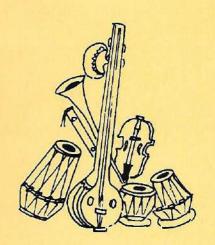
CLASSICAL ARTS SOCIETY OF HOUSTON



PRESENTS The thirty eighth annual SRI TYAGARAJA SPRING MUSIC FESTIVAL

Sangeethamum Aroghyamum MUSIC & WELLNESS

SATURDAY, APRIL 25, 2015 3 pm to 9 pm

SUNDAY, APRIL 26, 2015 2 pm to 9 pm

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(L-R) Dr. Naveen Surapaneni, Dr. Gabriel Lee, Dr. Manish Rungta, Dr. Sezen Altug, Dr. Syed Jafri, Dr. Ravi Mani, Dr. Nikhil Inamdar

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CLASSICAL ARTS SOCIETY OF HOUSTON

About Classical Arts Society

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Late Mrs. Indu Krishnamurthy Nalini Mukhopadhyay Prabha Bala

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Kruthi Bhat Maya Iyer Meghana Karra Vikram Murali Layaa Natarajan Uma Ranganathan Shilpa Sadagopan Karun Salvady Madhuri Vasudevan Surabi Veeraraghavan Founded in 1993, the Classical Arts Society of Houston is a non-profit organization dedicated to promoting and maintaining the rich heritage of the classical performing arts of India. The Founders of the Classical Arts Society are Late Mrs. Indu Krishnamurty, Mrs. Nalini Mukhopadhyay and Mrs. Prabha Bala.

The objectives of the Classical Arts Society are:

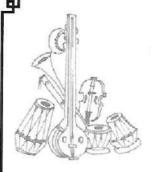
- •To present music and dance recitals of high quality by leading contemporary performers.
- •To educate through talks, lecture demonstrations and symposia by experts in the fields of Indian classical performing arts.
- •To create an endowment for the promotion of Indian classical arts in the greater Houston area.

38 years ago an ad-hoc group formed under the leadership of the late Mrs. Indu Krishnamurthy and started conducting the annual Sri Tyagaraja Music Festival in Spring of each year in the Houston area. This effort was formalized in 1993 with the formation of the Classical Arts Society of Houston. Following a few initial years the venue for this festival moved to the beautiful campus of the Meenakshi Temple in Pearland. The serene ambience of the temple has been an ideal location to host the annual Houston Tyagaraja Utsavam (Festival) over the years. The co-sponsorship of the Sri Meenakshi Temple Society is an added blessing. A full list of programs by high caliber artists presented at the Tyagaraja Festivals and other occasions is published in this 2015 Festival program book.

The Classical Arts Society of Houston is a 501 (C) (3) tax-exempt organization. All programs presented by Classical Arts are open to the public. It is funded solely by donations by the attendees and patrons of its programs. The donations are tax-deductible to the extent allowed by law. Any donations in excess of expenses will be used for the endowment and for staging programs during lean years and milestone years. The Classical Arts Society gratefully acknowledges its patrons, donors, friends, advertisers and volunteers for their generosity. This is the second year that we have sought to supplement the funding by ticketing the two major concerts of this year's festival. A Board, an Advisory Board and a Youth Board of dedicated individual volunteers strive for excellence in running the Classical Arts Society activities.



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CLASSICAL ARTS SOCIETY OF HOUSTON

WELCOME

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Karun Salvady
Madhuri Vasudevan
Surabi Veeraraghavan

Friends, Rasikas:

Apr 25, & 26, 2015

Welcome to *Music and Wellness* - the 2015 Tyagaraja Spring Music Festival. This year's festival theme is inspired by the title "Sangeethamum Aroghyamum" of one of Malladi Brothers' concerts aired over Jaya TV. In this age of cross disciplinary studies the arts and sciences are converging in many areas. Integrating different art forms both visual and performing arts into wellness and medical treatment plans is now seen in greater frequency. The Apollo Hospital in Chennai has a full department for music therapy! A quick peek into the Internet resulted in a plethora of papers and research findings on the subject of the use of music in therapy. This present day endorsement for integrating music into therapy can be said to have ancient beginnings. Cure of ailments through the use of music has references in many of the ancient music texts and treatises of India as well as in the lyrics of Vaggeyakaras such as Muthuswamy Dikshitar. These sources are replete with anecdotal and experiential narratives. The Festival this year will seek to draw attention to this curative and wellness aspects of music as described in both modern research and older texts and compositions. The theme will unfold through the program line up.

