

# RABSHADAHA LAGULA KACO DUMARKA IYO GABDHAHA

Ogow xuquuqdaada sharci

2019



M . A . P

Migration & Asylum Project  
*An Initiative of The Ara Trust*



Sharciyada Hindiya waxay difaacaan dhamaan haweenka iyo caruurta oo jinsi walbo iyo qowmiyad walbo ah ee la kulmay rabshadaha galmada, ka faa'iday-siga ama xadgudubka goyska ee Hindiya, hase yaashee kiisas badan oo noo-caas ah lama soo sheego.



Marka laga hadlayo qaxootiga iyo magangalyo doonka, hubaal la'aan ku saabsan xaalada sharciyadooda iyo cabsida masaafurinta ayaa ka hor istaageysa inay ka hadlaan xadgudubyada ay la kulmaan, in kastoo xaqiiqda sharciyada Hindiya ay tahay in lagu difaaco dhamaan haweenka iyo gabdhaha ku nool gudaha Hindiya.





Ogaanshaha xuquuqdaada  
sharci waa  
talaabada ugu horeysa ee  
aad ku xoojineyso naftaada.

Buug-yarahaan wuxuu kuu  
sheegi doonaa xuquuqdaada iyo  
waxaad sameyn karto haddii  
adiga ama qof aad taqaanid  
ay soo wajahaan mid-ka-mid ah  
xadgudubkaan.

Wuxuu sidoo kale liis  
gareenayaa khadadka  
caawimaadda qaarkood iyo  
ururada aad la xiriiri  
karto haddii aad  
u baah-naato caawimaad





**Waxaan ku bilaabaynaa mid ka mid ah eedeymaha ugu culus - Kufsiga, iyo waxa uu yahay:**

Galmada ama wax kale oo galmo ku saabsan oo lagu sameeyo xubnaha taranka ee bin aadamka ama qaybta kale oo jidhka, ama shey ajnabi ka ah jidhka, taas oo lagula koco/lagua dhaqmo ogolaansho la'aanta dhibanaha



## Laakiin maxaa uqalma ogolaansho?

Haddii aad ka yar tahay 18 sano, aad ayaad u yar tahay inaad oggolaato, xitaa haddii uu ninku ninkaaga yahay.



Haddii aad u oggolaatay sababta oo ah waxaad ka baqaysay in adiga ama qofka kale la-dilo ama waxyeelo soo gaaraan, ma aadan oggolaan.

Haddii aad tahay Sarqaan ama fahmi kari weysay waxa aad oggolaanaysay



Ama aadan awoodin in aad kala hadashid oggolaanshaha, ama maskax fiicnayn, markaa ma aadan oggolaanin.



Haddii aad u-nooshahay si gooni ah oo ninkaagu uu ku kaco falalkan adigoo raalli ka ahayn, , waa kufsi.

Halkee baan aadaa had-  
dii la i kufsado?



Isbitaal (dowladeed ama mid gaar loo leeyahay) wuxuu sameyn doonaa baaritaan caafimaad oo bilaash ah wuxuuna ku wargelin doonaa booliska.



Booliisku waxay kaa qaadan doonaan warbixintaada, waxay fayl gareen doonaan Warbixinta Macluumaadka Koowaad (FIR) ka dibna waxay kuu qaadi doonaan isbitaal si baaritaan caafimaad loogu sameeyo.



NGO ama gareen ayaa kaa caawin doona inaad aado saldhig booliis ama isbitaal. Qaar ka mid ah faahfaahinta xiriirka NGO-yada kaa caawin kara waxay ku qoran yihiin dhammaadka buugaan yar.

