



SUNITA BHUYAN

— VIOLINIST AND HR PROFESSIONAL —



A legendary anecdote narrates the brilliance of music through an incident that allegedly took place in the court of Emperor Akbar. Ramtanu Pandey, known better as Tansen, a master musician, possessed a gift unlike any other. It is said that one day, as he sang the raag Deepak, flames danced to the rhythm of his melody, engulfing the hall in fire. In a desperate bid to save the court, Tansen swiftly transitioned to the soothing raag Megh Malhar. As his voice wove through the notes, rain poured from the heavens, quenching the flames and restoring peace.

Music is deeply engrained in Indian culture, influencing its spiritual, emotional, and social framework. It is rooted in ancient traditions and provides as a link between the earthly and the sacred, with classical pieces honoring gods and goddesses. However the science of sound and physics of it is the critical feature that works as a therapy for the mind and body with the production of the feel good hormones in the body. Its complex rhythms and beats are perfectly calibrated to elicit a wide range of emotions, including joy, grief, love, and desire. Beyond individual expression, music serves as a communal glue, bringing people together during festivals, weddings, and other social events. Indian classical music, which emphasizes artistic brilliance and rigorous training, is regarded as one of the highest forms of artistic expression.

Music as Therapy

Realizing the impact of music, Ms. Sunita Bhuyan, a trained violinist & a seasoned Human Resource professional over 3 decades, started using music as a medium for training executives and students across the world. She initially used it as a therapy for kids from less privileged communities as well for people with disabilities and those recuperating from cancer. Sunita has provided music therapy on goodwill to over "35,000 less privileged children, disabled and cancer patients and earned an award from the Pope at the Vatican.



Music as a Leadership tool

As an HR professional she interjects the fields of human resources and music into one, using music as a medium for training and development of employees and their well-being. She has provided her music-based intervention to train organizational skills in over 100 companies and esteemed Management schools across India and across the world

Breaking the myth of the violin

She is the first person in the world to have played traditional Assamese Folk Songs on violin, and released an album titled "Bihu Strings". She has performed in thousands of shows, sometimes with show hosting an audience of 30,000 people.



HER EARLY LIFE

Ms. Sunita Bhuyan was born to renowned violinist & Sangeet Natak Amrit Awardee Minoti Khaund and Kabindra Ram Khaund, of Assam on 23rd of May in the year 1970. Born in Shillong in Meghalaya, she pursued her 10th and 12th at Little Flowers School in Dibrugarh Assam, and completed her school education in the year 1989.

Minoti Khaund was the first lady to bring violin to the North East of India, and has devoted her life to music, violin and teaching her knowledge of the Indian Classical Music to those around her. Her dedication to learning and devotion to music inspired young Ms. Sunita who started showing a keen interest in the art right from the tender age of 8. Excited by the atmosphere that music provided, the culture surrounding the art form, and the discipline that it took, Ms. Sunita expressed her desire to learn under her mother, who was very excited to teach her daughter the art formally.



Ms. Sunita learnt under both her mother as well as Padma Vibhushan Pandit Vishnu Govind Jog. She worked relentlessly and acquired the title Sangeet Visharad in the year 1986, one of the youngest of her time, from the iconic Gandharv Mahavidyalay. She also pursued the Sangeet Nipun title from Prayag Sangeet Samiti.

Despite all her achievements in the music realm, she did not feel ready to take up the huge responsibility that the art form demands and so decided to expand her horizons in academics. She enrolled to completed her Bachelors in Political Science from Cotton College in Guwahati, from which she graduated in the year 1992. She felt that Political Science was not her calling and she switched her career to Business Administration, obtaining a Master's in Business Administration from the Guwahati University in the year 1995. She enrolled into her MBA through the single Sports/Music quota available in the University.



HER Journey



After completing her education, she continued to perform in stage shows with her mother and guru. Through these performances, she not only developed her skills but also learned vital life lessons and principles about discipline, guru shishya Parampara, resilience, privilege, and the necessity of giving back to society. Her love and passion for music only continued to grow stronger.

She then got married to Mr. Surajit Bhuyan Bombay. She realized that her stage shows provide her a stable source of income in the and so, decided to join the corporate world. job as an HR trainer was at Epicenter logies, a back office for American At this organization she took step of introducing as a learning enabler she carried on to ICICI Onesource Now FirstSource) and finally she took forward the music-based corporate trainings in a more structured manner, which was highly encouraged at Syntel Incorporated (now Eviden by Atos) by the dynamic leaders and most importantly their global clients..

and moved to would not new city Her first Techno-Express. the first music which then



While learning music from the Prayag Sangeet Samiti, Ms. Sunita was drawn to the concepts of science, especially physics and how those principles could be applied to human well-being and other areas.

At the young age of 25, she convinced her seniors that music could in fact be used as a tool to teach organizational values to employees. With unrelenting conviction, she persuaded her supervisors across organizations that music could successfully communicate important corporate principles to employees. She led the charge and arranged the first music-based intervention in the business realm, which was a big milestone in her career. She received wonderful feedback about her intervention and since then there has been no turning back for her. Beyond the boardroom, she continued to captivate audiences around the country with dazzling performances alongside her mother and guru. She brought life to those around through her music. At the same time, she started piloting her program across varied forums after the success at her corporate associations. Last year she was invited by IIM Shillong to design and deliver MACE the first ever PGP course through music.

She has designed her training in three different programs which are utilized to teach organizational values and leadership skills in a unique manner. One of her first programs is titled 'Sahakriya' which is Sanskrit for synergy, a term used to describe wholeness or togetherness, indicative of the coordinated effort that is required in any organization. Another one of her programs is called "C sharp" on Creativity and Wellbeing through music and finally 'Empower, Enable and Enrich' designed for female leaders across the board using concepts in the Indian Classical Knowledge system to facilitate the virtues of a good leader.



HER WORKS



As a Violinist Ms. Sunita's work can be divided into three primary verticals-

1. AS A MUSICIAN

As a Violinist she has performed in many stages shows for popular cultural centers including Sangeet Natak Academy, North East Festival in Assam, and India International Centre. She has performed in many thousands of such shows, sometimes with an audience from anywhere between 30 to 30,000 people.

Ms. Sunita's folk album, "Bihu Strings," issued by Times Music, is India's only folk violin album, demonstrating her commitment to promoting indigenous musical traditions. She frequently collaborates with renowned musicians like as Grammy winner Vishwa Mohan Bhatt, percussionist Bickram Ghosh, and drum virtuoso Sivamani, among many other international artists.



Her musical initiatives cross borders, with collaborations in the United Kingdom and Europe, where she participates to inclusive global music projects such as the Commonwealth Culture Series UK and Eadarainn for the European Games 2018. In India, she has participated in programs such as "Save the Rhino" by Yes Bank and CNBC, the Paddy Fields Folk Fusion Festival, a multi city series for Azaadi Ka Amrit Mahotsav in India as well as US and UK and a series for G20 in her home state Assam. She has performed stage shows in many places across the nation like Delhi, Bangalore, Kolkata, Assam, Hyderabad, Bombay, and many more. Internationally, she has performed in many places like Glassgow, Edinburgh London, New York Chicago, Singapore, Malaysia, Boston, and such. Her varied repertoire includes performances at Vibrant Gujarat, Weaving Peace Gandhi 150, and the Festival of Bharat & Adi Sur, demonstrating her dedication to using music as a tool for cultural interchange and social impact and promote the ethos of India culture and its deep knowledge systems

2. AS A MUSICAL CORPORATE TRAINER

Through her music-based intervention program she has brought about remarkable changes in the way knowledge and training is imparted to employees. Her programs focus on building 5 important leadership skills in employee including (i) working together – the “art of partnerships, (ii) working towards a common goal, (iii) working through differences, (iv) working towards change and (v) building trust.

The format of Sunitas training falls under the experiential Learning category, focusing on the ‘synergy’ of art and life where even the uninitiated in music can participate. She emphasizes on the power of knowledge and how it can be utilized for the benefit of oneself and of others. From 2012, she became a freelancer, offering to conduct the music-based intervention in many reputed organizations including KPMG, Boston Consulting, BNP Paribas Bank, Royal Bank of Scotland, RBL, ONGC, OIL, Fractal among many others. Many top leaders including the CEO of KPMG have shown their appreciation and satisfaction after attending the session, managers have reported feeling a new wave of enthusiasm and zeal post attending her sessions. Employees have expressed increased interest in pursuing and working towards becoming leaders.



How she imparts corporate skills through music to employees , for an example, during her programs , Sahakriya in particular, starts with a song that demonstrates the raag of the time of the day during which the session is taking place. Then, Ms. Sunita demonstrates, what she calls Creativity with “The universal seven notes”, where she speaks at how with just 7 notes, any number of compositions can be made. Every song that one would have heard, from a proper classical performance to a nursery rhyme are composed out of the 7 notes. She explains how it gets important to efficiently utilize whatever resources are available in our corporate life, in a creative and unique manner, to generate wonderful results, much like the 7 notes used in music- Creating “More with Less” . Soon after, she demonstrates the “Metaphor of Orchestra” where she describes how there are multiple, often unacknowledged enablers for the smooth functioning of an organization similar to the one who conducts the organization, or the backstage employees who ensure the smooth conductance of an orchestra. All the employees must work in a coordinated manner to contribute to the greater efficiency of the organization.

