

Name: _____

Learning Vocals

Riyāz is the regular, focused practice that a musician does to improve their voice or instrument. It involves repeating exercises, learning melodies (ragas), practising rhythms (taals), and getting better step-by step.

In hindustani music, the seven notes (SRGMPDN) are called a Saptak.

The full names of the seven swara's:

Sa - Shadaj

Re - Rishab

Ga - Gandhar

Ma - Madhyam

Pa - Pancham

Dha - Dhaivat

Ni - Nishad

The three Saptaks are:

Mandra saptak - Lower octave

Madhya Saptak - Middle octave

Tār saptak - Higher octave

Ṣa - Indicates lower octave note

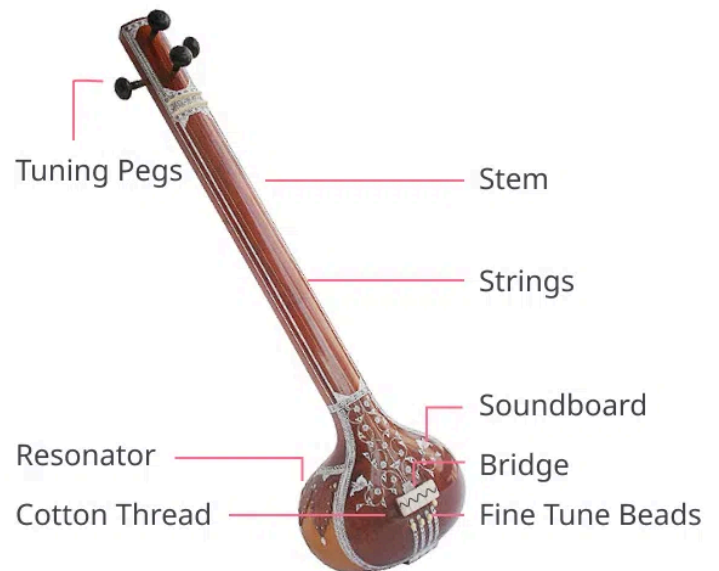
Śa - Indicates higher octave note

Sa - Indicactes Middle octave note

Note Name	Notation ID	Alternative Notation ID
Sa	S	S
Komal Re	r	<u>R</u>
Shuddha Re	R	R
Komal Ga	g	<u>G</u>
Shuddha Ga	G	G
Shuddha Ma	m	M
Teevra Ma	M	M̄
Pa	P	P
Komal Dha	d	<u>D</u>
Shuddha Dha	D	D
Komal Ni	n	<u>N</u>
Shuddha Ni	N	N
Sa	Ṣ	Ś

The Tanpura

The tanpura is a long, stringed Indian musical instrument. It doesn't play songs or melodies like many other instruments. Instead, it creates a steady, soft "drone"-sound — The tanpura is used as a reference note.

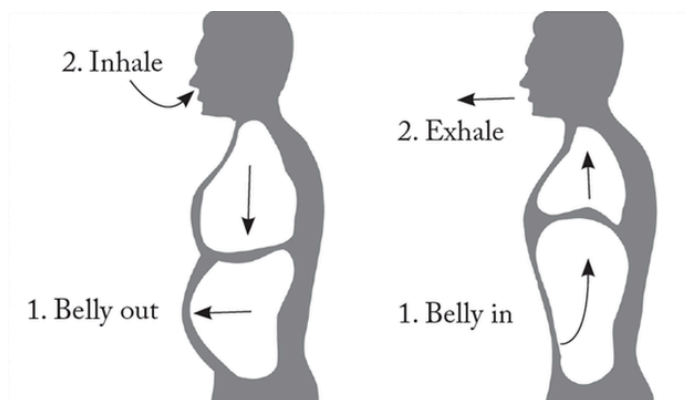


Singing from the diaphragm

It's all about the breathing

When you breathe in, expand your stomach.

When you breathe out, push the air out from your stomach



Introduction to Bilāwal scale (natural scale)

Āroha (ascending scale): Sa Re Ga Ma Pa Dha Ni Sa
S R G m P D N Ś

Avaroha (descending scale): Sa Ni Dha Pa Ma Ga Re Sa
Ś N D P m G R S

Exercises in Bilāwal scale

- 1) Sa Re Ga Ma Pa Dha Ni Śa
Śa Ni Dha Pa Ma Ga Re Sa
- 2) SaSa ReRe GaGa MaMa PaPa DhaDha NiNi ŚaŚa
ŚaŚa NiNi DhaDha PaPa MaMa GaGa ReReSaSa
- 3) SaReGa ReGaMa GaMaPa MaPaDha PaDhaNi DhaNiŚa
ŚaNiDha NiDhaPa DhaPaMa PaMaGa MaGaRe GaReSa
- 4) SaReGaGa ReGaMaMa GaMaPaPa MaPaDhaDha
PaDhaNiNi DhaNiŚaŚa Ś
ŚaNiDhaDha NiDhaPaPa DhaPaMaMa PaMaGaGa
MaGaReRe GaReSaSa
- 5) SaReGaMa ReGaMaPa GaMaPaDha MaPaDhaNi
PaDhaNiŚa
ŚaNiDhaPa NiDhaPaMa DhaPaMaGa PaMaGaRe
MaGaReSa
- 6) SaReGaMaPa__Pa ReGaMaPaDha__Dha GaMaPaDhaNi__Ni
MaPaDhaNiŚ__Śa
ŚaNiDhaPaMa__Ma NiDhaPaMaGa__Ga DhaPaMaGaRe__Re
PaMaGaReSa__Sa