

TEACHER'S GUIDE

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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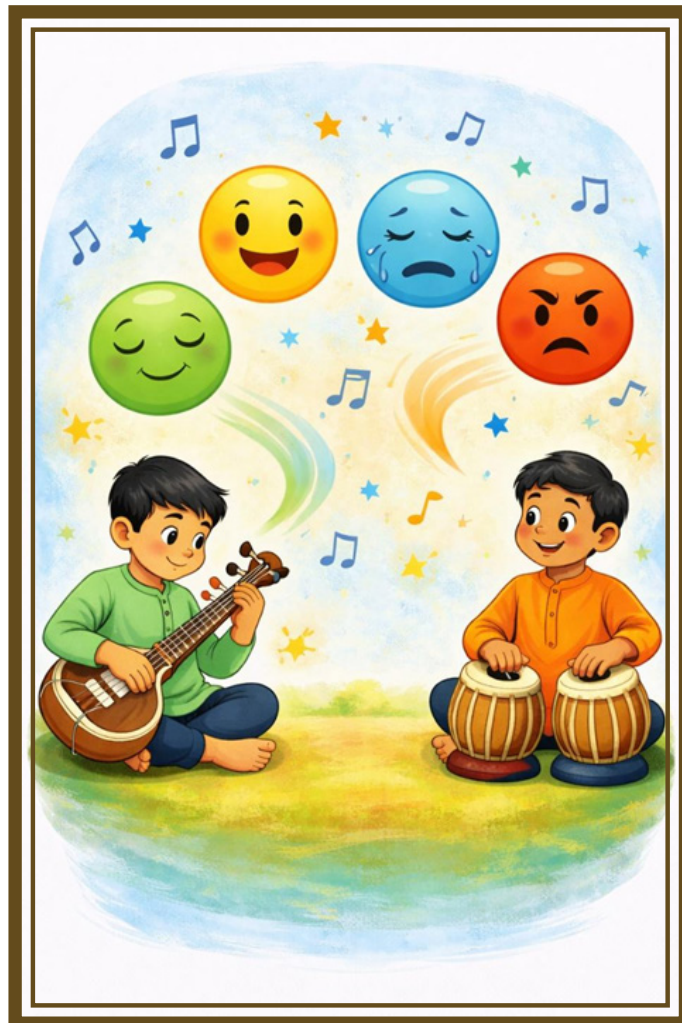
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GRADE 7

GUIDE TO EDUCATORS

TITLE :

**RASA: EXPRESSING FEELINGS
THROUGH MUSIC**



Competency

C 5 : Connecting

Element 1

Express emotions and themes through music

Performance Criteria

Level 1 : Plays with basic emotional intent

Purpose of Activity

The purpose of this lesson is to introduce learners to the concept of Rasa in Indian music and to develop their understanding of how music communicates emotions and moods. Through guided listening, discussion, and creative group activities, learners explore how elements such as tempo, Sound dynamics and Tonal quality influence emotional expressions. The lesson encourages attentive listening, emotional awareness, and simple expressive performance, supporting learners in connecting music with feelings in a meaningful and age-appropriate way.

Learning Outcomes

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

- Explain the meaning of *Rasa* as emotion or feeling in Indian music.
- Identify and name the nine Rasas (*Nava-Rasa-s*).
- Recognise selected rasas through listening to instrumental music excerpts.
- Express a given *rasa* using simple sounds, rhythms, or musical ideas.
- Demonstrate awareness of how tempo, loudness, and playing style affect musical mood.
- Participate actively and respectfully in group listening and performance activities.

Resources & Materials

- Audio clips or teacher demonstrations representing different *rasa-s*
- Student Workbook
- Whiteboard and marker
- Emotion / *Rasa* flashcards or images (optional).

INTRODUCTION

This lesson introduces learners to *Rasa*, a core aesthetic concept in Indian music that focuses on emotional expression rather than technical complexity. Teachers should adopt an experiential approach, allowing learners to listen, feel, imagine, and respond to music before naming or categorising emotions. Emphasis should be placed on attentive listening, discussion, and simple expressive responses suitable for Grade 7 learners. The lesson is designed to support both sitar and tabla students by focusing on mood, tempo, and expressive intent rather than advanced instrumental technique.

