

PRESS RELEASE



Mumbai, 25 November 2020

EMPOWERMENT SELF DEFENSE FREE WORKSHOP FOR NGOS FOR THE WORLDWIDE CAMPAIGN OF THE UNWOMEN ORANGE THE WORLD AND ENDING VIOLENCE AGAINST WOMEN, THE NGO RECREATE OFFERS A FREE WORKSHOP ON LINE OR ON SITE

We, **Recreate**, with the support of **The Consulate General of Italy in Mumbai**, have the pleasure to announce the upcoming program “**Empowerment Self Defense**” a program designed by the international **NGO No Means No Worldwide** and that **Recreate**, our Indian NGO, against any gender-based violence and for Sustainable Empowerment and Creativity, has adapted to the Indian Context.

Empowerment Self Defense is a safety and gender equity program for girls, boys and all genders including the third gender. The focus of this workshop is to help empower the beneficiaries to speak up and to take action when someone is trying or planning to harm them. By the end of this class, the beneficiaries will have multiple strategies to react when danger or conflict arises and to get safe in any situation of assault.

Empowerment Self Defense is whatever we say, do believe that helps us to keep safe and **using in priority the voice**, the tone and the body language, and keeping physical response as last resort.

Research suggests that up to **85% of attacks** could be stopped just by using our voices effectively. **ESD** emphasizes using your voice to end conflicts.

We will start with a series of workshops of 120 Min on the 25 November till the 10 December 2020, the first day of the UN Campaign of Ending Violence against women. These workshops will be delivered either online, on platforms like zoom or google meet, either in our premises in Andheri, either in the NGOs premises (if Mumbai based). They are totally **free of costs**, and target in priority Indian NGOS which are dealing with women violence, harassment, trafficking, for women empowerment, LGBTQI, transgenders rights etc.

This program (2 sessions of 1 hour each) is taught either in Hindi or in English.

NGOS can fill the form for registration on this link: <https://forms.gle/DVR9Phyt962Xp4h38>
Individuals can register on this link: <https://forms.gle/nCAocVragHoAEWFu6>

This event will be listed in the events of the 16 days **UN Campaign Unite, Orange the world: Fund, Respond, Prevent, Collect**

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