

Soundness of Soul

an album of Vedic echos



Project Report on

Soundness of Soul – an album of Vedic echoes

1. Project Overview

The *Soundness of Soul* initiative was born from the intersection of lived social work experience, deep engagement with the Art of Living Foundation - Bangalore, and the timeless wisdom of Gurudev Sri Sri Ravi Shankar's teachings. Its core vision is to harness the healing power of devotional music, Vedic mantras, and sacred chants as a means to foster emotional well-being, inner peace, and social connection. The aim of the project is to emphasize the cultural link between music and mental health by bringing in ancient Indian manuscripts and presenting them in an audio format that people can listen to on a daily basis. The concept took root during the my formative years as a student of Sociology and Social Work, working directly with elders' homes, children's shelters, rehabilitation centres, and communities of the differently abled. These interactions revealed unseen burdens - grief, isolation, and trauma - and highlighted music's unique ability to reach where words could not. I would also like to acknowledge that my husband, Divahar Selvaratnam, accompanied me in this album, contributing his support and presence throughout the project.

Guided by Gurudev's profound insight that "Music is the science of consciousness," the project aligns breath, sound, and awareness to harmonise both hemispheres of the brain, reduce stress, and uplift the human spirit. Through the practice of meditation, we awaken and align the seven chakras - the vital energy centres within us - fostering balance, clarity, and inner harmony. Drawing from the Art of Living's emphasis on breathwork, meditation, and holistic well-being, *Soundness of Soul* bridges spiritual traditions and creates a universal soundscape for healing. The 12 carefully curated multilingual tracks - in Sanskrit, Tamil, Pali, Sinhala, English, Gujarati, and Biblical verses - draw from Hindu scriptures, Buddhist canons, and Christian liturgy, offering chants and bhajans designed for meditation, emotional restoration, and spiritual upliftment.

The album's practical applicability extends beyond personal meditation to serve as a therapeutic tool in institutional and community settings. Immediate beneficiaries include residents of elders' homes, children's homes, and centres for the differently abled or incurable illnesses - groups often facing social exclusion and emotional distress. In addition, CDs were shared with yoga and meditation centres, mental health facilities, rehabilitation centres, and temples, enabling the music to be integrated into wellness practices, therapy sessions, and spiritual gatherings.

By combining ancient wisdom, social empathy, and the transformative art of sound, *Soundness of Soul* not only honours the cultural heritage of sacred music but also addresses pressing mental health needs in society. It offers a portable, accessible form of emotional support, fostering resilience, reducing anxiety, and creating moments of stillness in environments where healing is most needed. In doing so, it embodies the Academy's commitment to using art as a bridge - connecting individuals to themselves, to each other, and to a deeper sense of peace.

The successful realization of *Soundness of Soul* was made possible through the generous financial support of the India–Sri Lanka Foundation, committed to cultural and social well-being. I sincerely thank the Foundation for their support, which enabled high-quality recording, multilingual production, and wide distribution of the 12-track album. By investing in this initiative, the Foundation reinforced the shared cultural heritage of the region and underscored the importance of accessible tools for emotional and spiritual wellness.

2. Album Details

Album Title: Soundness of Soul – An Album of Vedic Echoes
Vocalists: Srivathsala Ramanathan & Divahar Selvaratnam
Number of Tracks: 12 (multilingual)

Track List & Benefits:



Listen to..



1. Gayatri Mantra – (Chanting)
 Rig Veda [3.62.10] | Rishi Vishwamitra
 Enhances mental clarity, focus, memory, and spiritual awakening; balances all three doshas in Ayurveda.

7. Sudarshana Ashtakam
 Sri Vaishnava Stotra | Sri Vedanta Desika
 Destroys energetic disturbances, removes obstacles, and restores inner order and clarity.

2. Guru Pāduka Stotram
 Guru Bhakti Tradition | Adi Shankaracharya
 Removes inner blocks, strengthens discipline, and channels divine wisdom through reverence to the Guru.

8. Panchakshara Mantra (Chanting)
 "Om Namah Shivaya" | Yajur Veda / Shiva Puranas
 Balances the five elements, aids in detoxification, and calms the nervous system; connects to inner silence.

3. Narasiha Gāthā
 Pāli Canon | Princess Yashodhara
 A protective chant that calms anxiety, dispels fear, and cultivates courage and equanimity.

9. Whispers of Grace
 Verses from the Holy Bible (KJV)
 Instills hope, faith, and divine reassurance; opens the heart to healing through grace.

4. Lingashthakam
 Shaivite Stotra | Adi Shankaracharya
 Chanted to dissolve negative karma, overcome limitations, and harmonize the energy of the spine (linga as inner pillar).

10. Dhanvantri Mantra (Chanting)
 Puranic and Ayurvedic Texts | Traditional
 Promotes healing from chronic illness, supports immunity, and brings vitality; ideal for physical and emotional restoration.

5. Mahalakshmi Ashtakam
 Padma Purana | Lord Indra
 Invokes abundance of energy, wealth, fertility, and emotional nourishment; promotes inner and outer prosperity.

11. Maha Mrityunjaya Mantra (Chanting)
 Rig/Yajur Veda | Rishi Markandeya
 Known as the "healing life-force" mantra - protects against accidents, reverses stress damage, and supports longevity.

6. Buddham Saranam (Yoga Dhamman)
 Buddhist Refuge Chant | Traditional
 Brings mental stillness, emotional healing, and alignment with a life of peace and mindfulness.

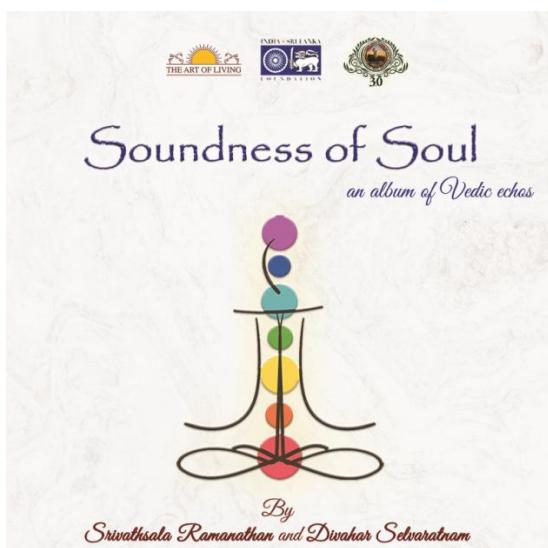
12. Vaishnava Janato & Raghupathi Raghava
 Bhakti Tradition | Narsinh Mehta
 Softens ego, fosters compassion and service; promotes inner peace through humility and simplicity.

