



GURU JAS ACADEMY

सर्गम संगीत शिक्षण केंद्र

GuruJasAcademy.com

GURU JAS ACADEMY BASICS OF SARGAMS

KNOW AND MEMORIZE THESE NAMES:

SA - SHARID
RE - RISHAB
GA - GANDHAAR
MA - MADHYAM
PA - PANCHAM
DHA - DHEVATH
NI - NISHAAD

BE ABLE TO IDENTIFY THESE KEYS (*SHUDH AND KOMAL*) WITHOUT LOOKING AT STICKERS ON HARMONIUM

- EVERYONE HAS A DIFFERENT SCALE DEPENDING ON THEIR VOICE
- MAKE SURE YOU ARE AWARE OF YOUR "SA" KEY FOR ALL SHABADS. YOUR SA KEY CAN BE DIFFERENT FOR DIFFERENT SHABADS.
- YOUR **SA** KEY WILL DETERMINE WHERE **MOST** OF YOUR SHABADS WILL BEGIN
- THE **VADI** AND **SAMVADI** ARE SARGAM KEYS THAT HELP US IDENTIFY A RAAG, ALSO KNOWN AS THE "KING" AND "QUEEN"

RIYAAZ EXERCISES

MORNING EXERCISES

LOWER "PA" OR "DHA" SCALE - OUR VOICE IS NATURALLY LOWER IN THE EARLY MORNING HOURS SO PRACTICING ON THE LOWER SCALE IS ABSOLUTELY NECESSARY. REFRAIN FROM USING ANY HIGH NOTES DURING MORNING EXERCISES. START WITH SINGING "WAHEGURU" ON THE "PA" OR "DHA" SCALE. STRETCH THE WORD "WAHEGURU" OUT INTO 10 SECONDS. IF YOU SING THE WORD FINE WITHOUT ANY VOICE SHAKING, THEN MOVE ONTO 11 SECONDS, 12 SECONDS, AND SO FORTH. IF YOUR VOICE SHAKES, REPEAT AGAIN FROM THE BEGINNING. KEEP A STOPWATCH NEARBY AND ADD A

SECOND ONTO YOUR PREVIOUS DAY OF RIYAAZ. TRY FOR 15-20 SECONDS - THE LONGER YOUR VOICE CAN STAY IN ONE BREATH, THE MORE "SUR" YOUR VOICE WILL BE IN + YOU WILL BE ABLE TO SING MORE WORDS IN ONE BREATH. ASK INSTRUCTOR FOR HELP IF NEEDED.

EVENING EXERCISES

FOR EVENING EXERCISES, BE SURE TO USE ALL SARGAMS, GOING UP THE SCALE AND DOWN THE SCALE. MAKE SURE TO MATCH YOUR VOICE TO EACH SARGAM CORRECTLY AS YOU GO UP AND DOWN THE SCALE.



UP THE SCALE (AROH) CAPITAL LETTERS ARE SHUDH /
NON-CAPITAL LETTERS ARE KOMAL

Sa

Sa re Sa

Sa re ga re Sa

Sa re ga Ma ga re Sa

Sa re ga Ma Pa Ma ga re Sa
Sa re ga Ma Pa dha Pa Ma ga re Sa
Sa re ga Ma Pa dha ni dha Pa Ma ga re Sa
Sa re ga Ma Pa dha ni Sa ni dha Pa Ma ga re Sa

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DOWN THE SCALE (AVROH) CAPITAL LETTERS ARE SHUDH /
NON-CAPITAL LETTERS ARE KOMAL

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Sa
Sa Ni Sa
Sa Ni dha Ni Sa
Sa Ni dha Pa dha Ni Sa
Sa Ni dha Pa Ma Pa dha Ni Sa
Sa Ni dha Pa Ma Ga Ma Pa dha Ni sa
Sa Ni dha Pa Ma Ga re Ga Ma Pa dha Ni Sa
Sa Ni dha Pa Ma Ga re Sa re Ga Ma Pa dha Ni Sa

VARIOUS ALANKAAR EXERCISES

1

S R G M P D N S
S N D P M G R S

2

SS RR GG MM PP DD NN SS
SS NN DD PP MM GG RR SA

3

SSS RRR GGG MMM PPP DDD NNN SSS
SSS NNN DDD PPP MMM GGG RRR SSS

4

SRG RGM GMP MPD PDN DNS
SND NDP DPM PMG MGR GRS

5

SRGM RGMP GMPD MPDN PDNS
SNDP NDPM DPMG PMGR MGRS

6

SrSS, SrGMM, PPMM, GMrrSS
SrSS, SNdd, dNSrrSS, GGMM, PMGrS

7

SGMPP, GMdPP, PdNSS, NdPGMrS

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PdNS, SrSS, NdPP, dNSS

. .
dNSS, SrSS, SrGMrSS, SNdP, dNS

. .
PdNS, dNSS, SrS, SrGMrrS, SNdPGMrS