

Report on the visit of Dr. G K Ketkar at ITC Sangeet Research Academy and conducting a workshop on ‘Ketkar Paddhati’ for the significant increase of “Damsaas” and range of voice for music students:

Scientific Research Department of ITC Sangeet Research Academy organized a four day workshop for the students of the Academy for voice conditioning and increase of their range of voice by applying a scientific methodology formulated by Dr. G K Ketkar of Maharashtra. The workshop consisted of an introductory lecture and training workshop on “Ketkar Paddhati” for significant increase of “Damsaas (breathing)” and “Range of Voice”. The workshop was held at the auditorium of the Academy during 25 – 28 March, 2008.

A parameter newly defined by Dr. G K Ketkar for ear training – MNQ (Musical Notes Quotient)- is basically the capacity of a person to perceive the smallest change in the frequency of a musical note.

MNQ indicates the level of preparedness of ear of a person as regards to perceiving the small difference in frequencies of two nearby musical notes. Smaller the difference the ear is able to perceive, better it is; indicated by higher value of MNQ. It is determined accurately and objectively with audio oscillator of high resolution. The format is similar to ‘marks out of hundred’. Dr. Ketkar developed a *training method* which not only improves MNQ but in addition improves voice conditioning also. For any system of music in the world--damsaas and range of voice are essential and important to everyone in the music. He conducted a training workshop for four days comprising of a session each day at the ITC Sangeet Research Academy Auditorium.

Before the first session, Damsaas of each student was recorded by Sound forge in a PC and range of voice on a harmonium.

A few breathing exercises, as identified by Dr. Ketkar, cleans and tones the respiratory system. They are Kapalbhathi, Ujjayi and Bhramari in succession. In Kapalbhathi, one gives strong inward jerk to abdomen so that ‘air’ is forcefully driven out of nostrils; contracting ‘throat’ and then deep breathing is Ujjayi and creating bee like humming sound while inhaling as well as exhaling is Bhramari. The practicing of these three types of Pranayam has fast and beneficial effect on voice conditioning. These pranayams were performed by the students in a backdrop of recorded Tanpura sounds tuned to 180, 240, 240 and 120 Hz. respectively.

After the pranayams, notes of correct frequencies were played each for 15 seconds in ascending and then in descending order in one octave on a CD player. Notes used were 240, 270, 300, 320, 360, 405, 450 and 480 Hz . This cycle was repeated several times. Students were asked to tune their voice in ‘Om kar’ with the tone. Om kar was chosen because tongue is not required for its pronunciation. It starts from ‘throat’ and ends in ‘lips’.

This whole exercise was performed by the students in succession for one hour every day. This training system is named as the “Ketkar Paddhati” by Dr. Ketkar. He told the students to practice this system for one hour daily for a month and after that the ‘Damsaas’ and the range of voice will again be measured to see the changes. He appointed one student to monitor the practice of all students and measure the changes of the said parameters after a month.

Dr. G K Ketkar explaining his “Ketkar Paddhati”



Training Workshop with the scholars on the move



Scholars doing pranayams as a part of “Ketkar Paddhati”