She is considered as the first musician who is using music as tool for corporate trainings. Her efforts are very well appreciated by Top Management of many Fortune 500 companies.



With Grammy awardee Padmabhushan Pandit Vishwa Mohan Bhatt

3. AS A MUSIC THERAPIST – JOY OF GIVING

Music therapy employs the power of music to address a variety of physical, emotional, cognitive, and social issues. Music therapists encourage emotional expression, stress reduction, and relaxation through carefully planned therapies, supporting total emotional well-being. Music serves as a common language for people who have difficulty communicating, creating connection and allowing for greater expression. Furthermore, music therapy can help with physical rehabilitation by increasing motor skills and reducing discomfort by producing the happy hormones of Endorphins and Dopamine in the body.

Its cognitive benefits include improved attention, memory, and problem-solving abilities, making it especially useful for people who have neurodevelopmental problems or cognitive impairments. Music therapy provides a comprehensive approach to healing and growth in hospitals, clinics, schools, and communities, enabling people to attain their full potential and improve their quality of life.

Ms. Sunita has taken a pledge to give back to society through her music workshops for kids belonging to economically weaker and disabled sections of the society for engagement and inclusion and to induce the therapeutic benefits of music in them. Through over thousands of shows in Dharavi Mumbai & many other slum areas, to over 50,000 kids, she has single handedly made the lives of the young kids better which got her a recognition from the Pope at the Vatican

She has also performed in hospitals, hospices and other areas for terminally ill patients. These include cancer patients, those suffering from rare genetic disorders, or other chronic illnesses. Staff at the hospital have noticed significant changes in the well-being of the kids, while others reported feeling less pain after attending the therapy.

She touches the lives of such people, rekindling a spark of hope in them. Her work is indeed remarkable, especially as she does it gratis as a part of her “Joy of Giving- Joy of Music” program.

4. OTHER WORKS

Ms. Sunita and her pianist son Ronojit performed an official musical homage to HM Queen, which was live streamed from the High Commission of India - The Nehru Center. The duo went on tour in the United States, United Kingdom, and the United Arab Emirates, mesmerizing audiences with a series of concerts celebrating India@75 Azaadi Ka Amrit Mahotsav and the G20 series. Notably, they gave a special concert for distinguished guests such as the President, Vice President, Prime Minister, and Chief Justice of India. In a remarkable display of tenacity and innovation, the mother-son duo organized India's first balcony concert on March 23, 2020, despite the lockdown. During the epidemic, they arranged over 150 virtual events from their tiny home studio to support various causes and fundraisers for Covid victims. Workshops on wellness and mental health.

She is an active advocate of women's rights. She is also an active member of the society, working for the welfare of the country people. She has worked with many NGOs like Asian Foundation, Foundation for Social Transformation, ADAPT and other organizations that work towards the welfare of women-including providing vocational training, shelter homes to women who are abused or have been wronged in some way, funding education, providing meals for the poor, etc.

Her future plans include making efforts towards providing Indian, local musicians, especially those from North Eastern India, access to tools and platforms that are required to create a stronger creative economy, with the goal of propagating the knowledge of the Indian knowledge system to communities across the globe.



AWARDS



Ms. Sunita Bhuyan has achieved great feats in her career and has been honored by several organizations, which she has received from many renowned personalities. Her earliest awards, received almost at the beginning of her career was the prestigious Indira Gandhi Priyadarshini Award in the year 2005. She has also been conferred with the Giants International Award for women. Ms. Sunita Bhuyan received recognition in the form of an award bestowed upon her by Pope Francis from Vatican City. This prestigious accolade honored her dedication to utilizing music therapy for the betterment of underprivileged children, individuals battling cancer, and those with disabilities. She has also received felicitation from the Governor of Maharashtra for her efforts to raise funds for social welfare during the hardships of COVID. Hon Prime Minister Narendra Modi and legendary actor Amitabh Bachchan have been generous in their respect and appreciation of Sunita Bhuyan's musical rendition.

For her extraordinary contributions to the HR world, she was also conferred the Global Cultural Icon Award by Dell Technologies for using Indian art and a culture as medium for learning & the She Inspires Award UK in association with the UN.



Sunita Bhuyan With Hon PM of India Narendra Modi ji

IMPACT ON SOCIETY

- Ms. Sunita's contributions to society are diverse and far-reaching, covering her illustrious career in music, human resources, and music therapy. As a concert musician, she has contributed to India's cultural environment with her album "Bihu Strings" by Times Music, the country's sole folk violin record, demonstrating her commitment to conserving indigenous musical traditions.
- She has collaborated with prominent performers from throughout the world, and her music has inspired and captivated thousands of people around the world.
- Throughout her corporate career, Ms. Sunita has transformed training approaches by incorporating music into organizational values and leadership development. She teaches executives essential leadership skills through creative programs which build teamwork, creativity, and trust in corporate employees. Her pioneering music-based interventions have received recognition from Top Management of many Fortune companies, generating passion and motivating a new generation of leaders.



- Ms. Sunita's dedication to music therapy extends to vulnerable populations, such as economically underprivileged children and terminally sick patients. She provides thousands of people with comfort and healing through workshops and concerts, easing pain and creating hope in the face of tragedy. Her continuous support for women's rights and social welfare demonstrates her commitment to making a significant influence outside of the music industry.

- With a vision for a stronger creative economy and cultural interchange, Ms. Sunita continues to lead programs that enable local musicians, particularly those from North Eastern India, to amplify their voices on global platforms. Her exceptional work shows music's transformative power to connect, heal, and inspire positive change in society.



Seminar on Music and
mental health recently
in London with experts
from the field



A teal-colored folder with four white circular punch holes at the corners is centered against a vibrant, abstract background. The background is composed of various colorful shapes including circles, triangles, and wavy lines in shades of purple, yellow, blue, and pink. Some shapes have a textured, sprinkle-like pattern.

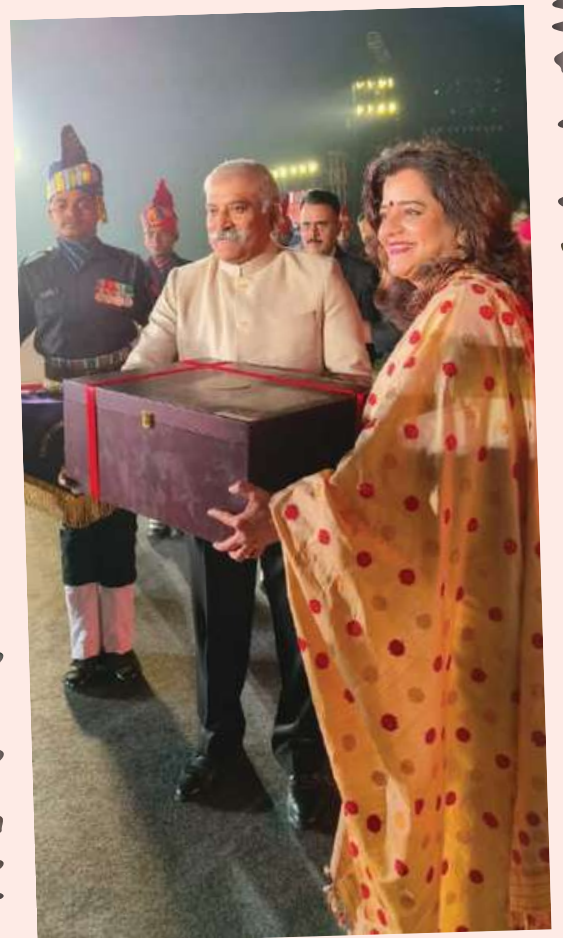
**APPRECIATION
FROM
RENOWNED
PERSONALITIES**



Felicitation by Dy CM Maharashtra Shri Devendra Phadnavis for Atal Geet Ganga performance.



CNN Mission Swatch aur Paani . With Akshay Kumat after live performance on TV



Felicitation by Genl Kalita GOC Eastern Command for Vijay Diwas

India Energy Week with Durga Jasraj



India Today conclave with Bickram Ghosh



MTV awards - with Priyanka Chopra



Performing with Maestro Padmabibhushan
Pandit V. G. Jog, her mother's guru

NDTV Cleanathon with Amitabh Bachchan



Singing with Baba Ramdev



Wellbeing session for Loreal



With Amitabh Bachchan after a show



Sanjoy Das

Last Eve had a wonderful Ustad Zakir Hussain and Friends #Concert in #Guwahati. I performed with indo #fusion violinist Sunita Bhuyan, after the concert, party time pic. Frm left ~ Dilshad Khan ,Vijay ... See more

Ustad Zakir Hussain



With gazal maestro Hariharn, Bhjan Samrat Anup Jalota, Grammy award winner Padmabhushan Pandit Vishwa Mohan Bhatt and mother and guru Wmt Minoti Khaund during the launch of our Durga stuti album - Invocation of Ma



With A. R . Rahman



With Bob Geldof



*With Cabinet Minister of Ayush and Shipping Shri Sarbanand Sonowal
after Swach Bharat Bahrat rally in upper Assam*



*With Ambassador Harsh Shringla at
Washington DC*



*With Ricky Rej
after performing for Vijay Diwas 2023
Victoria Memorial Kolkatta*



