



SUNADA

***MUSIC, MUSIC THERAPY &
MORE...***

***India's first ever Music & Music
Therapy Magazine***

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From the Editor's Desk

This month we are writing about some effects of the Raga Kalyani. In the concluding part of The Magic of Music we will talk about the effects of music with and without music and

also rhythms without active music and lyrics.
Happy reading....

KS Vasantha Lakshmi,

Founder & Editor,

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NECTAR TO THE MIND

CHITTABODHAMRUTAM

By Late Bhavaraju Bapiraju

This book of poems written in chaste Telugu has been liked by the educated and erudite of Andhra Pradesh. Not only is the author my grandfather, but he also served in the British Government before India got independence. This is just a very humble attempt to translate this great work so that it reaches a larger audience.

Translated by Kalipatnam Sita Vasantha
Lakshmi, (Nee Bhavaraju)

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Only devotion on their minds, the good hearted

Pray to Lord Rama for Nirvana

To such a great God I bow down

With songs of devotion, sing oh my heart!

RAGA- MECHAKALYANI

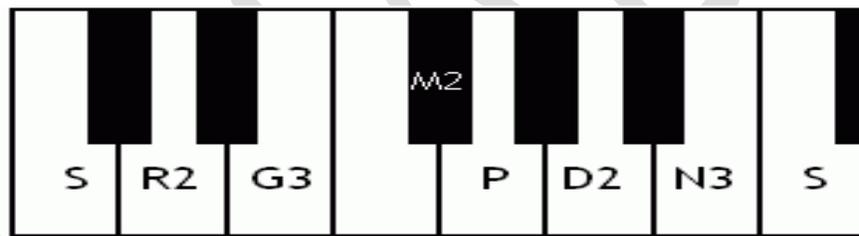
MOST SUITED FOR CLASSICAL AND LIGHT MUSIC

By

“Surmani” KS Vasantha Lakshmi,

MA (Eng.Lit), Music Therapist & Transcendental
Meditation Expert.

This Raga is popularly referred to as Kalyani. The number it is placed is in the second 36 of the 72 modes or Melakarta Ragas. It is the 65th. The following is the scale of the notes used.



It is a very popular Raga in both Carnatic and Hindustani styles of singing. It has an immense capacity to mold itself into both joyous as well as sad moods, as proved by its use in hundreds of film songs and light songs and famous ghazals.

Apart from numerous compositions in the Carnatic Style, the most popular song that comes to one's mind is the ghazal “Aaj jane ki zid na karo”.

Using Music Therapy Some thoughts!

The most common difficulty faced while treating patients with mental ailments is the process of taking them to the hospital. But happily with music therapy, the case is not so. As the name itself indicates, while using music as therapy, people have no fear of being subjected to any electric shocks, sleep inducement or medications. The patients are only required to undergo the listening process to certain Precribed Music. And many a time, the patients are even advised to participate in group singing and above all they are not required to have any musical skills.

Having said this, it is observed until recently, that not all patients have the confidence that their ailments can be cured or at least mitigated through Music Therapy. But all that is changing now. People are now averse to using active medication, unless otherwise prescribed by the physician. This has led to the emergence of several other therapies like Music Therapy, colour therapy, aroma therapy and Yoga etc., to mention a few.

There are some basic rules to be observed while administering Music Therapy. A lot of people are shy and inhibited. For them to overcome this, it is imperative that the music therapist is adept at making the patient feel at home and relaxed. The patient must be made to understand that he/she is not required to have any musical skills in order to receive music therapy as sometimes it is necessary to take part in singing also. It must be explained to the patients that they are not under pressure to perform. This will ensure that the patients feel familiar with the therapist and the therapy itself becomes more effective.

Intermissions and gaps are advised between visits so that the patients get to understand the process and they will voluntarily want to come for the therapy sessions.

For patients in coma or acute state of depression repeated playing of the music liked by them, with videos if necessary helps bring back happy memories thus making them more normal. It is found that music therapy works wonders in post-surgery care, as it can reduce the use of pain killers.

Our experience

The author is running a Music School called “Sunada Vinodini” in Gurgaon in the Gurukulam tradition. ‘Gurukulam’ tradition, in modern times, means, one to one communication with the student/patient and training him after identifying his/her needs. Apart from a few young students who were sent by their parents, the larger body of students were adults who were highly stressed because of high-pressure jobs, family problems, broken families, depression etc., and needed to talk to someone in private and find solutions while practicing and learning music. Some of the students, those in 10+2 and have approaching examinations have told us that they would not like to miss the music class as it is a great diversion from what they do throughout the remaining part of the day and it actually helps them to relax while they are in the class. Also the absence of a competitive atmosphere made them become friendly with other students, lose inhibition and talk and relax between lessons. Adult Students have found the Class as a place where they can share their problems and take back solutions with them.



Music Therapy session in progress.....

The Magic of Music

By

KS Vasantha Lakshmi

Concluding part...

The important thing about listening to music with lyrics is that it requires a greater use of the brain for sorting out all the sounds of the music that is being played. Every song has some emotion or the other portrayed in it and while listening, a major part of the brain is used for understanding the lyric. Then comes the judgement whether the song is set to the right tune, mode and rhythm. The brain has the discerning power to make an instant decision about the suitability of the raga to the emotion expressed. I remember singing a Telugu song about ruins for one of my TV programs. My producer immediately asked me why I had set it to such a jovial tune while the lyrics express sadness at the dilapidation of the fort. He promptly made me change the tune, and the song is remembered even

today. Devotional music with appeals to gods almost always has an instant appeal to the listener. Two western songs (English) that have that kind of appeal are “I am alive” and “Make it Rain”.

When we come to music of rhythms, it is found that it cannot exist on its own. For a concert of rhythms, some kind of music is necessary, in order to fill the gaps, to present the punctuations (Muktayimpu/Tihayees). But with a little music providing the interludes, rhythm concerts are tremendously enjoyable as they can change the listeners’ heart beat and make it a pulsating experience.

Enjoy all kinds of music...

WHAT YOU THINK....



First of all it is very nice of you to have translated Grandfather's poems. Good effort and well done.
The second is the write up on the appreciation of music. I recall my actions during the time I enjoy music the involuntary actions. Yes it is true.
Regards.
B. S. Murthy, Retd. VP, Shrichakra. USA

This shankarabarnam is so complicated...need to set time aside to understand properly.

Neelima Mathur,
Spot Films, Naukuchiatal

For Online and Class room Carnatic Music Lessons, Music Therapy & Standards for Music Therapy Practitioners (SMTP-INDIA)

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Read earlier editions of Sunada on: www.sunadavinodini.com. Articles not exceeding 500 words along with a passport size photograph can be sent to: singvasantha@gmail.com.

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