

**DYAL SINGH EVENING COLLEGE**  
**(University of Delhi)**

Date-31.08.2020

**NOTICE**

In this episode of Chasing Sunshine, Dr. Jaya Mohan talks to Dr. Durgesh Upadhyay about music as a therapeutic intervention for emotional well being and mental health.

Dr. Durgesh is a distinguished music therapist and Assistant Professor of Psychology at MGKVP, Varanasi. He has also been selected for the 2020 Smt Radha Sairam Creative Music Therapist Award by Indian Music Therapy Association (IMTA).


Interspersed with music compositions and renditions, this episode gives an evidence based fresh perspective on music.

Spotify: <https://open.spotify.com/episode/063WlqWlrs3HtLcMTE8g7A?si=G5o9RFxMQLyAsQUV1IMZpw>

Apple Podcasts: <https://podcasts.apple.com/in/podcast/chasing-sunshine/id1509975249#episodeGuid=f07a8094-c5e2-458b-9e97-85a08847f633>

Anchor: <https://anchor.fm/chasingsunshine>

Instagram: <https://www.instagram.com/p/CEg9vJCJlkF/?igshid=cqfvukn91sfb>



**(Dr. Pawan Kumar Sharma)**  
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