

NADA CENTRE FOR MUSIC THERAPY, CHENNAI (REGD)

AUTHORED/ EDITED BY DR. TV SAIRAM : 402 PUBLISHED TILL 2019 (JULY)

S No	Articles/Books/Souvenirs	Journal/ Publishers	Reference
		2002	
001	Therapeutic Music	<i>Bhavans Journal, Mumbai</i>	Apr 30, 2002. (P. 76-81.)
002	Rhythms in Life	<i>Heritage Healing</i>	Jun 2002. (P
003	Music – Celestial Notes Healing Rhythms	<i>Heritage Healing</i>	Sep 2002 (Cover Story) (P 13-20)
004	Power of Music	<i>U (You can change the World)</i>	Nov 2002. (P 59-65)
005	The Healing Ragas – 4 th Workshop on the Series: The Yoga of Music	<i>Heritage Healing</i>	Aug 2002. (P 9-10)
006	Therapeutic Music- Mind a Play-field Par Excellence	<i>Heritage Healing</i>	May 2002. (P 30-32)
007	Nada, the Yoga of Music	<i>Heritage Healing</i>	Mar 2002 (P35-36)
008	Music and Moods	<i>U (You can change the World)</i>	
009	Music, the Best Medicine	<i>Dignity Dialogue, Mumbai</i>	Sep 2002 (P 31-32)
010	Therapeutic Music (Reprint)	<i>Indian Customs & Excise Magazine, New Delhi</i>	2 nd Issue, 2002. (P 5-8)
011	Music Heals, Play on! An Interview of Dr Sairam by Himal Ruparel	<i>Heritage Healing, Mumbai</i>	Sep 2002
012	From Ragas to Riches- An interview of Dr Sairam by Rashmi Kumar Massih	<i>New Indian Express</i>	
		2003	
013	Music – East or West	<i>Bhavan's Journal, Mumbai</i>	Oct 31. (P 141-143)
014	What is Music?	<i>Shanmukha, Mumbai</i>	Vol XXIX, Issue No. 2, Apr 2003 (P5-17)
015	Without Music Life would be a mistake!	<i>U (You can change the World)</i>	Jun 2003 (P 23-25)
016	From Nada Yoga to Neuromusicology	<i>Indian Customs & Excise, New Delhi</i>	2 nd Issue. 2003 (P 16-17)
017	Music and Moods	<i>Indian Customs & Excise, New Delhi</i>	3 rd Issue. 2003 (P 28-29)
6	Meditative Music	<i>Indian Customs & Excise, New Delhi</i>	Jan-Mar 2003 (P 35-38)
7	Have music, Stay Healthy!	<i>Bhavan's Journal, Mumbai</i>	May 2003 (P 78-81)
		2004	
018	The Therapeutic and Prophylactic Role of Music	<i>Ayurveda and All, New Delhi</i>	Oct 2004 (P 50-55)
019	Nada and the brain Waves	<i>Sadguru's Blessings, Hariharapura</i>	Nov 2004 (P 38-39)
020	Ragas and Feelings	<i>Bhavan's Journal, Mumbai</i>	Nov 2004 (P 66-70)
021	What is Music? (Reprint)	<i>Sadguru's Blessings, Hariharapura</i>	Oct 2004 (Reprinted) (P 35-42)
022	Music Therapy for Children	<i>My Doctor, Mumbai</i>	Oct 2004 (P 47-48)
023	Music in Attitude Development Exercise	<i>Sadguru's Blessings, Hariharapura</i>	Dec 2004 (P 33)

024	Indian Music and its Therapeutic Significance	VMA Souvenir, 2004.	
025	The Nuances of Music	Indian Customs & Excise, New Delhi	1 st Issue, 2004. (P 52)
026	The Therapeutic and Prophylactic Role of Music (Reprint)	Bulletin CPS, Visakhapatnam	
027	From Nada Yoga to Neuromusicology (Reprint)	Shanmukha, Mumbai	Apr-Jun 2004 (P20-22)
028	Music Therapy	Bhavan's Journal, Mumbai	Dec 2004 (P67-69)
029	Transformation of the Sound	Bulletin CPS, Visakhapatnam	
030	What is Music? (Reprint)	Indian Customs & Excise, New Delhi	2 nd Issue, 2004 (P 18-24)
031	Emotional Secrets in Musical Constructs (Reprint)	Bulletin CPS, Visakhapatnam	
032	Music Therapy for Children and the Elderly	Ayurveda and All, New Delhi	Aug 2004 (P 4546)
033	Ragas for the Gym	Bhavan's Journal, Mumbai	2004 (P 97-98)
034	Raga Therapy	Nada Centre for Music Therapy, Chennai	First Edition
035	Music and Emotions	Bhavan's Journal, Mumbai	Nov 2004 (P 61-65)
036	Music, the Best Medicine!	Dignity Dialogue, Mumbai	Sep 2004 (P 31-32)
037	Music and moods	U (You can change the World), New Delhi	May 2004 (P 46-47)
038	The Therapeutic and Prophylactic Role of Music	Bulletin CPS, Visakhapatnam	(P 5-7)
039	Ragas for the Gym	Bhavan's Journal, Mumbai	(P 97-98)
040	The Mozart Effect	Alive, New Delhi	Mar 2004 (P124-127)
041	Music for the Brain- The Mozart Effect	Amulya- Souvenir, New Delhi	(P 50-55)
041	Medicinal Music (Book)	Nada Centre for Music Therapy, Chennai	First Published in 2004.
043	What is Music? (Book)	Nada Centre for Music Therapy, Chennai	First Published in 2004.
044	Raga Therapy (Book)	Nada Centre for Music Therapy, Chennai	First Published in 2004.
045	Music Therapy : Discussion and Survey ("Vizag Survey") among medicos and musicians	Organizing Committee CPS Visakhapatnam	Apr 25, 2004
046	Music and Emotion : A Radio Broadcast with Illustrations	Prasar Bharati, All India Radio, Visakhapatnam	Jan 31, 2004
047	Music and Consciousness: A Radio Broadcast with Illustrations	Prasar Bharati, All India Radio, Visakhapatnam	May 8, 2004.
048	Rhythms : A Radio Broadcast with Illustrations	Prasar Bharati, All India Radio, Visakhapatnam	May 22, 2004.
049	Healing with Music- An Interview of Dr Sairam by A.R.S	The Hindu	April 30, 2014
050	Of Musical Yearnings – An Interview of Dr Sairam by Aparna Ramalingam	Financial Express	Aug 7, 2004
051	Music can Help you Lower Stress Levels- An interview of Dr Sairam by Aditi Sharma	Asian Age	Mar 1, 2004
		2005	

