PRESS RELEASE

EAST DISTRICT **DATED: 24.11.2026**

EAST DISTRICT POLICE INTENSIFIES WOMEN & CHILD SAFETY CAMPAIGN THROUGH SELF-DEFENCE TRAINING, AWARENESS PROGRAMMES AND SPECIAL PATROLLING

BRIEF:

In continuation of its efforts to strengthen women and child safety, East District Police organised a series of awareness, self-defence and community outreach programmes at educational institutions and public places under its ongoing safety initiatives. The programmes focused on empowering women, girls and children with practical safety skills, awareness of their rights and knowledge of available police assistance.

1. SELF-DEFENCE TRAINING AND CHILD SAFETY AWARENESS:

Under the Sashakti Initiative, the Community Policing Cell, East District, conducted a self-defence session for girl students at Mayur Public School, Mandawali. Students were taught practical self-defence techniques to enhance their confidence, alertness and ability to respond to challenging situations.

An awareness session was also organised at the school, covering important issues such as child safety, Good Touch–Bad Touch, the POCSO Act, bullying, human trafficking, drug abuse and cyber safety. Students were informed about online risks, emergency SOS facilities in buses and important helpline numbers.

2. CYBER SAFETY AWARENESS AMONG STUDENTS:

SI Anshul of PS Cyber East conducted a cyber awareness programme for girl students at RSKV, Patparganj, under PS Pandav Nagar. The students were sensitised about online frauds, fake social media profiles, cyberbullying, cyberstalking and misuse of personal photographs. They were also educated about preventive measures, protection of their online identity and appropriate reporting mechanisms.

3. COMMUNITY OUTREACH AT SANJAY JHEEL PARK:

The Community Policing Cell organised an awareness programme at Sanjay Jheel Park, under PS Pandav Nagar, involving women, girls, children and local residents. The programme covered women and child safety, drug abuse and cybercrime. Participants were informed about identifying unsafe situations, avoiding online frauds and seeking timely police assistance. The functioning of SOS buttons in buses during emergencies was also explained.

4. SPECIAL FOOT PATROLLING AND CHECKING BY SHISHTACHAR SQUAD:

As part of preventive measures to enhance women's safety in public spaces, the Shishtachar Squad of East District Police conducted foot patrolling and checking in civil attire at Narwana Road and District Park, West Vinod Nagar, under PS Madhu Vihar. During the drive, six persons were detained for verification. The team also interacted with girl students, women and local residents, listened to their safety concerns and encouraged them to report incidents of harassment, stalking or suspicious activities without hesitation.

5. SELF-DEFENCE AND SAFETY AWARENESS FOR CHILDREN:

The Community Policing Cell also organised a self-defence and safety awareness programme for children at Ek Umang NGO, Trilokpuri. Children were taught simple self-defence techniques and sensitised about Good Touch–Bad Touch, saying NO to uncomfortable situations, staying away from strangers and seeking help from trusted adults. They were further made aware of child abuse, human trafficking, drug abuse and online safety, with emphasis on speaking up and reporting any unsafe experience to a trusted adult.

POLICE APPEAL:

East District Police appeals to women, girls, children and citizens to remain alert, follow safe practices and promptly report any incident of harassment, abuse, suspicious activity or cybercrime.

IMPORTANT HELPLINE NUMBERS:

- **112 – Police Emergency**
- **1091 – Women Helpline**
- **1098 – Child Helpline**
- **1930 – Cyber Financial Fraud**
- **cybercrime.gov.in – Online Cybercrime Reporting Portal**

Through sustained awareness programmes, practical self-defence training, community interaction and preventive policing, East District Police remains committed to creating a safe, secure and confident environment for women, girls and children.

(RAJEEV KUMAR), IPS
Deputy Commissioner of Police
East District, Delhi