Teaching Trajectories / Implementation Guidelines

Activity 1

What is Rasa? (Introduction)

- Introduce the word *Rasa* and explain it as the feelings or emotions in music.
- Ask learners how music can make them feel (happy, calm, excited, sad).
- Show simple images or words representing different emotions.

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

- Explain each of the Nava-Rasas to the students

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*

- Do a small recap on the different types of *Rasa*-s and list all 9 *Rasa*-s on the whiteboard.
- Ask students to close their eyes and listen to the instrumental piece being played expressing one of the different *rasa*-s.
- After each audio played, asked students to open their eyes and to describe how the music feels.
- Ask students to identify the *Rasa* being portrayed in the excerpt.
- Provide correction and clarification after the students' response and cross out the correct *Rasa* from the whiteboard before moving to the next audio.
- You may refer to the following youtube links:



1. *Shringaar Rasa*

Title : *Shringara Romance*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=XeWBnhY9eMM&list=RDXeWBnhY9eMM&start_radio=1

2. *Hasya Rasa*

Title : *Hasya Humour*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=xo8cOuhFE6o&list=RDxo8cOuhFE6o&start_radio=1

3. *Karuna Rasa*

Title : *Karuna Pity*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=nH0_KM_qOro&list=RDnH0_KM_qOro&start_radio=1

4. *Raudra Rasa*

Title : *Raudra or Krodh (Anger)*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=nDj6OtAXvew&list=RDnDj6OtAXvew&start_radio=1

5. *Veer Rasa*

Title : *Veer Heroic*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=ARjBIpDI-MA&list=RDARjBIpDI-MA&start_radio=1

6. *Bhayanak Rasa*

Title : *Bhayanaka Fearful*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=ArWR1UR7Ufc&list=RDArWR1UR7Ufc&start_radio=1

7. *Vibhatsa Rasa*

Title : *Vibhatsa Terrible,*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=zzBk8eZNL4Y&list=RDzzBk8eZNL4Y&start_radio=1

8. *Adbhoot Rasa*

Title : *Adbhuta Wonderous*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=7_uR338iCEw&list=RD7_uR338iCEw&start_radio=1

9. *Shanta Rasa*

Title : *Shanta Peaceful*
Artist : Bickram Ghosh,
Youtube link : https://www.youtube.com/watch?v=buOZjCMSITI&list=RDbuOZjCMSITI&start_radio=1

Activity 4

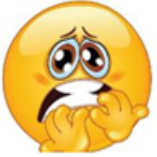
Group Activity

- Divide students into small groups.
- Assign one *Rasa* to each group.
- Ask each group to create a short soundscape (30 seconds to 1 minute) that represents the assigned *Rasa*.
- Learners may explore available musical instruments, body percussion, and vocal sounds.
- Guide learners to focus on how speed (slow or fast), loudness (soft or strong), and touch influence the mood and feeling of sound.
- Invite each group to perform their soundscape or rhythm representing the *Rasa*.
- Ask the class to listen carefully and guess which *Rasa* is being expressed.
- Encourage respectful listening and positive, supportive feedback.



