

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR LITERACY,
NUMERACY AND SKILLS

INSTRUMENTAL MUSIC

GRADE 7

TITLE : INTRODUCTION TO MUSICAL NOTES

**MOE
MAHATMA GANDHI INSTITUTE
2026**

TABLE OF CONTENTS

Student's Worksheet	01
Introduction	02
Part 1	02
Part 2	03
Part 3	04
Part 4	05
Aroha and Avaroha	06
Exercise 1 & 2	07
Exercise 3 & 4	08
Lesson 2- Introduction to the Musical Notes	09

GRADE 7

STUDENT'S WORKSHEET

TITLE :
**MEET THE SWARA-S: YOUR FIRST
MUSICAL TOOLKIT**



Introduction

In this lesson, you will learn about *swara-s*, 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 *swara-s* 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 *alankaar-s*, *raga-s*, and playing musical patterns on instruments.

Part 1








What is a *Swara*?

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* can be defined as the tone of a definite pitch which conveys an expression. It needs to be pleasant and soothing to the ears the listener. The **seven shuddha swara-s** of Indian Classical Music are as shown below:

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

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

Part 2

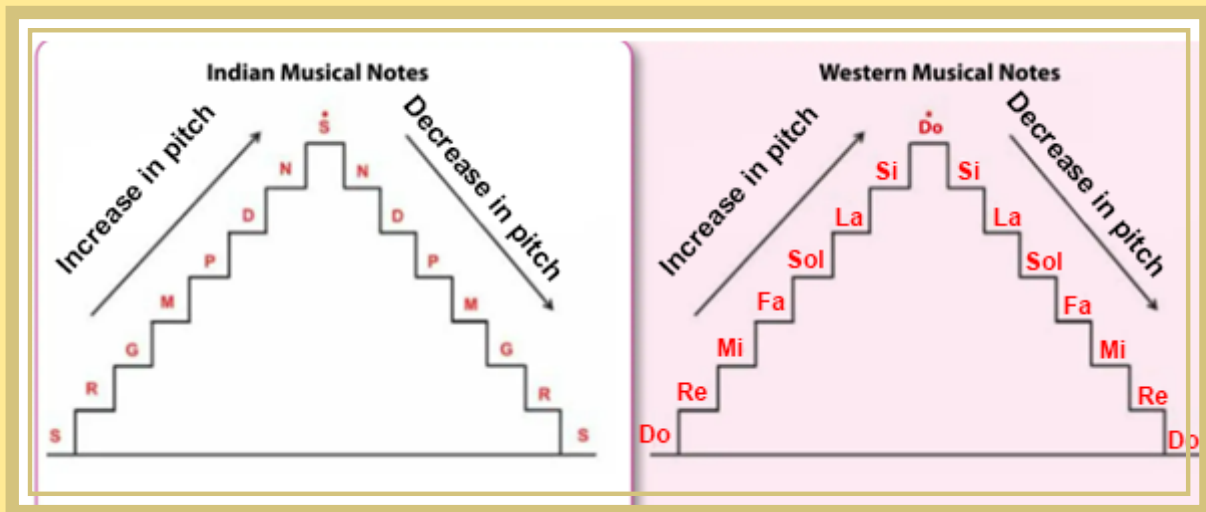
Connecting Indian and Western Musical Notes

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 pitch to higher one.



Think of above diagram like a staircase of sound. When we go up the steps, we are moving to a **higher pitch** and when we go down the steps, we moving to a **lower pitch**.




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



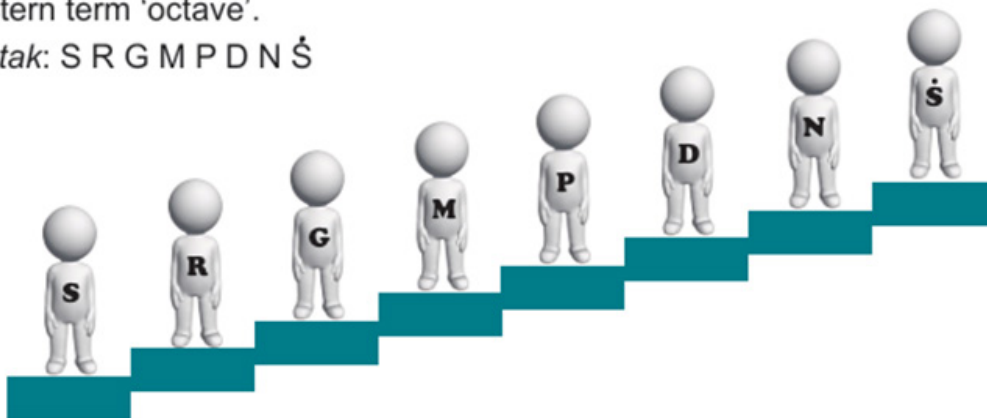
The three main *saptak*-s in Indian music are:

<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: ऌ, ऍ, ...	
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: ऎ, ए, ...	

