

Sadhana will add a golden touch to your voice

A voice performance consultant, Sadhana Nayak offers training to improve voice range and quality, at Dadar

How it all began: I am an ENT specialist and a trained singer. It hurt me to see singers losing their voice due to lack of expertise and knowledge. In 1997, I got the opportunity to join a fellowship programme in the American Institute of Care of the Professional Voice and Laryngology in Philadelphia. I opened my voice clinic in Mumbai a year later.

What's the task: I treat and train performers or professionals like lawyers, managers, call centre executives and corporates whose work requires them to communicate effectively. I educate people about how to use the diaphragm, abdominal, lower chest and back muscles to enhance the quality, range and flexibility of voice. The training also involves correct phonetics and breathing techniques while speaking.

Qualifications: You have to be an

ENT specialist to pursue voice medicine. However, in India there is no institute that offers a formal course on the discipline. After specialising in ENT, one can take up a course abroad.

Investment: Working with a hospital is a good option, because an investment of up to Rs 10 lakhs is required to start your own clinic.

Upside: It is very satisfying to see the confidence that my treatment instils in people. Singers who had lost their voice are able to sing again. The rewards are promising once you become an established voice performance consultant.

Downside: The discipline is relatively unknown, it will require a long struggle before establish yourself.

As told to Suruchi Muzumdar

