

Music for Wellness

CMTER coordinated with the Department of Physiology and created the Program for the Students of SBV and is a novel initiative amongst various personality and soft skill developing programs conducted so far for professional students. “Musically express your Emotions and Thoughts for Success – MEETS” is a participatory Group Music therapy session delivered in a structured form with specific objectives.

The faculty and students of CMTER conducted the program for first year MBBS Students. The full batch of first year students was split into 4 batches to bring to them the effect of music therapy as a complete experience.

Dr. Sumathy Sundar, Director, CMTER, & Dr. Sobana Jaiganesh, Associate professor, Dept of Physiology, introduced the framework of the relationship between music, health and well-being and how they will be engaged in musical activities. The faculty of CMTER Mrs. Bhuvaneshwari & Kala Varadan took over the interactive sessions with the freshers. The activities that the students did were Song writing & Group Singing to improve self-expression, socialization, coordination and team work, Relaxation with music to restore calmness and balance.

Students found the sessions very interesting which were evaluated with the feedback that was received from the students after the sessions were over. Also, the pre and post-test gave an overall view of the improvements the students were able to observe pre and post the sessions.

The overall feedback was above 93% for the sessions being useful and that they wished for more sessions with the students also found that the sessions were useful for concentration, improvement in communication, to develop self-expression & to improve attention & focus, while major of the students gave the feedback that music was useful to relieve their stress.

