

## SUMMARY

Rudrani showed gratitude to her Gurus, Pt. Shashank Katti, founder of Sur Sanjeevan Music therapy, to Vidushi Puloma Das Joshi under whose guidance she completed her B.Mus. She is grateful to Mrs. Nibedita Phukan, Principal MDK Girls College for giving her the opportunity to talk about music therapy, to her family for their immense support.

She explained about what music therapy actually is, it was stated that music is beyond stress reliever or mood enhancer level. She talked about health music and the difference between health music and therapeutic music. To study music therapy, one needs to study about properties of sur. There are different kinds of sciences that is associated with Surs.

Sur Sanjeevan music therapy is based on ayurvedic principles, mood elevation theory, neurology and traditions of Indian Classical Music. For doing therapy you need to diagnose the disease, identify the imbalances of the functional energies in body, select surs, arrange them in the form such that certain energy is increased or decreased to bring the energy to the balanced level. The talk was ended by telling how you can pursue music therapy as career and also explaining that to pursue music as career one doesn't only have to go to Bollywood music industry or any other film industry, or be a concert performer, after all it is all about how much passionate you are about music and isn't it beautiful if you are able to treat and help people through your art.