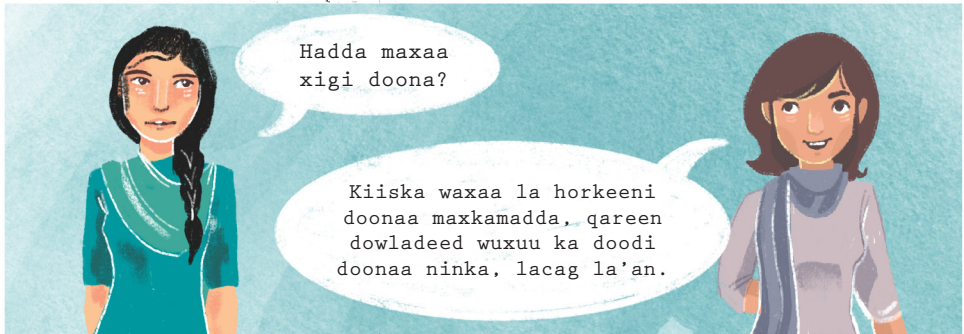


Isku day inaadna maydhanin, dharka badalin ama aadan isticmaalin suuliga ilaa inta laga dhamaynaayo baaritaanka caafimaad si loo ilaaliyo cadeymaha.



Waxaad ku samayn kartaa cabasho booliis saldhig kasta. Markaa kadib waxaad sidoo kale kala hadli doontaa garsooraha waxyaabaha ku saabsan kiiskaaga.



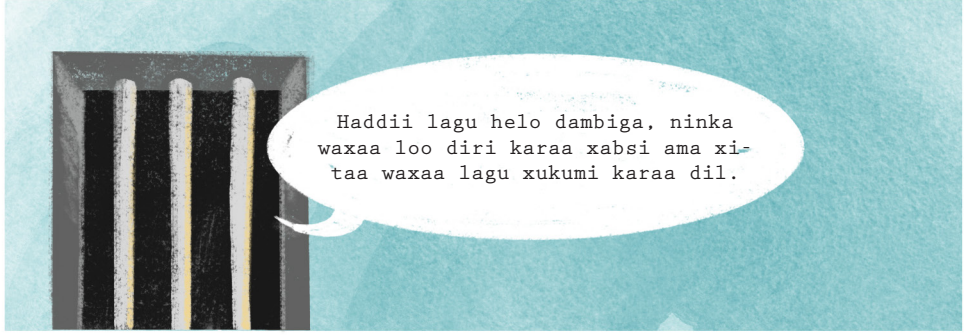


Hadda maxaa xigi doona?

Kiiska waxaa la horkeeni doonaa maxkamadda, qareen dowladeed wuxuu ka doodi doonaa ninka, lacag la'an.



Waxa laga yaabaa inaad bixiso caddayn, laakiin tani waxay noqon doontaa qol gaar ah oo ay kugu weheliso haweeney garsoore ah.



Haddii lagu helo dambiga, ninka waxaa loo diri karaa xabsi ama xitaa waxaa lagu xukumi karaa dil.



Waxaad dalban kartaa magdhow adigoo u maraya qareen kaaga.



# NOOCYADA KALE EE RABSHADAHA GALMADA

Kufsiga ka so-  
kow, haweenku wax-  
ay la kulmaan noocyo  
farabadan ee rabsha-  
daha galmada.



Rabshada galmada  
waxaa ka mid ah:



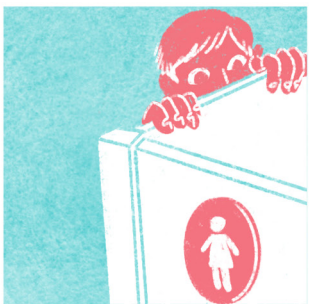
**Taabasho aan la rabin** - markuu nin taabto haweeney iyada oo aan raalli ka ahayn, aydoo dareemeysa inaysan ku qanacsaneen/ uncomfortable.



**Horusocodka galmada aan larabin**- markuu ninku isku dayo inuu ku qasbo haweeney xiriir galmo ayadoo aan raali ka ahayn.



**Ku qasbida haween-ka daawashada filimada qaaqaawan**- marku ninku tuso haweeney sawir galmo si-cad ah ama muuqaalo ayadoo aan raali ka ahayn.