"Music is the rhythm of the soul; when science meets this rhythm, healing and harmony naturally follow." - Sri Sri

Each track in Soundness of Soul carries a unique intention - a journey through sacred sound designed to heal, inspire, and uplift. Whether you seek meditation, prayer, reflection, or simply wish to sing along, this album embraces every path. Rooted in the Vedic tradition yet resonating across faiths, it is an interfaith offering that transcends boundaries. With chants, hymns, and verses echoing timeless wisdom, this is a heartfelt attempt to calm the mind, restore balance, and awaken inner peace.

Credits : Hill Country Academy of Indian Fine Arts | India - Sri Lanka Foundation | The Art of Living Foundation |
 | Music Arrangements - Vinayagamoorthy Senthuran & Kasun Madushanka Wickramasinghe | Veena - Wageshan Sivanathan |
 Flute - Dinanjana Madhusanka | Mixing & Mastering - Asian Records & Rabbitimes Studios | Backing vocals - Baby Naxshathra

Vocals :
 Srivathsala Ramanathan and Divahar Selvaratnam



Album Cover design

The cover design of *Soundness of Soul – An Album of Vedic Echoes* visually embodies the spiritual essence of the project. At its centre is a stylised meditative figure, illustrated with the seven chakra colours arranged vertically, symbolising the alignment and awakening of the body's vital energy centres through meditation and music. The minimalist, flowing line art reflects harmony and stillness, while the chakra palette conveys balance and vibrancy.

3. Album Launch Event Highlights

Project: Soundness of Soul – An Album of Vedic Echoes

Event Date: 25th July 2025

Venue: Swami Vivekananda Cultural Centre, Colombo 07

Event Patronage by: Hill Country Academy of Indian Fine Arts, Bandarawela

Project Supported by: India-Sri Lanka Foundation

The album launch was held at the **Swami Vivekananda Cultural Centre** in Colombo, on the 25th of July 2025 coinciding with the **30th Anniversary of the Hill Country Academy of Indian Fine Arts**.

Dignitaries Present:

- **Swami Gunatitananda Saraswathi** – Chinmaya Mission, Sri Lanka
- **Swami Aksharatananda** – Ramakrishna Mission, Sri Lanka
- **Dr. Satyanjal Pandey** – Deputy High Commissioner of India to Sri Lanka as the Chief Guest
- **Hon. Suntharalingam Pradeep** – Deputy Minister of Plantation & Community Infrastructure as the Guest of Honour
- **Dr. Sharmini Ramanathan** – Co-founder, Hill Country Academy of Indian Fine Arts, Bandarawela
- **Prof. Ankuran Dutta** – Director, Swami Vivekananda Cultural Centre, Colombo
- **Representatives of the India-Sri Lanka Foundation & Art of Living Foundation**

Key Performances & Activities:

1. **Bharatanatyam Performance** – “Sri Shankara Gurum,” by Hill Country Academy of Indian Fine Arts students.
2. **Solo Dance – “Heal through Music”** – by Dhakshith Samaraweera, exploring body-energy alignment (Chakra) and the healing essence of music.
3. **Live Rendition of Vaishnava Janato** – by Srivathsala Ramanathan & Divahar Selvaratnam, accompanied by a dance presentation symbolizing unity in diversity.

Special Messages were delivered by:

- Deputy High Commissioner of India commended the project for strengthening **India-Sri Lanka cultural ties** and its **therapeutic musical approach**.
- Hon. Deputy Minister highlighted the **value of art in student development and emotional health**.

The evening concluded with blessings from spiritual leaders and a reflection on the Academy's 30-year legacy in promoting Indian classical arts in upcountry Sri Lanka.

























4. Social Outreach & Beneficiaries

As part of the project's **social impact initiative**, audio CDs and USBs were distributed to social care institutions and spiritual/wellness centres:

- **Bhaktivedanta Children's Home** - Wattala
- **The Serendip Children's Homes** - Kilinochchi
- **Sri Jinananda Children's Home** - Colombo 06
- **Victoria Home for Incurables** - Sri Jayawardenepura
- **Sana Udaya Elder Retirement Home** - Dehiwala
- **Suwa Sewana Social Service** - Horana
- **Sathya Sai Elders Home** - Padukka
- **Sjaloom Children Home** - Kawdupellela, Matale
- **Sri Ahilandeswary Children Home** - Kovilkulam, Vavuniya
- **Salvatorian Girls Home** - Cheddikulam, Vavuniya
- **Sri Shanmuga Girls Home** - Trincomalee
- **Jinananda Children's Development Centre** - Kelaniya
- **National Institute of Mental Health (NIMH)** - Mulleriyawa New Town, Colombo
- **Mithuru Mithuro Drug Rehabilitation Center** – Ratnapura
- **National Council for Mental Health (NCMH)** - Colombo 08
- **Muhandiram D. F. Perera Abayasiriwardhana Elders' Home** - Balapitiya, Galle
- Nawajeewana Amadayapa Handa Sewaya (Voice of New Life Center) - Galle
- **Sambodhi Home Location:** Magalle, Galle
- **Aischarya Gangadari (Counseling Psychologist)** Galle
- **Elders Homes and Retirement Homes – Mulgampola and Ampitiya** - Kandy
- **Mavilmada Sarana Sewana Elders' Home** – Kandy
- **Kandy Friends-In-Need Society** – Kandy
- **Jayawickrama Children's Home** - Kandy
- **Upcountry Children's Home** - Badulla
- **NDDCB Youth Prevention, Treatment & Rehabilitation Centre** - Kandy
- **Mental Health Resource Centre – Katugastota** - Kandy

These beneficiaries, including children, elders, differently-abled individuals and Institutionalized are the primary recipients of the album's healing intent. Future distributions will target **yoga centres, meditation centres, and religious centres** ensuring wider social impact.

5. Media Coverage

The Album launch received coverage across:

- **Print & Online Media** – Local newspapers, Websites, TV news and Social media pages highlighted the spiritual and social significance of the Album, event and the Collaborations.
- **Social Media Platforms** – Album snippets and launch photos were shared through cultural pages and personal handles, reaching a wider audience.
- **Institutional Newsletters** – Hill Country Academy of Indian Fine Arts, ICCR in Sri Lanka and Art of Living Sri Lanka featured the initiative in their cultural posts.

The project initiative was covered in 2024 and a follow-up article post launch was also covered by **The Morning** Newspaper in 2025. They had published in Print and digital media.

