



SUNADA

MUSIC, MUSIC THERAPY & MORE...

India's first ever Music & Music Therapy Magazine

JULY & AUGUST, SEPTEMBER, 2020



From the Editor's Desk

Again some unforeseen circumstances forced us to delay and combine the July and August issues of Sunada. We are also paying a sincere homage to my Gurji Late Shri. M.S. Balasubramanya Sharma, who taught me everything I know about music today which has helped me to grow in the field of Music. We conclude the series of 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)

15

praise by great Saints like Sanakasanandana and many more
Narada and Tumbur sang your songs galore
While Indira affectionately sits at your feet
And you recline on Maruti in the form of Adishesha!

16

Virtuous Vibheeshana was bestowed with boons
As you showed unending kindness
And saved mother earth for sure
Oh my wandering mind He will yet save you!

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. Out of a lot of contributions, we picked some interesting ones. They are reproduced here verbatim.

MUSIC WILL ALWAYS BE THERE FOR ME!



Mihir Rao

Music is a big part of my life. Surely, to many, it may seem as just listening to songs, but music has helped me relax, and collect my thoughts. Especially now, when I can't go down, can't play, and I am stuck in my house, music is a way for me to cope, a way to be happy. Whenever I am bored, sad, or even feeling normal, I listen to music. I don't just listen to music made by other

people; I make my own music! I have been playing the piano for 8 years, and I have never stopped liking it, because it helps me keep myself happy. Every day, before I go to sleep, I must play the piano. Only then I have a nice sleep. Also, recently, I found an app on the I Pad that helped me channel my thoughts. This app was a music making app, which allowed me to play instruments which I had never even played! Whenever I listen to songs, sometimes there would be things I would have changed, slightly. But with this app I could make songs whenever I wanted, and however I wanted. Even though I don't go down due to the pandemic, music is there. Even if I can't meet my friends at all, music is there.

Music will always be there for me.

The Importance of Music During Lockdown

- *Ananya Buddhavarapu*

From the constant tunes in my head to the subconscious tapping of my foot, music has always played a vital role in my life. I can always spend endless hours listening to music of different kinds. New tunes always add to the loops playing in my head, often unearthing tunes that had been long forgotten.

During this time of crisis, the role of music has become so much more important to me. It is a getaway, of sorts, from the mayhem around us. It transports us to a different world, providing respite with precious moments of tranquility which currently prove to be a rarity. Whether it be songs from

your youth or something you just discovered, listening to a couple of melodies can turn a terrible day around. Music is so intimately connected to memories and emotion. Thus, especially in times like this when everyone is going through such tribulations, the power of music becomes more important. It allows them to be transported to a time when things were easier.

Listening to music has etched its way to my daily routine. It allows me to center and ground myself by teaching me to focus on the present moment. It not only lets me revel in nostalgia but also record new memories. The world and our lives are in a constant state of flux, amidst all this doubt, music remains constant- providing a window in a prison of uncertainty and hardships. Sometimes, all you need is that one song to bring a smile to your face, a little song to brighten your spirits.

Two little girls, Nitya (5years) and Vibha (3 years) who live in London, said it with music. But we are very disappointed that we could not upload the videos due to some technical problem...

STARS AND GANESH CHATURTHI

By

KS Vasantha Lakshmi

Recently I had a chance to read an article by Late Vissa Apparao, in a book by the name "Vyasavali" consisting of all his talk programmes of All India Radio.

I always wanted to share with everyone the excellent way in which Shri Apparao explained the astrological and stellar significance of Ganesh Chaturthi. It is important to inform our readers about Late Shri Vissa Apparao worked in various government colleges and became the Principal of Andhra University, Vishakhapatnam. He has a lot of books to his credit including one on Kshetrappa Padamulu. He did yeoman service to the field of music and literature. His scientific works include a translation of Sir C.V. Raman's "Aspects of Science".

