



Training Packages for schools/colleges

Annual Package:

- Initial intensive training programme for 6 days with a session of 3 hours daily or 1 hour session daily for 2 weeks
- A 4 days refresher capsule every alternate month

3 Months Package

- Initial intensive training programme for 6 days with a session of 3 hours daily or 1 hour session daily for 2 weeks
- A refresher capsule of 4 days each in the following 2 months

Half Yearly Package

- Initial intensive training programme for 6 days with a session of 3 hours daily or 1 hour session daily for 2 weeks
- A 4 days refresher capsule every alternate month

2-4 Days workshop

A 2/3/4 days workshop covering all the elementary aspects of safety and some basic self-defence techniques in 2/3 hours sessions



The SGF Programme

Getty

Assess

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

Avoid

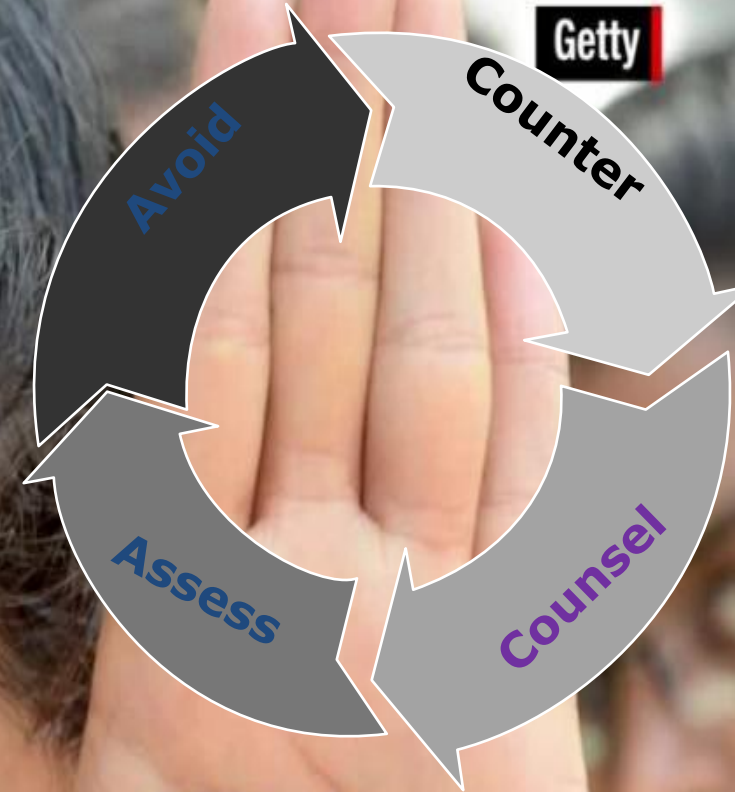
- Digital tools
- Situation awareness
- verbal de-escalation techniques
- Online education platform

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 students' 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**
- A lecture by our team for the boy students about gender sensitivity and their role in creating safe society for our girls**



Self-Defence Training/Workshops for School Children

Safety topics for kids helps identify ways to prevent harm to children and help keep children safer from child predators. Self-defence training for young children is an option that should be modified according to the child's age and maturity.

There are numerous choices for schools/girls when selecting a self defence course. Realism is often at the top of the list. SGF is the leader in applied research for training women to protect themselves.

There have been cases wherein women who had earned their black belt, were unable to defend themselves against a sexual predator. There was a gap in practicality and expectations related to personal protection and self defence training.