

STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR LITERACY,
NUMERACY AND SKILLS

INSTRUMENTAL MUSIC

GRADE 7

TITLE :

RASA: EXPRESSING FEELINGS THROUGH MUSIC

**MOE
MAHATMA GANDHI INSTITUTE
2026**

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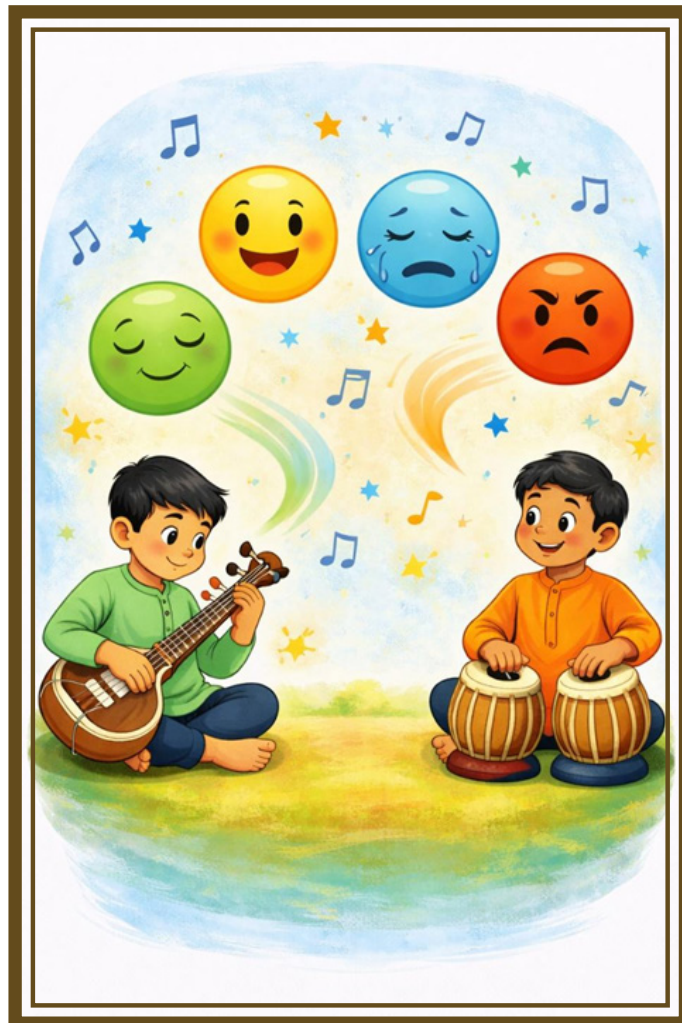
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**RASA: EXPRESSING FEELINGS
THROUGH MUSIC**



INTRODUCTION

In this lesson, you will explore an important idea in Indian music called *Rasa*, which means the feelings or emotions that music can express. Music is not only about playing the correct notes or rhythms; it is also about how music makes us feel. As you listen to different pieces of music, you will be encouraged to pay close attention to the mood, speed, and strength of the sounds.

You will listen, imagine, and think about the emotions you hear before learning the names of different *Rasa*-s. Through discussion and simple musical activities, you will use sounds, rhythms, and movements to depict a particular *Rasa*. This lesson is designed for both sitar and tabla students and focuses on expressing emotions clearly rather than playing difficult techniques. By the end of the lesson, you will understand how music can communicate feelings without using words.

Activity 1

What is *Rasa*? (Introduction)

Music, dance, drama, poetry, painting and sculpture to a certain extent are the performing arts. Their sources are from the concept of *nava-rasa*, or the nine emotions.

Rasa literally means juice or essence. However, in the present context, *rasa* conveys an emotion. When the notes of the raag are harmonised to express only one emotion or idea, the impact of the raag will be more intense. Music is magical, soothing and lightens the mood. Some scholars state that there are eight or ten *rasa*-s. But it is established and accepted that there are nine principal sentiments (*nava-rasa*)

Activity 1: Learning About Rasa

Exploring Emotions in Music

Rasa means “flavor” or “essence” and refers to the emotions or feelings that music can express.