**Voyeurism** -markuu ninku daawado ama sawirro ka qaado ama ka duubo haweeney sameyneysa waxyaabo ay ka mid yihiin qubayska, dhar bedelidda ama isticmaal-ka suuliga, ama qaybinta fiidiyowadan oo kale ayadoon oggolaansho ka haysan.



**Dabagalka** – markuu ninku si isdaba joogto ah u raaco ama ula xiriiri haweeney, ha ahaato muuqaal ama elektiroo-nig ahaan, ayadoo aan rabin.



**Qasab ku cambaareynta haweeneyda qoobaha bulshada**- markuu ninku ku qasbo haweeneyda inay dharka isaga dhigto goob bulsho, ama dadka kale hortood.



Haddii adiga ama qof aad taqaanid uu la kulmaayo mid ka mid ah xadgudubka noocyadaan oo kale, tani waa meesha aad aadi kartid.

Booliisku waxay kaa qaadi doonaan warbixintaada, waxay fayl garayn doonaan FIR, ka dibna waxay kuu qaadi doonaan isbitaal si daaweyn caafimaad oo bilaash ah u heshid haddii loo baahdo.



NGO ama qareen ayaa kaa caawin doona si aad u aadit saldhig boolis ama isbitaal.



Waxaad ku samayn kartaa cabsashada booliska qof ahaan ama qoraal ahaan, iyo waa lagaa diiwaangelin/duubi doonaa.

Markaa kadib waxaad sidoo kale kala hadli doontaa qaadiga waxyaabaha ku saabsan kiiskaaga.



Si la-mid ah kiiska kufsiga, waxaa la horkeeni doonaa maxkamada iyo qareen dowladeed ayaa ka doodi doona ninka, si bilaash ah.



Waxaa laga yaabaa inaad bixiso caddeyn, laakiin waxay ku xirantahay dembiga, tani waxay ka dhici kartaa qol gaar ah oo ay kugu weheliso haweeney garsoore ah.



Haddii lagu helo dambiga, ninku waxaa loo diri doonaa xabsiga



# RABSHADAHA QOYSKA



## Ku Xadgudubka Jirka -

Garaacid, laad, dhaawac, hanjabaad dil ama rabshad, iwm.



## Xadgudubka Gal-mada -

Galmo qasab ah, in lagugu qasbo inaad daawato filimada qaaqaawan, iwm.

## Ku xadgudbida

Afka iyo shacuurta-in lagu Bahdilo, in lagu caayo, in lagugu eedeeyo in-aadan caaruur dhali Karin, iwm.



## Xadgudubka Dhaqa- alaha -

Adiga iyo caruurtaada oo laidin diido waxyaabaha daruuriga u ah guriga, iibinta wax-yaabhaaga qiimaha leh adigoo raalli ka ahayn, adiga iyo carruurtaada oo guriga la-idinka saaro, adiga oo aan lagu oggolaanayn inaad shaqeyso, iwm.



Waxaad kala kulmi kartaa rabshadaaha qoyska xubin kasta oo kamid ah qoyskaaga ee kula nool, sida ninkaaga, aabahaaga, sodoh-daada ama walaalkaaga.



Maxaan sameeyaa haddii aniga ama qof aan aqaano uu yahay dhibane rashad qoys?

Haddii aad dhaawacanto, aad isbitaalka dawladda ee kuugu dhow si aad uga hesho gargaar caafimaad oo bilaash ah. gargaarka noocan ah lama diidi karo.



Wac Khadka Caawinta Haweenka (1091), ama NGO, ama waydiiso ilaalin sarkaalka xaafadaada.





Mas'uuliyiinta ayaa kaa duubi/  
qori doonaa dacwadaada, kuuna  
qaadi doona isbitaal haddii loo  
baahdo, iyo kuuna raadin doona  
hooy kumeel gaar ah.



Laakiin waxaan ka baqa-  
yaa waxa dhici kara had-  
dii qoyskeygu ogaadaan.

