

Dr. Shambhavi Das

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Since childhood, I had a true passion for music. I spent hours listening to all genres of music, be it classical, folk, semi classical, light etc. My mother guided me enthusiastically, as she is a great singer too. Therefore, my intense interest and dedication destined me to the path of music, where I found my rooms for peace of mind and contentment. Becoming successful or acquire fame is neither in my hands, nor I crave for that, but I do have a true desire and aspiration to sing wholeheartedly and with feel. I should feel blissful, blessed and proud with my singing; that's the definition of success and achievement for me, no matter, I get any external

approval or criticism. I am happy that I find myself on that level.

“Teaching/sharing out an expertized field enhances knowledge”, I have fully experienced this quote. Since a few years, teaching music, especially pure classical has become my passion. I had been to the States for a short period and ran a small music school. It was overwhelmingly amazing to find my students loved me as a teacher; or when their voices, singing techniques gradually improved.

In addition, I am in love with the upcoming aspect of music: music therapy. **I am a music therapist**, and one of my goals is to kick start music therapy clinic, to heal the world through tunes and sounds. I worked at [Ananya Child Care Development Centre](#) for treating Autistic Kids; Currently, I am also assisting [Dr. Meenakshi Ravi](#) in her Clinic in Hyderabad called Nadamaya Centre for music therapy, helping her in treating Autistic kids. I am also achieving special Music Therapy Training (Healing through Chakra Activation by renowned Music therapist [Dr. Rajam Shankar](#)).

RELEVANT SPEECHES ON MUSIC THERAPY

2019: August 28th: Guest-Lecturer of Music therapy session in Kamineni Institute of Medical Sciences;

2019: February 23rd: “Steps to Popularize Indian Music therapy in India” in seminar conducted by us, the members of Indian Music therapy Association (IMTA) Hyderabad, Phoenix Arena, Paper also published.

2019: January 19th Music Therapy Workshop by BhArtIya KalA SamskrUti, Phoenix Arena Hyderabad, Talk on *“Therapeutic Significance of Listening to Appropriate Tunes on the Appropriate Time Zones”* ([Related Story on Medium](#))



2018: December 2nd National conference of [Indian Music Therapy Association](#) (IMTA) New Delhi: Talk on *“Scientific Analysis and Harmonization of the Three Humour ‘Doshas’ Through Music Intervention or Healing Sounds”*

2018: December 8th: National Symposium on Autism, University of Punjab, Chandigarh. Talk on Rehab Music Therapy in Autism. <https://www.youtube.com/watch?v=vJwFlfEvdtc&t=149s>

<https://www.youtube.com/watch?v=SZMUgtSqXS4&t=4s>

2018, August 18th: University College of Arts & Social Sciences, Osmania University, Topic: *Significance of Yoga and Meditation in Performing Arts for National Integration.*

RECORDS OF PAPERS PUBLISHED

ALL MY PUBLISHED/TO-BE-PUBLISHED PAPERS ARE AVAILABLE HERE:

<https://du-in.academia.edu/shambhavidas>

2019 October: “Therapeutic Aspects and Science Behind Raga Chikitsa”: International Journal of Recent Scientific Research, IJRSR- 14854/2019

2019 October: “Therapeutic Aspects of Indian Music and Steps to Impart Awareness for Music (Raga) Therapy in Indian Masses” - International Journal of Scientific and Engineering Research (IJSER) - (ISSN 2229-5518).



2019 March 23rd: Paper on “Significance of Vocal Indian Classical Music & Music Therapy in Educational Centres” by Osmania University and Dept. of Language & Culture, Govt. of Telangana

2018- Paper Presentation:

- Therapeutic effects of Indian music on neurocognitive, & acquired brain injuries (https://www.youtube.com/watch?v=CPFxt_bie-k&t=253s)

2017 - Paper Presentations -

- Significant Aspects to Popularise Music Therapy in India
- Thumri and its Allied forms (in Mumbai University)
- Role of Music in Human Life (in Savitribai Phule, University of Pune, Pune)
- Role of Manuscripts in Indian Classical Music (M.S.U, Baroda)

2016 - Paper Presentations -

- Presented Paper on ‘Analytical Study of the Relevance of Establishing Music as a Subject in Schools’ (Naad Nartan Journal of Dance and music, New Delhi)
- Shastriya Sangeet Ki Vibhinna Gaayan Shailiyan (Hindi)- (Sangeet Sanjeevni, Kanpur University)
- Sanskritik Chetna Ke vikas me Sangeet Ka Yogdan (Hindi)
- Therapeutic Aspects of Indian Classical Music (Delhi University)
- Role of Media and Technology in Indian Classical Music (Mumbai University)

RELEVANT PERFORMANCE HISTORY

2019 January 20th - Performed at Phoenix Arena, BhArtIya KalA SamskrUti Event Hyderabad.

2018 - Performed at BhArtIya KalA SamskrUti, Hyderabad

2017- Performed in Nada Music Therapy Workshop, Delhi.

