

## 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
		<b>2002</b>	
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 <sup>th</sup> 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 &amp; Excise Magazine, New Delhi</i>	2 <sup>nd</sup> 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>	
		<b>2003</b>	
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 &amp; Excise, New Delhi</i>	2 <sup>nd</sup> Issue. 2003 (P 16-17)
017	Music and Moods	<i>Indian Customs &amp; Excise, New Delhi</i>	3 <sup>rd</sup> Issue. 2003 (P 28-29)
6	Meditative Music	<i>Indian Customs &amp; 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)
		<b>2004</b>	
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	<b>Indian Music and its Therapeutic Significance</b>	<i>VMA Souvenir, 2004.</i>	
025	<b>The Nuances of Music</b>	<i>Indian Customs &amp; Excise, New Delhi</i>	<i>1<sup>st</sup> Issue, 2004. (P 52)</i>
026	<b>The Therapeutic and Prophylactic Role of Music (Reprint)</b>	<i>Bulletin CPS, Visakhapatnam</i>	
027	<b>From Nada Yoga to Neuromusicology (Reprint)</b>	<i>Shanmukha, Mumbai</i>	<i>Apr-Jun 2004 (P20-22)</i>
028	<b>Music Therapy</b>	<i>Bhavan's Journal, Mumbai</i>	<i>Dec 2004 (P67-69)</i>
029	<b>Transformation of the Sound</b>	<i>Bulletin CPS, Visakhapatnam</i>	
030	<b>What is Music? (Reprint)</b>	<i>Indian Customs &amp; Excise, New Delhi</i>	<i>2<sup>nd</sup> Issue, 2004 (P 18-24)</i>
031	<b>Emotional Secrets in Musical Constructs (Reprint)</b>	<i>Bulletin CPS, Visakhapatnam</i>	
032	<b>Music Therapy for Children and the Elderly</b>	<i>Ayurveda and All, New Delhi</i>	<i>Aug 2004 (P 4546)</i>
033	<b>Ragas for the Gym</b>	<i>Bhavan's Journal, Mumbai</i>	<i>2004 (P 97-98)</i>
034	<b>Raga Therapy</b>	<i>Nada Centre for Music Therapy, Chennai</i>	<i>First Edition</i>
035	<b>Music and Emotions</b>	<i>Bhavan's Journal, Mumbai</i>	<i>Nov 2004 (P 61-65)</i>
036	<b>Music, the Best Medicine!</b>	<i>Dignity Dialogue, Mumbai</i>	<i>Sep 2004 (P 31-32)</i>
037	<b>Music and moods</b>	<i>U (You can change the World), New Delhi</i>	<i>May 2004 (P 46-47)</i>
038	<b>The Therapeutic and Prophylactic Role of Music</b>	<i>Bulletin CPS, Visakhapatnam</i>	<i>(P 5-7)</i>
039	<b>Ragas for the Gym</b>	<i>Bhavan's Journal, Mumbai</i>	<i>(P 97-98)</i>
040	<b>The Mozart Effect</b>	<i>Alive, New Delhi</i>	<i>Mar 2004 (P124-127)</i>
041	<b>Music for the Brain- The Mozart Effect</b>	<i>Amulya- Souvenir, New Delhi</i>	<i>(P 50-55)</i>
041	<b>Medicinal Music (Book)</b>	<i>Nada Centre for Music Therapy, Chennai</i>	<i>First Published in 2004.</i>
043	<b>What is Music? (Book)</b>	<i>Nada Centre for Music Therapy, Chennai</i>	<i>First Published in 2004.</i>
044	<b>Raga Therapy (Book)</b>	<i>Nada Centre for Music Therapy, Chennai</i>	<i>First Published in 2004.</i>
045	<b>Music Therapy : Discussion and Survey ("Vizag Survey") among medicos and musicians</b>	<i>Organizing Committee CPS Visakhapatnam</i>	<i>Apr 25, 2004</i>
046	<b>Music and Emotion : A Radio Broadcast with Illustrations</b>	<i>Prasar Bharati, All India Radio, Visakhapatnam</i>	<i>Jan 31, 2004</i>
047	<b>Music and Consciousness: A Radio Broadcast with Illustrations</b>	<i>Prasar Bharati, All India Radio, Visakhapatnam</i>	<i>May 8, 2004.</i>
048	<b>Rhythms : A Radio Broadcast with Illustrations</b>	<i>Prasar Bharati, All India Radio, Visakhapatnam</i>	<i>May 22, 2004.</i>
049	<b>Healing with Music- An Interview of Dr Sairam by A.R.S</b>	<i>The Hindu</i>	<i>April 30, 2014</i>
050	<b>Of Musical Yearnings – An Interview of Dr Sairam by Aparna Ramalingam</b>	<i>Financial Express</i>	<i>Aug 7, 2004</i>
051	<b>Music can Help you Lower Stress Levels- An interview of Dr Sairam by Aditi Sharma</b>	<i>Asian Age</i>	<i>Mar 1, 2004</i>
		<b>2005</b>	

