



**SRI BALAJI VIDYAPEETH (SBV)**

(Deemed to be University)  
U/S 3 of UGC Act 1956  
Puducherry-607402

This document contains the details of the  
**A Credit -Based Course on Music for Health & Wellness,**  
conducted by Centre for Music Therapy Education & Research  
(CMTER),  
Sri Balaji Vidyapeeth, Deemed to be University.

(This document is attested from pages 1- 17 )

REGISTRAR  
SRI BALAJI VIDYAPEETH  
(Deemed University u/s 3 of UGC ACT, 1956)  
Accredited by NAAC with 'A' Grade  
Pillaiyarkuppam, Pondicherry-607 402.

NAAC 2020



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### **Criteria 1**

#### **Metrix 1.3 : Curriculum Enrichment**

##### **1.3.2**

### **Index Page**

#### **Details of A Credit - Based Course on Music for Health and Wellness**

Link to Documents (Click on the links to navigate to the page)

1. Link to Prospectus
2. Brochure & Course Content
3. Sample Certificate
4. Assignments
5. Enrolled list of students



NAAC 2020

**SRI BALAJI  
VIDYAPEETH**

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## **CENTER FOR MUSIC THERAPY EDUCATION AND RESEARCH**

**Sri Balaji Vidyapeeth**

(Deemed-to-be University)

**Pondicherry**

**in collaboration with**

**Department of Physiology,**

**Mahatma Gandhi Medical College & Research Institute**

**Offers**

## **A Credit - Based Course on "Music for Health and Wellness"**

No of Credits : 2 (UGC Norms)

Duration of training : Three days

Dates of training : 07-02-2020 to 09-02-2020

Class Timings : 9.00 am to 6.00 pm

**Course fee Rs. 5000/-**

**16 Hours- Lectures**

**8 Hours- Practicum**

**24 Hours- Self Learning Experiences  
(Portfolio, Assignment & Project)**



Program Coordinator

**Prof. Sumathy Sundar**

Director, Center for Music Therapy Education and Research

Sri Balaji Vidyapeeth, Pondicherry

Email: [musictherapy@mgmcri.ac.in](mailto:musictherapy@mgmcri.ac.in)

Mobile: 8754424770



*This document is allotted  
from page 1-15*

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## Resource Persons



### **Prof. Gerhard Tucek**

Head of Institute of Therapeutic Sciences,  
The IMC University of Applied Sciences,  
Krems, Austria



### **Prof. Sumathy Sundar**

Director, Center for Music Therapy  
Education and Research,  
Sri Balaji Vidyapeeth, Pondicherry



### **Dr. S. Krishnan**

Assistant Professor,  
Department of Physiology,  
Mahatma Gandhi Medical College  
and Research Institute, Pondicherry



### **Mr. Vikram Kannan**

Music Therapist,  
TTK Addiction Centre,  
Chennai



### **Ms. Bhuvaneswari Ramesh**

Tutor, Center for Music Therapy  
Education and Research,  
Sri Balaji Vidyapeeth, Pondicherry



### Course Objectives

- To provide basic knowledge about the conceptual frame work for music, health and well-being
- To provide a basic understanding of music therapy and music medicine
- To provide an understanding of the scientific basis of the effect of music on the mind, body and the soul.
- To enable an understanding about integrating music in daily life as a way to improve, restore or sustain health
- To enable an understanding of the impact of music on self, others and the clinical applications

### Learning Outcomes

#### This course would enable participants to

- Describe the role of music in health and well-being.
- Understand the direct benefit of music as therapy in the health care delivery system (music medicine) and apply music as therapy in clinical settings.
- Understanding the basics of music therapy
- Distinguish between healing practice, music therapy and music medicine approaches
- Integrate music in daily life as a way to improve, restore or sustain health of one's own self.
- Be reflective and sensitive to the aesthetic and therapeutic properties of music



## Curriculum for the Course

### Unit 1

History of Healing and Music Therapy in India- Traditional Healing Systems and practices. Vedic chanting, Raga Chikitsa, Chakra activation through music. Use of music with Ayurvedic Principles. Understanding the different elements of music such as pitch, melody, rhythm, timbre, tempo, dynamics and silence. Introduction to Time theory of Ragas, Raga Rasa Theory, Chrono-biological implications, biological rhythms such as endogenous and exogenous rhythms.

