

Report on 10-Day NSS Self-Defence Training Workshop

Organized by Institute of Vocational Studies in Collaboration with Delhi Police

(1-9-25 to 12-9-25)

The Institute of Vocational Studies, in collaboration with the Delhi Police, successfully conducted a 10-day Self-Defence Training Workshop for women under the National Service Scheme (NSS) from 1st – 12th September 2025. The workshop aimed to empower young women by providing them with essential self-defence skills and spreading awareness about safety, legal rights, and self-confidence in challenging situations.

The primary objective of the workshop was to equip female students with practical knowledge and skills to protect themselves in unsafe situations. In the current social climate, where women's safety remains a major concern, such initiatives are crucial. The workshop also aimed to enhance mental strength, promote situational awareness, and foster a sense of empowerment among young women.

The workshop was inaugurated by Dr. Mandira Gupta, Principal, in the presence of the NSS Program Officer Ms Nahid Raees, faculty members, Delhi Police officials, and student participants. The chief guest from Delhi Police's Special Police Unit for Women and Children addressed the audience and stressed the importance of self-defence as a vital life skill for every woman.

Dr. Mandira Gupta highlighted the role of educational institutions in ensuring the overall safety and development of women students. The collaboration with Delhi Police was acknowledged as a strong step toward community engagement and women empowerment.

The 10-day intensive workshop was conducted by professional trainers and officers from the Delhi Police Self-Defense Cell. The training covered a wide range of techniques and strategies, including:

- Basic self-defence moves: punching, blocking, and kicking
- Techniques to escape from holds and grabs
- Use of daily objects (bags, scarves, pens) for self-defence
- Defence strategies against single and group attackers
- Psychological preparedness and threat response

Each session began with warm-up exercises, followed by demonstration, practice, and real-life simulations. The hands-on training enabled students to learn techniques that are simple, effective, and applicable in real-life scenarios.

In addition to physical training, several awareness sessions were held by Delhi Police officials and legal experts on:

- Women's legal rights and safety laws
- How and when to report crimes
- Use of safety apps and helpline numbers
- Cyber safety and harassment awareness.

These sessions were interactive, allowing students to ask questions and share personal experiences. The Delhi Police team also demonstrated how technology can be used for quick assistance and protection.

Participation and Feedback woman .50 female students from various courses actively participated in the workshop. The feedback was overwhelmingly positive. Participants reported feeling more confident, prepared, and aware of their surroundings. Many expressed a desire to continue training beyond the 10 days.

On the final day, a closing ceremony was held where participants showcased the skills they had learned. Certificates of participation were distributed by senior Delhi Police officials, who appreciated the enthusiasm and discipline of the students. The event concluded with motivational words encouraging students to stay alert, empowered, and vigilant.

The 10-day NSS Self-Defence Training Workshop was a resounding success. The Institute of Vocational Studies, in collaboration with Delhi Police, took a commendable step toward women's safety and empowerment. Such initiatives are vital in creating a safer and more confident future for young women