I have borrowed a few interesting details from his article titled "Vighneshwarudu" in Telugu, where Shri Vissa Apparao gave an exquisite explanation of the stellar positions. Any mistakes while reproducing it in English are entirely my own.

Ganapati is worshipped all over India with great verve and enthusiasm. His worship takes the first place before any other rituals, rites or auspicious occasions are embarked. We pray to him to remove all obstacles and grant us success in everything we do. But Ganesh Chaturthi is celebrated only on Bhadrapada Chaturthi day. There is a reference to this special day in Muthuswamy Dikshitar Kritis "Vatapi Ganapatim bhajeham" and "Siddhi Vinayakam Anisham". Deities like Ganapati are worshipped not only with

an idol but also with a Yantra (Pure form) and Mantra formation. The Yantra would be a pure form without any limb portrayal. It has only a sound form or Mantra which is just a compilation of the appropriate Beejaksharas or the Vedic Seed Chants. A conglomeration of such sounds produces powerful vibrations to create the shape of the incarnation being worshipped.

Muthuswami Dikshitar, one of the Holy Trinity of Carnatic Music describes Ganapati as “Trikona Madhya Gatam”, the three powerful Konas or angles being Will, Knowledge and Action (Iccha, Gnana and Kriya). It is a right angle triangle and Ganapati is at the center.

Now let us see why Ganesha should be worshipped on Bhadrapada Shuddha Chatrudhi. It is said in the Rigveda that any Devata should be worshipped on a day when the pertinent star is seen before sunrise. The Ganesha stellar positioning happens on the Bhadrapada Shuddha Chatrudhi. Usually on that day the reigning star is Hasta, in which Moon stays for that day. 12 Lunar months are equal to 13 stellar months ($12 \times 29.5 = 354$ days; $13 \times 27.3 = 354.9$ days). Hasta star is shaped like the elbow. Therefore, on that day Moon gets its Hastitwa or Astitwa or existence. The four day old Moon on that day is Crescent shaped and when closely observed, it looks like he is laughing. And this expression is linked with an anecdote about Ganesha over-eating and his pot belly being ridiculed. There is yet another story about Shamantakamani (Planet Sun), which is supposed to have taken place at a time when the planet Sun is positioned in the Simha Rashi. The reference here is to Shamantakamani being the Sun, Jambatavanta, the big bear (Great Bear – the seven star constellation). But there is no physical corroboration for these stories from Puranas as we hardly know when the epic and astrology have merged.

The planet Moon takes 27 days to complete one orbit because of which this orbit is divided into 27 parts and assigned 27 stars. The same orbit is completed by the Sun in a year. Therefore these 27 stars are divided into twelve groups. ($12 \times 2.25 = 27$). Each of these groups or Rashis has two stars and a fourth of the third one (Nakshatrapada). For eg., Ashwini, Bharani and a fourth part of Kritika form the Mesha Rashi. It is reasonable to assume that probably, the science of Astronomy was not so precise initially, it is accepted by everyone that with additional factual knowledge about these accrued over years. It is possible that in the beginning Arudra was put in the Vrishabha Rashi (Ashwini, Bharani, Kritika were put in Mesha Rashi and Rohini, Mrigasheersha, Arudra were put in Vrishabha Rashi). When it was realized that perhaps this is not right, Arudra could have been added to the Mithuna Rashi.

According to astrology, Rohini, Mrigasheersha and Arudra stars are in the Gajaveedhi or Marga. Arudra, which is the head of this, was shifted to Mithuna Rashi is the anecdotal explanation of removing the head of Gajasura (the elephant whose head is given to Ganapati). Until Arudra is conjoined with Punarvasu, Mithuna Rashi cannot be formed. Mithun Rashi is the symbol of the Adi Dapmati, that is, Shiva and Parvati. Till then, Parvati (Punarvasu) was alone as Shiva was in the Gajaveedhi. Then Arudra and Punarvasu were united to form the Mithuna or Gemini group. The Arudra star can be seen at sunset, above the Vrishabha Rashi. The beheading of Ganapati by Shiva, is a symbolic portrayal of the end of celibacy or Brahmacharya since Ganesha is a born celibate.

