



# The 4<sup>th</sup> International Conference on MUSIC THERAPY

BY

***NADA CENTRE FOR MUSIC THERAPY,  
CHENNAI (Regd), INDIA***

In collaboration with

**Andhra University, Visakhapatnam-530003**

<b>Dates</b>	<b>4<sup>th</sup> and 5<sup>th</sup> December, 2010</b> (Saturday & Sunday)
<b>Venue</b>	<b>Platinum Jubilee Guest House</b> Opposite to ANDHRA UNIVERSITY out gate ANDHRA UNIVERSITY Visakhapatnam-530 003, India
<b>Conference Director</b>	<b>Prof. V. Gowri Rammohan</b> Department of Psychology and Parapsychology Andhra University, Visakhapatnam-530003, India email: gowrisundari@yahoo.com Phone : +91-891-2784241, Mobile:+91-9866 301 302
<b>Conference Advisor</b>	<b>Dr. T. V. Sairam, President</b> Nada Centre for Music Therapy, Chennai Phone: +91-9891184950 Email: <a href="mailto:tvairam@gmail.com">tvairam@gmail.com</a>

## **Natural Beauty of Visakhapatnam (Andhra Pradesh, INDIA)**

Visakhapatnam is a beautiful city with many natural sight seeing places. Kailasagiri park, located on a picturesque hill facing the Bay of Bengal, Ramakrishna Beach and Rishikonda Beach are natural places of beauty, and Simhachalam is a place of Pilgrimage situated on a range of hills 16 kms from Visakhapatnam.

## **Andhra University**

Andhra University is one of the oldest educational institutions in the country and also one of the first to be conceived as a residential and teaching cum affiliating university, mainly devoted to post-graduate teaching and research. The founder Vice-Chancellor was Sir, C.R. Reddy. The former President of India Dr. Sarvepalli Radhakrishnan was one of the Vice-Chancellors who succeeded Dr. C.R. Reddy in 1931. Dr. K. Ramakrishna Rao, founder Head of the Department of Psychology and Parapsychology served as Vice-Chancellor from 1984-1988.

## **The Department of Psychology and Parapsychology**

Founded by Prof. K. Ramakrishna Rao in 1967, the Department of Psychology and Parapsychology is the only one of its kind in the country. It carved for itself a niche in the world of learning. The main focus of the department was on parapsychology when the department was founded. The department gained international reputation for its research in areas of parapsychology, Indian psychology and the psychology of sleep and dreams. Subsequently in keeping the demands of social relevance the department has grown to specialize in areas such as industrial psychology, health psychology, women's studies and psychology of music and music therapy. Major research project on the effect of classical music training on physical and cognitive aspects among students funded by the University Grants Commission was undertaken in the Department of Psychology and Parapsychology.

## **Nada Centre for music therapy, Chennai (Regd)**

Nada Centre for Music Therapy, Chennai is a non- profit NGO, formed by a devote volunteers to popularize the role of music in effectively addressing the ever-increasing ailments such as anxiety, depression, trauma etc in the present-day context of the human society.

The Centre, which had its humble beginning in the year 2004, has already made a niche in the hearts and minds of music and music therapy lovers around the world. Apart from popularizing the subject in the length and breadth of the country, through seminars, workshops, lecture-demonstration sessions etc., the Centre is also actively engaged in documenting and publishing the concepts and practices of music therapy.

The Centre has thus, pioneered in bringing out publications such as **What is Music? Medicinal Music, Raga Therapy, Music Therapy: The Sacred and the Profane and Self-Music Therapy**, all of which have received wide readership around the world. The Centre has also compiled **A Dictionary of Music Therapy and The World of Music** which are included as lessons in the innovative **Distance Learning Program on Therapeutic Aspects of Sound and Music**. The First Batch of the Program which was commenced in 2008 has attracted medical professionals, musicians, students, researchers and professionals all over the world to appreciate the complexities involved in prescribing music as medicine and how exactly one could overcome them. The Second Batch of the Participants has commenced in July 2009. For details, please visit the website: [www.nada.in](http://www.nada.in)

## ABOUT THE CONFERENCE

This is the 1<sup>st</sup> International conference on music therapy to be organized by the Dept. of Psychology and Parapsychology Andhra University and the Fourth International Conference to be organized by NADA Centre for music therapy, Chennai. The earlier three conferences, by Nada Centre held in Chennai and Delhi were well-attended by international participants drawn from various parts of the world such as Canada, Israel, Japan, Netherlands, Sri Lanka, UK, and USA, besides participants from India.

