

# Know about us

Pt. Shashank Katti

## **The pioneer of Indian Music Therapy *Sur Sanjeevan***

- Pt. Shashaank Katti is a well known Sitar player and a national artist of Akashwani & Doordarshan. He is also a famous music composer, one of the duo 'Shank Neel'. Also he is an electrical engineer. ( DEE )
- Since 1997, experience in Music Therapy and has developed a new theory and methodology called 'Sur Sanjeevan Music Therapy' in association with a group of doctors. This new therapy is based on modern neuro - sound technology, ancient Indian medical science Aurved, Indian classical music Physics – Math's principles etc. It is the enhancement of healing power using the musical notes - Surs.
- He is the pioneer of Sur Sanjeevan Music Therapy and treats patients with clinically proven "Suravalies", classical compositions, invented by him.
- Suravalies give promising results on diseases/ disorders like Arthritis, Diabetes, Asthma, hypertension, Migraine, Insomnia, Depression etc. More than 10000 patients are relieved with this newly invented musical treatment methodology.
- He is the head of the Music Therapy certificate program conducted by Mumbai Educational Trust (MET)
- Training Program of Sur Sanjeevan Music Therapy

\* 'Sur Sanjeevan Music Therapy Trust', a charitable trust, was found by Pt. ShashankKatti for the development and propagation of Sur Sanjeevan Music Therapy and started a certificate course in Music Therapy in Pune in 2012.

\* Nearly 300 students from Pune and Mumbai including many doctors, healers, Musicians and others are educated in this course and many of them are practicing Music Therapy. ( Can see the names on [www.sursanjeevan.com](http://www.sursanjeevan.com) )

\* Nowadays this scientific Sur Sanjeevan Music Therapy associated with highly qualified doctors and having experience of more than 50 live treatment workshops, is well accepted by medical fraternity. Large no. of patients found the live treatment useful.

Sur Sanjeevan Music Therapy Trust's

**BOARD OF INDIAN THERAPEUTIC MUSIC**  
Certificate & Diploma courses in Music Therapy

Sur Sanjeevan Music Therapy Trust is a charitable trust founded by Pt. Shashank Katti and Board of Indian Therapeutic Music is its educational branch. The Board conducts a six month's part time certificate course in Sur Sanjeevan Music Therapy. In Pune 9<sup>th</sup> batch of this course is going to start on 19<sup>th</sup> November 2016. For the students who had completed the above course successfully, Sur Sanjeevan Music Therapy Trust's **BOARD of INDIAN THERAPEUTIC MUSIC** proudly announces an advance diploma course in Indian Therapeutic Music which also will start in November 2016

In certificate course the students will be given the preliminary idea of the science of Music Therapy and few Ragas. The theory about the relation between Surs and the functional energies in the body, few Ayurvedic concepts, traditions of Indian Classical Music, Modern Neuro-Sound inventions will be the a part of the syllabus

The Diploma course will be the continuation of the certificate course for six months and a practical work of two months. The major emphasis of the Diploma course will be on the practical part of Therapeutic Music Sur Sanjeevan along with fully scientific theory.

Indian Therapeutic Music will be the predominant subject of the course. It will be based on treating the patients by regaining the energy levels back to their optimum healthy state levels. For this Sur Sanjeevan Music Therapy will use the musical formats called as Suravali. These Suravali, each for particular ailment will differ from the regular Raga music and will have different types of rules. Care will be taken that after completing this course the students will themselves be capable to treat the patients. Limited seats and individual attention will be the specialized aspects of this course.

Highly qualified faculty will teach you the medical and musical aspects regarding Sur Sanjeevan.

For the new comers the diploma course will be conducted in two levels

Level 1 :: Certificate Course Six Month's Introductory course

Level 2 :: Diploma in Sur Sanjeevan Therapeutic Music.

This level will be of one year inclusive of six months of the certificate course and a two month's project internship.

Certificate & diploma course will start for both the levels from 19<sup>th</sup> November 2016 at Karnatak Sangh Hall, Siddharth towers, Near Karishma Society, Kothrud , Pune.

Admissions are open for both the courses.

Fees for certificate course ( Level 1 ) :: Rs.18,000/- only

(cheque should be drawn by the name Sur Sanjeevan Music Therapy Trust)

And Rs. 3000/- cash for following

(A set of ten cds on different ailments and course material along with a book on Music Therapy Sur Sanjeevan & Pulse Diagnosis will be given)

Fees for Diploma course ( Level 2 ) :: Rs. 50000/- only

( Special consideration for first batch)

The applicant for Diploma course will have to appear for an entrance exam and an interview.

