



## MENTAL HEALTH WITH MUSIC IS IN YOUR POCKET...

**Rahul Kashinsthrso Ekbote**

H.O.D Music Dept Amolakachand Mahavidyalaya Yavatmal

### ABSTRACT:

After listening this “save earth save planet” slogan the first thing which comes in your mind is to save trees and the fresh water on the Earth. Music, A common sound for all living creatures. In recent years, there have been a lot of studies coming up which show how music not just affects humans but all the living creatures in the universe. Some of them include 'The effect of music on plants'. According to a study in Annamalia University, the balsam plants were found to have grown faster when exposed to music, as compared to a control group of plants that had no music exposure during the same time period. Subsequently, the researchers concluded that the violin had the most significant positive impact on the growth of the plants. A decade later, another study was conducted by Dorothy Retallack, in which, some plants were exposed to classical music and others to rock music. Surprisingly, plants exposed to rock music grew away from the speakers unlike the ones which were exposed to classical music for they grew towards and intertwined with themselves.

classical instrumental plays an important role in relaxation and mental stability. yoga is the most reliable solution for mental stability. then you can meditate for while, which will help you to remove your negative thoughts from your mind and most importantly you will feel fresh. Meditation is simply a relaxation, relaxation and relaxation. Neither it is focusly nor concentrating, it is simply letting go.

### INTRODUCTION:

But now a days, SARS-COV-2 popularly known as covid 19 or corona virus is the most familiar word. Because of this virus the entire world is disturbed, most of have lost their close or loving ones, hence we are facing the lockdown, all are quarantine and not allowed to go any where hence all are bored and annoyed by just sitting inside the house, because of this drastic change mental stability is completely changed or disturbed, so what should be done for getting that healthy attitude back...we can do yoga, yoga is the most reliable solution for mental stability. then you can meditate for while, which will help you to remove your negative thoughts from your mind and most importantly you will feel fresh. And you can drink lots of water which will hydrate your body...you can keep yourself busy in meaningful activities like drawing, playing chess, etc. and most importantly you should avoid watching news channels because they play a main role in spreading

negative vibes in the house . So for spreading the positive vibes in the house you can play music or take the help of music therapy because it plays the most important role in relaxation, you can listen to any type of music, some like pop, jazz, classical, some like to listen music according to the situation. But classical instrumental plays an important role in relaxation and mental stability. It also helps to focus and concentration in work. Nowadays we all have smart phones with amazing features .....and for music also we have several apps like resso, spotify, gana for songs.. Again we have many options for instruments like digital or electronic tabla , tanpura, guitar, piano, etc.

Tanpura is the most effective instrument for peace, If the vibrations of the tanpura are played all around the house. Acoustic tanpura is more effective then the electronic tanpura, but it is only possible to person who learned classical music . It needs fundamental Riyaz (basic Riyaz) in simple words swardhnan. The tanpura in the

mobile is a recorded acoustic instrumental effect, as it is recorded the effects are not like the original but, the main part is it is standardly tuned with the standard frequency.

With tanpura you can do Omkar. In omkar there are 3 letters अ, उ, म in this अ & उ (औ) should be 3/4<sup>th</sup> and म should be 1/4<sup>th</sup>. This is standard duration given by the scientist for pronouncing the omkar... while you pronounce म humming sound should be there. This will be the more effective omkar sadhana. While doing omkar sadhana you can wear earphones or headphones to avoid the background noise which will help you to concentrate on the omkar sadhana. The best time to do omkar is in the morning hours around 6:30 am. This will help you to build your mental health.

Meditation is simply a relaxation, relaxation and relaxation. Neither it is focusly nor concentrating, it is simply letting go, initially people have so many concepts about meditation. Like it is not a easy job, it needs stable and calm mind, maturity, focussing capability. Capacity to hold on sitting position For a long time, etc. and due to these concepts some people didn't try to do it, as people had confirmed mindset that it's not for me.

One can do.....

Some people had tried some AOL programs where they started with Gurudev's guided meditation and that was the turning point. Then they realised it was not that difficult. In Gurudev's guided meditation we have to just follow the instructions given by him in his sweet voice. Some realised that by meditating regularly you can get stable and calm mind, becomes more focussed, had improved quality of sleep, deep rest and ultimately better quality of life. Most of the time we make concepts and stick up to those saying that its not for me or I will not be able to do it or I don't need it, etc.

Without experiencing, one should not deny the power of meditation instead should experience it, practice it regularly and enjoy happy and blissful life.

classical music played a huge role in helping sail through this ocean of anxiety. The soothing aalaps , intricate taans , beautiful bandishs of legends available on youtube were like treasure for every person. used to listen to them while any work and time would pass like flowing sand. It also help to bring discipline in our life and to increase our concentration.

One student experience.....

student's perspective

The previous year was really tough for students, especially for those who were in their crucial academic year. Anxiety, lack of interest in studies, lack of one to one mentorship made it worse for students to focus in the online format. Yet, a lot of them found ways to keep calm and to remain focused, and music played a major role in making this happen.

When studies became boring, students would listen to various forms of music. While Some liked Bollywood songs, others preferred English albums. Some listened to soothing classical melodies and some played loud metal songs. In this pandemic period, music streaming apps like Spotify, Amazon Music, Jio Saavn, etc touched skies for they crossed 100 million users which was record breaking. Music not only helped students to increase their study hours by keeping their mind engaged , but it also developed focus among them and helped them control their anxiety. Sometimes, when one would feel listless, and unenergetic, music would help him get back on track.

Another form of music which gained popularity among the students in the pandemic period was "The Study Music". These were musical tracks curated by experts to stimulate a focused and

calm environment suitable for study. Another concept that gained popularity in the recent times was "White Noise". These were not particularly music tracks but pleasant artificial background noises from our daily life. E.g:- noise of a river, stream flowing down a hill, ocean water hitting the beach, bird's chirping , a classroom etc . This helped the students to gradually slip down into a different and peaceful world and study calmly.

**CONCLUSION:**

Due to the lockdown all are sitting at home since

to the lockdown each and everything went online and naturally our screen time increased which a year ago. All are said for work from home. Due can be the symptom of dullness, so for the same we can do yoga or meditation and music will help you in the same, many of us like the music according to the mood or situation. For music we have many apps in our smart phone and again we have many options for instruments like tanpura. Tanpura helps in relaxation and peace. With tanpura you can do omkar sadhana which help to develop mental health and increases the positive energy.