With Governor and CM of Meghalaya - 15th AUG 2023



**With Hon
Chief Justice
of India
Justice
Chandrachud
Singh after a
performance**



With Hon CM of Shri Himanta Biswa Sarma after a G20 performance. 2022



With Grammy awardee Padmabhushan Pandit Vishwa Mohan Bhatt



With Mahesh Bhat, Prasoon Joshi, Adil Hussain for
Dr. Bhupen Hazarika Memorial concert Mumbai



Riniki Bhuyan Sarma - eminent Entrepreneur of Assam and
wife of Assam CM



*With Hema Malini after her launch of her book
Brindavan*



With Hon Governor of Assam and Minister Shri Chandra Mohan Patwary. G20 summit



*With Indonesian Ambassdor to India
after a India Indonesia friendship
concert*



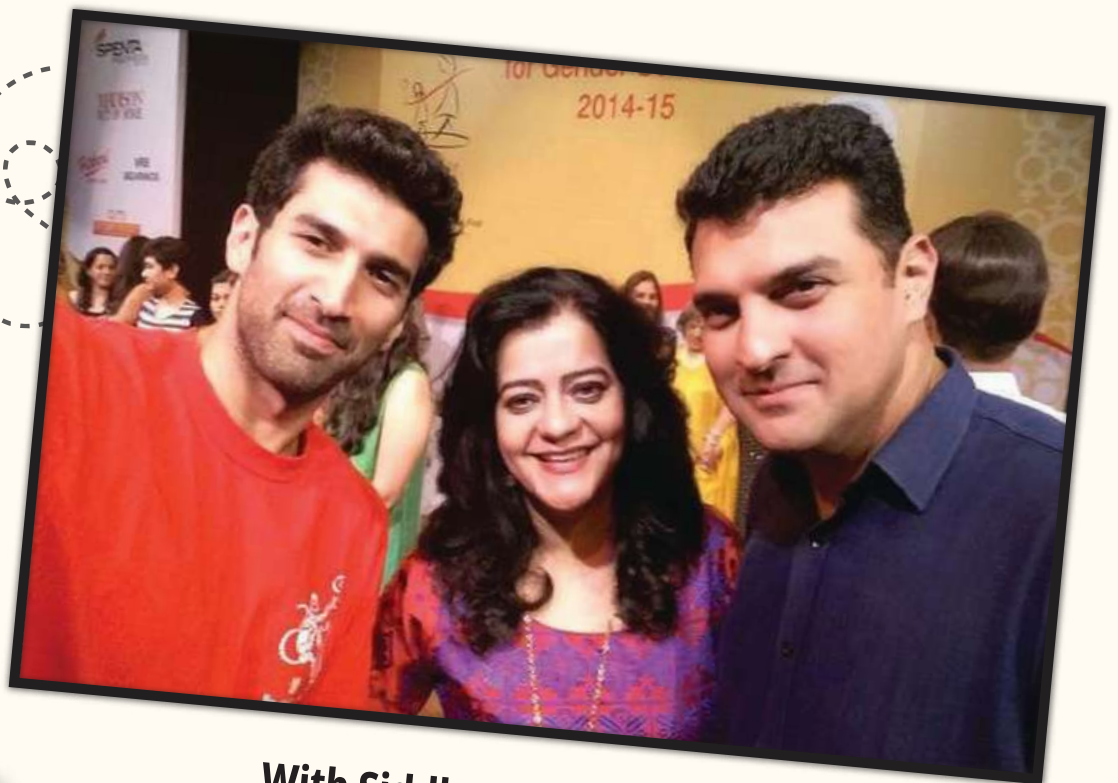
With SRK after a performance in Goa



With Saurav Ganguly



Felicitaton by Shankar Mahadevan and Chairman of HPCL



**With Siddharth Roy Kapur and
Aditya Roy Kapur**



***With Smt Rajshree Birla after
Rotary International Award***



***With Ustad Amzad Ali Khan and High Commission of
India to the UK Vikram Do-raiswamy. For martyrs
day 26, 11 tribute in London***



With violin maestro Dr. L Subramaniam & mother and guru Smt Minoti Khaund



***With veteran actress
Dolly Thakore***



AWARDS & RECOGNITIONS

A musical heritage- Mother and guru Smt Minoti Khaund receiving the Sangeet Natak Amrit Awardee.



Sunitas mother and guru violinist Minoti Khaund with the Sangeet Natak Akademi team

75
आज़ादी का
अमृत महोत्सव

आज़ादी का अमृत महोत्सव के उपलक्ष्य में
श्रीमती मिनोती खौंड
को हिंदुस्तानी वाद्य संगीत (वायलिन) में योगदान के लिए
संगीत नाटक अकादेमी अमृत पुरस्कार
से सम्मानित किया जाता है।

On the occasion of Azadi Ka Amrit Mahotsav
Shrimati Minoti Khaund
is conferred the
Sangeet Natak Akademi Amrit Award
for her contribution to
Hindustani Instrumental music (Violin)

Ministry of Culture
Government of India

1945 (शक)
2023 (ई.)

संस्था पुरस्कार
डॉ. सचचा पुरेवा
अध्यक्ष



Womens achievers award for Music therapy during pandemic from Hon Governor of Maharashtra Bhagat Singh Koshiyari



Rashtriya Pratibha Samman with Smt. Sudha Chandran



Dell Cultural Diversity Ambassador Award- By Dell Technologies ERG team at Bangalore



ON THE OCCASION OF
35TH CORPS RAISING DAY
A MUSICAL CONCERT



By
Mrs Sunita Bhuyan
(Violinist)

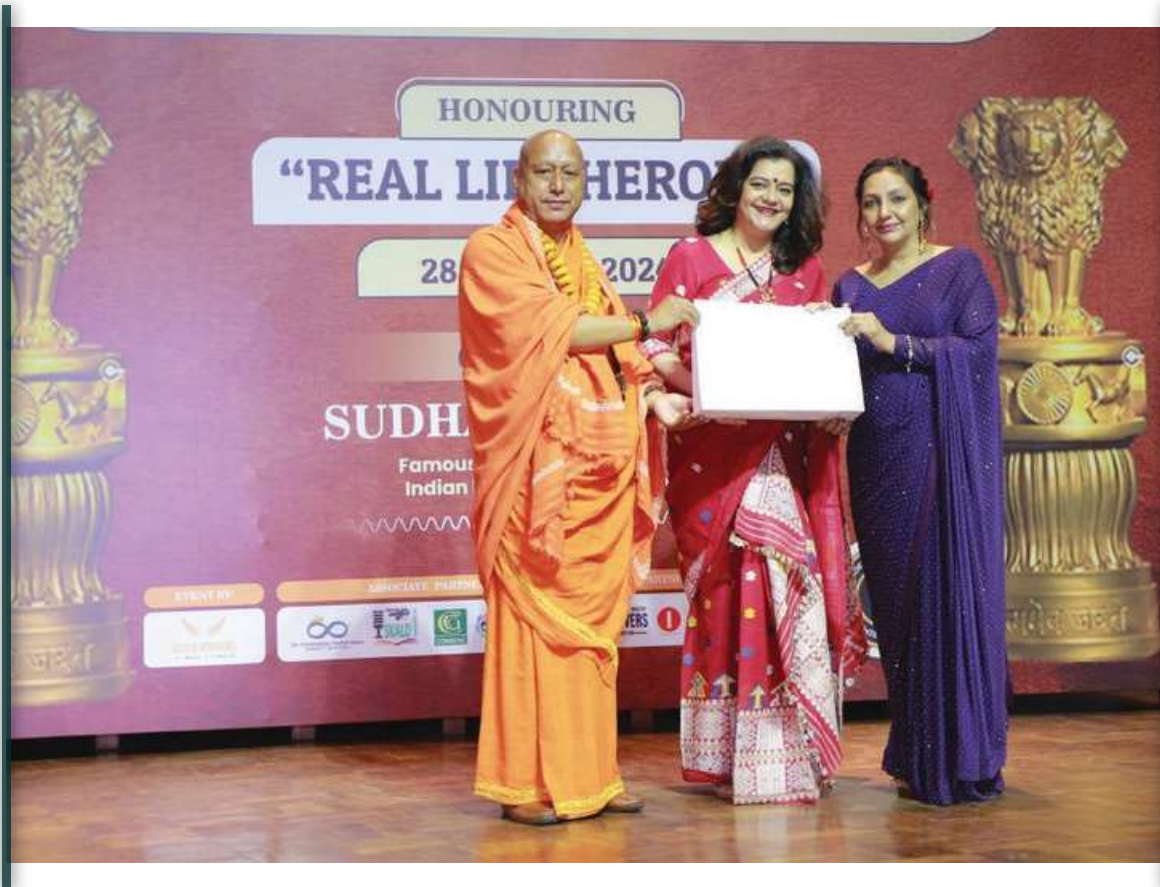
17 May 2024
17:20Hr

Panchajanya
Auditorium

Happy to make it for the
Sudarshan 21 Corp
Regimen 35th Raising Day
performance today



Award from Pope





The Nehru Centre
The High Commission of India, London



**The Nehru Centre, London
&
Sangeet Foundation**
Present





Melodies of Empowerment
*A seminar with eminent personalities and musical workshop on
The healing powers of music for mental health*
Heralding World Music Day 2024

 **The Nehru Centre**
8 S Audley St, London W1K 1HF,
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Wednesday, 19th June 2024

 **6.30pm**
Registrations- 6pm onwards

Research & Innovation



Presented By:
Sunita Bhuyan
Violin & Vocals,
Happiness Ambassador,
Sangeet Foundation

Featuring:
Sandeep Chakrabarty – Table
Ronojit Bhuyan - Piano

**WORLD MUSIC DAY 24 - INDIAN HIGH COMMISSION LONDON
- MUSIC FOR MENTAL HEALTH - SEMINAR AND WORKSHOP**

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SUNITA BHUYAN

Violinist &
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akash.pandey@businessworld.in

Ashish Kumar | +91 97179 22747 | ashish.kumar@businessworld.in

Aditi Rawat | +91 9873431912 | aditi.rawat@businessworld.in

For Speaking Opportunity:

Reeti Gupta | +91 98996 10630 | reeti@businessworld.in



Rotary International award from Rotary International President

Testimonials



Mitin Upadhyay • 1st
Master of ceremonies, Multilingual Emcee, Entertainer,...

