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Alankaar – Rhymes with Traditional Indian Music



Dr. Amisha Mehta



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ISBN - 978-81-954396-1-4

Published by Early Childhood Association, 85,
Dr. Ambedkar Road. Post office lane, Parel T.T., Parel
Mumbai 400 012.

About the Author

Dr. Amisha Mehta is a homoeopathic doctor by profession and very passionate about music, poetry writing and composing songs (about everything that makes her core restless). This passion led her to becoming a part time music teacher in a local school. While teaching children the nursery rhymes, she was taken aback by the content we are serving our pre-schoolers, especially with the nursery rhymes being taught. Paucity of content creation especially in English medium schools has forced educators to continue with rhymes gifted to us by our colonial rulers; that's when she realised the need for liberating our children from rhymes which they cannot connect with. India is primarily an agricultural country that worships rain and we teach our children rhymes like 'Rain rain go away'!!!



Alankar rhymes is a unique way of teaching relatable songs to our children in melodies (Alankars) that form the basis of our Hindustani music. Let's give our children content that they can relate with in their everyday life and be proud of their Indian culture.

Introduction

Dr. Amisha Mehta is a doctor by profession but a passionate poet and Indian classical music enthusiast at heart. ECA-APER are indeed honoured that she gave us this wonderful collection of rhymes that are Indian in content and are sung with Indian classical music.

Classical music is like the soul of India. When a child is playing a raga on a guitar or keyboard, or repeating Indian talas on a drum set, their mind, body and soul are aligned with those who composed the ragas. It connects them deeply to their traditional musical roots.

Studies have also found that children who listen to classical music are more self-disciplined. Benefits of listening to classical music is the increase of brain function, it secretes dopamine and improves synaptic function.

Our foundational years classrooms in India have always had rhymes with western music and words, it's time to give our children the balance of western and deep rooted Indian culture. Its time our children are able to hum English words with classical Indian tunes, and that is the aim of this book and recorded rhymes and songs sung by Dr. Amisha Mehta.

Schools generally use film songs during their annual concerts, film music's purpose is mainly for entertainment and excitement whereas many classical musicians will say that their music is for enlightenment also. It's time to give child friendly lyrics and music to children to dance on during annual concerts and celebrations and this booklet and recorded music is the perfect solution.

Dr. Amisha wants this booklet and recorded songs to reach as many schools and parents as possible and thus has given it free to ECA-APER to pass on to schools and parents.

Enjoy this collection, share it and help children connect to their traditional classical music roots.

Warm regards,
Dr. Swati Popat Vats
President
Early Childhood Association
Association for Primary Education and Research



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1. Rainbow

Colours

Violet, Indigo, Blue,
Green, Yellow, Orange, Red.

Rainbow is a colourful band.
In the sky above my head.

Colours

Violet, Indigo, Blue,
Green, Yellow, Orange, Red.

Rainbow is a colourful band.
In the sky above my head.

सा सा, रे रे, ग ग, म म, प प, ध ध, नी नी, सा'
सा' सा', नी नी, ध ध, प प, म म, ग ग, रे रे, सा

Colours

Violet, Indigo, Blue,
Green, Yellow, Orange, Red.

Rainbow is a colourful band.
In the sky above my head.

Click here to listen to this song:-

<https://eca-aper.org/wp-content/uploads/2022/07/Rainbow-Song.mp3>

2. चिड़िया

चिड़िया उठ गई, कोयल उठ गई,
तुम भी सब उठ जाओ।

सुबह-सुबह, सब काम करो
और शाम को मौज मनाओ।

चिड़िया उठ गई, कोयल उठ गई,
तुम भी सब उठ जाओ।
सुबह-सुबह, सब काम करो
और शाम को मौज मनाओ।

सा रे, रे ग, ग म, म प,
प ध, ध नी, नी सा'
स'नी, नी ध, ध प, प म,
म ग, ग रे, रे सा

चिड़िया उठ गई, कोयल उठ गई,
तुम भी सब उठ जाओ।
सुबह-सुबह, सब काम करो
और शाम को मौज मनाओ।



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Chidiya.mp3>

3. Family

Mother, Father, Brother, Sister,
Grandparents they all love me.

