Introduction:
The human voice is a delicate, sympathetic and perfect musical instrument according to a musician. According to psychological viewpoint, the voice is treated as an indicator of character and personality of a person whereas in the view of the psychologist, the human voice mechanism is an indispensable organ for the survival of mankind. In every respect the human voice is superior to all man-made instruments.

Scientifically, voice is called the musical instrument. The voice is used in two senses. (1) To donate the vocal mechanism which acts as an instrument of speech and song. (2) Sound produced in the mouth by human beings in speaking and singing.

The voice is produced by the vibration of the vocal folds. The adductor muscles of the vocal folds bring the vocal folds into approximation. Air pressure column is built below the vocal folds due to contraction of the respiratory muscles. The vocal folds are forced apart and as air passes through the folds, vibration of the vocal folds occurs.

The process of bringing the voice under control is called Voice Culture. Singing requires a more delicate control over the muscles of the vocal folds. The voice is trained for the effective control of breath, flexible speech capacity with speech organs, adjustments of resonators, control over pitch, mental perception etc. Singing voice production consists of other features also, in which fields the voice has to be trained. They are like the shape of the mouth, effective pronunciation of the words, adjusting the voice to different tempos or speeds, controlling of volume or amplitude as the background of presentation demands, vowel pronunciation and a very important feature of developing imaginative power to improvise. The voice has to be trained according to the style and type of singing one chooses, eg. classical, light, pop, semi – classical etc.

This is because each type of music demands a different style of music and a different style of voice production. The male and female built up differs. So, the training style will also differ.

The voice is the only living instrument of music. Every individual is unique, so is every voice. Though there are individual limitations differing from person to person, it is very important to note that this is the only instrument, which can be cultivated, improved and cultured, by variation of pitch, intensity and timber (tonal quality).

Basic steps of voice training:
- Hearing: Hearing, Listening, Perceiving
- Breath Control: Lung Capacity and Control of Lung Pressure
- Riaz (Practice)
- Physical and Mental Fitness

Imitation is the first step towards listening. This statement applies to voice training, too. Concentrated hearing is the basic requirement. By hearing more and more, the brain creates and stores a mental image of the music. The notes, the tunes, the rhythm, the speed, the words, the volume, the tonal quality of the voice or instrument, etc are all stored in the brain separately. When we try to sing, this
Breath control is also a very important step towards voice culture. Breath goes hand-in-hand with singing/speaking. If we can master our breath, we can easily master our voice for singing. Breath control gives fineness, clarity, steadiness and confident phonation to the voice. There are four types of breathing: Clavicular (Shoulder) – used for high pitched notes and faster tempo, Costal (Chest) – used for medium pitched notes and normal tempo, Abdominal – used for lower notes and slow tempo, and Diaphragmatic – useful for every singing type.

Riaz is required for the grooming and tuning all the required body parts for the necessary singing. One very important factor during riaz is that we should, along with singing, hear our own singing, critically. At any point of growth there is always ample more to learn. Riaz also develops the control over the vocal cords and confidence in the singer, which expresses itself in the voice.

Singing is an activity of physical and mental movements. It is a synchronization of our physical and mental state. Regular exercise, healthy and balanced diet and regular meditation or any tension releasing exercises are a necessity for our total fitness.

**Impressive singing voice:**
Singing can be defined as the musical expression of feeling through the medium of vocal organ and the organ of speech. The singing voice and the speaking voice are two very different kinds of vocal systems. While speaking is an action that doesn’t need any conscious effort, singing does demand. But our speaking and singing voice are created from the same exact anatomical structures. The respiratory system (lungs, diaphragm and abdominal muscles), laryngeal mechanism (vocal folds, laryngeal cartilages, muscles and nerves) and the supraglottic tract (the spaces above the vocal folds, including the back of our throat, mouth, nasal passages and sinus cavities) all work to produce the beautiful sounds we make. Singing is a skill that requires highly developed muscle reflexes. It doesn’t require much muscle strength but it does require a high degree of muscle coordination. Individuals can develop their voices further through the careful and systematic practice of both songs and vocal exercises. Vowel pronunciation is a very important feature of developing imaginative power to improvise.

Voice culture embraces the correct management of the vocal organs. Vocal training has indeed come to be considered synonymous with training in the correct use of the voice. A proper understanding of the structure and foundation of the physiological mechanism, acoustical principles of voice emission and psychological factors of the individual, help to reduce unnecessary confusions regarding singing voice. Improvement of our voice is a gradual process. We are teaching our muscles new ways of responding. The process will become automatic, but it takes daily riaz and often several years to study, depending on the student.

To conclude, voice quality is the result of a combined action of basic function of the vocal organs and developed components by scientific and systematic training and daily riaz. Voice culture for singing is supposed to be trained in accordance with the category of singing that a person chooses, for instance classical, semi-classical, folk, rabindra Sangeet among others. The reason for this is that every kind of music has its own demands in terms of voice production and style. Males and females also have got distinctively different organs for producing organs. Therefore the training techniques are bound to be different. Everyone has their own special techniques therefore; all voices vary from one person to another. Hence, it is vital to establish that it is only this instrument that cultured, improved and cultivated though pitch variation, tonal quality (timber), intensity as well as the features mentioned above.

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