



SUNADA
MUSIC, MUSIC THERAPY & MORE...

Vol. XVIII, June, 2018



From the Editor's Desk

The heat is on. Even though rainy season has set in some parts of India, some are still reeling under the sweltering heat. Hope this second poem from "Chittabodhamrutam" will have a cooling effect on the minds. It is my good fortune that I am getting to know some very young and dedicated doctors of India, who are not practicing for making money, but to offer some solace to the elderly through various methods. We are introducing Dr. Vivek Bhavaraju, a very highly qualified Medical Doctor of repute who is doing yeomen service to the society by taking care of the elderly citizens from his organization by the name Naimisha. Although young, he has a great understanding of the needs of the elderly. Interviewing him for Sunada has been a wonderful experience. Apart from this, we are presenting the concluding part of the article on Folk Music. Happy reading...

KS Vasantha Lakshmi,

Founder & Editor

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KS Vasantha Lakshmi - Music Therapy Workshop, Cologne, Germany



GENRES OF MUSIC – FOLK MUSIC OF INDIA

By

KS Vasantha Lakshmi, MA, MT, TM

Concluding Part

Indian folk music is diverse because of India's vast cultural diversity. It has many forms like [Bhangara](#), Lavani, [Dandiya](#), Rajasthani and many more. The arrival of movies and pop music weakened folk music's popularity, but saints and poets also have contributed largely to ancient folk music forms and traditions to their name, often sung in *thumri* semi-the folk music of India is dance-oriented. A lot of film songs are also based on folk music and fused with modern instruments thus taking them closer to the urban listener. Eg. Koochi Koochi rakkamma.

Many states like Andhra, Telangana, Punjab, Gujarat etc., have just rhythms played on drums peculiar and particular to those areas. For example Andhra Pradesh uses Madiga Dappu, Mala Jamidika and likewise Punjab has the Dholak which is played in marriages. While a few women sing, a woman sits in front of the woman playing the Dholak and lends to the rhythm by by beating with a spoon. Some forms of folk music are listed below.

- Andhra Pradesh: Palle padalu, janapada geetalu etc
- [Assam](#): [Bihugeet](#), Tokarigeet, [Kamrupi Lokgeet](#), [Goalparia Lokogeet](#)
- [Chhattisgarh](#): Pandavani
- [West Bengal](#): Bahula, batiyali, [Nepali Lok Geet \(North Bengal\)](#), Baul
- [Gujarat](#): [Garba](#), [Doha](#)
- [Karnataka](#): Bhavageete
- [Maharashtra](#): [Bhavageete](#), [Lavani](#), [Powada](#), [Bhajan](#), [Kirtan](#), [Pravachan](#), [Bhakteegeete](#), [Bharud](#), [Gondhal](#), Lalita, [Abhang](#) and [Tumbadi](#)
- [Odisha](#): Odissi, Sambalpuri
- [Punjab](#): Mahiya
- [North West India](#): Sufi Folk Rock
- Tamilnadu: Kavadiattam, Villupattai etc.

In addition to the above mentioned there are some work songs that labourers sing while working in the fields, women while pounding rice, chillies, turmeric etc., fishermen's songs and also some humours dialogue kind of banter songs between mother-in-law and daughter-in-law. All these are in a jesting mood and generally lighten the burden of hard physical labour.

By virtue of having simple rustic language in the lyrics, folk songs are easily understood and also because they have their origin in the rural areas, people singing them can easily identify themselves with the activities referred to therein. When it comes to epics being rendered in folk form, like Ms. Teejan Bai, the story of Mahabharata is easily understood by the listeners. Whatever the form be, folk songs have a direct appeal to the listeners as they are not musically very rich, but set to easy and often staccato rhythms which serve the purpose of instant recall.

It is a colossal effort to dive into the unknown depths of folk music as there is humongous variety of them. But we can confidently say, that folk music appeals to the city as well as the village dweller alike, to the sophisticated as well as the rustic and simple. They help in taking away the pain of labour, the hardships of poverty and more often than not provide with entertainment free of cost. We

use folk songs in music therapy while dealing with remote village areas. One can imagine how pure classical music either western or eastern (Ragas etc.) can be “Caviar to the general”.

Youtube has a great collection of these in various languages.

Telugu Janapadalu | Palle Ragalu Janapadalu

Telangana Folk Songs - Janapada Songs Telugu

Picture of Bonala Panduga in Telangana



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 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)

Poem. 2

Gifting a wondrous state of bliss to the minds day and night
You are the teacher who explains discretion and perception
Of a spotless character and a great master of precision
Like a Brahma yogi, I implore you my heart to worship such an one.

Face to face

With

Dr. Vivek Bhavaraju, NAIMISHA, Chennai.



Q. What is Naimisha ?

Dr. Vivek: “NAIMISHA” is an Elder Care Management Clinic based out of Anna Nagar, Chennai, and is a young privately managed clinic that is working with the goal of providing psychological care to elders, with a holistic approach.