The ever popular music of vocalists Sri Sanjay Subrahmanyan and The Malladi Brothers is sure to delight us musically and will perhaps also inform us on the chosen Festival theme. The theme will unfold further through a discussion by a group of erudite panelists straddling both music and medicine and through carefully selected kritis presented by Houston area teachers/musicians in their group presentations. A special dance segment this year will also smartly weave the theme into their performance.

It has been an objective of CAS to strive to create a Festival that renders fine music for one's listening pleasure as well some new concepts, ideas and developments as intellectual exercise and learning experience. With this in mind the theme of Music and Wellness for this year's Festival received enthusiastic support especially when viewed in the context of the city of Houston – an important center for both medicine and now the arts as well!

We thank each and every one of you for your patronage and support this year. That is what fuels this organization and gives us the encouragement to present this festival each year. This year marks the 38th year!

Welcome again, and please enjoy the festival.

From

Prabha Bala, Nalini Mukhopadhyay & The Classical Arts Society Board



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Start Time	2015 Houston Classical Arts Society Sri Tyagaraja Spring Music Festival	
	Day 1 - Saturday, Apr 25, 2015	
3:15 PM	Seating Starts.	
3:20 PM	Welcome by Nalini Mukhopadhyay and Prabha Bala. Festival Inauguration by honored patron and chief guest Sri Visweswaran	
3:30 PM	Panel Session - Music and Wellness by Dr. Arun Mukhopadhyay	
4:30 PM	Orchestra (Coordinated by Manjula Rao)	
5:00 PM	Break and Stage Sound Check for Concert.	
6:00 PM	Carnatic Vocal Concert by Sanjay Subrahmanyan	
8:30 PM	Gifts for artists prior to last song & Review of Day 2 program	
8:35 PM	Last song & Mangalam.	
8:45 PM	End of Day 1	

Start Time	Day 2 - Sunday, Apr 26, 2015
1:45 PM	Seating Starts. Slide Show
1:55 PM	Welcome by Nalini Mukhopadhyay and Prabha Bala.
2:00 PM	Dance Program - A Spectrum Health Through Carnatic Classical Arts - Coordinated by Madhuri Vasudevan.
3:30 PM	Raganubhavam by Krishna Gana Sudha Music Academy Group Presentation Directed by Vidhushi Rajarajeshwary Bhat
4:00 PM	The Divine Bestowers of Aroghya Group Presentation Directed by Chitra Dharmarajan
4:30 PM	Melaragamalika - Ragams and the Nervous System Group Presentation Directed by Anuradha Subramanian
5:00 PM	Break and Stage Sound Check for Concert.
6:00 PM	Carnatic Vocal Concert by The Malladi Brothers
8:30 PM	Gifts for artists prior to last song and Vote of Thanks
8:35 PM	Last song & Mangalam.
8:45 PM	End of Day 2 and the Festival

Can music be a medical instrument?

Can music be a medical instrument? In a moving talk from TEDMed, Robert Gupta reveals that it certainly can be. He gives as an example the work of neuroscientist Gottfried Schlaug, one of the pioneers of melodic intonation therapy. Schlaug noticed that, while stroke victims with aphasia could not utter a sentence, they could still sing the lyrics to songs. In these patients, studying music essentially rewired their brains.

This issue is important to Gupta because, after college, he found himself caught between his two loves—neuroscience and the violin. While he chose the violin, he didn't end up playing only in concert halls. Thanks to a violinist friend who suffered from schizophrenia and ended up living on the street, Gupta found himself founding the organization Street Symphony, playing for the homeless, mentally ill and incarcerated.

"The musicians become the conduit for delivering the tremendous therapeutic benefits of music on the brain to people who would never have access," says Gupta. "The beauty of music offers them a chance to transcend the world around them."

"there's been a lot of progress in neuroscience — ways that we can see the brain with fMRI, also with the way that we can track certain concentrations of neurotransmitters like dopamine very, very closely. I think, the next step in neuroscience and music is to be able to actually track which neurons are being activated from the auditory cortex, the ones that are right next to the ear, to the actual emotional triggers that can get us to secrete neurotransmitters. We cannot see that pathway yet because it's something outside MRI. So in a way, neuroscience is still catching up to it. But in the clinical sense, we can clearly see where stroke victims, victims of brain trauma, with Alzheimer's, dementia, Parkinson's disease, with autism — we can see there's a clear effect that music is having. And I see it happen with mental illness in my daily work with Street Symphony."

