

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

INSTRUMENTAL MUSIC

GRADE 7

TITLE : INTRODUCTION TO MUSICAL NOTES

**MOE
MAHATMA GANDHI INSTITUTE
2025**

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GRADE 7

STUDENT'S WORKSHEET

TITLE :
**MEET THE SWARAS: YOUR FIRST
MUSICAL TOOLKIT**



Introduction

In this lesson, you will learn about swaras, the basic musical sounds that form the foundation of Indian classical music. Each swara has its own pitch and follows a clear sequence, helping you understand how melodies move up and down.

Learning swaras is important because it builds your pitch accuracy, improves your musical vocabulary, and helps you enjoy and understand Indian classical music better. This knowledge will also prepare you for learning alankaars, ragas, and playing musical patterns on instruments.

Part 1

What is a Swara? (Introduction)








Explain the meaning of Swara in Indian Classical Music

Swara is the hindi word for a musical note. Swara consists of two syllables; swa and ra. 'Swa' means self and 'ra' is derived from the word ranjayati which means pleasing. Therefore, a swara is a musical note which can generate a pleasing expression by itself.

Swa + Ra = Swara
Swayam *Ranjayati*
(self) (pleasing)

A swara is defined as the tone of a definite pitch which conveys an expression. It needs to be pleasant and soothing to the listener. The following is the **seven shuddha swara-s** of Indian Classical Music.

The *swara-s* and their full form names:

						
Shadja (Sa)	Rishabh (Re)	Gandhara (Ga)	Madhyama (Ma)	Panchama (Pa)	Dhaivata (Dha)	Nishada (Ni)

Part 2

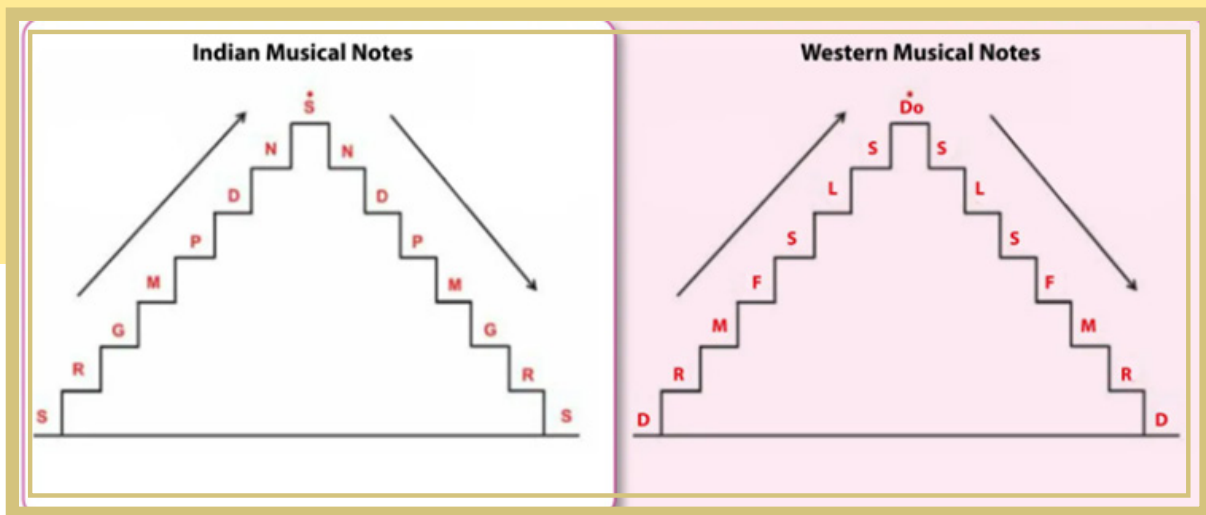
Connecting Indian and Western Notes

Did you know?