### Unit 2

Conceptual framework for music, health and wellness, Scope of music therapy and music medicine approaches. Therapeutic properties of music, bio psycho social foundations to music and health. Major psychological theories backing music therapy (Psychodynamic, behavioural and humanistic), music as a mind body therapy, music for self care, every day use of music for positive emotions, and music as a life style strategy for stress management.

### Unit 3

Neurobiological foundations of music- How music is processed in the brain, role of Limbic System in processing emotions and major computational centers of music in brain and effect of music on autonomic nervous system activity, changes in the physiological measures like heart rate, respiratory rate and HRV

### Unit 4

Methods and techniques of music therapy practice-and broad range of responses to these methods of practices. Different methods of music therapy like singing, listening, playing of musical instruments, song-writing, improvisation and therapeutic verbal discussion. Relaxation training with guided and unguided imagery, musical drama, song reminiscence and song lyric discussion.

### Practicum

- Role Play –Understanding sensitivities to different musical elements, effect of music on self and others – music that activates, relaxes, expresses emotions, improves mood and reminiscences
- Role Play to record musical responses for pleasure, engagement, self-expression and creativity
- Self-experiential session with group drumming to improve attention, concentration, self-expression
- Relaxation training
- Recording of physiological variables like blood pressure, pulse rate and respiratory rate
- Multi-sensory stimulation with music
- Analysis of music therapy videos in clinical settings





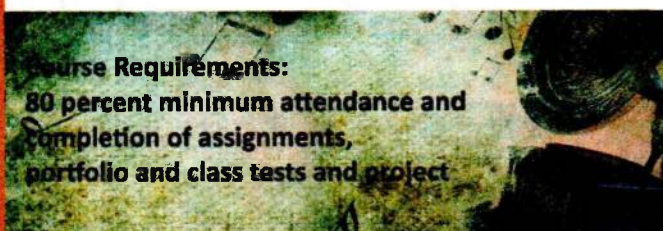
### Teaching Methods:

- Lectures
- Self-Experiential therapeutic sessions
- Role plays
- Portfolio writing
- Assignments
- Project work

### Evaluation

Formative Evaluation		Summative Evaluation	
Component	Weight (Example)	Component	Weight
Any other Assignment	20	Final Test	30
Portfolio	30	Project	20
Total	50	Total	50

**Pass Requirements: Min. of 50 percent in formative assessment and 50 percent in summative assessment**



**Course Requirements:**  
80 percent minimum attendance and completion of assignments, portfolio and class tests and project

Payment can be made by  
DD in Favor of **"SBVCON"**  
Payable at Indian Bank, Pondicherry  
Online payment details  
Bank Name : Indian Bank  
A/C Name : SBVCON  
A/C number : 6034458221  
IFSC Code : IDIB000P042

### Text Book

MacDonald R, Kreutz G, Mitchell L. Music, health, and wellbeing. Oxford: Oxford University Press; 2013.

### References:

- Hanser B. The New Music Therapist's Handbook. 2nd ed. USA: Berkeley press; 2000
- Levitin JD. This is your brain on music. The Science of a human obsession. New York: Plume (Penguin), 2007.
- Wigram et al. A comprehensive guide to Music Therapy. Jessica Kingsley and Publishers; 2004
- Wigram T. Improvisation Methods and Techniques for Music Therapy Clinicians, Educators and Students. UK: Jessica Kingsley Publishers; 2004.

