



**Chowdhary Mahadev Prasad Degree College ,  
Prayagraj**  
( A constituent P.G. College of University of Allahabad )



**DEAR STUDENTS,**

Centre for Happiness and Wellbeing, CMP Degree College, Prayagraj is Inviting You to Participate in

***“Music and Stress management: Healing process ”***  
**Steps to Get Complete Health in life**

**BY**

**Benefit of Music Rag Rasa & Lyrics in The  
Context of Mental & Physical Health**

**By**

**Dr. Namrata Deb**  
Assistant Professor  
Department of Music  
Jagat Taran Degree College  
UNIVERSITY OF ALLAHABAD, PRAYAGRAJ



**Finding Calm in The Chaos: The Art  
of Stress Management**

**By**

**Dr. Meenakshi Shukla**  
Assistant Professor  
Department of Psychology  
UNIVERSITY OF ALLAHABAD,  
PRAYAGRAJ



**WHEN**

**TUESDAY, March 12, 2024  
12:00pm onwards**

**WHERE**

**PYARELAL AUDITORIUM, MAIN CAMPUS,  
CMP DEGREE COLLEGE, PRAYAGRAJ**

**LINK FOR REGISTRATION:**

<https://forms.gle/MFn8QzFpJqpN1B326>

**CONVENER**

**Dr. Mahesh Kumar Maurya, Centre for Happiness  
and Wellbeing, C.M.P. Degree College,  
Prayagraj**

**CO-CONVENER**

**Dr. Ranjana Tiwari, Member, Centre for Happiness and  
Wellbeing, C.M.P. Degree College, Prayagraj**

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