

# **TEACHER'S GUIDE**

**FOUNDATIONAL PROGRAMME FOR LITERACY,  
NUMERACY AND SKILLS**

## **INSTRUMENTAL MUSIC**

### **GRADE 8**

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

**TEACHER'S CARD 2**

**MOE  
MAHATMA GANDHI INSTITUTE  
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# GUIDE TO EDUCATORS

Title of Card: Play Simple Melodic Or Rhythmic Pattern

## **Competency 1:**

Handling and Practice

## **Element 3:**

Demonstrate instrumental practice routines.

## **Performance Criteria:**

- **Level 1:**  
Participates in guided practice sessions

## **Purpose of Activity:**

This activity helps students learn how to play short musical patterns correctly on their instrument. By practising slowly and repeating the phrases, learners improve their hand movement, sound quality, and timing. It also builds confidence when playing alone or with others. Students will begin to recognise musical patterns and understand how they fit together in a piece of music.

## **Resources and Materials:**

- Musical Instruments (Sitar, Tabla)
- Mizraab for Sitar Students
- Student Workbook
- Appropriate seating arrangement
- Whiteboard and Marker

## **Learning Outcomes:**

**At the end of the lesson, students will be able to:**

- Identify and reproduce simple melodic or rhythmic patterns demonstrated by the teacher.
- Perform short musical phrases on sitar or tabla using correct hand technique.
- Maintain a steady pulse and consistent tempo during practice and performance.
- Listen attentively and respond to musical cues in call-and-response activities.
- Demonstrate good posture, instrument handling, and develop regular practice habits.

# Teaching Trajectories / Implementation Guidelines

## Introduction

This lesson introduces learners to the foundational techniques required for performing simple melodic and rhythmic patterns on the sitar and tabla. It emphasizes correct posture, instrument handling, and the development of basic playing strokes that support musical accuracy and control. Through guided exploration, students become familiar with essential patterns, listening skills, and coordinated practice routines that prepare them for more advanced repertoire. The lesson aims to build confidence, musical awareness, and disciplined habits that are integral to early instrumental learning in Indian classical music.

## INSTRUMENTAL SITAR

Taal is a means to measure time in music. It is a rhythmic cycle which consists of a specific number of beats in one cycle.

Some musical instruments used to provide taal in Indian music are shown below:



## ACTIVITY 1

### INTRODUCING ALANKAAR

- Explain the meaning of Alankaar and its purpose in Indian classical music.

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

### SING/DEMONSTRATE A SIMPLE ALANKAAR

- Write the following simple Alankaars on the whiteboard.

<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

- Sing or Demonstrate above simple **Alankaars** on the **Sitar**.



## ACTIVITY 3

### HOW TO CREATE AN ALANKAAR?

- Ask students to study the following **Aroha** of an **Alankaar**.

**Aroha:** SRG, RGM, GMP, MPD, PDN, DN Ś

- Explain **step by step** 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.

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

- Repeat above steps for the **Avaroha** of the Alankaar.

**Avaroha:** Ś N D P M G R S

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









## ACTIVITY 4







### PLAYING OF ABOVE ALANKAAR

- Demonstrate and guide students how to play above **Alankaar** in both **Aroha** and **Avaroha**.
- 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, DNŚ

Finger techniques			
Strokes pattern			

AV: ŚND, NDP, DPM, PMG, MGR, GRS

Finger techniques			
Strokes pattern			

- Ask students to observe how the use of the left hand's middle finger differs in **Aroha** and **Avaroha**.



## ACTIVITY 5

### 5. Complete and practice following Alankaars.

- Guide students to 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>Avaroha</b>	ŚRS, ____, DPD, ____, MGM, ____, RSN.
4.	<b>Aroha</b>	SR SRG, _____, GM GMP, _____, PD PDN, _____.
	<b>Avaroha</b>	ŚN ŚND, _____, DP DPM, _____, MG MGR, _____.

- Once **Alankaars** have been completed, guide students to play them on the sitar with the appropriate finger techniques and stroke patterns.