Masuuliyiintu waxay kaa  
caawin karaan si aad ugu  
tagi lahayd qarsoore ama  
aad ugu heli lahayd dh-  
aqaale iyo badbaadin.



**Tani waxay noqon  
kartaa amar ku  
socota:**



**Inuu xadgudubahu joojiyo  
dhibaato kale uusan geysan.**



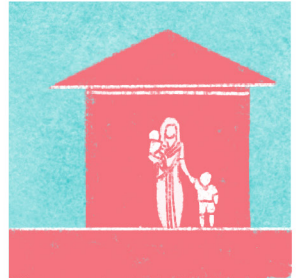
**In laga saaro guriga.**



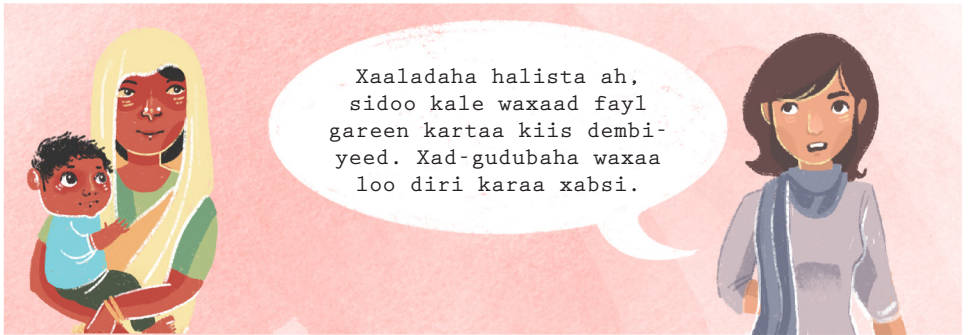
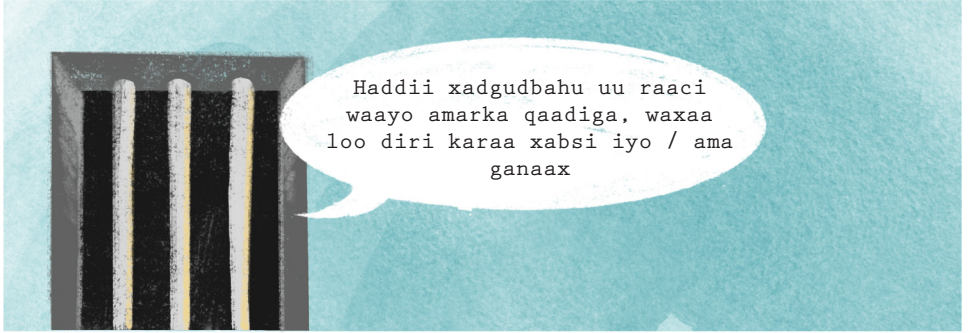
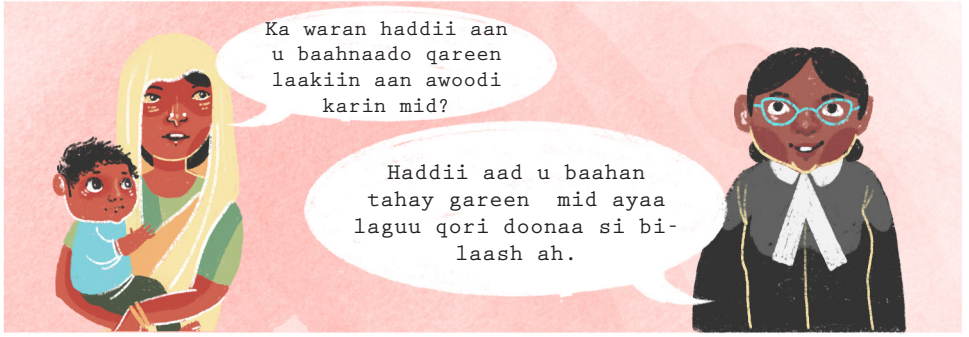
**Inuu kuu ogolaado  
inaad guriga joogto.**



**bixiyo magdhow  
lacageed.**



**Haynta zannaaneyn-  
ta caruurtaada.**



# GUURKA QASABKA AH

Haddii gabadh ama haweeney lagu qasbay inay guursato ayadoo aan raali ka ahayn- tani waa nooc ka mid ah xadgudub sida uu dhigayo Sharciga Rabshadaha qoyska. Haddii loo afduubto in lagu qasbo inay guursato iyada oo aan raalli ka ahayn, tani waa dambi.



