

Music for wellness – A salutogenic focus

The CMTER team comprising of Ms. Bhuvaneswari Ramesh, Ms. Priyanka singh, Mr. Saurav Manna and Ms. Jenita Caren in collaboration with the Department of Physiology, MGMCRI conducted a structured music therapy program “MEETS” to the fresh medical entrants of Mahatma Gandhi Medical College with a goal to improve their focus of attention, motivation and self-esteem levels and evaluate their learning attitude. 228 I year MBBS students participated in the program. The music therapy activities conducted by the faculty of CMTER included 1) Rhythmic Improvisation with musical instruments to enhances focus of attention and concentration. 2) Song writing & group singing to improve self-expression, socialization, coordination and team work. 3) Relaxation training with music to restore calmness and balance.

Apart from the regular staff we had a new appointee Mr. Stephen Sathiamoorthy, music therapist and an alumnus of Center for Music Therapy Education Research, conducted the MEETS program as induction for first year MBBS students at Sri Sathya Sai medical college, Sri Balaji Vidyapeeth, Chennai

The Overall Feedback received were that 95 % liked the session very much, 84% felt the content very useful, around 84% of them expressed interest in similar sessions for the future.

