

**Press Note**  
**12.02.2013**

Today, there was valedictory function of 15 day self defence training Programme to Girls student started from 28<sup>th</sup> January 2013 at Post Graduate Govt. College for Girls Sector-42, Chandigarh. At this function Sh. R. P. Upadhyaya, IPS, IGP/UT was the chief guest. Principal Smt. Mani Bedi welcomed the Chief Guest and other dignitaries. Sh. Alok Kumar, DIG/UT, Sh. Arun Kamapani, IPS, Sh. Maneesh Chaudhry, IPS, SP/Traffic & Security with other senior police officials were also present at the function. Students who were imparted self Defence Training gave Demo of self defence. They demonstrated face punch, punching chain, back block, side block, middle kick, lower kick, front roll, body hold etc learned from the training. Chief Guest distributed certificates to the students to whom training was imparted. Principal Mani Bedi presented mementos of appreciation to DSP Baljit Singh Chaddha, SI Rohtash Kumar and other trainers of Chandigarh Police. IGP/UT appreciated the students, college authorities and Police Training Staff. Chief Guest inspired students and call to co-operate Police Administration. Reform the Society to make Just society with human dignity. At the last Dean of college Prof K. P S. Sante gave Vote of thanks.

**Issued by**  
**Chandigarh Police**