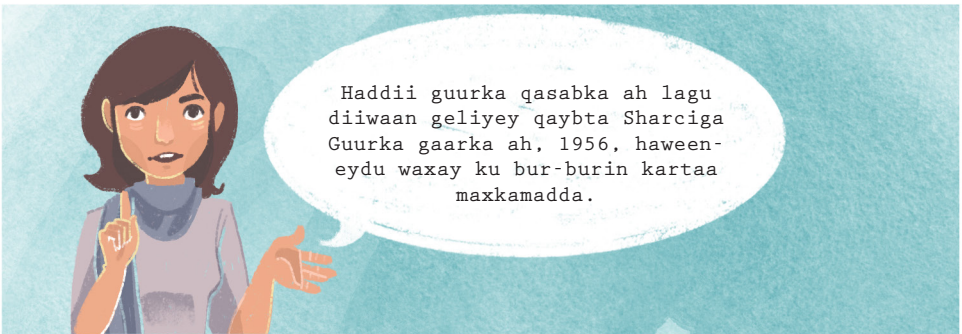
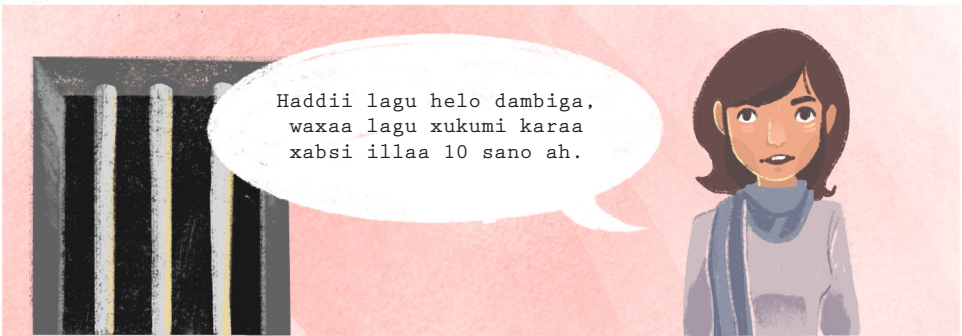
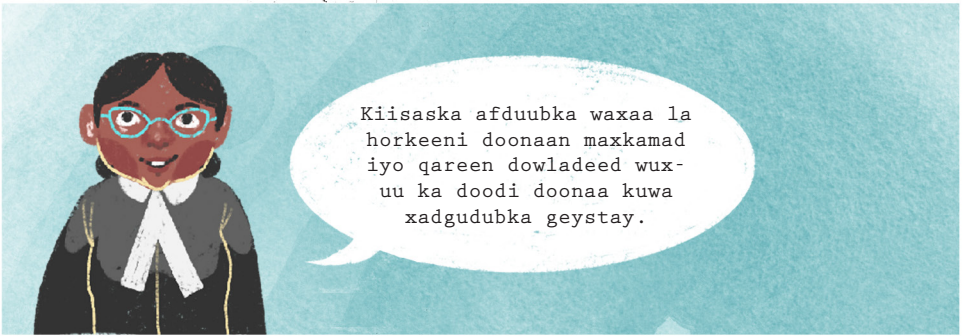
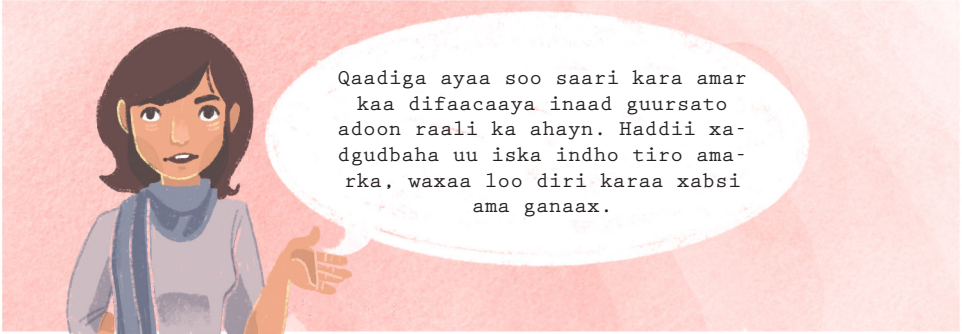
Maxaan sameeyaa haddii laygu qasbaayo in xoog laigu guursado?