I feel blessed to be with them
And I call them my family.

Mother, Father, Brother, Sister,
Grandparents they all love me.

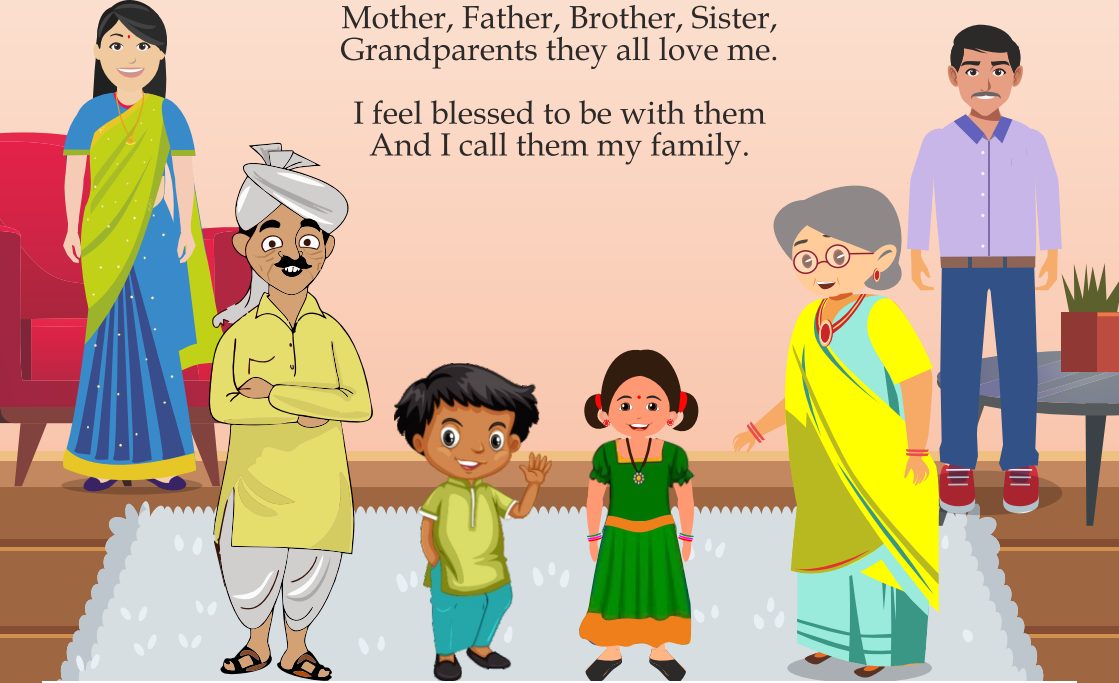
I feel blessed to be with them
And I call them my family.

रे सा, ग रे, म ग, प म,
ध प, नी ध, सा'नी, रे'सा'

नी सा, ध नी, प ध, म प,
ग म, रे ग, सा रे, नी सा

Mother, Father, Brother, Sister,
Grandparents they all love me.

I feel blessed to be with them
And I call them my family.



