

# Manonaad Centre for Music Therapy

*In Collaboration With*

Meera Centre for Music Therapy, Education & Research Foundation

*presents*

## 'Nadaanubhava'

### P.G. Diploma Course in Music Therapy

1. Learn the basics and advanced levels of Sound Healing.
2. Understand the roots of stress/suffering.
3. Dive deep into Therapeutic Singing
4. Unwind Spirituality through Music & Chakra



**Batch Starts from October 15th**

Lead Guru

**Dr. Shambhavi Das**

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[HTTPS://WWW.LINKEDIN.COM/IN/SHAMBHAVIDAS/](https://WWW.LINKEDIN.COM/IN/SHAMBHAVIDAS/)

# Topics To Be Covered

Introduction to Music Therapy- Definition, Role, Attitude of a therapist, , Tools, Types of MT Interventions, Foundational Knowledge in Music, Tools in Music therapy Interventions (Around 60), Science Behind Indian Music & Sound Therapy - Sangeet/Nada Chikitsa, Chakra-Body, Swar, Vibrations, Frequency, resonance, Brief Account of Each Tool- Chant, Nada-Yoga, Chakra-Activation, Tala-Upchar, Raga Chikitsa - An Integral tool of therapy (30 Therapeutic Ragas), Scope of IMT - MT in Autism, ADHD, Stress, (20 Mental Issues Discussion), Field-Work, Self-Therapy Giving, Assignment, Certificates will be provided.

**Topics will be covered or touched on the basis of this roadmap:**

**<https://medium.com/@shambhavidas/indian-music-therapy-roadmap-2d8110c04f0c>**

## **Course Details:**

Duration - 1 year Weekend classes (3 Hours session per week)

Course Fee: Rs. 20,000/-

Mode- Hybrid (Online & Offline)

Books, Material, PDFs, Notes, Videos, Audios will be provided.

Lecture of Veterans Music & Sound therapists will be conducted every month

Assignment will be given in every week, Project/Internship and exam after 10 months before certificate Event

**Dr. Shambhavi Das**