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'.

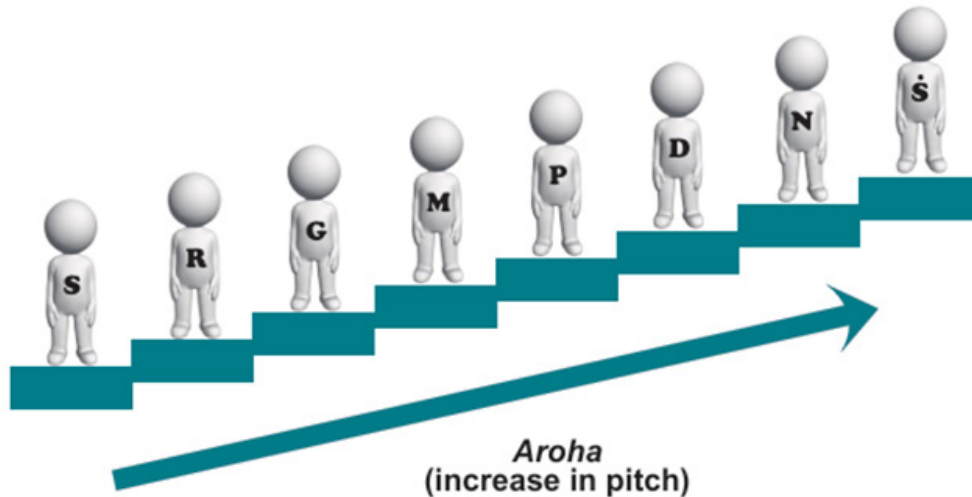
Ashtak: S R G M P D N ऌ



Aroha & Avroha

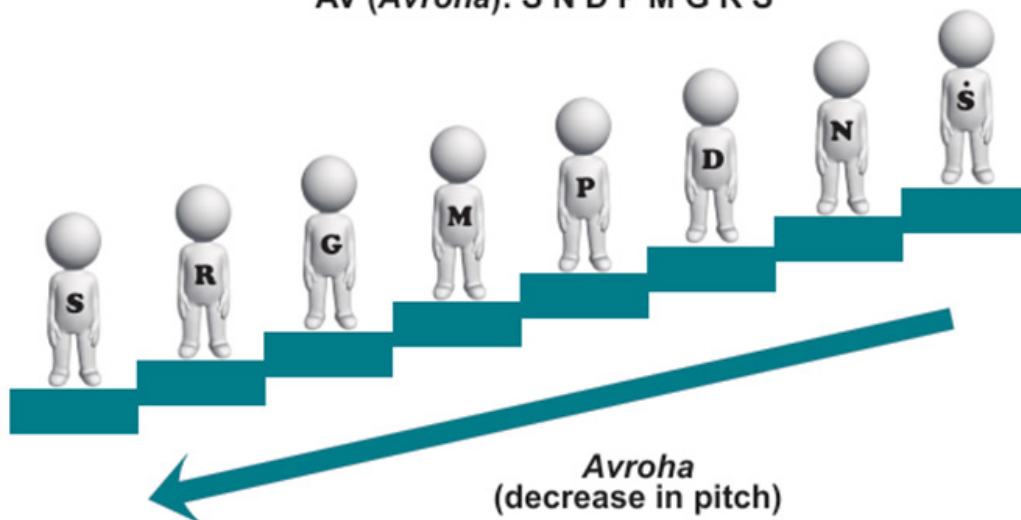
Aroha is the sequence of *swara*-s in which they are sung or played in an ascending order of their pitch, that is, starting from a low pitch and ending to a higher one.