Q. What made you start this institution?

Dr. Vivek: vast clinical experience in Neurology and Psychiatry I thought I can best use my expertise through this organization, as I am also a post graduate (Masters) in Health Science apart from being a practicing medical professional. With over 15 years of experience in the health care field, I had in an effort to improve and provide compassionate senior care in India, started and established, NAIMISHA, a multi-disciplinary wellness center for the elders that works with the belief that holistic healing is an approach to health and wellness that takes into consideration the whole person, addressing their physical, mental and emotional health and well-being, spiritual values, lifestyle, social ambience and environment.

Q. what are the aims of Naimisha?

Dr. Vivek: Naimisha aims at providing ongoing care for elders, beyond the in-patient setting, and thus improve the quality of life and independence of elders. Naimisha’s key ideology is - **Geriatric care is much more than just diagnosing and treating diseases and age related health conditions among the elderly**, it goes further and strives to empower older individuals to continue living life to its fullest and works to balance all

three vital elements in a person – mind, body, and soul. Being a value-driven initiative, Naimisha focuses on helping clients and families navigate through complex medical and social service systems.

Q. How is it different from the traditional elder-care units?

Dr. Vivek: Unlike traditional elder-care systems that focus only on the medical care-giving aspects, Naimisha's consultants act as an extended family and provide guidance, education, and support to help clients understand and manage the medical, clinical as well as social issues related to aging. Naimisha recognizes and accepts that a holistic and alternative approach to the may offer a more personal touch for elderly care.

Q. What are the various kinds of therapies you use?

Dr. Vivek: We use therapies such as music, aroma, massage and acupuncture, offer the one-on-one treatment, providing a psychological and a physical boost as well. We work to offer these for providing a more personalized care which we know can be very comforting. For example, we try to provide motivation for physical activation among the elderly using;

- **Music:** An effective and enjoyable medium for the maintenance and improvement of cognitive physical and socio-emotional functioning.
- **Aromatherapy:** The use of essential oils (oils extracted from plants) for healing, as the smell of certain oils have found to help people to relax, sleep better, relieve pain and improve low mood.
- **Reiki:** A Japanese technique that aims at restoring life force energy. It's based on the idea that we have a 'life force energy' that flows within our bodies and when this energy is low, it makes us more likely to become unwell. Elders have found that it makes them feel more relaxed and less stressed.
- **Meditation:** Even though the evidence is mixed as to whether meditation is effective at treating mental health problems, we find that this practice that helps to quiet the mind and put one into a state of calm, stillness and rest, has been found as a helpful way of relaxing and managing feelings of stress and anxiety.
- **Mindfulness:** Focusing the attention of elders to what's happening in the present moment, to help them be more aware of their thoughts and feelings, which in turn will help them to react to them calmly to any extreme situations, manage stress and negative thoughts.

Q. Do you do it all yourself or you have other experts helping you?

Dr. Vivek: The qualified and experienced consultants at Naimisha emphasize on self-care and empower older adults by encouraging their independence and ensuring that safety concerns too are addressed. Naimisha helps people over 60 years of age avail care services that enhance their health, safety, and overall quality of life. Our expert team creates an

individualized care plan for each client keeping the family's special needs in mind. As and when medical or social needs change, the care plan is modified accordingly.

Q. Wonderful. What are the various services offered at Naimisha?

Dr. Vivek: The services offered by Naimisha primarily include:

- **Geriatric Care Management:** This aims at complete and comprehensive care for elders using a holistic approach to elder care. This includes assessment, observation and monitoring, physical/ occupational therapy, mental health counseling, dementia support and other services ensuring adherence to medication; liaising between patient, family members, and physicians; laboratory monitoring; and preparation of a comprehensive medication profile
- **Geriatric Home Care:** aims at providing qualified care to elders within the confines of their own home, thus enhancing their independence. It includes providing companionship to elders, tracking their medication, transportation to physician appointments, planning visits and outings, household management, personal care planning, overnight care, and hobby / special interest facilitation
- **Senior-Care Family Coaching:** aims at educating the immediate family of elders about the essentials of elder care. It offers help with home caregiver resources, housing alternatives, understanding medical and health information, insurance and medicare questions, coping tools, and end of life planning

Q. Dr. Vivek, it has been a great experience talking to you. Although you are young, we at Sunada are very impressed at your insight and understanding of the needs of the elderly. We really appreciate the yeomen service you are rendering to the society at large. I can surely say that we need more doctors like you. Can you tell us where we can contact you?

Dr. Vivek: Sure, For details you can contact us at any of the points given here:

Address: Q-Block; No. 78 (New 5); 13th Street, Anna Nagar, Chennai, 600040.

Website: www.naimisha.co.in

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NAIMISHA AACTIVITIES

Group Discussion



Group Outing



Team on Outing



Group Counseling



General Counseling



Happy Elders make a Happy Nation





WHAT YOU THINK.....

Thank you. Read your magazine. Very nice. Wish you all the best and a bright future. Hope we can collaborate musically in the future.

Dear Sunada, Enjoyed reading it. Thank you for sharing

Regards,
Rahim Zullah...

Good read.

E. Rammoohan, USA

Thank you very much for sending in the latest copy of Sunada. It is very interesting.

Regards.

Elchuri Muralidharrao

Interesting issue, vasantha...thumbs up!

Neelima Mathur, Sport Films, Naukuchiyatal

For Online and Class room Lessons, Music Therapy &

Standards for Music Therapy Practitioners

Contact: singvasantha@gmail.com

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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