MUSICAL NOTES		
Indian Notation	Western Notation	
S(Sa)	Do	C
R(Re)	Re	D
G(Ga)	Mi	E
M(Ma)	Fa	F
P(Pa)	Sol	G
D(Dha)	La	A
N(Ni)	Si	B

In Indian classical music, we use the swaras **Sa Re Ga Ma Pa Dha Ni**, and in Western music, the notes are **Do Re Mi Fa Sol La Si**. Even though the words are different, both systems work in the same way. They help

us name the steps of a scale and show how the notes move from low to high. For example, **Sa Re Ga Ma Pa** rises in the same pattern as **Do Re Mi Fa Sol**. Both are just two ways of naming the same idea: a musical staircase where each step has a specific pitch. When you understand this connection, it becomes easier to sing correctly, recognise patterns, and learn music from different traditions.






Part 3
Saptak

Saptak is a scale of seven *shuddha swara-s* / natural notes in succession. Each one of the notes is higher in pitch than the preceding one.

Saptak: S R G M P D N



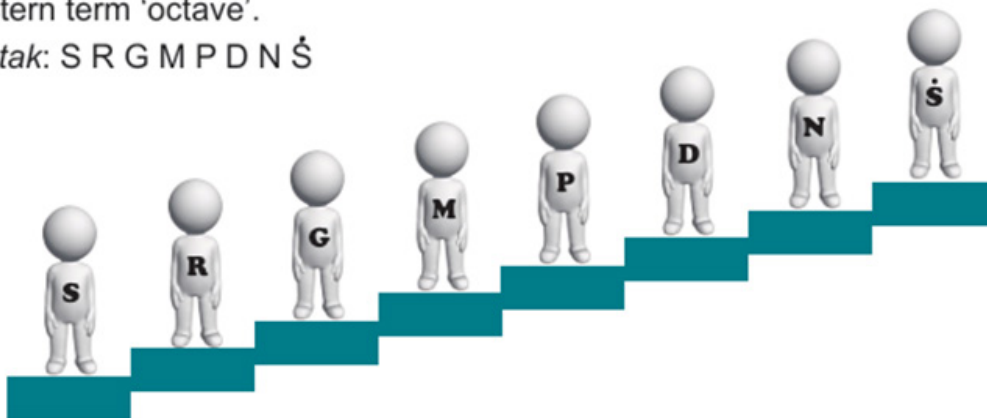
The three main *saptak*-s in Indian music are:

<i>Saptak</i>	Description	
Mandra	The <i>swara</i> -s which are sung or played in the lower pitch are grouped under the <i>mandra saptak</i> . They are notated with a dot below. For example: ङ, ञ, ...	
Madhya	The <i>swara</i> -s which are sung or played in the normal pitch are grouped under the <i>madhya saptak</i> . They are notated without any dot, that is, neither above nor below. For example: S, R, ...	
Taar	The <i>swara</i> -s which are sung or played in the higher pitch are grouped under the <i>taar saptak</i> . They are notated with a dot above. For example: ठ, ड, ...	

Part 4 Ashtak

An *ashtak* is an extension of the *saptak* by adding the higher scale note *Sa* to it. It is a scale of eight notes in succession which may be compared to the western term 'octave'.