Touching her feet to honour the Divine Artistry of **Sunita Bhuyan**

In my illustrious career as a professional emcee spanning 18 remarkable years, I've had the privilege of witnessing countless performances that left an indelible mark on my heart. However, none have been as profoundly moving as the one I experienced recently, a performance that touched the very depths of my soul and compelled me to express my reverence in an extraordinary way.

On that unforgettable evening, as Sunita Bhuyan graced the stage with her artistry, she transcended the boundaries of mere music and entered the realm of the divine. Her performance was nothing short of a celestial masterpiece that left me utterly spellbound.

As she concluded her mesmerizing act, I found myself overwhelmed with emotions, unable to contain the deep respect and admiration that welled up within me. Without a second thought, I approached the stage, in front of a vast audience numbering in the thousands, and knelt down to touch her feet—an act of utmost reverence in our culture.

Sunita Bhuyan, the embodiment of grace and artistry, had not only captivated my senses but had transported me to a meditative state of consciousness. Her unique ability to weave the world's musical tapestry into the seven pure notes, transcending boundaries from Bollywood to Tollywood, Hollywood to TV commercials,



Leave your thoughts here...



Post

Sunita Bhuyan, the embodiment of grace and artistry, had not only captivated my senses but had transported me to a meditative state of consciousness. Her unique ability to weave the world's musical tapestry into the seven pure notes, transcending boundaries from Bollywood to Tollywood, Hollywood to TV commercials, and seamlessly blending them with the timeless ragas, is nothing short of divine alchemy.

In that transcendent moment, it became clear to me that Sunita Bhuyan and her talented team were not mere performers; they were conduits of magic, connecting us to the very essence of music itself. They had harnessed the power of the seven shudh swaras to create a symphony that resonated with the souls of every individual in the audience, uniting us in a shared, ethereal experience.

So, from the depths of my heart, I want to express my gratitude to you, Ma'am, for gracing us with your otherworldly talent and for bestowing upon us a performance that elevated our spirits and connected us to the divine through the language of music. Your artistry is a gift to the world, and I am humbled to have been a witness to its magic.

Thank you, Sunita Bhuyan, for this profound and transformative experience.

Thank you **Boston Consulting Group (BCG)** and **Anuja Beri** for giving me the privilege to experience such a marvellous.

Gratitude in abundance.



#bcginIndia #60yearsbeyond #emcee #mitinupadhyay

Leave your thoughts here...



Post



To
Sunita Bhuyan
Violinist & Leadership Practitioner
Creativity & Wellbeing through music
Mumbai

Dear Ms. Sunita Bhuyan,

At the outset let me congratulate you for your recent concert tours for Azaadi Ka Amrit Mahotsav for India@75 and the G20 series.

We at The Nehru Centre (TNC), are delighted to have had an association with you over the years. The Nehru Centre's pioneering digital series "Heal the World" and the "Hope, Health & Humanity" concert curated by you during the pandemic was one of the first of its kind. The tribute to Dr. Bhupen Hazarika in 2019, Beyond Boundaries with the Commonwealth Music Academy in 2022 and recently your musical tribute to HM Queen Elizabeth II, are some of our memorable programmes which reached out to our wide diaspora of music lovers in London.

We look forward to many more such meaningful associations to promote Indian Art and Artists which is what TNC has been striving for over the years.

Wishing you all the very best in your future endeavors

Yours Sincerely,

Amish Tripathi
Minister Education & Culture (The High Commission of India)
Director, The Nehru Centre

8 South Audley Street, London W1K 1HF
Tel: 020 7493 2019 Fax: 020 7409 3360

E-mail: director@nehrucentre.org.uk Website: www.nehrucentre.org.uk

Cultural Wing of the High Commission of India, UK

***Letter from Indian High Commission UK , Amish Tripathi- Director
and Minister culture & famous author***

Jawed Ashraf
Ambassador of India



AMBASSADE DE L'INDE
PARIS

18 August 2021

Dear Sunita ji,

Thank you for your invaluable contribution to the free online concert hosted by the Embassy of India in Paris on the occasion of 75th Independence Day on August 15.

2. Your composition, Bharat Darshan, and your excellent rendition, uniquely reflected the unparalleled diversity of India and its spirit of unity expressed through music.
3. I would also like to thank Ms. Purnima Kamath of De Ideaz for so generously connecting us to you.
4. I look forward to your future performances and compositions and wish you the very best in your musical journey.

Warm regards,

Yours sincerely,

Jawed Ashraf
(Jawed Ashraf)

Ms. Sunita Bhuyan,
Artist,
India.

Copy to:

Ms. Purnima Kamath,
CEO & Founder,
De Ideaz Pte Ltd,
Singapore

15, rue Alfred Dehodencq, 75016, Paris
Tel. : 0033-1-40505023, Fax : 0033-1-4647 4247, E-mail : amb.paris@mea.gov.in

Letters from Indian Ambassador to France Jawed Ashraf 2021 - for performance during Pandemic



PRINT MEDIA COVERAGE

Touching the Right Chord

An MBA in Human Resources and a Master of Hindustani Music Sunita Khaund Bhuyan is a violinist and HR professional on wellbeing, leadership and change interventions through music and has 25 years of experience in the field across leading corporations, forums & business schools globally.

An innovator in the corporate world, Sunita has pioneered a unique program on Leadership, Inclusion and collaboration through music. Her audience is a mixed bag ranging from CEOs to all rungs of management across the globe. Her program Sahakriya on the art of partnerships, "C Sharp" on Creativity and wellbeing and "3E" on Enrichment and Inclusion, has made a meaningful impact across discerning audiences as an innovative approach to learning and leadership.

A kernel of the Guru-Shishya parampara, Sunita Bhuyan has trained in Hindustani classical music from her mother Minoti Khaund of Assam and later from her guru Padmabhushan Pt. VG Jog. Keeping the tradition alive, her son Ronojit Bhuyan absorbed music notes and has chosen the piano as his instrument and is currently doing his masters at the Trinity Conservatoire of Music in London.

Creating the right touch

A joyful practitioner of music and wellness, Sunita Bhuyan combines her passion, genetic inheritance and skill to a gift that keeps giving. Let's look at some of her firsts which define her as who she is:

1) The first violinist in India to play Asamese folk on the hitherto classical instrument the violin and fuse it with Scottish & Irish & World folk. Her album Bihu strings by Times Music is the only album of folk on the violin in India.

2) In the Business world she is a pioneer in using music as a structured learning intervention for Creativity, Leadership, and Inclusion. She recently designed and developed the first management course on Music and Aesthetics for IIM Shillong.

3) Joy of Music - Giving back to society. As the "Joy of giving" Ambassador for Don Bosco, she has received the blessings from His Holiness Pope Francis for her work on music therapy with more than 25,000 children as well as cancer patients and specially abled. She was invited as a special guest for Mother Teresa's Canonisation at the Vatican. In 2019 she was hosted by the Indian Ambassador in Washington for her impactful work through music and has performed for the Hon PM of India too.

Sunita has been the Learning & Development head of three large corporate houses in her early career and is currently the Chief mentor of AtoS Prayas Foundation where "Education and Enrichment" work parallelly for holistic development of children and youth. Some of the forums that Sunita has been associated with are, Tata Institute of social sciences, CEDEP-INSEAD Leadership Institute Fontainebleau France, XLRI Jamshedpur, KPMG Learning Academy, Indian Institute of Management, Shillong, World Trade centre Mumbai, SHRM, TED Talks, NHRDN, Oil and Gas HR Summit, LNOD Roundtable, American Express Women's



“A joyful practitioner of music and wellness, Sunita Bhuyan combines her passion, genetic inheritance and skill to a gift that keeps giving.”

Leadership summit, Confederation of Indian Industries, Commonwealth HRIC, YPO Washington D.C, AtoS Innovation summit, Asia Scotland Society Edinburgh, Gartner leadership forum New York, Deloitte Human Capital Summit, India Today conclave, ThinkEdu of New India Express, Indian Merchants chambers, Godrej Leadership forum and the list is endless.