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Family.mp3>

4. सूरज-चंदा

सूरज सुबह आता है और शाम को वापस जाता।

चंदा रात को आता है
और कभी कभी छिप जाता।

सूरज सुबह आता है और शाम को वापस जाता।

चंदा रात को आता है
और कभी कभी छिप जाता।

सा ग, रे म, ग प, म ध, प नी, ध सा'
सा' ध, नी प, ध म, प ग, म रे, ग सा

सूरज सुबह आता है और शाम को वापस जाता।

चंदा रात को आता है
और कभी कभी छिप जाता।



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Suraj-Chanda.mp3>

5. बारिश

बारिश की बूंदों में भीगे जो
मेरा मन नाचेगा, गाएगा

तू भी जो भीगेगा मेरे संग,
तुझको भी खूब मज़ा आएगा।

बारिश की बूंदों में भीगे जो
मेरा मन नाचेगा, गाएगा

तू भी जो भीगेगा मेरे संग,
तुझको भी खूब मज़ा आएगा।

सारंग, रेगम, गमप, मपध, पधनी, धनीसा'
सा'नीध, नीधप, धपम, पमग, मगरे, गरेसा

बारिश की बूंदों में भीगे जो
मेरा मन नाचेगा, गाएगा

तू भी जो भीगेगा मेरे संग,
तुझको भी खूब मज़ा आएगा।



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Baarish.mp3>

6. Music

Music on Monday, Tuesday, Wednesday, Thursday,
Friday, Saturday, Sunday.

Music is beautiful, Music is wonderful.
Sing along everyday.
Music will always stay.

Music on Monday, Tuesday, Wednesday, Thursday,
Friday, Saturday, Sunday.

Music is beautiful, Music is wonderful.
Sing along everyday.
Music will always stay.

गरेसा, मगरे, पमग, धपम, नीधप, सा'नीध, रे'सा'नी, ग'रे'सा'

धनीसा, पधनी, मपध, गमप,
रेमग, सारेग, नी सारे, ध नी सा

Music on Monday, Tuesday, Wednesday, Thursday,
Friday, Saturday, Sunday.

Music is beautiful, Music is wonderful.
Sing along everyday.
Music will always stay.



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Music.mp3>

7. School

Everyday I wake up
And I clean myself
And look forward to
Go to school.

I meet my friends
We learn & play,
With teachers, we talk everyday.
I love my school.

Everyday I wake up
And I clean myself
And look forward to
Go to school.

I meet my friends
We learn & play,
With teachers, we talk everyday.
I love my school.

सारंगम, रेगमप, गमपध, मपधनी, पधनीसा'
सा' नीधप, नीधपम, धपमग, पमगरे, मगरेसा

Everyday I wake up
And I clean myself
And look forward to
Go to school.

I meet my friends
We learn & play,
With teachers, we talk everyday.
I love my school.

Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/School.mp3>

8. भारत

भारत प्यारा, देश हमारा
मिलकर इसे संवारे हम,
फिर से दोबारा

मेहनत करके नाम कमाए,
और चमका दें हम इसकी
किस्मत का तारा।

भारत प्यारा, देश हमारा
मिलकर इसे संवारे हम,
फिर से दोबारा

मेहनत करके नाम कमाए,
और चमका दें हम इसकी
किस्मत का तारा।

सारेगम, रेगमप, गमपध, मपधनी, पधनीसा'
सा'नीधप, नीधपम, धपमग, पमगरे, मगरेसा

India is our motherland

Let's unite to,
bring it glory...
Hand in hand.

A land of culture,
Love and grace.
Let's toil hard for India
With a smiling face.



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Bharat.mp3>

9. Fruit

Happy Birthday to you
Happy Birthday to you.
Happy Birthday Happy Birthday
Happy Birthday to you

I like to eat apples
I like to eat bananas
I like to eat oranges...
These are my favourite fruits.

सासा, रेसा, मग,
सा सा, रेसा, पम,
सा सा सा' ध म ग ग रे
नी नी ध म प म

Happy Birthday to you
Happy Birthday to you.
Happy Birthday Happy Birthday
Happy Birthday to you.



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Fruit-Song.mp3>

10. Twelve months

सात दिनों के हफ्ते चार,
चांद भी बदले गोलाकार।
ऐसे बनता एक महीना
और मानते सारे त्योहार।(×२)

ऐसे बनते १२ महीने और साल का चक्राधार.
ध्यान से देखो, समाजों कितना
वैज्ञानिक है ये संसार।

कार्तिक, मागशर, पोश, महा...
सर्दियों के महीने चार (×२)
हेमंत और शिशिर ऋतु में
खाओ सब्जियां, फलाहार (×२)

फाल्गुन, चैत्र, वैशाख, ज्येष्ठ
गर्मियों के महीने चार (×२)
बसंत और ग्रीष्म ऋतु में सींचो
मन में सुगंधित नये विचार (×२)