"Oh, it's really a lot of fun. Suddenly we're playing for a group that is incredibly receptive. Also, we're not playing for the microphones hanging from the stage for direct-release to iTunes. At the same time, it's the exact reversal of roles. Because when you come to see an opera at the Kennedy Center, you've subscribed and you've bought tickets, so you're ready for the experience. Here it's the exact opposite. We've got to prove ourselves within 10 minutes, because there's nothing to say to them that they can't just walk out. At one of our first performances in the asylum, this group of people that were very severely mentally ill started three or four of them walked off and left during our concert. I was just playing alone, and I thought, "Oh, it's just not for them." Their therapist told me later on that they left because they had tears streaming down their faces and they were sobbing and they didn't know how to handle their emotions, and it was their emotions that landed them at the asylum in the first place.

So we've heard things like that — it's overwhelming. Suddenly the purpose of why we're making music has changed. It's not about the ideal of perfection any longer, it's about actually offering something."

Excerpts from a TEDBLOG interview of Robert Gupta

MUSIC & WELLNESS

A PANEL DISCUSSION MODERATED BY DR ARUN MUKHOPADHYAY

From ancient times to the present, music has played a significant role in life. It can lift us up, bring tears in the eyes as well as make us feel better. It has tremendous power in stimulating spiritual thoughts. However, on a more practical level, it is now well recognized that music has clear effects on bodily functions which may help in treating physical and mental conditions. With this in mind, this year we are including a short segment on this subject, "Music and Wellness" to be discussed by a panel. The panel consists of physicians and scientists interested in this subject and will provide new and interesting views about music as it relates to health.

Panelists:

- 1. Dr. Lakshmi Srivaths
- 2. Ms. Uma Ranganathan
- 3. Dr. Sunil Krishnan
- 4. Mr. Chandramohan Nair
- 5. Dr. Venugopal Menon



We encourage audience participation during the discussion.

Orchestra Group - Coordinated by Manjula Rao



Violin: Deepa Ramachandran, Ganesh Bhaskar, Manjula Rao,
Maya Iyer and Sangamithra Narasimhan
Onas Asha Bakthayatsalam, Chitra Dharmassian and Jakshmi Srivath

Veena: Asha Bakthavatsalam, Chitra Dharmarajan and Lakshmi Srivaths.

Harmonica: Prasanna Rao; Mridangam: Ajay Subramanian

Songs:

- 1. Swarajithe, Behag, Adi
- 2. Thatvameruga Tharama, GarudaDhwani, Roopaka
- 3. Paridanamichchithe, Bilahari, Khandachapu
- 4. Bhagyada Lakshmi Baramma, Madhyamavathi, Adi

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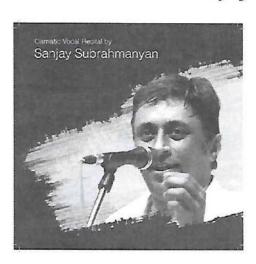
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Sanjay Subrahmanyan Concert



Sanjay was born in Chennai on Jan 21, 1968 into a family steeped in Carnatic music. Like many others in the family, Sanjay took to music like a duck to water.`

His gurus are:

V. Lakshminarayana

Rukmini Rajagopalan (his grand aunt)

Calcutta K.S. Krishnamurthy

SRD Vaidyanathan (Nadaswaram Maestro)

Sanjay is an inspiration to aspiring youngsters all over the globe. His concerts are the product of a lively and intelligent mind. His music is both traditional and creative and gifted as he is, he sings with an air of freedom which

brings joy to both the singer and the listener. He is visibly lost in his music and takes us with him....a testament to the quality and durability of his music. It is no surprise therefore that accolades and awards have followed wherever he sang.

Accompanying Artistes

Violin: S. Varadarajan

Mrudangam: Neyveli B. Venkatesh



At a very young age, Varadarajan has established himself as a front ranking musician accompanying all the leading musicians. Varadarajan was a child prodigy and has been performing for the past 20 years.

His gurus are: Kanchi Sri Janardhanam TV Gopalakrishnan



Neyveli Venkatesh is a most sought after mrudangist in India and has a rich experience of playing for over 25 years. He is a regular performer in many important world music festivals.

His gurus are:

Shri Balaraman (his father)

Shri Ramanathapuram MN Kandaswamy Pillai (disciple of legendary Palani Subramaniya Pillai)

Tavil Vidwan Shri PP Venkatesan

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A Spectrum Health Through Carnatic Classical Arts

Natya, Nritya and Rasa

Presented by Madhuri Vasudevan

Artistic endeavors are universally connected to health and wellness. The foundation of our Indian cultural heritage, steeped in the rich traditions of artistry, music and dance, transcending centuries of time, has demonstrated time and again, the life-long benefits of arts in achieving optimal health.