1. https://www.themorning.lk/articles/5pamQsc07hhUPiiHWukb?fbclid=IwY2xjawMJSuNleHRuA2FlbQIxMQABHmcxEJfAsyxgaKvqFsDDHHG8-VCj-vMUCIhRLJYsL7_wkwfUcP9kkHyU4SHY_aem_ancyoAaVzM860gBjfef-bA

THIS WEEK

■ **TO LUNUGANGA' SEASON 3**

13-14 July at Lunuganga Estate, Bentota

■ **SRI LANKA DOG FESTIVAL**

13-14 July at Viharamahadevi Park

■ **GOLDEN LEGENDS WITH SARITH SURITH**

13 July at Nelum Pokuna Theatre

■ **THE ODYSSEY' BY THE ROYAL COLLEGE WESTERN ORCHESTRA**

12 July at Bishop's College Auditorium

the sunday morning brunch



■ **THE SHIFTING TERRAIN OF ADVENTURE TRAVEL IN SRI LANKA**

▶ SEE PAGES

■ **NAVEED BOZAI**

Music has long been regarded as a profound connection between the physical and the spiritual realms. In the ancient Hindu Vedic tradition, music was seen as a direct conduit to the divine, transcending the material world and accessing higher states of consciousness.

The Vedas – the ancient Hindu scriptures – placed immense importance on the sacred power of music. The chants and hymns of the Samaveda, in particular, were believed to have the ability to invoke the gods and attune the practitioner to the cosmic rhythms of the universe. Vedic music was not merely entertainment, but a spiritual practice aimed at

achieving 'moksha,' the ultimate liberation from the cycle of birth and death.

Today, with the ever-increasing demands of daily life taking their toll on us, it is more important than ever to lean into spirituality and the mind-body connection. So, *The Sunday Morning Brunch* sat down with a musical artist who understands the power of

Vedic music and has, over the last few months, been crafting an album of secular, multicultural, and multilingual Vedic music – music that harnesses the inherent spiritual power of Vedic music, yet remains something that any listener of any community can connect to on a non-religious level.

Srivathsala Ramanathan is a celebrated vocalist and performing artist. In 2013, she won the title of 'Shakti Super Star'. She has since gone on to release multiple singles and albums across a variety of genres of music.

Vedic music is a personal passion of Srivathsala's, and at the end of August, she will be releasing 'Soundness of Soul: An Album of Vedic Echoes,' an album dedicated to Vedic music that she hopes will offer listeners a therapeutic and spiritual listening experience that can serve to ground and heal.

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Vedic music transcends mere melodies. It's a powerful medium that connects the listener to their inner self and the universe.

The vibrations and frequencies in Vedic chants have a therapeutic effect, helping to calm the mind and heal the soul

Healing through spiritual balance

● Srivathsala Ramanathan on the power of Vedic music and 'Soundness of Soul'



Srivathsala Ramanathan

CONT'D. FROM PAGE 1

Healing through...

THE NEXT IN A LONG LINE OF MUSICAL HERITAGE

Hailing from Bandarawela, Srivathsala's musical journey is deeply rooted in her family background. "I come from a musical family," she explained. "My mother is a music teacher, and my father, who was an Education Department Director in the Uva Province, was also into music. My sisters are involved in fine arts, and our family runs the Hill Country Academy of Indian Fine Arts."

This academy, founded by her parents in 1995, offers instruction in Carnatic music, Bharatanatyam, and other traditional arts.

Her mother, in particular, played a pivotal role in nurturing her musical talents. "Through my mum, I got into music," Srivathsala said. "She has been my guiding light and inspiration."

This strong musical foundation was further solidified when Srivathsala won the prestigious reality show 'Shakthi Super Star' in 2013. "Winning 'Shakthi Super Star' was a turning point," she recalled. "It opened doors to live music, cinema music, and recording opportunities."

The concept for Srivathsala's upcoming album 'Soundness of Soul' is a unique blend of Srivathsala's experiences across the many different fields she traverses in life – music, social work, and spirituality.

While pursuing her studies in sociology and law, she engaged in extensive social work, spending time in elders' homes, children's homes, rehab centres, and hospitals. "During my university years, we were placed in various institutions every six months," she recounted. "These experiences taught us to connect with communities and just listen to them. I saw the power of music in these situations – how it could transcend language and cultural barriers and reach deep into the hearts of individuals."

This profound impact of music in social work settings inspired Srivathsala to create an album that could offer similar comfort and healing. "I always wanted to give back to those I worked with," she said. "Vedic music, with its minimal lyrics and powerful vibrations, seemed perfect for this purpose. It has the ability to touch the soul and evoke emotions."

Vedic music, a profound and ancient form of spiritual expression, originates from the Vedas, the oldest scriptures of Hinduism. This genre of music is deeply intertwined with the spiritual and cultural fabric of India, often used in rituals, ceremonies, and meditation practices to evoke divine presence and inner tranquillity.

"Vedic music transcends mere melodies," Srivathsala explained.

"It's a powerful medium that connects the listener to their inner self and the universe. The vibrations and frequencies in Vedic chants have a therapeutic effect, helping to calm the mind and heal the soul."

Srivathsala emphasised the inclusivity and universal appeal of Vedic music. "Though rooted in Hindu tradition, Vedic music transcends religious boundaries," she said. "It speaks to the essence of human spirituality and can be appreciated by anyone seeking peace and harmony. The mantras and chants are not just sounds; they are carriers of profound energy that can transform one's inner state."

Through 'Soundness of Soul,' Srivathsala aims to bring the healing power of Vedic music to a broader audience, offering a secular and accessible way to experience its benefits. "Vedic music has the ability to touch the deepest layers of our being," she added. "It is a timeless tradition that continues to inspire and uplift."

CRAFTING 'SOUNDNESS OF SOUL'

'Soundness of Soul' is meticulously crafted to provide a therapeutic experience. The album features Vedic mantras and echoes, incorporating both Hindu and Buddhist elements.

"It's not a religious album," Srivathsala emphasised. "It's multilingual and secular, designed to help people meditate, relax, and find peace."

Each track is carefully composed using specific 'ragas' to evoke different emotions and facilitate healing. "I used specific 'ragas' to help with healing," she explained. "The melodies and harmonies in the mantras are designed to give listeners a sense of flying and letting go."

Vedic music originated from the chanting and recitation of the sacred Vedic scriptures, which date back thousands of years. The Samaveda in particular was focused on the musical aspects of Vedic rituals and ceremonies.

The basic musical elements of Vedic music, such as the three Vedic notes ('udatta,' 'anudatta,' and 'svarita') later evolved into the seven-note scale that forms the foundation of classical Indian music.

Various musical instruments used in Vedic rituals, like the veena, dundubhi, and tunava, were also incorporated into



The intersection between music and social work – Srivathsala contributed to a song dedicated to commemorating the centenary milestone of the Sri Lanka Girl Guide Association's Differently Abled Branch

classical music traditions.

