



SUNADA

MUSIC, MUSIC THERAPY & MORE...

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

JUNE, 2020



From the Editor's Desk

Belated Happy New Year and welcome back! Sunada had to take an unexpected break due to a family emergency. Now that all difficulties including the newest Corona Virus are behind us, we are welcoming the remaining half of the year with open arms and hope. Vacations are declared, whatever that really means. All the kids are home and are looking for a meaningful and fulfilling way to spend their time. What better than to come out with a special vacation edition of Sunada with all articles written by children of all age-groups. Read, Enjoy and Respond!

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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Come to think of it, I know no other way except devotion

It is not easy, I realize, to obtain salvation

Unless we pray with a pure mind

oh my wavering heart ,try and think of the lotus eyed,!

YOUNG PERCEPTIONS OF MUSIC

When we asked children about how they spent their time during the Lock Down, it came as a surprise that a lot of them used music of all types to engage the mind, sooth, divert and relax. A few said it helped in distressing. All of them had spared a little time from their online classes and given our readers their very valuable inputs. Some are brutally short and some are imaginative. Here they are....

MUSIC TO ME

By

Krithi Bhavaraju, Chennai



Music has always been a huge part of my life, literally from the time I was born. Everyone in my family was constantly humming, singing, or listening to music. I was always surrounded by sweet melodies and

harmonious tunes that have inherently shaped me to become who I am today.

For me, each genre presents a specific set of emotions and memories every time I listen to it. On my phone, I have separate playlists set up for each scenario and emotions that I want to experience. After all, music is an experience, is it not?

For every event in my life, I associate a specific song or tune with it. For example, the song I heard in the car while on my way to my first entrance exam still has a special place in my heart and in my playlist. Every time I listen to it, I get transported back to that exact spot, anxiety and excitement all rolled into one, but I smile because it is a memory I can experience anytime I want just by listening to that one song.

One playlist I have on my phone is called “On the Road”. It is, as the title suggests, a playlist I created for road trips that we take as a family. Those usually start early in the morning, and the radio usually plays some Carnatic music, if we’re lucky it’ll be sung by M. S. Subbulakshmi. Once we get onto the highways and her lilting voice is replaced with scratchy static, I tend to plug in this playlist. It has old and new Hindi and Tamil songs as well as a sprinkle of Michael Jackson and Abba on top. As all of us start to join in as a choir, only half paying attention to the tune as we drift off into our own worlds of thoughts, the music slowly blends into the background.

On days that I’m feeling blue, I have a specially crafted playlist called “Nocturnal”. Songs of all languages, English, Tamil, Hindi, Korean, Japanese, French and several others, occupy a special spot in this playlist. The name nocturnal felt just right for it, the songs like a warm

hug on a cold night. Most songs, I've recently noticed, are very simple, usually an acoustic song with a soothing melody. There's something about the minimalistic nature of the song that immediately places me in a state of comfort and happiness. This playlist is one I hold the dearest to my heart.

Especially during this quarantine, I've been craving spending time with my friends, listening to overplayed pop music and jumping around the room, singing ever so slightly off key and laughing. For that too, I have a playlist called "Bops" with songs of high tempo that one can't help but get up and dance to! This playlist has songs my friends have introduced me too, or songs we have discovered together, and it always bring a feeling of childish freedom.

The fact that I can just listen to a song and be taken back to an extremely specific scene is something I'll never be able to wrap my head around. Often I use the music I listen to inspire my art pieces and build entire stories in my head based on it. Music is truly one of the most magical experiences I have ever had the good fortune of experiencing.

Music truly means the world to me. I literally could not begin to imagine how different my life would be without it. Even as I write this piece, I'm listening to music! Would you like to listen to it too?



Advaith, Gurugram,

What I think about Music!

“What I think about music is when all the people are working together they form a song that has a tune and a rhythm that makes the song look good and the band which makes the song. They are able to follow whoever starts to sing the song. Music is peaceful to my ears and gives me power, hope and courage. And people who make these songs are able to put words to the song that make it fun to hear it.

By Mukund Sunderraman

Music is there in everything, from the croak of the frogs to the gush of rivers. Music brings harmony to all the three worlds. Music is a sign of peace. Music is present in different forms like Western Music, Carnatic Music, hymns and so on. In these forms there are different instruments like drums, guitar, Tabla, keyboard, piano, electric guitar, Jumba, violin, Mridangam, Veena, Base etc. the violin, according to me, is the king of all musical instruments. I enjoy learning music from my grandmother.

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What does music mean? –Talam!

By

Kaustubh Sunderraman, Bangalore

This question made me and still makes me ponder over it. Is music just a sound sang or played or something with a greater meaning? After a lot of debate within myself I came to the conclusion that it is a medicine, an art, a way mankind can express their feelings through a different and innovative way. The origin of Indian music was through nature and even SA, RI, GA, MA, PA, DA, NI, SA are all sounds early man heard frequently in nature. Music not only helps mankind through neurological ways but also helps plants and animals in their growth and mental stability. It is one of a kind in its advantages. I am sure that except a madman screaming into your ear there is nothing not to love about it. Now when I think about it makes me even more believe that music has conquered everyone from an ant to a blue whale! I dedicate this article to those musicians who would even give their life to preserve this art.



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SUNADA

MUSIC AND ME



By

Jia Kaur Bharaj, New Delhi



The last 6 years have been the most stressful years of my life. Keeping up with school work, extra-curricular activities, and keeping time for myself are very difficult to juggle with just 24 hours in a day. What kept me motivated was music because it speaks to our souls, and gives us important messages. I feel like everyone should make space and time for music in their lives; it could be any genre you like, but, it should help you be who you are and shape your personality. Music has been there for me on the most difficult days, the most sad days, and event on the happiest days.

What do you think...



Please send your feedback to: singvasantha@gmail.com

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You can also send your contributions along with a photograph.

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Jia Kaur Bharaj, New Delhi

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