

SHRIMAD RAJCHANDRA COLLEGE OF PHYSIOTHERAPY

Guest lecture Topic: Stress and Copying strategies

Date: 7th JULY

Venue: Central Library Group discussion room-1

Resource Person: Dr. Priya Ashvita Rajkumar

Coordinator: Dr. Sneha Somarajan

Shrimad Rajchandra College of Physiotherapy organized Guest lecture. Dr.Priya Ashvita Raj Kumar (Ph.D. in Psychology) /**Head of School, School of Liberal Arts and Human Sciences, Auro University, Surat** was the resource person and covered topics such as introduction, Nature and effects of stress, different types of stress, consequences and copying with stress. Faculty and MPT students attended the session .Participants learned how to handle stress by using the cues provided to identify the answer individually. It was really useful for striking a balance between work and personal life and quite instructive.