052	Music Therapy for Elders	<i>My Doctor, Mumbai</i>	Jan 2005 (P 28-29)
053	Music Therapy for Children (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
054	Music Therapy for Children and Elderly (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
055	Music Therapy (Reprint)	<i>The Eternal Solutions, New Delhi</i>	Nov 2005 (P 114-115)
056	Raga Therapy (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
057	Indian Music as the Complementary Medicine – The Vizag Survey	<i>Bulletin CPS, Visakhapatnam</i>	
058	Music the Medicine	<i>My Doctor, Mumbai</i>	Aug 2005 (P 59-61)
059	Therapeutic Usefulness of Music – A Key Note Presentation		
060	Self- Music Therapy: A New Horizon for Healing	<i>Sadguru's Blessings, Hariharapura</i>	Jun 2005 (P 35-36)
061	Music Therapy : Problems and Prospects	<i>Indian Customs & Excise, New Delhi</i>	2 nd Issue, 2005 (P 20-21)
062	From Nada Yoga to Neuromusicology (Reprint)	<i>My Doctor, Mumbai</i>	Apr 2005 (P 26-27)
063	Aesthetics of Music	<i>Indian Customs & Excise, New Delhi</i>	2 nd Issue (P 16-18)
064	Music Therapy: Towards Re-discovering India's Glory	<i>Splendour, Hyderabad</i>	Jul 2005 (P 37-39)
065	Transformation of the Sound	<i>The Eternal Solutions, New Delhi</i>	Dec 2005 (P 112-113)
066	Music for the Terminally Ill.	<i>Ayurveda and All, New Delhi</i>	Dec 2005 (P 53-54)
067	The Mystery of Music	<i>Indian Customs & Excise, New Delhi</i>	1 st Issue 2005 (P21-22)
068	Music Therapy: A Redicovery (Cover Story)	<i>Mystic India, New Delhi.</i>	Nov-Dec 2005 (P 14-23)
069	Music- How it affects our Mind	<i>Sadguru's Blessings, Hariharapura</i>	Oct 2005 (P 36-37)
070	Raga Therapy: A New Horizon in the Treatment of the Mentally-Challenged	<i>Indian Customs & Excise, New Delhi</i>	3 rd Issue, Sep 2005 (P 56-57)
071	Proto-Ragas: A Boon for the Mentally-Challenged	<i>Ayurveda and All, New Delhi</i>	Aug 2005 (P 35-36)
072	Proto Ragas and Psuedo Ragas	<i>Sadguru's Blessings, Hariharapura</i>	May 2005 (P 37-38)
073	Nada Yoga- The Ancient Indian System of Music Therapy	<i>The Eternal Solutions, New Delhi</i>	Aug 2005 (P 62-63)
074	Carnatic & Hindustani: The Two Eyes of Indian Music	<i>Bhavan's Journal, Mumbai</i>	July 31, 2005 (P 70-72)
075	Sedative Music	<i>My Doctor, Mumbai</i>	Jul 2005 (P 46-48)
076	Nada Yoga: Indian Healing Technique	<i>Sadguru's Blessings, Hariharapura</i>	Jul 2005 (P 37-38)
077	Musical Cure for the Mentally-challenged	<i>Bhavan's Journal, Mumbai</i>	Jul 15, 2005 (P 71-74)
078	Self- Music Therapy: A New Horizon for Healing	<i>Ayurveda and All, New Delhi</i>	Jun 2005 (P38- 39)
079	Music and the Modern Science	<i>Shanmukha, Mumbai</i>	Jun 2005 (P 37 & 48)
080	Indian Music and its Therapeutic Significance	<i>My Doctor, Mumbai</i>	Dec 2005 (P18- 20)
081	Therapeutic Significance of Indian music	<i>Tattvaloka, Chennai</i>	Mar 2005 (P 27-33)
082	Music for the Mind	<i>Harmony, Mumbai</i>	Apr 2005 (P 14)

083	Vibration, the Life's Rhythm	<i>Bhavan's Journal, Mumbai</i>	<i>Mar 31, 2005 (P 77-79)</i>
084	The Power of Sound Vibrations	<i>Ayurveda and All, New Delhi</i>	<i>Apr 2005 (P 44-45)</i>
085	Self- Music Therapy	<i>My Doctor, Mumbai</i>	<i>May 2005 (P 48-49)</i>
086	Proto-Ragas: A Boon for the Mentally-Challenged (Reprint)	<i>Bhavan's Journal, Mumbai</i>	<i>May 15, 2005 (P 93- 95)</i>
087	Towards a Healthy Soundscape	<i>Bulletin CPS, Visakhapatnam</i>	<i>(P 4-6)</i>
088	The Feel Good Factors in Music	<i>Tattvaloka, Chennai</i>	<i>Aug 2005 (P 37-38)</i>
089	The Feel Good Factors in Music (Reprint)	<i>Ayurveda and All, New Delhi</i>	<i>Jul 2005 (P 31-32)</i>
090	Nada Yoga: The Yoga of Music (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	<i>Jun 2005 (P 7-9)</i>
091	Raga Therapy: A New Horizon in the Treatment of the Mentally-Challenged (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
092	Music Aids Meditation	<i>Tattvaloka, Chennai</i>	<i>Aug 2005 (P 32-35)</i>
093	Music Therapy for Elders	<i>Dignity Dialogue, Mumbai</i>	<i>Jan 2005 (P 53-</i>
094	Nada Yoga: The Yoga of Music (Reprint)	<i>Sadguru's Blessings, Hariharapura</i>	<i>Jan 2005 (P 37-338)</i>
095	Music the Medicine	<i>Ayurveda for All, New Delhi</i>	<i>May, 2005 (P44-47)</i>
096	Indian music Therapy	<i>U (You can change the World)</i>	<i>May 2005 (P 59-60)</i>
097	Music for the Mind	<i>Harmony</i>	<i>Apr 2005 (P 12)</i>
098	Psychology of Music	<i>My Doctor, Mumbai</i>	<i>Feb (P 18-20)</i>
099	Yoga and Music: A Lec-Dem Venue: Public Library, Visakhapatnam	<i>Sri Rajalakshmi Foundation</i>	<i>Mar 23, 2005</i>
100	Raga Therapy by Dr TV Sairam- A Book Review	<i>Ayurveda and All, New Delhi</i>	<i>Apr 2005: 56</i>
101	Help them become self-reliant! – An Interview of Dr Sairam	<i>The New Indian Express</i>	
102	Raga Therapy Soothes Disturbed Minds! – An interview of Dr Sairam by Vasudevan Patri		
102 A	Can an integration of different music cultures be useful for music therapy? A Little story about Indian Ragas by Maria Ivannikova	Voices: Moderated Discussions- Music Therapy Traditions in India	Sept 2005.
		2006	
103	The Music Mantra by Marcilin S Madathil on Dr T V Sairam	<i>Vacancies for You, Mumbai</i>	<i>Sep 06, 2006</i>
103	Music as a Complementary Medicine	<i>Ayurveda for All, New Delhi</i>	<i>Mar 2006</i>
104	Music Therapy for Senile Dementia	<i>Ayurveda for All, New Delhi</i>	<i>July 2006</i>
105	Raga Therapy : The New Medicine?	<i>Ayurveda for All, New Delhi</i>	<i>Jan 2006</i>
106	Fostering Clinical Musicianship	<i>My Doctor, Mumbai</i>	<i>July 2006</i>

