SANGHAMITRA

Handbook 2020

Cyberabad Police

SCSC
SOCIETY FOR
CYBERABAD SECURITY COUNCIL

YOUR SAFETY OUR CONCERN

Introduction

The Sanghamitra Programme

This is the first structured outreach effort to connect with residential communities in the Cyberabad area. This comprises safety awareness sessions and the 'Sanghamitra' training program

'Sanghamitra' as the name suggests is a **friend 'mitra'** who has been equipped with information and knowledge about the various aspects of the law, of redressal mechanism, process and procedures of seeking professional help, has access to resources to help someone from their **community 'sangh'** in time of need/distress. She/he will act as the bridge between the community members and the Police as well as the various resources such as helplines, shelter homes, counselors and others

- effort to create awareness about the various avenues of help which are available for a victim
- a structured approach to bust some of the myths about Police and Policing
- an initiative to have help reach in a timely and appropriate manner where required
- an attempt to empower women to take their place in the society as equals
- a bridge between problems and solutions

a step towards building a better societal fabric

Why 'Sanghamitra'?

Violence against women and children continues to rise. Reports suggest that the perpetrators in most of the cases are people known to the victim.

Survivors endure the abuse as they are plagued with thoughts like;
- Who do I reach out to for help
- What can police do, it is a domestic matter and we should resolve it within the family
- What if they put my husband in jail what will happen to the family dignity

People around them, neighbors etc., are also unsure of what to do if they are aware of something like this:
- Its their family matter, we should not interfere
- What can we do anyway
- Complaining may spoil the reputation of the society/community

Sanghamitra Skills

To hold the hand of the survivor throughout the journey, a Sanghamitra should have the following qualities

- be aware of how the survivors are feeling in any given situation
- be able to engage with the survivors to get to know all details of their case
- provide all the support the survivors need to take an informative decision
- respect their autonomy and ability to decide when they would like to leave an abusive situation
- share information about available resources and encourage her to seek help
- stand by them and get updates of the progress while maintaining boundaries
- encourage them to follow up if they dropped going to their counselling sessions

10 Qualities of a Sanghamitra

Clarity of Thought

Courage

Confidence

Acceptance

Patience

Cheerfulness

Self-Reliance

Decision Making

Self-Knowledge

Positive thinking

Standard Operating Procedure for a Sanghamitra

Person in distress reaches out to Sanghamitra for help

Sanghamitra notes the case details in the online form on She Safe App

Sanghamitra explains to the person in distress the available options and resources

Sanghamitra to share the details of the case on Google Drive

Link to Google Drive

Sanghamitra introduces the designated SHE Team/ Person from the resource center to the person in distress

Sanghamitra supports the person in distress and follows up till the issue gets resolved

Sanghamitra records the progress and the final outcome of the case on She Safe App and Google Drive

Violence against women can happen anywhere

1 In public places

2 While in transport

3 At workplaces

4 Domestic violence

5 Cyberspace

6 At Home

Violence against Women in India

8% Others

10% Rape Cases

Cruelty by husband or his relatives 32%

22% Kidnapping and abduction of women

28% Assault on women with intent to outrage her modesty
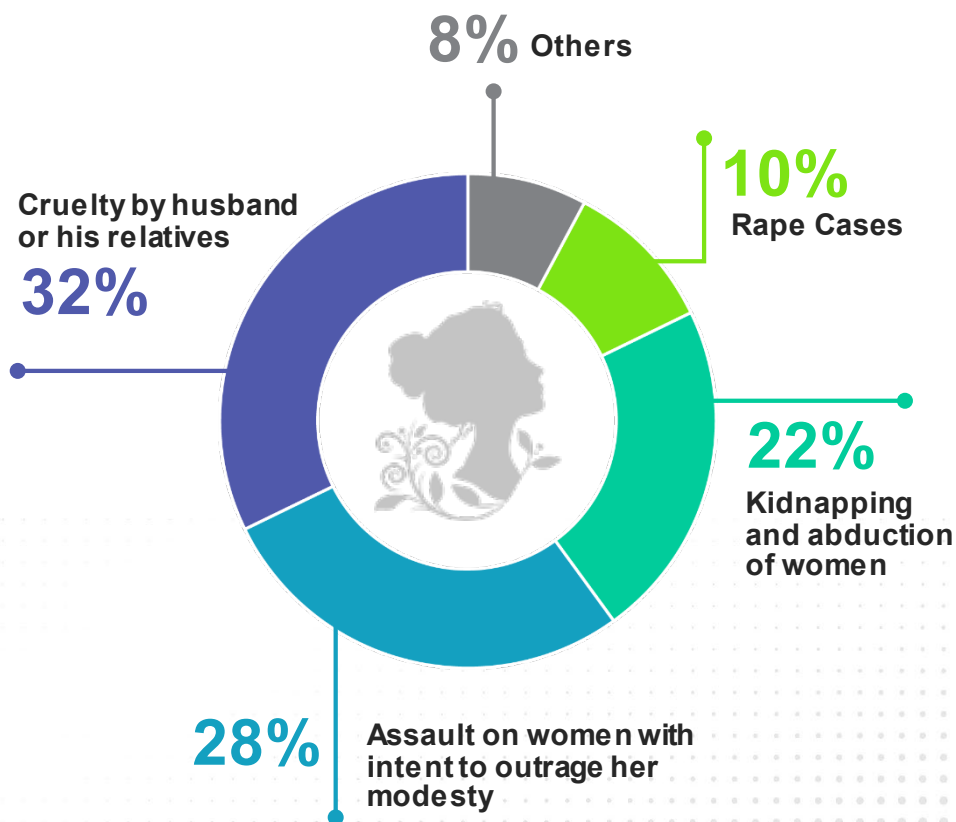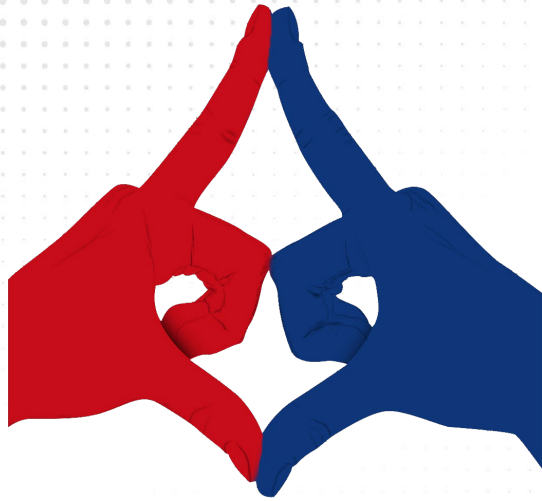
SANGHAMITRA

Society for Cyberabad Security Council

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