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Introduction

Two Days (Four Sessions) [Women Safety and Empowerment](#) | 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

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. Cyber Security quick tips, 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

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

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 .