107	Music Therapy for Alzheimer's patients	<i>Bhavans Journal, Mumbai</i>	March 31, 2006
108	Music Therapy for Senile Dementia (Reprint)	<i>Bhavans Journal, Mumbai</i>	Oct 15, 2006
109	Music for Lateral Thinking	<i>Bhavans Journal, Mumbai</i>	Oct 31 2006
110	What they don't teach in B-Schools	<i>Bhavans Journal, Mumbai</i>	Sep 15, 2006
111	Laya in Music and in Mind: The Point of Disappearance	<i>Bhavans Journal, Mumbai</i>	June 15,2006
112	Raga Chikitsa: The Indian Music Therapy	<i>Shanmukha, Mumbai</i>	June 2006/ Also in Ayurveda and All, May 2007
113	Self Music Therapy (Reprint)	<i>Bulletin, Centre for Policy Studies, Visakhapatnam</i>	Dec 2 2006
114	Music fights Stress	<i>The Eternal Solution, New Delhi</i>	July 2006
115	Rewinding for Joy- Music	<i>The Eternal Solution, New Delhi</i>	Sep 2006
116	Music in Crisis Management	<i>The Eternal Solutions, New Delhi</i>	Jun 2006 (P 98-99)
117	The Feel Good Factors in Music (Reprint)	<i>Sadguru's Blessings, Hariharapura</i>	May 2006 (P 17-18)
118	Music for Ironic Awareness	<i>The Eternal Solution, New Delhi</i>	Mar 2006 (P 102-107)
119	The Indianness in Music	<i>The Eternal Solution, New Delhi</i>	Mar 2006 (P 100-101)
120	Music Therapy: The Probable Mechanism	<i>Ayurveda for All, New Delhi</i>	Apr 2006 (P 41-43)
121	Music Therapy for Alzheimer Patients	<i>Bhavans Journal, Mumbai</i>	March 31, 2006 (P 78-81)
122	Laya in Music and in Mind: The Point of Disappearance	<i>Bhavans Journal, Mumbai</i>	Jun 15, 2006 (P 63-64)
123	Calming the Nerves	<i>The Eternal Solution, New Delhi</i>	Apr 2006 (P 106)
123	Health of a Nation	<i>My Doctor, Mumbai</i>	Oct 2006 (P 21-23)
124	Mind in Music	<i>The Eternal Solutions, New Delhi</i>	Jan 2006 (P 102-103)
125	Self Music Therapy: Cheers to the Seniors! (Reprint)	<i>Ayurveda and All, New Delhi</i>	Aug 2006 (P28-30)
126	Raga Therapy: The New Medicine?	<i>Ayurveda and All, New Delhi</i>	Jan 2006 (46-47)
127	Self Music Therapy: Cheers to the Seniors! (Reprint)	<i>My Doctor, Mumbai</i>	Sep 2006 (P 18-19)
128	Understanding Music	<i>The Eternal Solution, New Delhi</i>	Feb 2006 (P 96-97)
129	Music Therapy for Senile Dementia (Reprint)	<i>Ayurveda and All, New Delhi</i>	Jul 2006 (P 28-29)
130	Music Therapy for Alzheimer's Patients (Reprint)	<i>Dignity Dialogue, Mumbai</i>	Apr 2006 (P 10)
131	Health of a Nation (Reprint)	<i>The Eternal Solution, New Delhi</i>	Oct 2006 (P158-159)
132	Music Therapy for Alzheimer's Patients (Reprint)	<i>Ayurveda and All, New Delhi</i>	Nov 2006 (P 35- 37)
133	Music Therapy Research : The Science and the Lack of it!	<i>My Doctor , Mumbai</i>	Apr 2006 (P19-20)
134	Alternative Medicine: The Myth and Mystery	<i>Ayurveda and All, New Delhi</i>	Dec 2006 (P 25-27)
135	Training the Mind with Music!	<i>Bhavans Journal, Mumbai</i>	Jan 31, 2006 (P 61-65)
136	Rewinding for Joy- Music!	<i>The Eternal Solution, New Delhi</i>	Sep 2006 (P 118-120)
137	Music as a Complementary Medicine	<i>My Doctor, Mumbai</i>	Mar 2006 (P 20-22)
138	Music for Lateral Thinking	<i>Bhavans Journal, Mumbai</i>	Oct 31, 2006 (P 100-102)

