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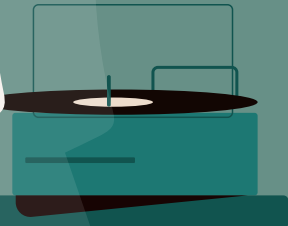
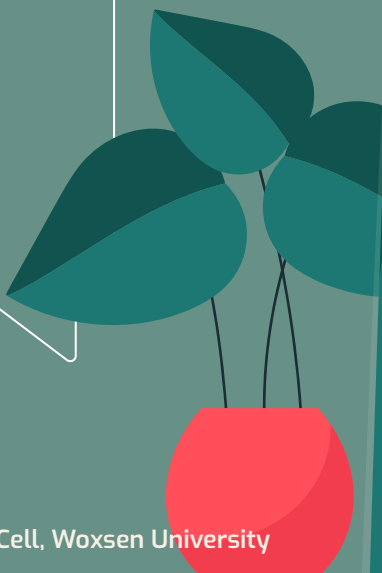
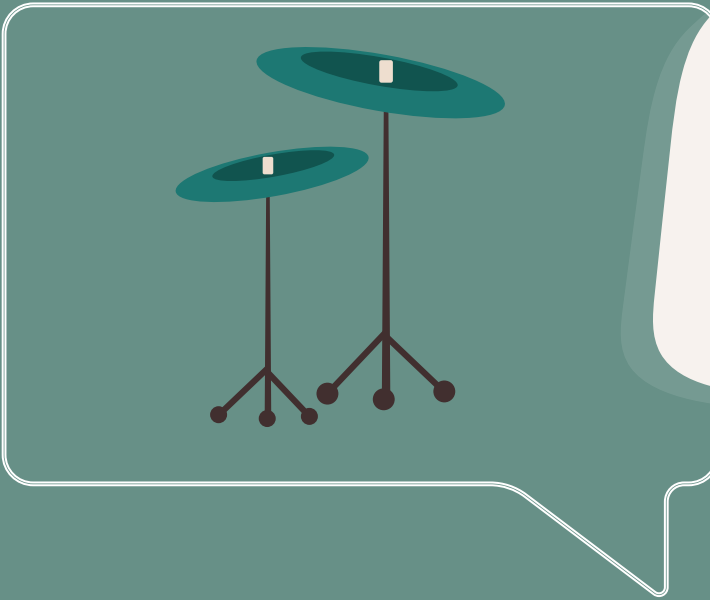
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## Music & Mental Health Issue #18





## Table of Contents

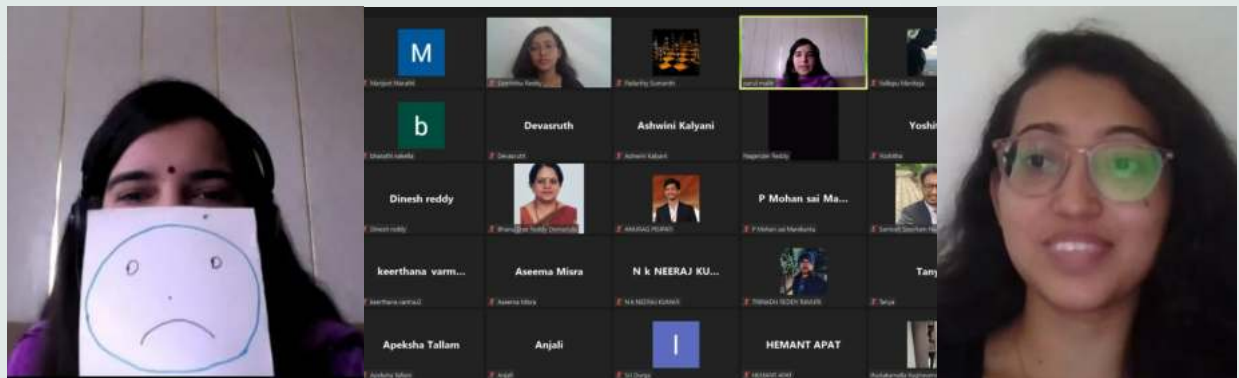
- 1 Glimpse
- 2 The Magic of Music
- 3 Music and Mental Health
- 4 Did you Know?
- 5 Therapy Stories
- 6 Creators Page

# Glimpse

## MindFicent Series

The Wellness Cell has successfully completed the seventh session of the MindFicent series titled 'Embrace your Failure' and was facilitated by Ms Parul Malik, a counselling psychologist with eight plus years of providing psychological help & guidance to people across age groups. She emphasized the subjective experience of failure that each individual experiences in their lifetime and how one can focus on their own pace of growth and development instead of comparing oneself with others. She also reiterated the importance of looking at the good things one is capable of doing instead of dwelling on the things one has not achieved success. Ms Parul encouraged the Woxsen students to ask for support and help whenever they face any difficulty.

