Music is finding uses other than just providing entertainment - as shown by growth of Music therapy

BY KAVERI ROY

In the book '100 Best Careers for the 21st Century' author Shelly Fields dedicated a large number of pages to Music Therapy.

Shilpa Bhains is a graduate in Arts specializing in Psychology but her first love has always been music. She decided to take her hobby more seriously and is currently pursuing research on the healing abilities of music therapy. She is one of the many of the growing tribe.

A commonly said music brings in peace and calm to the listener but modern day researches across the globe have gone a step further to see the prowess of music stretching beyond the obvious. The classical ragas that are meant to soothe the brainwaves are touted to find large number of takers owing to the increasingly rigorous lifestyle and need for alternate medication. As music therapy in India is growing towards being a novel career, music therapists are all set to command their own niche positions in medicine and corporate world alike.

Music therapy is being used to heal a number of psychological and mental ailments and is forming an integral form of alternate medicine. Interestingly Ayurveda had always entailed music therapy but as a professional practice music therapy is finding a place only recently, and there are specialized courses being offered in this discipline. MET League of Colleges, is one such institute which recently introduced a 6 months certificate course in music therapy. It is probably India’s first ever educational programme in Music Therapy and is based on the therapeutic understanding of traditional music, ayurvedic principles and modern technique of sounds. “As a professional institute we have introduced a specialized certificate program in Music therapy and the aim is to train individuals as professional music therapists who can help use music for holistic living,” explains Sunil G. Karve, Founder Trustee and Vice Chairman of MET League of Colleges.

The course involves theory on mood elevation theory and application of music as therapy along with practical training in classical music and Ayurvedic principles. The post graduation course is set to undertake the daunting task of working with patients of neurological disorders to put their course to application as a part of their final project. According to Mr. Karve, “Though the healing abilities of Indian classical music is long known, we lack documentation to prove the same. The final projects by the students pursuing the course would help document the revolutionary treatment,” he added. Dr. Shashank Katti, Music Maestro - the brain behind Music Therapy will conduct this certificate programme along with professionals from the music and medicine fields - Dr. Subhash Bhag, Dr. Himayat Patwardhan, Vishvesh Dr. Sanjay Chhajed and Dr. Shaibang.