



NIRANTAR - a space for lifelong learning

invites you to a Workshop

on

Vocal Arts Medicine: A Comprehensive Approach for Vocal Health and Enhancement of the Professional Voice

by

Dr. Sadhana Nayak



Date : 6th April (Wednesday) 2016

Time: 2.00 pm to 5.00 pm

Venue:

NC-1 classroom

Naoroji Campus,

Tata Institute of Social Sciences,

Deonar Farm Road.

About The Workshop

The importance of an effective and healthy voice for professional voice users

- Understanding the functioning of a healthy vocal system
- Awareness of Vocal Habits that are detrimental to the voice
- Lifestyle factors that affect the voice
- Warning signs of an impending voice problem
- Developing and Maintaining a healthy and effective voice
- Exercises for keeping the voice in shape
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About the Resource Person



Dr. Sadhana Nayak is a voice medicine specialist, voice coach and vocal communication consultant, based in Mumbai, India. Dr. Nayak has worked with professionals, executives and business speakers, broadcast journalists, television anchors, educators, actors and singers, from all over the world, helping them find their authentic voice, providing them with vocal capabilities geared

onwards the realisation of their full professional and performance potential. Integrating her background in multiple disciplines including laryngology and care of the professional voice, voice and accent coaching, performance psychology and Indian classical singing, she brings a unique insight to her work as a voice specialist. Dr. Nayak specializes in the refinement of the speaking and performance voice, accent reduction, handling public speaking anxiety, the implementation of effective presentation strategies and voice therapy for the artistic and professional voice.

Dr. Nayak did a Fellowship in 'Care of the Professional Voice & Laryngology' with Dr. Robert Sataloff at Thomas Jefferson University Philadelphia. She is the only certified teacher in India of Fitzmaurice Voicework, a comprehensive approach to voice and speech training, taught at institutions around the world, including the Yale School of Drama, and Harvard University.

For Registration Please contact: Ms. Veena Shinde / Mr. Ritesh, Extn: 5682

for more details write to veena.shinde@tiss.edu

Fees- Rs. 300

Fee waived for faculty and current students of TISS [Masters, Doctoral, Diploma, Certificate students] **Prior confirmation required as number of seats are limited**