Ganesh Chaturthi is celebrated all over India and in countries where Hindu religion spread, like eastern Asia, China and Japan etc.

HOMAGE TO MY REVERED GURUJI



“SANGEETA SAAMRAT” LATE SHRI M.S. BALASUBRAMANYASHARMA

1929 -2002

Trained by the renowned Nadaswara Vidwan Shri Paidi Swamy from the tender age of 8, Late Shri MS Balasubramanya Sharma started giving concerts from the age of 10 in various cities in Andhra Pradesh, Engaluru, Vishakhapatnam, New Delhi and so on. He worked as the Principal of the Vijaya Shankara Kalashala, Rajamundry, Head of the Department of Music in the TTD's Venkateshwara Music and Dance College, Tirupati, Professor of Carnatic Vocal Music in Shri Padmavati Womens' University. He has written and composed 12 kritis, 1 Tatwa and 3 Tillanas. He has also created a Raga called 'Vijaya Shankari'. His Lakshmi Nrisimha Stotra on the Bhakti Ranjani of Vijayawada AIR is unforgettable. Likewise, his composition of Annamacharya kriti "Kondalalo nelakonna" was incorporated in the block buster movie "Annamayya" without any changes. It is not an exaggeration to say that it is one of the most popular Annamayya padam. I am proud to say that I was one of the first few ones to learn that song soon after he composed it.

He received the Sangeeta Natak Academi Award in 1998.

I can only express my pride and gratitude as one of his disciples and everything I have achieved today is because of the rigorous training and affection showed by my dear Guruji and I am sure all the disciples feel the same.



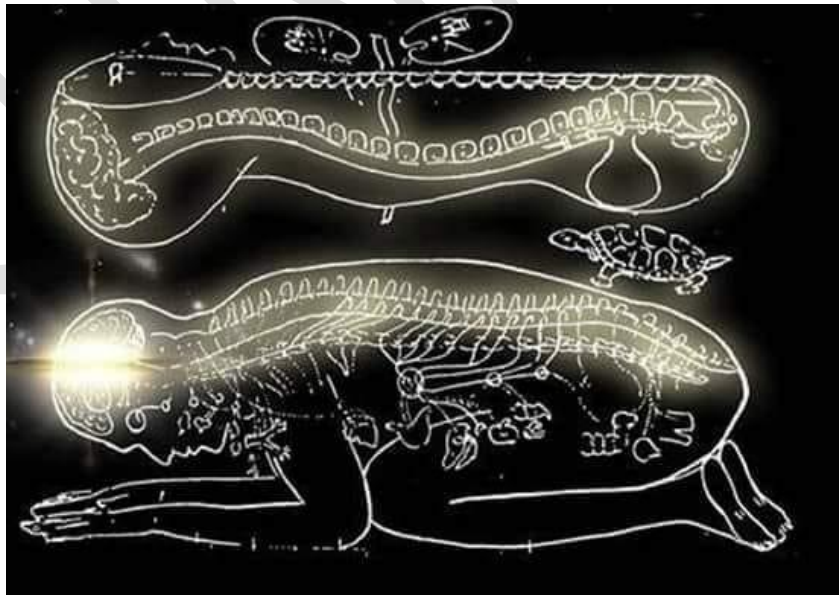


DID YOU KNOW?

Ravan samitha- astrology based book and has created a musical notes. Ravana was a great musician, who designed his own string instrument called Ravana Veena. He also invented the bow of the violin. He also narrated very first Ragas. He composed Shiv Tandav, most valuable work on praise of Lord Shiva.

“Sapta swaras or Solfege was invented by Ravana”

- Mathiew A.W



WHAT YOU THINK....



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

S.M Vishnu, Hyderabad

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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