

Workshop on Marital Arts (Self defence) Organized by PG Department of Commerce & Management



PG Department of Commerce and Management, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, Punjab, organized one day workshop on Marital Arts (for UG students) on 10-09-2019. Mr. Khushkaram Singh, Mr. Indermohan Saini & Mrs. Samriti Shelly of Indian Martial Arts Association from Hoshiarpur was the resource persons of the workshop. The aim of the programme is to impart Self defence Skills among students. Students from BAF, B.COM (Hons), B.COM (G) were participated in this workshop. At the end of this workshop students learned various techniques of Self defence and enable to enhance their personality. Prof. Poonam was the coordinator of this workshop

