

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS

INSTRUMENTAL MUSIC

GRADE 7

TITLE :

**NATURE'S ORCHESTRA:
CREATING MUSIC FROM THE ENVIRONMENT**

**MOE
MAHATMA GANDHI INSTITUTE
2026**

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**NATURE'S ORCHESTRA: CREATING
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INTRODUCTION

In this lesson, you will explore sound as the foundation of music by learning about the Indian music concepts of **Naad** and **Shruti**. Through careful listening to sounds from nature and everyday life, you will discover how sounds are created, how they differ in quality and pitch, and how some sounds feel pleasant while others become noise. You will learn to distinguish between **āhata naad** (struck sound) and **anāhata naad** (unstruck sound), and understand how subtle variations in sound, known as **shruti**, shape musical experience.

By listening, experimenting with sounds, and creating your own soundscape, this lesson offers an enjoyable and creative way to experience music while learning about the world around you.

Activity 1

Sound Exploration Walk

- Organise yourselves in groups of three.
- Accompanied by your teacher, take a walk within the school compound.
- Listen carefully and take note of what you can hear.
- Once you are back in your classroom, fill the information in the given table.



Sounds I heard	Source		Sound Characteristics	
	Natural	Man-made	Pleasant	Unpleasant



Was the activity interesting?

Its purpose is to develop your listening skills and create an awareness of sounds you can hear in a school environment.

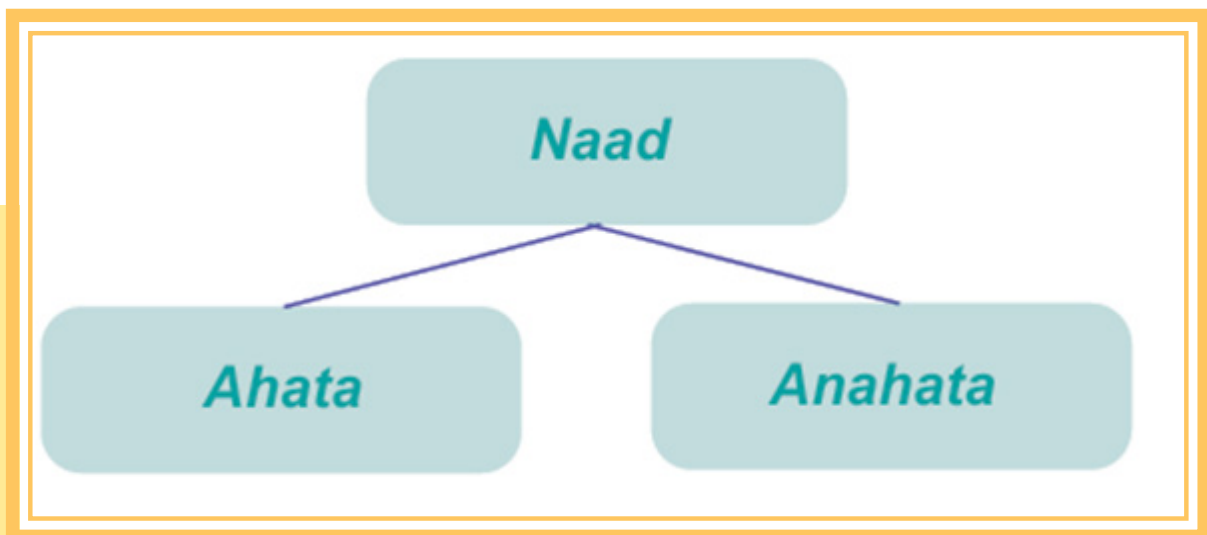
Activity 2

Naad

Naad is the essence of music and is related to vibration and sound. *Naad* is referred to as the divine sound on which the whole universe is based.

In the Indian tradition, *naad* or sound is considered to be a manifestation of God and is referred to as "**Naad Brahma**".

There are two types of *naad* namely *ahata* and *anahata*.



