PRESS RELEASE

DELHI POLICE

SOUTH DISTRICT

DATED: 27.11.2026

SOUTH DISTRICT POLICE ORGANISES SELF-DEFENCE AND GOOD TOUCH, BAD TOUCH AWARENESS PROGRAMME AT SKV MANDI SCHOOL UNDER #NIDARNARI CAMPAIGN

As part of the ongoing Delhi Police Women & Child Safety Campaign **#NidarNari**, South District Police organised a Self-Defence and Good Touch, Bad Touch Awareness Programme at **SKV Mandi School**, with the objective of empowering girl students with essential knowledge and skills related to personal safety, self-protection and awareness.

The programme aimed at sensitising girl students about the importance of personal safety, recognising inappropriate behaviour and understanding the difference between good touch and bad touch. Students were educated about identifying uncomfortable or unsafe situations, maintaining personal boundaries and the importance of raising their voices against any form of inappropriate behaviour.

Special emphasis was laid on creating awareness about personal boundaries, recognising warning signs, responding confidently to uncomfortable situations and immediately informing parents, teachers or other trusted adults in case of any inappropriate incident.

As part of the initiative, practical demonstrations of essential self-defence techniques were conducted to familiarise students with basic methods of protecting themselves in challenging situations. The training focused on developing confidence, alertness, presence of mind and the ability to respond effectively to potential threats.

The programme witnessed active participation from girl students, who were encouraged to understand their rights, remain vigilant and develop the confidence to protect themselves.

Through such initiatives under the **#NidarNari Campaign**, South District Police continues to strengthen its efforts towards women's and child safety by reaching out to educational institutions and empowering young girls with practical knowledge, awareness and self-defence skills.

South District Police remains committed to creating a safe, aware and empowered environment for women and children.

BE AWARE. BE CONFIDENT. BE NIDAR!

(ANANT MITTAL) IPS
DY. COMMISSIONER OF POLICE
SOUTH DISTRICT, DELHI