Sunita and her pianist son were the first to present a balcony concert in India on March 23rd, 2020, during the lockdown, and have since streamed more than 120 virtual programs from their humble home studio mainly for various causes and fund raisers for victims of the pandemic. The mother son duo offered the official musical tribute for HM Queen Elizabeth the 2nd streamed live from the Nehru Centre London on the day of her funeral on behalf of the High Commission of India in the UK. ■



AWARDS & ACCOLADES

- ◆ Indira Gandhi Priyadarshini award for excellence - Govt of India
- ◆ Giant International award for social work
- ◆ Global Culture Champion award by She Inspires in Bolton UK
- ◆ Woman of the Decade award from the Women's economic forum
- ◆ The Indira Leadership award from Indira Institutes
- ◆ Prag Prerana Award from Assam
- ◆ The womenovator award from Billennium Divas
- ◆ Woman of abundance award from Rotary International
- ◆ Women achievers award of WGU from the Hon Governor of Maharashtra for contributions during the pandemic
- ◆ The Indi Global award for Innovation in music from the Telegana Govt.
- ◆ Confluence award at the British Parliament, London 2019
- ◆ REX, Karmaveer global awardee and fellow
- ◆ Global Icon award - Assam ◆ Pride of Maharashtra award.

FORTUNE INDIA GROWTH STORY- ABOUT MUSIC& HUMAM RESOURCES - JOY OF GIVING- REINVENTING THE VIOLIN

The melody of empathy

Before violinist Sunita Bhuyan takes off to Vatican to attend the canonisation of Mother Teresa, she tells us how music has the creative force to alleviate physical pain and social distress

S. RAVI

This Sunday the canonisation of Mother Teresa is to take place at the Vatican. Attending it is indeed a great honour which has been bestowed on Mumbai-based violinist, Sunita Bhuyan in her capacity as the Joy of Giving Ambassador for Don Bosco. Feeling humbled and blessed, she says, "I never realised when I started this journey with street kids at Shelter Don Bosco, Wadala that my weekend rendezvous of using music therapy would get me an invite to the Vatican."

Sunita's tryst with music goes a long way. An MBA in Human Resources, music was always an integral part of her life since childhood. "My mother Minoti Khaund was a Hindustani classical music violin player and I too was automatically drawn towards the genre and instrument. I was trained by her and later I learnt from the Pandit V.G. Jog," she says. In fact, while doing her MBA in human resources, she also simultaneously completed her masters in music. The association with music never ended. Quitting working in corporates, she now holds workshops on leadership and change while working with less privileged children and cancer patients using music as a tool.

"Music as a creative force has the ability to connect with people instantly thereby not just enhancing their skills but also reducing their pain

and distress," explains Sunita. Interacting regularly with street children and those abused physically and mentally, she helps them to open up. Breaking the ice by talking to them, Sunita sings and plays violin. She does not confine to Hindustani classical ragas and bandishes but performs Bollywood numbers too. "These catch their attention and I use them to explain how the popular numbers too are based on classical music. I play tunes on the violin quizzing them about the film, singer and composer." Once hooked, they slowly tend to share their joys, sorrows and thoughts not just with her but others too. Even though many take up learning instrument or singing, the main objective is to inculcate the value of discipline and hard work. "It is amazing how music makes them want to learn new skill sets and get educated. It gives them an entirely new perspective of life making them realise their true potential and work towards it."

Despite her regular commitment of working with Don Bosco street children in Mumbai, their child friendly project in Guwahati and Syntel S Prayas, Sunita does take time to use her violin skills as music therapy. Delving on it, the artist explains: "Striking a chord win an individual, music affects the brain. Processing the sound the mind sends messages to calm down agitation while helping



ALL FOR HARMONY Sunita Bhuyan

reduce pain. This leads to a situation of happiness and relaxation thereby making the body rejuvenate and regenerate. Melody is a great stress buster too."

Sunita has had first hand experience having sung and played violin at Shanti Avedna Sadan Cancer Hospice, Bandra and Deepshika Cancer Care Foundation's Arogya Bhawans in Navi Mumbai. Recalling her experience she says, "At Shanti Avedna some of the terminally ill patients were brought in on stretchers. On listening bhajans, melodies and film songs, many sat up while several joined me in singing. Clapping and dancing, they underwent a change. All of them said: 'You made us forget our pain'."

Partnering in a study with National Brain Research

Centre on the effect of music on cognitive preservation, Sunita states that that even though music therapy is still in early stages in India, it will definitely catch up. "People are exploring more and more alternative therapy methods and music therapy is sure to grow."

Unlike many classical artists, she is neither averse to fusion nor learning new genres. "I believe the seven notes are the universal thread of world music. In fact, classical music background makes one adept in adapting to other genres very easily." She recently attended a workshop in Glasgow where a fusion of Gaelic and Indian music was designed to be staged at the Glasgow Mela music festival and she taught Rihu music to Scottish musicians.

Referring to working with

children and patients as her passion, Sunita is upfront that she is able to only devote 25 per cent of her time and resources to this work. "One needs to earn bread and butter too," she quips. So what constitutes the remaining part of her persona? "I run workshops for leadership and development. Here too using music as a metaphor and example, I stress on the need for collaboration and team building and spirit to enhance productivity and efficiency." Drawing a parallel between music and leadership, she cites, "Just like a musical performance cannot be complete without percussion and other accompaniments similarly a business leader cannot achieve the company's goals without the help of his fellow-employees."

INDIAN EXPRESS - JOY OF GIVING - AWARD FROM POPE

MY MOTHER AND GURU VETERAN VIOLINIST SMT. MINOTI KHAUND WAS CONFERRED THE SANGEET NATAK AMRIT PURASKAR AT HER RESIDENCE IN GUWAHATI BY THE OFFICIALS. RGDS SUNITA

THE ASSAM TRIBUNE, GUWAHATI

Sangeet Natak Akademi Amrit Award conferred on Minoti Khaund



Photo: Samarendra Sarma

STAFF REPORTER

GUWAHATI, April 9: Representatives of the Sangeet Natak Akademi

conferred the Sangeet Natak Akademi Amrit Award on eminent violinist of the State, Minoti Khaund, at her residence

here today. Khaund was earlier chosen for the award for her contribution to Hindustani instrumental music (violin).

VIOLIN PLAYER SUNITA BHUYAN WOWED THE AUDIENCE AT THE SATURDAY CLUB AND TALKED ABOUT THE POWER OF MUSIC THERAPY

On the evening of February 18, violinist Sunita Bhuyan took centre stage at The Saturday Club. The way she powered through her performance with her violin, while singing with a smile throughout, added another dimension to her show. The Saturday Club presents The Violin Concerto, in association with t2. She even shared information about what she was performing. For example, she shared details about Raga Bhimpalasi, Aashwini Bhat and more. Sunita went on to sing a medley of songs. After the concert, t2 chatted with the violinist who has also been an HR professional on wellness, leadership and change through the medium of music for almost 20 years.

Welcome back to Calcutta. How have you been doing this past year?

It has been different. I had to reinvent myself. I am not famous, I'm not well known, maybe known in a few circles because I only operate in live formats and for a thinking audience. I like to leave something with them. Earlier people used to be very wary of inviting me, today they know that even a thinking artiste can entertain... I like to break these myths. I don't have a music video, I'm not on Instagram... but this pandemic taught me that I have to go digital. I had to have Instagram to go live and now I have a sound system at home and have done six virtual events out of them 24 to 30 have been fundraisers for the children of sex workers, for the Don Bosco society that I work with, transgenders and for the people who have been affected by the lockdown. To provide food on the table for them was an eye-opening moment for us. My work in the HR space helped me thrive.

When and how did you learn that music promotes internal wellness?

When I did my MBA and there was this huge need, about 20 years back, when globalisation had just happened and there was a lot of foreign companies and global environmental work so that the youth and young executives needed more lateral thinking, more internationalisation, they are always trying to be a part of something they are not. But you needed to make yourself resilient.

I taught things like yoga, meditation and music. It gave you that great feeling of internal well-being because it scientifically helps.

I read up and got the opportunity to work with a national brain research centre where Professor Mondal works



Sunita Bhuyan at The Saturday Club



Sarjita Pal (left) and Apurba Pramanik



Abhijit Debnath on dhol and Sanatan Goswami on kirtan

on cognitive presentation. Then I used what I learnt in the training room as a learning enabler. The whole workshop that I did around music taught me that music has a profound lesson of leadership, of working together. A leader is best when he gives importance to everyone.

The music therapy engagements helped me to design my workshops called Sahakritya... I just designed a series on Aesthetical Sustainability for Indian Institute Management in Shillong, KPMG Learning Academy...

When it comes to children's growth, do you feel that there should be a balance between studying and learning?

You've struck a very soft spot in me. If I had the authority, I would have banned the reality shows because you are taking away the childhood and the innocence of the child and made music a stiff competition. Music is supposed to be enjoyed, it's a journey.

You had mentioned in the past that you have been working on research with a brain scientist. We have read that certain kinds of music

played at different times of the day can repair and regenerate our brain cells. I had started that but it hasn't happened all the way through. Currently the research is not on but I learnt music therapy in the sense of morning ragas, afternoon ragas, evening ragas

and late evening ragas which has an impact on the body. You can't join bones through music but you can do post treatment. Your healthy cells get rejuvenated through sound therapy because you hear the sound, your brain signals to different parts of the body and then your body starts relating and that's when your endorphins increase. When you're in love or walk in a garden your endorphins increase.

