



DEV SAMAJ COLLEGE OF EDUCATION, SEC-36 B, CHANDIGARH



Sector-36B, Chandigarh

is offering

A Value Added Course on

in



Dr. (Mrs.) Agnese Dhillon
Chief Patron

Commencing from 1st September 2018 to 30th
September 2018

Facilitator
Dr. Neeru Malik
Assistant Professor



LEARNING OUTCOMES

- Increase in self-esteem
- Perceived control
- Confidence while decreasing anxiety, fear, and avoidance

CONTENT

- Hammer strike
- Groin kick
- Heel palm strike
- Elbow strike
- Alternative elbow strikes
- Escape from a 'bear hug attack'

