

# **STUDENT'S WORKSHEET**

FOUNDATIONAL PROGRAMME FOR LITERACY,  
NUMERACY AND SKILLS

## **INSTRUMENTAL MUSIC**

### **GRADE 8**

**TITLE OF CARD: PLAY SIMPLE MELODIC OR  
RHYTHMIC PATTERN**

**STUDENT'S CARD 2**

**MOE  
MAHATMA GANDHI INSTITUTE  
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**GRADE 8**

# **STUDENT'S WORKSHEET**

**CARD 2**

Title of Card: Play Simple Melodic Or Rhythmic Pattern



## Introduction

In this lesson, you will learn the basic skills needed to play simple melodies on the sitar and basic rhythms on the tabla. You will explore how to sit comfortably, hold each instrument correctly, and use the main foundational techniques that help you play clearly and confidently. As you practise, you will listen carefully to patterns, build control, and develop good habits that will support your future learning in Indian classical music.

## INSTRUMENTAL SITAR



### ACTIVITY 1

#### INTRODUCING ALANKAAR

In Indian music, alankaar-s are specific ornamentations added to compositions or improvisations to beautify the rendition of a performance. In other words, alankaar-s are techniques which enhance the performance of a musician.

The term alankaar also refers to the basic exercises (note patterns) given to beginners to improve their singing or playing techniques.



## ACTIVITY 2

### DEMONSTRATION OF A SIMPLE ALANKAAR

- Look closely at the notes in each Alankaar.

<b>Alankaar 1</b>	<b>Aroha</b>	SS, RR, GG, MM, PP, DD, NN, Ś Ś
	<b>Avaroha</b>	Ś Ś, NN, DD, PP, MM, GG, RR, SS
<b>Alankaar 2</b>	<b>Aroha</b>	SSS, RRR, GGG, MMM, PPP, DDD, NNN, Ś Ś Ś
	<b>Avaroha</b>	Ś Ś Ś, NNN, DDD, PPP, MMM, GGG, RRR, SSS
<b>Alankaar 3</b>	<b>Aroha</b>	SR, RG, GM, MP, PD, DN, N Ś
	<b>Avaroha</b>	ŚN, ND, DP, PM, MG, GR, RS

*What similarities or patterns can you notice in the Aroha and Avaroha of each Alankaar?*

- Observe your teacher carefully as he/she sings or demonstrates above simple Alankaars on the Sitar.



## ACTIVITY 3

### HOW TO CREATE AN ALANKAAR?

- Study the following **Alankaar in Aroha**.
- i. *Aroha*

**AR:** SRG, RGM, GMP, MPD, PDN, DN Ś

What can you observe in this pattern?

Did you notice that this pattern consists of a set of 3 notes, starting with S and then with the preceding *swara*-s as shown below?

Step 1	S R G M P D N Ś
Step 2	S R G M P D N Ś
Step 3	S R G M P D N Ś
Step 4	S R G M P D N Ś
Step 5	S R G M P D N Ś
Step 6	S R G M P D N Ś

ii. *Avroha*

**AV:** ŚND, NDP, DPM, PMG, MGR, GRS

The same applies for the *Avroha* as well:

Step 1	Ś N D P M G R S
Step 2	Ś N D P M G R S
Step 3	Ś N D P M G R S
Step 4	Ś N D P M G R S
Step 5	Ś N D P M G R S
Step 6	Ś N D P M G R S

Through this activity, you have step by step learnt how to create above Alankaar using the **correct sargam notation, proper ascending movement** in the pattern while ensuring the pattern follows logical step-wise movement and **spacing correctly** to show clear phrases.



## ACTIVITY 4

### PLAYING OF ABOVE ALANKAAR

With the help of your teacher, play the above Alankaar in both aroha and avroha. The finger techniques and stroke patterns have been shown below for the first set. Apply the same for the whole pattern.