2017 - Performed recently in Trendset, Hyderabad.

2015- Performed at IIT Music Club, Allahabad.

2014 - Performed in Bharatiya Temple, Troy, Michigan

2013 - Collaborated and performed with Sumkali Indian music group, University of Michigan, invited by the Michigan schools to offer lecture-demonstrations to kids, introducing and teaching them Indian music.

2012 - Worked for cultural programs in India-Day festival, Michigan

Performed light music, ghazal, bhajan programs Prayag Sangeet Samiti Allahabad, Pratibha Utsav - Triveni Kala Sangam, New Delhi (2007), NCZCC, Allahabad

2006 - Achieved First runner-up in Ghazal Sara programme, ETV urdu, 2006, Pratibha Utsav, Triveni Kala Sangam, Delhi, Cultural Council, Shyama Prasad Mukherji College, University of Delhi,

2010 - Performed Rotary club Allahabad, Sangam Kala Group, Delhi, NCZCC

2007 - Classical Vocal Performance at Daulat Ram College, University of Delhi

2006 - Ghazal Performance at St. Stephen's College, University of Delhi.

2005 - Performance at Gandhi Bhawan, University of Delhi. Recorded my own private duet-CD of UP folk style- kajri chaiti, saawan, barahmasa.

2002 - Given Two Group Performances in Sitar in 'Sound of Music' at Saraswati Ghat, Allahabad
During childhood, recorded folk songs for an NGO, SANSARG, Patna, Bihar

AWARDS AND ACHIEVEMENTS

2018- Awarded '**Best Teacher Award**' by SCL Rhythm Maestro Group, Mumbai

2017- Awarded special '**Award of Excellence**' in Music Therapy Course, Nada Centre for Music Therapy, Delhi

2011 - Awarded Special award by Pratibha Utsav

2009 - Awarded from Ministry of Culture, Delhi

2007 -Awarded national scholarship from MHRD Ministry of Culture, in ghazal category for 2 years.

2002 onwards - Artiste in All India Radio, Allahabad in sugam sangeet category (ghazal, folk music, bhajan, geet)



RELEVANT TEACHING HISTORY

2015 - Present - My Music Institute SURDEMY (For Online and In-person Classes) (Check www.surdemy.com) Affiliated to Gandharva music Certification

2013 - Present - Created online Indian Classical Music vocal course on an online teaching website/platform called www.udemy.com Here are the links:

- [Learn Indian Classical Music From Scratch to Advance](#)
- [Basic Raga Course From Kalyan Thaata](#)
- [Learn the basics of Ghazal: An Indian Genre](#)

Present - Writer in B-Positive Magazine

2012 -2015 - Offered Music Tuitions in Michigan, US for three years.

2008 - 2009 - Worked as Music Teacher at Kendriya Vidyalaya, Kangra (HP) for 1 Year 7 months

ACADEMIC QUALIFICATIONS:

- Doctor of Philosophy (PhD) in Indian classical music (vocal) from Department of music, Delhi University (Dec 2010 - June 2012)
 - **Research Topic: 'Analysis of Gayaki and Composition of Ustad Vilayat Hussain Khan'**
 - Music Therapy Course from Nada Centre for Music Therapy, Delhi (2016 January - 2017 February).
- Master's in philosophy (MPhil) in Indian Classical Vocal Music from Dept. Of Music, D.U
- Master of Arts (M.A.) in Indian classical music (Vocal), Ist div (60%) Dept. Of Music, DU
- Bachelor of Arts (B.A Hons) in Indian Classical Music (vocal) Ist div (68%) Dept. Of Music,
- Majored in Piano, Journalism and creative Writing, Schoolcraft College, 2013, Michigan, USA
- Completed Fifth Year (Post-Prabhakar) (all with first Div) From Prayag Sangeet Samiti, Allahabad.
- Completed 2nd year in sitar instrumental, from Prayag Sangeet Samiti, Allahabad
- Completed 2nd year in Indian Classical Dance, Kathak, from Prayag Sangeet Samiti. Allahabad.

GURUS & GUIDANCE

- Groomed by my mother Smt. Prabha Das, Classical Musician and President of Music organization, Sangeet Sankalp.

- Pursued Vocal music training under Pt. Shantaram Vishnu Kashalkar, Prayagraj
- Achieved special guidance Classical Raga *Talim* by Mrs. Maya Bhattacharya, Delhi
- Achieved voice Production Techniques from Dr. Soma Singh & Dr. Ojesh Pratap Singh, Delhi
- Music Therapy Gurus: Dr. Rajam Shankar and Dr. Meenakshi Ravi, Hyderabad