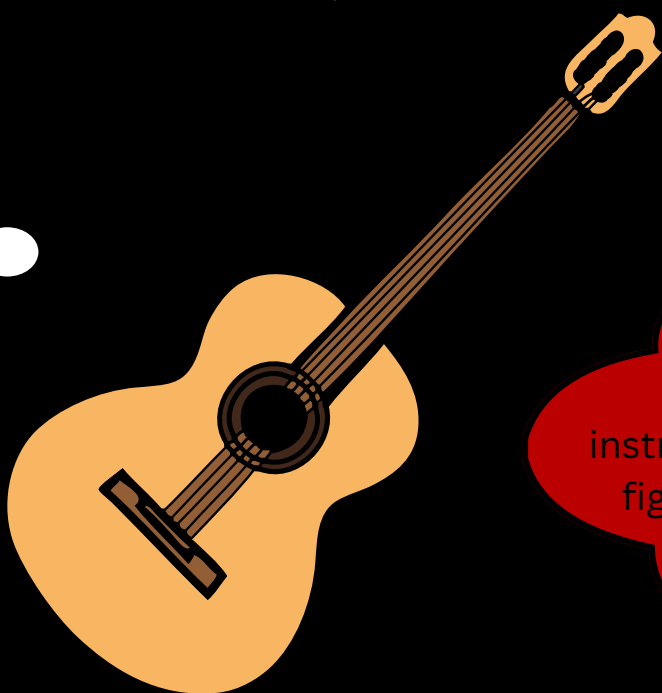


Benefits of Playing musical instrument



Deep Breathing:
Activities like singing/playing a wind instrument require deep Breathing from diaphragm.



Immune Response: While Playing an instrument, Immune response enables us to fight viruses and it gives our brain relax.

Exercise: It leads to increased physical activity and it helps us to get into habit of sitting straight.



Concentration:
It forces us to use all the parts of our brain.

Brain Stimulation and Efficiency:
Music stimulates the brain in a very powerful way, Learning gives grey matter volume in various brain regions.