Waxaad wici kartaa: 1) Khadka Caawinta Haweenka (1091), 2) ama NGO, ama 3) booliiska, iyo waxaad weydiisan kartaa Ilaalin Sarkaalka xaafadaada. Waxaad sidoo kale u tagi kartaa garsooraha deegaanka.



Haddii adiga ama qof kale loo afduubay in lagu qasbo guur, waxaad aadi kartaa saldhigga booliiska ee kuugu dhow si aad u qortid FIR. Sidoo kale waxaad caawinaad ugu tagi kartaa NGO ama qareen.





# DHIBAATAYNTA GALMADA EE GOOBTA SHAQADA

Dhibaateynta galmada ee goobta shaqada waxaa ka mid ah dabeecadaha aan la jeclayn sida:

taabasha-  
da jirka  
ee aan la  
rabin



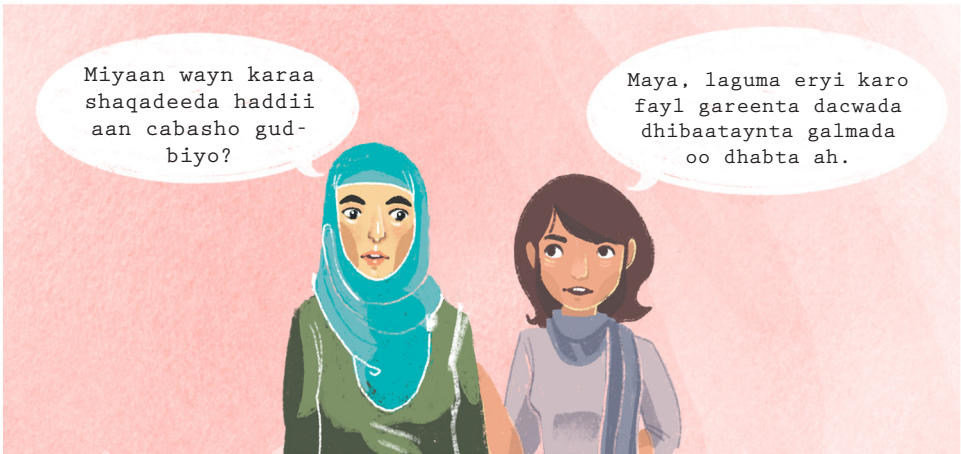
Dalabyada door  
bidaynta galmada


Ka hadli-  
da/faalada  
galmada



Tusida ama  
dirista sawirada  
qaaqaawan

Waxay sidoo kale noqon kartaa balan qaad ama hanjabaad in loola macaamilo shaqalaha si kala duwan ama abuurida jawi shaqo oo adag.






Waxaad gudbin kartaa cabashadaada oo qoraal ah adigoo u maraaya qof kale. Ku gudbi 3 bilood gudahood iyo kuna dar faahfaahinta iyo magacyada markhaatiyaasha.



Cabashada iyo dacwada oo dhan waxaa loo xafidin doonaa si qarsodi ah.