#### **Scope of the Diploma Course :**

- Students after completing this Diploma course can start their own set up for Holistic Healing.
- Join hands with medical fraternity as supportive therapist.
- Join hands with alternative healers like naturopathy, flower remedies, Reiki etc. and treat patients.
- Get place as Music Therapists in institutions.

For any detail information contact me on 9820046920

Web Site : [www.sursanjeevan.com](http://www.sursanjeevan.com)

**You can apply for the course of Diploma in Therapeutic Music if you are**

- Music lovers
- Doctors – any faculty
- Alternative medicine therapy practitioners – Naturopathy, Unani, Accupressure, Accupuncture etc

- Supportive medicine therapy practitioners – flower remedies, Reiki/ crystal reiki,, holistic healing, physiotherapy etc.
- Counsellors – childhood, garbha sanskar, carrier counsellor, geriatric counsellors, behavioural counsellors etc.
- Musicians – vocal as well as instrumental
- Consultants

### **Features of the course**

- No musical background required
- Science background – not essential, if you have, it is advantage
- Introductory course
- Concise syllabus
- Multidisciplinary course
- First level course
- Can start practising
- Holistic approach
- Non invasive therapy
- No unwanted side effects
- Can safely be added to ongoing medication of the patients
- Advance level courses in the pipeline
- Collaboration with hospitals
- Promising outcomes at clinical trials

## LEVEL 1

### SYLLABUS

Diploma course in Music Therapy, is a specialized course that aims at help you use music for health benefit and holistic living. Based on some of the most extensive research specifically developed Sur-Sanjeevan and finest of , this course will take you to the grass roots and equip you to use newly invented methodology of Music Therapy to treat ailments.

1. Historic event about musical miracles and its conclusion (about Tansen Vikramaditya )
2. Modern inventions (an experiment about neurohormonal secretions)
3. Mood elevation theory and application of music as therapy.
4. Sound Waves, Binaural beats, Entrainment of brain, concept of Sur, control of mind on body through brain, Brain waves, States of brain frequencies, Primary knowledge about functioning brain. Relaxation, Meditation, Sleep, Hyper activity etc. Entrainment of mind and generation feelings resulting in Entrainment of brain
5. Indian Classical Music. Few definitions like Sur, Taals, Rags, Vadi, Sanvadi, Aroh, Avroh etc
6. Few Ragas for study
7. Coordination of Ayurvedic and principles with Indian Classical Music
8. Stress management, Definition of stress, Positive stress, Negative stress, Moods of ragas and their application on different stress related problems
9. Sound waves, Propagation of sound, Pitch and Waveforms, Beats, Phase difference, Structure of ear and process of hearing

Ability of knowing and singing or playing different surs.  
Following Ragas with few alaps and a theme.

1. Hindol
2. Todi
3. Puriya Dhanashree
4. Miya Malhar
5. Darbari Kanada
6. Madmad Sarang
7. Malkauns
8. Bageshree
9. Madhuvanti
10. Yaman



### PROJECTS:

As part of this course the students will have to perform projects and/or case studies. This will be taken into common consideration for final evaluation.

## **Extension for Diploma course – Music Therapy**

### **Level 2**

### **Syllabus for second level Diploma Course**

#### **General**

Concept of Music Therapy, History of Sur Sanjeevan, History & basics of Indian Classical Music and it's scientific relation with nature, Roll of Music in treatment, Suravali, Indian Therapeutic Music – Sur Sanjeevan.

#### **Topics**

- 1] Meaning of Aas & Meend and their application as Therapeutic Tool.
- 2] Practical approach in different way :: To construct therapeutic music based on the energy elevation or reduction concept for different imbalances and its application
- 3] Diseases like Schizophrenia, Epilepsy, Memory loss and Music Therapy.
- 4] Childhood problems like lack of concentration, Hyperactivity, inactivity, Depression and Music Therapy.
- 5] Menopause :: Problems & Musical remedies
- 6] Preliminary Knowledge about EEG. To understand the report.
- 7] Ayurveds :: Subdoshas in details. Related disorders. How imbalance and hence diseases / disorders occur. Understanding basic principles of management of a disease.
- 8] Pregnancy :: Garbhav kranti, Doha position in different months, physical & psychological body problems during pregnancy period Music and Therapy.
- 9] Expansion of Sur – Neuro science concept, Study of few neuro hormones. Growth hormone, Melatonin, Serotonin, Dopamine, Cortisole etc.
- 10] To measure Blood Pressure of patient.
- 11] Advanced Nadi Pariksa Allopathy Style – Nadi Pariksha Aayurvedi Paddati.
- 12] Relation between Surs and Binaural Beats.
- 13] Effects of Surs parallel to Binaural Beats.
- 14] Concept of Sruties.

