



# Acharya Ratna, Vidushi Dr. Rajam Shanker

## Indian Classical Music Therapist

- **Instructor & Practicing Indian Classical Music Therapist** with over 30 years of experience.
- **Expert in Autism Spectrum & Neuro-Developmental Disabilities:** Developed scientifically designed, clinically validated, customized music therapy protocols.
- **Mentor & Trainer:** Trained intern therapists, caregivers, special educators, and therapists from India and abroad.

### VOCATIONAL EXCELLENCE AWARDS:

- Kalasarathi - WFAC - Art of Living
- Acharya Ratna - Academy of Indian Music & Fine Arts
- Rotary Vocational Excellence Award
- NADA Excellence Award
- Inspiring Teacher Driving Educational Change
- HyBizTV Women Leadership 2020 Award
- Bharatiya Nadachikitsa Seva Chetna
- IIBA 2023 Outstanding Woman in Music Therapy Award.

### CONTACT



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### Professional Milestones:

- **Founder of NadaAnusandana Practice:** Pioneered the use of Indian Classical Music components for therapeutic interventions.
- **Authored “The Healing Power of Indian Ragas”:** Sold over 3500 copies and multiple Kindle downloads.
- **Conducted Workshops and Sessions:** Daily sessions and residential workshops in India and Internationally (UK, USA, Singapore, Canada, Australia, Dubai).
- **Research & Publications:** Involved in significant research integrating Indian Classical Music Therapy with modern medical practices.

### Education & Certifications:

- **Doctorate in Vedic Astrology:** Researching its application as a medical evaluation tool along with Music therapy protocols
- Science Graduate & Masters in Carnatic Classical Music: Graduated with distinction from Akhil Bharatiya Gandharva Mahavidyalaya.
- Sangeetha Alankara: National Music University.
- **Diplomas** : Psychology & Counselling

### Life Membership & Affiliations:

- NADA Centre for Music Therapy & Research India
- Indian Music Therapy Association (IMTA)
- World Federation of Music Therapy (WFMT)
- International Association for Music & Medicine (IAMM).
- SVARAM, Auroville
- KLE Medical University, Belgaum
- Sanskriti, New Jersey
- CIM, France
- SHIVA, Udupi
- Amogha, Rishikesh
- VedVital, Vienna , Austria

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### PROFESSIONAL JOURNEY

Vidushi Dr. Rajam Shanker, born in 1952, is a revered instructor and practicing Indian Classical Music Therapist.

For over 30 years, she has been associated with interdisciplinary medical and rehabilitation professionals, particularly focusing on autism spectrum disorders and related neuro-developmental disabilities.

Her expertise in curating indigenous **Raga-Chikitsa** protocols from ancient texts has been transformative for numerous clients.

Rajam's legacy is deeply rooted in the Guru-Sishya Parampara tradition, under the mentorship of **Sangeetha Mahamahopadhyaya Brahmasri Kollegal R Subramanyam** of the **Saint Thyagaraja Swami Parampara**.

### CONTRIBUTIONS AND INNOVATIONS

Rajam's approach, **NadaAnusandana**, integrates classical music elements into therapeutic practices, offering customized, clinically validated interventions.

Her work spans Hyderabad, Bangalore, Chennai, and Delhi, impacting thousands of individuals.

She also extends her expertise to training intern therapists, musically inclined mothers, family caregivers, and special educators.

Her book, "**The Healing Power of Indian Ragas**," delves into the therapeutic applications of classical music, detailing the **Ragas-Chakras** relationship.

With over 3500 copies sold; it serves as a primer for those exploring music therapy.

### Workshops and Global Engagements

Rajam conducts daily sessions for a diverse audience, including students, doctors, trainee therapists, caregivers, and senior citizens, both in India and Internationally.

She has hosted workshops in the UK, USA, Singapore, Canada, Australia, Dubai, and more.

Significant sessions include those at:

- School of Health Sciences, University of Hyderabad
- BHU Benares Hindu University
- VIMHANS New Delhi
- Apollo Hospital Hyderabad
- European Music Therapy Congress, Spain
- World Congress of Music Therapy, South Korea.
- Kakatiya University - Psychology Department
- Introduction to music therapy, Livdemy
- Auroville - Puducheri
- Jain University - Bangalore
- KLE Medical University - Belgaum
- VedaVital Institut fur Ayurveda, Yoga und Energiearbeit - Vienna Austria
- MG Kashi Vidyapeeth - Varanasi
- Sri Sathya Sai Institute for Higher Learning - Puttaparthi
- Ragamruth - Aurangabad

Her methodology has garnered attention from academic and medical professionals, prompting institutions like IGNC, IAS, and various universities to recommend her work as a reference.

### Media Presence

Rajam presents regularly at professional and educational institutions and senior citizen associations.

Her work has been featured in print and visual media, web platforms, YouTube, regional television channels, and FM radio.

Over 100 episodes of her talks on music therapy have been broadcasted on TV7 Health Planet.

Self Paced Online Lessons on YouTube on the Swayam Prabha Channel.

### Community Impact

Rajam has inspired numerous individuals to become active therapeutic caregivers in their communities.

Her multilingual capabilities in English, Hindi, Tamil, and Telugu have broadened her reach and earned her critical acclaim.

Her dedication to integrating the therapeutic qualities of Indian classical music with modern medical practices continues to influence the field of music therapy globally.