

## India

### Safety, Health, and Security

**Be Prepared: Use International ISOS.** By now, you have registered with International SOS. Prepare for your visit to India by visiting their website (<http://www.internationalsos.com/>), signing in with Northwestern's group membership number (11BCAS000003), and reading the **Medical Tools** pages as well as the **Security Tools**.

#### **ISOS Standing Travel Advice for India:**

- Exercise caution if travelling in districts along the following international borders, where terrorist and separatist groups operate:- West Bengal and Bangladesh- Asom (Assam) and Bhutan- Nagaland and Myanmar- Manipur and Myanmar- Bihar and Nepal
- Exercise caution if travelling outside eastern districts of West Bengal, or beyond the major cities of Bihar, Chhattisgarh, Jharkhand and Orissa states; these areas can be affected by violence associated with the Naxalite (Maoist) movement. Foreigners are unlikely to be directly targeted in any unrest which poses only incidental risk.
- Take sensible security precautions to mitigate the risk of petty crime, particularly pickpocketing and bagsnatching.
- Be aware that confidence tricksters may target foreigners. Be wary of strangers and their motives and firmly decline offers of assistance or services from strangers or casual acquaintances.
- Do not enter into public confrontation with locals; this is likely to draw a crowd that may become aggressive.
- Avoid all demonstrations, rallies and other large public gatherings due to the incidental risk of social unrest and clashes with the security forces.
- Communal violence is relatively common and can spread to areas frequented by foreign travelers, though foreigners are unlikely to be directly targeted. In the event of unrest, where possible to do so safely, return to your accommodation and remain there until the situation has stabilized.
- There is a credible risk of terrorist attack by militant separatist, Islamist extremist and communal groups. Potential targets include public transport, religious sites, busy unsecured areas such as market places, government and military buildings and personnel, and venues where the Indian social elite and Westerners are known to congregate. Small-scale attacks targeting locals are more likely than large-scale attacks, or attacks that directly target foreigners. Personnel should remain alert to their surroundings, and report any suspicious activity or suspect packages to the authorities.
- In the event of being involved in a serious road traffic accident, it is possible that vehicle occupants may be attacked; this is particularly a risk in rural areas or where there is a small police presence. It can be unsafe to remain at the scene of an accident and travellers involved in a collision should maintain heightened awareness, and leave the area promptly if they feel at risk, informing the nearest authorities about the incident without delay.
- If travelling by rail, use first- and second-class air-conditioned coaches only to ensure comfort, mitigate the risk of opportunistic petty crime, and in the case of female travellers, the risk of harassment.
- If sensible precautions are taken, India is a generally safe, if not entirely comfortable, environment for female travellers. Women are advised to carry a scarf/shawl and wear loose-fitting clothing that covers the chest, arms to the elbow, and legs. Maintain a formal tone with men not known to you. Avoid travel after dark without a trusted male companion.

**No travel is permitted in the border regions listed above.**

**FSD Emergency Contacts.** Please program these into your cell phone.

Name	Contact Info
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FSD Program Director Roma Bhardwaj	Cellular + 91- 9414736756,9352239431
FSD Program Coordinator Amanda Shuck	Cellular 9352188510
FSD Program Coordinator Ashutosh Singh Rawat	Cellular 9351581109
US Embassy in Delhi (warden for Rajasthan)	telephone +91-11- 2419-8000 +91-11- 2419-8000 For after-hours emergencies, call +91-11-2419-8000 91-11-2419-8000 .
FSD SFO Emergency Number	+1-415-828-8414

**Health.** General health preparation is covered in your FSD Predeparture Packet. **If you are ill (and it is not an emergency), FIRST please contact the FSD site team and your host family.** In addition, here is a list of medical contacts that you should have with you at all times. Program them into your cell phone.

Department	Doctors (at GBH Hospital, see below)
General Medicine	Dr. Sandeep Bhatnagar, MD (Internal Medicine), Sr. Consultant Physician
	Dr. Abhay Jain, MD, Assoc. Consultant Physician
Gynecology	Dr. Shilpa Goyal, MS (Obstetrics & Gynecology); Laparoscopic & Infertility Specialist
	Dr. Nidhi Jain, MBBS, MS (Obstetrics & Gynecology)
General Surgery	Dr. A.S. Gupta, MS FAMS, FACS:FICS, FIAP; Sr. Surgeon, Gastroenterology, Cryo-Surgery, Endoscopy
	Dr. Vallabh Parikh, MS, FMAS, FAIS; Consultant General Surgeon
	Dr. Naveen Goyal, MS DND (Trauma), FISS; Consultant Trauma, Laparoscopy & General Surgeon
Dentistry	Dr. Vivek Sharma, BDS, MDS; Consultant Prostho Dentist
Physiotherapy	Dr. Rachana Singhvi MPT (Orthopedic) MIAP
Orthopedics	Dr. Pankaj Jain, MRCS, MCH (Ortho); Hon. Consultant Arthroscopy, Replacement & Orthopedic Surgeon
	Dr. Chirayu Pamecha, MS (Orthopedic Surg.); Spine & Orthopedic Surgeon
	Dr. Manish Agrawal MS (Orthopedic)
Gastroenterologist	Dr. Sanjay Jain MD. MNB (Gastroenterology) Hon Consultant Gastroenterologist
Urology	Dr. Rahul Bhatt MS. DNB (Urology) MNAMS Hon. Consultant Urology
Burns, Plastic & Cosmetic Surgery	Dr. Guru Bhushan MS. MCh (Plastic Surgery) Burn, Plastic & Cosmetic Surgeon
Dermatologist & Cosmetologist	Dr. Prashant Agrawal MBBS (Gold Medalist) DDVL, FAGE, Consultant Dermatologist

