



Minutes of meeting  
2017-18

A meeting was held between the department of music and psychology on Nov. 21, 2017.

The agenda was the activity to be organized on the topic: 'The Effectiveness of Music on Stress Management'. It was decided that an interactive session will be conducted with a group of music and Psychology students on 28th November and 29th November and also on the 5th December and 7th December, 2017. Topics to be discussed were the soothing power of music and how it can act as a stress management tool, monitoring the various physiological functions and stress hormones.

Members present in the meeting:

  
Dr. Kalpana Sharma (HOD, Music Department)

  
Dr. Ravi Bhushan, Dept. of Music