The session had an interactive discussion between the speaker and the students and received positive feedback overall.



# The Magic of Music

## Did you know?

According to studies conducted by researchers, plants develop more quickly when they are exposed to music. There were also experiments conducted in agricultural fields which shows that music benefits in plants growth. If music has the capability to make an impact on plants, did it ever make you wonder how it can impact us humans or our mental health?

## What is music?

Music is an art of sound which is used to portray thoughts and feelings through words and melodies. It adds color to our lives, making it more adventurous and joyful. Not only does it invoke certain sensations throughout our body and make our everyday more special but it helps us in releasing stress. People frequently listen to music while doing mundane tasks like work out sessions, grocery shopping, travelling, hanging out with friends and so on.

Each generation has its own distinct musical tastes and preferences, making it unique and enjoyable. Furthermore, it's intriguing to see how music changed over time. To put it simple, music is omnipresent.

## How does music help us?

Some of the benefits of listening to music are - it improves our mood and helps in reducing physical and emotional stress. Additionally, it improves the quality of our sleep ultimately leading to a better sleep cycle. It assists us in managing our stress and anxiety.

Not only does listening to music benefit us, but also playing

the instruments, writing songs can. People's overall health and happiness can be increased by playing an instrument. Making music enables one to express their ideas and share their story with the world.

In my case, I tend to listen to my favourite tracks to help me relax if I'm feeling overly anxious before a meeting or a presentation. That's how music helps me in my everyday life.

Music therapy is another aspect where music is used to improve our mental well-being. It is the therapeutic blending of music into a treatment which can involve listening to suitable music according to the requirements. It also includes playing or creating music, composing songs, and other activities. It helps people in dealing with their emotions.

### **How does our brain react to music?**

Psychologists use music to learn more about how the brain works in general. When a person listens to music, the brain releases dopamine, which makes them feel good. It also increases immune system-boosting antibodies and cells that defend against bacteria and other foreign invaders.

Mozart effect is an idea, which says that Mozart music can improve a person's intelligence. It's also been shown that early exposure to classical music improves healthy brain development. The Mozart effect also aids in reducing the genes that cause Alzheimer's disease.

### **Conclusion**

Music can be a calming agent that can bring people together. Have a bunch of your friends come over and conduct a karaoke night. It's a great way to relieve your stress and to catch up with your pals.



**Sri Harshi Singiri**  
BBA - 2023  
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# Music and Mental Health, a Musician's Perspective

Siddharth Ponangi is a 20-year-old artist – music producer and visual designer, professionally known as Alpha Hex who has been releasing music under his alias for over 3 years now. He previously graduated from Trinity Music College, London in Electronic Keyboard and is currently pursuing his third year of bachelor's in Design for Visual Communication at Woxsen University. Siddharth's interests include branding mostly concept art through 3D since it is another form of art which he uses to express himself apart from just making music. In a candid interview for MindFicent Magazine, Siddharth shares his journey with music and the relationship between music & mental health from the musician's perspective. Read on this exclusive piece:

## 1. Can you share with us what has inspired you to compose music?

I think an artist is responsible for using their gift to create meaningful art that helps people feel more belonged and understood. It is essential to make art that contributes to making people feel more relatable and connected, while artists leave behind something meaningful before they are gone. Music is my outlet, and I channel my thoughts and emotions in ways that others and myself understand them better.

## 2. How has your journey with music been so far?

It is an ever-evolving journey of learning new things about myself, understanding my thoughts, and healing. The journey has taught me to listen more to how I feel rather than how things look on the surface level. Creating art that reflects your thoughts and emotions carries a more profound sense than what it takes to make something without meaning: a connection.

## 3. As a musician, what kind of feedback did you receive so far?

Everyone has a story to tell, an important one, and it has always been an overwhelming response with every song release. Honestly, it makes me feel alone, knowing that the songs I write in my room are helping me connect with people from around the world. Knowing that the things in my life that I feed into my songs are helping someone



else somewhere feel less alone makes me reconnect back with what's human of all of us: to feel.

#### 4. Do you think music is essential to our mental health and well-being?

Music plays a vital role in mental health and well-being. Being a language without barriers, music has the potential to evoke thoughts and emotions while also being able to learn things about life through them. Music conquers a significant part of our headspace while we listen to it and significantly influences it. I always pay attention to my active playlist depending on what mood or direction I want to take my mind in since it dramatically affects it.