139	Music as a Complementary Medicine (Reprint)	<i>Ayurveda and All, New Delhi.</i>	Mar 2006 (P40-42)
140	Music Therapy: From Evangelism to Science (Inaugural Address)	<i>Souvenir -2006 of the First International Conference on Therapeutic Usefulness of Music organized by Nada Centre for Music Therapy</i>	Jan 15, 2006
141	Music for the Terminally Ill (Reprint)	<i>My Doctor, Mumbai.</i>	Feb 2006 (P 51-52)
142	Indian Music Therapy	<i>Samvit</i>	Mar 2006 (P 36-43)
143	Health of a Nation (Reprint)	<i>Ayurveda and All, New Delhi</i>	Oct 2006 (P 25-28)
144	The Science of Sound: New Vistas.	<i>Ayurveda and All, New Delhi</i>	Sep 2006 (P 28-30)
145	Therapeutic Possibilities in Music for Tsunami survivors- A Keynote Presentation	<i>Key Note Presentation in the World Conference organized by Nada Centre for Music Therapy</i>	
146	Melody and Rhythms – ‘Indianness’ in Indian Music and Music Therapy	<i>Music Therapy Today (Online)</i>	Dec 22, 2006 Vol VII (4) 876-891.
147	Music Therapy: Preaching and Practising	<i>Ayurveda and All, New Delhi</i>	Dec 2006 (P35-37)
148	Music Therapy for Elders (Reprint)	<i>Dignity Dialogue, Mumbai</i>	Dec 2006 (P 10-11)
149	Music Therapy for Senile Dementia (Reprint)	<i>Bhavan’s Journal, Mumbai</i>	Oct 15, 2006 (P 103-104)
150	Calm the Nerves	<i>The Eternal Solutions, New Delhi</i>	Apr 2006 (P 106)
151	Music Therapy: The Probable Mechanism	<i>My Doctor, Mumbai</i>	Jan 2006 (P 39-42)
152	Stress on Music Relieves Stress!	<i>Ayurveda and All, New Delhi</i>	Jun 2006 (P 45-47)
153	Music Therapy: The Sacred and the Profane (Book)	<i>Nada Centre for Music Therapy, Chennai</i>	First Published 2016; released in the First International Conference, held at Chennai
154	Self-Music Therapy (Book)	<i>Nada Centre for Music Therapy, Chennai</i>	First Published 2016.
155	First International Conference on Therapeutic Usefulness of Music (Venue: Narada Gana Sabha, Chennai)	<i>Nada Centre for Music Therapy, Chennai</i>	Jan 15, 2006.
156	Can an integration of different musical cultures be useful for music therapy? A Little Story about Indian Ragas.- An interview of Dr Sairam by Maria Ivannikova.	<i>Voices: Moderated Discussion</i>	
157	Music Mantra- An interview of Dr Sairam by Mercilin S Madathil	<i>Vacancies for You, Mumbai</i>	Sep 6, 2006
		2007	
158	Advantage: Indian Music	<i>Music for the Love of It (U.S.A)</i>	Sep 2007
159	Neurological Music Therapy	<i>My Doctor, Mumbai</i>	June 2007
160	Therapeutic Music in Primitive Cultures	<i>My Doctor, Mumbai</i>	April 2007
161	Acoustic Ecology: Towards a	<i>My Doctor, Mumbai</i>	Dec 2007

	Healthy Soundscape		
162	Emotional Expressions in the Healing Ragas	<i>My Doctor, Mumbai</i>	Mar 2007
163	Self-Music Therapy (Book Condensation)	<i>Self-Music Therapy</i>	Nov 2007
164	Psychiatric Music Therapy	<i>Ayurveda and All, New Delhi</i>	June 2007
165	Music Therapy Research and Practice in India: A Status Report	<i>-do-</i>	Sep 2007
166	The Personal Tempo and the Tempo in Music	<i>-do-</i>	Oct 2007
167	Acoustic Activism	<i>-do-</i>	Nov 2007
168	Neurological Music Therapy	<i>-do-</i>	Feb 2007
169	Music as Palliative Care	<i>Bhavan's Journal, Mumbai</i>	Feb 2007
170	Musical Thoughts	<i>-do-</i>	Feb, 15, 2007
171	Music – the Energy Source?	<i>-do-</i>	Mar 2007
178	Psychoacoustics	<i>-do-</i>	Oct 15, 2007
179	The Sound Experience	<i>-do-</i>	Oct, 31, 2007
180	Raga Chikitsa: Indian Music Therapy	<i>-do-</i>	Dec 31, 2007
181	Music fights Stress	<i>The Eternal Solutions, New Delhi</i>	Jul 2007
182	Chant, Chant, Chant!	<i>-do-</i>	Jun 2007
183	Healing Ragas: Therapy through Indian Music	<i>DignityDialogue, Mumbai</i>	Feb 2007
184	Music weds Meditation	<i>-do-</i>	Dec 2007
185	Raga Chikitsa : The Indian Music Therapy (Reprint)	<i>Shanmukha, Mumbai</i>	Apr-Jun 2007
186	From Ragas to Riches	<i>-do-</i>	Jul-Sep 2007
187	Pamper Yourself with Music	<i>-do-</i>	Jan-Jun 2007
188	Music Therapy: Preaching and Practising	<i>Indian Customs & Excise, New Delhi</i>	
189	Healing through Music	<i>Soul Curry, New Delhi</i>	Mar-Apr 2007
190	The Raga Cure for Autism	<i>Mystic India, New Delhi</i>	Oct
191	Fostering Clinical Musicianship (Reprint)	<i>Ayurveda and All, New Delhi</i>	Feb 2007 (P 28-29)
192	Dictionary of Music Therapy (With an introduction to Raga Therapy and Therapeutic Ragas)	<i>Agam Kala Prakashan, New Delhi</i>	First Published in 2007.
193	The Raga Cure for Autism (Reprint)	<i>My Doctor, Mumbai</i>	Sep 2007 (P19-21)
194	Music Yoga Combo	<i>My Doctor, Mumbai</i>	Aug 2007 (P 26-28)
195	Music and Musicians' Brain	<i>My Doctor, Mumbai</i>	Feb 2007 (P 22-24)
196	Self- Music Therapy	<i>Nada Centre for Music Therapy, Chennai</i>	First Published, 2007.
197	The Penguin Dictionary of Alternative Medicine	<i>Penguin Books</i>	First Published, 2007.
198	The Music-coated Medicine	<i>Ayurved and All, New Delhi</i>	Apr 2007 (P 19-22)
199	Healing through Music	<i>Soul Curry, New Delhi</i>	Mar-Apr 2007 (P 48-59)
200	Psychiatric Music Therapy	<i>Ayurved and All, New Delhi</i>	Jun 2007 (P27-29)
201	Music Training is Mind Training!	<i>My Doctor, Mumbai</i>	Jul 2007 (P 24-26)
202	Key Note Address on Raga Therapy- A New Horizon in	<i>National Conference on Music Therapy as an Aternative Medicine,</i>	Feb 12-13, 2007.

