



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

Webinar No. 59

Diaphragmatic Breathing and Mindfulness

An IQAC Initiative

Speaker



Dr. Vaibhav Kapre

Professor

Dept. of Cardiorespiratory Physiotherapy
MGM Institute of Physiotherapy
Aurangabad

About the Webinar

- Revisit anatomy of diaphragm and breathing mechanics
- Stress and autonomic nervous system
- The relaxation response
- What is mindful breathing
- A brief guide to mindfulness breathing

Webinar Details

Date: 28th September 2020 Time : 3.30 pm to 4.30 pm

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

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