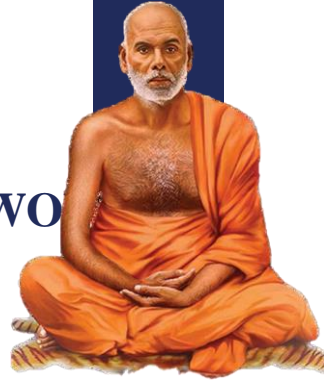




SREE NARAYANA COLLEGE FOR WOMEN
KOLLAM, KERALA- 691 001



BEST PRACTICE – 2
AMRUTHAV.



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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 “*oṃ sarve bhavantu sukhinaḥ 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

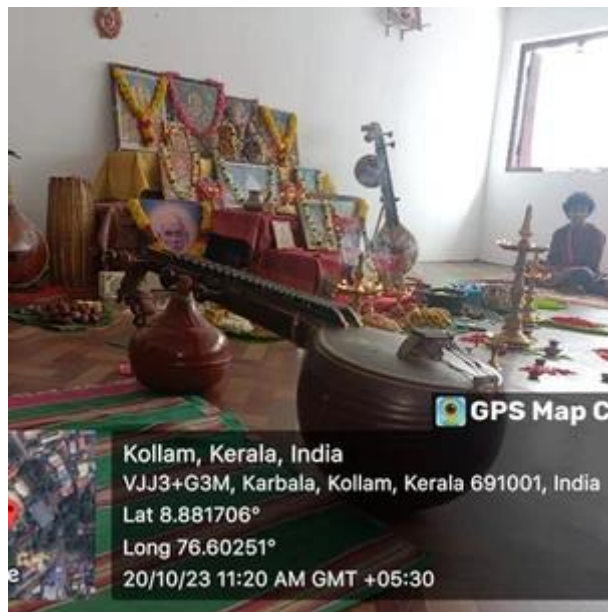
The language of music is universal. The programme of Amruthavarshini - music therapy delivers music as a means of healing. Music therapy touches all aspects of the mind, body, brain and behaviour. The cancer patients and also persons with mental challenges are given music therapy sessions to enliven 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.

- **"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



- **KALASANDHYA**

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



- **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