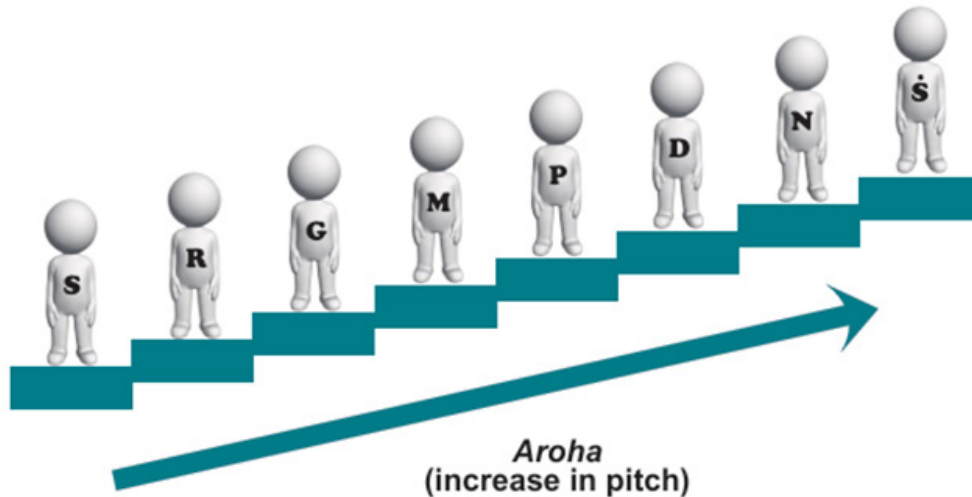
Ashtak: S R G M P D N ठ



Aroha & Avaroha

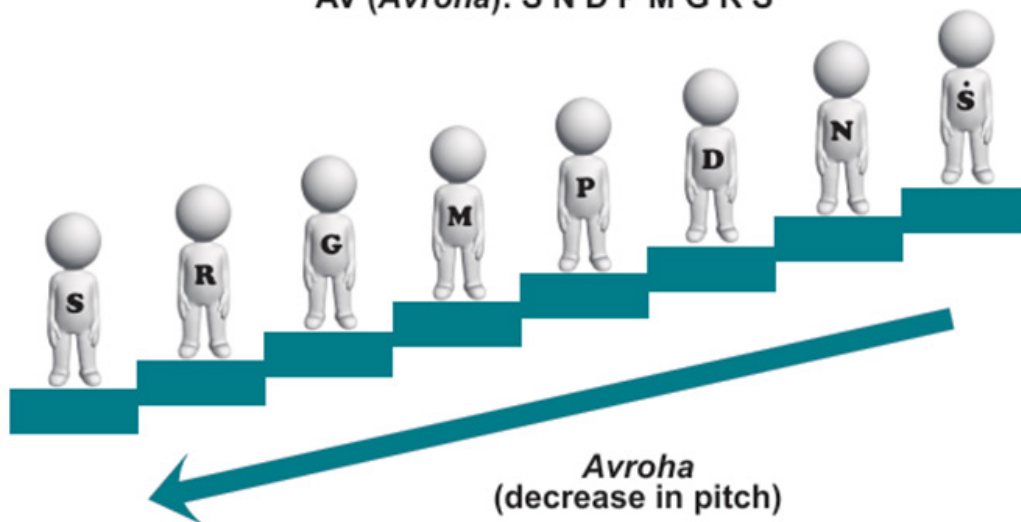
Aroha is the sequence of *swara*-s in which they are sung or played in an ascending order of their pitch, that is, starting from a low pitch and ending to a higher one.

AR (*Aroha*): S R G M P D N Ś



Avroha is the sequence of *swara*-s in which they are sung or played in a descending order of their pitch, that is, starting from a high pitch and ending to a lower one.

AV (*Avroha*): Ś N D P M G R S



Exercise 1

Rearrange the following musical dices in the appropriate order:



Hint: Observe the dots of the musical dices with that given below:



Exercise 2

Match the following swara-s to their corresponding full-form names.