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



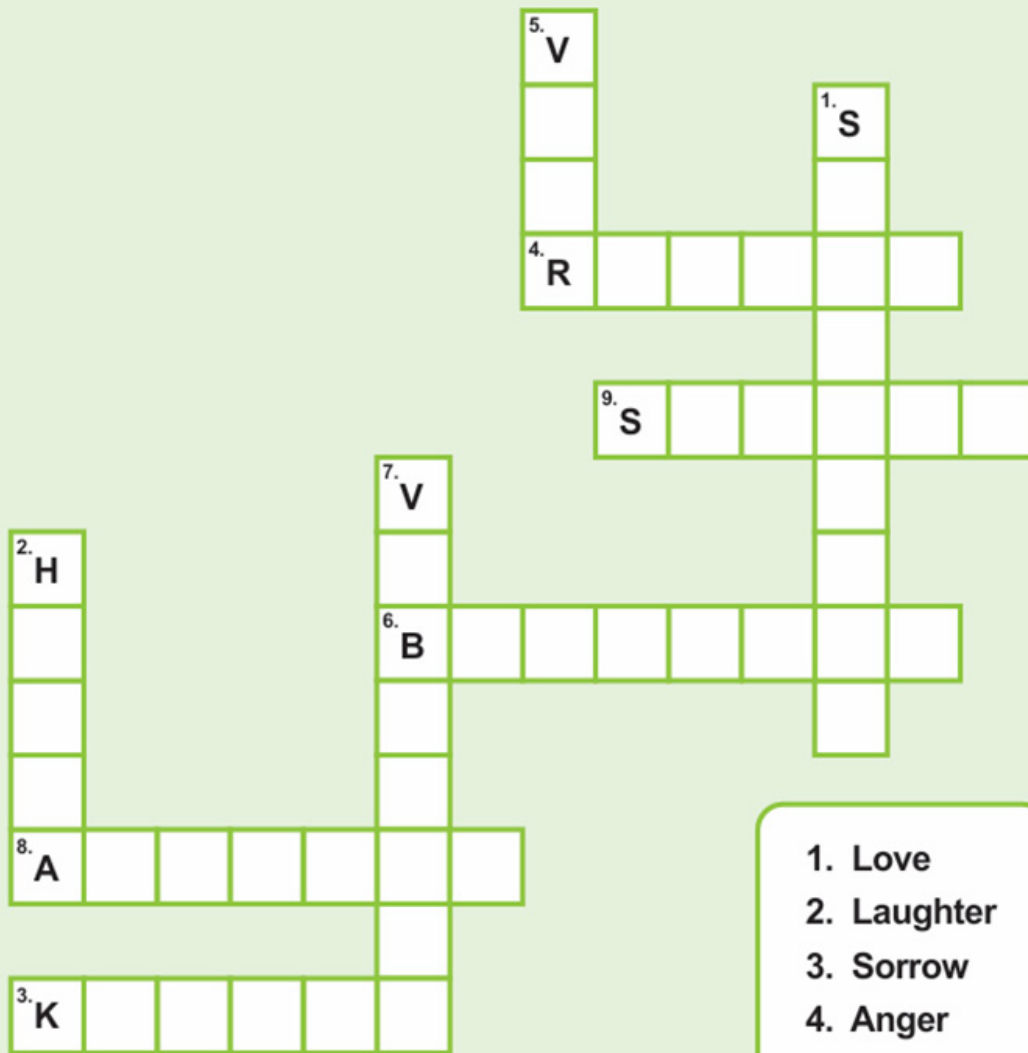
Exercise 2

Draw an emoticon to depict the following *Rasa*-s.

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



Assessment Criteria

Learners will be assessed through listening activities, oral responses, group performance, and exercises in the student workbook, focusing on their ability to:

- **Understanding of *Rasa***

Demonstrate understanding of *Rasa* as emotion or feeling in Indian music.

- **Identification of *Rasa*-s**

Correctly identify and name selected rasas through listening activities.

- **Listening and Emotional Response**

Listen attentively to musical excerpts and describe the emotion or mood expressed.

- **Expressive Use of Sound**


Use simple sounds, rhythms, or musical ideas to represent a given *rasa*.

- **Participation and Collaboration**

Participate actively and respectfully in group activities and discussions.

**Rubric
Assessment**

Criteria	Basic	Intermediate	Proficient
Understanding of <i>Rasa</i>	Shows limited understanding of <i>Rasa</i>	Explains <i>Rasa</i> with some clarity	Clearly explains <i>Rasa</i> with confidence
Identification of <i>Rasa</i>-s	Identifies <i>rasas</i> with frequent errors	Identifies most <i>rasa</i> -s correctly	Accurately identifies <i>rasa</i> -s independently
Listening and Emotional Response	Responds vaguely to listening tasks	Describes emotions with some details	Clearly describes emotions and mood
Expressive Use of Sound	Produces sound with little emotional intent	Uses sound to suggest emotion	Expresses <i>rasa</i> clearly through sound
Participation and Collaboration	Participates inconsistently	Participates actively with reminders	Participates confidently and supports peers



Extension Activity

Learners may draw a picture or write a short sentence showing how a piece of music made them feel. More confident learners can try combining two rasas using contrasting sounds or rhythms.



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