



SARVAJANIK UNIVERSITY

Sarvajani College of Engineering and Technology

Report
on

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

Sarvajani 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



STUDENT COORDINATOR
CHHAVI VYAS
BHUMI DOSHI

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.



SESSION

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 connection with God. She also discussed **Sargam Therapy**, which helps manage mood swings and creates emotional balance. She 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.





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

Thank You

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.