*DEAR READERS,*

Warm Greetings! The Indian Music Therapy Association (IMTA) is a professional forum for the working Music Therapists of India to propagate Music Therapy as successful and alternative means of intervention across various ailments and strive towards enlarging the research and education of Music Therapy in India. Music has been used as a healer, a relaxer, a meditator... "We tend to think of music as an art or a cultural attribute," notes Robert Zatorre, a neuroscientist at McGill University in Montreal, "but it is a complex human behavior that is as worthy of scientific study as any other." It's indeed hard to exaggerate the effect music can have on the human brain. What seems clear is that the ability to experience and react to music is deeply embedded in the biology of the nervous system.



In the never-ending search for cures and treatments that do not involve heavy doses of medication, Music Therapy shines a light. Music Therapy has often been looked upon as a "Holistic" medicine, making use of a person's inner being, or mental capacities in order to find causes and cures for many ailments. The world of Medicine now sees that Music Therapy can be used as a "supplement" to traditional remedies as well as, at times, a replacement for pain medication and the like.

All music therapists, music healers, musicians, music lovers, medical professionals, psychologists, social service volunteers and the common people believing in the power of music are welcome to join this Association as members. For more details please visit www.theimta.in.

The First Inaugural Conference of IMTA was held on Dec 1st and 2nd, 2018 between 9am to 5pm at YWCA of Delhi, Ashoka Road, New Delhi. The event was sponsored by Nada Centre for Music Therapy, Chennai. The conference under the leadership of Dr. T.V. Sairam, President of IMTA, was a major success with almost 70+ delegates participating. Dame Dr. Prof. Meher Master-Moos, Founder President of Zoroastrian College, Mumbai was the chief Guest for the occasion. Around 19 papers from delegates were presented during the conference emphasizing different perspectives of Music Therapy.

Wishing you all a glorious new year and looking forward to a dynamic Music Therapy family,

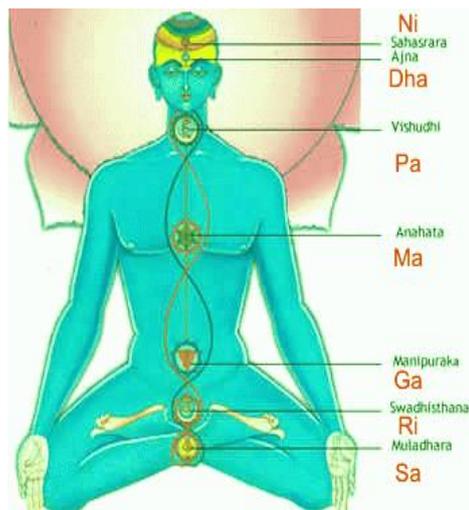
Happy Researching,

Dr. Geetha R. Bhat

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Jodi Picoult (Author of the bestselling book 'Sing You Home'): "Music therapy, to me, is music performance without the ego. ... If you can use music to slip past the pain and gather insight into the workings of someone else's mind, you can begin to fix a problem. "

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music Therapy is an established health profession. Music therapy is a nonverbal approach to the person using instruments and music in general. Music therapy is one of the expressive therapies, A type of expressive arts therapy that uses music to improve and maintain the physical, psychological, and social well-being of individuals involves a broad range of activities, such as listening to music, singing, and playing a musical instrument. Active or passive, can improve both motor control and emotional functions in patients with a wide range of health problems. In this medical practice, the therapeutic use of music is used to address the numerous needs of individuals (psychological, physical, cognitive etc.). This form of therapy is best when it is tailored to an individual's requirements. From the social and cultural perspective music permeates our society and culture making it familiar and easily accessible for our clients. Thus, a professional music therapist can select and apply appropriate music for effective treatment of our clients that reflects their culture and personal identity.

- Dr. T.V. Sairam, (President IMTA), Founder, Director - "Nada Centre for Music Therapy", Author.

Music Therapy when administered judiciously in a pure, empathetic, professional atmosphere with a touch of pure love and an understanding of the person, music therapy works miraculously. It's a wonderful experiential phenomenon. The response of Special children to music therapy is amazing. Empathetic relationship with unconditional love, acceptance and encouragement enables them to shed their blocks and inhibitions while singing. Constant learning, practice and frequent performances on stage increase their self-esteem, self-confidence, ability to express with ease. Their restlessness is reduced. We notice so many changes in them after music therapy like improvement in eye to eye contact, better clarity in speech, concentration, better memory power, improvement in social interactions, mental coordination and coherence in communication skills etc. Music therapy has undoubtedly proved to be a boon for exceptionally challenged children. The children can take shelter in this divine art to make their life more meaningful and be self-reliant at the same time.

