



DYP Physios Alum- Alumni Association of
Dr. D.Y. Patil College of Physiotherapy, Pune

Webinar No. 102

*Stress Management Strategies-
A Resilient Approach*

An IQAC Initiative

Speaker



Dr. Maithili Deshpande

MPT

Dr. D.Y. Patil College of Physiotherapy
Pune

About the Webinar

- What is stress??
- Body's response to stress
- Coping with stress
- Mental techniques to combat stress

Webinar Details

Date: 10th November 2020 Time : 3.30 pm to 4.30 pm

<https://www.facebook.com/DPU.Physiotherapy/>

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