In India, unlike USA, music therapy is still in a nascent stage. Very few Indian hospitals and nursing homes can boast of inclusion of music therapy as an intervention to the conventional system of medicine, This is despite the fact that Indians have inherited rich varieties of music peculiar to each region of the sub-continent and many of them are not only talented, but also well-trained. Thus, India has all the basic requirements in shaping such musicians into value-added music therapists!

Keeping this need in mind, the theme of this conference has been carefully selected to bring to the fore the tremendous possibilities that exist in making music therapy as a cost-effective system of complementary medicine. Many participants from abroad have shown their individual solidarity with NADA Centre for Music Therapy in this Mission of Making Music as a Medicine.

## MUSIC THERAPY

Music therapy as a non-invasive complementary medicine is known to affect people from all walks of life: infants, children, teenagers, middle-aged, seniors. Workers, professionals, soldiers have all derived solace through music. Thanks to the advances made in neuro-scientific research, there is a growing awareness among the members of the scientific community on the significant therapeutic role played by music.

Music therapy is not new to Indian religions and cultures. As a concept, it is long-recognized: as *nada yoga* or *raga chikitsa*. This system, had, however lost its significance, having become extinct and obscure.

It is however, interesting to find that it is the West, which has recognized the therapeutic importance of music. The agony of the two world wars has brought in music from the barren bivouacs to specialty hospitals today. While well-trained music therapists practice their trade in America, quite a few apply music as a therapeutic tool in India. It is high time that we realize the importance of this tool which is within the reach of common man. What is actually needed now is to use the musicians' talents in evolving a workable, cost-effective, therapeutic music system, which can effectively address the pain and problems of the ailing millions.

A number of research papers published recently, have endorsed the healing impact of music. Designing music sessions using music improvisations, receptive music listening and response, music dialogue, song-writing, guided imagery, learning through music - have all shown their therapeutic importance in recent years. If Music Therapy is so important, how is it that we do not have enough opportunity to use this approach for the welfare of our people? Questions like this, which will come up for discussion in the Conference, will throw open new futuristic possibilities with music.



**Eligibility of Participants:** All academicians and researchers, who are interested in the subject of medicine, music and music therapy, are welcome to participate. We specially invite the students and scholars of the following disciplines to derive benefit from this rare opportunity: general medicine, alternative medicine, music, psychology (post graduates & practitioners), neurology, rehabilitation workers, nursing staff, social scientists, behavior specialists, special educators etc. as we feel that this nascent subject needs a multi-disciplinary approach and team-work for its development in India.

**Certificates & Handouts:** All the participants of this unique Conference will receive Handouts. Participation certificate will be distributed at the time of valediction.

**Conference Fee:** For "early bird" option pay before the 15th October 2010.

Fee Structure	Before 15-Oct-2010	On or after 16-Oct-2010
Delegates	INR 2000 \$40	INR 2500 \$50
Students*	INR 1000 \$20	INR 1500 \$30
Accompanying Person	INR 1000 \$20	INR 1500 \$30

(\*Students should produce their identity certificates from their respective institutions)

**Timings of the Sessions:**

- Inaugural Session - 10:00am on 4-Dec-2010 & will continue till evening
- Session on 5-Dec-2010 will start at 9:00am & will continue till evening

**Accommodation:** Limited budget accommodation is available in the conference premises on payment of **INR 1400/per day (AC room) INR 900/- per day (non-Ac room)** (rates as on 1<sup>st</sup> January, 2010). Information regarding other local hotels will be circulated in due course or on request.

**Last Date for receiving the Abstracts by Paper Presenters: 15-Oct-2010**

An abstract of the paper not exceeding 500 words, along with their brief biodata in about 200 words and a passport size photograph may be sent by **e-mail to** Prof. V. Gowri Rammohan in her email address [gowrisundari@yahoo.com](mailto:gowrisundari@yahoo.com). It may be noted by all the paper presenters that the abstracts received after the cut-off date may not be included in the Handout folders to be distributed to the Delegates at the time of the conference.

**For further Information contact Director of the Conference, Prof. V. Gowri Rammohan (+91-9866301302) Email: [gowrisundari@yahoo.com](mailto:gowrisundari@yahoo.com)**



# REGISTRATION FORM

(To be filled and sent to Prof. Gowri Rammohan)

INTERNATIONAL CONFERENCE ON MUSIC THERAPY  
4<sup>th</sup> & 5<sup>th</sup> December, 2010

Details			
Name			
Nationality			
Designation			
Mailing Address			
Address			
City			
Pin Code			
Email ID			
Title of Abstract			
Details of Registration Fee			
DD No.		Dated	
Drawn on Bank		Amount	

(Signature)

\* If you are a student please attach a certificate from your institution or teacher

