

SARVAJANIK UNIVERSITY



Sarvajanik College of Engineering and Technology

Report

Stress Management with Music Therapy

Organized by

Women Development Cell



Held on

10th of Jan 2025 At NJ Seminar hall

By DR. MAMTA PANT Music Therapist

Dr. Jigisha Patel
Faculty Co-Ordinator

Dr. Kaushika Pal Convener, WDC

Spr compressor Free Vernovajaník University

Sarvajanik College of Engineering & Technology

Towards progressive civilization...

WOMEN DEVELOPMENT CELL

presents a session on

STRESS MANAGEMENT



DR. MAMTA PANT
MUSIC THERAPIST

VENUE: NJ SEMINAR HALL

TIME: 3PM - 4PM DATE: 10 JAN 2025

FACULTY COORDINATOR DR. JIGISHA PANDYA

CONVENER WDC DR. KAUSHIKA PAL



DETAILS OF WORKSHOP

Date and Time:	10th January 2025 (3:00 PM to 4.00 PM)
Venue	NJ Seminar Hall
Targeted Audience	SCET students and Staff
Co-ordinated By	Dr. Jigisha Pandya
Organized By	Women Development Cell
Participation:	40+
Speaker	Dr. Mamata Pant

Objective

The objective of the session was to help students manage stress through the therapeutic power of music. It aimed to introduce effective relaxation techniques, enhance focus, and promote emotional well-being.

Dr. MAMTA PANT

Dr Pant has helped countless individuals to find peace and balance through the healing power of music. She had founded & Operated a Successful music therapy centre, she also coordinated & led wellness trips across India & abroad, collaborated with various NGOs, rehabs, wellness centres to provide music therapy sessions advocated for the Integration of music therapy into Educational curriculum & much more...







STRESS MANAGEMENT SESSION

At SCET College, a one-hour stress management session was organized on January 10 at the NJ Seminar Hall, considering the well-being of students and the prevailing academic environment. The session was led by Dr. Mamta Pant, an esteemed music therapist invited from Delhi. The event witnessed active participation from students across various branches.



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TOPICS COVERED

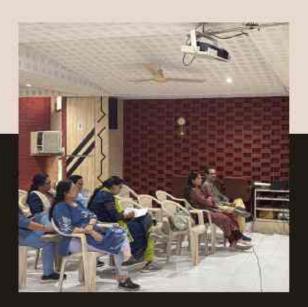
Why she started music therapy

She mentioned that she first learned about music therapy through a relative, and when she tried it, she felt a deep sense of peace. At that very moment, she decided to leave everything, including her job, to pursue a career in this field.

She explained how Indian classical music can help alleviate depression and highlighted the significance of ragas and notes in our lives. She has conducted extensive research in this field, worked with numerous NGOs, and is also associated with rehabilitation centers.

Raag's N Chikitsa

She elaborated on various types of ragas and notes that can address different problems. For instance, Raga Puriya Dhanashree is effective in completely alleviating migraine issues, while Raga Bhairav is a significant raga that teaches self-love, helps overcome depression, fosters compassion, and deepens one's with God. She connection discussed Sargam Therapy, which helps manage mood swings and creates emotional balance. shared that Raga Pilu helps in increasing hemoglobin, Raga Kalavati and Raga Desh help with stage fear and anxiety, and Raga Lalit is beneficial for hormonal balance in women.





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CAUSES N CURE

She explained that stress can arise from various factors such as peer pressure, exams, comparisons, and insecurities, which can lead to issues like depression and anxiety. She emphasized that there is no harm in attending such sessions, as just like the body gets tired, the mind also needs rest. She stated that with music and its seven notes, these problems can be alleviated. The concept of music therapy originated in the United States and was historically used to treat army soldiers and pregnant women.



At the end, we all participated in a small practical exercise where we sang "Sa Re Ga Ma Pa" with different emotions like anger, kindness, love, irritation, and joy, which brought us a sense of peace. This was followed by a doubt-solving session, where Ma'am addressed everyone's queries. Overall, it was a truly wonderful session.



Meet the team



Convener, WDC Dr. Kaushika Pal



Faculty Coordinator Dr. Jigisha Pandya



Ladies Representative Chahi Tejani



Vice LR Vedanshi Ponkia



Student Coordinator Chhavi Vyas



Student Coordinator Bhumi Doshi



WE THE TEAM WDC EXTEND SINCERE THANKS TO DR. HIREN PATEL,
PRINCIPAL FOR PERMITTING AND ENCOURAGING SUCH EVENT.

WE ARE THANKFUL TO DR. MAYANK DALAL, DEAN SAWC FOR HELPING US TO GET FINANCIAL SUPPORT FOR THE WORKSHOP GUIDANCE AND ENCOURAGEMENT FOR THE SEMINAR.

WE EXTEND OUR SPECIAL THANKS TO HEAD OF THE DEPARTMENT AND FACULTIES, SCET FOR MOTIVATING STUDENTS TO PARTICIPATE IN SUCH EVENTS.

WE EXTEND SPECIAL THANKS TO OUR DIGNITIES BY DR. MAMTA PANT AND THE WHOLE WDC TEAM FOR CONTRIBUTING THEIR TIME TO WORKSHOP AND FOR THEIR MOTIVATION AND GUIDANCE TO STUDENTS WHENEVER NEEDED.