

# Aesthetics in Various Types of Music & its Impact on Humanity

वर्तमान परिप्रेक्ष्य में संगीत और साहित्य  
का सहसंबंध



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of a poetry. The poet incorporates them in his works as per his capacity. Texts like Mahakavyas, Puranas are still inspiring the poets even today. Krishna-lila and Ramayana-Mahabharata are found in many songs like Bhava Geets, NatyaGeets, Bandishes etc. Even if a simple lullaby is made, Rama or Krishna will be incorporated in it. Heroines like Abhisarika, Virhotkanthita, Khandita, who are in fact the subject of literature, meet through thumri. The nine Rasas also meet through various songs. All in all, we can say that all the aspects of literature are included in the lyrics. Therefore, Bandish-literature should also get the status of literature.

Thus, in vocal music, the melody and the lyrics are associated as closely as the soul and the body. Understanding their design process will guide new creators, satisfy the curiosity of the audience, and explore new possibilities for this process. There is no doubt that keeping this unison of poetry and melody will bring everlasting happiness to the connoisseurs and entire mankind.

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## Positive Effects of Music on Human Nutrition

*Dr. Shubhangi Kukekar*

Music is a fundamental attribute of the human species. Virtually all Cultures. The Human Brain and nervous system are hardwired to distinguish music from noise and to respond to rhythm and repetition, tones and tunes. Nutrition is a science which studies the relationship between diet and states of health and disease. Dietitians are Health professionals who are specialized in this area of expertise. They are also the only highly trained health professionals able to provide safe, evidence based and accurate dietary advice and interventions. One of the Health Benefit is It helps people eat less.

Music is one of the good remedy on different Diseases. Due to healthy diet the patient gets well soon and healthy Diet is possible only due to nice Music. Nutrition is a complex science that involves more than 40 nutrients. Nutrients are those substances that are essential to growth and health. From a practical standpoint these nutrients fall into six categories: carbohydrate, lipid, protein, water, vitamins, and minerals. Nutrients perform one of the following functions: they provide energy; form structural components of the body; and/or regulate body functions.

The importance of nutrition education as a means for improving the nutrition of the community in the developing countries has been increasingly realized during recent years.

Lack of knowledge of the dietary requirements and the nutritive value of different foods is the main contributory cause for the widespread occurrence of malnutrition among preschool children and other vulnerable sections of the population in the developing countries. Nutrition education should be practical and adapted to suit the socio-economic conditions, food habits and local food resources. It should include effective demonstration feeding in which mothers take active part. It should form a part of the community development programs.

### Objectives

- i. To develop nutrition advisory services and nutrition education of the public;
- ii. To participate in coordinated community nutrition programmers with the co-operation of other disciplines and agencies where feasible and necessary;
- iii. To help develop supplementary feeding programmers where necessary and provide continuing consultant services to them;
- iv. To improve nutritional levels in the community by these and other available means.

### Training of Professional Workers in Nutrition and Dietetics with the Help of Songs

**Nutritionists:** Nutritionists may be defined as specialists in the field of nutrition who have received both theoretical and practical training in nutrition to qualify them to work in National Nutrition Programs designed to improve the nutrition of the community. They receive training not only in nutrition and dietetics but also economics and sociology so that they are aware of the various factors contributing to the wide prevalence of malnutrition in the community.

**Dietitians:** Dietitians may be defined as workers who have received training in dietetics at the degree level in a

university followed by a period of practical training in institutions to qualify them for diet and food management in hospitals, schools, lunch rooms and other institutions. During the course of their work, they have the opportunity to impart education in the practical aspects of nutrition and dietetics to nurses, school teachers, social workers etc.

### Nutrition Teaching Methods

#### Lectures and Demonstrations

The lectures should be simple and practical. They should be easily understood by those attending the courses. The demonstrations should also be simple and practical so that they can be adopted by the community.

#### Workshops

The nutrition workshop should discuss the nutrition problems of the region and the steps to be taken for solving the problems and for improving the nutrition of the community.

#### Radio, Films, Still Pictures and lantern Slides

These are extremely effective educational media. They should be practical and illustrative and easily understood by the people. The narrations should be in the regional language.

#### Posters, Charts and Exhibitions

Posters should be simple clear and aesthetic in colours and arrangement, written in the regional language. They should stimulate the interests of the people. Charts should be easily visible from a distance. Letter should be big and bar charts should be used to represent the growth of children and for comparing well-balanced and ill-balanced diets. Exhibitions having posters and charts are a permanent set up for educating the community. Nutrition exhibits should be set up in schools, hospitals, clubs and other public places which are readily accessible to the people.



### **Books, Pamphlets, Bulletins and Newspaper Articles**

Printed matter in nutrition and dietetics suitable for educating the students, teachers and others employed in other occupations should be made available in regional languages at cost price. Popular articles in nutrition and dietetics should be published in newspapers.

### **Radio and Television**

Radio and television programs reach large number of people at definite times. Popular talks and discussions on the radio and television on important nutritional problems of the region will form effective means of nutrition education.

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