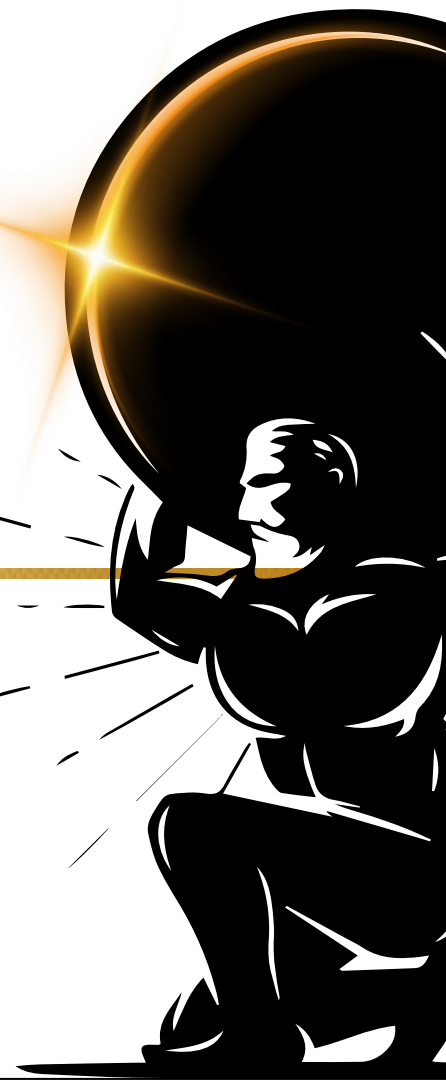


GOLDEN EDGE series

TIMELESS PRINCIPLES *of* INSPIRED LEADERSHIP



Ms Gowri Sankararaman is a dynamic Edupreneur, Soft Skills Trainer, NLP Practitioner, Music Therapist and Life Skills Coach with over 25,000 hours of experience in training, volunteering and therapy. Passionate about career development, personality enhancement and holistic well-being, she blends evidence-based practices with Indian traditions. With multidisciplinary qualifications in Economics, Information Technology, HR Management and Music Therapy, along with advanced certifications in training, counselling, NLP and life coaching, she brings considerable versatility to her work. An entrepreneur, accomplished musician, public speaker and community volunteer, Gowri is committed to empowering individuals, promoting women's equality and fostering personal and professional growth.

Invitation

THE SCIENCE AND ART OF MUSIC THERAPY

Practical Musical
Intervention for
Stress Relief &
Emotional Balance

TALK BY

Ms GOWRI SANKARARAMAN

EDUPRENEUR, SOFT SKILLS TRAINER,
NLP PRACTITIONER, MUSIC THERAPIST
AND LIFE SKILLS COACH

**SEP
12
2026**

SATURDAY

6:15 pm - 7:30 pm

TANISHQ

Old No.AA3, New, 10,
2nd Ave, Anna Nagar, Chennai



**Route Map to
the Venue -
Click to view**

SYNOPSIS

Music has the remarkable ability to influence our emotions, thoughts and overall well-being. This session explores the science and art of music therapy, highlighting how thoughtfully designed musical interventions can support stress relief, emotional balance and improved focus in everyday life. Drawing upon evidence-based approaches and the therapeutic potential of Indian musical traditions, the session will introduce simple, practical techniques that participants can readily integrate into their daily routines. It will demonstrate how rhythm, melody, sound and mindful listening can promote relaxation, enhance concentration, regulate emotions and build resilience. Participants will also gain insights into using music more consciously as a tool for managing everyday pressures, improving productivity, nurturing positivity and creating a healthier balance between professional demands and personal well-being.

PROGRAMME

- 6:00 PM Tea/Coffee/Networking
- 6:15 PM Welcome Address & Introduction
of the Speaker
- 6.20 PM Address by the Speaker
Ms Gowri Sankararaman
Edupreneur, Soft Skills Trainer, NLP Practitioner,
Music Therapist and Life Skills Coach
- 7:05 PM Q&A
- 7:20 PM Vote of Thanks
-

For Registration, mail to **stephy@rvinds.com**
or contact **Ms Stephy on 97915 27507**

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