



SUNADA
MUSIC, MUSIC THERAPY & MORE...

FEBRURY, 2019



From the Editor's Desk

We are proud to say that Sunada is the first ever magazine on Music, Music Therapy and more. We are happy that we are making slow but steady progress with readers appreciating the content. Happy reading...

KS Vasantha Lakshmi, Founder & Editor, www.sunadavinodini.com

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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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Neck adorned with thick garland made of flowers
Body shining bright like the victorious light of a millions of Suns
Golden robes and lotus emerging from the navel
Worship the great Janardana and attain salvation oh my wandering mind!

EVOLUTION OF RAGAS

BY

Surmani KS Vasantha Lakshmi

Continued.....

Coming back to the Indian system, the six notes namely, Rishabha (Re), Gandhara (Ga), Madhyama (Ma), Pancham(Pa), Dhiavata (Dha), Nishadha (Ni), can be sung only based on the Shadja or Sa.

A combination of these seven notes in their twenty two varieties, have developed into Ragas or Modes. Among the seven notes some are Prakruti (Natural) and some are known as Vikruti (Unnatural) notes. Re and Ni are considered as Vikruti notes. Although the basis is not known, these seven notes were supposed to suit the seven days of the week.

Sa - Sunday

Ma - Monday

Re - Tuesday

Ga – Wednesday

Pa - Thursday

Dha - Friday

Ni – Saturday

It may be of interest to note that these seven notes are also compared to seven stars (of the 28 stars).

Sa - Satabhisha

Re - Chitta

Ga- Dhanishta

Ma – Makha

Pa – Uttarabhadra

Dha – Poorvashadha

Ni – Anuradha

Another interesting aspect of these notes is that they denote some colours.

Sa- white

Re – Golden yellow

Ga – Red

Ma - Blue

Pa – Yellow

Dha – Various Colours

Ni – Grey

Yet another surprising element of these notes is that they are also identified by different ornaments.

Sa - Pearl

Re – Sapphire

Ga – Diamond

Ma – Ruby

Pa – Cats eye

Dha – Hessonite/Cinnamon stone

Ni – Topaz

Sa – Camphor

Re – Agama

Ga – Musk

Ma – Edible Camphor

Pa – Pandanus

Dha – Sandalwood

Ni – Kadambapodi

The seven notes are also compared with seven types of flowers. Likewise they are compared to some foods.

Sa – Yoghurt

Re – Ambrosia

Ga – Snack

Ma – Another type of food

Pa – Lentils

Dha – Rice

Ni - Another type of food

The seven notes also denote different moods.

Sa – Courage

Re – Valour

Ga – Kindness

Ma – Humour

Pa – Romance

Dha – Fear

Ni – Surprise and amazement

As can be seen it is very difficult to explain music in words on paper. All the theories become clearer when one can add actual music to it in the form of a demonstration. There are also many stories regarding the effect of certain Ragas. For example, it is believed that it will rain if Amrutavarshini or Rag Megh is sung and that lamps can light up with Raga Deepak and so on.

To be continued.....

FOUNDATIONS OF HUMAN BEHAVIOUR

Of all the organs present in the human body, mind or brain is one of the most complex ones. It is a sealed unit with five windows, namely the five senses. Although the mysteries of the mind remained unknown for a long time, the advent of Psychology as a science has made great progress in understanding the connection between heart, brain and the origin of various emotions as basically a combination of various chemicals produced in the body. It may be more apt to say that the origin of emotions creates various chemicals in the body. The relationship is intriguing indeed. It is wonderful how emotions transform into chemicals and vice versa, making it difficult to understand which started first. It is a lot like the egg and chicken controversy.

Be it painting, music, Anthropology, Mathematics, Medicine, Psychology, Sociology, Political Science,

History or any other subject, the most awesome discovery for any student is the presence of Aristotle as the father of that particular subject. Aristotle himself can be a great subject of study and research.

Anything to do with the brain, emotions and their expressions has to be defined as the Science of Psychology. At the same time, it must never be forgotten that the brain is very much a physiological part of a human body with all the strengths and failings of a human organ. Yet the presence of various levels IQs refutes the statement "All men are born equal". Every brain is as different as the DNA and unique in its own way. It is a complete world in itself and is a wonderful example of "growth from within". Every human baby is born with this hidden potential of growth from within and it is wonderful to watch a child's brain grow and attain its full potential. That some people have lesser brain power could be an extension of the theory of "Survival of the fittest". As they say, even though a person maybe born with certain capabilities, the two things that play a major role in one's personality are 'Heredity and Environment'. The personality and

behavior are mainly determined by the brain which in turn is governed by the environment in which one grows up.

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WHAT YOU THINK.....



Dear Vasantha, you are lucky to have had a grand father who instilled in you the penchant for music which on your own took it to different directions to heal the music lovers around you. Starting from the basic relation between length and frequency of sound in stringed instruments, designing the sound box to bring out the desired sound effects in all kinds of Eastern and western instruments, the effect always enhanced by vocal music that added meaning and fine tuning in the name of orchestra. I am sure that Sunada will take leaps and bounds in finding right direction to take roots as a standard music magazine.

Rammohan Eechampati USA

For Online and Class room 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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