सारे, गम, गरे, सा
रेग, मप, मग, रे
मम गरे, गग रेसा,
रेरे सानी, नीरे सा ।

अषाढ़, श्रावण, भादो, अश्विन
बरसाती महीने चार (×२)
वर्षा और शरद ऋतु
धरती पर जीवन का आधार (×२)

ऐसे बनते १२ महीने और साल का चक्राधार
ध्यान से देखो समाजों कितना
वैज्ञानिक है ये संसार।(×३)

Click here to listen to this song:-

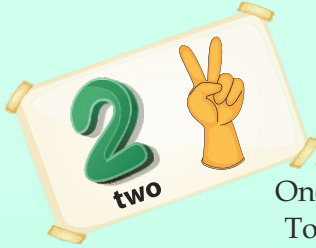
<https://eca-aper.org/wp-content/uploads/2022/07/12-Month-Song.mp3>

11. Tick tock

Tick tock, tick tock,
tick tock, tick (2)



Let's all learn the tick tock song.
And see how numbers sing along
Tick tock, tick tock,
tick tock, tick (2)



All numbers from 1-12
Read minutes and hours as well.
One arm short & the other arm long...
Together they sing the tick tock song.
Tick tock, tick tock,
tick tock tick (2)

1 says 5 & 2 says 10
3 says 15, 4 says 20
Tick tock, tick tock,
tick tock, tick.



5 says 25, 6 says 30
7 says 35, 8 says 40
Tick tock, tick tock,
tick tock, tick



9 says 45, 10 says 50,
11 says 55, 12 - 0, 60

That's how numbers
Sing this song...
Tick tock tick tock
all day long.



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Tik-Tok-Song.mp3>

12. Everyday in school

We hold our hands and move around,
move around, move around.
We hold our hands and move around -
everyday in school. (×2)

This is the way we greet our friends,
greet our friends, greet our friends.
This is the way we greet our friends -
everyday in school.

We hold our hands.....

This is the way we learn to think, learn to think,
learn to think, learn to think
This is the way we learn to think everyday in school.

We hold our hands.....

This the way we sit and eat, sit and eat, sit and eat.
This is the way we sit and eat everyday in school.

We hold our hands.....

This the way we jump up high
Jump up high, jump up high.
This is the way we jump up high everyday in school.

We hold our hands.....

This the way say goodbye, say goodbye, say goodbye
This is the way we say goodbye - everyday in school.

Everyday in school
Everyday in school.

Click here to listen to this song:-

<https://eca-aper.org/wp-content/uploads/2022/07/Everyday-In-School.mp3>

13. Chhoti Kavita

सूरज की ये किरने, रोज हमें जगाती
फूलों की ये खुशबू दुनिया को महकाती
नदियों के पानी से ये श्रिष्टी
खिलखिलाती।

धरती की ये महिमा, जीवन को चलाती
पेड़, पशु और पंछी हैं मानव के साथी
ये छोटी सी कविता, संग-संग जीना सीखाती।

सूरज की ये किरने, रोज हमें जगाती
फूलों की ये खुशबू दूनीया को महकाती
नदियों के पानी से ये श्रिष्टी
खिलखिलाती।

धरती की ये महिमा, जीवन को चलाती
पेड़, पशु और पंछी हैं मानव के साथी
ये छोटी सी कविता, संग-संग जीना सिखाती।

सूरज की ये किरने - सारे, सारे, ग ग
रोज हमें जगाती - रेग, रेग म म
फूलों की ये खुशबू - गम, गम, प प
दुनिया को महकाती - मप, मप, ध ध
नदियों के पानी से - पद, पद, नी नी
ये श्रिष्टी खिलखिलाती - धनी, धनी
सा' सा'।।।

धरती की ये महिमा - सा'नी, सा'नी
ध ध
जीवन को चलाती - नीध, नीध प प
पेड़, पशु और पंछी - धप, धप, म म
हैं मानव के साथी - पम, पम ग ग
ये छोटी सी कविता - मग, मग रे रे
संग-संग जीना सिखाती - गरे, गरे
सा सा।।।



