

- **Course Modules with quantitative lecture hours**

Unit 1: Overview – Sound Vibrations and vibes, moods and wellbeing

Effects of vibrations, frequencies, volume, speed, spacings, patterns on the body and the mind

Unit 2: Music, life and society

Music across the universe and within life forms, primacy of sound, language, vedas, mantras, yoga

a. <https://www.elisonics.com/>

b. <https://melharmonymusic.com/>

c. Other links and references will be provided during the course.