

## DR. ANKITH SINHA

Dr. Ankith Sinha is an Assistant Professor in the Department of Periodontology and Oral Implantology and also takes keen interest in playing and composing music. He has been a part of the music industry since 13 years and is a prime example of how to lead a balanced life when it comes to choosing between passion and profession.

### How did you get into music?

Well, music started very early in my life. I remember my mother telling me that I was 3 years old when I started playing the keyboard. We had a small Casio SA-5 with baby sized keys and I used to play some of those famous tunes like Titanic. My mother encouraged me to play this instrument and that is how I got into it.

### Did you have any family background in the music industry?

My father plays the mouth organ and my mother is a classically trained vocalist, so I have been nurtured in and around music. My grandfather, Tapan Sinha was a prominent film director in the industry dating before the Independence., but I had no one who had cracked into the music industry as such.

### Which song are you thinking about right now?

Haha, right now I have a gig coming up with a completely new setup. So my mind is pretty much occupied with a song that we are about to play soon. The song is called " Sharaab hu main " by Lakshya Bhatnagar.

### What has been your driving force towards creating music?

I think there have been multiple influences over the years, but to name one, I think it all started with LINKIN PARK. They have inspired me to make music because they had that 'X factor' that made the listener connect to their music on so many different levels, be it emotional or technical.

### What would you prefer- making commercial industrial music or independent music and why?

I don't know where you got that question from because this is a really tricky one. I would just like to point out the difference between the two for our readers. Commercial music is usually the kind of music which reaches most of the audience, it has a lot of spice and involves a big team/label behind it. An example would be typical Bollywood music. On the other hand, independent music is written, composed, arranged, mixed and mastered independently involving very few minds. An example for the same would be The Local Train. I currently enjoy my way through both kinds of music.

### Did you ever have to lose out on a musical opportunity to fulfil your duties as a doctor?

I think that is an engrained quality in me that I never miss out on any opportunity, be it professional or musical. I try to manage both the fields as far as I can and by God's grace and some luck, I have taken all the opportunities and fulfilled them in my own way.



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Red Square Studios

You will find Dr. Ankith listening to:-

- Psychosocial - Slipknot
- Numb - Linkin Park
- Hymn for the Weekend - Coldplay
- Calm Snow - I See Stars
- Jai Ho- A.R.Rahman
- Madari- Coke Studio
- Stairway to Heaven- Led Zeppelin
- Tears Don't Fall- Bullet for my Valentine



## **With the shift from mainstream to independent music, what according to you is the future of Indian Music industry?**

I think it has to be Independent music which is coming out so strong nowadays. Even the commercial Bollywood music is now trying to integrate elements from independent music. There are some really good bands that are coming in and giving their music to OTT platforms as well. It's not the same game anymore, things have changed. We have seen a clear shift in the audience from being interested in Television and Movies to OTT platforms now. These OTT platforms tend to give opportunity to upcoming good musicians and their music.

## **Can you share your favourite Independent artists ?**

Ugh, there are so many! But to name a few- The Local Train, Yellow Diary, Fiddlecraft and Lakshya Bhatnagar.

## **What are your liked/disliked aspects about Indian music industry?**

I think the only disliked aspect for me would be the cringe material that is making circles around every social media platform right now. That leaves a lot for me to like haha. The Indian music industry has very deep cultural roots, which even I had not realised in my childhood. But as I grew older, I realised the importance of Indian music because as they say - "Poori duniya ka chakkar laga kar antt me ghar aana hi padta hai! " A few personalities would be Lata Mangeshkar, A.R.Rahman and Kishore Kumar from India. But, I would also like to mention a few foreign artists like Black Sabbath, Led Zeppelin, Eagles and Elvis Presley.

## **Can you share a favourite piece of music composed by you?**

I feel like I am an introvert when it comes to publishing music and there are a very few tracks available online composed by me. I am waiting for the right moment to release all my tracks. But to name one composition of my own, you can find it on Spotify/ Apple Music by the name of " Drop of Blood - I.P.O.S ". It is a piece of dark music and I would like to mention I like dark music.

## **Best piece of advice that you have recieved?**

I usually welcome all kinds of advice. I feel the best one would be the latest one that made a huge impact on me. It said - "You have too much on your plate, you should learn to say NO!". It got me thinking in the correct direction and I have been trying to implement the same.

## **Can you describe your creative process?**

It is very simple actually. I like to classify my steps. The steps include coming up with an idea, the idea getting transformed into lyrics and then marrying this to the music composition. The lyrical part and composition always goes hand in hand and I tend to write my own lyrics as well. The composition and the technical aspect has become a daily habit for me and is not the stressful part of it all. I believe the pre-production process is the most important part because that is the part where the relatability aspect of the song with the audience is developed.

### **Best and the worst moment on stage?**

Let me start by mentioning the worst one first haha. I think it was in IIM Ahmedabad in a music fest called IIM Chaos. They had a huge stage with tall buildings on either side of the stage which kind of made it a performer's worst nightmare because the stage had a very bad echo even on playing the slightest note/ beat. It got very difficult to catch the beat on stage which led to many improvisations on the stage and made it one of the worst stage experiences of my life. The best experience includes so many that it is very difficult to name one. But, this one commercial gig that I played with my other band called - "BALALAIKA" for a company called Bridgestone stands out. I remember that I stopped playing my instrument and started dancing on the stage because I had never seen such an insane crowd response.

### **If you could play at any venue in the world, what would it be?**

Definitely, Download Fest. It happens in and around Europe- Italy, France, Paris, etc. It is a Rock Music fest essentially and many of my musical influences like Bullet for my Valentine, Limp Bizkit and Slipknot have played there making me want to do the same.

### **How do you overcome a creative block?**

A creative block happens when one stops working. So, my only way to deal with it is that I never stop working. Music does not happen in a single day. If you are ever stuck somewhere while writing a song, a poem or anything, just write down something random and revisit it the next day. I am pretty sure you will come up with better ideas the next day because your mind subconsciously gets time to think about it. The same happens when we are reading for our exams. If you are not able to understand a topic, just read and finish it and come back to it the next day, I am sure you will understand that topic better. It is mysterious and beautiful at the same time how the human mind works.

### **How do you feel the Internet has impacted the music business?**

I think there are 2 aspects to this question. The positive aspect has been that the Internet has provided everyone with abundant platforms to post their content and gain visibility. But, talking about the other side of the coin, it has also become very difficult for unique artists to stand out in this sea of content. The audience, nowadays only has the patience to watch a 30 second piece of content and skip to the next one. It is impossible for me to name a single song since 2020 that has impacted my life in any manner. My greatest fear is the Music world coming to a singularity because at the end of the day, there are only 12 notes. A day might come when all the possible permutations and combinations are exhausted and we might see a downfall in the quality of music overall.

### **Any advice for the young and upcoming?**

- NEVER LOSE HOPE. You probably have heard this a million times, but it has a deeper meaning to it than you probably understand. There will be times in your life when you will question everything that you are doing. You might feel low, you might feel like you are the most terrible person on the planet. But at the end of the day, our life is like an Audio wave- it has a crest (good times) and a trough (bad times). The bad moments are required to appreciate the good ones.
- Always welcome advice, but decide for yourself.