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

083	Vibration, the Life's Rhythm	<i>Bhavan's Journal, Mumbai</i>	Mar 31, 2005 (P 77-79)
084	The Power of Sound Vibrations	<i>Ayurveda and All, New Delhi</i>	Apr 2005 (P 44-45)
085	Self- Music Therapy	<i>My Doctor, Mumbai</i>	May 2005 (P 48-49)
086	Proto-Ragas: A Boon for the Mentally-Challenged (Reprint)	<i>Bhavan's Journal, Mumbai</i>	May 15, 2005 (P 93- 95)
087	Towards a Healthy Soundscape	<i>Bulletin CPS, Visakhapatnam</i>	(P 4-6)
088	The Feel Good Factors in Music	<i>Tattvaloka, Chennai</i>	Aug 2005 (P 37-38)
089	The Feel Good Factors in Music (Reprint)	<i>Ayurveda and All, New Delhi</i>	Jul 2005 (P 31-32)
090	Nada Yoga: The Yoga of Music (Reprint)	<i>Bulletin CPS, Visakhapatnam</i>	Jun 2005 (P 7-9)
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>	Aug 2005 (P 32-35)
093	Music Therapy for Elders	<i>Dignity Dialogue, Mumbai</i>	Jan 2005 (P 53-
094	Nada Yoga: The Yoga of Music (Reprint)	<i>Sadguru's Blessings, Hariharapura</i>	Jan 2005 (P 37-338)
095	Music the Medicine	<i>Ayurveda for All, New Delhi</i>	May, 2005 (P44-47)
096	Indian music Therapy	<i>U (You can change the World)</i>	May 2005 (P 59-60)
097	Music for the Mind	<i>Harmony</i>	Apr 2005 (P 12)
098	Psychology of Music	<i>My Doctor, Mumbai</i>	Feb (P 18-20)
099	Yoga and Music: A Lec-Dem Venue: Public Library, Visakhapatnam	<i>Sri Rajalakshmi Foundation</i>	Mar 23, 2005
100	Raga Therapy by Dr TV Sairam- A Book Review	<i>Ayurveda and All, New Delhi</i>	Apr 2005: 56
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.
		<b>2006</b>	
103	The Music Mantra by Marcilin S Madathil on Dr T V Sairam	<i>Vacancies for You, Mumbai</i>	Sep 06, 2006
103	Music as a Complementary Medicine	<i>Ayurveda for All, New Delhi</i>	Mar 2006
104	Music Therapy for Senile Dementia	<i>Ayurveda for All, New Delhi</i>	July 2006
105	Raga Therapy : The New Medicine?	<i>Ayurveda for All, New Delhi</i>	Jan 2006
106	Fostering Clinical Musicianship	<i>My Doctor, Mumbai</i>	July 2006

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	Caming 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
		<b>2007</b>	
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

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

	<b>the treatment of the Mentally-challenged . Venue: India International Centre, New Delhi</b>	<i>sponsored by Society of Gerontological Medicine, New Delhi</i>	
--	--	---	--

## 2008

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	-do-	Feb 2008
223	The Healing Vibrations in Music	-do-	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 <sup>nd</sup> 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.