	the treatment of the Mentally-challenged . Venue: India International Centre, New Delhi	<i>sponsored by Society of Gerontological Medicine, New Delhi</i>	
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203	Acoustics, the Science of Sound	<i>Bhavan's Journal, Mumbai</i>	Mar 15, 2008
204	Ragas for the Gym	<i>Bhavan's Journal, Mumbai</i>	May 2008
205	Medicinal Music	<i>Bhavan's Journal, Mumbai</i>	Jan 31, 2008
206	Alfred Tomatis: The Father of Music Therapy	<i>Bhavan's Journal, Mumbai</i>	Jun 3, 2008
207	The Sound Traditions of India	<i>Bhavan's Journal, Mumbai</i>	Jul 31, 2008
208	The Sound Experience	<i>Bhavan's Journal, Mumbai</i>	Oct 31, 2008
209	Raga Therapy	<i>My Doctor, Mumbai</i>	Dec 2008
210	Aalaap- Therapeutic Role of Music Improvisation	<i>My Doctor, Mumbai</i>	Feb 2008
211	Music Therapy and the Elderly	<i>My Doctor, Mumbai</i>	Jul 2008
212	Music in Pain Management	<i>My Doctor, Mumbai</i>	Oct 2008
213	Music and its Emotional Impact	<i>My Doctor, Mumbai</i>	Apr 2008
214	Transformation of the Sound	<i>Ayurveda and All, New Delhi</i>	Feb 2008
215	Train the Brain with the Musical Strain!	<i>Ayurveda and All, New Delhi</i>	Mar 2008
216	Acoustic Activism	<i>Ayurveda and All, New Delhi</i>	Jun 2008
217	Music can Help Overcome Mental Problems	<i>Ayurveda and All, New Delhi</i>	Nov 2008
218	Neuromusicology	<i>Ayurveda and All, New Delhi</i>	Aug 2008
219	Music Therapy: Treatment Procedures	<i>Ayurveda and All, New Delhi</i>	Dec 2008
220	Carnatic & Hindustani : The Two Eyes of Indian System of Music	<i>Souvenir of Vizag Music Academy, Visakhapatnam</i>	Nov 2008
221	Alpha and Beta Music: The Great Divide in Musical Experience	<i>Mystic India, New Delhi</i>	Jun 2008
222	From Nada Yoga to Neuro-musicology	<i>-do-</i>	Feb 2008
223	The Healing Vibrations in Music	<i>-do-</i>	Oct 2008
224	Alfred Tomatis	<i>Bhavan's Journal, Mumbai</i>	Jun 2008 (P 87-90)
225	Therapeutic Role of Music in Dementia	<i>Ayurveda and All, New Delhi</i>	Apr 2008 (P 30-34)
226	Aalaap- A Sure Cure?	<i>The Eternal Soutions, New Delhi</i>	Mar 2008 (P 80-82)
227	Therapeutic Role of Music in Dementia	<i>Ayurveda and All, New Delhi</i>	Apr 2008 (P 30-34)
228	Music in Pain Management (Reprint)	<i>Ayurveda</i>	(P 17-19)
229	Souvenir of 2 nd International Conference on Psychology of Music and Music Therapy (Venue: Naradha Gana Sabha, Chennai)	<i>Nada Centre for Music Therapy, Chennai</i>	Nov 15, 2008.

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230	Chanting Mantras, Syllables as	<i>Bhavans Journal, Mumbai</i>	Feb 28
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	Therapeutic Intervention		
231	Music in Human Life	<i>-do-</i>	Feb, 15
232	Raga Therapy	<i>-do-</i>	March, 31
233	The Healing Music of Mozart	<i>-do-</i>	April, 15
234	The Three Gunas of Mind and Music	<i>-do-</i>	June 15 2009 (P 99-102)
235	Simple Music Therapy Sessions: Chanting and Listening	<i>Ayurveda and All, New Delhi</i>	June
236	Vibroacoustic (VA) Therapy	<i>-do-</i>	Jan
237	What is Music Therapy?	<i>-do-</i>	Feb
238	Music Therapy: The Future Medicine	<i>-do-</i>	Mar
239	What does Music Therapy promise?	<i>-do-</i>	July
240	Music and the Musician's Brain	<i>My Doctor, Mumbai</i>	Jan
241	Composing, Singing and Playing as Music Therapy Sessions	<i>My Doctor, Mumbai</i>	Feb
242	Music Therapy: A Typical Therapeutic Setting	<i>My Doctor, Mumbai</i>	April
243	The built-in tensions and their resolutions in Music	<i>My Doctor, Mumbai</i>	May
244	Chants and Mantras: The Ancient Methods in Music Therapy	<i>My Doctor, Mumbai</i>	July
245	Music Therapy : The Indian Medico's Perception	<i>Ayurveda and All, New Delhi</i>	Aug 2009 (P 24-27)
246	Improvising music as a technique in Music Therapy	<i>Ayurveda and All, New Delhi</i>	Oct 2009 (P 32-34)
247	Is music necessary for human existence?	<i>Ayurveda and All, New Delhi</i>	Nov 2009 (P29-31)
248	Self-music therapy for emotional healing	<i>My Docvtor, Mumbai</i>	Aug 2009 (P 47-48)
249	Psychoacoustics	<i>2nd National Seminar on Music Therapy, Mumbai</i>	
250	Music, the Medicine	<i>Indian Customs & Excise, New Delhi</i>	Jun 2009 (P 33-35)
251	Chanting Mantras, Syllables as Therapeutic Intervention (Reprint)	<i>Ayurveda and All, New Delhi</i>	May 2009 (P 33-35)
252	An Approach to Imagination and Envisioning in Music Therapy	<i>Ayurveda and All, New Delhi</i>	Dec 2009 (P 29-30)
253	Suicide and Music Therapy	<i>My Doctor, Mumbai</i>	Dec 2009 (P 27)
254	Music and the Musicians' Brain	<i>My Doctor, Mumbai</i>	Jan 2009 (P45-47)
255	Raga Therapy: The Miracle of Microtones (A Lec-Dem) Venue: Kala Bharati Auditorium, Visakhapatnam	<i>Visakha Music Academy, 40th Annual Festival of Music and Dance</i>	Nov 29, 2009.
256	3rd International Conference on Music and Music Therapy.		
257	Music Heals- An interview of Dr Sairam by Deepika Saravanan	<i>Nanganallur Times, Chennai</i>	Oct 11-17, 2009
258	Wired to Melody- A Review of Dr Sairam's Presentation in IIC, New Delhi	<i>The Hindu</i>	Jun 5, 2009.