The oral transmission of Vedic music from teacher to student, known as the 'guru-shishya parampara,' was a key aspect that was carried forward into the classical music lineages.

Over time, Vedic music diverged into the two main classical music traditions of India – Hindustani music in the north and Carnatic music in the south. However, the core elements of 'raga,' 'tala,' and 'sargam' (solfège) can all be traced back to the foundations laid in Vedic music.

Srivathsala involved her family and students from the Hill Country Academy of Indian Fine Arts in the production of the album. "Some of the kids from our academy did backing vocals," she shared. "My husband, who is also a vocalist, contributed as well. The music arrangements are soothing, featuring instruments like veena, flute, and piano, without heavy percussion."

Balancing multiple responsibilities posed significant challenges during the album's creation. "As a mother, law student, and musician, managing everything was hard," Srivathsala admitted, describing how she balanced her multiple roles while working on 'Soundness of Soul.' "Recording used to be simple; I would just drop by the studio and finish. But now, with family and studies, it requires careful planning and dedication."

Financial constraints also added to the difficulty. "I didn't initially have financial assistance," she said. "But the India-Sri Lanka Foundation supported me after I submitted a proposal. Its assistance has been invaluable."

MUSIC FOR THE SOUL

Speaking on the therapeutic power of music, Srivathsala said that through 'Soundness of Soul,' she aimed to reach those in need,



providing comfort and healing through music. She plans to distribute the album among the institutions where she has worked, including elders' homes, rehab centres, and hospitals.

"I want to share this album with all the institutions I've worked with," she said. "It's not just about public release; it's about making a difference in the lives of those who need it."

She emphasised the secular and inclusive nature of the album. "The album features important mantras from both Hinduism and Buddhism," she explained. "It's designed to be accessible to everyone, regardless of their religious background. Music goes beyond these barriers."

For Srivathsala, 'Soundness of Soul' is more than just an album; it's a culmination of her life's work and a testament to her belief in the healing power of music. "This album connects all the dots of my experiences as a social worker, musician, and spiritual practitioner," she reflected.

"As a social worker, I saw how music could heal. As a musician, I understood its power. And as a spiritual practitioner, I felt its ability to connect deeply with the soul."

Her collaboration with the Art of Living Foundation has also been instrumental. "I've been with the Art of Living Foundation since 2005," she said. "They've supported me in my spiritual journey, and for this album, they've been incredibly supportive. Their inclusive approach to spirituality aligns with my vision for the album."

Srivathsala remains committed to her diverse musical pursuits, including cinema music and commercial voice work. However, her focus is increasingly on the spiritual side of music. "I still perform other genres, but my focus is on the spiritual side of music," she noted. "I sing bhajans and other spiritual tracks, often in collaboration with the Art of Living Foundation."

As she prepares for the album's release, Srivathsala hopes that 'Soundness of Soul' will make a lasting impact. "If even one person finds comfort and healing through this album, it will be the biggest achievement of my life," she said. "I hope 'Soundness of Soul' will help people find self-confidence, harmony, and peace."

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2. https://www.themorning.lk/articles/Flxoc0MwpshyUJeYRuA?fbclid=IwY2xjawMJSrdleHRuA2FlbQIxMQABHmyxJnhhrMDv3nNOc_4wIwi5nNIHBNZWWjXqNftZHTS6BhtkGDzmD-fijVg_aem_ZTTEVk6neXLdcUj0qFHWHw

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A journey through song with Daniella Perera

Where heritage meets heart

'Ways of Knowing': Legacy and preservation through senses

AT SCHOOL LEVEL: Setting

Embracing equality

Srivathsala, the Executive Director of the Hill Country Academy of Indian Fine Arts and a State Award recipient, has long merged her passions for sociology, music, and service. "We know now that trauma often sits in the body. We also know that vibration can gently dislodge it," she said. "That's the purpose of Soundness of Soul. It's not entertainment and it's alignment."

Each track is intended to align and awaken the body's energy centres, or chakras, using the natural rhythms of breath and chant. The pieces are composed in a way that invites the listener not only to hear, but to experience.

A multilingual call for unity

What distinguishes 'Soundness of Soul' is its embrace of multilingualism and spiritual pluralism. Sanskrit shlokas sit alongside Biblical psalms and Buddhist gathas, not in opposition, but in harmony. According to the artists, this was a deliberate choice.

"There's no monopoly on peace," said Divahar. "Whether it's the Bhagavad Gita, the Dhammapada or the Bible, the message is often the same; breathe, be still, know that you are not alone. These words may come from different traditions, but the energy behind them is universal."

The decision to incorporate multiple spiritual traditions also speaks to the artists' Sri Lankan roots. Both come from a country shaped by multiple languages, religions, and histories, often in tension, sometimes in harmony. Soundness of Soul is their way of choosing harmony.

"We wanted to honour that complexity," Srivathsala added. "This country has carried a lot. We all have. So this is our prayer. Let sound do what words no longer can."

From practice to preservation

While deeply spiritual, Soundness of Soul also serves as a work of cultural preservation. The chants and verses featured are drawn from ancient sources, yet performed with contemporary sensitivity. The artists were intentional in crafting a soundscape that is accessible even to those unfamiliar with Vedic or classical traditions.

"There's a kind of simplicity we wanted to preserve," said Srivathsala. "You don't need to understand every word. You just need to listen. The body understands. The heart does the rest."

The album's release also coincides with the 30th anniversary of the Hill Country Academy of Indian Fine Arts – Bandarawela, co-founded by Dr. Sharmini Ramanathan and the late Kumara Ramanathan.

• A musical offering rooted in healing and spirit

In the ancient Hindu Vedic tradition, music was seen as a direct conduit to the divine, transcending the material world and accessing higher states of consciousness.

The Vedas – the ancient Hindu scriptures – placed immense importance on the sacred power of music. The chants and hymns of the Samaveda, in particular, were believed to have the ability to invoke the gods and attune the practitioner to the cosmic rhythms of the universe. Vedic music was not merely entertainment, but a spiritual practice aimed at achieving 'moksha,' the ultimate liberation from the cycle of birth and death.

Recently, *The Daily Morning Brunch* sat down with Srivathsala Ramanathan – a celebrated vocalist and performing artist who, along with vocalist Divahar Selvaratnam, recently released, *Soundness of Soul: An Album of Vedic Echoes*, an album dedicated to Vedic music that she hopes will offer listeners a therapeutic and spiritual listening experience that can serve to ground and heal.