Happiness



Sadness



Peacefulness




Anger




Activity 2

The different types of *Rasa*-s.

Rasa	Description
Shringaar	<p><i>Shringaar</i> is a romantic and seductive emotion. It symbolises the universal creative energy also known as the <i>adi</i> (original) <i>rasa</i>.</p> 

Rasa	Description	
Hasya	<p><i>Hasya</i> means funny, entertaining and laughter. It creates an atmosphere of joy and bliss to please the audience by the playful interaction of melody and rhythm performed by the main instrumentalist / singer and the tabla player.</p>	
Karuna	<p><i>Karuna</i> means sadness, depression and sorrow. It expresses desolation and yearning for the loved one.</p>	
Raudra	<p><i>Raudra</i> illustrates anger or agitation. In music, it may be demonstrated by numerous rapid and vibrating embellishments to produce a frightening and trembling impact.</p>	

Rasa	Description	
Veer	Veer depicts courage, heroism, majesty, glory and pride.	
Bhayanak	Bhayanak means fear or frightful.	
Vibhatsa	Vibhatsa indicates dislike or disgust. Vibhatsa and bhayanak are mainly used in dramas.	
Adbhuta	Adbhuta means admiration, extraordinary, wonder or to be in awe while going through an unknown experience.	

Shanta	<i>Shanta</i> means calmness, harmony or rest.	
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Activity 3

Listening, Feeling and Matching sound to *Rasa*

- Listen as your teacher briefly revises the different types of *Rasa* and writes all nine *Rasa*-s on the whiteboard.
- Close your eyes and listen carefully to the music being played, which expresses one of the different *Rasa*-s.
- After each piece of instrumental music, open your eyes and describe how the music made you feel.
- Try to identify the *Rasa* depicted in the music excerpt.
- Your teacher will then cross out the correct *Rasa*.
- Repeat all above steps.