259	Therapeutic Usefulness of Music – A Key Note Address		
260	The Bhakti Movement – A Forward	<i>Prahlada Bhakti Vijaya by S Revathi, Bengaluru</i>	2009

2010

261	Music and Emotions	<i>Bhavan's Journal, Mumbai</i>	May 31, 2010. (P 61-65)
262	Self- Music Therapy: Cheers to the Seniors!	<i>Science India</i>	Oct 2010 (P 35-36)
263	The Three Gunas of Mind and Music	<i>Ayurveda and All, New Delhi</i>	Jul 2010 (P 23-24)
264	Music fights Stress	<i>Eternal Solutions, New Delhi</i>	May 2010 (P 86)
265	Music Therapy: The Probable Mechanism	<i>Ayurveda and All, New Delhi</i>	Jan 2010 (P 18)
266	Music as Holistic Medicine	<i>Ayurveda and All, New Delhi</i>	Jun 2010 (P 33-34)
267	Music in Hospice	<i>Ayurveda and ALL, New Delhi</i>	Oct 2010 (P 29-31)
268	Therapeutic Ragas	<i>Digniy Dialogue, Mumbai</i>	Apr 2010
269	Ragas for Emotional Healing : Unveiling the Secrets of Emotional Ragas	<i>Ayurveda and All, New Delhi</i>	Aug 2010 (P 20-22)
270	Swara Yoga and Sound Consciousness	<i>Bhavan's Journal, Mumbai</i>	Dec 2010 (P73-74)
271	Nada Yoga: The Yoga of Music (Reprint)	<i>Bhavan's Journal, Mumbai</i>	Sep 2010 (P 72-76)
272	Music Therapy in Brain Injury Rehabilitation	<i>My Doctor, Mumbai</i>	Dec 2010 (P 22-23)
273	Music Therapy for Premature Babies	<i>Bhavan's Journal, Mumbai</i>	Mar 2010 (P 100-103)
274	Music for the Brain: Mozart Effect	<i>My Doctor, Mumbai</i>	Apr 2010 (P 61-63)
275	Music and Moods (Reprint)	<i>Ayurveda and All, New Delhi</i>	Mar 2010 (P 21-23)
276	Experiencing Music	<i>My Doc, Mumbai</i>	Jun 2010 (P 50-53)
277	Indulging in Music	<i>The Eternal Solutions, New Delhi</i>	Oct 2010 (P 74-75)
278	The Sound of Music	<i>Spice Route Inflight Magazine, Mumbai</i>	Jul 2010 (P 76-77)
279	Music for Re-living!	<i>The Eternal Silutions, New Delhi</i>	Nov 2010 (P 90-91)
280	The Psychology of Music	<i>My Doctor, Mumbai</i>	Feb 2010 (P 18-20)
281	Feelings in Music as a Healing Means	<i>My Doctor, Mumbai</i>	Nov 2010 (37-39)
282	Mind and Music	<i>Ayurveda and All, New Delhi</i>	Sep 2010 (P 22-24)
283	Music Therapy in Brain Injury Rehabilitation	<i>Ayurveda and All, New Delhi</i>	Dec 2010 (P21-24)
284	Music- The Energy Source?	<i>Science India</i>	Sep 2010 (P 43-44)
285	Music for the Brain: Mozart Effect (Reprint)	<i>Ayurveda and All, New Delhi</i>	May 2010 (P 35-37)
286	Music for the Brain: Mozart Effect (Reprint)	<i>Bhavan's Journal, Mumbai</i>	Apr 30, 2010 (P 85-89)
287	Mind and Music	<i>Ayurveda and All, New Delhi</i>	Sep 2010 (P 22-24)
288	Raga Therapy	<i>The Eternal Solutions, New Delhi</i>	Mar 2010 (P 86-87)
289	Souvenir of the 4 th International Conference on Psychology of Music and Music Therapy . Venue: Platinum Jubilee Guest Hose, Andhra University,	<i>Dept of Psychology and Parapsychology, Andhra University, Visakhapatnam</i>	Dec 4&5, 2010.

	Visakhapatnam.		
290	Haling with Music	<i>Midtown Wheel- The Bulletin of Rotary Club of Delhi Midtown, New Delhi</i>	May 28, 2010
291	Making Research Relevant in Music Therapy Practices and Advocacy A Lec Dem. Venue:		
292	Remedy in Melody – An Interview of Dr Sairam by Bindu Gopal Rao.	<i>Swagat, Mumbai</i>	Nov 2010.
293	Raga Therapy- An Interactive Lecture Demonstration. Venue:	<i>Music Forum, Chennai</i>	
294	Executives turn to Music Therapy to de-stress! An interview of Dr Sairam	<i>Economic Times</i>	Oct 11, 2010
295	Contribution of the Indian Music Therapists – an interview of Dr Sairam by Dr Ram Manohar Sharma	<i>IRRC</i>	Sep 2010

2011

296	Human Feelings through Voice and Sound	<i>Ayurveda and All, New Delhi</i>	Mar 2011: 23-24
297	Manage your Anger with Music!	<i>Ayurveda and All, New Delhi</i>	Sep 2011: 29-31.
298	Music Therapy for the Under-privileged	<i>Bhavan's Journal, Mumbai</i>	Mar 2011: 89-92.
299	Magic in Melody	<i>Club Class</i>	Dec 2011: 12-17
300	Self-Music Therapy: Cheers to the Seniors! (reprint)	<i>Nadhabrahmam, Chennai</i>	June, 2011: 30
301	Mind Training with Music and Yoga	<i>Nadabrahmam, Chennai</i>	Oct 2011: 25-26
302	Raga Therapy: An Introduction	<i>Nadhabrahmam, Chennai</i>	May 2011: 35-39.
303	Overtone Chanting for Haling	<i>Nadhabrahmam, Chennai</i>	Dec 2011: 7-8
304	Vedic Sounds and the Human Physiology	<i>Nadhabrahmam, Chennai</i>	Dec 2011: 24-25
305	Chanting: A Time-tested Method for Overcoming Trauma	<i>Nadhabrahmam, Chennai</i>	March 2011: 34-36
306	Raga Chikitsa: The Indian Music Therapy	<i>Nadhabrahmam, Chennai</i>	Aug 2011: 13-15.
307	Proto-Ragas: Birth of a New Concept in Indian Music Therapy	<i>Bhavan's Journal, Mumbai</i>	Jun 15, 2011: 81-83
308	Shamanism and the Origin of Music Therapy	<i>Bhavan's Journal, Mumbai</i>	Jul 15, 2011: 78-84.
309	Music Therapy in Brain Injury Rehabilitation	<i>Bhavan's Journal, Mumbai</i>	Jan 21, 2011: 98-100
310	Shamanism and the Origin of Music Therapy (Reprint)	<i>Ayurveda and All, New Delhi</i>	May 2011: 35-37
311	Music in Hospices	<i>Ayurveda and All, New Delhi</i>	Feb, 2011: 31-32.
312	Train the Brain with Musical Strain!	<i>Ayurveda and All, New Delhi</i>	Jun 2011: 21-22.
313	Raga Therapy: Aalaap for	<i>Ayurveda and All, New Delhi</i>	Apr 2011: 23-24

