

ELIGIBILITY FOR PARTICIPATION : 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 bachelors & practitioners) , neurology, rehabilitation workers, nursing staff, social scientists, behaviour specialists, special educators etc as we feel that this nascent subject needs a multi-disciplinary approach and team-work for its development in India.



CERTIFICATE AND MATERIAL : All the participants of this unique Conference will receive Handouts. Participation certificate will be distributed at the time of valediction.

Fee : For those who opt for "early bird" option by paying before the 15th October 2009: INR 3500/- for Indian delegates /\$125 for Foreign delegates. For those who register after this date or on the spot: INR 4500/- (Indians) / \$150 (Non-Indians). Students, who are non-working will avail a special concession to the extent of INR 500/- (Indian students) / \$ 10 (Non-Indian students) from the fee as notified here. The amount to be paid to the Coordinator, School of Mental Health by Cash, Demand Draft or Cheque drawn on any bank payable at New Delhi (* Special concession for students only (non-working)

Accommodation : Limited and shared accommodation is available for Rs. 400/- per day for out station participants.

N.B. : It is highly recommended that outstation participants use the accommodation at Vimhans since seminar timings may make travelling during late hours a challenge.

Last Date for receiving the Abstracts by Paper Presenters: October, 15, 2009. The Abstract of the paper which should not exceed 600 words, may be sent by e-mail to Ms Meenakshi Venki (Mobile: 9811413225) in her email address mtconference@gmail.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. As such sufficient copies need to be carried by them for distribution by them.

Technical Consultancy: Dr T V Sairam, President, Nada Centre for Music Therapy, Chennai. (Mobile: 9891184950) Email: tvsairam@gmail.com

Contact Address for Registration : For clarification and further information about the workshop please contact :

Mailing Address : School of Mental Health - Vimhans

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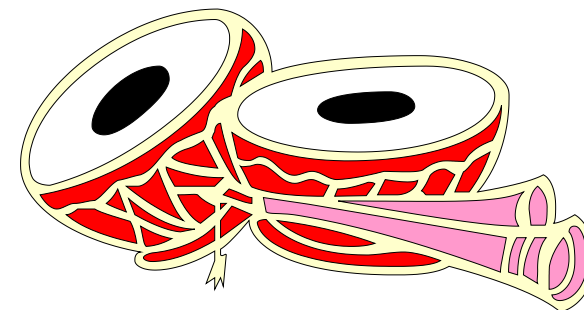
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School Of Mental Health VIMHANS

In collaboration with NADA Centre for Music Therapy-Chennai

The 3rd International Conference on **MUSIC Therapy**



12th, 13th & 14th December, 2009

On 12th Dec. :- Inaugural Session between 3.00 pm to 7.00 pm;

On 13th & 14th Dec. :- Sessions to take place between 9.30 am and 4.30 pm



Vidyasagar Institute of
Mental Health & Neurosciences

ABOUT NADA CENTRE FOR MUSIC THERAPY, CHENNAI (Regd.)

Nada Centre for Music Therapy, Chennai is a tiny, non-profit NGO, formed by a few volunteers who are devoted to popularizing 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 Programme on *Therapeutic Aspects of Sound and Music*. The First Batch of the Programme 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



ABOUT VIMHANS, NEW DELHI

VIMHANS (Vidyasagar Institute of Mental Health and Neuro-Sciences) is a speciality institute providing comprehensive facilities to patients from all over India as well as neighbouring countries like Afghanistan, Pakistan, Myanmar, Sri Lanka, Bhutan, Bangladesh, U.A.E., Kenya etc. Disciplines available include Mental Health, Neurosciences, Orthopaedics and Spine, Rehabilitation Medicine Neuro Rehabilitation and Psychiatric Day care Rehab centre and Child Development. The hospital has updated range of medical technology and in addition also has an active social outlook. Vimhans has now added a new centre of non-pharmacological approaches under "Vimhans Mind Body Centre" (MBC). VIMHANS was visited by 5,12,109 OPD patients in which 17,641 were IPD patients January 2001 to March 2009. With a 50 bedded I.C.U., the hospital is looked after by 50 consultants and a large number of support staff. For details, please visit the website: [Http://www.vimhans.com/AboutUs/AboutTheHospital/tabid/65/Default.aspx](http://www.vimhans.com/AboutUs/AboutTheHospital/tabid/65/Default.aspx)



ABOUT THE THIRD INTERNATIONAL CONFERENCE ON MUSIC THERAPY

This is the Third International Conference to be organized by NADA Centre for Music Therapy, Chennai. The earlier two conferences, held in Chennai, 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.

ABOUT 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 culture. 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 speciality hospitals today. Thousands of well-trained music therapists practice their trade in America, as against quite a few of them in India.

It is high time that the Indians wake up to realize that while winning a couple of Oscars is, no doubt, a welcome feature, 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 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.