

Music for wellness – A Salutogenic focus (2018-19)

Music for wellness program was created for freshers joining SBV, a Health sciences university in august 2018. This is the third consecutive year that CMTER has been able to complete the program. The program consists of Group Music therapy techniques that needs the students to participate in all the sessions. The program is a structured and organised with specific objectives so that the students and the facilitators may be able to understand the effect of the sessions.

The sessions consist of Lectures and interactive sessions. Dr. Sumathy Sundar, Director, CMTER, spoke on the introduction of music therapy and its use in wellness. Mrs. Bhuvaneshwari Ramesh, Ms. Jenita Caren, & Vikram Kannan of CMTER worked on the interactive music therapy sessions in which first year MBBS students participated in the structured programme that comprises of improvisation with instruments to enhances focus of attention and concentration, Song writing & Group Singing & relaxation with music.

Feedback

Overall feedback obtained from them and analyzed showed 93% liked the session very much, 90% felt the content very useful,96% of them wished to have similar sessions in future. Regarding the impact of the session, 25% felt it improves communication, ,42 % improve concentration & focus, whereas 22% gave feedback that it relieved their stress.



Capability Enhancement Programs - Music for Wellness

Center for Music Therapy Education and Research faculty, Ms. Bhuvaneshwari Ramesh conducted the music for wellness program which focus on salutogenesis as part of capability enhancement programme for the first year B.SC nursing students. Session conducted were the Introduction to music and its use for health and well-being. There were interactive and experiential sessions for which the students were actively participating in musical activities.

The session was to give the students the experience and make them understand the effects of music therapy and the use of music through the various techniques used in music therapy during the induction program. The freshers participated in many therapeutic activities like group singing, listening, song writing and rhythmic improvisation to increase their focus and concentration followed by a relaxation training using music and imagery.

The feedback obtained was very positive. It was found after analyzing the data on overall program that 93% liked the session very much, 98% felt the content very useful, 97% of them wished to have similar sessions in future.