STUDENT'S WORKSHEETS

FOUNDATION PROGRAMME FOR LITERACY,
NUMERACY AND SKILLS

INSTRUMENTAL MUSIC

GRADE 7

TITLE :
PLAYING OF THE INSTRUMENT

MOE
MAHATMA GANDHI INSTITUTE
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GRADE 7

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INTRODUCTION

In this lesson, you will begin to play your instrument and explore how music is created through simple actions and careful listening. Whether you are learning the sitar or the tabla, you will practice correct posture, hand position, and basic playing techniques. You will focus on producing clear sounds, keeping a steady tempo, and playing with control.

This lesson helps you build confidence as a beginner and encourages you to listen to yourself and others while playing. By practising step by step, you will learn how to handle your instrument properly and enjoy making music together in a respectful and focused way.

INSTRUMENTAL
SITAR
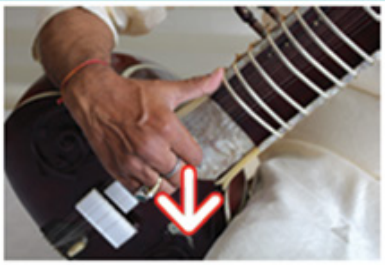
Activity 1

Recap of Sitting and Handling of Instrument

- Your teacher will revise the correct sitting posture and instrument positioning.
- You need to demonstrate the correct sitting posture and hold your instrument correctly.
- Your teacher will check posture, hand placement, and overall comfort before proceeding.
- Corrections are given individually.

Activity 2

Stroke Movements

Types of stroke	Description	
Da	It is an inward stroke played with the index finger performed by folding the fingers, until the *mizraab* strikes the desired string.	
Ra	It is an outward stroke played with the index finger which is performed by unfolding the fingers and is usually referred to as the reverse of the *Da* stroke. The *chikaari* strings are usually played with a *Ra* stroke.	 
Dir	It is a composite stroke performed by combining the *Da* and *Ra* strokes at double or faster speed than the original one	

Activity 3

Playing the first musical note

Let's Practise!

Playing my first musical note – A step-by-step approach

Step 1. Select your *mizraab*

• Choose an appropriate *mizraab* for you.

Step 2. Adopt a proper sitting posture

• Remove your socks.

• Sit cross-legged on the carpet.

• Move the right leg forward and place the left leg to your right, passing under the right thigh as shown in the picture.



Note to the teacher:

• Before attempting this activity, please ensure that the sitar has been properly tuned.

• During every tuning process, encourage your students to observe how you proceed as the first step to learn tuning is through observation and listening.

Step 3. Adopt a proper handling position

• Place the *tumbaa* on the sole of the left foot.
• Place the right forearm on the *tumbaa* and the right hand thumb on the *daandi*, at the end of the last *pardaa*.
• Keep the sitar steady between the sole of the left foot and the right forearm, with the support of the right knee, almost at an angle of 45 degrees from the ground.
• The sitar should be held in such a position that it does not obstruct your face while playing.

Step 4. Locate the first *swara* in Indian Music – Sa.

• Identify the 7th *pardaa*, starting from the top.
• Place the left-hand index finger just before the desired *pardaa* while pressing on the main string and the thumb at the back of the fingerboard just before the corresponding *pardaa* thread.



Step 5. Play your first *swara*

• Strike the main string in an inward stroke. Do it 2 – 3 times.

• Guided by your teacher, apply the outward stroke as well on the same *pardaa*.

Congratulations!! That was your first musical note on the sitar!
Did you enjoy it?
You are going to learn about the other *swara-s* in the next chapter.

Activity 4

Placement of the three main scales (Saptak-s) on the Sitar

Let's practice!

Playing the three main *saptak-s* / scales on the sitar – A step-by-step approach.

Welcome Back!!

You are now going to learn how to play all the natural notes of the scale. Get ready with your sitar and follow the instructions given.