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 RANKED ALL INDIA BY NIRF 2019



# CENTRE FOR MUSIC THERAPY EDUCATION AND RESEARCH

A Constituent Unit of Sri Balaji Vidyapeeth (SBV)

Deemed to be University,  
 Puducherry

## CERTIFICATE IN "MUSIC FOR HEALTH AND WELLNESS"

*This is to certify that*

Mr./Mrs./Ms./Dr. ....

has successfully completed the ..... with..... credits.

conducted by Centre for Music Therapy (CMTER) in collaboration with Department of Physiology, MGMCRI

Sri Balaji Vidyapeeth, Deemed-to-be University, Puducherry,

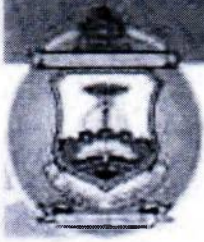
from 7<sup>th</sup> February, 2020 to 9<sup>th</sup> February, 2020

SRI BALAJI VIDYAPEETH  
 Deemed University  
 Accredited by NAAC with A Grade  
 Pondicherry - 607 402.

**Dr. S. Sowmya**  
 Chief Co-ordinator for Interdisciplinary Courses, SBV

**Dr. Sumathy Sundar**  
 Director, CMTER, SBV





**CENTER FOR MUSIC THERAPY EDUCATION AND RESEARCH**

**CERTIFICATE ON "MUSIC FOR HEALTH AND WELLNESS"**

**ASSIGNMENT**


**Enact a musical storytelling on the theme**

**Music can help to pro-socialize and bond with people around you**

**Rules:**

1. The musical storytelling must be engaging
2. Has to stimulate the message receptivity
3. Speak visually and translate the tone of the script into appropriate music
4. Display deeper understanding of tempo, rhythm and timing that enhances the content of the story and makes it effective, engaging and energizing.
5. Duration of storytelling: 15 minutes
6. Use of musical instruments is permitted to enhance the musical effects

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Center for Music Therapy Education and Research  
Sri Balaji Vidyapeeth



**CERTIFICATE COURSE ON "MUSIC FOR HEALTH AND WELLNESS"  
(Sri Balaji Vidyapeeth)**

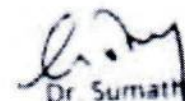
**SEPTEMBER 20-22, 2019**

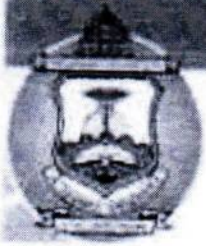
**Assignments  
(To be submitted on 21 9 2019)**

A 10 - After knowing the science behind music, health and wellness, discuss how will you integrate music into daily life for well being of yourself and your family?

A 12 - Discuss in detail how your understanding/ perception of music therapy and music for health and wellness has changed during the course of your training?

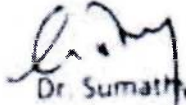
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**(Sri Balaji Vidyapeeth)**  
**CERTIFICATE COURSE ON "MUSIC FOR HEALTH AND WELLNESS"**  
Pre and Post Test Scores  
February 2020

No	Name	Pre	Post
1	Ms. Anindita Chakraborty	8	10
2	Mr. Avik Mondal	7	10
3	Mrs. Sanjiv Margaoker	7	9
4	Dr. Sanguida A	6	9
5	Dr. Santha Devy A	5	9
6	Ms. Anju Vijayan	8	10
7	Mrs. Simran Ayyana	7	9
8	Ms. Jenita Caren Rajakumari	9	10
9	M.Rajkumar	6	9
10	Mrs. Bhavadharini	8	10

  
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**CERTIFICATE COURSE ON "MUSIC FOR HEALTH AND WELLNESS"**  
Pre and Post Test Scores  
September 2019

No	Name	Pre	Post
1	Ms. Deepika	7	9
2	Ms. Dhivya R	8	10
3	Mrs. S.Suvitha	6	9
4	Ms. Devipriya	7	10
5	Dr.Sampada Marballi	8	10
6	Ms.Brindha Manickavasagan	8	10
7	Mrs. Subbiah Sathyakani	6	9
8	Ms. Deepa Iyer	7	9
9	Mrs. G.Anuradha	6	9
10	Mrs. S.Prabavathy	5	9
11	Mrs. M.Aruna Devi	6	8
12	Prof. Mangaiyarkarasi	8	10
13	Mrs. Sridevi Sethuraman	7	10
14	Ms. Deepa	7	10