'Soundness of Soul'

Launched recently in Colombo, 'Soundness of Soul' was developed in collaboration with the Art of Living Foundation and supported by the India–Sri Lanka Foundation. The album features twelve carefully selected tracks, chants and verses from Hindu, Buddhist, and Christian traditions, brought together to explore the therapeutic and spiritual resonance of sacred sound. This multilingual Vedic music compilation draws from sacred scriptures and spiritual wisdoms across faiths to create what the artists describe as "a soundscape of healing, unity, and deep stillness."

At its heart, the album is a continuation of a journey that began far from concert halls or recording studios. "This wasn't conceived in isolation," shared Srivathsala. "It was born in elders' homes, in shelters for children, in rehabilitation centres. In spaces where pain is quiet, but constant. Music reached them in ways language could not."

Music as a bridge between body, mind and spirit

The tracks are deeply informed by the teachings of His Holiness Sri Sri Ravi Shankar Gurudev, who often speaks of the intimate connection between breath, sound, and emotional wellbeing. For the artists, this connection is not theoretical, it is lived.

3. News First – Prime Time News at 8 PM in Shakthi TV on 26 July 2025



4. Virakesari Newspaper 2nd August 2025



5. Thamilan | Thamil Murasu – 3 August 2025





இந்திய நுனிகலைப்பீட்டின் 30ஆவது ஆண்டு நிறைவேலையும் குறித்து நிற்கின்றது.

அன்றைய கலை நிமுக்கிளிகள் இசைத் தொகுப்பின் சார்மசக்ததைப் பிரதிபலித்தன: பூந்தி பூந்தி வலிதனின் நடன அமைப்பில் மலையக்கதின் இந் திய நுனிகலைப்பீட்டின் மாணவர்கள் வழங்கிய ஸ்ரீ சங்கா குரும் எனும் நாட்டியாஞ்சலி, குரு தத்து வத்துக்கும் கலையின் மூலம் ஆண்மீக குானலூட் ப்பட்டுகின்றமைக்கும் மரியாதை செலுத்தியது.

இத்தைத் தொடர்ந்து அருந்தி கலையக்கதின் நிற்தா நடன அமைப்பாளரும் ஸ்ரீதேயா D இன் நிறுவ நருமான தக்கித் சமரவர்வின் இசைப்பின் மூலம் 'அறு நூப்படுத்துவ' எனும் அற்புதமான தளிந்தனம் அரங்கேறியது.

காலத்தால் அழியாத பக்திப் பாடலான "வைஞ்னாவ ஜனதோ" எனும் கீதம் ஸ்ரீ வத்ஸலா மற்றும் திவாகர் ஆகியோரால் நேரடியாகப் பாடப்பட்டது. அத்துடன், அக்கடிபிளின் மாணவர்களின் நேரத்தி யான நடனப் படைப்பும் இடம்பெற்றது. இக்கலைப்பைப்படி வேற்றுவையில் ஒந்துமை என்ற கருத்தை அழுகங் வெளிப்படுத்தியதுன், அன்னத்து வழிக்கும் உயிர்களும் இறுதியாக ஒரே தெய்வீக உணவின்கீழ் இலைகளுக்கு கட்டுப்புள்ளன என்ற மையக் கருத்தை உறுதிப்படுத்தியது.

இந்த நிமுக்கிள் உரையாற்றிய இந்திய பிரதி உயர் ஸ்தானிகர், 'Soundness of Soul' இசைத் தொகுப்பின் வெளிப்படை இந்தியாவுக்கும் இலங்கைக்கும் இடையிலான ஆழமான கலாசார மற்றும் ஆண்மீப்

பிளைப்புகளைப் பிரதிபலிக்கும் ஓர் அராதமுள்ள முனியர்சி - எனப் பாராட்டுனர்.

அத்துடன், மலையக்கதின் இந்திய நுனிகலைப்பீட்டின் 30ஆவது ஆண்டு நிறைவேலையும் அவர் வழங்கினார்.

தோட்ட மற்றும் சமூக உட்கட்டமைப்பு பிரதி அமைச்சர், இவ்வாரண முனியர்களைப் பாராட்டுனர். மாணவர்களின் வாழ்க்கையை வளப்படுத்துவதிலும் முழுமொழன் வளர்க்கியை மேம்படுத்துவதிலும் இசை, நடனம் மற்றும் இனப்



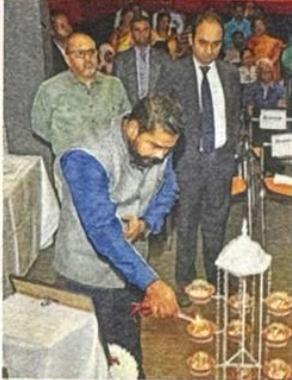
பாடவிதாங்க செயற்பாடுகளின் முக்கியத்துவத்தை அவர் வலியுறுத்தினார்.

'Sound of soul' என்பது வெறும் புதித் நூல் களின் தொகுப்பு மட்டுமல்ல, அது ஒரு குணப் படுத்தும் ஆண்மீகப் பயணம். முச்சவிடவும் அமைதியாயிருக்கவும் உள்ளே இருக்கும் அமைதியை மீண்டும் கண்டையைவும் ஒரு மென்றையான அழைப்பு.

இந்த இசைத் தொகுப்பு விரைவில் முக்கிய டிஜிட்டல் தளங்களிலும் வெளியிடப்படும்.



'Soundness of Soul' - கிழக்குதோகுப்பு வெளியீட்டு நிகழ்வில்...



'Soundness of Soul' இசைத் தொகுப்பானது இலங்கை சினமாய மிசனின் கவாமி குணாதீநானந்த சரலவதி, இலங்கை இராமகிருஷ்ண மிஷனின் கவாமிகள் அக்ஷராத்மனந்தா, இலங்கைக்கான இந்திய பிரதி உயர் ஸ்தானிகா கலாநிதி சுதாஞ்சல் பாண்டே, தோட்ட மற்றும் சமூக உட்கட்டமைப்பு

பிரதி அமைச்சர் சுந்தரவிங் கம் பிரதிப், மலையகத்

தின் இந்திய நூண் கலைப்பீட்தின் இணை

நிறுவுந் மற்றும் பணிப்

பாளர் கலாநிதி சர்மிளி

இராமநாதன், கொழும்பு

கவாமி விவேகானந்தா

கலாசார நிலையத்தின்

பணிப்பாளர் பேராசிரியர்

அங்குரன் தத்தா, இந்திய-

இலங்கை மன்றத்தின் பிரதிநிதி

கள் மற்றும் வாழும் கலை

அமைப்பின் இலங்கை

உறுப்பினர்கள் ஆகியோர்

முனினிலையில்

வெளியிடப்பட்டது.