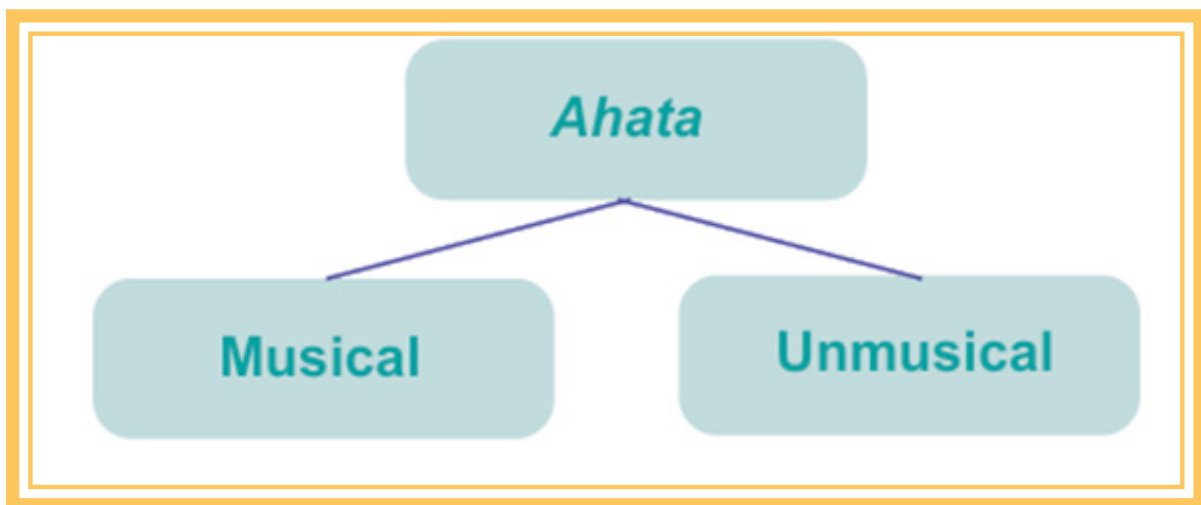
2.1 Ahata Naad

Also known as 'struck sound', *ahata naad* is caused by the vibrations formed by the impact / friction of two or more objects. Therefore, this is a physical sound which is transmitted through a medium and is perceived by the human ears.

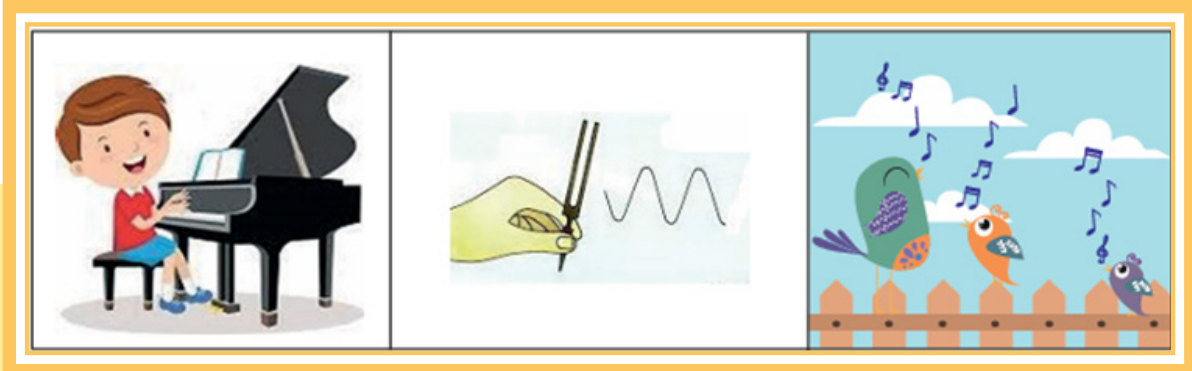


Examples of Ahata Naad

Ahata naad is of 2 types - the musical and unmusical.

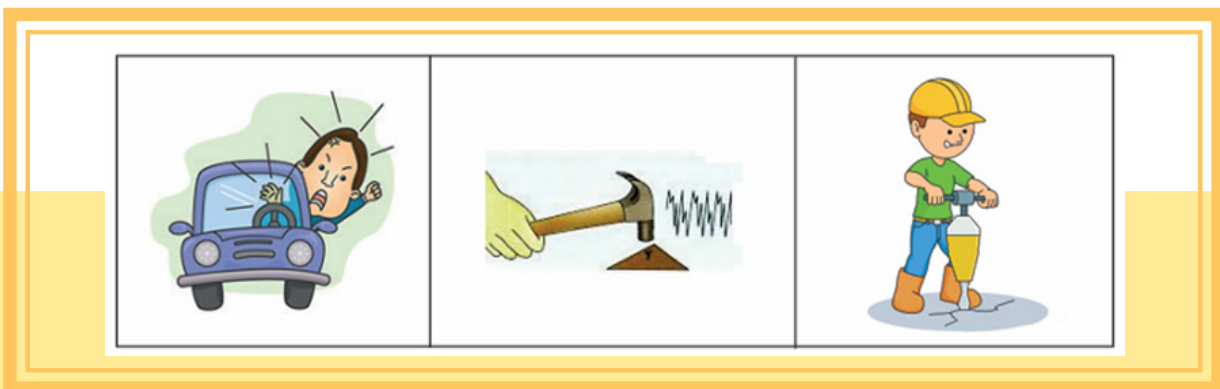


Sound which is produced by regular vibrations and is pleasant to the ears is called **musical sound**. For example, sounds produced by musical instruments have a soothing and pleasing effect on the human mind.



Examples of Musical sounds

Unwanted and unpleasant sounds which are produced by irregular vibrations is called **unmusical sounds**. Car horns and drilling machines produce noise which can be perceived as health hazards.



Examples of Unmusical sounds

2.2 Anahata Naad

Also known as 'unstruck sound', *anahata naad* prevails in the universe and cannot be perceived by the human ears. It is a metaphysical sound that can be attained only by saints who are in deep meditation.



