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Lec-Dem

Dr. T. Unnikrishnan discussed Yoga as a way to Preserve the Voice

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Photo: B.Velankanni Raj



INFORMATIVE: Dr. T. Unnikrishnan

Sri Parthasarathy Swami hosted a series of lecture-demonstrations as part of the music festival.

Dr. T. Unnikrishnan gave a talk on the influence of yoga on voice modulation. He made those present aware about the subject of voice culture — the right method of voice production in all styles of music. He also mentioned how voice disorders do exist and proper yoga techniques can be used as remedies to get over these problems. He however cautioned that all yoga techniques have to be adopted only under the able guidance of an expert.

He said that there are three basic pillars in the production of the voice and these aspects concern phonetics, resonance and the respiratory system. He said that the voice analysis of many singers has shown him how they exert excessive pressure that would only cause immense strain on the voice.

Three registers

He also demonstrated how there are three registers from which the voice is produced – chest, head and false — and recommended the use of all these as that would help in proper landing of the voice and also result in tremendous improvement in voice-quality.

Any yogic breathing, after due consultation could follow a pattern where the principle of long breathing should be followed with proportional changes in inhalation and exhalation, leading to a gradual way of learning the method of retaining the breath inside the system.

A thumb rule for those who care about their voice could be the method of quick inhalation and regulated exhalation. This should influence your voice and the ultimate aim should be a “golden” voice that would be like a tightened string.

Dr. Unnikrishnan recommended three breathing techniques — Kapalapathi, Nadi Shodhana and Bhastrika — for the best musical sound.