

## **PRESS RELEASE**

Anti human trafficking Unit of Chandigarh Police under the supervision of Smt. Anjitha Chepyala DSP/W&CSU organized self defence training for the students of St. Xavier Sr. Sec. School, sec- 44 C, Chd held from 4.2.16 to 25.02.16 and also at PEC university of Technology, Sector- 12, Chandigarh from 08.02.16 to 19.02.16.



Total 309 girls students have participated in this self defence programme. This was an initiative of Sh. R.P Upadhyay, IPS, IGP/UT/Chandigarh, to make the girls/women self dependent so that they can save themselves in case of any untoward incidents. During the training girls were imparted training on different techniques of defending themselves. They also gave various demos on eve teasing, chain snatching, & Knife protection, front fall, body hold & Neck hold. The training programme has been completed successfully.

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