In recent decades, the globalization of art has led to a greater appreciation for our Eastern cultural art forms, specifically Indian classical art, music and dance. And so, it is in keeping with our theme for this year's Tyagaraja Spring Music Festival, that we celebrate the impact of Indian classical dance and music in health and wellness through the performances of so many artists locally and internationally.

The program, entitled *A Spectrum of Health Through Carnatic Classical Arts* includes four dancers, Dr. Surabi Veeraraghavan, Mrs. Lavanya Prabhu, Ms. Sneha Raju, and Dr. Madhuri Vasudevan; vocalist, Dr. Rajni Natesan; violinist, Mr. Mahesh Iyer; and mridangist, Master Ajay Subramanian. The intent of this program is to highlight the broad spectrum of health and wellness afforded through Indian classical dance and music, recognizing the benefits that include cardiovascular health (*Natya*), emotional and psychological health (*Nritya*), and finally the ultimate goal of all human endeavors, the quest for spiritual health.

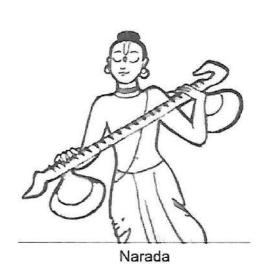


RAGANUBHAVAM – Experiencing Emotions

PRESENTED BY 'KRISHNA GANA SUDHA MUSIC ACADEMY' Directed by VIDUSHI RAJARAJESHWARY BHAT

Participants

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Songs

- 1. BHAIRAVI
- 2. NATA
- 3. KALYANI
- 4. MAND



The Divine Bestowers of Aroghya

Presenting compositions from Adi Shankara to contemporary composer Srinivasa Sharma on the Divine Bestowers of *Aroghya and Roga Nivarana*. The presentation coordinated by Chitra Dharmarajan is a careful selection of five works by different composers in different languages, set to different ragas and talas.

Participants for the group presentation:

Singers: Chitra Dharmarajan, Neela Chakravarthy, Usha Eswaran, Radhika Hariharan Violin: Manjula Rao Mridangam: Ajay Subramaniam

1) Survamurte:

Raga: Saurashtram Tala: Dhruvam Composer: Sri Muthuswamy Dikshitar

Kriti in praise of Surya:

Sun is the source of energy for all living things and non exposure to the sun creates many illnesses. The Anu Pallavi line "Arogyadi Phalada Kirte" makes direct reference to the Sun as a bestower of the gift of good Health.

The 18th century composer Sri Muthuswamy Dikshitar initially composed on Bruhaspathi (Guru-Jupiter) and on Sanishwar (Saturn) to cure his student of his stomach ailment caused by these two planetary positions. Later he composed on all the planets—Navagraha (set of nine), set to the Suladi Sapta Talas.

2) Sritajana Rogavane:

Raga: Purvikalyani Tala: Adi Composer: Srinivasa Sharma
Sri Dhanvantri, holding the Amrita Kalasa (Divine Nectar) is hailed as the Divine Physician.
This rare contemporary composition on Vishnu as Dhanavantri may be one of a kind.
Difficulty in locating a composition on Dhanavantri even after a search through the prolific works of Sri Dikshitar, the Malladi Brothers apparently requested the Vedic scholar Sri Srinivasa Sarma to compose this piece for them.

3) Arumarundoru Tani Marundu

Raga: Kambodi Tala: Rupakam Composer: Muthuthandavar The sixteenth century composer Muthuthandavar is one among the renowned Tamizh Trinity predating the popular Carnatic Trinity by over a century! A number of anecdotes tell of Muthuthandavar's miraculous cure from ill health as he plunged musically into singular devotion for Nataraja, the presiding deity of Chidambaram. There is even a a narrative of how he was able to flush out the poison from a snake bite with this song Arumarundondru tani marundu...' wherein he refers to Siva/Nataraja as the ultimate Marundu or medicine/cure for everything.

4) Irumaluroga: Thirupugazh

Raga: Asaveri Talam: Misra Chapu Composer: Arunagirinathar

Saints and scholars such as Kanchi Maha Periyava, Krupananda Wariyar and Thirupugazh Mani have hailed this thirupugazh in particular and have declared that if it is chanted daily it would protect one from all diseases!!

