

### 3.2 **Swar-Saadhana : Bikritha Swar** (voice training | flat notes)

*Gaandhaar* and *Nisaad* are *Komal*; remaining notes are *Suddha*.

The following notes are to be sung with the specified letter or letters at first, then with a musical sound "aa" for all the notes.

1. SA RA gA MA PA DHA nA S'A  
S'A nA DHA PA MA gA RA SA
2. SSA RRA ggA MMA PPA DHDHA nnA S'S'A  
S'S'A nnA DHDHA PPA MMA ggA RRA SSA
3. SSSA RRRRA gggA MMMA PPPA DHDHDHA nnnA S'S'S'A  
S'S'S'A nnnA DHDHDHA PPPA MMMA gggA RRRRA SSSA
4. SSSSA RRRRA ggggA MMMMA PPPPA DHDHDHDHA nnnnA S'S'S'S'A  
S'S'S'S'A nnnnA DHDHDHDHA PPPPA MMMMA ggggA RRRRA SSSSA
5. SRggA RgMMA gMPPA MPDHDHA PDHnnA DHnS'S'A  
S'S'nDHA nnDHPA DHDHPMA PPMgA MMgRA ggRSA
6. SRgggga RgMMMMMA gMPPPPA MPDHDHDHDHA PDHnnnnA DHnS'S'S'S'A  
S'S'S'S'nDHA nnnnDHPA DHDHDHDHPMA PPPPMgA MMMMgRA ggggRSA
7. SRggRSA RgMMgRA gMPPMgA MPDHDHPMA PDHnnDHPA DHnS'S'nDHA  
DHnS'S'nDHA PDHnnDHPA MPDHDHPMA gMPPMga RgMMgRA SRggRSA
8. SRggggRSA RgMMMMgRA gMPPPPMgA MPDHDHDHDHPMA PDHnnnnDHPA  
DHnS'S'S'S'nDHA PDHnnnnDHPA MPDHDHDHDHPMA gMPPPPMgA  
RgMMMMgRA SRggggRSA
9. SRgRSRA RgMgRgA gMPMgMA MPDHPMPA PDHnDHPDHA DHnS'nDHnA  
DHnS'nDHnA PDHnDHPDHA MPDHPMPA gMPMgMA RgMgRgA SRgRSRA
10. ggSRggA MMRgMMA PPgMPPA DHDHMPDHDHA nnPDHnnA S'S'DHnS'S'A  
S'S'DHnS'S'A nnPDHnnA DHDHPMDHDHA PPgMPPA MMRgMMA ggSRgga

Note : This type of voice training can be practiced for other Raags of *Sampurna Jaathi* (with all seven notes).