இந்து ஆகமங்கள்,

பெந்த நியதிகள்,

விவிலிய நூல்கள் மற்றும்

பக்திபூர்வமான பழங்கள்

கலிவிருந்து தீவிர சிரத்தையுடன்

தொகுக்கப்பட்ட 12 இசை வடிவங்களுடன்

வெளிவரும் "Soundness of Soul" இசைத் தொகுப்பானது மந்திர உச்சாடனகள் மற்றும் அதிர்வகளின்

ஆந்திரப்புத்தல் சக்தியைப் போற்றிப் பணிகிறது.

வாழுக்கை அனுபவங்களைப் பிரதிபலிக்கும்

ஒர் இசைத் தொகுப்பெனக் கூறப்பட்ட இந்தத்

தொகுப்பானது சமூகப் பணிகளின் கலவ முனைகளிலும்

அதாவது முதியோர் இலங்கைகள், சிறுவர் இலங்கைகள்

மற்றும் புனர்வாழ்வு மையங்களில் ஆரம்பித்த ஒர்

அனுபவப் பயணத்தின் ஒவியாலாக விவரிக்கப்

படுகிறது. ஒரு சமூகியலாங்கரும் சமூகசேவகருமான

பிரவீதல்லா, இவ்விடங்களிலேயே துயரம்,

மனங்களைச் சமர்யூதி மற்றும் தலைமை ஆகியவற்றின்

கமைகளை வேத இசையின் மூலம் ஆற்றும்

தனித்துவங்கள் திறனை இசைக்காண்டிருப்ப

பகுதக் கண்டறிந்தார். வாரத்தைகளால்

எட்ட முடியாத இடங்களை இசையால்

சென்றையை முடியும் என்ற இந்த

உணர்விலிருந்துதான் "Soundness of

Soul" பிறந்து.

இலங்கையின் மலையகத்தில்

இந்தியைப் பார்மபியக் கலைவடிவிடம்

வங்களைப் பாதுகாக்கவும்

மேம்படுத்தவும் 'கவிமணி',

'கலாஜோதி' (அமர்ர) குமார்

இராமநாதன் மற்றும் 'இசைக்

கலைமணி', 'அருட்கலைத்திலகம்',

'கலாபூதணம்' கலாநிதி ஓாமினி

இராமநாதன் ஆகியோர் 1995இல்

நிறுவப்பட்ட பண்டாரவங்களில்

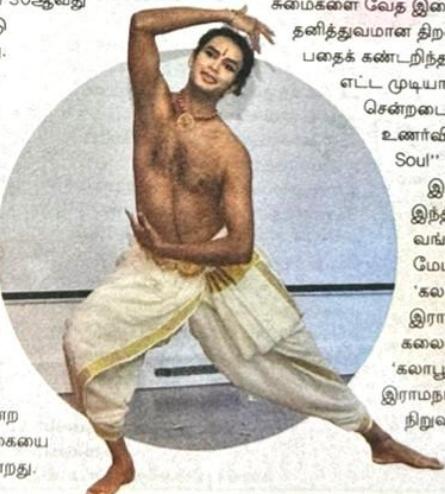
உள்ள மலையகத்தின்



இந்திய நூண் கலைப்பீட்தின் 30-ஆவது ஆண்டு நிறைவை முன்னிட்டு இவ்வெளியீடு இடம்பெற்றது.

வாழும் கலை அமைப்பின் ஆமீக்கென்றி நிறை ஒருங்கிணவடனும் இந்திய- இலங்கை மன்றத்தின் ஆதரவடனும் உருவான இந்த இசைத் தொகுப்பானது, இசை சாந்த படைப்பாரா மட்டும் நோக்கப்பட முடியாத ஒர் உயர்ந்த படைப்பாகும்.

ஆமீக் நோக்கத்திலும் சமூக உணர்விலும் வேறான நிலைமாற்று கூத்து உண்மையானதென்ற ஆழமான நம்பிக்கையை இது பிரதிபலிக்கின்றது.



6. Thinakaran – 11 August 2025



ஸ்ரீவத்சலா திராமநாதன், திவாகர் சென்வர்ட்டைம் ஆசிய திருவாரும் திகைண்து பாடிய வேத ஏஜிராலிகளின் ஆஸ்பம் (Soundness of Soul An Album of Video Echoes), சிவாஸிட்டு கலைபவம் அண்ணமையில் கொழுப்பு, கவாமி விவேகாணந்தர் கலோசார திதையெத்தில் இப்பொற்றுத் திந்திகழில் ஸ்ரீபு விருந்தினராக கருத்துக்கொண்டு பெற்றிதோட்ட சமூக உட்கட்டமைப்பு வசதிகள் பிரதியமைச்சர் சுந்தரவிஸ்வகம் பிரதிப்பை திவாகர் மற்றும் ஸ்ரீவத்சலா ஆசியோர் மலர்விகாத்து கொடுத்து வரபெற்றதையும் நிகழ்வில் கலந்து கொண்டவர்களையும் படங்களில் காணலாம்.

7. Social Media

<https://www.instagram.com/p/DNfZJrUtXHV/?igsh=cnByYnFrNzB2YmZr>

<https://www.facebook.com/share/v/15or6oiTQK/>

<https://www.facebook.com/share/p/1CZXe5H3oQ/>

<https://www.facebook.com/share/p/1CHYursj6o/>

<https://www.facebook.com/share/v/1A2CefE78W/>

brunch

Srivathsala Ramanthan's vedic music offering rooted in healing and spirit

'Soundness of Soul'

We don't need answers. We just need to be held. Music can do that. That's what this album is for. We know now that trauma often sits in the body. We also know that vibration can gently dislodge it. That's the purpose of Soundness of Soul. It's not entertainment. It's alignment.

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Not every album is made for the stage. Some are made for the soul.

This week on Brunch, we speak to vocalists @srivathsala_r and @divahar_ about their new album, 'Soundness of Soul'. Rooted in Vedic tradition, sacred sound, and the belief that music can do what words no longer can.

■ Read the full story — link in bio.

#BrunchLK #SoundnessOfSoul #HealingThroughMusic #SacredSound #VedicMusic #SpiritualWellness #SriLankanVoices #MusicAsMedicine

Hill Country Academy of Indian Fine Arts. ...
26 Jul • 30

Ramanathan Srivathsala ✅ is with Divahar Selvaratnam and 23 others at ICCR in Sri Lanka.