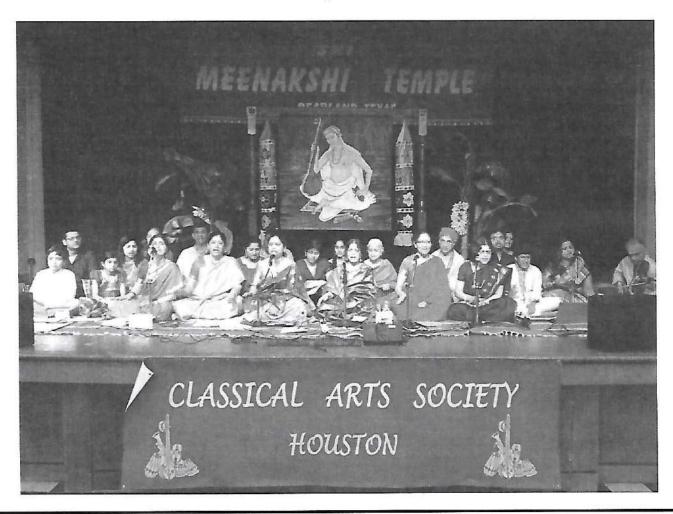
Arunagirinathar is a 15th century composer who is said to have composed about 16,000 songs of which only 1365 are extant. These Tamil compositions are complex with tongue twisting words and rhythms. The composer is said to have been saved by Lord Muruga, when he attempted suicide to end a life of depravity and disease. Blessed thus by Muruga, Arunagirinathar has several compositions in praise of Sri Muruga as a bestower of good health and remover of maladies.

5) Vaidyanatha Ashtakam

Raga: Ragamalika Talam: Adi Composer: Adi Sankaracharya Lord Vaidyanatha (form of Siva) is hailed as King amongst Physicians and his temple Vaitheeswaran Koil, is located in Tamil Nadu. It is said that Lord Rama performed cremation to Lord Jatayu at this holy place and Lord Kuja—Planet Mars, is believed to have been cured of leprosy when he prayed to this Lord.

This Ashtakam —eight verses, attributed to the early 8th century Saint Sri Adi Shankara, when chanted thrice daily is said to cure one of all diseases; Maharoga, Bhavaroga Nivaaranam!!

A 2014 Group Presentation



Melaragamalika - Ragams & The Nervous System

The great composer Sri Maha Vydyanatha Bhagavathar has composed the Melaragamalika, which features the 72 Melakartha Ragams in Carnatic Music. The 72 ragams are the principal ragams which have all the seven notes in the ascending and descending scales. They are called the Janaka or parent ragams, from which are born innumerable Janya ragams. The 72 ragams are divided into 2 broad categories the first 36 ragams have Suddha Madhyamam and the second 36 ragams have Prathi Madhyamam. In other words, Kanakangi which is Ragam number 1 corresponds to Ragam number 37 which is Saalagam. All the notes in Ragam 1 and 37 are identical, except for the Madhyamam.

The 72 ragams are further divided into Chakrams 12 in all , 6 in the Sudhha Madhyamam category and 6 in the Prathi Madhyamam category. Sri Vydyanatha Bhagavathar was a genius . He created a very melodious and beautiful , yet intricate composition in Adhi Talam starting with Sri Ragam , with a prayer to Lord Ganesha , weaving in some interesting swarams and jathis and then the Melaragamalika commences with Kanakangi . In this composition there is one line of Sahithyam with the name of each ragam appearing therein , followed by one avarthanam of swarams . Then comes the challenge for the singer with one half of the avarthanam in Ragam 1 and beautifully transitioning into Ragam 2 in the second half of the thalam . This pattern repeats in every ragam. If one were to sing the entire composition it would take and hour and a half . The genius of the composer comes to light in the fact that after every 12 ragams, or 2 chakrams , there is a closure , coming back to Sri Ragam . This enables the singer to perform 2 or 4 chakrams in a concert and delight the audience with something very unique and different from the regular compositions which are usually in one ragam .

According to an ancient Indian text, the 72 Melakartha Ragams control the 72 important nerves in the body. It is believed that if one sings with true devotion, adhering to the raga lakshana (norms) and sruthi shuddham (pitch purity), each raga could affect the particular nerve in the body in a favorable manner.

In keeping with the theme of this year's festival, "Sangeetham and Aarogyam", it is with great pleasure that my students and I present 4 of the Melaragamalika Chakrams ... Numbers 5 and 6 Bana and Ruthu Chakrams , and numbers 9 and 10 ..Brahma and Dhisi Chakrams .