You received an award from Pope Francis for your work on music therapy with underprivileged children, cancer patients and people with disability. How have such patients reacted to your therapy? I never knew that, you know? When I used to work in this company for their CSR project for children, that's when I

heard the power of music therapy. Fifteen years back I went to the Don Bosco street shelter to meet the children who are rehabilitated. The way they responded to the music... they had forgotten their problems... this was my first trust with what impact music can have.

How did it make you feel?

It was overwhelming first of all and then there was a realisation. One the power of the cure. See, it's always entertainment whether you're a classical artist or you're playing and people are cheering. But this is a different platform altogether, different interaction, where you can give people, with such difficult lives, at least two hours of relief.

Do you recognise yourself as a music therapist?

Professionally I am not a music therapist. Professionally I am a leadership trainer and I use music for leadership partnership change and for the children's engagement. I use the concepts of music therapy as a tool. I don't go to centres to heal. I like to travel, meet and play and break the myth... break the myth of academics.

WHAT THEY SAID



"It's been a sheer pleasure to organise the classic Violin Concerto at The Saturday Club. With the renowned Sunita Bhuyan on the violin and Sarjita Pal ensemble, members and guests were looking at an unforgettable evening... and so it was. Bhuyan with her rendition from Vande Mataram to Bhupen Hazarika to Bollywood dance numbers kept the audience glued to their seats. The safety protocols in place allowed all to enjoy without any apprehension. Our food partner for the evening, Sher-E-Punjab ensured that they provided the perfect accompaniment through the evening," said Dipu Doshi, president, The Saturday Club.



"Sunita was exhilarating and elevating, diverse and made my heart dance. She is a troubadour who sings and plays, creating joy," said dancer Soham Roychowdhury Dasgupta (left).



"This was my first time attending Sunita Bhuyan live. It was a fun evening and I was glad to see that the club is keeping us entertained during these hard times," said techno artiste Ash Roy.

Text: Urvashi Bhattacharya
Picture: Kallabhorst Das

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Shweta Sunny

shweta.sunny@indianartwork.com

Music lovers in the city are in for a treat today as violinist Sunita Bhuyan is all set to mix things up as she performs a unique fusion of violin with Bihu folk music from Assam.

The event will see a music and dance performance by traditional musicians and dancers from the Assamese folk fusion ensemble Bihu Strings, led by Bhuyan and a set with singer Ranjit Gogoi. She says, "I am really excited to perform with Guinness World Records holder and dhol samrat Ranjit Gogoi and his team of beautiful Bihu dancers. The ensemble is one of a kind. The Assamese Bihu has a scintillating rhythm and pulse that music lovers should definitely experience. Moreover, the lyrics are about love, romance, nature, celebration and togetherness."

The attendees can enjoy this one-of-a-kind event that wants "to break the myth of the violin as only a classical instrument and reinforce the universality of the seven notes". Bhuyan explains, "In my earlier days, I always felt a violin concert was only for music connoisseurs."

Especially in Assam, where I come from, it was always regarded as a niche classical instrument and an exclusive act. I, somehow, felt excluded from the masses who enjoyed the month-long Bihu festival."

She adds, "I believe, there's no class or mass in music. Hence, I researched and identified a few ragas that we could base the Bihu compositions to suit the violin as well as the scale of my vocals."

Known to be a versatile instrument that offers to play diverse music styles, violin is now breaking its boundaries in the Indian music scene.

Speaking about the same, she says, "The violin is one of those unique instruments that has a very wide repertoire. From classical and jazz to folk, it's used across genres in the world. However, in India, it was mostly limited to classical and film music as an accompanying instrument. But today, it's very heartening that we have so many different violinists breaking boundaries and stereotypes."

CATCH IT LIVE

What: Bihu Strings
When: Saturday 20 (Today)
Where: The Studio Theatre, Nita Mukesh Ambani Cultural Centre, Bandra (E)
Timing: 8 pm

Run tom

Ismat Tahseen

WARM-UP AN COOL-DOWN IMPORTANT

No runner should be in a race of any kind, they haven't trained appropriately as it risk for musculoskeletal injuries as well as a heart. Dr Anusha Contractor, Director Rehabilitation and Medicine, Sir H.N.S. Foundation Hospital Mumbai, says, "The current trend is to take a call on when to complete it or during the race. I right. A warm-up is important for it allows your muscles to slowly tempo to get a exertion region of vigorous play. It is important, blood supply may be exact about result."



Rangan with Liza and friends



Rangan with Liza and friends



Rangan with Liza and friends

Women on top

NEXT month will witness a unique coming together of some of the country's most celebrated female musicians in Mumbai. The festival, called Paddy Field, to take place in Gurgaon, is spread over two days and boasts renowned musicians, such as Shubha Mudgal, Subhojit Raman and Sunita Bhuyan.

amongst others. "Eight women performers will present the folk music of their state in a contemporary style at this unique folk fusion festival," says violinist Bhuyan, one of the driving spirits behind the festival, who we had first heard at Goa's THONK festival.

Others performing are Sonam Kalra, the Nooran sisters, Kalpana Patwary, Tigrati Kharbhangar and that fiery fiery firebrand Sona Mohapatra herself. "Assamese folk dancers shall be joining me for my ensemble," says Bhuyan. Nice!



Shubha Mudgal



Sunita Bhuyan



Subhojit Raman



Kalpana Patwary



Sona Mohapatra

Assamese folk on the violin - bridging the gap between classical and folk music

Tell us a little about your journey so far and the many ups and downs you had to face along the way.

"Music is a journey that has been a part of my life since I was 6 years old. It was a gift passionately given to me by my mother. At that time, I did not realize the depth of the subject. As a young girl, I looked at it as something that took away time from my fun and friends. The violin which was my medium of learning to a tough and complex instrument and can be overwhelming for a beginner. It was a blessing that I got to learn the right technique at home thanks to my mother, my guru, and was able to overcome a few wounds more after the initial years. Childhood was a flurry of school exams, followed by music exams, visits to Kolkata to Priti V. Gogoi's classes, evenings at concert halls either to watch my mother perform or other great musicians from different genres and styles. It was as though it was a way of life and the only religion."

As it is an ongoing journey that does not have fixed milestones like an academic course or a career path. The evolution of the craft unfolds along with the artist's journey of life. It's continuous and fluid and there are very rare moments that can define specific, pivotal points. Eventually art and life blend together as one, each getting influenced by the other, which is often referred to as the ultimate artistic experience."

How are you using 'Joy of Giving' to pay homage to Saint Teresa?

"Mother Teresa was the epitome of giving. All across the world, her Sisters of Charity have given a profound meaning by giving to the needy, sick and homeless. And those who have seen this up close have only one thing to say, about how happy and content they are. The Don Bosco Provincial House in Guwahati launched the Joy of Giving initiative to celebrate Mother's anniversary and use this significant occasion to invigorate the benefits and art of giving amongst all sections of society starting with school children, teachers, parents, academics, and socially conscious citizens. We launched this at Rome at the Salsotto HQ on 3rd September, the eve of Mother's commemoration. As soon as we got back, we launched it here with a rally of more than 10,000 mainstream school children on 9th September."

What will be your future activities relating to Joy of Giving in Assam and Northeast?

"I am humbled to be the 'Joy of Giving' Ambassador



With violinist Alan Henderson and other Lushai Dalians while directing and performing in Scotland in July 2008. This year, she is directing a stellar musical in UK.

for Don Bosco. My activities are across the country and the world as needed. As a personal goal, I have decided to give 20% of my occupational time to and I have my commitments to a few projects currently namely Child Friendly Guwahati, Don Bosco Street Shelter, Angel Express street kids, and Syntel Bhuvan, the CSR project of the company I used to work for, all these are for less privileged children. A few other commitments are for cancer patients homes."

What are your thoughts on the current music scenario in the region?

"I can see that the current music scene is very heavily influenced by Bollywood-style. Violators the industry, those who have built their reputation over the years with disciplined training are the ones who will win the race in the long run. I can see artists of all styles, rather, and genres getting a platform to perform. It has both pros and cons. It's good to see that more people are engaged, however, it may prove to be dangerous for overall quality of music and the arts."

What projects are you involved with currently?

"I am involved with the Joy Of Giving Program and Music For Leadership And Change, work from creating a few all-women ensembles, and supporting for an individual jazz musical in Guwahati. Also, I am recording a few Assamese Bihu songs."



Hitting Classical Notes

Known for performing classical and folk fusion, Violinist and vocalist Sunita Bhuyan was in the city on Saturday for a musical performance. As a part of the International Women's Day celebration, Bhuyan deconstructed the myth of modern and classical music and promoted Hindustani traditional music through her performance.

Armando Gonsalves

I feel real good to be back after a six week layoff and it surely helps my work when we have to talk about a stunning violin performance by three of India's top most violinists, our very own stunning lass Sania Cotta, Sunita Bhuyan from Mumbai and of course, our perennial favourite S. Hari Kumar who was in Goa with his new combination known as Aanjaneya.