	Emotional Healing		
314	Proto-Ragas: Birth of a New Concept in Indian Music Therapy (Reprint)	<i>Ayurveda and All, New Delhi</i>	Jul 2011: 29-30
315	Self-Music Therapy for Emotional Healing	<i>Ayurveda and All, New Delhi</i>	Jn 2011: 34-36
316	Feelings in Music as a Healing Means!	<i>Ayurveda and All, New Delhi</i>	Jan 2011: 21-22
317	Towards Re-discovering India's Glory!	<i>Ayurveda and All, New Delhi</i>	Aug 2011: 23-24
318	Raga Therapy: Aalaap for Emotional Healing (Reprint)	<i>HomeoBuzz, New Delhi</i>	Feb 2011: 36-37
319	Human Feelings through Voice and Sound (reprint)	<i>HomeoBuzz, New Delhi</i>	Apr 2011: 31-32
320	Human Feelings through Voice and Sound (reprint)	<i>My Doctor, Mumbai</i>	Oct 2011: 51-53
321	Music for Re-living!	<i>Science India</i>	Feb 2011: 17
322	Proto-Ragas: Birth of a New Concept in Indian Music Therapy (Reprint)	<i>Shanmukha, Mumbai</i>	Apr-Jun 2011: 34-35.
323	Raga Therapy	<i>Global Ayurveda</i>	Jan-Feb 2011: 50-56
324	Raga Therapy (Book)	<i>Nada Centre for Music Therapy, Chennai</i>	Second Edition
325	5th CCTN Conference on Complementary Therapies. 'Music Therapy for Children' – A Lec-Dem. Venue: Children's Hospital, Birmingham (UK)	<i>Children's Complementary Therapy Network, Birmingham (UK)</i>	May 7, 2011.

2012

326	Nada Yoga and Raga Chikitsa: The Two Eyes of Indian Music Therapy	<i>Bhavan's Journal, Mumbai</i>	58: 89-94
327	Gamaka's Role in Rga Therapy	<i>Bhavan's Journal, Mumbai</i>	58: 67-71.
328	Music Therapy for the Upwardly Mobile	<i>Bhavan's Journal, Mumbai</i>	(58): 78-81.
329	Nada Yoga and Raga Chikitsa: The Two Eyes of Music Therapy	<i>Bhavan's Journal, Mumbai</i>	May 31, 2012: 89-94
330	Music and Brain Functions	<i>Bhavan's Journal, Mumbai</i>	Dec 15, 2012: 83-86
331	Neuromusicology	<i>Ayurveda and All, New Delhi</i>	Oct 2012: 37-40
332	Gamaka: The Emotional Support Element in Raga Therapy	<i>Ayurveda and All, New Delhi</i>	Jul 2012: 27-29
333	Psychoacoustics- A Promising Area in Brain Research?	<i>Ayurveda and All, New Delhi</i>	Jun 2012: 27-28.
334	Raga Therapy: Healing Secrets in Indian Raga Music System	<i>Ayurveda and All, New Delhi</i>	May 2012: 33-36
335	Emotional Secrets in Musical Constructs	<i>Ayurveda and All, New Delhi</i>	Nov 2012: 30-32
336	Nada Yoga and Raga Chikitsa: The Two Eyes of Indian Music Therapy	<i>Shanmukha, Mumbai</i>	Apr-Jun 2012: 16-19
337	Manage your Anger with	<i>Eternal Solutions, New Delhi</i>	Jan 2012:89-90

	Music!		
338	Music Fights Stress!	<i>Science India</i>	Jan 2012: 48
339	Music and th Brain Functions (Reprint)	<i>Nadabrahmam, Chennai</i>	Nov 2012: 7-9
340	Nada Yoga and Raga Chikitsa: The Two Eyes of Indian Music Therapy	<i>The David Ott Pre-conference Institute (AMTA, USA)</i>	Mar, 31,2012.
341	Workshop on Music Therapy Nada Yoga. Venue: Karya Siddhi Anjaneya Mantapa, Giri Nagar, Bangalore	<i>HH Sri Sri Sri Ganapathy Sachidananda Swami ji Ashram, Mysore</i>	Feb 8, 2012.
342	Souvenir of the 5th International Conference on Psychology of Music and Music Therapy . Venue:	<i>Dept of Psychology, Bangalore University</i>	Apr 27&28, 2012

2013

343	Reggae in Music Therapy	<i>Bhavan's Journal, Mumbai</i>	(60): 94-95
344	Music for Music Therapist	<i>Bhavan's Journal, Mumbai</i>	June 2010: 70-72.
345	Raga Therapy: An Ancient Art	<i>Bhavan's Journal, Mumbai</i>	Nov 15,2013: 95-97.
346	Proto-Ragas: Birth of a New Concept in Indian Music Therapy (Reprint)	<i>Science India</i>	
347	Emotional Secrets in Musical Constructs (Reprint)	<i>Ayurveda and All, New Delhi</i>	Oct 2013: 21-22
348	Be happy, Don't Worry! Reggae in Music Therapy!	<i>Ayurveda and All, New Delhi</i>	Nov 2013: 32-33
349	Methods in Music Therapy	<i>Ayurveda and All, New Delhi</i>	Apr 2013: 19-22
350	Sedative Music (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
351	Emotional Secrets in Musical Constructs (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
352	Raga Therapy: Ancient Art of Identifying th Raga Ingredints that satisfy An emotionally-disturbed listener	<i>Bulletin CPS, Visakhapatnam</i>	
353	Raga Therapy (Lec-Dem)	<i>Visakha Music Academy & Department of Music, Andhra University, Visakhapatnam.</i>	Aug 9, 2013
354	44th Guest Lecture on Music Therapy: A Promising Medical Intervention for Indians (Lec-Dem)	<i>Centre for Communication, AIIMS, Ansari Nagar, New Delhi.</i>	Sep 26, 2013
355	Music Therapy and its Importance in Stress Management –A LecDem. Venue: Saptagiri Institute of Medical Sciences & Research Centre, Bengaluru	<i>15th Karnataka Chapter of Anatomists' Conference , Bengaluru</i>	Sep 14&15, 2013
356	Feast of Classical Music- An Interview of Dr Sairam by A Ramalinga Sastry	<i>The Hindu</i>	Date NA