The singers participating are:

Vasanthalakshmi Putcha
Kumari Susarla
J. Murali
Nalini Ramaswamy
Manasa Kethireddipalli
Vibha Sripadam
Kalki Kathiravan
Meghana Karra
Vedhanth Gopal
Bhavya Kethireddipalli
Anuradha Subramanian &
Sri Mahesh lyer on the violin
Tejas Murali on the mrudangam

By Anuradha Subramanian

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Malladi Brothers Concert



Sreeramprasad Malladi, Vocal
Ravikumar Malladi, Vocal
Embar Kannan, Violin
Narayanan Rajagopalan, Mridangam

Vidwans Malladi Brothers Sreeramaprasad and Ravikumar were born with a legacy and rich tradition accrued through their grand father Sri Malladi Srirama Murthy and through their father Sri Suri Babu, a disciple of Voleti Sri Venkateswarulu. They have received additional training from Sangeetha Kalanidhi Sri Pada Pinakapani and his well-known disciple, Sangeetha Kalanidhi Nedunuri Krishnamurthy. A large repertoire of Carnatic compositions and possession of vibrant and powerful voices have made Sreeram Prasad and Ravikumar the most sought after young maestros. Their musical intellect, melody & aesthetics provide for a most scintillating concert.



Sadagopan Kannan (aka Embar Kannan aka Kannan) is highly accomplished as a violinist and is in the forefront of violinists of the younger generation. His bowing technique is of high quality, marked by sweetness and clarity. Kannan is a disciple of Smt. A . Kanyakumari. Kannan is the recipient of many awards and honors for both his solo and his accompanying skills. He is an A grade artist of the All India Radio (AIR) and has played solo concerts and violin duets with his guru. He has accompanied many leading artists. He has also traveled widely and has performed (and continues to perform) in many concerts in USA, Europe, and the Far-East.

Hailing from a family of music connoisseurs at Neyveli, Narayanan Rajagopalan (a.k.a. Neyveli Narayanan) was initiated into the art of Mridangam playing at the young age of seven, under the guidance of Sri S.K. Ganesa Pillai. He made his debut at the age of 11 and ever since, he has been rising in his art by furthering his horizons and making a mark in the field of carnatic music. Intensive training under the Maestro Late Thanjavur Sri Upendran brought about a great amount of professionalism in Narayanan's playing. His



guru taught him the intricacies and specialties of the Tanjore Style of playing on the mridangam. Narayanan is now blessed with the rare opportunity of being one of the favourite disciples of the Mridangam Legend Padma Bhushan Umayalpuram Sri K.Sivaraman. As an 'A' grade artist, Narayanan is featured regularly by the All India Radio and TV networks, including prestigious programs like South-Zone Hook-up, Sangeetha Sammelan and National Programme of music. He has participated in many National and international festivals. He also teaches in India, the USA, Canada and the UK.

Thanks to Donors, Teachers, Volunteers, Partners

We are proud and happy to acknowledge Lead Donors of \$1,000 in 2015 (1) Dr. Arun & Mrs. Nalini Mukhopadhyay and

(2) R. Shankar and Raji Iyer who donated in honor of the wedding of their daughter Aishwarya to Rajan Arora on Apr 24, 2015. Aishwarya has been a regular participant during our Tyagaraja Aaradhanas. We wish the couple a long and happy married life!

Late in 2014, we received a donation of \$1,000 from The Houston Endowment per request of Mrs. Anne Chao.

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The Classical Arts Society gratefully acknowledges:

- > The Meenakshi Temple Board, the priests and staff for their support & help every year
 - Enthusiastic Participants and Music Teachers!
 - Tickets2Events.com for handling ticket sales
 - > The newspapers India Herald, Indo American News and Voice of Asia for dedicating space for post and pre-event articles.

Volunteers of the Tyagaraja Festival & the Spring Music Festival

Many thanks to over 120 children, youth and adults who paid homage with their songs to Sri Tyagaraja at the 38th Annual Aaradhana on Jan 11-12, 2015. The Aaradhana and the Spring Music Festival of Apr 25-26, 2015 are made possible only by the tireless efforts of many individuals who served in many capacities such as E-mail announcements, publicity through newspaper articles, poster & banners and word of mouth communications, radio broadcasts, program planning, fund-raising, decorating, brochure preparation, hosting and transportation of artists and out of town visitors, managing the tickets reception desk.

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