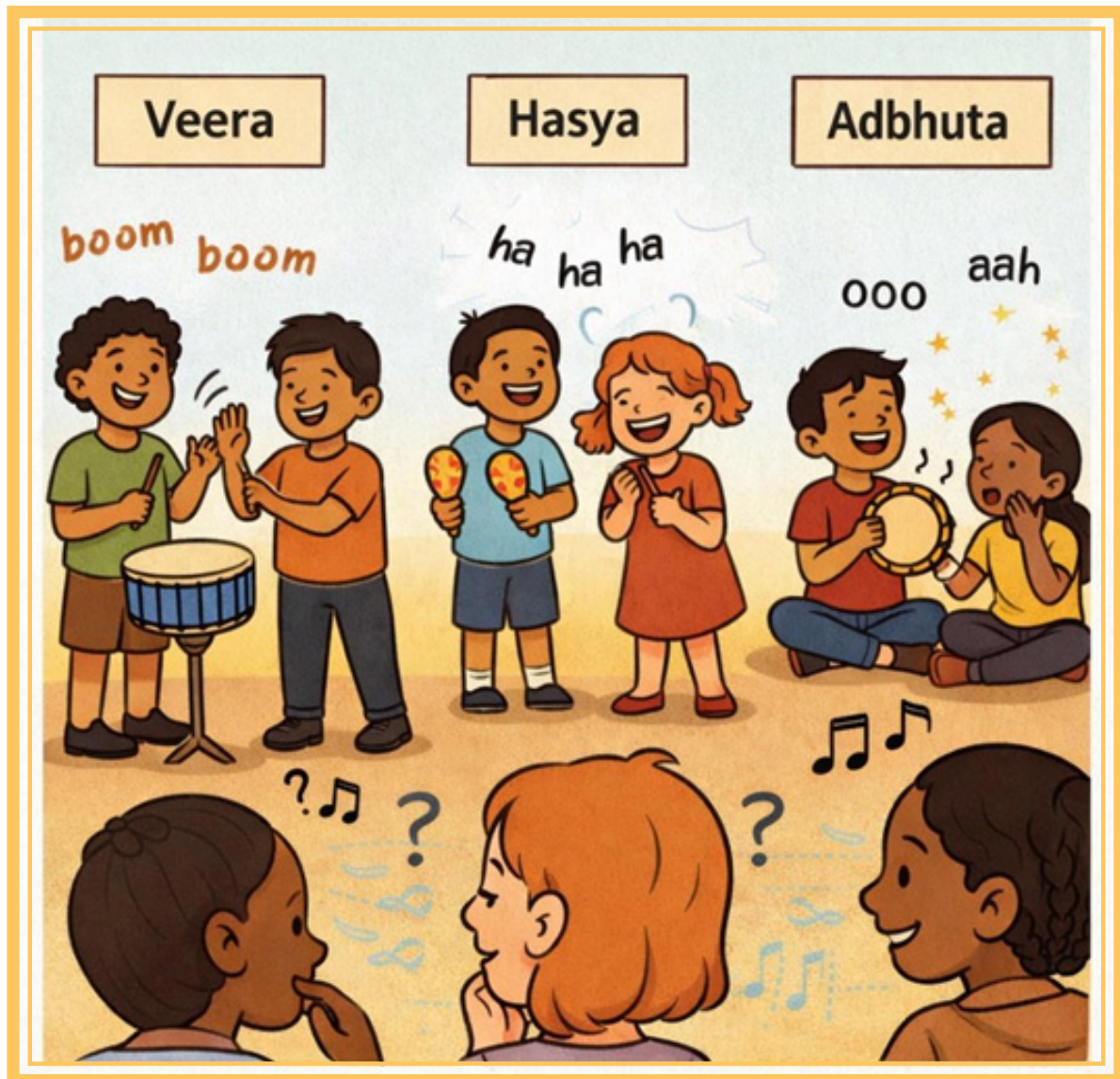


Activity 4

Group Activity

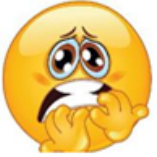
- Form groups of 4-5 students.
- Your teacher will assign one *Rasa* to each group.
- Each group has to create a short soundscape (30 seconds to 1 minute) that clearly expresses the feeling of your assigned *Rasa*.
- Use available musical instruments in classroom, body percussion, and/or vocal sounds or improvise with other objects found in class.

- Pay attention to how changes in **speed** (slow or fast), **loudness** (soft or strong), and **touch** affect the mood of the sound.
- Each group will then perform their soundscape confidently for the class while the others will try to guess which *Rasa* is being depicted.
- When your group is not performing, listen attentively to other groups and identify the *Rasa* being expressed.
- Demonstrate respectful listening and provide positive, constructive feedback to your peers.



Exercise 1

Match the following emoticons to the types of *rasa* they depict:



