



**DELHI POLICE**

**SPUWAC**

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**REVISED PRESS RELEASE**

- **ORGANIZED WORKSHOP OF SELF DEFENCE**
- **40 FEMALE DELIVERY PARTNERS PARTICIPATED.**
- **CEREMONY PRESIDED BY SPECIAL COMMISSIONER OF POLICE/SPUWAC & SPUNER.**

The only path towards a healthy family, safe society & progressive nation is an empowered woman. The Special Police Unit for Women and Children has been continuously making efforts to empower women and create a sense of confidence, legal awareness amongst them and to address their grievances. To boost their self confidence, self defence training programmes are held for School & College students, RWA's & BPO employees. Self-defence training was initiated in the year-2002 with an aim to empower women through demonstration and training in techniques of Martial Arts. In addition, the girls are being trained how to make use of things like Dupatta, Pen & Handbags to protect themselves from attacks by anti social elements, chain or bag snatching,

criminal assault etc. The training helps in building up the self esteem of women so that they do not feel vulnerable & humiliated. So far more than 5,48,549 girls/women have been trained through this initiative by SPUWAC, including 65,139 girls were trained in 2023-24.

After receiving lots of appreciation from society and looking at the success of these self defense training programmes besides routine camps held from time to time, the annual summer and winter camps are also organized by this Unit during summer & winter vacations all over Delhi at different venues.

A total of 40 female delivery fleet girls from Zomato participated in this workshop. Most of the participants have to work at odd hours while making the door step delivery and face harassment.

Sh. Ajay Chaudhry IPS, Spl. Commissioner of Police, SPUWAC & SPUNER was chief guest of the workshop. The event was also attended by Jt./CP/ SPUWAC and senior Managers of Zomato.

Overall, the endeavour of Delhi Police is to ensure that the women of the city are not only safe and secure but, also empowered in every sense of the word and the Special Police Unit for Women and Children is working towards this goal.

Jt. Commissioner of Police  
Special Police Unit for Women and Children  
Nanakpura, New Delhi