

# Table of contents

- Women Safety and Empowerment
  - Facilitator - Nehal Singhal
  - Day 1 - First Session
  - Day 1 - Second Session
  - Day 2 - First Session
  - Day 2 - Second Session

## Women Safety and Empowerment

Two Day Theoretical, Practical and Q/A based hands-on workshop

Technology in Action: Mind Mapping

**Facilitator - Nehal Singhal**

Storyteller, Technique and Presentation on Gita for Women Podcasts, Knowledge Process Specialist, IT Consultant, Awarded Top Writer on Quora हिन्दी

### **Day 1 - First Session**

**BhagavadGita for Women**

1. Storytelling
2. Gita shlokas with Bhagavat stories, poems and real life examples
3. Violence Against Women Exhibition

**Expected outcome:**

1. Mind Mapping use for Noting Verses, Relevant Examples
2. Q/A

- **Material needed** - per participant: 10-15 A4 paper, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
- Time: 90 minutes

## **Day 1 - Second Session**

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### **Use of Social Media for Women Empowerment**

1. Successful examples of Quora हिन्दी community: Food, students, home makers, professionals
2. Cyber Security quick tips
3. Spaces for community building and support, online voice

#### **Expected outcome:**

1. Mind Mapping for writing, organizing ideas for clarity in presentation.
  2. Q/A
- **Material needed** - per participant: 10-15 A4 paper, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
  - Time: 90 minutes

## **Day 2 - First Session**

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### **Work Place Safety**

1. Approach, Self confidence, Relationships, Health
2. Physically and mental well being
3. Laws, quick tips and awareness

#### **Expected outcome:**

1. Mind Mapping for workplace laws and awareness
2. Examples and Q/A

- **Material needed** - per participant: 10-15 A4 paper, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
- Time: 90 minutes

## **Day 2 - Second Session**

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### **Safety at Home**

1. Situations, relationships, balance, health
2. Physical and mental well being
3. Laws, quick tips and awareness

### **Expected outcome:**

1. Mind Mapping for quick understanding
  2. Examples and Q/A
- **Material needed** - per participant: 10-15 A4 paper, pencil, eraser, highlighter (yellow, green, red and as per taste), ball pen (blue, green, red and black), cardboard holder
  - Time: 90 minutes

*All workshop sessions are practical with synchronised Q/A .*