

BSES takes-up cudgels for women's safety Imparts Self Defense Trainings for girl students

- **Over 3000 girls already trained under this program**
- **Trainings being rolled-out in more schools in South, West, East and Central Delhi**
- **Program being run in association with Delhi Police Special Unit for Women & Children and Trident Tactical Solutions Pvt Ltd**

Self-defense, especially for women, is of utmost importance in the kind of the world we live in today. It has become a necessity more than ever. Realising this, BSES Rajdhani Power Limited (BRPL) and BSES Yamuna Power Limited (BYPL) are doing their bit for women's safety. BSES discoms have partnered with Delhi Police Special Unit for Women & Children, Nanakpura and Trident Tactical Solutions Pvt Ltd (a specialised organisation led by a former SPG commando) to impart self defense training to school girls.

According to a BSES spokesperson, "Over 3000 young girls from around 20 schools have been trained under this initiative. Looking at the overwhelming response, BRPL and BYPL are ramping-up the training program and more schools are being covered in the months to come."

"We believe girls of our society will grow up as smart and confident adults after undergoing the training that is imparted by the experts"- **added the spokesperson.**

In these trainings, the participants are made aware of possible threats to them in their day to day situations along with situational analysis and suggested precautions. The initiative also strives to equip the participants with the necessary skills, making them capable of managing their own safety. Besides the physical training, the participants are also given tips to handle sticky situations. They are also told to share the knowledge with their friends, neighbours and family members.

"The training program spread over 15 days strives to educate young girls on the importance of speaking out, raising an alarm and getting out of tricky situations", **added the spokesperson**

Among others, the training module seeks to impart the following:

- How to take counteractive actions in unfortunate and tricky situations
- How not to become a mute captive. Creating awareness amongst the young women to be aware of their surroundings at all times.



The girls that participated in the training program shared that they all felt more confident after attending the training program. On successful completion of the training module, the participants are also awarded certificates by the Delhi Police and Trident Tactical Solutions Pvt Ltd respectively. Infact, such has been the impact of the program, the 'trained' girls are being asked by the respective school principal's to give a demonstration in the morning assembly.