



SUNADA

MUSIC, MUSIC THERAPY & MORE...

India's first ever Music & Music Therapy Magazine

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From the Editor's Desk

Festive season has begun. So much is happening around us. A new thirst to know and understand our culture without getting steeped in superstitions is a change I love to watch around me. This month we proudly present an interview with my Guru Bhai Shri K.V. Brahmanandam. So here we are with some more interesting articles in Sunada. Happy reading...

KS Vasantha Lakshmi,

Founder & Editor,

IN THIS ISSUE

Nectar to the Mind.....	3
My Guru Bhai – Interview.....	4
Control your anger.....	7
Events.....	10
What you think.....	11

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)

14

Here I am seeking refuge oh Lord! You are the
Kaplavriksha for believers, I seek thy protection

It is now your responsibility oh steady one
I implore you oh my wandering mind, praise him!

MY GURUBHAI KV BRAHMANANDAM

By

KS Vasantha Lakshmi

It is not often that two disciples of the same Guru take the President's Award in Carnatic Vocal Music Competitions held by All India Radio annually. We are proud to present Shri KV Brahmanandam who is my Gurubhai, or a fellow disciple of Late Shri MS Balasubrahmanya Sharma. We were contemporaries in Rajahmundry where the great guru imparted deep knowledge to both of us although in different classes. Here is a small interview with Brahmanandam, as we always referred to him.

Q: It has been a pleasure to locate you after such a long gap. Tell our readers what all you have been doing in all of these 53 or so odd years..

KVB: Just like Guruji, I have made music my profession and doing quite well.

Q: Is it not a wonderful feeling that you and I have learnt from the same Guru and done him proud by winning the Award in the AIR Competitions in two consecutive years? You in 1965 and me in 1966...

KVB: Yes indeed. It is very satisfying to realize that without thinking about the outcome, we have worked hard and applied the knowledge given to us with great sincerity and commitment which were responsible for our achievements. This is however, not to say that there is nothing more to be done. I continue to serve the art of singing and music to my best.

Q: Tell us what are your other achievements?

KVB: Receiving a Tanpura from the then Prime Minister Shri PV Narasimha Rao in the State Sangeeta Natak Academi Competitions and winning a

national award along with Shri SP Balasubramanyam are moments very dear to my heart.

Q: What are you doing now?

KVB: After retiring as a professor of music in the Vijayawadda and Vijayanagaram Music Colleges, I am helping in running a Music School in Rajahmundry shaping up a lot of young talented singers who are doing very well too.

Q: Have you been conferred with any titles?

KVB: Yes. I have been awarded the “Sumadhura Gana Sudhakara” , “Ganakalaa Visharada” and “Ganasudharnava” are a few of the titles I have been bestowed with. I was also the Asthana Vidwamsa of the Kanchi Kamakoti Peetham.

Q: Well, Brahmanandam garu, it has been a pleasure to introduce a great singer like you and I hope and wish that you continue to pursue your musical goals with even more gusto! Musical best!





OUR GURUJI SHRI M.S. BALASUBRAMANYA SHARMA



CONTROL YOUR ANGER

By

KS Vasantha Lakshmi

In our day to day life, we accept anger as an unavoidable and inevitable emotional reaction that is natural. We find that some are easy to anger while others are not. Anger is not just irritation or fury. It is an emotion that has been stirred into uncontrollable proportions based on one's belief system. Getting angry with some things and events and expressing it is quite normal a lot of times. But when it gets out of hand leading the angry person into a state of frenzy, it is time to take a ringside view of the situation and assess the person to see if he has an anger issue. It not only harms one's health but can also damage reputation and relationships with other people with tragic consequences. One's own thoughts and beliefs often act as the triggers. It consumes a lot of energy, and consumes the person also leading to unreasonable and irrational behavior. Blood pressure builds up, the face turns red and flushed, the body tenses up, fists are clenched, and people even tremble. With adrenalin rushing into the bloodstream to prepare the body for an emergency, it can lead to catastrophic results. This uncomfortable feeling compels a person to release it by yelling, shouting loudly and even physical violence.

What do we do we undergo an attack of uncontrollable anger? It usually starts as a minor irritant and when a situation presents itself repeatedly, one may blow the whistle and explode into a burst of anger. It is at these early stages that one has to identify the situation and start the calming process by following the steps given later in this article.

Rational emotive training endorses your acknowledging and getting in touch with your feelings. Mixing anger with assertiveness will show others that you strongly desire them to change their demeanor towards you. But it does not require you to force or thrust it down their throats. More often than not, a firm NO is enough.

Releasing a little of your emotion can be very pleasurable, especially if you are putting somebody in their place over some purported fault or misdeed. Releasing a little emotion often helps you to learn something about yourself and other people. Do not inhibit any resentment.

It is always good to be wrong and realize it. REALIZE and ACKNOWLEDGE take away the edge from one's outbursts.

This act essentially puts you in touch with your own inner emotions demeanor by imparting a little shame, especially if you are also partly wrong or not entirely right.

Remember to APOLOGISE for your outburst which makes the others accept you better. Learn to say SORRY.

However, expressing your anger too frequently takes away your importance to others and puts you in the category of not so primary after all.

This could lead to frustration that you are not being taken seriously, which again causes anger. It works like a vicious circle.

Uncontrolled and unbridled anger can cause health problems like high blood pressure and heart diseases/cardiac arrest. BEWARE.

At the same time, people who are slow to anger can become nags, nudging people around them all the time to do better which leads to anger problems in others and they start neglecting you. CAREFUL.

Frequent display of any of the above types of behavior could lose you co-operation if at work, and if in personal life, it could lose you love from others. Set your standards for others within reach. CAUTION.

Anger is not a solution. It is a mere way of recognizing and expressing a disagreement.

Search for an acceptable solution. BE IN CONTROL OF YOUR EMOTIONS. OTHERWISE, YOU ARE REVEALING YOUR WEAKNESSES. LEARN TO LISTEN.

The one way, which is not really easy, to control anger, not bottle up, is to Pause, Breathe, Count ten numbers downwards, Close your eyes for two seconds and Speak only after you take a DEEP DEEP BREATH.

To generally take charge of your anger, and emotions like resentment, listen to the Tanpura/Tambura Drone in some Shruti. There are several downloadable apps available on the internet which can be easily set up on the mobile phone. Listening to your favourite soft music in your leisure time is another sure fire solution to control anger. Remember that anger is an unwanted and expendable energy. Find safe places like gardening or any other physical leisure activity to gain control of yourself. BE A LEADER. CONQUER ANGER. One last sure fire method is Musical Transcendental Meditation. The author of this article is an expert in this.



Events...



Bhajan concert by Pandit Jayant Mevundi, Gurgaon

Wonderful evening of beautiful baritone bhajans rendered with great emotion establishing an instant rapport with the audience. The programme was held the American Excelsior School, Gurgaon.

WHAT YOU THINK....



We are very happy with the content of Sunada. We look forward to reading it every month! Wonderful work. No doubt that this is a magazine and first of its kind.

S.M Vishnu

Hyderabad

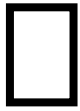
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Read earlier editions of Sunada on: www.sunadavinodini.com. Articles not exceeding 500 words along with a passport size photograph can be sent to: singvasantha@gmail.com.

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