## 2009

230	Chanting Mantras, Syllables as	<i>Bhavans Journal, Mumbai</i>	Feb 28
-----	--------------------------------	--------------------------------	--------

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

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 <sup>th</sup> 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.

	<b>Visakhapatnam.</b>		
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

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

**2012**

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

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

## 2013

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

## 2014

357	<b>Indian Music: A Therapeutic</b>	<i>Bhavan's Journal, Mumbai</i>	<b>Jul 2014: 59-61</b>
-----	------------------------------------	---------------------------------	------------------------

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

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

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

## 2017

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

## 2018

398	<b>Music Therapy in India</b>	<i>Bridging Nations and Ideas: Presidential Reports -2018 (Souvenir)</i>	<b>Oct 13, 2018. World Music Therapy Associations, Seoul, Korea</b>
399	<b>Music Therapy Digest (Co-Editor: Gayathri Sankar)</b>	<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>	<b>Dec 1, 2018. First (Inaugural) Conference of IMTA, YWCA of Delhi, New Delhi, India</b>

400	What is Music? (Reprint)	<i>Nada Centre for Music Therapy, Chennai.</i>	3 <sup>rd</sup> 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
404	Music Therapy & Palliative Care	Yenepoya, Mangalore,	16-18 Sep'19
405	Pre-Conference Workshop on AT/MT	Youth Hostel, Chanakyapuri, New Delhi.	17, Nov'19
406	14th Nada Annual conference	MIT-World Peace Univ, Pune &IMTA	01-02, Dec'19

### 2020 (Anti-Covid Weekly Webinars)

407	Sangeet Chikitsa Workshop at Hubballi (World Music Therapy Day)	Manatarang Counselling/ Virtual Platform, IMTA	01, Mar'20
408	Webinar: Raga Therapy during Lockdown	Virtual Platform, IMTA	17, May'20
409	Webinar: Carnatic Music as Therapy	Virtual platform, IMTA	24, May'20
410	Webinar: Psychology of Music	Virtual platform, IMTA	31, May'20
411	Webinar: Leadership and Music	Virtual platform, IMTA	07, Jun'20

412	Webinar: Rhythm Therapy & MT	Virtual platform, IMTA	14, Jun'20
413	Webinar: MT in Kannada	Virtual platform, IMTA	21, Jun'20
414	Webinar: MT in Malayalam	Virtual platform, IMTA	28, Jun'20
415	Webinar: MT in Hindi	Virtual platform, IMTA	05, Jul'20
416	Webinar: Music & the Brain	Virtual platform, IMTA	12, Jul'20
417	Webinar: MT in Tamil	Virtual platform, IMTA	19, Jul'20
418	Webinar: MT in Bangla	Virtual platform, IMTA	23, Aug'20
419	Webinar: MT in Punjabi	Virtual platform, IMTA	27, Sep'20
420	15th NADA Annual World Music Therapy Conference	Virtual platform, IMTA	04-06, Dec'20

**2021**

421	Saint Thyagaraja Music Therapy Festiva	Virtual platform, IMTA	07, Feb'21
422	Public Awareness Program on Art & Science of Music Therapy	Virtual platform, IMTA	24-25, Mar'21

423	Prayer Syllables & Prayer songs in Music Therapy	Virtual platform, IMTA	08, May, 21
424	Bollywood Music Therapy	Virtual platform, IMTA	12, Jun'21
425	Monsoon Songs in Music Therapy	Virtual platform, IMTA	24, Jul'21
426	Shlokas for Sokha- Songs for Solace	Virtual platform, IMTA	31, Jul'21
427	Patriotic Songs & Confidence Building	Virtual platform, IMTA	15, Aug'21
428	16th NADA Annual World Music Therapy Conference	Virtual platform, IMTA	03-05, Dec'21
429	Welcoming the New Year 2022 with Healing Music- NADA singers	Virtual platform, IMTA	31, Dec'21