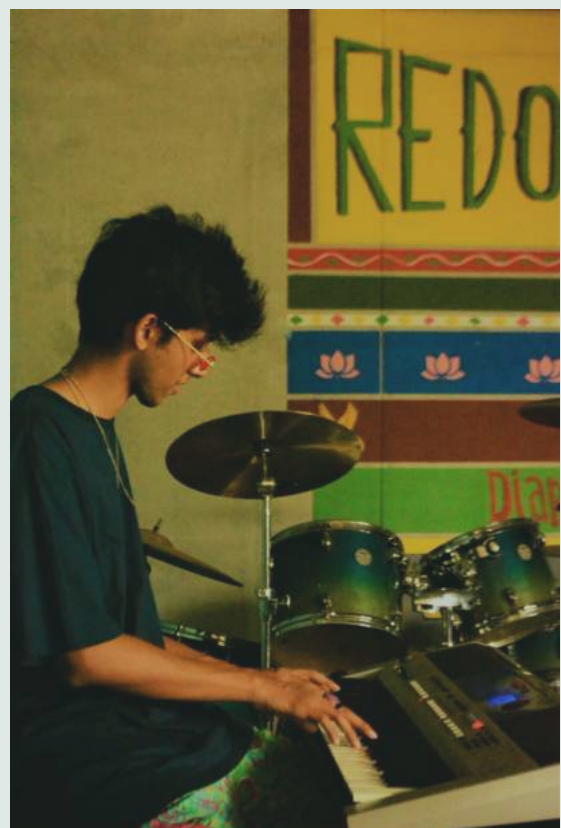
#### 5. How has your relationship with music and your mental health as a musician?

I have greatly struggled with understanding how I feel for most of my life while feeling misunderstood or unable to communicate exactly what I wanted to convey. Music has given me an outlet, a way to talk about everything I'm scared of. In a flow state of mind, it has helped me unravel my deepest fears and pain points while being able to help me look at my thoughts and feelings as a piece of art when I create them. It has helped me feel less alone and more centered with myself.

#### 6. According to a University of Westminster study, up to 65% of musicians report poor mental health, primarily due to their lifestyle. So, it becomes a constant effort for a musician to prioritize mental health. What initiatives do you personally take as a musician to put your mental well-being first?

Our mind is an extremely powerful place: a tool or a weapon, depending on how we use it. Day in and out, working on your craft as an artist can look like it's worth the grind, but many people forget the essential self-care we need to let our mind and body know that we appreciate what they offer to create this art. I have been an active advocate of self-improvement for the past six months, and I think that's the best decision I've ever made. Starting with

the basic needs of consistent and healthy sleep schedules, clean and balanced diet, staying hydrated, and including physical activity like working out every day in our lives can take us a long way from where we are. Additionally, I meditate, journal, and practice manifestation and visualization daily, and I firmly believe this new lifestyle has sky-rocketed my potential.



## Did you know?

A study from Pavia University in Italy found that faster-paced music helped people breathe more easily and kept their heartbeat steady. According to a study that was published in the journal *Neuropsychological Rehabilitation*, music can help people with serious brain injuries recollect memories and has cured patients with Alzheimer.



- Anika Raj  
BBA - 2023  
- Content Writer | SWC





## Therapy Stories

"Initially when I started my Journey in Woxsen University, coming to a new place meeting different mindsets, ideas were exciting yet difficult. People around me were brought up differently, had a different lifestyle which was very different from the way I grew up. It was hard for me to cope up with all this adjustment's and it took a toll on my mental health. Within no time with all the self-negative talk, self-guilt tripping I realised I needed a professional counselling.

Soon after, I got a mail with an Introductory counselling slot with Miss Shahnaz Rahman. As it was my first time, I was scared with the entire idea of counselling sessions. After my first session with her, the comfort and warmth she welcomed me with gave me full of hope and the assurance that someone is here to guide me through. My journey in this sessions was beautiful and tremendous. I was very hesitant to open up and tell her how I feel, it took me a couple of sessions to full open up with her and she was very patient. During the entire process of my counselling, there were days I felt like nothing is helping me and I would never be okay, I was sexually assaulted, and I was scared to talk about it, Miss Shanaz Rahman comforted me and made me understand that it isn't my fault. Later on, I understood that it takes a lot of time to come out of childhood traumas and patterns that is built over time. She has made me understand that it's okay to seek help. Thank you, Woxsen University, for having the Student Wellness Cell. It is great how the university gives so much importance to Mental Health. After being a part of the Wellness cell, I have felt safer. I am grateful for the help I have received. Thank you so much Shahnaz Ma'am for being patient.

**A student from Woxsen University,  
Anonymous**



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