## ASSESSMENT

### ASSESSMENT CRITERIA

Students will be assessed through observation, guided performance, written notation work, and technical execution. Assessment focuses on accuracy, technique, fluency, posture, and understanding of Alankaar structure.

Criteria	Indicators of Achievement
1. Accuracy in Playing Alankaars	Learners should be able to: <ul style="list-style-type: none"><li>▪ Correctly reproduce the Alankaars demonstrated by the teacher.</li><li>▪ Maintain the correct Aroha (ascending) and Avaroha (descending) sequence.</li><li>▪ Avoid note omissions, additions, or pitch inaccuracies.</li></ul>
2. Technical Skills and Hand Technique	Learners should be able to: <ul style="list-style-type: none"><li>▪ Use correct fingering patterns on the sitar or correct strokes on the tabla.</li><li>▪ Apply appropriate mizraab strokes (for sitar) or bol execution (for tabla).</li><li>▪ Demonstrate clear sound production with control and consistency.</li></ul>
3. Rhythmic Stability and Tempo Control	Learners should be able to: <ul style="list-style-type: none"><li>▪ Maintain a steady pulse throughout the practice.</li><li>▪ Keep a consistent tempo in both singing and playing.</li><li>▪ Follow teacher cues accurately during call-and-response patterns.</li></ul>
4. Posture and Instrument Handling	Learners should be able to: <ul style="list-style-type: none"><li>▪ Sit correctly and maintain a stable playing posture.</li><li>▪ Handle instruments with care and discipline.</li><li>▪ Position hands appropriately throughout the activity.</li></ul>
5. Listening and Response	Learners should be able to: <ul style="list-style-type: none"><li>▪ Listen attentively to the teacher's demonstration.</li><li>▪ Respond accurately in call-and-response activities.</li><li>▪ Show awareness of musical phrasing and movement (Aroha/ Avaroha).</li></ul>
6. Notation and Completion of Alankaars	Learners should be able to: <ul style="list-style-type: none"><li>▪ Write simple Alankaars using correct sargam notation.</li><li>▪ Complete partially given patterns logically.</li><li>▪ Maintain correct ascending and descending logic while notating.</li></ul>



## ASSESSMENT

### ASSESSMENT RUBRIC

Criteria	Basic	Intermediate	Proficient
<b>Accuracy in Playing Alankaars</b>	Plays some notes correctly but often breaks sequence; frequent errors in aroha/avaroha.	Plays most notes correctly; minor mistakes in sequence or consistency.	Plays accurately with correct sequence in both directions; confident and fluent.
<b>Technical Skills &amp; Hand Technique</b>	Fingering or stroke technique inconsistent; sound unclear or uneven.	Technique mostly correct; occasional inconsistencies in sound or control.	Demonstrates correct, stable technique with clear and controlled sound quality.
<b>Rhythmic Stability &amp; Tempo</b>	Tempo varies; struggles to maintain steady pulse or follow cues.	Maintains steady pulse with small fluctuations; follows cues fairly well.	Keeps steady, consistent tempo; responds accurately to all cues.
<b>Posture &amp; Instrument Handling</b>	Posture unstable; instrument handling requires frequent correction.	Posture generally correct with occasional lapses; handles instrument appropriately.	Maintains correct posture throughout; handles instrument confidently and safely.
<b>Listening &amp; Response</b>	Limited listening; difficulty responding to patterns; needs repetition.	Listens and responds with some accuracy; occasional delays or errors.	Responds accurately and promptly; shows clear listening comprehension.
<b>Notation &amp; Completion of Alankaars</b>	Writes incomplete/incorrect patterns; mistakes in sargam or movement direction.	Writes mostly correct patterns with minor errors in spacing or flow.	Writes complete, logically structured Alankaars with correct sargam notation and movement.

## EXTENSION OF ACTIVITY

Learners can create a short original Alankaar and notate it correctly in their workbook. They may later perform it for the class or in small groups.