Metaphysical sound present when saints are in deep meditation.

2.3 Shruti

The musical term *shruti* is derived from the Sanskrit word 'shru' which means hearable. *Shruti* is the minimal sound which can be heard by the human ears.

Activity 3

Nature's Orchestra; create a soundscape

Instructions:

- Form a group of four to five students.
- Create a **short sound piece (1-2 minutes)** that represents the sounds you hear in your environment.
- Use your **voice, body percussion (clapping, tapping, snapping), or safe classroom objects** to create sounds.
- You can use ideas like:
 - **Leaves** → soft finger rubbing
 - **Birds** → high-pitched whistling
 - **Cars** → low humming sound
 - **Noise pollution** → sudden clap or bang
- Practise your soundscape together and make sure everyone participates





Activity 4

- Perform your soundscape for the class as a group.
- After your performance, explain what each sound represents in the environment.
- Talk about which sounds are **pleasant** and which are **unpleasant**, and discuss which sounds should be reduced to **protect the environment**.
- Reflect on how noise affects **people, animals, and nature**.
- Share one idea on how we can help create a **quieter and healthier environment**.

Exercise 1

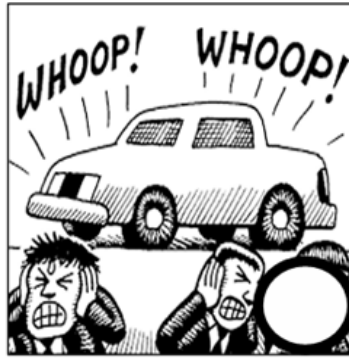
Instructions: Cut the images below and paste them in the correct column in the table below.



Natural Sounds	Man-made Sounds	Noise

Exercise 2

Put a tick (✓) in the circle to indicate a musical sound and a cross (X) to indicate an unmusical sound.



Exercise 3

Instructions for Students

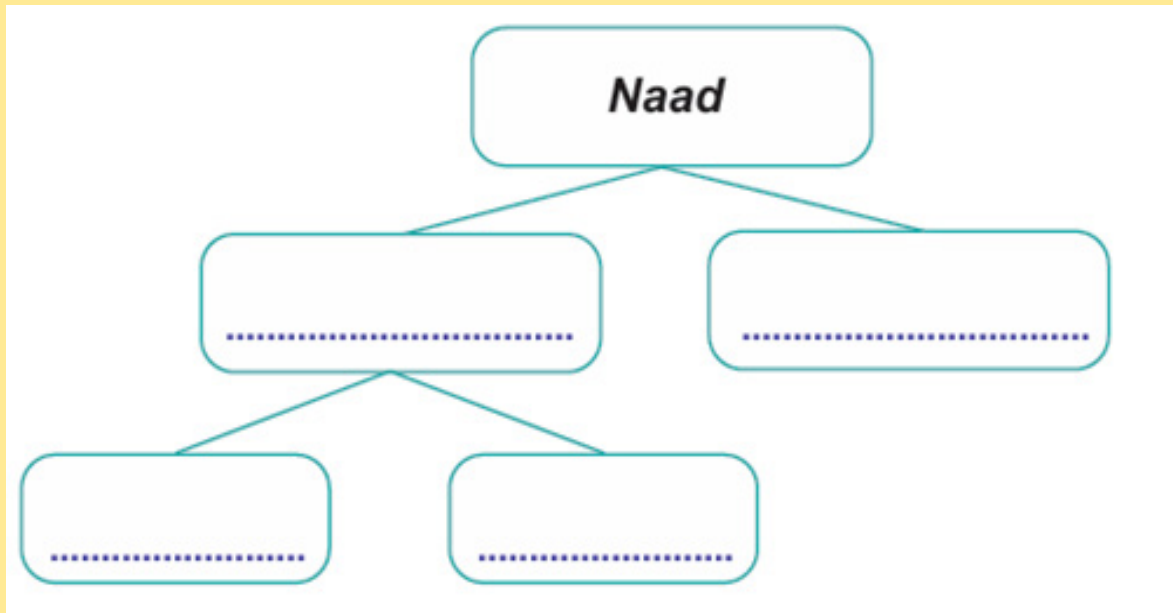
Complete the following diagram with appropriate words from the list given below.

Musical Sound

Ahata Naad

Anahata Naad

Unmusical Sound



PROFILING: (Tick Appropriately)

Lesson 4 – Naad and Shruti; MY PROGRESS?

			
	Good	Satisfactory	Needs Improvement

What have I Learnt?

Define musical terms like <i>Naad</i> and <i>Shruti</i>			
Differentiate between <i>Ahata</i> and <i>Anahata Naad</i>			
Identify natural and man-made sounds from the environment.			
Identify and differentiate between musical and unmusical sounds			
Participate actively in creating environment-inspired soundscape			
Work cooperatively with group			
Reflect on how sounds affect people and the environment.			



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