26 Jul • 30

What an unforgettable evening it was! 🎶

We are humbled and overjoyed b... See more



Ramanathan Srivathsala ✅ is with Ranushya Jayaseelan and 23 others at ICCR in Sri Lanka

July 26 at 11:49 AM Colombo • 30

What an unforgettable evening it was! 🎶

We are humbled and overjoyed by the beautiful launch of Soundness of Soul – a multilingual Vedic music album that is more than just music. It is a heartfelt invocation of healing, stillness, and sacred sound. This offering, created by my spouse Divahar Selvaratnam and I was brought to life with the blessings of our gurus, the presence of distinguished guests, and the love of our artistic family.

Held at the Swami Vivekananda Cultural Centre, the launch also marked 30 glorious years of the Hill Country Academy of Indian Fine Arts – a legacy of devotion to classical art and culture in the hill country.

Our deep gratitude to the Indi-Sri Lanka Foundation, Art of Living Foundation, Swamis of Chinmaya and Ramakrishna Missions, the Deputy High Commissioner of India, the Deputy Minister of Plantation and Community Infrastructure, and every soul who joined us in spirit and person. Your presence made this celebration whole.

Stay tuned – Soundness of Soul is available on USB and will soon be on all major streaming platforms. Until then, here are some glimpses from a night filled with light, love, and the timeless echo of Vedic chants.



ICCR in Sri Lanka added 34 new photos from 24 July at 22:39.

Hill Country Academy of Indian Fine Arts. ...
28 Jul • 30

Newsfirst.Ik Tamil ✅

26 Jul • 30

"Soundness of Soul" இசை வெளியீட்டு விழா கொழும்பு சுவாமி விவேகானந்தா கலாசார நிலையத்தில்..



Hill Country Academy of Indian Fine Arts. ...
21 Jul • 30

Ramanathan Srivathsala ✅ is with Divahar Selvaratnam and 3 others.

19 Jul • 30

With the grace of the divine, the blessings of many hearts, and the spirit of sacred sound – Soundness of Soul is re... See more



In commemoration of the 30th Anniversary of Hill Country Academy of Indian Fine Arts,

with the support of India - Sri Lanka Foundation, in collaboration with Art of Living Foundation,

the Audio Launch of

Soundness of Soul

A Vedic Music Album by

Srivathsala Ramanathan and Divahar Selvaratnam, celebrating the timeless echoes of divine chants and harmony.

Join us as we unveil a labour of love – an offering of sacred sound, born from healing, reflection, and soulful intention.

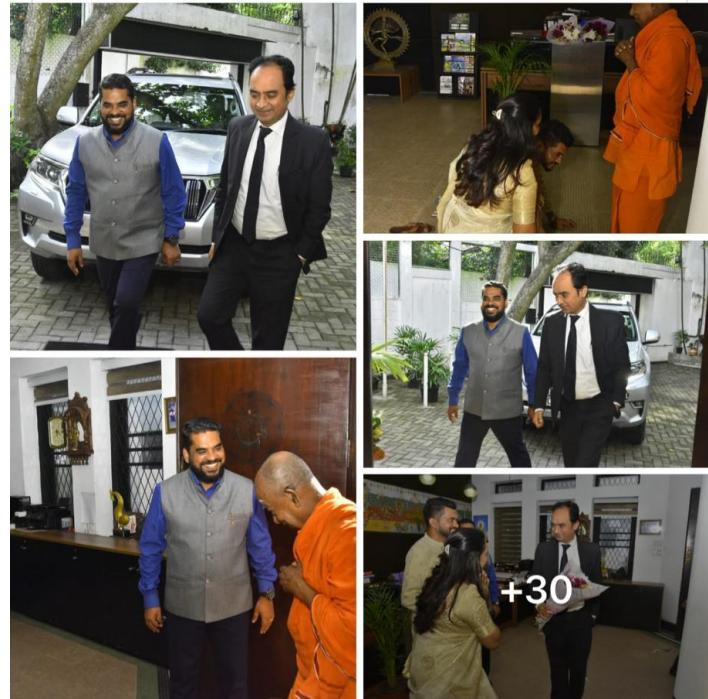
25th July 2025



ICCR in Sri Lanka added 34 new photos from 24 July at 22:39.

25 Jul · 1 · 0

"Album Launch "SOUNDNESS OF SOUL" at SVCC #Swami Vivekananda Cultural Center, Colombo, #India in Sri Lanka (High Commission of India, Colombo)



Sundaralingam Pradeep-Deputy minister's post



Sundaralingam Pradeep-Deputy minister

26 July · 2

கொழும்பு - இந்திய சுவாமி விவேகானந்த கலாசார மத்திய நிலையத்தில் மலையக இந்திய துண்கலை பீடத்தின் 30வது ஆண்டு நிறைவினை முன்னிட்டு வெளியிடப்பட்ட "SOUNDNESS OF SOUL" இறுவட்டு இசை அல்பம் வெளியிட்டு விழாவிற்கு சிறப்பு விருந்தினராக அழகக்கப்பட்டிருந்தேன். இந்திக்கம்பில் இந்திய பிரதி உயர் ஸ்தானிகர் கலாந்தி சத்தியாஞ்சலி பாண்டே அவர்களும் கலந்து கொண்டிருந்திருந்தார்.

I was invited as a special guest to the "SOUNDNESS OF SOUL" CD music album launch event, held to commemorate the 30th anniversary of the Malayaya Indian Fine Arts Faculty at the Swami Vivekananda Cultural Centre in Colombo, India. Dr. Satyanjalie Pandey, the Deputy High Commissioner of India, also attended this event.



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நிகழ்வில் சிறப்பு விருந்தினராக பிரதி அமைச்சர் சுந்தரவிங்கம் பிரதீப் கலந்து கொண்டார். இந்திய பிரதி உயர் ஸ்தானிகர் கலாந்தி சத்தியாஞ்சலி பாண்டே அவர்களும் கலந்து கொண்டிருந்திருந்தமைக் குறிப்பிடத்தக்கது..



Newsfirst.lk Tamil



Following

"Soundness of Soul" இசை வெளியீட்டு விழா கொழும்பு சுவாமி விவேகானந்தா கலாசார நிலையத்தில்..

