

SELF-DEVELOPMENT & CONFLICT MANAGEMENT (05 DAYS)

Date/Day	0930-1045 Hrs.	1100-1215 Hrs.	1215-1330 Hrs.	1430-1500 Hrs.	1500-1615 Hrs.	1630-1745 Hrs.
1st Day	Registration and Inauguration	General overview of the women police force in India and their contribution	Women Police - Police environment and problems	Experience Sharing	Issue of work life balance for the women police	The Vishaka Guideline and the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013
2nd Day	Different acts and Laws related to women issues		CEDAW and other International convention to eliminate gender violence	Training Film on Work life balance for Women Police Officers	National/ State women commission and their role	Judicial pronouncement and Legal provision, Guidelines for the welfare of the women police
3rd day	Concept of Self-Motivation for Women Police officers	Role of Leadership and Team building	Better Communication Skills	Training Film on Communication Skill	Conflicts resolution for the participants through counseling	
4th day	Conflict and Stress Management- Best practices	Management- Best	Role of Emotional intelligence	Test	Conflicts resolution for the participants through counseling	
5th Day	Time Management	Panel discussion on Role of NGO's, NHRC, NCW, Media, Judiciary in promoting women Rights		Training Film on Time Management	Training Film on Emotional intelligence	Feedback and Valediction

Tea Break: 1045-1100 & 1615-1630 Hrs, Lunch Break: 1330-1430 Hrs

Yoga session 0600-0700 Hrs (Summer), 0630-0730 Hrs (Winter)