

Lesson -1

Date:- 06/09/2020

- Introduction to Notes - What are the Notes and How many Notes!
- Note Recognition
- Singing out the notes
- Long Notes
- Scale finalised
- NOTES are like alphabets and digits. Alphabets create words, words and phrases or combination of both create sentences. Digits create numbers and combination of numbers creates the subject - Mathematics. Similarly combination of Notes create Music - pieces of Musical phrases together create Songs.

If you know alphabets you can make words and sentences. If you know digits you can make numbers. If you know Notes you can make combination of notes and sing & create music, pieces of music, tunes, compositions and songs.

There are 7 Notes - *SA RE GA MA PA DHA NI* SA (The last SA will not be counted because it is repeated and pronounced same so it is considered as a common and single note. Double counting of the same note will make it invalid) .

• Note Recognition -

Recognising the individuality and position of each note by singing them in ascending and descending order. Getting to know the order, sequence and flow of notes while singing in ascending and descending order.

Recognising SA RE GA MA PA DHA NI and their tunes (Sur).

• Singing out the Notes –

Singing out each notes with proper push, force/pressure, breathe and throw.

Knowing their pitch.

Which notes are lower and need less force/pressure, push, breathe and throw and which notes are higher and needs more force/pressure, push, breathe and throw.

- **Long Notes** –

Resting on each note individually. Holding on the notes for longer than usual by taking deep breathe and understanding the need of proper/adequate flow of breathing (inhale and exhale). Understanding breath's importance and ability to hold it.

- **Scale finalised** - Each people has different comfort zone of scale.

A scale is the tonal basis of music. It is a set of tones from which you can build melodies and harmonies. The tones of a scale are ordered according to their pitch.

Scale varies from person to person as ability and comfortability differs from person to person.

The seven notes of the musical scale in Indian classical music are :

Sa = Shadaj (षड्ज),

Re = Rishabha (ऋषभ),

Ga = Gandhaar (गान्धार),

Ma = Madhyam (मध्यम),

Pa = Pancham (पञ्चम),

Dha = Dhaivat (धैवत) and

Ni = Nishad (निषाद).

Note : These are the full forms of SA RE GA MA PA DHA NI. Generally, We spell the first few alphabest of the 7 Notes as a short form.

Also note that

the *7 NOTES*

are also known as the

SAATH (meaning - *7/SEVEN)*

SWARA (meaning - *NOTES)*

= SAATH SWAR (7 NOTES).