



Music and Health

Group 5



GROUP MEMBERS

19UCC021

19UCC022

19UCC023

19UCC024

19UCC025

19UCC026

ASHRAY MITTAL

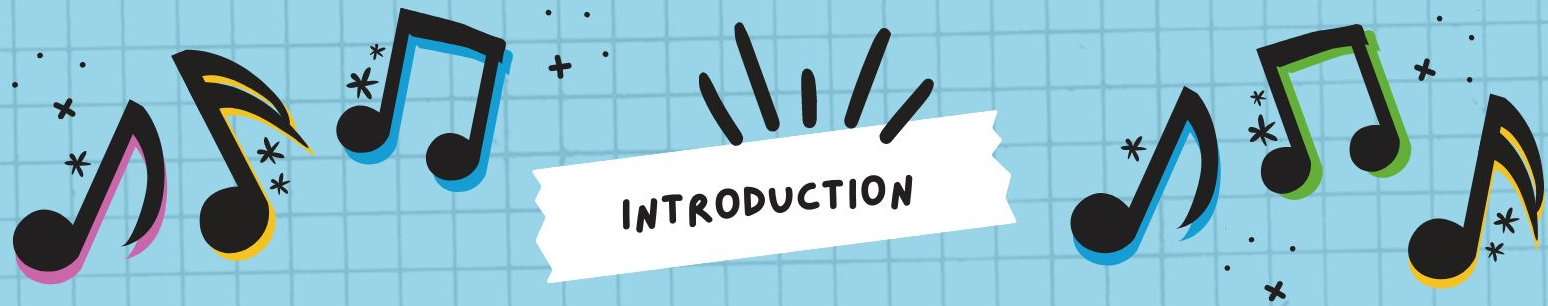
HARSHITA DESHMUKH

MOHIT AKHOURI

STUTI PAREEK

KARAN ADITTE SINGH

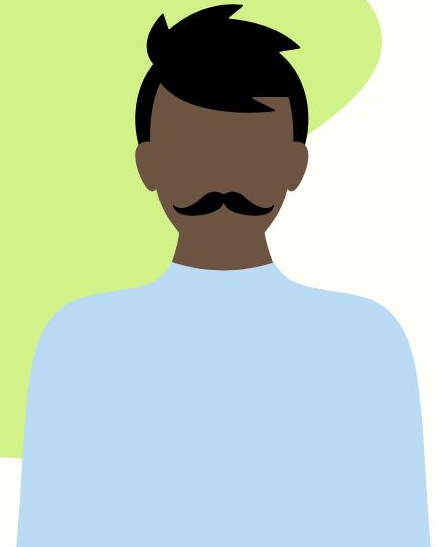
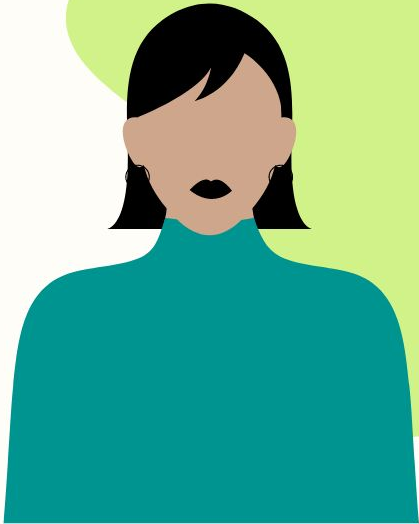
DIVYANSH RASTOGI



MUSIC IS THE SCIENTIFIC COMBINATION OF MATHEMATICS,
PHYSICS, AND ARTS

Music & Health

is there any relation ?