AR: **SRG**, RGM, GMP, MPD, PDN, DNS

Finger techniques			
Strokes pattern			

AV: **ŠND**, NDP, DPM, PMG, MGR, GRS

Finger techniques			
Strokes pattern			

Did you notice that the use of the middle finger differs in *aroha* and *avroha*?



## ACTIVITY 5

### 5. Complete and practice following Alankaars.

- Complete the following Alankaars.




1.	<b>Aroha</b>	SRGM, _____, GMPD, _____, PDNŚ.
	<b>Avaroha</b>	ŚNDP, _____, DPMG, _____, MGRS.
2.	<b>Aroha</b>	SRGMP, _____, GMPDN, _____.
	<b>Avaroha</b>	ŚNDPM, _____, DPMGR, _____.
3.	<b>Aroha</b>	SRS, ____, GMG, ____, PDP, ____, NŚN.
	<b>Avaroha</b>	ŚNŚ, ____, DPD, ____, MGM, ____, RSR.
4.	<b>Aroha</b>	SR SRG, _____, GM GMP, _____, PD PDN, _____.
	<b>Avaroha</b>	ŚN ŚND, _____, DP DPM, _____, MG MGR, _____.

- With the help of your teacher, play the alankaar-s you have completed above with the appropriate finger techniques and stroke patterns.



## STUDENT SELF-ASSESSMENT

Rate yourself by ticking only one box out of the 3 options provided

<b>PROFILLING: (Tick Appropriately)</b>			
<b>Lesson 2- Practical; MY PROGRESS?</b>			
			
	<b>Good</b>	<b>Satisfactory</b>	<b>Needs Improvement</b>
<b>What have I Learned?</b>	<b>Instrumental Sitar – Play simple Melodic Pattern</b>		
Maintain the correct sequence of notes in both aroha (ascending) and avaroha (descending).			
Use proper hand position, correct fingering, and strokes to produce clear sound.			
Keep a steady pulse without speeding up or slowing down.			
Maintain correct sitting posture and instrument handling throughout the activity.			
Listen carefully to the teacher and repeat the patterns (Alankaars) correctly.			
Write simple Alankaars, ensuring proper sargam notation and ascending (Aroha) and descending (Avaroha) movement in the pattern.			

## INSTRUMENTAL TABLA

### Introduction

Teentaal, also known as the king of taals in Indian music, is a rhythmic cycle made up of **16 matras**,

In this lesson, you will learn to **recite (padhant)** and **play** the theka of Teentaal, explore its structure and **variations**, and understand how this taal provides a steady rhythmic foundation in music.



### ACTIVITY 1

#### TEENTAAL

- STEP 1 - Description of Teentaal

Listen carefully as your teacher describes the structure of Teentaal.

#### Teentaal

**Matra:** 16

**Tali:** 1<sup>st</sup>, 5<sup>th</sup>, 13<sup>th</sup> beat

**Divisions:** 4 – 4 – 4 - 4

**Khali:** 9<sup>th</sup> beat

Teentaal is a rhythmic cycle consisting of 16 matra and is divided into four vibhaag, each containing four beats. The sam falls on the first beat, while the khali is on the ninth beat. Teentaal is commonly used to accompany classical as well as semi-classical vocal, instrumental music and Dance.

- STEP 2 - Padhant of Teentaal

As learnt previously in the lesson 1 - Taal and Notation system, the signs and symbols in the notation below will guide you to do the padhant of Teentaal.

