



TEACHER'S GUIDE
FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

VOCAL MUSIC

GRADE 7

**TITLE OF CARD :
INTRODUCTION TO SWARAS**

**MOE
MAHATMA GANDHI INSTITUTE
2025**

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GRADE 7

GUIDE TO EDUCATORS

TITLE OF CARD :
INTRODUCTION TO SWARAS



Competency

Students develop voice culture and musical understanding by identifying, producing, and singing the seven natural notes of Indian music.

Element

Produce natural musical notes (Sa-Ni) (adapt as necessary for Carnatic Music)

Performance Criteria

Level 1: Reproduce musical notes with teacher support.

Level 2: Sing musical notes independently with clarity and pitch accuracy.

Range:

The seven natural notes of the scale: **Sa, Re, Ga, Ma, Pa, Dha, Ni** (Carnatic equivalents: Sa, Ri, Ga, Ma, Pa, Dha, Ni – adapt where necessary)

Purpose of Activity

- To introduce learners to **Swaras**, the basic sounds used in Indian music.
- To help students understand that swaras form the **foundation of all melodies**, similar to how the alphabet forms the basis of reading and writing.
- To build early skills in **listening, pitch awareness, and voice culture**.tasks.

Learning Outcomes

By the end of the lesson, students should be able to:

- Define swaras in simple terms.
- Identify and write the seven natural notes (Sa-Ni).
- Sing the sequence of natural swaras with correct pitch and clarity.
- Maintain stable posture and basic vocal readiness while singing.

Resources & Materials

Teacher may prepare their own resources or use any of the following:

- Tanpura (electronic or traditional) (or Shruti box in Carnatic music)
- Electronic keyboard
- Whiteboard and markers
- Audio speakers / microphone
- Flashcards showing swaras
- Printed worksheets
- AI / internet tools for swara audio examples (YouTube, music apps, etc.)

Teaching Trajectories / Implementation Guidelines

Introduction

What are Swaras?

Swaras are the basic musical sounds that we use to sing melodies. Just as we start reading with ABC, we start music with **Sa, Re, Ga, Ma, Pa, Dha, Ni**. Each swara has a unique sound and position. These notes form the building blocks of all songs and ragas in Indian music (adapt as necessary for Carnatic Music).

To sing swaras well, students must use:

- Good posture
- Proper breathing
- Focused listening

These help the voice stay steady, clear, and comfortable.



Teaching Steps

1. Begin with simple breathing exercises (inhale–exhale, humming) to prepare the voice.
2. Play the **Tanpura** and help students listen to the steady sound of Sa, the base note.
3. Introduce the concept of swaras and teach the correct order: **Sa, Re, Ga, Ma, Pa, Dha, Ni** (Provide Carnatic equivalents where needed.)
4. Demonstrate singing the notes slowly. Students repeat in a call-and-response format.
5. Play short audio clips or sing examples of Sa–Ni to support listening skills.
6. Provide a worksheet for students to write and identify swaras.
7. Display key points on the whiteboard for copybook notes.
8. Practice in small group singing to build confidence.
9. Give individual turns to check pitch clarity and correct placement.
10. Use student responses as a **diagnostic assessment** to identify who needs reinforcement.



Activity 1

Listening and Echo Singing

Students listen to the teacher singing Sa-Ni and echo back the sequence using soft, steady voice.



Activity 2

Writing Swaras

Students complete a worksheet where they write the seven natural notes in order and match swaras to their symbols.



Assessment

Formative – Class Participation, Oral Questions, Observation

Sample Oral Questions:

- What is a swara?
- Name the seven natural swaras.
- Which note do we start with? Why?



Assessment Criteria

Singing Swaras

- **Pitch Accuracy:** Can match the teacher's pitch for Sa–Ni.
- **Clarity:** Produces clear, steady sound with minimal strain.
- **Sequence Recall:** Recalls and sings swaras in correct order.
- **Listening Response:** Responds correctly in echo activities.

Written Work

- Correct spelling and order of swaras.
- Neatness and correct symbol placing.
- Able to identify swaras from a given list.



Assessment Rubric

Criterion	Basic	Intermediate	Proficient
Pitch & Singing Technique	Struggles to match pitch; inconsistent sequence; needs frequent support inconsistent sequence; needs frequent support	Matches some notes; shows partial control; sequence mostly correct	Sings all notes clearly, accurately, and independently
Listening & Response	Requires repeated prompts; low accuracy in echo responses	Responds with moderate accuracy; some hesitation Responds with moderate accuracy; some hesitation	Responds confidently and accurately in all listening tasks
Written Identification	Incorrect or incomplete order of swaras	Mostly correct order with minor errors	Fully correct order and accurate written notation
Posture & Basic Vocal Skills	Posture unstable; inconsistent breathing	Shows developing posture; needs reminders	Maintains stable posture and breath support independently



Extension Activity

Students watch short videos demonstrating swaras or simple musical exercises (YouTube, music-learning apps), and practice singing Sa-Ni at home.



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