Prior Knowledge

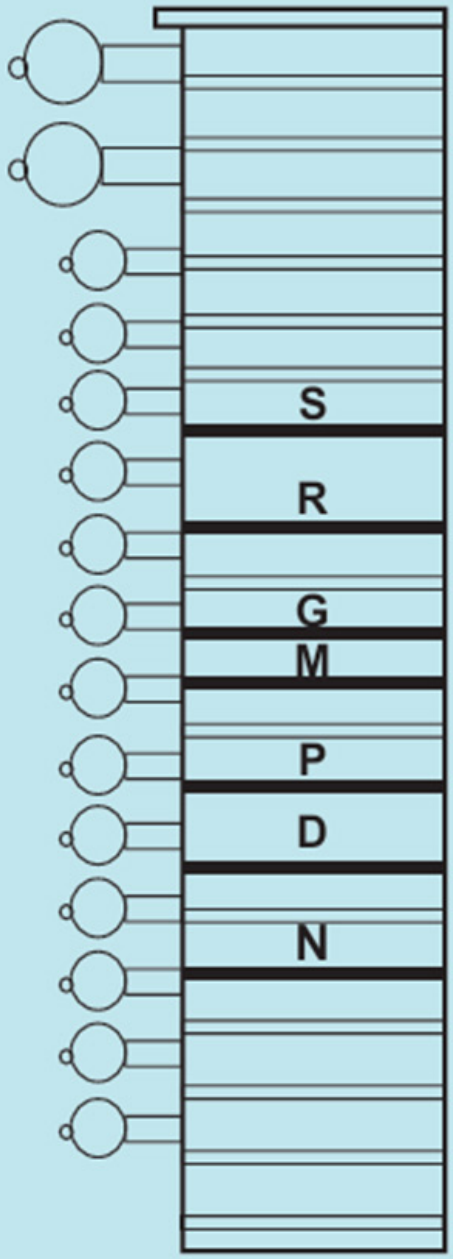


Before attempting this activity, you should be able to:

- Wear an appropriate *mizraab*
- Adopt a proper sitting and handling position
- Identify and play the *swara Sa* on the sitar with the strokes *da*, *ra* and *dir*.

1. *Madhya Saptak* / Middle scale

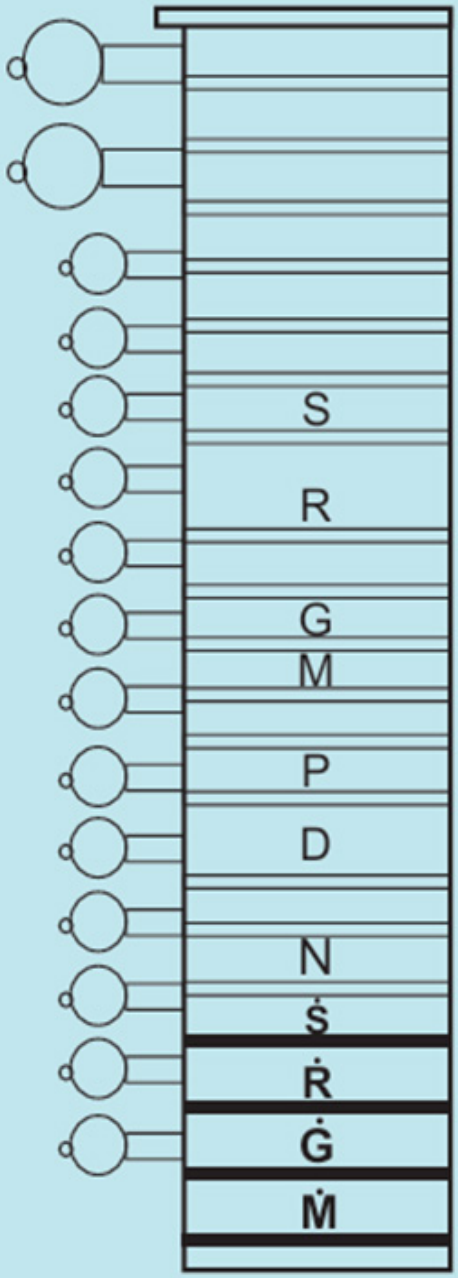
The diagram below shows the position of the seven *shuddha swara-s* of the *madhya saptak*.



- Guided by your teacher, play each *swara* by applying the strokes *da, ra* and *dir*.

