

Stress Management Report

The College of Physiotherapy, Miraj Medical Centre, Wanless Hospital organized a Stress Management Program for students of First Year and Third Year on 1st April 2019 in the Seminar Hall, Wanless Hospital, Miraj. The stress Management program assists adults in effectively managing stress in healthy ways, including: exercising, seeking social pleasant activities and relaxation. The resource person for the stress management program was Mr. Kapil Lalit. The session started at 9.00 AM. The session started with introduction to what is stress management, further strategies for managing stress related symptoms, strategies on reducing individual vulnerability, strategies on managing the organization's stress. The session ended at 11.00PM.



Event Coordinator