



DELHI POLICE

**Special Police Unit for
Women and Children**

PRESS RELEASE

NOVEMBER

**Delhi Police's SPUWAC Conducts Self-Defence and Women Safety
Awareness Programme under "SASHAKTI" Initiative**

The Special Police Unit for Women & Children (SPUWAC), Delhi Police, successfully conducted its monthly activities under the "SASHAKTI" programme, aimed at enhancing safety awareness and confidence among women and girls.

Over 21,013 women and girls participated in self-defence training sessions across schools, colleges, NGOs, RWAs, workplaces, and hotels in November.

Certified instructors provided training on basic and advanced self-defence techniques, equipping participants with practical defence skills and awareness on legal rights.

Demonstrations showcased practical, easy-to-learn self-defence techniques designed to enhance confidence and empower women and girls to react effectively in difficult situations.

Programme Highlights:

- * Self Defence Demonstration at The Chanakya Mall, YPCC, Chanakyapuri, Delhi
- * "SASHAKTI" 05-day awareness programme at Delhi Police Pavilion and Musical Fountain Area, IITF, Pragati Maidan, Delhi
- * Awareness programme on "SASHAKTI" Women Empowerment Programme at Blue Hall, German Embassy, New Delhi
- 10 days self defence training class at Lady Harding Medical college.
- * Self Defence Demonstration at Crowne Plaza, Twin District Centre, Sec-10, Rohini, New Delhi

"Testimonials"

One of the beneficiaries, expressed her gratitude after successful completion of self defence training at Lady Hardinge Medical College. In her message, she stated the following:

Anita Sharma, Physical Instructor at Lady Hardinge Medical College, Kudos to Delhi Police for conducting self-defence classes for MBBS and Nursing students. The 10-day training was a game-changer, teaching various techniques to attack and defend, and boosting confidence to tackle real-life situations.

Senior officers appreciated the efforts of trainers and encouraged more institutions to come forward for conducting self-defence sessions for women and girls. Participants expressed positive feedback, stating that the training had boosted their confidence to handle risky situations.

Delhi Police remains committed to strengthening women safety through continuous awareness and capacity-building programmes. The "SASHAKTI" initiative is a step towards empowering women and girls to take control of their safety and security.



Dy. Commissioner of Police
Special Police unit for Women and Children
Delhi