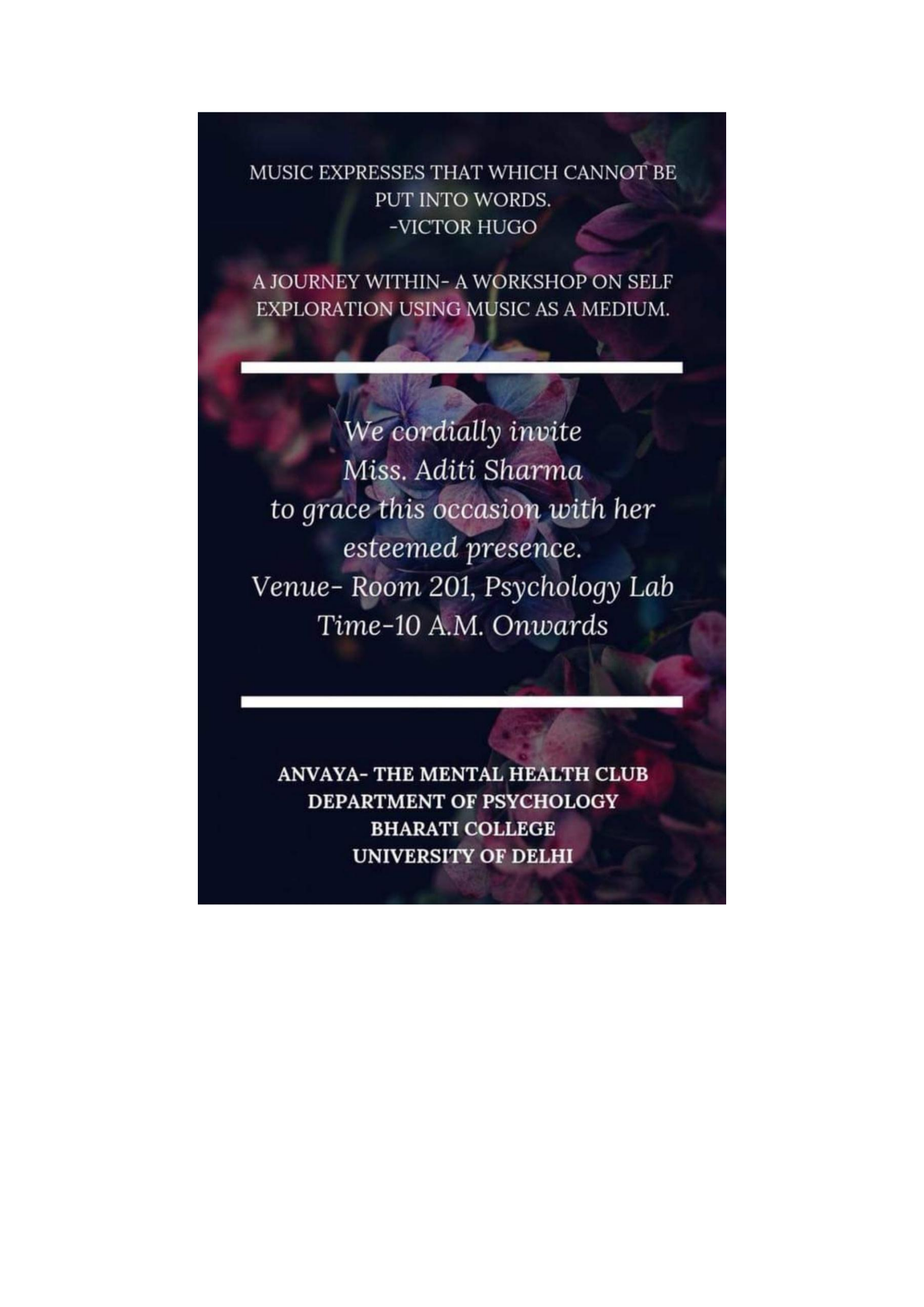


Music therapy session-

On **8th Septemeber 2018**, the students of the department of psychology organised a Music therapy session titled- **“A journey within- Self Exploration through the medium of music”** as part of their Mental Health club- “Anvaya.” **Ms. Aditi Sharma**, a specialist in music and Psycho Social studies was invited to conduct the session. She conducted the session in a captivating manner and motivated the students to share their inner experiences. The session proved effective as the students got a chance to explore themselves in a stress-free environment with the help of music. The event was attended by around 35 students of the department.





MUSIC EXPRESSES THAT WHICH CANNOT BE
PUT INTO WORDS.
-VICTOR HUGO

A JOURNEY WITHIN- A WORKSHOP ON SELF
EXPLORATION USING MUSIC AS A MEDIUM.

*We cordially invite
Miss. Aditi Sharma
to grace this occasion with her
esteemed presence.*
Venue- Room 201, Psychology Lab
Time-10 A.M. Onwards

**ANVAYA- THE MENTAL HEALTH CLUB
DEPARTMENT OF PSYCHOLOGY
BHARATI COLLEGE
UNIVERSITY OF DELHI**