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Restore mind-body balance in your life

Dr Chandrakant Sardeshmukh, a music therapist and artist, performs in the city on Sunday



SOOTHING: Dr Chandrakant Sardeshmukh and Japanese tabla player Sakasegwa Kenji, at a concert in Tokyo

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DR CHANDRAKANT Sardeshmukh, Japan-based sitar exponent has a very interesting definition of music therapy — he calls it a combination of musicology, psychology and physiology.

"I like to describe it as the alignment of the body and mind. Due to stress, food intake, the environment etc., there develops an imbalance between the body and mind. Music therapy brings back the balance," says Dr Sardeshmukh.

He is in the city on the invitation of RK Tripathi, a music lover who chanced upon Dr Sardeshmukh's website.

Says Tripathi, "A brigadier friend of mine had an accident, resulting in brain damage. He was in coma for a long time. After we played his (Sardeshmukh) CD, we found some movement in his hands. He's now out of coma.

"When I found that Dr Sardeshmukh is coming to India, I invited him to Bangalore to help the Brigadier. I also thought it would be a good idea to acquaint Bangalore with his music."

Dr Sardeshmukh has also played for physically and men-

tally challenged children at Asha's School.

He has been living in Tokyo for the past 10 years and travels all over the world for concerts. He is a senior disciple of Pandit Ravi Shankar.

A visit to www.darshanam.com will give you detailed information about his work. You'll also find several successful music therapy testimonials by patients in different countries.

However Dr Sardeshmukh's music is not easily available. "If a dealer comes forward to sell it, I'll be very glad to associate with him. It will be great if we can make the music reach a bigger section of society," the artist-therapist adds.

Proving music therapy

According to research done recently at the Japan Brain Institute, Dr Sardeshmukh's sitar-playing and his own strong alpha waves synchronised with the other person increased their alpha brain wave activity. It was found that when the gentle alpha brain waves increase, a state of creativity, deep relaxation and peace is experienced. It is the entry point into deeper states of awareness. Research on alpha wave effect of Indian music is being pursued by Dr Shiga.

LIVE CONCERT

You can catch Dr Sardeshmukh perform live this Sunday

WHERE: at the Cubbon Park Band Stand as part of the Sunday morning concerts at the park.

WHEN: 6.30 am to 8 am