Dr. Meenakshi Ravi (Secretary IMTA) Music Therapist, Executive Director, "Meera Center for Music Therapy Education and Research", Bangalore.

"In any music intervention, the primary plan for any therapist is towards the non-musical goals and not to straight away enforce musical skills to the client. The non-musical goals can involve getting an eye-contact, to improve sitting tolerance, to control repetitive behaviors or reduce echolalia, reduce anxiety etc." Every child requires an equal opportunity to learn within capacities and capabilities across myriad and rich fields where they can discover and explore. I have never believed in a teacher who patronizes just the gifted children. I rather push and stimulate the divine others towards their unusual efforts..."

-Dr. Geetha R. Bhat, (Vice President IMTA) Child & Adolescent Psychologist, Vainika and a Music therapist. Founder of "Hamsakutira Foundation". Research and Achievements- "Neuro-Musicology"



OFFICE BEARERS



DR. T V SAIRAM

(President IMTA)

Founder, Director - "Nada Centre for Music Therapy", Author.



VIDUSHI DR. MEENAKSHI RAVI

(Secretary IMTA)

Music Therapist, Executive Director, "Meera Center for Music Therapy Education and Research", Bangalore.



K. V. SHASTRI

(Treasurer IMTA)

Tax and Financial Consultant.



DR. GEETHA R. BHAT

(Vice President IMTA)

Child & Adolescent Psychologist, Vainika and a Music therapist. Founder of "Hamsakutira Foundation". Research and Achievements - "Neuro-Musicology".



ASHA GANAPATHY M

(Vice President IMTA)

Software engineer at Oracle. Reiki Healer and Music Therapist at "rTithali Healing Centre", Bangalore.



JAYASHREE RAJ

(Joint Secretary IMTA)

Co-Ordinator - "Nada Centre For Music Therapy".



APARNA DIXIT

(Joint Secretary IMTA)

Counselling Psychologist and Music Therapist. Founder of "Manatarang Counselling", Hubballi, Karnataka.

UPCOMING PROGRAMMES

★ IMTA in association with Meera Centre for Music Therapy and Research presents "Nadamanthana", a music therapy workshop by IMTA Therapists at Phoenix Arena Auditorium, Madhapur, Hyderabad on *Feb 23rd 2019*, 9:30am to 5:00pm

★ IMTA in association with Hamsakutira Foundation and Meera Centre for Music Therapy and Research presents a Music Therapy Symposium on *6th Apr 2019* at Bharatiya Vidya Bhavan, Race Course Road, Bengaluru, 9am to 6pm

★ IMTA in association with Manatarang Counselling, presents a Music Therapy Awareness workshop at Hubballi, Karnataka (Date to be updated soon)

Highlights from the IMTA's Inaugural conference on Dec 1st and Dec 2nd at YWCA of Delhi, Ashoka Road, New Delhi.

