

## how can you team up

If you are an organisation keen to work with us in:

- Funding our programmes
- Outreach activities
- work with your women groups
- volunteer with us
- Do some valuable (SR with communities

then please do get in touch with us. We do not have a one-size-fits-all approach. We tweak our work based upon the community groups we work with, but our model is extremely replicable to grow.

**5000+**  
 women and girls  
 worked with so far from  
 Bangalore, Mumbai  
 and Chennai



## Durga Alarm

We are involved in creating safer environments for women and children. Towards this we created the Durga Alarm in public transport systems to enable women and children raise an alarm to alert active by-standers to take action against harassment. This is a first of its kind initiative in India.

To fund an alarm, do visit:  
[milaap.org/fundraisers/Durga](http://milaap.org/fundraisers/Durga)

## Contact Us:

**Priya Varadarajan**

Founder  
[priya\\_varadarajan@yahoo.com](mailto:priya_varadarajan@yahoo.com)

**Meenakshi Giridhar**

Delivery Head  
[minigiri11@gmail.com](mailto:minigiri11@gmail.com)

[www.durgaindia.org](http://www.durgaindia.org)

FB: Durga Every woman (group)

Twitter: @DurgaIndia1



# Creating Safer Environments for Women

*Durga is a citizen's initiative address harassment. Durga enabling women and girls equips women and girls with basic life skills to understand inappropriate behaviour in a behaviour and respond to non-aggressive way. A Durga is a woman or girl who is aware and prepared at all times and knows how to deter crime*



**90%+**  
women and girls face some form of harassment whether subtle or direct in their lives

### Why Durga

Most often, research proves that we don't know how to react/respond to a sexual harassment and feel violated, small and consumed. Women often feel that they should have some way to be ready and to deter crime and not be a victim of any form of harassment. Durga helps women and girls understand their thresholds, move them out of their comfort spaces and start wanting to address harassment. The techniques to mitigate harassment will seem easier and more possible through awareness and preparedness

**3 hr**  
workshop to help you discuss issues openly in a safe environment.

### How do we work

**Theatre is that art form that gives an instant connect to ones feelings and emotions**

We use theatre forms and games to conduct our 3-hour long workshops to help women and girls come out of their comfort zones or shells and discuss the issue openly. We use simulated learning and work only with small groups, so every participant is pushed to respond, explore and adopt. We also have a 30-minute long physical self defence module embedded for the more tricky and intimate encounters



### VOICE

Creating Communities that nurture safe spaces for women and girls called VOICE. This initiative will be set up for your community to sustain the Durga ethos for long.

**“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”**  
- Margaret Mead

### Who is it for

Durga is really for any woman or girl who feels that she is in control of her safety and wants to be empowered enough to address it in her own way.

Durga is for any of the following:

- Individual Women
- Corporate
- Institutions
- Resident Welfare
- Associations
- Other Women
- Communities