

## **Nada Svasthi - An Indian Method of Music Therapy**

Faculty of Humanities and Social Science, Research Department of Cultural Studies, Jain University organises a knowledge talk on “**Deciphering Traditional Ways of Healing using "Nada Svasthi" (An Indian Method of Music Therapy)**” on 27 June 2015.

### **About the talk:**

India has been the cradle for many rich, robust, long-standing healing traditions, including the well-acclaimed fields of Ayurveda and Yoga. Modern Medicine and Medical technology have made huge strides in the past few decades. However, certain aspects of health are still best managed by alternative medicine. Consequently, many alternative systems are being experimented with; some new, others ancient, few scientific and others, faith-based.

From the World Wars era, Music Therapy, an alternative and complementary approach to therapy has gripped the imagination of the western world. Music Therapy in a broad sense is an approach to utilize specific sound patterns in a pre-decided manner to improve the physical, psychological, emotional, cognitive and social health of people. For the west, Music therapy may be a new age idea but in India, the concept of application of musical sound for individual and societal well-being has been recognized and practiced diligently since the Vedic period.

Nada Svasthi or Indian Method of Music Therapy is popular through its two arms - the musical fitness regime, known as Nada Yoga, which is preventive in nature and Nada Chikitsa, which is essentially curative. As science or art or even miracles, Indian literature and manuscripts are replete with the glory of this unique knowledge. Like all alternative systems, there are myths and truths associated with the field. The ancient system can be understood and revived by intense research, debunking the myths, validating the facts and importantly spreading the awareness.

### **About the speakers:**

**Sanak Kumar Athreya** - is a practicing music therapist, individual researcher, columnist apart from being a trained yoga practitioner and a classical music enthusiast. He has published about 1000 articles on music and allied subjects in various dailies, and journals. Apart from talks and lectures on the topic of Music and Music Therapy, he has presented research papers in National and International Conferences. As an Engineer, Sanak has worked in various multinational corporations.

**Sowmya Sanak Kumar Athreya** - is a Performing Carnatic Vocalist, having trained under Vidushi. Madhavi Rajagopalan for over 20 years. After acquiring M.A. (Music) Degree from Jain University, she is presently pursuing her Ph.D. in Music Therapy. Sowmya has also completed her M.Sc. in Microbiology and worked in the field of Clinical Research for over 5 years. She has conducted and monitored several drug trials in specialties like oncology, nephrology, cardiology and endocrinology in leading hospitals across the country.