

Hindolam
S G₂ M₁ D N₂ S
S N₂ D M₁ G₂ S

Sarale Varases

S G M D | N S , , ||
S N D M | G S , , ||

S G S G | S G M D ||
S G M D | N S , , |
S N S N | S N D M ||
S N D M | G S , , ||

S G M S | G M S G ||
S G M D | N S , , ||
S N D S | N D S N ||
S N D M | G S , , ||

S G M D | S G M D ||
S G M D | N S , , ||
S N D M | S N D M ||
S N D M | G S , , ||

S G M D | N , S G ||
S G M D | N S , , ||
S N D M | G , S N ||
S N D M | G S , , ||

S G M D | N S S G ||
S G M D | N S , , ||
S N D M | G S S N ||
S N D M | G S , , ||

S G M D | N , , , ||
S G M D | N S , , ||
S N D M | G , , , ||
S N D M | G S , , ||

Vocal exercises for Hindolam

S G M D | N D M G ||
S G M D | N S , , ||
S N D M | G M D N ||
S N D M | G S , , ||

S G M D | N D S N ||
S G M D | N S , , ||
S N D M | G M S G ||
S N D M | G S , , ||

Jante Varases

S S G G M M D D | N N S S , , , , ||
S S N N D D M M | G G S S , , , , ||

S S G G M M D D | G G M M D D N N ||
M M D D N N S S | S S N N D D M M ||
N N D D M M G G | D D M M G G S S ||

S S G-S S G S G | S S G G M M D D ||
G G M-G G M G M | G G M M D D N N ||
M M D-M M D M D | M M D D N N S S ||
S S N-S S N S N | S S N N D D M M ||
N N D-N N D N D | N N D D M M G G ||
D D M-D D M D M | D D M M G G S S ||

S S G G M-S G M | S S G G M M D D ||
G G M M D-G M D | G G M M D D N N ||
M M D D N-M D N | M M D D N N S S ||
S S N N D-S N D | S S N N D D M M ||
N N D D M-N D M | N N D D M M G G ||
D D M M G-D M G | D D M M G G S S ||

S S G G M M G G | S S G G M M D D ||
G G M M D D M M | G G M M D D N N ||
M M D D N N D D | M M D D N N S S ||
S S N N D D N N | S S N N D D M M ||
N N D D M M D D | N N D D M M G G ||
D D M M G G M M | D D M M G G S S ||

S	S	D	D	M	M	G	G		S	S	G	G	M	M	D	D	
G	G	N	N	D	D	M	M		G	G	M	M	D	D	N	N	
M	M	S	S	N	N	D	D		M	M	D	D	N	N	S	S	
S	S	M	M	N	N	D	D		S	S	N	N	D	D	M	M	
N	N	G	G	M	M	D	D		N	N	D	D	M	M	G	G	
D	D	S	S	G	G	M	M		D	D	M	M	G	G	S	S	

Dhatu Varase

S	G	S	M		G	M	G	D	
S	D	M	G		S	G	M	D	
G	M	G	D		M	D	M	N	
G	N	D	M		G	M	D	N	
M	D	M	N		D	N	D	S	
M	S	N	D		M	D	N	S	
S	N	S	D		N	D	N	M	
S	M	D	N		S	N	D	M	
N	D	N	M		D	M	D	G	
N	G	M	D		N	D	M	G	
D	M	D	G		M	G	M	S	
D	S	G	M		D	M	G	S	

Upper sthayi varase

S	G	M	D		N	S	,	,	
S	,	,	,		S	,	,	,	
D	N	S	G		S	N	D	M	
S	N	D	M		G	S	,	,	

S	G	M	D		N	S	,	,	
S	,	,	,		S	,	,	,	
D	N	S	G		S	S	G	S	
S	G	S	N		D	M	G	M	
D	N	S	G		S	N	D	M	
S	N	D	M		G	S	,	,	

Vocal exercises for Hindolam

S	G	M	D		N	S	,	,	
S	,	,	,		S	,	,	,	
D	N	S	G		M	G	S	G	
S	G	S	N		D	M	G	M	
D	N	S	G		S	S	G	S	
S	G	S	N		D	M	G	M	
D	N	S	G		S	N	D	M	
S	N	D	M		G	S	,	,	

S	G	M	D		N	S	,	,	
S	,	,	,		S	,	,	,	
D	N	S	G		M	D	M	G	
S	G	S	N		D	M	G	M	
D	N	S	G		M	G	S	G	
S	G	S	N		D	M	G	M	
D	N	S	G		S	S	G	S	
S	G	S	N		D	M	G	M	
D	N	S	G		S	N	D	M	
S	N	D	M		G	S	,	,	

Mandra sthayi varase

S	N	D	M		G	S	,	,	
S	,	,	,		S	,	,	,	
M	G	S	N		S	G	M	D	
S	G	M	D		N	S	,	,	

S	N	D	M		G	S	,	,	
S	,	,	,		S	,	S	,	
M	G	S	N		S	S	N	S	
S	N	S	G		M	D	N	D	
M	G	S	N		S	G	M	D	
S	G	M	D		N	S	,	,	

S	N	D	M		G	S	,	,	
S	,	,	,		S	,	S	,	
M	G	S	N		D	N	S	N	
S	N	S	G		M	D	N	D	
M	G	S	N		S	S	N	S	

Vocal exercises for Hindolam

S N S G | M D N D ||
M G S N | S G M D ||
S G M D | N S , , ||

S N D M | G S , , ||
S , , , | S , S , ||
M G S N | **D M D N** ||
S N S G | M D N D ||
M G S N | **D N S N** ||
S N S G | M D N D ||
M G S N | S S N S ||
S N S G | M D N D ||
M G S N | S G M D ||
S G M D | N S , , ||

Alankaras

Dhruva Talam

S G M D | M G | S G M G | S G M D ||
G M D N | D M | G M D M | G M D N ||
M D N S | N D | M D N D | M D N S ||
S N D M | D N | S N D N | S N D M ||
N D M G | M D | N D M D | N D M G ||
D M G S | G M | D M G M | D M G S ||

Mathya Talam

S G M G | S G | S G M D ||
G M D M | G M | G M D N ||
M D N D | M D | M D N S ||
S N D N | S N | S N D M ||
N D M D | N D | N D M G ||
D M G M | D M | D M G S ||

Vocal exercises for Hindolam

Rupaka Talam

S G | S G M D ||
G M | G M D N ||
M D | M D N S ||
S N | S N D M ||
N D | N D M G ||
D M | D M G S ||

Jampa Talam

S G M S G S G | M | D , ||
G M D G M G M | D | N , ||
M D N M D M D | N | S , ||
S N D S N S N | D | M , ||
N D M N D N D | M | G , ||
D M G D M D M | G | S , ||

Triputa Talam

S G M | S G | M D ||
G M D | G M | D N ||
M D N | M D | N S ||
S N D | S N | D M ||
N D M | N D | M G ||
D M G | D M | G S ||

Ata Talam

S G , M , | S , G M , | D , | D , ||
G M , D , | G , M D , | N , | N , ||
M D , N , | M , D N , | S , | S , ||
S N , D , | S , N D , | M , | M , ||
N D , M , | N , D M , | G , | G , ||
D M , G , | D , M G , | S , | S , ||

Eka Talam

S G M D ||
G M D N ||

Vocal exercises for Hindolam

M D N S ||
S N D M ||
N D M G ||
D M G S ||