



Alankar Practice Sheet

Basic patterns for a steady, flexible voice · by Surmandal

How to practise

1. Sit straight with a tanpura drone or app on **Sa**. Sing slowly and clearly.
2. Sing each pattern **going up** (aroha) through the octave, then **coming down** (avaroha) by reversing the pattern.
3. Start with 15 minutes a day. Speed up only when every note is in tune.
4. Stop if your throat feels tired. Rest, sip water and continue another day.

Notation: Sa Re Ga Ma Pa Dha Ni are the seven swaras (shuddha). Sa' = upper Sa. Practise at the pitch for Sa that your teacher recommends for your voice.

Six basic alankars (going up)

No.	Pattern
1	Sa Re Ga, Re Ga Ma, Ga Ma Pa, Ma Pa Dha, Pa Dha Ni, Dha Ni Sa'
2	Sa Re Ga Ma, Re Ga Ma Pa, Ga Ma Pa Dha, Ma Pa Dha Ni, Pa Dha Ni Sa'
3	Sa Ga, Re Ma, Ga Pa, Ma Dha, Pa Ni, Dha Sa'
4	Sa Re Sa, Re Ga Re, Ga Ma Ga, Ma Pa Ma, Pa Dha Pa, Dha Ni Dha, Ni Sa' Ni
5	Sa Re Ga Re Sa, Re Ga Ma Ga Re, Ga Ma Pa Ma Ga, Ma Pa Dha Pa Ma, Pa Dha Ni Dha Pa
6	Sa Ma Ga Re, Re Pa Ma Ga, Ga Dha Pa Ma, Ma Ni Dha Pa, Pa Sa' Ni Dha

A 15-minute daily routine

Time	What to do
3 min	Breathing and humming with the drone
3 min	Hold Sa, then Pa, on "aa" with a steady voice
6 min	Alankars 1 to 3 (up and down), slowly
3 min	Your song or raga from class. Record one phrase and listen

These are general practice exercises. Your teacher will adjust them for your voice and level. Learn one-to-one with Surmandal: book a free trial class on +91 70442 08396.