2. *Taar Saptak* / Higher scale

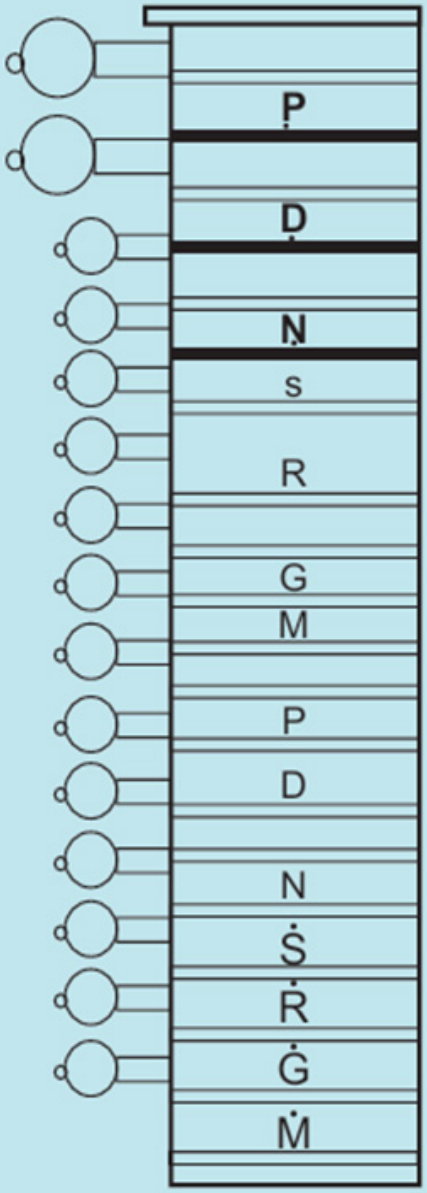
The diagram below shows the position of the *shuddha swara-s* of the *taar saptak*.



- **Guided by your teacher, play each *swara* by applying the strokes *da*, *ra* and *dir*.**

3. *Mandra Saptak* / Lower scale

The diagram below shows the position of the *shuddha swara-s* of the *mandra saptak*.



- **Guided by your teacher, play each *swara* by applying the strokes *da, ra* and *dir*.**

Activity 5

Playing of *Aroha* and *Avroha*

4. *Aroha* and *Avroha*

• Since you are now aware of all the *shuddha swara-s* and their positions on the *daandi* (fingerboard), play the *aroha* and *avroha*, along with the appropriate strokes, as given below:

i. Play one *swara* in one beat

AR (*Aroha*)	S	R	G	M	P	D	N	Ṡ
Strokes	*d*	*r*	*d*	*r*	*d*	*r*	*d*	*r*
AV (*Avroha*)	Ṡ	N	D	P	M	G	R	S
Strokes	*d*	*r*	*d*	*r*	*d*	*r*	*d*	*r*

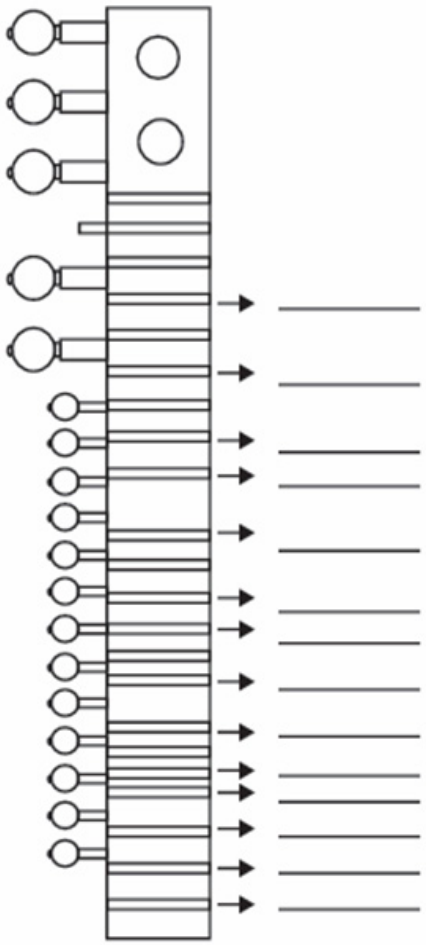
ii. Play two *swara-s* in one beat

AR (*Aroha*)	S S	R R	G G	M M	P P	D D	N N	Ṡ Ṡ
Strokes	*dir*	*dir*	*dir*	*dir*	*dir*	*dir*	*dir*	*dir*
AV (*Avroha*)	Ṡ Ṡ	N N	D D	P P	M M	G G	R R	S S
Strokes	*dir*	*dir*	*dir*	*dir*	*dir*	*dir*	*dir*	*dir*

Exercise 1

• Label the *pardaa-s* in the spaces provided in column A with the corresponding *swara-s* given column B :

Column A



Column B

Ṙ

Ṇ

M

Ġ

D

Ṗ

S

Ṡ

G

Ṁ

Ḍ

R

P

N

PROFILING: (Tick Appropriately) Lesson 9- Practical; MY PROGRESS?			
			
