of their race, caste, class, facial features, place of birth, etc. Without a doubt, this would lead to a society where the people of the northeast would feel like they belong to the rest of the country, face less persecution, and be able to work, travel, and reside anywhere in the country with dignity (as guaranteed by Article 21). One of the defining characteristics of Indian democracy is "unity in diversity," which is best represented by India.

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