

Report on Music Therapy Fun Session conducted by Team Pre2doc

‘Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.’

Delhi Public School, Gurgaon organised a ‘Music Therapy Session’ on February 22, 2022 for the students of class X (2022-23).

The resource person Dr. Farah from Pre2doc along with Mr. Deep Bhoumik from Madari band conducted the fun session on ‘Music Therapy’. The team emphasised that music addresses the physical, emotional, cognitive, and social needs of an individual or a group . Dr. Farah along with her team involved the students in interactive activities as they listened to the music of different genres and asserted how it would have a calming and soothing impact on mental and physical well- being. The importance of bonding with friends and effective communication was accentuated through melodious songs.

The students actively participated and enjoyed the session thoroughly and learnt valuable skills to incorporate music in everyday activities to enhance the quality of life and feel better.

Overall it was a joyful , interactive and a fruitful session.

