```c
//Implement data encryption and data decryption

#include <stdio.h>

int main()
{
    int i, x;
    char str[100];

    printf("\nPlease enter a string:\t");
    gets(str);

    printf("\nPlease choose following options:\n");
    printf("1 = Encrypt the string.\n");
    printf("2 = Decrypt the string.\n");
    scanf("%d", &x);

    //using switch case statements
    switch(x)
    {
    case 1:
        for(i = 0; (i < 100 && str[i] != '\0'); i++)
          str[i] = str[i] + 3; //the key for encryption is 3 that is added to ASCII value

        printf("\nEncrypted string: %s\n", str);
        break;

    case 2:
        for(i = 0; (i < 100 && str[i] != '\0'); i++)
          str[i] = str[i] - 3; //the key for encryption is 3 that is subtracted to ASCII value

        printf("\nDecrypted string: %s\n", str);
        break;

    default:
        printf("\nError\n");
    }
    return 0;
}
```