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HTS/11/19  
(88/11/19)  
11/11/19




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**CERTIFICATE COURSE ON "MUSIC FOR HEALTH AND WELLNESS"**  
Test

Choose the best option available for all the questions by circling that option

1. What is healing?
  - a. Healing is an art
  - b. Healing is a science
  - c. Healing is both an art and science
  - d. Healing is neither an art nor a science
  
2. Which of the following statements is correct?
  - a. Music therapy is teaching music skills
  - b. Music therapy is listening to music through head phones
  - c. Music has a great entertainment value and is a leisure activity and hence is used as therapeutic influence
  - d. Music Therapy is providing personalized musical experiences as an intervention
  
3. Sound, music, object, face recognition is the function of
  - a. frontal lobe
  - b. Parietal lobe
  - c. Occipital lobe
  - d. Temporal lobe
  
4. Who can administer music as medicine sessions?
  1. Doctors and nurses
  - b. musicians
  - c. Any one who is skilled in music
  - d. none of the above
  
5. What could be a goal of a music education session?
  - a. to make the client sing well
  - b. work towards a non-musical goal
  - c. design singing activities
  - d. music education may or may not have a goal
  
6. Responses for musical experiences are
  - a. always objective
  - b. always subjective
  - c. both objective and subjective
  - d. neither objective nor subjective


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7. On which aspect of health, does music work?
- Physical health
  - Mental health
  - Spiritual health
  - Holistic health
8. Music Therapists can compose a specific piece of music
- to cure a specific disease
  - to cure many diseases
  - both a and b are true
  - None of the above
9. Which part of the brain is activated /involved while dancing or playing an instrument?
- Motor cortex
  - sensory cortex
  - Cerebrum
  - Visual cortex
10. Which of the following methodologies assess qualitatively the relationship between music and health?
- Observation of behaviour
  - Neurological Measures
  - Video documentation
  - Self-report questionnaires
11. Select the most appropriate option
- A good performer may not necessarily become a good music therapist.
  - The best musicians usually become the best music therapists.
  - All what a music therapist needs is musical skills, nothing else.
  - A music therapist must be a very good singer/instrument player.
12. What does a patient do in a music medicine approach?
- sing pre-recorded music
  - listen to pre-recorded music
  - both sing and listen to pre-recorded music
  - sing, chant, listen or play music instruments
13. What is Salutogenesis?
- Focus on disease
  - Focus on health
  - Focus on work
  - Focus on music
14. Listening to music cause the brain to release
- dopamine
  - growth hormone
  - adrenalin
  - nor adrenaline

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15. Heart is predominantly under the control of

- a. Sympathetic nervous system
- b. Parasympathetic nervous system
- c. Both a and b
- d. hypothalamus

16. watching a music performance activates

- a. frontal lobe
- b. Parietal lobe
- c. Occipital lobe
- d. Temporal lobe

17. Emotional responses to music are processed in

- a. Limbic system
- b. Cerebellum
- c. hypothalamus
- d. cerebrum

18. Which of the following statement is not correct?

- a. Performing arts therapy gives a multi sensory experience
- b. Performing arts therapy is an expression of one's uniqueness
- c. Performing arts therapy is an experience of sympathy
- d. Performing arts therapy projects feelings and emotions through verbal and non verbal means

19. Listening to music will cause

- a. Increase in heart rate
- b. Decrease in heart rate
- c. No response
- d. Increases cardiac activity

20. Who propounded the "Self Theory"

- a. Carl Rogers
- b. Ian Pavlov
- c. Sigmund Freud
- d. Abraham Maslow


21. Time Theory of Ragas is linked to

- a. Yogic principles
- b. Homeopathic principles
- c. Ayurvedic principles
- d. Energy theory