In what started off as a stray thought for a nice evening with the May heat being a certain deterrent, the music was cool, and that set up the evening so beautifully. It was the infectious optimism of Sunita who lit the thought, and what we had was a show that was full of quality, soul, feel, as well as the edge to bond cultures as well as regions. Coming from the North East, Sunita has had the luck to have had her mother, Minoti Khaund as her mentor and teacher. Blending Hindustani classical as well as folk music in the company of virtuoso tabla player, Praful Athalya, she set the evening on a warm burner much to the delight of a lovely discerning gathering at Gonsalves Mansion last Wednesday.

Excitingly, and quite expectedly, Hari Kumar came to Goa at 24-hours notice to be in a position to play along.

String trio



Sunita Bhuyan

side Sunita, and his four member band comprising of bass, drums, lead and violin stamped the evening with a

class only Hari Kumar is known for. Different from other shows that he has played in Goa, this one was

Western oriented, and one had to be pleased with the fusion of music as well as cultures and regions what with musicians from the South as well as the East and West of India blending in a performance that our country is so known for.

Undoubtedly, the icing on the cake was the classical performance by our very own petite and beautiful Sania Cotta who enthralled the audience to a high quality violin performance that only she is known for. And equal to her performance was the fact that such a senior classical performer decided to grace the stage of a jazz concert! I did get the chance to thank Mr and Mrs Schubert Cotta for having graciously allowed their extremely talented daughter to perform in her farewell appearance in Goa at our venue and we all see this as a wonderful way to unify music forces in Goa.

With Sania off to Germany on a four-year scholarship, all of us have to thank this young girl for the pride that she has instilled in us and for the hope that she has shown so many youngsters who are talented no doubt, but need an icon to fire their imagination!

When someone asked me that evening as to how all these shows work, I was quite flummoxed for an answer simply because they

work by the power of the spirit. When musicians from all hues take charge and give their all, can anyone say that there is a plan to all this?

Thankfully, all this is an exciting journey full of surprises to even me and our close team of jazz lovers, and the best way to go about it is to keep it just this way. With the monsoons just around the corner, Heritage Jazz will be back regularly during those lovely evenings that bring back the warm and tender memories of the Goa of yore! As for me, I would have loved that to be quicker than the beginning of June. See you guys then. And keep writing to armandogoa@yahoo.co.in for any comments, suggestions et al.

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THE TIMES OF INDIA
SATURDAY, APRIL 30, 2011

Melodious mood-lifter for cancer patients

Susmita Rakshit | TNN

Gawahati: Cancer patients at B Barooah Cancer Institute (BBCI) can look forward to a melodious weekend. Music is said to have therapeutic qualities and a calming effect on people's health. Keeping this in mind, BBCI will organize a one-day music workshop to be conducted by well-known violinist, Sunita Khaund Bhuyan, on Saturday.

T K Goswami, administrative officer at BBCI, said, "We regularly hold various fun and cultural events for patients' recreation, but this kind of workshop has not been conducted here earlier."

This is the first time the authorities have decided to hold such a unique workshop at the cancer institute. "We all know that music has healing qualities. Though it's only a one-day workshop, we feel that the patients would be benefited by the event. Since most of the patients here are terminally ill and they live within the confinement of the institute itself, at times they suffer from bouts of depression. So, this workshop might help them relax and ease their minds," Goswami said.

There are many patients at BBCI who are in their last stage of the disease and are losing their confidence. They are falling into depression as they start getting acquainted with the reality. "For this kind of

There are many cancer patients who are in their last stage of the disease and are losing their confidence. They are falling into depression as they start getting acquainted with the reality. This is the first time such a unique workshop is being organized at the cancer institute to help patients cope with depression

patients, a musical workshop might be useful in easing their depression and help them forget all about their pain and depression for some time at least. They can concentrate on the music and enjoy it just like normal people. In fact, the calm induced by soft, melodious music is almost like meditation," Goswami added.

Anil Chandra Kataki, director BBCI, said, "We have always given importance to the power of music. We hold functions and sometimes even music competitions for patients where we encourage them to sing. We've noticed that their moods change immediately; they forget all about their pain and start enjoying themselves. To see them smiling and having fun de-

spite their condition makes us very happy for them."

Sunita Khaund Bhuyan, a violinist and a music therapy practitioner who will be conducting the workshop, said, "We all know that music entertains; but it also has many recuperative aspects. There is a scientific, structured pattern of using musical notes which help produce feel-good hormones in the body. The sound of music first reaches the human mind, which then sends a signal to the nervous system to produce these happy hormones and in treating various viruses in the body."

Explaining how she would conduct the workshop, Sunita said, "First I will brief them about the healing power of music and also give them a demonstration on the ragas of Indian classical music. The workshop will be an interactive session, where the patients would be given various exercises through musical activities and they would also get to exercise their vocal chords."

Sunita added she would also give them a demonstration on "Ragas of Bollywood". Most of the Bollywood songs are raga-based. So, she would ask them to identify the ragas. It would be an interactive session and she said she hopes they would be benefited by it. The programme is only one-and-a-half hour long, but it would be a creative experiment and should have a positive impact on the patients.

TOI - MUSIC THERAPY FOR CANCER PATIENTS

WITH HER MAGNIFICENT MUSIC SUNITA CHANGES THE VIBRATIONS IN AND AROUND US

Sunita Bhuyan and AngelXpress



The delight of Sunita's voice and strings is huge

her go so she also sang the loved Mast Kalandar, Khushro's Chaap Tilak, etc. She spoke of the *raags* used in Bollywood and sang several examples. She also did one 'item number', *Tu cheez badee hai mast mast!* The Titanic song and Mozart followed. She has the ability to create joy here and now. She added: "Those who work for us, really they work with us. They don't support us, they enable us".

Music can boost language skills. A York University study showed that 90 per cent of children who took music lessons scored higher on verbal skills. Similar findings were replicated with adults. Last, but not least, making music you love a part of your life increases IQ and aca-

Recent US studies show that an unusual number of doctors and scientists were trained in music as children and this, presumably, affects the brain. For the better! So one way to help a child with maths and science, is to teach her music, to learn the memory skills and emotional impact of classical Indian *raags* and to read and play the annotations of western music, especially loved classical compositions.

Sunita Bhuyan is a rare musician – a violinist, vocalist and, more unusually, an HR professional who conducts corporate music workshops. Recently she conducted an event for underprivileged children, their mothers and the women volunteers who offer them free tuition in all subjects and teach them the manners and skills required today. Sunita emphasised how seven notes, (*sa re ga ma...*), encompass all the music in the world. Music everywhere uses the same notes and needs no translation. This concert was for Angel Xpress, started by Beena Advani and Anubha Sharma and supported by others who give time and knowledge to children who lack... everything. Most in the audience were there because of their interest in contributing to a child's progress.

This concert was a part of Sunita's, 'Joy of Giving'. She said: "When I sing

or play the violin, it creates vibrations which travel through the atmosphere to touch listeners". This creates emotions and endorphins which elevate well-being. Music changes the vibrations in and around us and hence music therapy is so effective: it can change moods quickly. Moreover, you see the children doing so much better and so, it is now offered to the youngest. Certain *raags* are proven to raise endorphins, oxytocin and other hormones which make us feel happy, joyful and at peace. Some create serenity and help sleep and others are thought to be anti-aging and anti-dementia. So, she encourages all of us to try them at appropriate times!

Creating joy Most of all, the delight of Sunita's voice and strings is huge, really magnificent. The children and their well-wishers all leaped in joy when she played and gave her art unstintingly, till everyone was humming and singing. Sunita took us through Bilaval, Bhimpalasi, Desh, Yaman, and more. She said she learned Bilaval for years and still her mother and guru said, "Continue. Build on it". She ended with *Ma tujhe salaam* and Vande Mataram and everyone sang along. The audience would not let



dem performance as Harvard Medical School neurologist Marie Forgaard showed in her research.

Angel Xpress Foundation (AXF) is a Mumbai-based Section 8, 12 A and 80 G accredited, not for profit organisation. It started as a platform for socially responsible and committed citizens who can spare time and resources for the betterment of school-going children, who are first generation learners. Today, students enrol in AXF programs from Grade 2 and are tutored through to Grade 12 and beyond. Current enrolled students number over 2,900 across 29 Free Learning Centres in Mumbai.

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HER VIOLIN GENTLY EMPOWERS

Sunita Bhuyan, the Maestro of Indo-Fusion music and HR trailblazer, shares the transformative impact of playing fusion music with her violin on her life

Sunita Bhuyan, the Maestro of Indo-Fusion music and HR trailblazer, shares the transformative impact of playing fusion music with her violin on her life. This is the eighth year of the 'Saturday Fare' column, and only the third year since we went international. Earlier, we had covered the lives of people from various parts of the world, including India, South Africa, Dubai, London, New York, and many more. The quality of the submissions has been consistently high, and we have received a lot of positive feedback from our readers. In this column, we aim to provide a platform for people to share their stories and experiences. Sunita Bhuyan is a woman who has achieved a lot in her life. She is a successful HR professional and a talented violinist. Her journey is a testament to the power of passion and hard work. She has been playing the violin since she was a child, and it has become an integral part of her life. She has also been playing fusion music, which is a blend of Indian and Western music. This has helped her to connect with a wider audience and has also helped her to grow as a musician. Sunita's story is a great example of how one can achieve their dreams through hard work and dedication. She has also been a trailblazer in the HR field, and her work has helped many people to succeed in their careers. Her story is a source of inspiration for many people, and we hope that it will encourage others to pursue their dreams and to make a difference in the world.



