

ForShe Empowers Women



**Low Self-Esteem
Can Be A Real Downer.**

If you think you'll
lose, you may have
winded your life.
A negative self-image
can be a dangerous
thing. The good news
is you can fix yourself
from a low self-esteem
trap. Start believing in
yourself and you'll see
the difference. If you
were thinking you'd
lose, you'd have
already won.



Martial Arts help in building self-confidence



Learning martial arts is not just good for self defense but there are many other things than physical strength and techniques that martial arts women can benefit from, such as:
Mental and physical health
Your physical health will improve greatly due to the (often physically demanding) exercise. Martial arts for women will also help you improve your mental strength as you will be taught to focus on one single thing. Concentration is a very important part of martial arts training and being able to form a mental picture of your success is beneficial to your effectiveness as a martial arts student.

Self confidence
By learning a certain martial art you will be able to focus on one goal, physically and mentally. You will feel stronger mentally because you build up a sense of security and a knowledge deep down that you will be able to manage and deal with a potentially dangerous situation.
Learning body dynamics
You will learn about movements and their impact on your body and on the opponent's body. Knowing when to strike and how to do it will enable you to use your body to its full potential if you have to defend yourself.



 **MOLESTATION** 
A PLATFORM FOR PEOPLE WHO SHARE YOUR CONCERN

Women in modern India

The status of women in India has changed from domestic work, child bearing and child rearing being their sole occupation to contributing a significant part of the load of economic activity today. In modern India, women have adorned high offices. Women in India now participate in all activities e.g. education, sports, politics, media, art and culture, service sectors, science and technology. The Constitution of India guarantees all women equality of opportunity and they are at par with their

male counterparts in terms of wages, position at the work place.

This has raised the standard and status of women in the society but has also exposed them to rising incidence of offenses against women. This can happen to anyone and at any point of time, while traveling in the train, bus or even walking on the road. It could even be their workplace. It is important that women learn to fend for themselves and are self-reliant.

Adversaries confronting women

In a country like India, it is difficult to rely on statistics pertaining to crime against women. The data may show misleading trends as in reality, women are afraid of even lodging FIRs in police stations despite being molested, raped or sexually harassed. Cases of violence against women are under-reported.

Girls also become victims of child abuse at the hands of their closest male relatives, which they are unable to protest.

According to the latest National Crime Records Bureau 2007, there has been a 12.5% increase in incidents of crime against women (both under IPC and SLL) in 2007 as against 2006. The trend has continuously increased during 2003-2007.

The crime rate trend analyses against women in India sharply increased in mega cities compared to total national crime rate with a total increase of 13% in just one year is a serious matter from the safety and security point of Indian mega cities women. These figures show a hazardous situation in the country with respect to safety and security of women.

The number of rape cases has increased by nearly ten fold from 1953 to 2007. Young

Women in India are today not safe and constantly feel pressure of the environment and fear of being easily victimized from any nook and corner of the society.

Self-Defense and Martial Art training

Self-defense is the best option available to women to safeguard herself from difficult situations and martial art could be an important tool in this direction. External agencies, be their family, employer or even Police/ other security agencies can at best support women in her endeavor to keep herself safe with dignity.

Security has developed specialized training modules to cater to this need.

This training would impart the necessary skills to women to defend herself from any assault from any quarters.

ForShe Travels and Logistics Private Limited (ForShe) in association with Max

Self-defense training also helps in boosting morale and self-confidence in women and imparts the necessary courage to stand firm in adverse situations.

Course content

Using hand-to-hand practical techniques based on Israeli knowledge, the trainees will gain self confidence and practical ability to maneuver out of trouble. Familiarizing with the human body's weak points, you'll

be able to deal with bigger and stronger opponents. The training will enhance the women's aggressiveness and decisiveness when defending against any attack.

Course Duration

Each course of Four Hours will be divided into two sessions.

90 minutes lecture which will be the academic part aiming to improve the

woman's security awareness skills and basic proactive behavior.

150 minutes hands-on training will be physical, teaching how to respond fast to deal with extreme situations.

Fees structure

Rs. 2000/- per head plus applicable taxes. Payment in advance or on the day of training

Minimum batch size : 20 candidates
Maximum batch size : 50 candidates

For training conducted at locations other than Mumbai, travel, boarding & lodging to be borne by the client in addition.

Infrastructure support & prerequisite

Open area so as to accommodate both class room and practical training.

Training aids required would be a laptop and LCD Projector.

About ForShe

ForShe has a strategic alliance with ORIX Auto Infrastructure Services Limited, an established market leader in auto infrastructure services segment.

options and facilitating their economic independence.

ForShe is committed to Empowering women, offering them dignified employment

Inter-alia, it is engaged, in the business of Training women Chauffeurs and Women empowerment initiatives.

About Max Security

Max Security is a security services and solutions provider for international and local corporations, and for high net worth clients, offering elite security solutions collaborating between their Israeli and Indian personnel. Their Israeli security experts with proven

international experience, profound local knowledge and a deep cultural understating is involved in providing effective Security training and informative seminars. Max Security can be reached at indiaops@max-security.com

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