

## Class schedule

1<sup>st</sup> 2 weeks (14 days )as preliminary  
to field work

Dr Suvarna Nalapat Trust

# Day 1

- Informal self introduction by all participants
- A short questionnaire to be filled up
- Dividing the participants into groups .This is for scheduling projects and other activities as a group
- Introductory lecture Course details –give hand outs
- Lecture 1.:

# Day 2

- Clinical applications: Introduction to the subject
- Exercise as groups of 2
- Submit the findings of each group
- Discuss
- What is MLP
- Its importance
- Narrative as curative
- Theragnosis

# Day 3

- Project Planning
- Title
- Author
- Introduction
- Materials and methods- difference
- Observations (Results)/statistics included
- Discussion/Analysis
- Conclusion
- References

# Day 5

- Demonstrate one or two examples to students
- Ask them to plan a project themselves with the help of their guide
- Individual projects
- Group projects
- What is a controlled statistical study
- RCT and sociological research tools
- Metaresearch and metascience
- Is music a drug ?

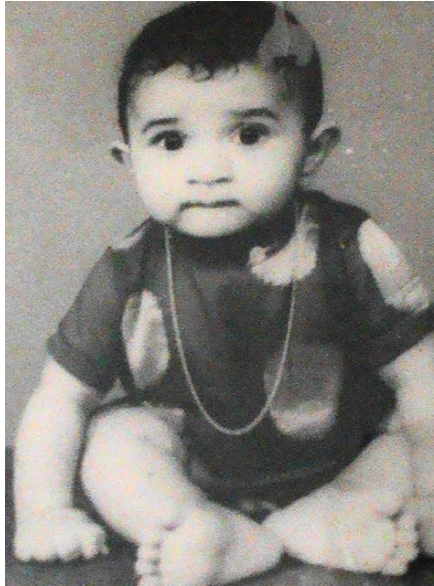
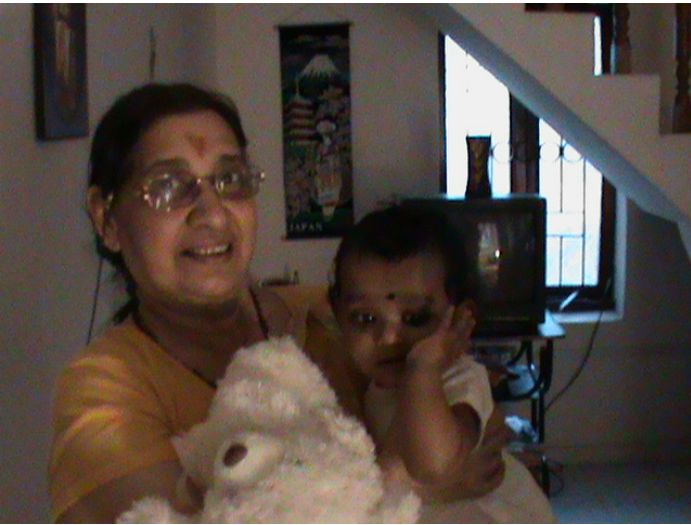
# Day 6

- Evaluation of the projects planned by participants
- Suggest alterations/modifications/guidance
- Further help depends on the project selected and the parameters defined
- Lecture on Neuropsychimmunology and pain and how music relieves pain

# Day 7

- Exercise : Role play as therapist and client
- Homework: To write one's own MLP and submit in class on 8<sup>th</sup> day
- Visit to the field/hospital/clinic
- Hospital manners
- Handouts of Hippocrates oath and Susrutha oath

# MLP and 5 types of music lovers





# Day 8

- Discussion of the MLP written by each
- Personality qualities of a creative person
- Of a music therapy faculty (Give hand outs )
- Modifying factors of heart disease and role of music in preventing and curing cardiac disease and stress, high Blood pressure

# Day 9

- Dementia and Alzheimers disease as a social problem
- Role of music and arts
- GDS Global deterioration scale

# Day 10

- Neuroendocrine cells/neuronal pathways
- Ear and its transmission of sound as an example

# Day 11

- Unique attributes of primary care
- How music therapists can help
- Family and narrative medicine
- In hospitals,clinics,schools, professional institutes, community welfare programmes
- Quality is right care,in right way, at right time (explain in detail to participants on clientcentered vision of quality care )

# 12

- Assess the progress as well as the opinion of all students by a short questionnaire
- These should be available throughout course period so that internal assessment will be objective
- Lecture :Voice and voice disorders
- Concept of voice in east and west

# Day 13

- Sound and its quality
- Pain threshold
- Environmental sound pollution
- Suavitas or Ranjaka (attractive) nature of human voice in music
- How it is utilized for therapy/healing
- Spiritual,intellectual,mental and physical health through voice therapy and music therapy

# Day 14

- Yoga and music
- Ayurveda and music
- Balancing thridosha
- Nerve plexuses –chakra
- Melakartharaaga and Naadi
- How the concept can be tested - Amrita institute
- Experiment done at Calicut Medical college may be quoted for Moolaadhaara Raaga and colonoscopy
- More data to be collected