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Chhoti-Kavita.mp3>

14. Oorja - ऊर्जा

इक दूजे संग हाथ मीलाएं
मिलकर इक ताकत बन जाएं खुशियों के बुलबुले बनाकर, दुनिया में ऊर्जा फैलाएं.(२)

ऊर्जा ऊर्जा हमारी ऊर्जा
खुशियों की ऊर्जा
हमारी ऊर्जा।।।(२)

ना तेरा है, ना मेरा-
पलमर का जग में बसेरा। (२)
अपनी ऊर्जा से लाएं दुनिया में नया सवेरा।

मेरी हिम्मत, तेरी ताकत
नये जोश से प्रीत जगाएं (२)
नफ़रत की सरहदें मिटाकर
धरती को खुशियां लौटाएं ।

इक दूजे संग हाथ मीलाएं
मिलकर इक ताकत बन जाएं खुशियों के बुलबुले बनाकर, दुनिया में ऊर्जा फैलाएं.(२)

ऊर्जा ऊर्जा हमारी ऊर्जा
खुशियों की ऊर्जा
हमारी ऊर्जा।।।(२)



Click here to listen to this song:-
<https://eca-aper.org/wp-content/uploads/2022/07/Oorja.mp3>

15. धरती माता

धरती है माता अपनी
बसती है इसमें दुनिया सारी
बड़ी प्यारी
सूरज की किरणोंने और
नदियों के पानी ने संवारी
जिंदगानी ये हमारी

मां

तेरी रचना का रूप हैं हम,
तेरी कृपा स्वरूप है हम।
तेरी रक्षा की जिम्मेदारी
है अब हमारा धरम।
हमने ढाए हैं तुझपे सितम
पर ये वादा है सुधरेंगे हम
तेरी रक्षा की जिम्मेदारी
है अब हमारा धरम।
धरती है माता अपनी।

यहां वहां नहीं कचरा फैकेगे,
नलके से पानी को बहने ना देंगे
पेड-पौधों का रखेंगे ध्यान
जल जीवन का भी करेंगे सम्मान

प्लास्टिक का उपयोग कम करेंगे
कपड़े की थैली साथ रखेंगे
धरती मां से है वादा हमारा
पर्यावरण को बिगड़ने ना देंगे

मां

तेरी रचना का रूप हैं हम,
तेरी कृपा स्वरूप है हम।
तेरी रक्षा की जिम्मेदारी
है अब हमारा धरम।
हमने ढाए हैं तुझपे सितम
पर ये वादा है सुधरेंगे हम
तेरी रक्षा की जिम्मेदारी
है अब हमारा धरम।
धरती है माता अपनी।

**** अमि...रस ****



Click here to listen to this song:-

<https://eca-aper.org/wp-content/uploads/2022/07/Dharti-Mata.mp3>

Notes

Alankaar - Rhymes with Traditional Indian Music by Ami...ras

After 75 years of Independence we still continue to teach our children rhymes like Jack & Jill, London Bridge, Humpty Dumpty & so on; which are not relevant in the Indian context and moreover the meaning of the lyrics is quite depressing if you actually think seriously. India has a wealth of rich culture & Alankaras are the base to learn Hindustani music, so I have tried to create happier, meaningful rhymes - which children can relate to, in their everyday environment. I have given them the melody of different Alankaras which they will keep humming and subconsciously get familiar with, thereby strengthen their foundation of music effortlessly.

Dr. Amisha Mehta

It's time to change the rhymes and songs we sing in our schools, let's make them more relevant and expose children to Indian classical tunes. This wonderful collection of Alankar Rhymes, written and sung by Dr. Amisha Mehta is the perfect change to bring about in our schools.

Dr. Amisha believes in the power of Indian classical music and this collection will help children connect to their roots and culture.

This booklet is accompanied by recorded songs and rhymes and is available free of cost to download from www.eca-aper.org

A must have for Balwadis, private Kindergartens, primary schools and every home.



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