Ear Nose Throat	Dr. Chhagan Dangi MS Endoscopic & Minimal Access Surgeon
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## Hospitals

- Recommended by FSD in Udaipur: **GBH American Hospital**. 101 Kothi Bagh, Bhatt Ji Ki Bari Meera Girls College Road, Udaipur-313001 (Raj.). **Phone: 0294-3056000, 2428701-02-03-04**; Fax: 0294-2526982. <http://www.gbhamericanhospital.com/> **24 Hours Emergency Service Available.**
- Recommended by ISOS in New Dehli (for more serious cases): **Indraprastha Apollo Hospitals**. Address: Sarita Vihar. Delhi - Mathura Road, New Delhi, Delhi 110076 **Telephone: 91 11 26925858/ 26925801 Extn: 1715**

**Remember, HTH** can also help direct you to the nearest physician or hospital. Call (collect) **+610.254.8771**. **ISOS** can “advise you, help you select the correct doctor and hospital, and make any necessary appointments on your behalf.” Call **+91 11 4189 8800**.

**Northwestern Contacts.** If any incident arises that involves your on-site administrators and you do not feel comfortable broaching an issue with them (including, but not limited to, discrimination or sexual harassment), please know that you can contact staff members at the NU GESI Office:

- Brian Hanson: [bhanson@northwestern.edu](mailto:bhanson@northwestern.edu), **847-491-5058**; cell: **847-660-3771**
- Nicole Patel: [nicole-patel@northwestern.edu](mailto:nicole-patel@northwestern.edu), **847-467-0844**; cell: **847-602-3616**

**Mental Health.** Your mental health is critical to your success on GESI and to your overall wellbeing. If there is anything that you think the FSD site team, your host family, or GESI staff might need to know about your mental health history in order to help you stay healthy while you are abroad, don't hesitate to let us know. As long as you are not a risk to yourself or others, we will keep this information confidential.

While you are in country, the FSD site team is always available to discuss your mental health and to provide you with recommendations for mental health care. If you are experiencing a mental health crisis, contact the FSD staff on their cell phones. Alternatively, Northwestern's Counseling and Psychological Services (CAPS) has a crisis counselor on-duty 24 hours a day. During daytime (CST), call **(847) 491-2151**. After hours, call **(847) 491-8100**. Ask to speak to the crisis counselor on duty. They will help you talk through your situation and decide what next steps to take.

The Northwestern University Study Abroad Office and Counseling and Psychological Services has put together a helpful web resource to assist you in caring for your mental health abroad. You can access it here: [http://www.northwestern.edu/studyabroad/health\\_safety/Mental\\_Health\\_Abroad.html](http://www.northwestern.edu/studyabroad/health_safety/Mental_Health_Abroad.html).

## Sexual Orientation and Gender Identity

You may already identify yourself as a heterosexual, gay, lesbian, bisexual, or transgender student, or you may still be exploring these issues. In either case, you will find that the social climate, laws, and personal interactions of your host culture often differ from the U.S.

Gender roles in your host country may differ greatly from those in the U.S. You may choose not to behave in exactly the same ways a local men and women do; however, it's important to educate yourself about cultural gender roles within your host community in order to make sensitive choices about how you will behave while abroad, and to understand how your personal views and opinions may be interpreted by your host culture.

In preparing for GESI, it will be important for you to research the LGBT climate of India. You should be informed about specific laws pertaining to sexual behavior and sexual/gender orientation. When doing your research, try to ascertain:

- The legality of same-sex sexual behavior (sometimes male-male sexual behavior while female-female sexual behavior is not)

- The age consent for sexual behavior
- Restrictions on freedom of association or expression for LGBT people
- Anti-discrimination laws
- Sodomy laws

Your FSD Predeparture Packet includes a short summary of attitudes and laws relating to gender and sexuality, but you may want to conduct your own research in order to understand the complete picture and increase your comfort level before arriving in-country.

For more on this topic, visit the NAFSA Rainbow Special Interest Group website (<http://www.indiana.edu/~overseas/lesbigay/student.htm>). This is a very comprehensive site on issues of concern to lesbian and gay students abroad.

Another site with India-specific resources is <http://www.iglhrc.org/cgi-bin/iowa/region/130.html>.