Under #NidarNari Campaign, Outer District Police Organises Self-Defence Training and Awareness Programmes to Empower Young Girls and Strengthen Women's Safety. Under the #NidarNari campaign, the Community Policing Cell and Shishtachar Squad, Outer District, conducted a series of self-defence training and awareness programmes across various schools and institutions to promote confidence, personal safety and awareness among young girls.

Self-Defence Training Programmes:

• ITI Mangolpuri, PS Raj Park – 200 students participated.

• CM Shri School, A-6, Vihar, PS Paschim Vihar East – A one-day self-defence workshop was conducted for 120 students.

• Bharat Shakti Public School, Krishan Vihar, PS Sultanpuri – 150 students participated in the self-defence training programme.

Additionally, the Community Policing Cell team visited Bharat Shakti Public School, Krishan Vihar, and interacted with the Principal regarding school-related activities and future coordination to further strengthen community policing initiatives.

Women's Safety and Awareness Programmes:

The Shishtachar Squad conducted awareness programmes at Sarvodaya Kanya Vidyalaya, JJ Colony, Nangloi, and Government Girls Senior Secondary School, Rani Bagh.

During these sessions, girl students were sensitised about Good Touch–Bad Touch, provisions of the POCSO Act, women-related laws, personal safety and the importance of speaking up against harassment and abuse.

Through these sustained initiatives, Outer District Police is committed to empowering young girls with essential self-defence skills, enhancing their awareness of legal rights, building confidence and encouraging them to recognise unsafe situations and seek timely assistance.

Empowering Girls, Strengthening Safety!