

**VIDUSHI DR. MEENAKSHI RAVI M.A., PHD.**

**Executive director,**

**Manollasini Holistic Care Centre for Exceptionally Challenged Children**

**Meera Centre for Music Therapy and Education and Research**

**Meenakshi** has been a Psycho-Social resource professional and development artist for the last 25 years helping individuals and organizations in the field of counseling and music. Being the first Family Counselor at the State level, her services were diversified. Professional Counseling at family Counseling center, mobilizing and coordinating with other resources to cater to the needs of the clientele, motivating the voluntary organizations to set up family counseling centers throughout Karnataka state, guiding and supervising the functioning of the established counseling centers, organize state level workshops and conferences for professional counselors and attend national and international conferences to increase the professional expertise, publish articles related to women's issues, family and other related mental and social health topics. Music being hereditary, she has been learning carnatic Music since 45 years and performing since 20 years which has given a strong footing to blend music with social work. Music in different forms has been used in counseling centre for the clientele for emotional catharsis, self expression, to bring self awareness, to stimulate creativity to enhance self esteem and self confidence, the result being, an improved personal and social adjustment.

### ***Formal Education:***

- Masters in Social Work from Bangalore University School of Social Work, India
- Doctoral work on the area of "Psychosocial profile of women with marital discard"
- Masters in Carnatic Classical Vocal Music, from Bangalore University.

Meenakshi is the Principal of Meera School of Music and Executive Director of Meera Center for Music Therapy and Research, which have been recognized for their all-round qualitative and creative activities, since it is a blending of psychosocial health and music.

### ***Core skills in counseling and Music:***

- Professional counseling for individuals and families
- Imparting Carnatic Music (in different forms) to children, youth and adults with social work perspective.
- Music therapy treatment to children with challenges and individuals with psychological problem.
- Exploring deeper dimensions of Indian Music for self-growth and human excellence.
- Resource person on students counseling at academic Staff Training College, University Grants Commission.

- Worked as Music Critic for Times of India daily.
- Served as special Music educator for SC and ST Children, sponsored by Govt. of Karnataka.

***Papers presented on the following topics:***

- Music and Mental Health.
- Music and Spirituality.
- The spiritual contribution of the "Trinity of Carnatic Music".
- Music and Meditation.
- Significance of 'OM' in Carnatic Music.
- Music from therapeutic perspective.
- Liberation of Ego through Dasa Sahitya.
- Spiritual essence in family life.
- Music as a promoter of human values.
- Impact of learning music on children.
- Spiritual element in compositions of Thyagaraja.
- Women's status in modern scenario.
- Need for professional counseling.
- Role of family in promoting mental health.
- Healthy marital relationship.
- Emotional needs of the adolescent.

**The above papers have been presented in following organizations:**

- Indian Institute of World Culture
- Theosophical Society
- Meditation and Study Circle
- Sciences forum in National College

- Institute for Ancient Wisdom
- National Conference of Psychiatric Social Work At Calcutta
- National Conference on application of Oriental Philosophical Thoughts in Mental Health at NIMHANS in 2002
- Rotary Club
- At many voluntary organizations in the State.

### ***Papers published:***

- A pilot study was conducted on women with depression negativity stress and anxiety. Few Ragas were experimented as therapeutic measures which gave significant results improving their psychological well being. This was published in the book 'Music Mind and Mental Health' by the Gerontological Research Institute, New Delhi in June 2002.
- Music and Spirituality - a chapter in the book "Application of Oriental Philosophical thoughts in Mental Health- published by NIMHANS in 2002
- Impact of learning music on children - Vijaya Times
- Sensitizing children through Music -Vijaya Times
- Music and Spirituality-published in the Souvenir of Institute for Rehabilitation, Haryana 2003

### ***Achievements in Music Field:***

Professional musician in carnatic classical vocal music since 40 years. Disciple of veteran Vidwan Late RR Keshavamurthy and Ganakala Bhushana RK Padmanabha. Completed MA Degree in Carnatic Music, from Bangalore University, obtained distinction in Proficiency grade in

Carnatic Classical Vocal Music, conducted by Karnataka Secondary Education Board.

***Performed in following Sabhas at Bangalore and Various Places:***

- Thygaraja Gana Sabha
- Vani School
- Karnataka Ganakala Parishat
- Indian Institute of World Culture
- Saraswathi Gana Sabha
- Vijaya College of Music
- Ayyanar College of Music
- Banashankari Fine Arts
- RMV Extension Sabha
- Vijayanagar Sangeetha Sabha
- Nadasurabhi at Koramangala
- Ramalalitha Kala mandira
- Shankarmutt at Chamarajpet
- Avani Sringeri Mutt
- Performed at various festivals and other cultural events.

***Audio CDs Released:***

- Swaralaya madhuri
- Sai Kususmanjali
- Vinayaka vandana
- Purandara Pancharathna
- Mysore Vasudevacharya's Composition Volume. 21
- Soundaryalahari
- Shankara Sthotramala
- Nada Namana
- Samsara Saara
- Nada Sangama

## ***Music and Mental Health:***

- Meenakshi experiments with Music at various levels. Emerging from over 40 years of Carnatic classical music, her arrays have been into varied areas.
- Music as an agent to gain inner peace, enhance energy and to reach excellence.
- Music as a media for bringing integrity and harmony, among varied groups.
- Music as promoter of human values and to bring in self-awareness.
- 'Samsara Saara' - a CD on Music and values related to family has been released.
- Therapeutic aspects of Indian Music - Experiments on the therapeutic aspects of Carnatic Music is in progress.
- Creative music festivals for children to enhance their self esteem, expand their horizon of musical knowledge, increase their dedication and commitment to art, explore their abilities for self expression, leadership, communication skills and work towards goals.
- Awareness programmes on healthy family life, healthy parenthood, communication patterns for healthy family life, women's challenges are organized.

- Therapeutic concerts on music and mind, music and personality development, music for meditation, music from therapeutic perspective, music for self realization, music and spirituality have been regularly organized.
- Meenakshi has organized many workshops blending both music and mental health, performed music concerts at various sabhas and organizations and released 6 audio CD's including Soundaryalahari 100 Shlokas of Saint Shankaracharya.
- Educative programmes in All India Radio, Gnanavani of Indira Gandhi National Open University and Doordarshan.
- Training music teachers and music therapists.
- Author of 'NADAMANTHANA' a Book on 'Music for Personality Development'.

*Dr. Meenakshi Ravi can be reached at*

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