Matra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Theka	Dha	Dhin	Dhin	Dha	Dha	Dhin	Dhin	Dha	Dha	Tin	Tin	Ta	Ta	Dhin	Dhin	Dha
Taal Signs	X	↑	↑	↑	2	↑	↑	↑	0	↑	↑	↑	3	↑	↑	↑
	SAM - CLAP	Little finger	Middle finger	CLAP	Little finger	Middle finger	Ring Finger	KHALI - WAVE	Little finger	Middle finger	Ring Finger	CLAP	Little finger	Middle finger	Ring Finger	

- Step 3 - Playing Teentaal

With your teacher's guidance, memorise and play the following patterns:

1. Dha Dhin Dhin Dha - (1<sup>st</sup> and 2<sup>nd</sup> Vibhaag)
2. Dha Tin Tin Ta - (3<sup>rd</sup> Vibhaag)
3. Ta Dhin Dhin Dha - (4<sup>th</sup> Vibhaag)

Practice each pattern individually for several avartans. Once you are able to play these patterns, your teacher will demonstrate Teentaal and guide you to play the rhythmic cycle.

Matra	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16
Theka	Dha Dhin Dhin Dha	Dha Dhin Dhin Dha	Dha Tin Tin Ta	Ta Dhin Dhin Dha
Taal Signs	X Dha	2	0	3

- Step 4 - Variations

In this step, your teacher will guide you to do the padhant and play the variations of Teentaal as shown in the notation below. Start by practicing variation one for several avartans, then proceed to variation 2.

Matra	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16
Palta / Variation 1	DhaDha Dhin Dhin Dha	DhaDha Dhin Dhin Dha	DhaDha Tin Tin Ta	TaTa Dhin Dhin Dha
Palta / Variation 2	DhaDha Dhin Dhin DhaDha	DhaDha Dhin Dhin DhaDha	DhaDha Tin Tin TaTa	TaTa Dhin Dhin DhaDha

- Step 5 - Systematically play Teentaal and its variations

You are now ready to play Teentaal and its variations systematically.

Matra	1 2 3 4	5 6 7 8	9 10 11 12	13 14 15 16
Theka	Dha Dhin Dhin Dha	Dha Dhin Dhin Dha	Dha Tin Tin Ta	Ta Dhin Dhin Dha
Taal Signs	x	2	0	3
Palta / Variation 1	DhaDha Dhin Dhin Dha	DhaDha Dhin Dhin Dha	DhaDha Tin Tin Ta	TaTa Dhin Dhin Dha
Palta / Variation 2	Dha Dhin Dhin DhaDha	Dha Dhin Dhin DhaDha	Dha Tin Tin TaTa	Ta Dhin Dhin DhaDha
Taal Signs	x Dha	2	0	3

## EXTENSION OF ACTIVITY



### ACTIVITY 1

#### 1. State whether the following is TRUE or FALSE:

1. The theka of Teentaal consists of 16 Matras. ....
2. Teentaal consists of 3 vibhaags only. ....
3. Teentaal is usually played in solo recitals and while accompanying classical and semi-classical music and dance. ....
4. Khali of Teentaal is shown on the 9<sup>th</sup> Matra. ....
5. Tali-s in Teentaal is only shown on the 5<sup>th</sup> and 13<sup>th</sup> Matra. ....
6. During padhant of Teentaal, the first Matra is indicated by a wave of the hand.  
.....



### ACTIVITY 2




#### 2. Complete the following dotted lines with the appropriate tabla syllables and taal signs.

Matra	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Theka	Dha	.....	.....	Dha	.....	Dhin	.....	Dha	Dha	.....	Tin	.....	.....	Dhin	Dhin	.....
Taal Signs	.....				.....				.....				3			



## STUDENT SELF-ASSESSMENT

Rate yourself by ticking only one box out of the 3 options provided

<b>PROFILLING: (Tick Appropriately)</b> <b>Lesson 2- Practical; MY PROGRESS?</b>			
			
	<b>Good</b>	<b>Satisfactory</b>	<b>Needs Improvement</b>
<b>What have I Learned?</b>	<b>Instrumental Tabla – Play simple Rhythmic Pattern</b>		
The structure of Teentaal (Description)			
Notation of Teentaal			
Padhant of teentaal			
Playing Teentaal			
Padhant and playing the variations of Teentaal			
Systematically play the theka od Teentaal and its variations			



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