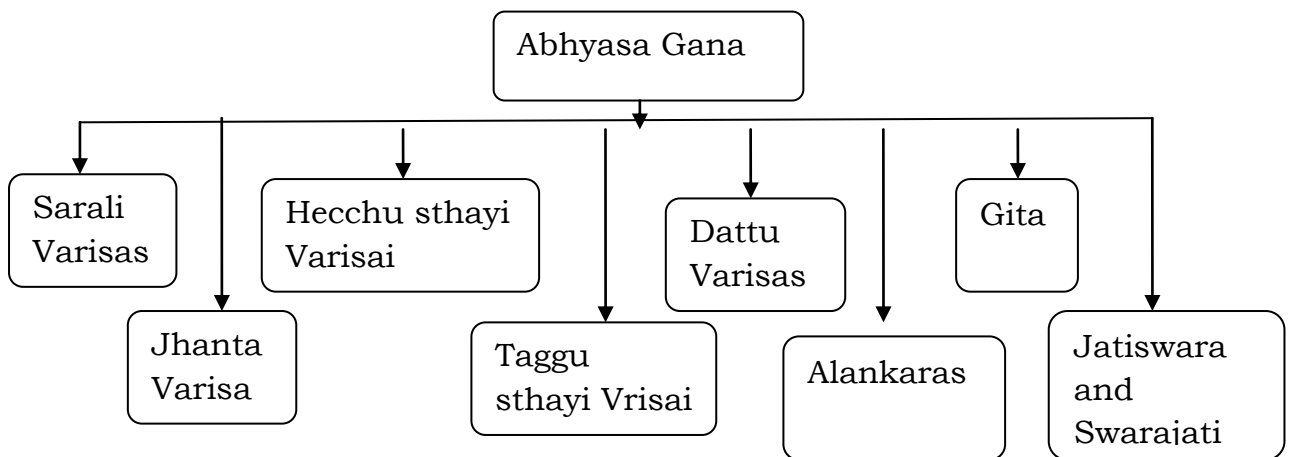


L.No.	Title of The Lesson	Skill	Activity
4	Introduction to Abhyasa Gana (Sarali varisai to Swarajati)	Appreciation ability, Creative thinking, Critical thinking, Problem Solving	Visiting Library and study master copy to understand the Abhyasa Gana from Sarali varisai to Swarajati.

### Meaning

Abhyasa Ghana is the fundamental lesson in music, which introduce the basic knowledge of the Art music to the student. The lessons comprising Abhyasa gana are Sarali varisas, Janta varisas, Hecchu Sthayi Varisa, Taggu Sthayi Varisa, Datu varisa, Alankaras, Gitas, Jatiswara, Swarajatis and Varnas. These technical forms when practiced both in vocal and instrumental, helps the student to acquire good knowledge of Sruti, Swara and Laya.



Sl No.	Abhyasa Gana	Definitions	Examples
1	Sarali Varisas	Simple varisas are the basic exercises in vocal and instrumental music. The varisas are sung in the raga Mayamalavagowla, which is suited for a beginner to learn both in vocal and instrumental.	There are 3 speeds of rendering Sarali varisas. The 1st speed or kala has 1 swara for 1 beat X1 2 3    x √    x √ s r g m   p d   n s    s n d p   m g   r s
2	Jhanta Varisa	Jhanta means double. This exercise has double swaras and helps the student to get trained in	The 1st exercise is a gradual progression as in X 1 2 3    x √ x √ ss rr gg mm   pp dd nn ss    ss nn dd pp   mm gg rr ss

