



## **Stress Counselling with Music Therapy**

### **Organized by Student Chapter Jadavpur University**

In these trying times when the entire world is grappling to survive from the wraths of an unapologetic virus, and the academic life of every student has shifted to online curriculums, increasing stress and anxiety is one alarming observation.

Keeping this in mind, the student chapters of Department of Geological Sciences, Jadavpur University, American Association of Petroleum Geologists (AAPG), Society of Exploration Geophysicists (SEG) and Society of Petroleum Geophysicists (SPG), came forward with an initiative to organize one special session with Dr. Chandrima Banerjee, a highly reputed counselling specialist with over 25 years of expertise in the field of psycho-spiritual therapy and the head of DSL - “Don’t Survive... Live”, to introduce the intriguing field of ‘Stress Counseling with Music Therapy’ to our students.

The event was held via the online platform of Google meet on the evening of May 13, 2021 and was made open to all students, including undergraduate, postgraduate and research scholars of our department as well as for the Geology Department of Ashutosh College, Calcutta.

More than 140 students had registered for the event, and around 80 students participated during the online meet with our esteemed guest, Dr. Chandrima, who has herself pursued her BA from Presidency University, Kolkata, MA in Industrial Sociology, from Calcutta University and PhD from Indian Institute of Technology, Bombay. The host for the day was Ms. Debarima Pal, a first-year postgraduate student of Department of Geological Sciences, Jadavpur University, who is also the Vice-President of AAPG student chapter.

The training module was designed especially for our students and elaborated greatly on the necessity of having a happy life free from the shackles of stress. It illuminated our students about the optimum level of stress and its importance in fueling high performances. The event was a huge success with avid interest among the participants and soulful interaction. Music works wonders on stressed minds and so, a delightful end was drawn to this event with a clip of Dr. Chandrima, singing a beautiful, calming melody.