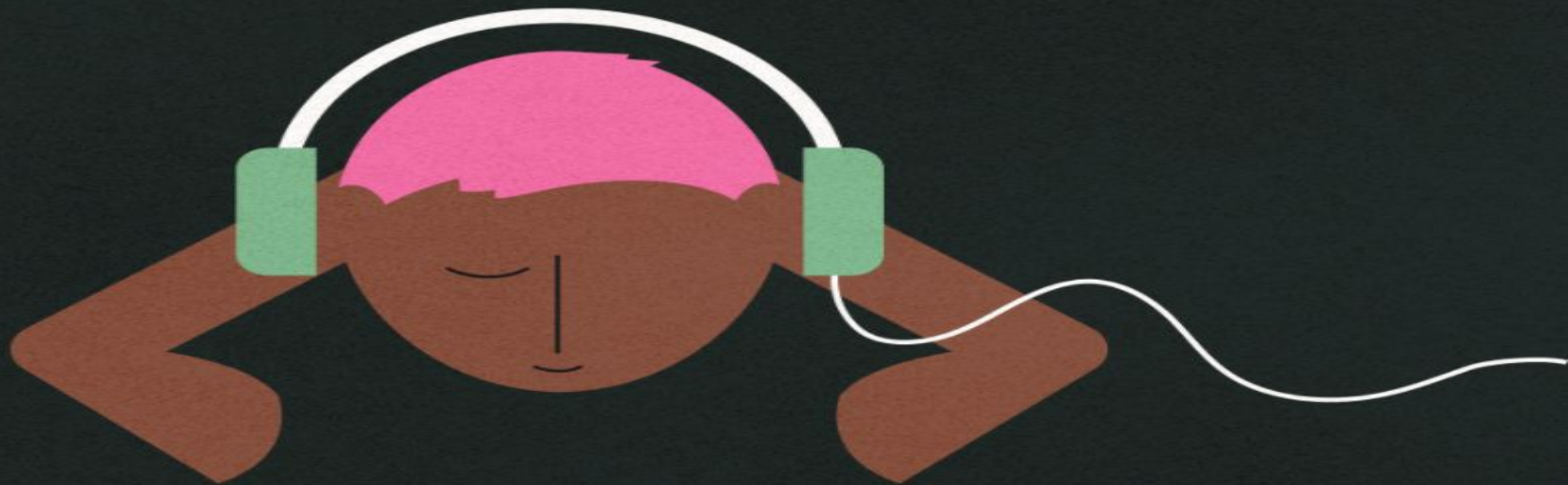


Positive Impacts of Music



WHAT'S HAPPENING IN YOUR BODY
WHEN YOU LISTEN TO

MUSIC



**Reduces risk of
cardiovascular diseases**



**Reduces fatigue and
boosts performance**



**Improves the sleeping
habit**



**Music and immune
system**



The Power of Beats:

A Look Into the Psychological Effects of Music

**ELEVATES
MOOD**



**INVOKES
MOTIVATION**



REDUCE ANXIETY AND DEPRESSION

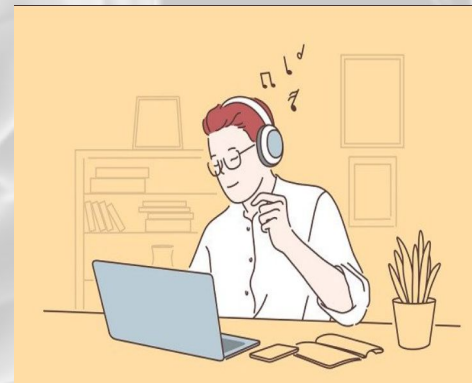


a recent study by Dr. David Lewis-Hodgson of **Mindlab International** has shown instrumental, classical or ambient music can help reduce anxiety by up to 65%.

REDUCE STRESS



IMPROVE FOCUS



REDUCE ANXIETY AND DEPRESSION



a recent study by Dr. David Lewis-Hodgson of **Mindlab International** has shown instrumental, classical or ambient music can help reduce anxiety by up to 65%.

REDUCE STRESS



IMPROVE FOCUS



**Music can trigger
bad memories**



**Music can
be
distracting**



Making Bad Decisions



**Some people
can't stand
music**



Negative Impacts of Music



Hearing Loss

Experiment

On April 22nd 2017, Department of Neuroscience, Erasmus University Medical Center, Rotterdam, Netherlands performed an experiment dedicated to the effects of music on rodents.



