



Seva Mandal Education Society's  
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)  
Department of Psychology  
Samvedana Counselling Cell

**Greetings!**

**Today's Activity is on 'PERSONAL PLAYLIST'**

One of the many dreadful side effects of our social distancing is that the white noise of everyday life—the sounds of cars, the chaos and crowd—is lost. In its place is the unpleasant silence of a whole world stuck on pause.

Having said that, we are also doing the best we can to make the most of our time now, be it working from home, slow cooking, or finding new hobbies. During this quiet, music become essential to get us through the day. Research has shown that playing music lowers your blood pressure, reduces stress and anxiety levels. In fact, it even strengthens your immunological response, making you more resistant to viruses.

So today's Activity is for us to: **Recollect and Listen to 10 Songs that reflect our life!**

Reflection allows one to slow down and consider what life is all about such as enjoying each moment, reminiscing about the past and even considering the future.



**An Initiative by Principal, Dr. Leena Raje**



## A SAMPLE PERSONAL PLAYLIST



AJEEB DASTAN HAI YEH – DIL APNA AUR PREET PARAI

KUCH NA KAHO – 1942 A LOVE STORY

ROOBAROO SONG – RANG DE BASANTI

LAG JA GALE – WHO KAUN THI

HASTEIN HASTEIN KAT JAYE RASTEIN – KHOON BHAARI MAANG

MERE SAMNE WALI KHIDKI – PADOSAN

ROOP TERA MASTANA – ARADHANA

KAR HAR MAIDAN FATEH – SANJU

ALL IS WELL – 3 IDIOTS

LOVE YOU ZINDAGI – DEAR ZINDAGI