	Good	Satisfactory	Needs Improvement
What have I Learnt?	**Instrumental Sitar – Playing of Sitar**		
Sitting with correct posture while playing my instrument.			
Positioning my instrument correctly on my body.			
Using correct *mizraab* strokes			
Producing a clear and controlled sound.			
Following simple playing patterns shown by the teacher.			
Listening carefully and followed instructions during practice.			
Handling my instrument with care and respect.			

Reflection

One thing done well today:

_____

One thing to improve next time:

_____

INSTRUMENTAL
TABLA

Activity 1

Recap of Sitting and Handling of Instrument

- **Your teacher will revise correct sitting posture and instrument positioning.**
- **You need to demonstrate the correct sitting posture and hold your instrument correctly.**
- **Your teacher will check posture, hand placement, and overall comfort before proceeding.**

Activity 2

Basic Syllables

The basic syllables of the left drum:

Ka,Ke,Ki

The syllable '*ke*' is executed by separating all the fingers.Then turning them inward in the form of an arch and striking them on the *maidan* with all the flat nails together at the same time . It is played without lifting the wrist from its place to obtain a non-resonant or close sound.

1ST STEP



2ND STEP



Ge,Ghe, Ghi,Gi

Place your left hand wrist behind the *syahi* , on the *maidan*. Thus the entire palm will come over the *syahi* by covering it. In doing so, the fingers i.e index finger, middle finger, ring finger and the small finger are kept joined together.

Now, to play the syllable '*Ge*', raise the palm in such a way that the wrist remains behind the *syahi* in its position. Now, join the ring and the middle finger together and fold them in such a way that they are pointing downwards in a semicircular position.With the fingertip of the middle finger and ring finger, strike the portion in front of the *syahi* i.e on the *maidan* (where there is the least space between the *syahi* and the *kinar*).

While playing this syllable, the wrist should be pressed downwards and, immediately after, striking with the fingers, the wrist should slightly be lifted to obtain an open sound.

The syllable '*Ge*' is also played with the index finger and it is used alternately with the middle finger and ring finger together.

1ST STEP	2ND STEP	3RD STEP
		

Activity 3

Syllable 'na'

na

The syllable *'na'* is played with the tip of the ring finger by striking on the right edge of the *syahi*. It is a close sound.

1ST STEP



2ND STEP



Activity 4

Syllable 'Dha' and 'Dhin'

Dha = Ta + Ge

The sound 'Dha' is produced when 'Ge' and 'Ta' are played together.

Dhin = Tin + Ge

The sound 'Dhin' is produced when 'Ge' and 'Tin' are played together.

Exercise 1

Play the following patterns under the guidance of your teacher.

- Patterns of basic syllables in cycles of 3 beats.

Beats	1	2	3
Ex. 1	Ghe	Ghe	Ghe
Ex. 2	Ta	Ta	Ta
Ex. 3	Ke	Ke	Ke
Ex. 4	Ghe	Ghe	Ta

- **Patterns of basic syllables in cycles of 4 beats.**

Beats	1	2	3	4
Ex. 1	Ghe	Ghe	Ta	Ta
Ex. 2	Ke	Ke	Ta	Ta
Ex. 3	Ta	Tin	Tin	Ta
Ex. 4	Dha	Dhin	Dhin	Dha

- **Patterns of basic syllables in cycles of 8 beats.**

Beats	1	2	3	4	5	6	7	8
Ex. 1	Ghe	Ghe	Ghe	Ghe	Ta	Ta	Ta	Ta
Ex. 2	Ghe	Ghe	Ta	Ta	Ke	Ke	Ta	Ta
Ex. 3	Dha	Dhin	Dhin	Dha	Ta	Tin	Tin	Ta
Ex. 4	Dha	Dha	Ti	t	Ta	Ta	Ti	t

Exercise 2

Compose 5 exercises using the syllables Ge, Ta, Tin, Dha, Dhin, Ke,Ti and t in each of the cycles below:

(i) 3 beats

(ii) 4 beats

(iii) 8 beats

PROFILLING: (Tick Appropriately) Lesson 9- Practical; MY PROGRESS?			
			
	Good	**Satisfactory**	**Needs Improvement**
What have I Learned?	**Instrumental Tabla - Syllables of Tabla**		
Sat with correct posture while playing my instrument.			
Positioned my instrument correctly.			
Produced a clear and controlled sound.			
Followed simple playing patterns shown by the teacher.			
Listened carefully and followed instructions during practice.			
Handled my instrument with care and respect.			

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