https://www.jmi.ac.in

Office of the Chief Public Relations Officer
Jamia Millia Islamia

Press Release

SNCWS, JMI and Delhi Police Organise Five-Day Self-Defence Capacity-Building Workshop for Female Students

New Delhi, November 25, 2026

The Sarojini Naidu Centre for Women's Studies (SNCWS), Jamia Millia Islamia, in collaboration with the Crime against Women Unit, Delhi Police, organised the five-day *Samagra Swa-Raksha Programme: A Capacity Building Workshop for Female Students* from 16th to 20th November 2026 at the M.A.K. Pataudi Sports Complex, Jamia Millia Islamia. The programme was conducted with the support and encouragement of the Hon'ble Vice-Chancellor, Prof. Mazhar Asif, and the Registrar, Prof. Mahtab Alam Rizvi. It aimed to equip young girls with essential self-defence skills while fostering bodily awareness, confidence and a deeper understanding of personal safety.

The programme commenced with an interactive sensitisation session led by Prof. Vijayalakshmi Brara, Director, SNCWS, in the presence of the programme coordinators, Dr. Tarannum Siddiqui and Dr. Aparna Dixit, and student volunteers Zoya Raza, Saniyah Kauser Barbhuiya, Preeti, Aliza Malik, Vaibhav Saini and Saba Firdose. The session provided a supportive space for participants to reflect upon and articulate their experiences. Through an interactive exercise exploring their relationship with their bodies, students were encouraged to engage with questions of body image, self-acceptance and body positivity. The discussion sought to nurture a positive sense of self, bodily confidence and self-awareness.

Around 80 girl students from Jamia Girls' Senior Secondary School participated in the five-day programme. The participation of the students was facilitated by Ms. Anjum Iqbal, Principal of the School, whose cooperation also ensured the arrangement of accompanying teachers. The practical training sessions were conducted by Delhi Police trainers, Ms. Antim and Ms. Rohini, who introduced the participants to essential self-defense techniques through demonstrations.

The concluding session brought together Prof. Vijayalakshmi Brara, Director, SNCWS, the faculty members of the SNCWS, and Ms. Anjum Iqbal, Principal, Jamia Girls' Senior Secondary School. On the occasion, Ms. Iqbal expressed her appreciation to SNCWS for organising the initiative and providing the students with an opportunity to acquire practical self-defense skills alongside a broader understanding of personal safety and confidence. The session also reaffirmed the significance of institutional collaboration in advancing the safety and empowerment of young women. Certificates were subsequently distributed to the

participating students by Prof. Vijayalakshmi Brara, along with the faculty members of SNCWS and Ms. Anjum Iqbal, in recognition of their participation and engagement throughout the five-day programme.

The programme brought together discussions on self-awareness and confidence with practical self-defense training. It also highlighted that women's safety cannot be treated as an individual responsibility alone. It requires the collective efforts of educational institutions, families and society. Through this initiative, the Centre sought to encourage young girls to recognize their self-worth, understand their bodily autonomy and feel more confident in responding to situations that may threaten their safety.

Prof. Saima Saeed
Chief Public Relations Officer













***