

# "HARMONY GLOW: ILLUMINATING WELL-BEING THROUGH MUSIC THERAPY"

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**Introduction: "Harmony Glow" brought a unique blend of music therapy and visual spectacle. College students immersed themselves in a therapeutic musical experience, waving their hands under the glow of their phone torchlights, creating an ambiance that aimed to align the mind, body, and soul.**





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**Therapeutic Approach:** The session aimed to promote relaxation and well-being by engaging students in constant body movements aligned with the music. The combination of auditory and visual stimuli worked together to bring attention to the present moment, fostering a sense of peace and tranquility. The participants waved their hands, synchronizing their movements with the rhythm of the music while enjoying the calming effect of torchlight.

## **Benefits:**

- 1. Mind-Body Alignment:** The rhythmic movements, combined with the soothing music, facilitated a harmonious connection between the mind and body, promoting a sense of balance and centeredness.
  - 2. Stress Reduction:** The immersive experience allowed students to release tension and stress, providing a much-needed break from the demands of academic life.
  - 3. Enhanced Focus:** The intentional movements and captivating music helped participants bring their attention to the present moment, improving focus and mindfulness.
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