Cabashadaada waxaad u gudbin kartaa Gudiga cabashooyinka gudaha (ICC), haddii aysan jirin-gudiga cabashada deegaanka (LCC) ama, haddii aan midkood lahayn-qaadiga magaalooyinka waa wayn ama garsoorka maxkamada.

Haddii cabashada ay hirgasho, waxaad heli kartaa gargaar oo ay ku jiraan talaabo dhanka dishibiliinka ee ka dhanka ah xadgudubuhu, raali-gelin qoraal ah oo isaga ka socota, haynta dalacsiintiisa, ama ka eryida shaqadiisa.

Sidoo kale waxaad ka heli kartaa magdhow lacageed dhibuhu.



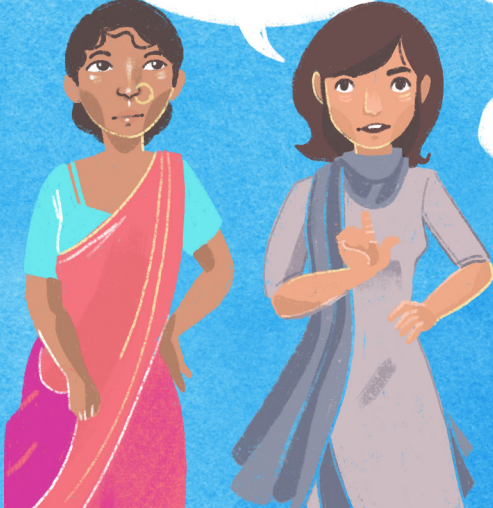
# DHILAYSIGA



Dhillaysiga waa marka ficillada galmada la sameeyo iyadoo lagu bixinayo nooc kasta oo lacag ah, cunno ama kiro. Dumarku mararka qaar waxay dareemaan inay ku qasban yihiin inay dhillaysi u adeegsadaan sidii nolol ay ku badbaadaan u helaan markii aysan haysan dakhli kale.

Ficilka dhilleysiga laftiisa ma ahan dambi oo ciqaab leh gudaha Hindiya.




A woman in a red and blue sari is talking to a woman in a grey dress and blue scarf. The woman in the sari has her hands on her hips, and the woman in the grey dress is gesturing with her hands.


Xakamaynta dhillooyinka  
iyo habaynta macaamiisha  
si loogu beddisho qayb  
ka mid ah dakhligooda,

iibinta ama ka ga-  
nacsiga dadka ee loo  
adeegsado ujeeddooyinka  
dhilleysi, ama

Ka codsashada ma-  
caamiisha meelaha  
bulshada ah.


A woman in a grey dress and blue scarf is speaking.

Qofka lacagta ku bixinaya  
ficilka galmada wuxuu galayaa  
dambi haddii falalkan ay ka  
dhacaan meel u dhow goobaha  
bulshada ama haweenka ay ka yar  
tahay 18 sano.

A woman in a grey dress and blue scarf is speaking.

Ragga qaangaarka ah ee la nool ama ku  
noolaada dakhliga soo gala  
haweeneyda nolosheeda ka dhigatay  
dhilleysiga waxaa badanaa loo qaataa  
inuu yahay dambiile






Halkee ayaan aadayaa hadii aniga ama qof aan aqaano uu ku sugan yahay xaalad noocaasi ah?

Booliiska waxay kaa qaadi doonaan warbixintaada, waxay fayl-gareen doonaan FIR kadibna waxay kuu qaadi doonaan isbitaal si baaritaan caafimaad oo bilaash ah lagugu sameeyo.



NGO/urur aan dawli ahayn ama qareen ayaa kaa caawin doona inaad aado saldhig booliis ama isbitaal.



Marka xigta, booliiska wuxuu baari doonaa guriga ay dhilaysigu ka socdo, wuxuuna badbaadin doonaa haweenka iyo gabdaha lagu qasbay dhilaysiga.

Haween iyo carruur lagu qasbay inay ka ganacsadaan dhilaysiga waxaa baaraya xirfadle caafimaad.

