



# Private workshops by clubs/Gyms/NGOs or other organizations/Individuals

## **One day workshop**

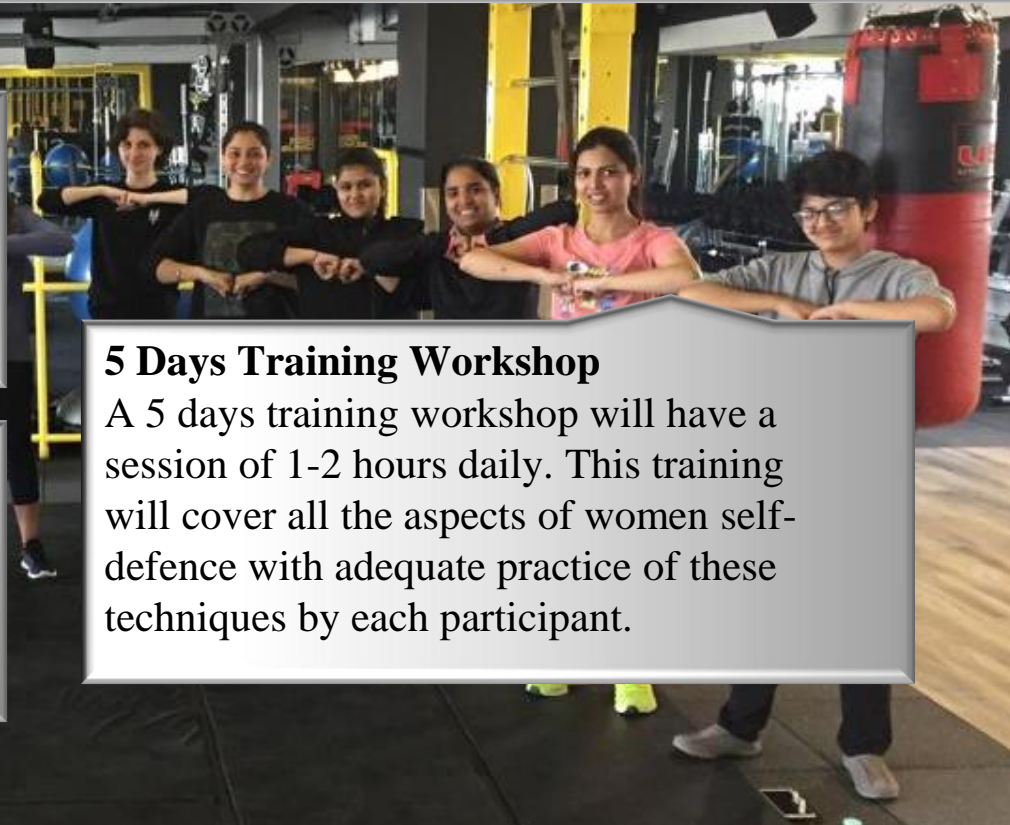
One day workshop shall include 2 sessions of 2 hours each covering basic safety aspects and self-defence techniques for women

## **Two Days Workshop/ Weekend workshop**

Two days workshop will have 4 sessions of 2 hours each covering certain advanced self-defence techniques besides the basic ones

## **5 Days Training Workshop**

A 5 days training workshop will have a session of 1-2 hours 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



The SGF works with partner Government/ Corporate to provide life long training support, learning, psychological counselling to women in order to make them feel confident to deal with any threat to their safety!



# 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**
- **Reporting crime and abuse**
- **Getting Help**
- **Escape and evasion**
- **Human Anatomy**
- **How to use things of daily use as effective weapons of self-defence**
- **Self –defence techniques**
- **Nan-chak**
- **How to use the SGF safety kit effectively**
- **Case Studies from that city**



## **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**