2014

357	Indian Music: A Therapeutic	<i>Bhavan's Journal, Mumbai</i>	Jul 2014: 59-61
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	Heritage		
358	Calming the Nerves	<i>Indian Customs & Excise Magazine, New Delhi</i>	Jan 2014: 15-16.
359	Music and its Emotional Flow	<i>Ayurveda and All, New Delhi</i>	Aug 2014: 22-24
360	Music for the Emotionally Disturbed	<i>Bhavan's Journal, Mumbai</i>	Aug 2014: 56-60
361	Emotional Secrets in Musical Constructs	<i>Bhavan's Journal, Mumbai</i>	May 2014: May 55-59
362	Dictionary Of Music Therapy (with an Introduction to Raga Therapy and Therapeutic Ragas)	<i>Agam Kala Prakashan, Delhi</i>	
363	Music Therapy for the Underprivileged	<i>Bhavan's Journal, Mumbai</i>	Sep 2014: 41-45
364	Losing Concentration? Listen to Toccata!	<i>Bhavan's Journal, Mumbai</i>	Apr 2014: 98-100
365	Ego-balancing through the Musical Strains	<i>Ayurveda and All, New Delhi</i>	Sep 2014: 36-37.
366	Music on the Brain	<i>Sruti, Chennai.</i>	Jun 2014: 27-28.
367	Music- A complementary Medicine in Rehabilitation	<i>Ayurveda and All, New Delhi</i>	Jul 2014: 28-30.
368	Music as a Complementary Medicine	<i>Ayurveda and All, New Delhi</i>	Nov 2014: 26-28.
369	Music and its Emotional Flow	<i>Bhavan's Journal, Mumbai</i>	Sep 15, 2014: 58-61
370	Music and its Emotional Flow (Reprint)	<i>Ayurveda and All, New Delhi</i>	Aug 2014: 20-21
371	Indian Music: A Therapeutic Heritage (Reprint)	<i>Ayurveda and All, New Delhi</i>	Jun 2014: 32-34.
372	Music and its Emotional Flow (Reprint)	<i>Ayurveda and All, New Delhi</i>	Aug 2014: 22-23.
373	Toccata in Music, as a Remedy for increasing Concentration for those who lack it	<i>Ayurveda and All, New Delhi</i>	Mar 2014: 27
374	Music on the Brain	<i>Sruti, Chennai</i>	Jun 2014: 27-28
375	Mind in Music (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
376	Music Therapy for Children (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
377	Raga Therapy: A New Horizon in the Treatment of the Mentally-challenged (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
378	Music and its Emotional Flow (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	
379	Indian Music: A Therapeutic Heritage (Reprint)	<i>Shanmukha, Mumbai</i>	Jan 2014: 22-24.
380	Music and the Brain Functions	<i>Vrind Today</i>	Feb 2014: 36-38.
381	Music Therapy for the Underprivileged: A South African Experiment and the Indian Possibility	<i>Bulletin CPS, Visakhapatnam</i>	20-21
382	Music and Moods	<i>Confluence</i>	
383	Therapeutic Music	<i>Sruti, Chennai</i>	Jun 2014: 24
384	Compilation of then Music Therapy- A Complementary Medical Intervention. A Pre-Conference Workshop of 6th	<i>Center of Community Medicine, AIIMS, New Delhi</i>	Mar 7, 2014

	World Music Therapy Conference -2014. (Venue: Jawaharlal Nehru Auditorium, AIIMS, New Delhi)		
385	Souvenir of the 6th World Music Therapy Conference -2014. Venue: YWCA of Delhi, New Delhi	<i>Nada Centre for Music Therapy, Chennai</i>	Mar 8&9, 2014
386	Souvenir of the 1st International Workshop on Nada Yoga Music Therapy Venue: Sparsa Hotel Resort, Tiruvannamalai	<i>Nada Centre for Music Therapy, Chennai</i>	Dec 13&14, 2014

2015

387	Shamanism and the Origin of Music Therapy	<i>Ayurveda and All, New Delhi</i>	Jun 2015: 32-34.
388	Can Music replace Medicine?	<i>Bhavan's Journal, Mumbai</i>	(61): 64-70.
389	Music Therapy: The Probable Mechanism	<i>Ayurveda and All, New Delhi</i>	Jan 2015: 30-31.
390	Carnatic & Hindustani: The Two Eyes of the Indian System of Music	<i>Souvenir of Kalavathi Foundation, Bangalore</i>	
391	2 nd International Workshop on Nada Yoga & Music Therapy Venue: Ramana Kendra, New Delhi	<i>Nada Centre for Music Therapy, Chennai</i>	Mar 29, 2015

2016

392	Music Therapy: The Science of Music		
393	Music: Pleasant and Medicinal	<i>Science India</i>	Feb 2016: 46-47.
394	Yoga Nidra Music Therapy	<i>Shanmukha, Mumbai</i>	Sep 2016: 28-31
395	Music Therapy: The Sacred and the Profane (Book)	<i>Nada Centre for Music Therapy, Chennai</i>	Second Edition, 2016.
396	Handouts of the Devotional Music Therapy Seminar. Venue: Ramana Kendra, New Delhi	<i>Nada Centre for Music Therapy, Chennai</i>	Jan 15, 2016.

2017

397	Music Therapy: The Science in Music	<i>Shanmukha, Mumbai</i>	Jul-Sep 2017: 28-30.
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2018

398	Music Therapy in India	<i>Bridging Nations and Ideas: Presidential Reports -2018 (Souvenir)</i>	Oct 13, 2018. World Music Therapy Associations , Seoul, Korea
399	Music Therapy Digest (Co-Editor: Gayathri Sankar)	<i>Music Therapy Digest – Extracts from Scientific and Popular Journals, Published by Nada Centre for Music Therapy on behalf of Indian Music Therapy Association</i>	Dec 1, 2018. First (Inaugural) Conference of IMTA, YWCA of Delhi, New Delhi, India

400	What is Music? (Reprint)	<i>Nada Centre for Music Therapy, Chennai.</i>	3 rd edition of the Book.
401	Music Therapy in India: A Ground Report on the IMTA Movement in India	<i>Souvenir -2018 of the First (Inaugural) Conference of Indian Music Therapy Association (IMTA) New Delhi.</i>	Dec 1 & 2, 2018. Sponsored by Nada Centre for Music Therapy, Chennai (Regd)

2019 (Upto July)

402	Music for Better Health	<i>Bhavan's Journal, Mumbai</i>	Jun 30, 2019: 77-79
403	Influence of a Musical Culture in Population Traits – Western and Indian Systems A Lec-Dem. Venue : Faculty of Fine Arts, Thessaloniki, Greece	<i>Aristotle University of Thessaloniki, Greece (Souvenir)</i>	Mar 30&31, 2019