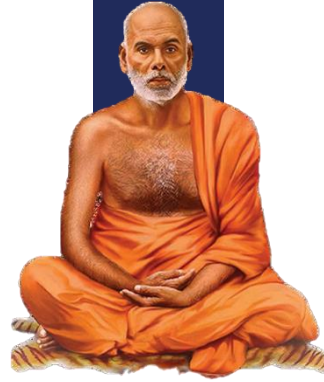




**SREE NARAYANA COLLEGE FOR
WOMEN**
KOLLAM, KERALA- 691 001



BEST PRACTICE – 2
AMRUTHAVARSHINI - MUSIC THERAPY





SREE NARAYANA COLLEGE FOR WOMEN

KOLLAM, KERALA- 691 001

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Established in 1951

PL/1264/25

Declaration by the Principal

This document contains the details of Institutional Best Practice -2 Amruthavarshini during the academic year 2023-24.

PRINCIPAL
Sree Narayana College For Women
Kollam- 691 001



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 khabhāgbhavetai*” 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 inseparable aspects of human existence, stimulating the mind and creating a joyful spirit. Modern research supports that where medicine ends, music begins, offering therapeutic effects that benefit both the physical and psychological aspects of health.

While traditional medicine acts externally, music works from within, providing universal benefits with no adverse effects. Music therapy has proven effective in psychiatric facilities, retirement communities, cancer treatment centers, and neonatal intensive care units.

The Department of Music at our college, renowned for its regular concerts, designed this charitable service in response to numerous requests for musical programs. Music interventions are recognized as a powerful therapeutic measure for various medical conditions, providing comfort and joy.

4. The Practice

The universal language of music serves as a healing tool through the Amruthavarshini program. Music therapy sessions are held to uplift the moods of cancer patients and individuals with mental challenges. These sessions feature various musical forms, including: Carnatic music, Bhajans, Classical compositions, Semi-classical songs, Light music, Film music

Programs Conducted

Regular music therapy sessions held at local palliative care centers to comfort cancer patients and those with chronic illnesses. For example, during a session at a Kollam-based palliative care center, soothing Carnatic ragas were performed, followed by light devotional songs. One participant shared, "The music brought a sense of peace and positivity I hadn't felt in months. It made my day brighter."

Special School Initiatives: Music therapy workshops conducted at schools for mentally challenged children, fostering joy and engagement.

Navratri Music Therapy: Special performances during Navratri, blending traditional devotional music with therapeutic benefits.

Community Outreach Events: Public concerts aimed at promoting awareness about the benefits of music therapy in mental and physical well-being.

The program engages students and faculty from the Sree Narayana College for Women, Kollam, fostering a spirit of service and compassion.

5. EVIDENCE OF SUCCESS.

- **AMRITAVARSHINI- PAIN AND PALLIATIVE PROGRAMME**

Amritavarshini is also a compassionate initiative focused on addressing the physical, emotional, and social needs of patients requiring pain and palliative care. This programme involves the active participation of students, faculty, and healthcare professionals to offer support to individuals suffering from chronic and life-limiting illnesses. The program integrates music therapy, counseling, and hands-on care to bring comfort and dignity to patients, embodying the healing ethos of music and service.

22/08/2023-Amritavarshini-Pain and Palliative Programme Organised by Department Of Music,SN College For Women,Kollam



22/08/2023-Amritavarshini-Pain and Palliative Programme

- AMRUTHAVASHINI NAVRATRI ARADHANA- THE HEALING POWER OF MUSIC

Amruthavashini Navratri Aradhana" is a best practice by the Music Department that blends cultural celebration with the profound healing power of music. This initiative not only highlights the rich tradition of Navratri but also explores the therapeutic benefits of devotional and classical music in promoting emotional well-being and spiritual growth.



Navratri aradhana at Sree Narayana College on 20/10/2023

- **KALASANDHYA**

17/10/2023-“KALASANDHYA”-Our Students performed at Saradamadom for the Navaratri programme



Feedback from Beneficiaries: Patients and caregivers have expressed immense gratitude, noting improved emotional well-being and reduced stress levels after therapy sessions.