

Dear Friends,

CSI Chennai Chapter & IEEE Computer Society, Madras Chapter join Nada Center for Music Therapy in cordially inviting you to the Raga Therapy Lecture Demonstration as detailed below:

Raga in Indian music refers to a sequence of notes (swaras) which touch the heart and effectively create certain mood and/or arousal levels. The ancient Indians had long recognized the therapeutic role of sounds and music, thanks to their 5000-year old yoga system, which had incorporated elaborate concepts and practices relating to the impact of melodic intonation (nada). It is this system of yoga called nada yoga, which had paved the way for the emergence of the highly elaborate system of Indian music, woven with resonance and rhythms which are not only pleasant to hear but also capable of addressing the very depths of one's existence.

It is well-known now from the various research findings that depending on its guna, a raga can induce or intensify all human feelings and their nuances, thus providing unlimited avenues for their total expression. The system promises inter alia, the accessibility of emotions, especially when other avenues for emotional expression become rare or unavailable. Raga music can thus be enriching and life-enhancing for those who suffer from adverse circumstances in life such as social alienation, illness, old age, trauma, memory loss, discontent and disappointments in life.

SPEAKER: Dr. T.V. Sairam, President, Nada Center for Music Therapy

ORGANIZER: Kalaimamani Dr. S. Sunder, Convener of the Music Forum, Chennai Chapter.

DATE: 30th May 2010 (Sunday)

TIME: 10.00 a.m. - 1.00 p.m.

VENUE: Bharatiya Vidya Bhavan, Mylapore, Chennai - 600004

THE PARTICIPATION IN THIS PROGRAMME IS BY PRIOR REGISTRATION

You may register by calling Mr. Ganesh at +91-9789099664 or sending a mail to gskboss@yahoo.com

With regards

HR Mohan
Chairman, IEEE CS, Madras Chapter
Convener, CIO Forum, CSI Chennai
Chairman, Div IV on Communications, CSI
Mobile: 98414 32179 :: Email: hrmohan.csi@gmail.com