

Exploring the Role of Rabindra Sangeet in Enhancing Social and Cognitive Skills in Autistic Children: A Case Study Approach

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Abstract: Rabindra Sangeet, the musical compositions of Rabindranath Tagore, is deeply rooted in the cultural ethos of Bengal and known for its profound emotional depth and lyrical richness. This study explores the potential of Rabindra Sangeet in enhancing the social and cognitive skills of children diagnosed with Autism Spectrum Disorder (ASD). Through a case study approach involving multiple children from diverse socio-economic backgrounds, this research examines how exposure to and participation in Rabindra Sangeet sessions impact emotional expression, social interaction, verbal communication, and cognitive abilities. Preliminary findings suggest that Rabindra Sangeet's soothing melodies, rhythmic patterns, and emotional narratives create an inclusive environment that fosters improved sensory integration, attention span, and emotional regulation. The study highlights the therapeutic potential of music rooted in cultural familiarity, offering a unique, non-invasive intervention to enhance the developmental outcomes of autistic children.

Keywords: Rabindra Sangeet, Autism Spectrum Disorder, Social Skills, Cognitive Development, Music Therapy, Emotional Regulation, Case Study