

**Grade 1**  
Theory Q& A

**What is Janta varisai?**

A Swara exercise in double notes e.g. SS RR GG MM

**What is a Sthayi?**

An Octave: a series of swaras beginning from S and ending in N.

**What is Akshara Kaalam?**

A time- unit in our Carnatic Music

**What is a Swaram?**

Swaram is a musical note

*Name the seven swaras (Saptha Swaras)*

Shadjam

Rishapham

Gandharam

Madhyamam

Panchamam

Dhivatham

Nishadam

*Name the seven Thalas (Saptha Thalas)*

Eka Thalam

Rupaka Thalam

Thriputa Thalam

Matya Thalam

Dhruva Thalam

Jhampa Thalam

Ata Thalam

**What music are you learning?**

Carnatic Music

**Can you show how to put Adi thalam?**

Student to demonstrate how to put the thalam