## 2022

430	Patriotic Songs in Indian Languages (Two-day Republic Day Celebrations)	Virtual platform, IMTA	26-27, Jan'22
431	Musical & Therapeutic Tribute to Lata Mangeshkar- NADA singers	Virtual platform, IMTA	12, Feb'22
432	Night of Shiva – Maha Shivratri with Music Therapy- NADA Singers	Virtual platform, IMTA	01, Mar'22
433	Public Awareness Program on Music Therapy II	Virtual platform, IMTA	23-24, Apr'22

434	Study Tour of NADA Volunteers on Experiencing Sound and Music	Music Experience Museum, Bengaluru	12, Jun'22
435	Music Therapy for Hospitals	Virtual platform, IMTA	25-26, Jun'22
436	First Continuing Music Education Program (CMTEP) on Sound	Virtual platform, IMTA	27-28, Aug'22
437	17th Annual Conference-Music Therapy-Yesterday, Today & Tomorrow	Virtual platform, IMTA	03-05, Dec'22
438	Art & Music Therapy	Indian Art Festival, Palace Grounds Bangalore	08-11, Dec'22

**2023**

439	Art & Music Therapy	Nehru Centre, Worli, Mumbai	19-22, Jan'23
440	Art & Music Therapy	Ujjwal Gallery, Vegator Beach,Goa	03-07, Feb'23
441	Art & Music Therapy	Chitra Kala Parishath, Bangalore.	27 Mar- 02 Apr, 23
442	Music Therapy Mela -2023	An impromptu Music session by Students , Bangalore	30, Apr'23
443	Music Therapy in Hospitals Problems & Prospects by Doctors	Virtual Platform, IMTA	25, Jun'23

444	Patriotic Songs in Indian Languages	Virtual Platform, IMTA	15, Aug'23
445	Art & Music Therapy	Vismay Art Gallery, MG Road Metro, Bangalore	08-11, Sep'23
446	Music Psychology by Psychologists	Virtual Platform, IMTA	24, Sep'23
447	18th Annual World Conference	Karnataka Chitrakala Parishath, Bangalore /IMTA	01-03, Dec'23

**2024**

448	Art & Music Therapy	Haat of Heart, Jayamahal, Bangalore	23-25 Feb,24
449	World Health Day- Music Therapy in Hospitals – One day seminar Keynote Address by T.V. Sairam	Rayat Bahra Dental College Auditorium, Mohali (Punjab)	05, Apr'24
450	Music Therapy for the World Health – One day Seminar - Inauguration by Dr T V Sairam	Arya Bhata College Auditorium, New Delhi/IMTA	07, Apr'24
451	One day Music Therapy Seminar for Gitam Students - Inauguration by Dr T V Sairam	Auditorium, Gitam University, Visakhapatnam (Dept of Humanities)	31, Jul'24
452	Art & Music Therapy	IIBC, Basavangudi, Bangalore	09-13, Aug'24
453	Art & Music Therapy	Indian Art factory, Chennai	15-17, Aug'24

454	19th World Music Therapy Conference	Kalai Kaviri College of Fine Arts Auditorium, Tiruchirappalli/ IMTA	01-03, Dec'24
455	Art & Music Therapy	IAF, King's Court, Bangalore	19-24, Dec'24

## 2025

456	World Music Therapy Day Celebrations (online)	Virtual Platform, IMTA	01, Mar'25
457	Indian Music Therapy Silver Jubilee Celebrations by NADA scholars	CSOI, Chankayapuri, New Delhi	18, Apr'25
458	Music therapy for Our Bharat !	Virtual Platform, IMTA	15, Aug'25
459	Art & Music Therapy	AIFACS Gallery, 1, Rafi Marg, New Delhi	24-30, Oct'25
460	Art & Music Therapy	Kalaspandan, Kalinga Cultural Centre, Hyderabad	07-09, Nov'25
461	20th Annual World Conference	Rabindra Teerth, New Town, WB/ IMTA/ Ms. Remonti Motilal , Kolkata.	05-07, Dec'25