

## **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.**

- **Thyagaraja Aradhana**

- As a tribute to the great saint composer Sri Thyagaraja Swami, the Department of Music organized Thyagaraja Aradhana on 2 February 2022. The faculty and students of the department sang the Pancharatna Kritis of the great saint. Teachers and students from the Department of Music arranged a series of musical treat highlighting devi sthuthikal for mental and spiritual relief.



### **Concert conducted at Travancore Medicity on 9 March 2022**

A musical programme Amrithavarshini was organized as a part of womens day celebration at Travancore medicity medical college kollam on the date of 9 February 2022. Our students rendered beautiful melodies as well as classical bhajans to the audience. The exceptional music rendered by our students contributed hugely to the success of the event. It was enjoyed by the inmates and health workers including doctors , nurses and other staffs assembled there. As the programme was highly effective on palliative patients, it was highly appreciated by the chief guest Mrs. M R Jayageetha, the DTPC secretary kollam.



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

Our students encounter challenges and experience certain constraints and limitations with regard to the extent of their engagement in the practices with respect to lack of sufficient time. Students have to manage the syllabus in short time. The semester system demands more from the students as they have to attend the regular classes in the college along with the frequent semester examinations. The students find it extremely difficult to actively indulge in these practices due to the current hectic semester system though they very much wish to. But even during these restless times our students are continuing their tireless works, commitment and passion which makes us proud.