



RAMAKRISHNA MISSION SIKSHANAMANDIRA

BELUR MATH, HOWRAH, WEST BENGAL

One Day Offline Workshop On

MUSIC THERAPY & YOGA

DR. SANJOY MUKHERJEE

(Researcher, Music Therapy & Spiritual Healing)

**RESOURCE
PERSONS**

DR. BIPLAB BARMAN

(Govt. Registered Yoga Physician, National Yoga Champion)



SATURDAY
20 APRIL, 2024

SCAN TO REGISTER NOW:



TIME
11:00 AM - 04:00 PM



SHUBHADIP DUTTA
9330313439



REGN. FEES:
RS. 250/-

LAST DATE OF REGISTRATION - 18 APRIL 2024



Dr. Sanjoy Mukherjee (Ph.D., M.Sc., Ecology & Environmental Science) officially attached with the Department of Botany, Serampore College. Besides that, he has a deep love and understanding of Music Therapy and has been doing research on Music Therapy and Spiritual Healing for the last 25 years.

He has performed several Lecture-Demonstration programmes and written several articles on this subject in prominent news papers, international journals and delivered talks in the All India Radio and several television programmes. Besides, he is also associated with the Academy of Sangeet Research, with a Singapore-based Yoga-society as a consultant, with the Performing Arts Therapy Centre of Rabindra-Bharati University (Jorashanko Campus) as a resource person. He also conducted a special research with Dr. Felix Padel (great-grandson of Scientist Charles Darwin).

Dr. Biplab Barman (M.Sc. [Yoga]) a Govt. registered Yoga physician and National Yoga champion, has been attached with Jadavpur University as Guest lecturer of Dept. of Physical Education since 2009. He works on different areas of therapy like asthma, arthritis, high BP, stress, work with dance and yoga, yoga and different Art form etc.



He has delivered numerous speeches on the topic at various platforms like IIT, Kharagpur; State University (dept. of Philosophy), Rabindra Bharati University, JIS University, Mahes Bhattacharya Homeo Medical college, D. N. Day National Homeo medical college, Shri Arobindo Institute of culture etc. As an expert on the subject, he has also visited France, South Africa, and Germany for spreading Indian yoga and music. He has performed in front of Prime Minister of India & President of India on occasion of Republic day in the year 1998. As a keen lover of classical music, he is also a disciple of Pandit Anindo Chatterjee.

OBJECTIVES OF THE WORKSHOP

Participants will be able to -

1. Provide memory recall which contributes to reminiscence and satisfaction with life.
2. To make positive changes in mood and emotional states.
3. Awareness of self and environment which accompanies increased attention to music.
4. Manage pain and discomfort non-pharmacologically.
5. Attain Relaxation and Happiness.
6. Increase concentration.
7. Get instant relief from anxiety.