

WORKSHOP ON MUSIC AND CHANTING FOR HEALING

India International Centre (Annexe) Delhi

February 25, 2020

On February 25, on the occasion of the second day of Tibetan New Year (LOSAR), a select group of participants were invited to take part in “Workshop on Music and Chanting for Healing” at India International Centre Annexe Lecture Room 2 like the previous year.

Ms. Kumud Gaba welcomed everyone and invited Managing Trustee, Lama Doboomb Tulku and the workshop resource person Dr. Aditi Sharma Garg to light the lamp. Few senior participants were also invited to light the lamp. This was followed by invocation to Saraswati Vandana by Dr. Aditi Sharma Garg who is a Delhi based Dhrupad Vocalist & Musicologist of Indian classical music tradition. She was especially invited to conduct the workshop.

After a melodious rendering of Saraswati Vandana, Dr. Aditi started the workshop by playing the recorded tunes of mantras/verse which were carefully selected by Lama Doboomb Tulku for mass chanting. The participants listened quietly. Then, it was time for Dr. Aditi to teach how to sing the mantras/verses. She sang line by line and made everyone repeat after her. After she finished with the last set of mantras, she asked participants to introduce themselves and sing any one verse/mantra which they learned. Almost all the participants after short introduction sang the mantra of Avaloketeswara: OM MANI PADME HUM. There were others who only introduced themselves but excused from singing. Then, Dr. Aditi invited her accompanist, Mr. Rahul Sharma (Pakhawaj) and Ms. ILA Sharma (tanpura) to take seat on the stage to present a brief recital of Dhrupad. Everyone enjoyed the music.

At the end, Lama Doboomb Tulku thanked everyone for participating in the workshop. He said he wanted to keep the audience small and people came in a manageable number of 45. He offered white scarfs and honorarium to the artists and also thanked Ms. Kumud Gaba for doing a wonderful comparing. He then invited everyone for a simple vegetarian lunch at the IIC Annex Court. It was a beautiful day and everyone enjoyed a leisure lunch that day. workshop.

