



# Police training programs

## One week workshop

One week workshop shall include a 2 hours sessions daily covering basic safety aspects and self-defence techniques for women.

## 4 weeks training Capsule

A 4 weeks training capsule will have a 1/2 hours session daily. This training will cover all the aspects of women self-defence with adequate practice of these techniques by each participant.



# The SGF Programme

## Assess

- Nature of threat
- Types of threat
- Extent of threat
- Crime pattern

## Avoid

- Digital tools
- Situation awareness
- verbal de-escalation techniques
- Online education platform

## Counter

- Psychological training
- Mental toughening
- Physical Techniques
- SGF safety kit
- Emergency notification system

## Counsel

- Legal advise
- Follow up
- Counseling





# Course Content

- **Mental Strength and Psychological training**
- **Situational awareness and visual intelligence**
- **Modus operandi of criminals targeting working women**
- **Dangers of Social Media and how to deal with them**
- **Escape and evasion**
- **Human Anatomy**
- **How to use things of daily use as effective weapons of self-defence**
- **Hands-on self –defence techniques**
- **Nan-chak**
- **How to use the safety kit and digital assets safety kit effectively**
- **Case Studies**



## **All the packages include the following services free of cost:**

- A follow up interactive and target-oriented counselling session**
- Continuous counselling support for the entire year**
- Education mechanism for the whole year related to every aspect of women safety**
- Connecting every participant lifelong to an emergency notification system**