Hill Country Academy of Indian Fine Arts.
3 Aug •

Ramanathan Srivathsala ✅ is with Divahar Selvaratnam and 3 others.
3 Aug •

Soundness of soul - வேத த்வனிகளின் இசைத்தொகுப்பு வெளியிடப்பட்ட நிகழ்வின் தகவல்களையும் அன்றய தின புகை... See more



Sundaralingam Pradeep-Deputy minister

26 Jul •

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INDIA - SRI LANKA FOUNDATION  THE ART OF LIVING 

Soundness of Soul
An Album of Vedic Echoes

by
Srivathsala Ramanathan

 SrivathsalaR  Srivathsala_r  Srivathsala Ramanathan  SrivathsalaR  Ramanathan Srivathsala 

Apart of these, the tracks are being uploaded in the Youtube Channel / online music platforms. The initiative has had a multifaceted impact - culturally, it revived interest in Vedic and devotional music as a medium for holistic well-being; socially, it brought music therapy to institutionalized and marginalized communities, addressing their emotional needs; educationally, it inspired young students of the Academy to combine classical training with meaningful social contribution; and therapeutically, early feedback from beneficiaries highlights its positive effect in fostering emotional calmness and deeper engagement.





@mithutalukder1772

I make it listen to my 5 months daughter for her heart development. Thanks to our beloved Gurudev

Like 6 Dislike 0 Reply



@lenaoct1

I am 73 years old and I meditate every morning at 4.30, Your rendition is good and it creates a deep sense of oneness. I learn you are from Srilanka upcountry being a Tea planter my association with the upcountry is quite strong and I know the the topography well. God bless you my child

Like 9 Dislike 0 Reply



@NaliniKanagasabai

Jgd soulful prayer

Like 1 Dislike 0 Reply
1 reply



@arunakharche8758

JAI GURUDEV 🙏

Shrivatsalaji 🙏

Sumadur mantra . Roj Subah surya namaskar karte samay ye sunti hu ,bahot hi achha lagta hai



@hemadarshini8543

a song that calms the mind

Like 1 Dislike 0 Reply
1 reply



@poonamakotkhane7300

I have almost all gayatri mantras by various singers but the devotion and love ,this one has...is the best it heals....I feel very serene and calm after hearing this one, love you... ❤

Like 10 Dislike 0 Reply



@maheshnirmalan1238

Great effort Srivathsala. I am sure you are aware of people like Mr Kuldeep Pai in India, who are attempting to bring the nation together through divinity. I am sure there is a similar need in Srilanka.....perhaps a role for you in this sphere

Like 1 Dislike 0 Reply



@jayanthibala950

Very very beautiful voice, my mind and body very silent this voice listen , thank you very much

Like 3 Dislike 0 Reply
1 reply



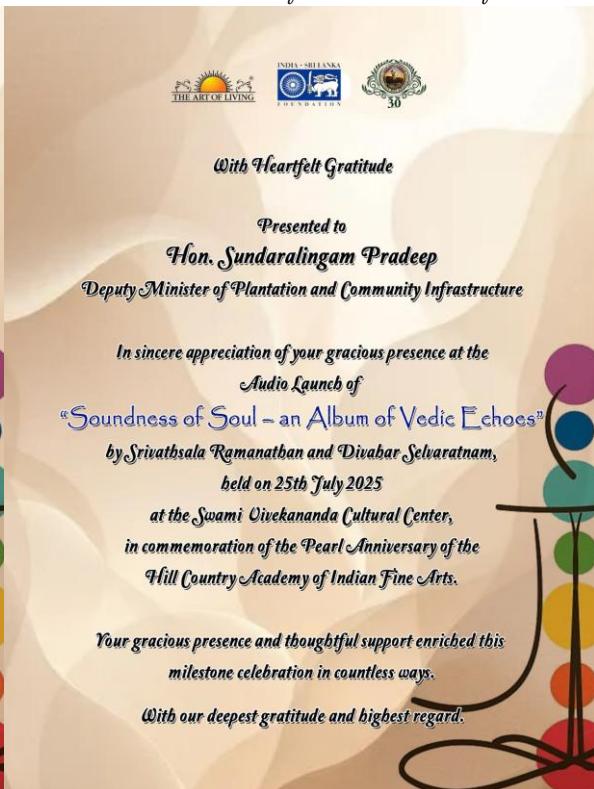
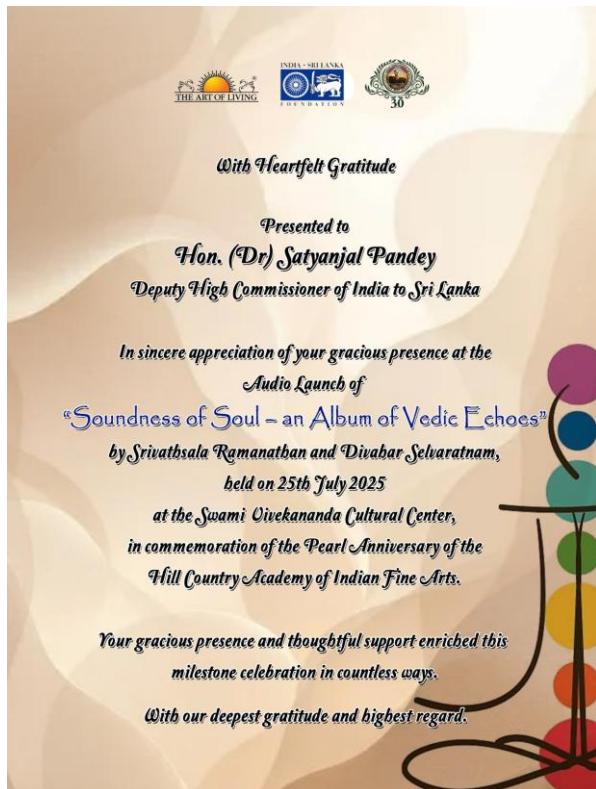
@ritugoel2187

The serenity we get from hearing this gayatri mantra chanting is just awesome. Thankyou.

Like 5 Dislike 0 Reply
1 reply







7. Conclusion

The *Soundness of Soul* project has successfully fulfilled its mission of preserving and celebrating Indian cultural and spiritual heritage while extending music's healing touch to society's most vulnerable groups. The warm response from dignitaries, institutions, and beneficiaries reaffirms the album's unique potential to serve as a bridge between Music, Science, spirituality, and social work. With its forthcoming digital release, *Soundness of Soul* is poised to inspire and comfort listeners across Sri Lanka and beyond, creating ripples of healing, inner peace, and cultural harmony.

I am especially grateful to the India-Sri Lanka Foundation, whose vision and generosity were instrumental in transforming this endeavour from aspiration to reality. Established to foster Indo-Sri Lanka relations through economic, scientific, educational, technical, and cultural cooperation, the Foundation has, over the past 25 years, supported around 600 projects - including more than 360 in Sri Lanka. I am honoured that my project is among these initiatives, and I sincerely thank the Foundation for their steadfast commitment to enhancing the India-Sri Lanka partnership and for their continued support in carrying forward projects that celebrate our shared heritage and enrich the cultural and spiritual life of communities.