## INSTRUMENTAL TABLA



### ACTIVITY 1

#### TEENTAAL

- STEP 1 - Description of Teentaal

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.

#### 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

- STEP 2 - Padhant of Teentaal

Recite and count 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	Little finger	CLAP	Little finger	Middle finger	Middle finger	KHALI - WAVE	Little finger	Middle finger	Middle finger	CLAP	Little finger	Middle finger	
		Ring Finger				Ring Finger				Ring Finger				Ring Finger		

- Step 3 - Playing Teentaal

Execution of 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 students demonstrate secure control of each pattern, guide them to perform the complete Teentaal structure.

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

Proceed with padhant and play the variations 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 DhinDhin Dha	DhaDha Dhin DhinDhin Dha	DhaDha Tin TinTin Ta	TaTa Dhin DhinDhin 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

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



## ASSESSMENT

### ASSESSMENT CRITERIA

Students will be assessed on the following:

Criteria	Indicators of Achievement
<b>1. Accuracy in Playing the Theka of Teentaal and Its Variations.</b>	<ul style="list-style-type: none"><li>▪ Checks how correctly and smoothly students play the theka and variations, with the right bols and sequence.</li></ul>
<b>2. Technical Skills &amp; Hand Technique.</b>	<ul style="list-style-type: none"><li>▪ Look at correct fingering, hand position, and clear sound when playing.</li></ul>
<b>3. Rhythmic Stability &amp; Tempo (Laya)</b>	<ul style="list-style-type: none"><li>▪ Measures how well students keep a steady beat and maintain the correct tempo.</li></ul>
<b>4. Padhant (Recitation &amp; Counting)</b>	<ul style="list-style-type: none"><li>▪ Assesses clear and accurate recitation of bols and counting with proper hand gestures.</li></ul>
<b>5. Notation &amp; Completion of Teentaal</b>	<ul style="list-style-type: none"><li>▪ Checks if students can correctly notate Teentaal and its variations.</li></ul>



## ASSESSMENT

### ASSESSMENT RUBRIC

Criteria		Basic	Intermediate	Proficient
<b>1. Accuracy in Playing the theka of Teentaal and its variations.</b>		Plays some bols correctly but often breaks sequence; frequent errors.	Plays most bols correctly; minor mistakes in sequence or clarity.	Plays the full theka and variations accurately with correct sequence, tone, and fluency.
<b>2. Technical Skills &amp; Hand Technique</b>		Hand placement or strokes inconsistent; sound unclear or uneven.	Technique mostly correct; occasional inconsistencies in control or clarity.	Demonstrates correct, stable fingering and striking technique with clear, consistent sound.
<b>3. Rhythmic Stability &amp; Tempo (Laya)</b>		Tempo fluctuates; struggles to maintain laya or complete avaratan.	Maintains laya with small fluctuations.	Maintains steady, consistent laya across avaratans.
<b>4. Padhant (Recitation &amp; Counting)</b>		Recites with errors; counting is inconsistent; difficulty aligning bols with beats.	Recites mostly correctly with minor lapses in laya or pronunciation.	Recites confidently with accurate pronunciation, steady laya, and clear alignment of bols to beats.
<b>5. Notation &amp; Completion of Teentaal</b>		Notation is incomplete or incorrect.	Notation is mostly correct with minor structure or taal sign errors.	Writes complete, accurate Teentaal notation with correct bols, structure and Taal signs.

## EXTENSION OF ACTIVITY

- Practice Teentaal and its variations with Lehra.
- Use Teentaal to accompany a song with teacher's guidance.



### ACTIVITY 1

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

- The theka of Teentaal consists of 16 Matras. ....
- Teentaal consists of 3 vibhaags only. ....
- Teentaal is usually played in solo recitals and while accompanying classical and semi-classical music and dance. ....
- Khali of Teentaal is shown on the 9<sup>th</sup> Matra. ....
- Tali-s in Teentaal is only shown on the 5<sup>th</sup> and 13<sup>th</sup> Matra. ....
- 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			



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