

Swastha

Music and Wellness Program for Children



Learning Objectives



To create an interest in music among kids to take up Indian music education and develop music skills.



To introduce and motivate the children to understand the Indian musical traditions.



To create an interest in using music as a tool for wellness



To create an awareness about the therapeutic power of music used in everyday life to enhance wellness



To help the kids to find ways to integrate music in their lives to relax through music



To nurture an interest in music to enable them to develop music skills to help their overall development

Learning Outcome

Completion of the course will enable the kids to



Sing, sing-along, chant and mindfully listen to music



Use music to relax



Use music for generating positive emotions



Improve in self-expression and creativity



Get introduced to Indian traditional, cultural and musical practices of healing and self-care

COURSE DETAILS

- Duration of the course: 12 weeks
(one session of 45 minutes online during weekends on Saturdays and Sundays/week days 6 to 8 pm)

- Course Fees: Rs.9640/-

- A pre-assessment and post assessment will be shared with the parents

- Contact for Registration: 99167 44317

- Sessions are scheduled from September 3rd 2022

- Registrations are open all through the year.

Learning Themes and Lesson Plans to:

1. Create Interest in Indian music and its Different Genres
2. Learn about Indian musical traditions and cultural practices
3. Improving Attention and Focus
4. Help Language development
5. Aid Relaxation
6. Use for Self-care
7. Help Emotional Regulation and Intelligence
8. Improving Memory
9. Increasing Imagination and Creativity
10. Enhance self-expression
11. Use for recreation
12. Understand the therapeutic effects



CONNECT WITH US

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