S

Panchama

R

Gandhara

G

Dhaivata

M

Rishabh

P

Shadja

D

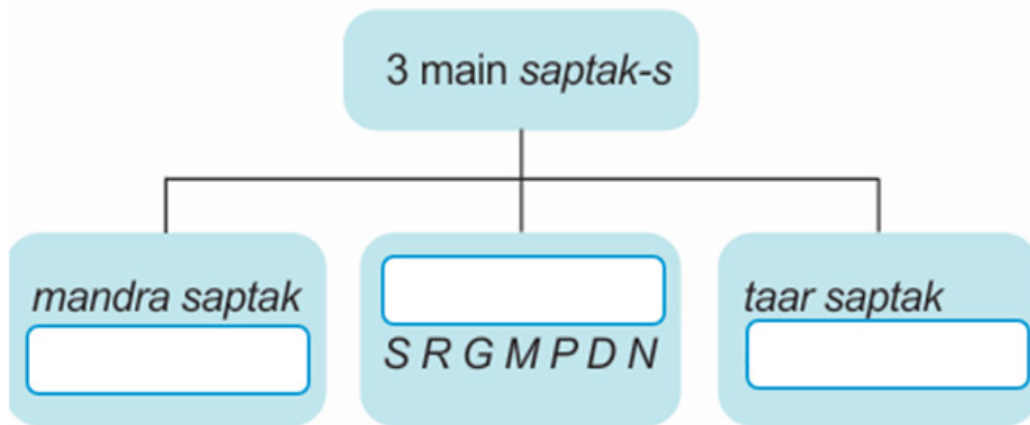
Nishada

N

Madhyama

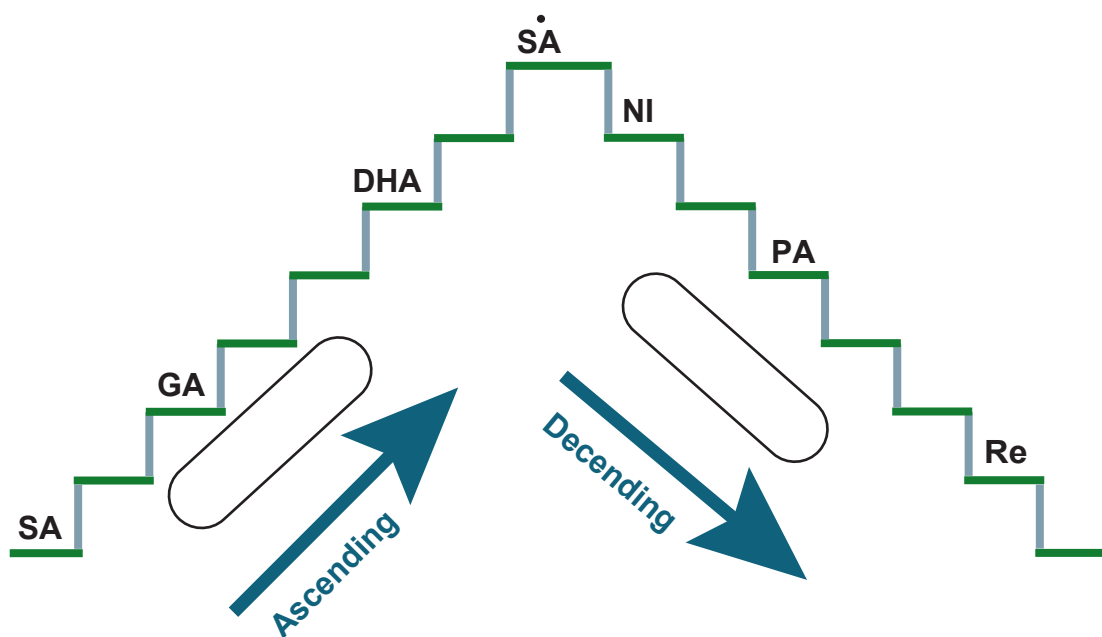
Exercise 3

Fill in the missing details about the 3 Main Saptaks.



Exercise 4

Complete the Aroha and Avaroha by inserting the correct Swara on the empty steps. Fill in the blank boxes to indicate the Aroha and Avaroha.



PROFILLING: (Tick Appropriately)

Lesson 2- Introduction to Musical Notes; MY PROGRESS?

			
	Good	Satisfactory	Needs Improvement
What have I Learned?			
Definition of Swara / Saptak / Ashtak			
Relate Indian Musical notes with Western Musical Notes			
Writing the Seven Swaras			
Completing Swara Sequences			
Listing the Three Saptaks			
Recognising Aroha/ Avaroha			
Completing Aroha/ Avaroha			



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