



### **SaPa program at JHS**

There are a number of documented and well-researched benefits to learning music, especially for children. It helps with left-brain development, improves early cognitive development and pre-literacy skills, and most importantly helps relieve stress and develop emotional maturity. A recent study by the American Psychological Association has shown that teaching music to children improves academic and scholastic performances in all age groups, by improving memory and attention span. Additionally, exposure to different musical forms helps children experience various global cultures and works towards making them better global citizens.

#### **SaPa:**

**The Subramaniam Academy of Performing Arts-SaPa** (founded in 2007 by Dr. L Subramaniam and Kavitha Krishnamurti Subramaniam) has developed a standardized musical syllabus to help teach Indian and global music to children in school, as part of school curriculum. Indian music is one of the oldest styles of music in the world, and can also be a foundation for learning other styles of music.

With specialized learning material, teacher training and student certification, the SaPa in schools program is designed to help students learn to appreciate classical music and culture. The program also has a global music component, to expose students to different musical traditions from around the world.

The SaPa learning material is designed for parents to follow along and chart children's progress, and will have annual assessments and performances to see musical development in children.