The Sunday Guardian 20

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VIOLINIST SUNITA BHUYAN WINS THE GLOBAL CULTURE CHAMPION AWARD

Sunita Khaund Bhuyan is the first violinist in India to play Assamese folk on the violin and fuse it with Scottish, Irish and world folk music.

Sunita Khaund Bhuyan, a violinist from Guwahati, has won the Global Culture Champion Award for her unique fusion of Assamese folk music with Scottish, Irish, and world folk music. She is the first violinist in India to play Assamese folk on the violin and fuse it with Scottish, Irish, and world folk music. Sunita has been playing the violin since she was a child, and she has been fusing Assamese folk music with other genres for many years. Her fusion music has gained a lot of popularity, and she has performed in many countries around the world. She has also been a part of many cultural programs and has been a great ambassador for Assamese culture. Sunita's award is a recognition of her talent and her contribution to the world of music. She is a true inspiration for many people, and her story is a testament to the power of passion and hard work. Sunita's fusion music is a beautiful blend of different cultures, and it has helped her to connect with a wider audience. Her award is a great honor, and it is well-deserved. Sunita is a true Global Culture Champion, and her story is a source of pride for all of us.



Sentinel Assam

Sunday Guardian- On being first violinist in the world to play Assamese folk in the violin

THE ASSAM TRIBUNE, GUWAHATI

Sangeet Natak Akademi Amrit Award conferred on Minoti Khaund



Photo: Samarendra Sarma

STAFF REPORTER

GUWAHATI, April 9: Representatives of the Sangeet Natak Akademi

conferred the Sangeet Natak Akademi Amrit Award on eminent violinist of the State, Minoti Khaund, at her residence

here today. Khaund was earlier chosen for the award for her contribution to Hindustani instrumental music (violin).

My mother and guru veteran violinist Smt. Minoti Khaund was conferred the Sangeet Natak Amrit Puraskar at her residence in Guwahati by the officials . Rgds Sunita

MEDIA COVERAGE



A central smartphone displays the text "Digital Media Coverage". The phone is surrounded by a network of blue lines connecting various digital media icons: a thumbs up, a location pin, an envelope, a heart in a speech bubble, a person, a play button, a Wi-Fi symbol, and a gear. Three red circles with the number "1" are also part of the network. The background is light blue with faint gear patterns.

Digital Media Coverage



হঠাৎ যেন বেহেলার সুৰত জীপাল হৈ উঠিল চ'তৰ দুপৰীয়া।

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Sunita Bhuyan

Atos Prayas Foundation

Leadership Practitioner, Creativity & Wellbeing , Holistic Development- Music and Human Resources
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We had an amazing "Experiential Session" led by Sunita Bhuyan.

With her enchanting violin in hand and a wealth of HR wisdom, she orchestrated a session on leadership through music.

#GMLSUMMIT2024



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Sunita Bhuyan

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Leadership Pracitioner, Creativity & Wellbeing , Holistic Development- Music and Human Resour...

Thanks for the nice update and your kind words Ashutosh



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HER CHANNEL



Sunita Bhuyan Violin

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A Tribute To Dr. Bhupen Hazarika on his 94h Birthday | Sunita ...

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Bharat Ratna Dr. Bhupen Hazarika was known as the "Bard of the Brahmaputra". A singer, song writer, composer, music director, film maker, author, columnist & humanist his songs cover a wide spectrum of human and social ethos. On his 94th birth anniversary today we present a beautiful version of his iconic song "Ganga Behti ho kyun" / Burha Luit bua kiyo being performed by me on violin & Ronojit Bhuyan on piano.



www.youtube.com/@SunitaBhuyanViolin



Presents

Joy Of Music
Joy Of Giving



On the eve of World Music Day, we invite you to a unique multi-artist concert. A fundraiser for the **Don Bosco Development Society (DBDS)**, in aid of the marginalised communities impacted by Covid-19 lockdown.

Concept - **Shaheen Jehani**
Curator & Performer - **Sunita Bhuyan**

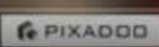
An enriching presentation of **Verse - Mudra - Art** with **Aparajita Sarma and Debabrata Pal**

Featuring Eminent Thought Leaders

Live on FB Live
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Beneficiary Bank Account Details
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Account Number: 50100254044486
Bank Name: SBI Bank
Code: 000000
Branch Name: Seawoods

Beneficiary NGO


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Live Reels Shows Explore



An evening of music featuring eminent Violinist Ms. Sunita Bhuyan.

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<https://www.facebook.com/indiainnnewyork/videos/1019119362305928/>

Accomplished musician Sunita Bhuyan is here in Michigan to perform at the Village Theater in Canton, MI

Here is an exclusive miindia.com interview with the "Joy of Giving" Ambassador Sunita Bhuyan.



About Sunita Bhuyan:

A recipient of the prestigious Indira Gandhi Priyadarshini Award for Excellence in Music, acclaimed violinist Sunita Bhuyan from India is that rare performer who blends skill and a nuanced understanding of music with spunk on stage. Her musical range is breathtakingly wide, from pure classical music to a wide range of light melodies that fuse jazz, folk and a host of other influences from different parts of the world to create a distinctive sound. Sunita also uses music as a tool for her life-enrichment workshops a leadership and change. Her album "Bihu Strings" which reflects the folk music from the state of Assam is the only Bihu album on violin.

As a Joy of Giving Ambassador, Sunita has been recognized by His Holiness Pope Francis for her work with almost 20,000 less privileged children.

Sunita has wowed audiences at numerous national and international venues and now we will have the opportunity to see her perform in our hometown! She will be accompanied by Profulla Athalye on Tabla (disciple of Tabla Maestro Padmashri Late Ustad Allarakha Khansheb) and Padma Bhushan Ustad Zakir Hussain) and other accomplished musicians. We hope to see you all. Please be sure to let your friends know also.

Here is an exclusive miindia.com Q & A with Sunita:

How did your music career start?

Music is a journey that has been a part of my life since I was 8 years old. It was a gift painstakingly given to me by my mother. At that time, I did not realize the depth of the subject. As a young girl I looked at it as something that took away time from my fun and friends. The violin which was my medium of learning is a tough and complex instrument and can be overwhelming for a beginner. It was a blessing that I got to learn the right technique at home thanks to my mother, my guru, and was able to generate a few sounds soon after the initial years. Childhood was a flurry of school exams, followed by music exams, visits to Kolkata to Pandit V.G.Jog's classes, evenings at concert halls either to watch my mother perform or other great musicians from different gharanas and styles. It was as though it was a way of life and the only religion! It been more than 35 years since then!



<https://www.miindia.com/articles/details/award-winning-musician-and-joy-of-giving-ambassador-sunita-bhuyan-in-michigan-892>

The melody of empathy

Before violinist Sunita Bhuyan takes off to Vatican to attend the canonisation of Mother Teresa, she tells us how music has the creative force to alleviate physical pain and social distress

Updated - September 23, 2016 06:44 pm IST Published - September 02, 2016 10:16 pm IST



ALL FOR HARMONY Sunita Bhuyan

<https://www.thehindu.com/features/metroplus/The-melody-of-empathy/article14620168.ece>

ThinkEdu2020

There is no class or mass in music: Violinist Sunita Bhuyan

The master violinist drew comparisons between music and human values, while reminding the audience that music is for everybody and it does not discriminate, at TNIE's ThinkEdu Conclave 2020.



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VIOLINIST SUNITA BHUYAN WINS THE GLOBAL CULTURE CHAMPION AWARD

The Sunday Guardian | January 08, 2023

Sunita Khaund Bhuyan is the first violinist in India to play Assamese folk on the violin and fuse it with Scottish, Irish and world folk music.

- NOOR ANAND CHAWLA



<https://www.magzter.com/en/stories/newspaper/The-Sunday-Guardian/VIOLINIST-SUNITA-BHUYAN-WINS-THE-GLOBAL-CULTURE-CHAMPION-AWARD>

Stringing many worlds

Violinist



DHNS

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well-being of people who need it the most: Violinist Sunita Bhuyan

Sunita Bhuyan tells us how feeling good after listening to music is actually scientific, how it helps destress us, and a lot more



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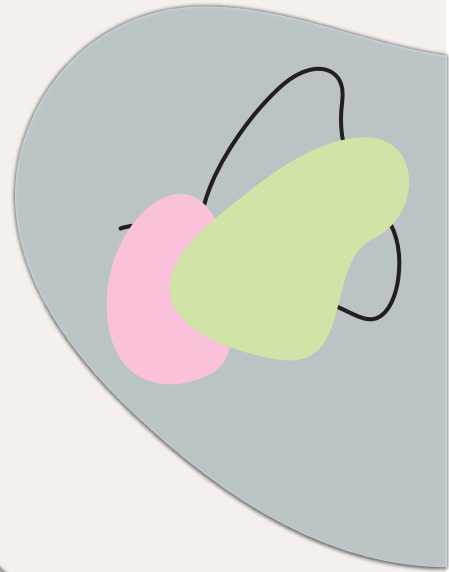
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