



Shahani Academic and Global Empowerment Foundation
Educating and Empowering for Creating Extraordinary Lives

I had the privilege of meeting Roshan Mansukhani when he held a music event at our Thadomal Shahani Centre for Management and at the launch of our Peace Garden in collaboration with the UNAOC. He introduced us to the amazing benefits of music and since then has presented many successful events under the Shahani Group Banner.

Roshan has shown that musicians have bigger, better and more sensitive brains. He has proved that music reduces stress by lowering the cortisol levels and elevates the mood by stimulating the formation of dopamine.

His efforts have made his students more productive, creative and better human beings. Apart from young minds he has addressed the not so young as he believes that music protects against memory problems and cognitive decline even more so than other leisure activities.

His music acts as a natural healer. By alleviating the symptoms of mood and mental disorders including anxiety, depression, and through giving a natural high, he has cured many young people of substance abuse and alcoholism.

I wish him all the best in the beautiful journey he has embarked upon and am sure, through his music therapy, he will transform many lives not only in India, but globally.

Maya Shahani

Chairperson, [Shahani Group](#)

Chairperson, [Thadomal Shahani Centre For Management](#)

Chairperson, [Thadomal Shahani Centre For Media and Communications](#)

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