

## **BEST PRACTICE – 2**

### **1. Title of the Practice: -AMRUTHAVARSHINI - MUSIC THERAPY**

### **2. Objectives of the Practice**

The programme of **Amruthavarshini - music therapy** delivers music as a means of healing. Music therapy touches all aspects of the mind, body, brain and behaviour. The cancer patients and also persons with mental challenges are given music therapy sessions to enliven their moods. Palliative Care centres that house cancer patients and a special school catering to mentally challenged students are visited to deliver music therapy. Carnatic music, bhajans, classical compositions, semi classical songs, light music and film music are rendered in the therapy sessions.

Virtues including charity and compassion are highly valued in a human being. Compassion drives society to be inclusive and allow all of its members to be fully engaged in life. It is what compels human beings to care about each other and to help each other. The Vedic traditions encouraged benevolence, helping fellow beings and love towards even the enemy. Our religious texts propagated the philosophy of “*om sarve bhavantu sukhinah sarve santu nirāmayāḥ sarve bhadraṇi paśyantu mā kaścidduḥ khabhāgbhaveta |*” translated as, “Let all remain happy, let all be free from illness, Let all find security, May no one face sorrow.”

### **3. The Context**

Music and art are basic human functions and are inseparable aspects of human existence. Music stimulates the human mind and creates a mirthful spirit. Music is the language of the soul. Where words end, music begins. As modern researches suggest, where medicine ends, music begins. Good music has a therapeutic effect. Music is as much a physical experience as a psychological one,

as much feeling as sensing. While everyone responds to music in his own way, the benefits of music are universal. Everyone can be healed by music. The latest compilation of research does not prove exactly how music leads to health benefits, but music can clearly be the perfect harmony to traditional interventions, offering physical and psychological benefits with virtually no risks. While medicine acts from the outside, music proceeds from within. Medicine may go wrong and produce evil effects but music does not harm, even if it cannot succeed. Music is therefore said to be a healthy and innocent pastime, always pleasing but never tiresome. Music therapy can be used in psychiatric facilities, retirement communities, cancer treatment centres, and neonatal intensive care units.

The Department of Music of our college is renowned for the musical concerts that is regularly performed in and around the city. Paying heed to the huge requests that flow in from varied quarters to organise musical programmes, a charity service was designed in the form of musical therapy to the ill patients as music interventions have been largely recognised as a potential therapeutic measure for many medical conditions.

#### **4.The Practice**

The language of music is universal. The programme of **Amruthavarshini - music therapy** delivers music as a means of healing. Music therapy touches all aspects of the mind, body, brain and behaviour. The cancer patients and also persons with mental challenges are given music therapy sessions to enliven their moods. Palliative Care centres that house cancer patients and a special school catering to mentally challenged students are visited to deliver music therapy. Carnatic music, bhajans, classical compositions, semi classical songs, light music and film music are rendered in the therapy sessions.

#### **5.EVIDENCE OF SUCCESS .**

- **MUSICAL EXTRAVAGANSA**

As a part of Amrithavashini the Music Department visited the Quilon Poor Home and conducted a musical extravaganza on 14th JULY, 2022



- **ONAM PROGRAM INAUGURATION AT QUILON POOR HOME**

As a part of Amrithavashini Onam Program Inaugurated at Quilon Poor Home, Mundakkal in association with Dept of music and Biodiversity club.







• **LUNCH WITH NEEDY ONE**

Sree Narayana College for women celebrated the Christmas with the poor home inmates. Various programmes were held at there. College provided Lunch for the Poor home inmates.



ശ്രീനാരായണ വനിതാകോളേജ് അതുതവർഷിണി പദ്ധതിയുടെയും മ്യൂസിക് ക്ലബിന്റെയും ആഭിമുഖ്യത്തിൽ ക്വയിലോൺ പുവർ ഹോമിൽ നടന്ന ക്രിസ്മസ് - പുതുവത്സരാഘോഷം

**പുവർഹോമിൽ എസ്.എൻ വനിത കോളേജിന്റെ ക്രിസ്മസ് ആഘോഷം**

കൊല്ലം : ശ്രീനാരായണ വനിതാകോളേജ് അതുതവർഷിണി പദ്ധതിയുടെയും മ്യൂസിക് ക്ലബിന്റെയും ആഭിമുഖ്യത്തിൽ ക്വയിലോൺ പുവർഹോമിൽ ക്രിസ്മസ് - പുതുവത്സരാഘോഷം സംഘടിപ്പിച്ചു. ആഘോഷ

ത്തിന് കേക്ക് മുറിച്ചു തുടക്കം കുറിച്ചു. പരിപാടിയുടെ കോ - ഓർഡിനേറ്ററും ബോട്ടണി വിഭാഗം അസി. പ്രൊഫസറുമായ പി. ജെ. അർച്ചന, ഫിസിക്കൽ എഡ്യൂക്കേഷൻ അധ്യാപകൻ ഡോ. പ്രവീൺ മാത്യു പു

വർഹോംസുപ്രണ്ട് കെ. വത്സലൻ എന്നിവർ നേതൃത്വം നൽകി. തുടർന്ന് വിവിധ കലാപരിപാടികൾ അരങ്ങേറി. അന്തേവാസികൾക്കും ജീവനക്കാർക്കും പൊതിച്ചൊറ്റും വിതരണം ചെയ്തു.



- **MUSIC AND MIND**

A Programme was conducted on Music and Mind on 14/03/2023. In which The Resource person explained the connection between music and brain . She explained that how music impacts brain function and human behavior, including by reducing stress, pain and symptoms of depression as well as improving cognitive and motor skills, spatial-temporal learning and neurogenesis, which is the brain's ability to produce neurons.



## **6.Problems encountered and resources required**

Being regular activity, no problems encountered.