

Detailed report (2017-18) on Music for Wellness Program

The Music for wellness Program MEETS is created for the freshers of SBV. It is novel in its working as it helps the students cope with the new environment and to handles stressful situations that may pop up in the coming year. This is important for the first years specifically because they have to be away from their comfortable place, food & culture. This consequently may have a deep impact on their concentration and focus costing them good grades. The Music for wellness organised by center for music therapy education and Research is a participatory Group Music therapy session is structured in such a way that it deals with specific objectives.

There was a change in the way the sessions were dealt with this year. The students were split and conducted with smaller groups. Dr. Sumathy Sundar, Director, CMTER introduced the framework of the between music, health and well-being and how they will be engaged in musical activities. Ms. Prashanthi Rajan & Mr. Samay Ajmera of CMTER along with the faculty took over the interactive music therapy sessions in which first year students of SBV participated with a great deal of enthusiasm

The music therapy echniques and methods used during this sessions improvisation with instruments to enhances focus of attention and concentration. Song writing & Group Singing were used as they help to improve self-expression, socialization, coordination and team work and relaxation was used as it helps to restore calmness and balance

Feedback analysis

The overall Feedback found and analysed showed more than 95% of the students liked the session very much, 93% found that the content was very useful, 93% of them wanted to have similar sessions in future . Feedback on effect of music in areas of communication there was 15 % who agreed, 25% felt it help develop self-expression, 38% said it improves attention & focus.

