A COMMUNITY SERVICE OFFERING · FREMONT, CALIFORNIA

An Evening of Sitar

Live Indian classical music to calm, uplift, and bring residents together — offered free to senior living communities.



Advait Gaur

SITARIST
AMERICAN HIGH SCHOOL

Student of Dhanashree Bhadkamkar, disciple of Pandit Maruti Patil

— VILAYATKHANI GHARANA —

For the past **seven years**, Advait has devoted himself to the sitar and the centuries-old tradition of North Indian classical music. Now a rising junior at American High School in Fremont, he hopes to share that practice where it can do the most good — in the lounges and gathering rooms of senior communities. Each visit is a calm, unhurried **30–45 minute** performance, shaped to the mood of the room.

VII	30–45	Free
years of training	minute program	community service

THE QUIET MEDICINE OF RAGA

I **Calms the body.** Slow, melodic music is associated with lower heart rate, easier breathing, and reduced anxiety.

II **Awakens memory.** Live music can stir long-held memories and lift mood, especially for residents living with dementia.

III **Eases isolation.** A shared performance gathers residents together and brings a welcome sense of occasion.

IV **Soothes the spirit.** The sitar's resonant drone creates a deeply restful, contemplative atmosphere in any room.

Simple to host — Advait brings everything but the room.

30–45 MIN PROGRAM ◆ BRINGS OWN MIC & SPEAKERS ◆ JUST NEEDS A ROOM ◆

WEEKDAY EVENINGS TO WEEKENDS

TO SCHEDULE, CONTACT

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ABOUT THE INSTRUMENT

The Soul of the Sitar

The sitar is a long-necked lute from northern India with around twenty strings. Beneath the strings the musician plays lie *sympathetic strings* that vibrate on their own — wrapping every note in a shimmering halo of sound and a continuous, meditative drone that listeners often find deeply calming.

A THREAD THROUGH HISTORY

From Banaras to the Beatles

In the 1960s, the great sitar master **Ravi Shankar** carried this ancient instrument onto the world stage. He took on a remarkable student — **George Harrison** of the Beatles — whose sitar on the 1965 song *"Norwegian Wood"* introduced the instrument's sound to millions of Western listeners for the first time.

Shankar went on to perform at the legendary Monterey Pop and Woodstock festivals, and Harrison fondly called him *"the godfather of world music."* The same living tradition they shared with the world is the one Advait studies today — and the one he hopes to bring into your community room.

An hour of this music can become the highlight of a resident's week. We would be honored to bring it to your community — at no cost.

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