Veer/
Heroism

Shringaar/
Romantic

Shanta/
Calm

Raudra/
Anger

Bhayanak/
Fear

Adbhuta/
Wonder



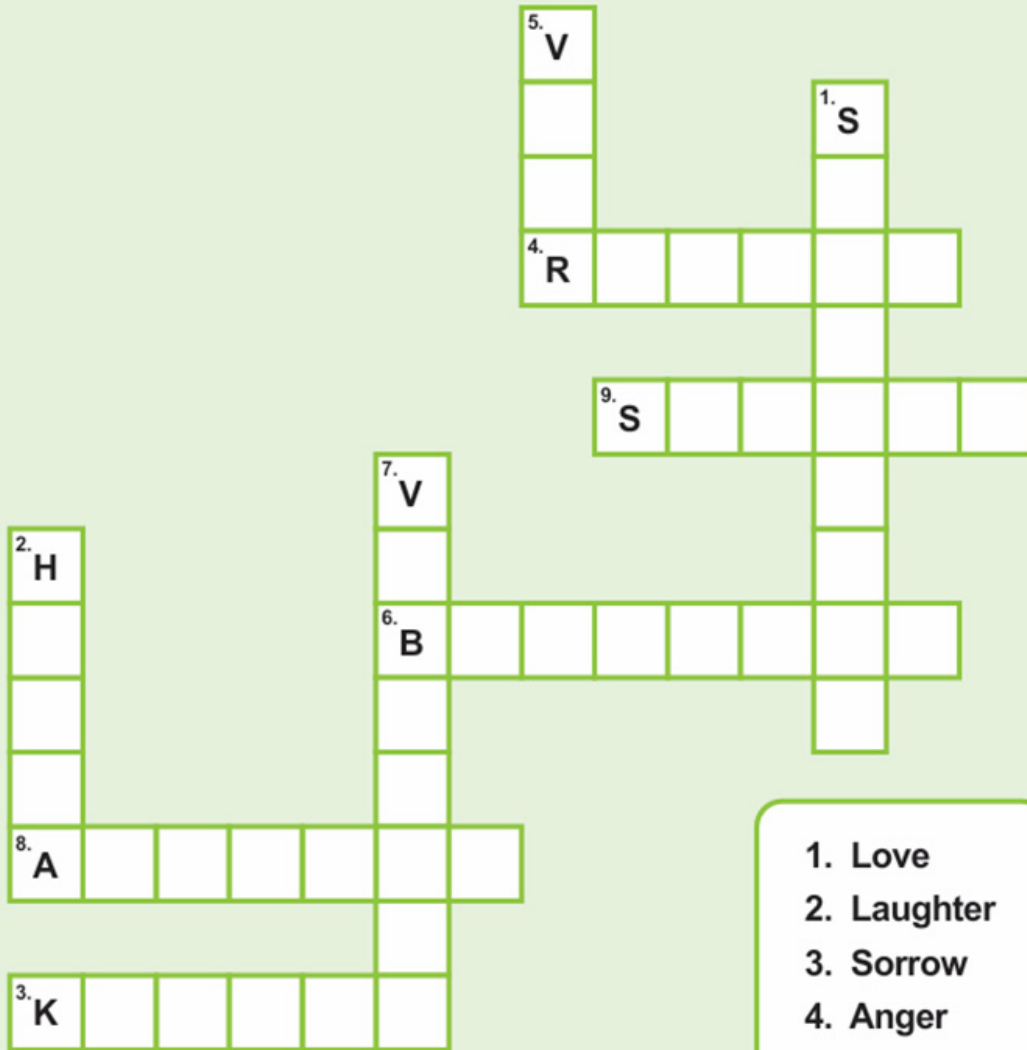
Exercise 2

Draw an emoticon to depict the following Rasas.

Hasya Rasa (Funny)	Karuna Rasa (Sorrow)

Exercise 3

Complete the 9 *rasa*-s crossword:



1. Love
2. Laughter
3. Sorrow
4. Anger
5. Courage
6. Fear
7. Disgust
8. Wonder
9. Peace

PROFILING: (Tick Appropriately)

Lesson 8- *Rasa*; MY PROGRESS?



Good

Satisfactory

Needs Improvement

What have I Learnt?

1. Define musical term <i>Rasa</i>			
2. Identify and name the nine <i>Rasa</i> -s (<i>Nava-Rasas</i>).			
3. Correctly identify and name selected <i>rasa</i> -s through listening activities.			
4. Use simple sounds, rhythms, or musical ideas to represent a given <i>rasa</i> .			
5. Identified the feeling or emotion (<i>Rasa</i>) presented by other groups.			
6. Participate actively and respectfully in group activities and discussions.			

Reflection

One *Rasa* I understood well today was:

One thing I want to improve next time is:



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