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

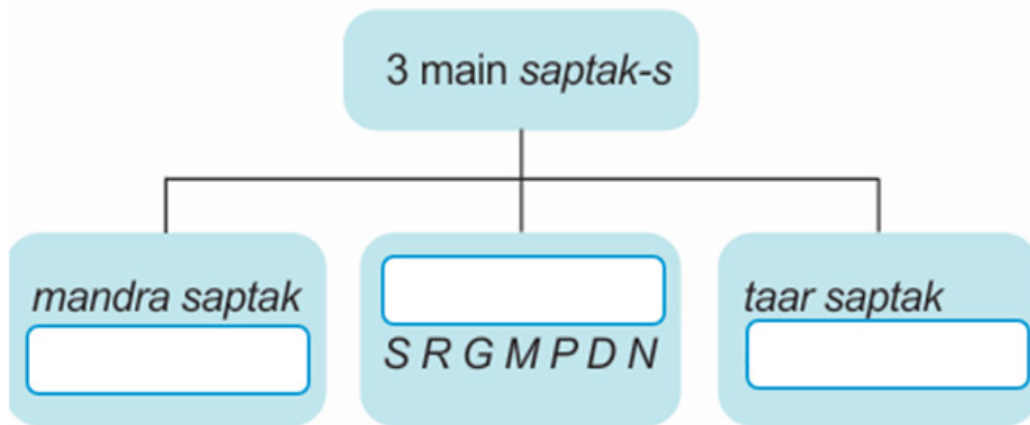
Nishada

N

Madhyama

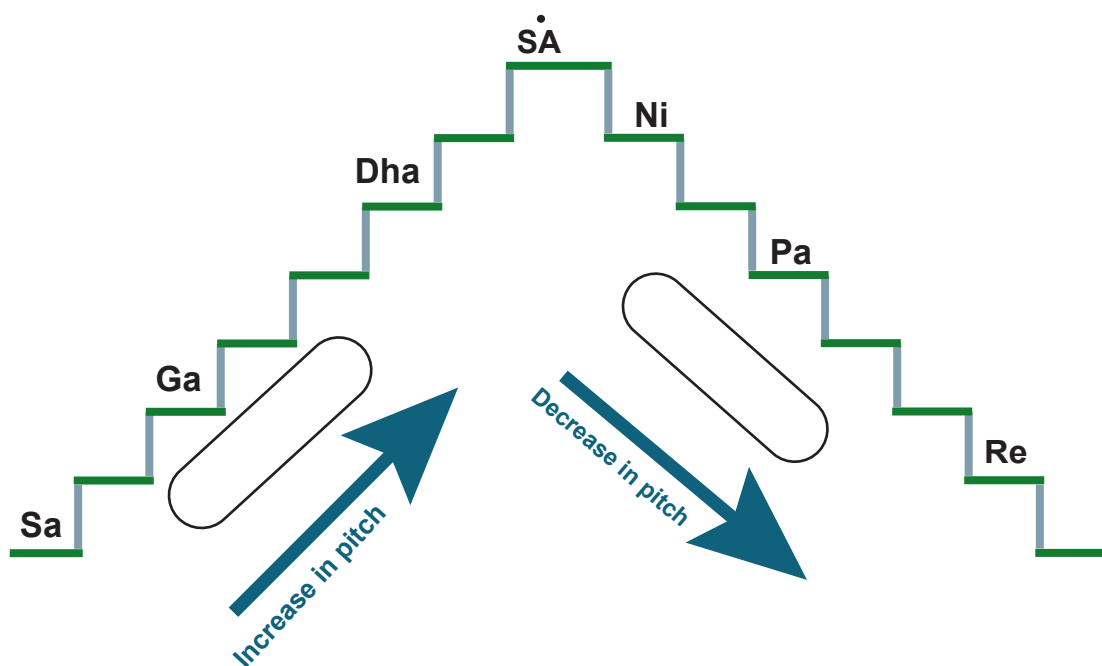
Exercise 3

Fill in the missing details about the 3 main *Saptak-s*.



Exercise 4

In the diagram below, complete the *Aroha* and *Avroha* by inserting the correct *Swara* on the empty steps. Fill in the blank boxes to indicate the *Aroha* and *Avroha*.



PROFILING: (Tick Appropriately)

Lesson 2- Introduction to Musical Notes; MY PROGRESS?

			
	Good	Satisfactory	Needs Improvement
What have I Learnt?			
Definition of <i>Swara / Saptak / Ashtak</i>			
Relating Indian Musical Notes with Western Musical Notes			
Writing the Seven <i>Swara-s</i>			
Completing <i>Swara</i> Sequences			
Listing the Three <i>Saptak-s</i>			
Recognising <i>Aroha/ Avroha</i>			
Completing <i>Aroha/ Avroha</i>			



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