

Capability enhancement programs Music for wellness

Center for Music Therapy Education and Research faculty, Ms. Bhuvaneshwari Ramesh and students as part of capability enhancement programme conducted the music for wellness program for the first year Indira Gandhi institute of dental sciences students. Session conducted were the Introduction to music and its use for health and well-being. The students were given a brief introduction about music therapy after which there were interactive and experiential sessions who participated in the musical activities.

The students were very much engaged in the music for wellness program. The feedback analyzed gave us the following details. 92% liked the session very much & 98% wished to have similar sessions in future. Regarding the impact of the session, 89% felt it improves communication, felt it helps to develop self-expression 84% improve attention & focus, whereas 99% gave feedback that it relieved their stress.