22. The Rasa theory was propounded in the Sanskrit treatise

- a. SangitaMakaranda
- b. SangitaRatnakara
- c. Brhadessi

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d. NatyaSastra

23. Memories and stored knowledge remain in human mind in

- a. Unconscious level
- b. conscious level
- c. preconscious level
- d. all the levels

24. Motivation refers to

- a. innate desire to achieve goal
- b. sustained attention
- c. learning new skill
- d. a balanced state of mind

25. Learning refers to

- a. recalling information
- b. problem solving
- c. permanent change in behavior through practice
- d. performing daily activities

26. A Music therapeutic process refers to

- a. music as a form of prescription and counselling
- b. musical performance including singing, dancing and playing
- c. an intentional interpersonal engagement through the medium of music
- d. Music, movement and psychotherapy

27. musical behavior is the product of

- a. cognition, psychomotor and affection
- b. attention, learning and intelligence
- c. motivation, memory and aptitude
- d. all of these

28. Humanistic psychology explains behavior on the basis of

- a. consciousness and mind
- b. reinforcement and behavior
- c. growth and wellbeing of mankind
- d. all of these

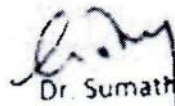
29. Music and memory share a common property of

- a. intelligence
- b. aptitude
- c. skill
- d. association

30. Music and human communication

- a. has attributes in common
- b. has no relationship
- c. depends on human personality
- d. None of these

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SEPTEMBER 20-22, 2019**

**MINI PROJECT  
(To be submitted on 21 9 2019 )**

**Music and its effect on me**

The aim of this project is to make one understand the effect of different properties of music such as melody, volume, rhythm, tempo and timbre on self and others.

To understand the beneficial effect of music on health, one has to first understand the sensitivities of different aspects of music and also how the sensitivities vary with different people. By this exercise, one can understand how people are sensitive and respond differently to different properties of music.

- a) List Songs/music (any two pieces) that 1) activate you, 2) relax you, 3) make you sad, 4) reminiscent of incidents, 5) regulate your emotions
- b. Analyse different properties of the music chosen as above with reference to timbre, tempo, melody and rhythm of each piece and its effect on you and reflect
- c) record the responses of the same songs/music on any other person ( may be a friend or a colleague or another family member ) analyse and reflect if the effect or responses are the same or different.

Submit the reflections of your responses to the musical pieces that was listed above. (There is no word limit.)

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CERTIFICATE COURSE ON "MUSIC FOR HEALTH AND WELLNESS"  
Sep. 20 - 22, 2019



Enrolled list of students for a credit based course in Music for Health and Wellness

No.	Name	20/9 Signature	21/9 Signature	22/9 Signature	Email ID	Mobile No.
1	Brinda Manickavasakan E				brinnman@gmail.com	9962104740
2	Deepa Iyer S. E				sdeepaiyer007@gmail.com	7013816318
3	Devi Priya C.H. E				Devipriyach2637@gmail.com	8637665496
4	M. Aruna Devi				arunatanushka@gmail.com	8870713858
5	S. Prabavathy				Prabhavathy111@gmail.com	9942936944 0413-2615809
6	G. Anuradha E				anuradha.subramoni@gmail.com	9382121694
7	S. Suvitha E				suvithasuvi146@gmail.com	9789675560
8	Sri Devi Sethuraman E				srisethu73@gmail.com	8939442033, 04423821310
9	Sampada Marballi E				sampubhat@gmail.com	09448936882
10	Dr. N. Mangaiyarkausi				mangai33@yahoo.co.in	959734249
11	Dr. Sam Vijayakumar J	Absent			samvijaykumarj@gmail.com	9444984714
12	K. Deepika				deepakbca117@gmail.com	9629750987
13	R. Dhivya				reachdhivyaram@gmail.com	8778854073
14	V. Dheepa				gvdipa@gmail.com	9500258645
15	Subbiah Sathiyakani				sathiyakani839@gmail.com	9443059990
16	Sridevi				srisethu73@gmail.com	8939442033

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