-Shobha Srinivasan

1. The chief guest for this conference was Dr. Meher Master Moos (from Mumbai) - who established the only Zoroastrian College in the world that provides ancient cosmic wisdom, contained in the Mazdayasnie Zarathushtrian Daena. You can read more about her here - <https://parsi-times.com/2017/07/dr-prof-meher-master-moos/>. She presented about Gathas <https://en.wikipedia.org/wiki/Gathas> and Chakras and how she has used the recitation of Gathas for curing various illness. She also shared about Aura and the instrument PIP that can be used to capture Aura to a certain extent.
2. Dr. VT Ingalhalikar an orthopedician and a musician from Mumbai presented about how important it is to add scientific research into music therapy to be able to reach wider audiences.
3. Dr. Viggo Kruger from Norway talked about how Music Therapy is now an established profession in Norway and he talked about his idea of community music therapy.
4. Dr. Veena Sukumar from Kochi talked about how people have misconceptions about Music and Music Therapy and how she demonstrated to her 85-year-old grandmother the effect of Music Therapy. Her grandmother's BP was high and she sang Ananda Bhairav and in 5 minutes, she could see the BP come back to normal. I liked the way she shared Behag Thillana in a slow manner to induce sleep.
5. Ms. Ruma Chakravarty from Faridabad shared her experiences of using active Music therapy (where she asks people to clap and tap) and passive music therapy (where people just listen to) in old age care and how after working for about a year with an elderly lady, she was able to make her walk without any support.
6. Dr. Anil Gowthaman from Coimbatore talked about how he uses music therapy in pain management. Being an orthopedician, he also shared his experience of how difficult it was to actually convince using Music Therapy.
7. Ms. Rapola Eshwari from Hyderabad shared her experience of using Music Therapy with Autistic Kids and the videos that she shared talked about her work. The way she talked showed her passion to work with children.
8. Ms. Asha Ganapathy from Bengaluru shared how she and her sister work together where her sister uses alternative medicine approach for diagnosis and then Ms. Asha uses various tools from Music therapy to treat. She talked about how she uses the Navarasas to arrive at which Raga to use for therapy. Very glad to know that the organisation that she is associated with also conducts Sanskrit workshops in association with Samskrita bhārathi.
9. Ms. Supriya Puri from Ghaziabad shared her experience of using active and passive music therapy with autistic children and how much patience a therapist needs to show to be able to wait for a child's response and encourage them.
10. Dr. Min-Joeng Bae from Seoul, Korea shared her journey of Music Therapy in US, China and Korea. I really liked the way she shared that in US, multiple music therapy association co-existed and later on they joined to form one association. I also liked the way she shared about the challenges - like insurance and funding for instruments etc.
11. Ms. Nagasudha Pranava from Hyderabad shared about how the alignment of Chakras can be achieved through music. Was very happy to know that she is also a Sanskrit resource.
12. Dr. Sai Ram, pioneer of Music Therapy in India talked about Street Music Therapists in India - A fast vanishing tribe. He talked about how music prevailed in Romani people (https://en.wikipedia.org/wiki/Romani_people). I found it very interesting to know that these were people of Indian origin.
13. Dr. Sarvjit Kaur from Amritsar spoke about how music therapy is used in rehabilitation centres talking mainly about drugs de-addiction. Was very glad to see so many research students from Amritsar studying music therapy. She also talked about Sikhism and Gurbani - the bhajan equivalent in Sikhism.

14. Dr. Shambhavi Das from Hyderabad talked about how the pancha bhootas are the base for our body and how imbalances in these can cause the tridoshas (kapha, vatha, pitta) and how swaras - S (earth), R (Water), G (Fire), M (Air), P (Space, sound), D (Space) and N (Space) can be used to address these tridoshas

15. Dr. Meenakshi Ravi from Hyderabad shared her experiences of working with Autistic children (over the past 20+ years) and how has she not only worked with them to make them self-confident but also how her autistic students are now teachers and earning money. This was so wonderful to see.

16. Dr. Narendra Kaur from Pathankot talked about how Sikhism and Gurbani with special mention of Bangla Sahib Gurudwara (as it was at a walking distance from the venue) and the healing powers of Gurbani. How she used music therapy in self thyroid cure by vocal exercises. She also talked about its usage and experiences in drug de-addiction.

17. Mrs. Suguna from Puducherry gave excellent examples of where all she has used Music Therapy

- For dialysis patients - while waiting for dialysis - if patient can be engaged by listening to them and by them listening to music
- In the initial stages of pregnancy - one can use lower octave notes for comfort.
- Singing music can make the baby move in a comfortable way
- Using music to get certain ideas across to children - Make lifestyle changes as slogans and sing them
- Drums can be used or rhythmic pattern can be used to promote “if this, then this” kind of thinking.
- Senior Citizens - role play - This I fully enjoyed. Mrs. Suguna said that when the senior citizens were enacting Ramayana, they became that character and they throughly enjoyed it.

18. Dr. Leena from Srilanka - shared her wonderful experiences of music therapy - how she uses Nordoff Robbins Music therapy methods and her knowledge of Buddhist semi classical music and Srilankan poetry and singing in a way that the patient can relate to. Make normal conversations as musical. Her passion was inspiring. She also shared something very honest which every music Therapist must be prepared to listen to.

19. Mrs. Shobha Srinivasan presented her ideas of how each member of IMTA can contribute, who all can become members of IMTA, what are the ways they can benefit and how they can use the same to make IMTA grow, how music therapy can be brought into the main stream education, profession. She also stressed on how music teachers can become aware of Music Therapy and inspire many students to think about Music Therapy as an option to contribute to the society.

