

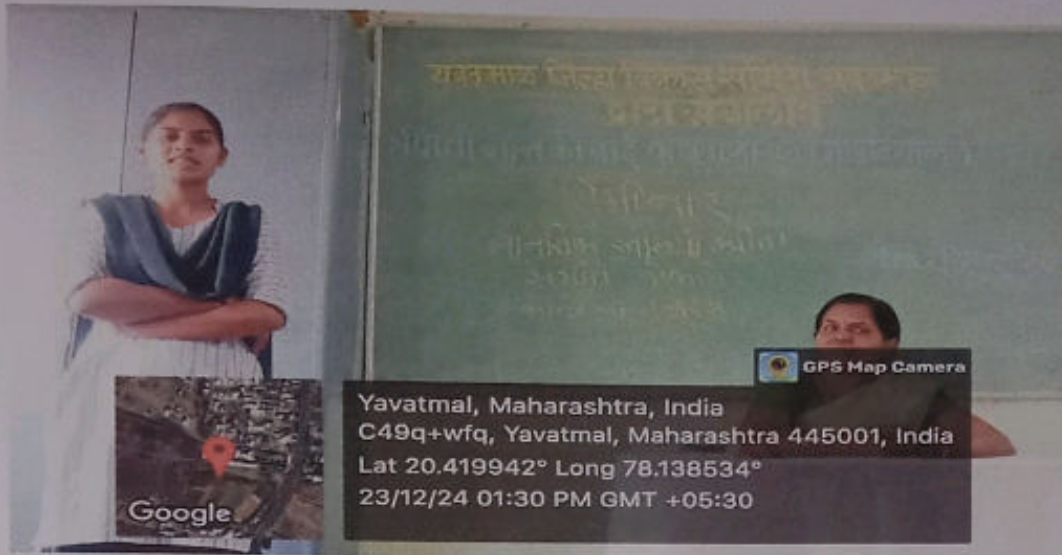
Smt. Nanakibai Wadhvani Kala Mahavidyalaya, Yavatmal.

Session- 2024-25

Report on Seminar

**Listening to Music for mental health is the need of Today's**

In today's stressful life, humans are running like a machine. Humans have achieved success with great menstruation, etc., but while running behind development and happiness, mental health has lost somewhere. The root of the music art is just to give happiness. On December 23, 2024, on the need for listening to music for mental health from the point of view of this and learning from the students. Asst. Prof. Vandana Ingole (Head of Music Department) was done by.



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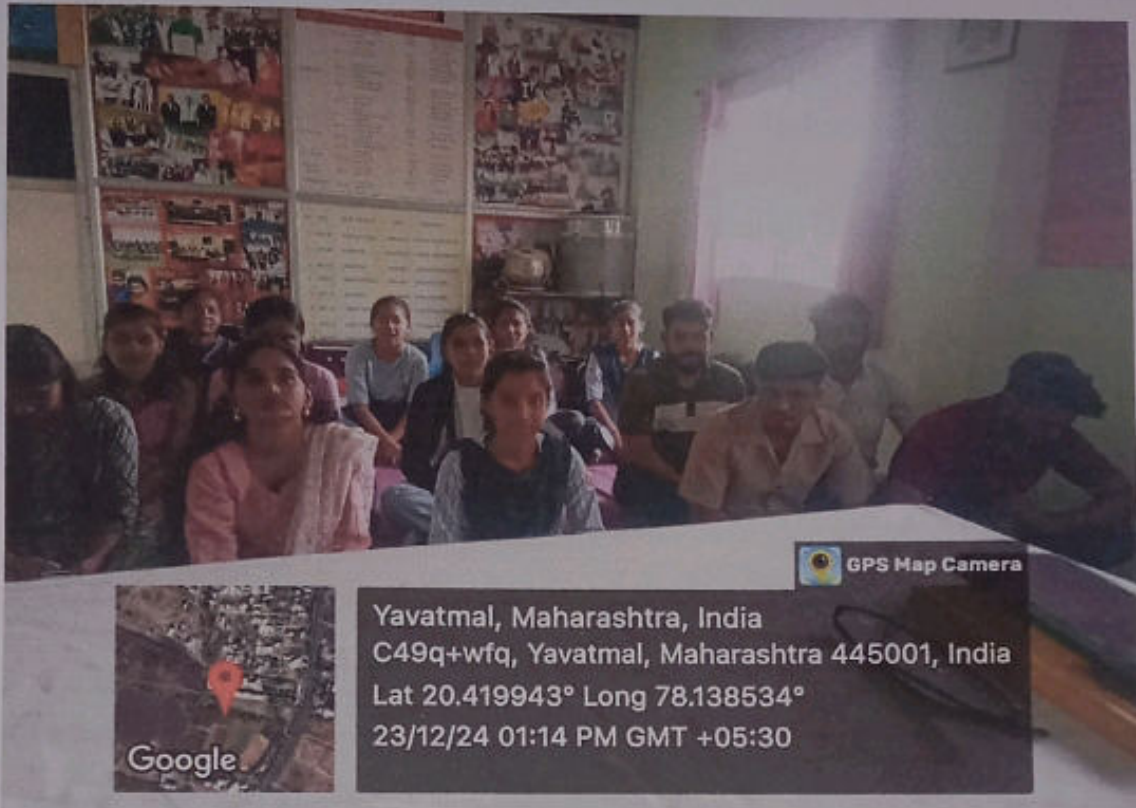


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Earlier, only the temple was a place of peace. Today, human electronic equipment seems to be slave. Can't stay without a mobile. What kind of music is there to celebrate many festivals throughout the year when we celebrate religious celebrations. The recent young people dance in the song with DJ's voice. This is the medium of recent youth of being happy. But why is the mind calm? The feeling of no one is causing you to suffer because of you. The ears of the younger, the elderly, the sick, have beyond the sound of DJ. The importance of music in human life is unique. The song type of calm, devotional song, Bhavgeet, Hymns, Abhangs, Ghazals, etc. is affecting the human mind. The basis of music is a medicine today for delight, mental health and mental stress. Asst. Prof. Vandana Ingole expressed this.



The discomfort of thoughts, the human mind to stay free of tension somewhere, to keep quiet from thinking, anxiety, to calm down, listen to music At this time, Ku. Tejaswini Talamale, Janvi Chura, Suhani Pachare, Yogita Bothade, Raj Acharkate] Naina Jaiswak, Puja Butale, Chetana Uike the students also expressed their views.

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