Procedure

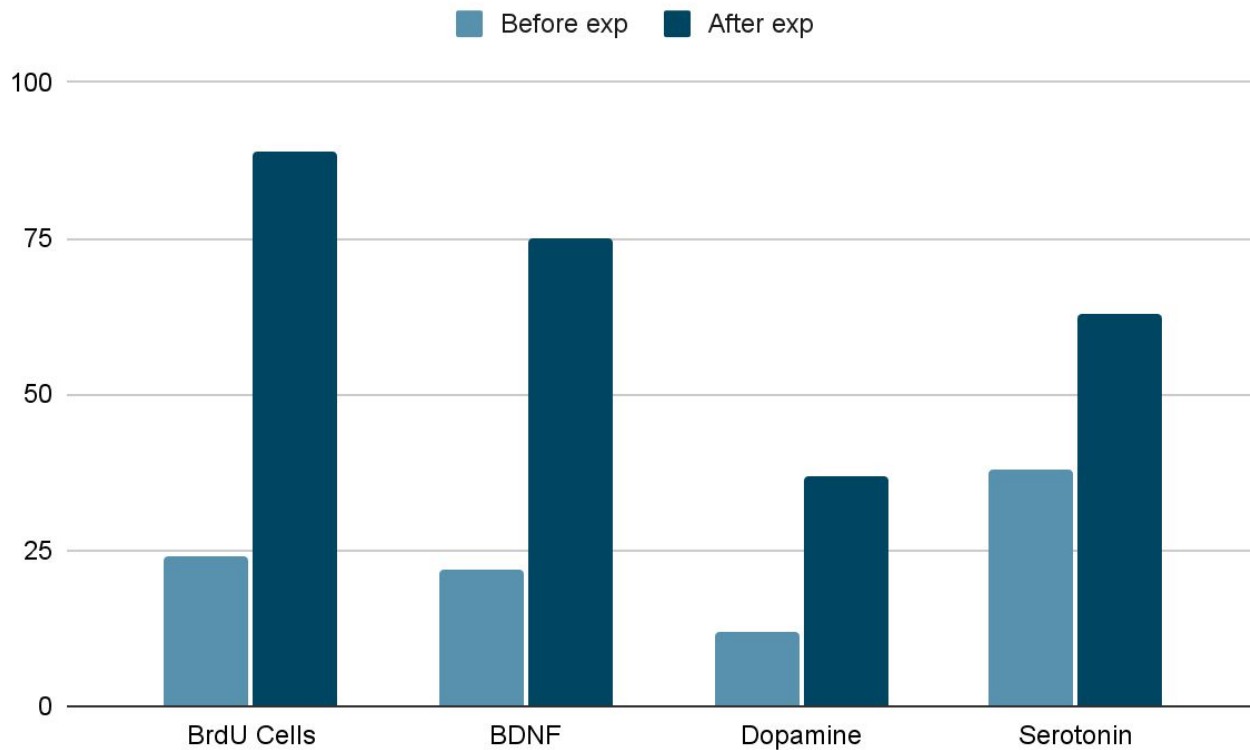
Studies meeting the following criteria were considered for inclusion:

- (1) experimental study performed in rats or mice
- (2) investigating the effect of music interventions on neuronal processes, behavioral effects, endocrine and/or inflammatory responses, or physiological conditions;
- (3) comparing the effect of a music intervention with a comparator situation without music.
- (4) available full-text article.

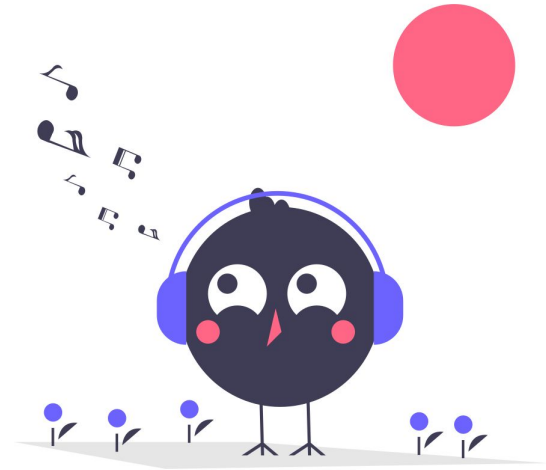
There weren't any limitations to the type of music administered. The music had to contain melody, harmony, and rhythm. There weren't any types of control conditions.



Results

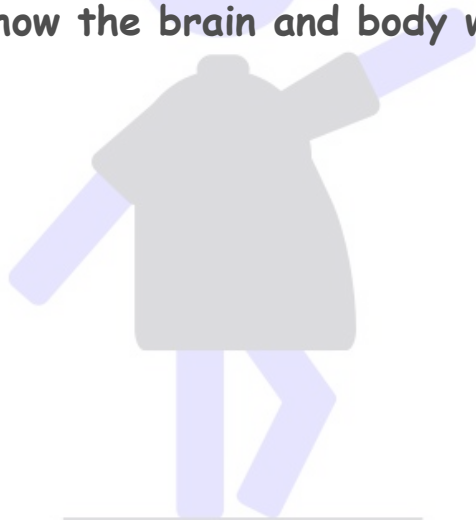


It was found that exposure to music decreased anxiety in all included studies. Furthermore, music exposure possibly counteracts the adverse effects of stress and thereby enhances the immune function. The results of this systematic review indicate that music exposure can exert positive effects on rodents' neurological, behavioral, immunological, and physiological outcomes. These results are broadly consistent with studies in humans that found that music exposure can positively affect the psychology and the physiology of a human body.



Conclusion

"Only when we look at music in this way do we start to see the interface to how the brain and body work together with music"



Thank You

