

The [Margaret Kartomi Gallery of Musical Instruments and Artefacts](#) presents:

An Evening of Lecture-Demonstrations on

**“Indian Singing and Dance: Mental and Physical Health Benefits”**

DATE: 21 May 2026, 6.00-7.30pm

PLACE: Music Auditorium, 55 Scenic Boulevard, Monash University

FREE PARKING

This event is linked to MAMU's current Exhibition: “The Place of Indian Music and Dance in Australian Culture,” in the Margaret Kartomi Gallery of Musical Instruments and Artefacts, which may be viewed before and after the lecture-demonstration.

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**Lecture-Demonstration 1, “What is Specific to Carnatic (South Indian) Singing and What are its Health Benefits?”**

*by Jayshree Ramachandran OAM*

The first of these two lecture-demonstrations highlights the benefits of Carnatic singing to the mental and general health of the singers and their audiences. Music therapy research has proven that it can reduce anxiety and depressive symptoms. The meditative nature of Carnatic music, with its set rhythmic structures, is therapeutic, and its disciplined approach to the use of the vocal chords is highly beneficial for respiratory and cardiovascular health. It reduces stress and anxiety, thereby improving emotional resilience. Moreover, the group learning environment fosters social connection, which aligns singers' heart rates and builds community, team spirit, and camaraderie. We have a short performance this evening by young students to illustrate this.

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**Lecture-Demonstration 2: “What is Specific to Indian Dance and what are its Health Benefits?”**

*by Tara Rajkumar OAM*

The second of the two lecture-demonstrations highlights the benefits of Indian Classical dance to the dancers and their audiences. The physical and mental health benefits are far-reaching. Structured forms of dance provide a good physical workout and significant cognitive and psychological benefits. It can enhance emotional wellbeing, social cognition, and aspects of memory, including body memory. Specific to Indian Classical dance is the use of hand gestures (mudras) and facial expressions (rasas) with detailed eye movements. The dancer as the storyteller reaches out and leads the audience into a fascinating and enthralling world of imagination and creativity. This action will be presented through a demonstration of the nine emotions (navarasas) and an expressive dance (padam).