**Practical :** Following Suravali are there in the syllabus for different ailments.

- 1) Marut
- 2) Santul
- 3) Greeshma
- 4) Madhuparnaa
- 5) Parjanya
- 6) Nidraa Mohini
- 7) Pada Dukha harini
- 8) Aanandini
- 9) Prabhaati
- 10) Viraag

### **About the "DIPLOMA In Therapeutic Music" Level 2 Course**

Period Of indoor theory & practice course : Six Months

Period of Project course : Two months.

Duration of Indoor theory and practical course : About 150 hours

Net period of course 8 Months : 8 months

Eligibility for admission : The student must have successfully completed the certificate course of Sur Sanjeevan Music Therapy. He also should pass in the entrance exam for this course.

Attendance : 90% attendance is mandatory. The Trust keeps the rights to disallow the student from appearing for the exams and getting the certificate if the attendance is not satisfactory.

#### **Medical Faculty**

Board will try to appoint the leading Doctors and musicians as the faculty for the course.

Diabetologist , Orthopedic, Psychiatric , Neurologist, Pulmonologist,  
Ayurvedachaarya, Computer expert For teaching different programs, Parameters  
teaching persons

**Dr. Suhas Hardas** : MBBS, MD (General Medicine), DM (Cardiology), FICCA (Aus.), FSCAI (USA)

Dr. Suhas Hardas is a well-known, experienced Cardiologist based in Pune, practising at Hardas Heart Care, Ruby Hall Clinic, Poona Hospital, and other hospitals in and around Pune. Having worked in the field of Cardiology for over 23 years, he has treated hundreds of thousands of patients suffering from various cardiac disorders.

**Dr. Gauri Godbole** : MBBS,MD (TB & Chest) , Pulmonologist.

Professor & head of the department :: Smt. Kashibai Navlae Medical College and General Hospital.

**Dr. Sumit Chandak** : MBBS, MD (Psy) Consultant Psychiatrist

Having his clinic ' The Beautiful Mind ' at Kothrud Pune. Also attached to ' Kotbagi Hospital'- Aundh and 'Sahtadri Hospital'- Kothrud.

**Dr. Bhaskar B. Harshe** :: MD (General Medicine)

Dr. Bhaskar Harshe is a renowned Consultant Diabetologist practicing in Pune, Maharashtra. He is serving as a Secretary of Scientific Session and Joint Secretary of Diabetic Association of India, Pune for last two decades. Apart from being an honorary Consulting Diabetologist at Poona Hospital and Research Center, Dr. Harshe is also attached to all major health institutes in Pune as a Diabetologist.

**Dr. Himalaya Pantavaidya, M.D. (Anesthetist)**

Practicing anesthesiologist for more than 35 years, has assisted thousands of surgeries. Associated with Pt. Shashank Kattii for the last 18 years in terms of conceptualising and conducting Music Therapy sessions and lectures

**Dr. Ashwini Kundalkar**

Professor, M.B.B.S,M.S(Anatomy). Professor A natomy Departmen Sinhgad Dental college and Hospital.

**Vaidyaraj Dr. Sanjay P. Chhajed, M.D. (Ayurveda)**

Practicing Ayurvedic consultant for 16 years, internationally recognised Ayurveda teacher, Ex -Principal - Ayurveda College, Aurangabad & Ex-Senior consultant, M. European Research University, Vlodrop and Holland.

Specialised in Rejuvenation Therapy; one of the very few teachers of Pulse Diagnosis. Presently working as CEO, Baba Ramdeo Institute of Ayurveda, a multi faceted pioneer research institute of Modern Ayurveda and involved in promotion of classical Ayurveda in its latest attire. Associated with Pt. Shashank Katti for last 16 years.



**Dr. Deepali D Chhajed**

Dr. Deepali D Chhajed is an experienced Ayurveda in Balaji Nagar, Pune. She has had many happy patients in her 16 years of journey as a Ayurveda. She has completed MD-Ayurveda. She is currently associated with Sukhi Clinic in Balaji Nagar, Pune.