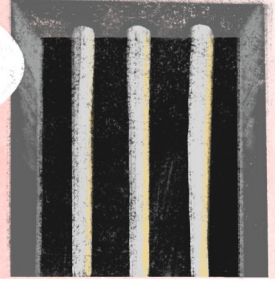






Garsooraha ayaa soo saari kara amar ku saabsan haynta nabad-gelyadooda. sidoo kale waxay codsi ka dalban karaan garsooraha si loogu hayo guri badbaado leh.

Haddii dambi lagu helo dambiilayaasha waxaa loo diri karaa xabsi.



## **LAMBARADA XAALADAHA DEG-DEGGA AH**

Booliska: 100

Ambalaas: 102

Khadadka Caawinta Haweenka:

1091 (Gargaarka deg-degga ah ee haweenka dhibaataaysan)

181 (Xadgudubka guriga)

Khadka Caawinta Carruurta: 1098

Qadka caawinta La dagaalanka fisqi/ La dagaalanka dabagalka: 1096

## **ILAHA KALE**

Guddiga qaranka ee haweenka: 011-2322845.

Guddiga Qaranka ee Xuquuqda Aadanaha: 011-23385368 /  
9810298900

## **KHADADKA CAAWINTA EE DELHI**

Guddiga Haweenka ee Delhi: 011-23370597 / 23379181

Guddiga dhadka caawinta ee haweenada la kufsaday: 011-23370557

Guddiga Khadka caawinta mobile ka ee haweenka Delhi 1800-11-9292

## **URURADA DELHI**

Dhakhaatiirta Aan Xudduudda Lahayn

(Caawinaad caafimaad oo 24 saac ah, hoyga dumarka iyo latalinta):

18001021075 / 011-27642481

Shakti Shalini (hoyga haweenka, faragelinta dhibaatooyinka iyo la talinta):

011-24373737

Jagori (adeegyada la-talinta iyo taageerada ee dumarka):

011-26692700 / 8800996640

Xarunta Xaquuqda Caruurta ee HAQ (xadgudubka galmada ee carruurta):

011-41077977

Ururka Naz (adeegyada iyo taageerada dadka LGBTQI iyo dadka qaba HIV / AIDS):

011-26321830 / 011-40793156

## **JAALKA UNHCR**

### **Xarunta Macluumaadka Sharciga-Bulshada (SLIC)**

576, Wadada Masjidka, Jangpura,

New Delhi - 110014

Telefoonada: 011-24374501 / 011-24379855

Email: [contact@hrln.org](mailto:contact@hrln.org)

## **Bosco**

Building No. 1-1/6A, Temple Road,

Bhogal, Jangpura,

New Delhi – 110014

Phones: 011-24377911 / 9711303056

Email: [ngnagarock@gmail.com](mailto:ngnagarock@gmail.com)

147-A Khirki Village,

Opposite Select Citywalk Mall,

New Delhi – 110017

Phones: 011-29542507 / 9990460686

Email: [afatima07@gmail.com](mailto:afatima07@gmail.com)

A/292, Gali No. 9,

Wazirabad Village,

New Delhi - 110018

Phones: 9555086886 / 9718603798

Email: [sajoap@gmail.com](mailto:sajoap@gmail.com)

WZ- 83 Budella, Vikaspuri,

Near DG-2 Flats,

Opposite Community Centre,

New Delhi – 110084

Phones: 011-45724804 / 011-45724805

/ 011-45724806

## **MACLUUMAADKA XIRIIRKEENA**

Mashruuca soogalaatiga iyo Magan-gelyo doonka

B-41, First Floor, Soami Nagar,

New Delhi – 110017

Hours: Monday to Friday / 9.30am to 5.30pm

Phones: 9711128603 / 011-41325408

Email: [office@aratrust.in](mailto:office@aratrust.in)

Website: [www.migrationand asylumproject.org](http://www.migrationand asylumproject.org)



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