



SEETHALAKSHMI RAMASWAMI COLLEGE
(AUTONOMOUS)
AFFILIATED TO BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI
Accredited with A+ by NAAC (4th cycle)



INVITATION

Departments of Sanskrit & Music
Organise

ICSSR Sponsored National Seminar
on

Indian Knowledge Systems on

Nāda, Śabda and Consciousness

Perspectives from Sanskrit and Music Traditions
(HYBRID MODE)

MARCH 2-3, 2026
9:30 AM TO 4:30 PM

Venues:

Medha Saraswathi Hall & Vidhya Ganapathi Hall

All are Cordially Invited



Programme Schedule

DAY 1 – 02.03.2026

09:00 A.M. –10:00 A.M. -REGISTRATION

Inaugural Session

10:00 A.M. - 11:15 A.M.	Invocation	Music Department	
	Welcome	Dr. S. Usha Associate Professor of Sanskrit Convener	
	Presidential Address	Dr. M. V.Alli Principal	
	Inaugural Address: Indian Knowledge Systems on Sound and Well-being: Cultural, Cognitive, and Therapeutic Implications for Society	Yogacharini Shaktimaa Devasena Bhavanani General Secretary Yoganjali Natyalayam, International Centre for Yoga Education and Research (ICYER), Pondicherry	

11:15 A.M. - 11:30 A.M. -TeaBreak

11:30 A.M.- 12:30 P.M.	Keynote Address - I: Nāda and Śabda as Epistemic Foundations of Indian Knowledge Systems	Dr. Sharda Narayanan Assistant Professor, Department of Natya, Dr. MGR-Janaki College for Women Chennai	
12:30 A.M. - 01:30 P.M.	Technical Session I : Nāda in Music Traditions: Aesthetic Experience, Healing and Inner Transformation	Dr. V. Premalatha Professor & Head, Department of Music Dean - School of Performing Arts and Fine Arts, Central University of Tamilnadu, Tiruvarur	

01:30 P.M. –02:00 P.M. -Lunch Break

02:00 P.M. - 03:00 P.M.	Technical Session II: Mantra Therapy: Scriptural Foundations and Contemporary Applications.	Smt. Nrithya Jagannathan Director, Krishnamacharya Yoga Mandiram (KYM) Institute of Yoga Studies Chennai	
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03:00 P.M. –03:15 P.M. - Tea Break

03:15 P.M. – 04:15 P.M. - Paper presentation sessions – I & II: Parallel sessions (both in online and offline modes)			
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DAY 2 – 03.03.2026

10:00 A.M. - 11:00 A.M.	Key note Address – II: Indian Music and its Therapeutic Significance	Dr. (Prof) T. V. Sairam President Indian Music Therapy Association (Regd.) Bengaluru	
11:00 A.M. - 12:00 P.M.	Technical Session III (Online): When Speech Becomes Awareness: Vāk Ambhr̥ṇī Sūkta (RV 10.125) and Early Indian Models of Consciousness	Dr. M. Jayaraman Professor & Dean S-VYASA Deemed University Bengaluru	
12:00 P.M. –12:15 P.M. - Tea Break			
12:15 P.M.- 01:15 P.M.	Technical Session IV: Yoga Therapy and Sound-Based Practices for Holistic Well-being	Dr. Lakshmi Kandhan Assistant Professor Morarji Desai National Institute of Yoga (MDNIY), New Delhi	
01:15 P.M.–01:45 P.M.. - Lunch Break			
01:45 P.M.- 02:15 P.M.	Special Session – I (Online): Therapeutic Applications of Nāda: Integrating Indian Sound Traditions with Modern Music Therapy	Ms. Ana Rita Simonka Nada-certified Music Therapist, Portugal	
02:15 P.M.- 02:45 P.M.	Special Session – II (Online): Sound, Vibration, and the Human Body: Insights from Clinical Practice	Dr. Vinod Ingalhalikar Consultant - Orthopaedic & Spine Surgeon, Jupiter Hospital, Thane, Maharashtra	
01:45 P.M.– 02:45 P.M Paper presentation sessions – III & IV: Parallel sessions (both in online and offline modes)			
02:45 P.M.–03:00 P.M - Tea Break			
03:00 P.M.- 04:00 P.M.	Valedictory Session: Neuroscience of Nāda: From Śabda to Silence in the Architecture of Consciousness	Dr Kaku Mayur Vinaykumar Senior Consultant and HOD Neurosurgery, Yoga and Neuroscience, PES Medical College, Kuppam, Andhra Pradesh Founder YENRI	
04:00 P.M.	Felicitation Address	Dr. S. Santhi Self-Financed Section In-charge	
04:30 P.M.	Vote of Thanks	Dr. C. Lalithambal Assistant Professor & Head Department of Music Co-Convener	