

**Sri Krishna Dutt Academy,  
Vrindavan Yojna, Raibareilly Road,  
Lucknow (U.P.)**  
*(An Associated college of University of Lucknow)*

**Syllabus Music For Wellness**

**DURATION : 30 Hrs**

**COURSE OBJECTIVES :**

- The effect music has on the brain.
- Strategies and techniques for regulating emotions and stress by integrating music with ancient practices such as mantras.
- How and why music can help you to live happier, healthier life.

**Unit 1: Introduction to Music and Wellness**

The relationship between music and wellness Historical perspectives on music therapy and its evolution Understanding the psychological and physiological effects of music on the human body Introduction to different genres of music and their potential therapeutic benefits.

**Unit 2: Music and Stress Reduction**

Various techniques for using music to reduce stress and anxiety. The role of music in promoting relaxation and mindfulness Practical exercises and activities for stress reduction using music Case studies and real-life examples of individuals benefiting from music for stress management.

### **Unit 3: Music and Emotional Wellbeing**

Understanding how music can influence mood and emotions. Various uses of music for emotional expression. The impact of music on self-awareness and emotional regulation. Practical applications of music for enhancing emotional wellbeing in various settings.

### **Unit 4: Music and Physical Health**

The role of music in pain management and rehabilitation. How music can enhance physical performance and exercise. Understanding the physiological effects of music on the body, including heart rate and blood pressure. Practical exercises and interventions using music to improve physical health and wellbeing.

### **PRACTICAL SESSION FOR STUDENTS**

1. **Breathing Exercises with Music:** Practice deep breathing exercises while listening to soothing music. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. Coordinate your breathing with the tempo of the music for added relaxation.
2. **Mindful dance moves with Music:** Simple dance steps while listening to calming instrumental music. Pay attention to the sensations of steps, the rhythm of the music, and the surrounding environment to promote relaxation, reduce stress, and improve physical health.
3. **Using Music for Sleep Enhancement:** Create a calming bedtime playlist to listen to before sleep. Slow, soothing music can help lower heart rate, decrease cortisol levels, and promote relaxation, leading to better quality sleep and improved physical health.
4. **Incorporating Music into Exercise:** Create a workout playlist filled with motivating songs to listen to while exercising. Whether it's going for a run, hitting

the gym, or doing yoga, music can enhance physical performance, increase endurance, and make exercise more enjoyable.

5. **Music Journaling:** Start a music journal where you reflect on the emotional impact of different songs or genres. Write about how specific pieces of music make you feel, memories associated with certain songs, or the emotional insights gained from listening to music. This can be a therapeutic practice for self-discovery and emotional processing.