

Aaroh / Ascending : SaSa ReRe GaGa MaMa PaPa DhaDha NiNi
SASA

Avroh / Descending : SASA NiNi DhaDha PaPa MaMa GaGa ReRe
SaSa

Do in Syllables, Aakar, Eekar, Ookaar, Okaar, Hmmkaar (Humming)

First Notes will be AA/ Ee / Oo/ O/ Umm & the second note will be Ha/ Hee/ Hoo/ Ho/ Hmm respectively for Aakar/Eekar/Ookaar/Okaar/Hmmkaar. While doing Aakaar keep the width of your mouth equivalent to the dimension of your pinky finger (that last tiny one) so that dynamics stay balanced and try to do throat free singing.

Things to keep in mind during practice: Avoid jerks, stress, strain and keep throat straight and linear without creating any slope or taking the support of nearby notes. Things will automatically come out in a flow as long as you stay in tune and follow the correct approach/mechanism.

Do the breathing exercise daily that we discussed on Day-1 that is inhale from the open mouth and hold it for a sec and then as you start exhaling sing along the syllable **SA (very basic note)**. This should be done for at least 5 minutes daily as you start your practice. After doing this only move further. In class we will do the same practice for at least 2 minutes daily.