

# **STUDENT'S WORKSHEETS**

FOUNDATION PROGRAMME FOR  
LITERACY, NUMERACY AND SKILLS

## **VOCAL MUSIC**

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**GRADE 7**

**TITLE OF CARD :  
INTRODUCTION TO SWARAS**

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**MOE  
MAHATMA GANDHI INSTITUTE  
2026**

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**GRADE 7**

# **STUDENT'S WORKSHEET**

**TITLE OF CARD :**  
**INTRODUCTION TO SWARAS**



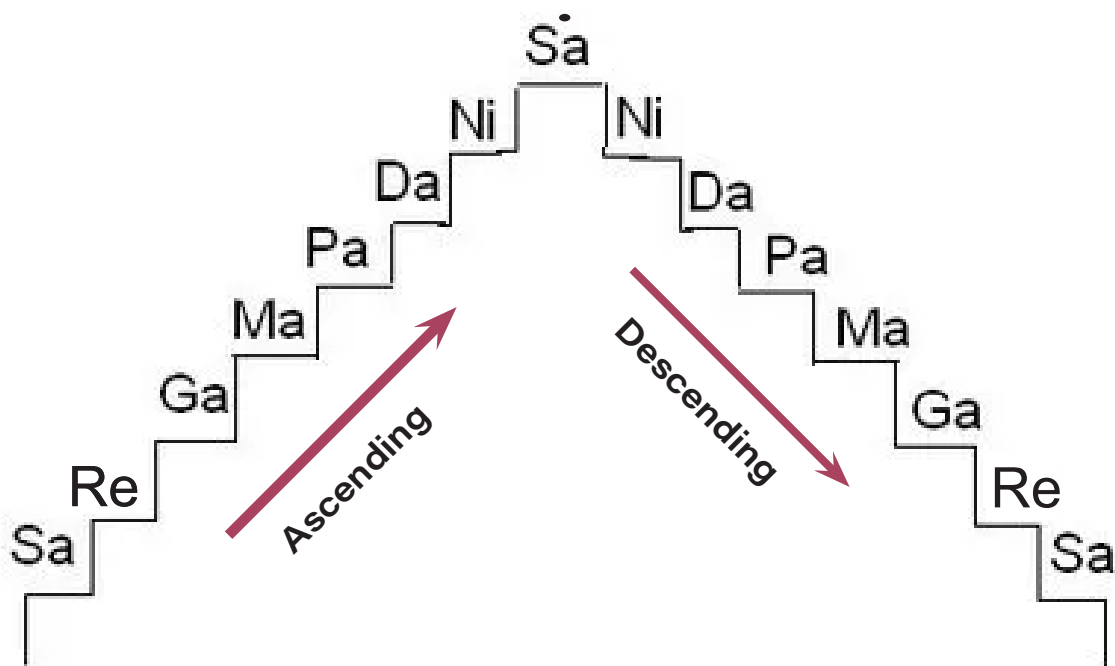


## Introduction

### What are Swaras?

Swaras are the basic musical sounds used in Indian music. Every melody or raga is created using these notes. Learning swaras is similar to learning the alphabets in languages. The seven natural notes are sung in the following order: **Sa, Re, Ga, Ma, Pa, Dha, Ni** (*adapt as necessary for Carnatic Music*)

Understanding swaras helps students develop correct pitch, listening skills, and steady voice production.



### Why Are Swaras Important?

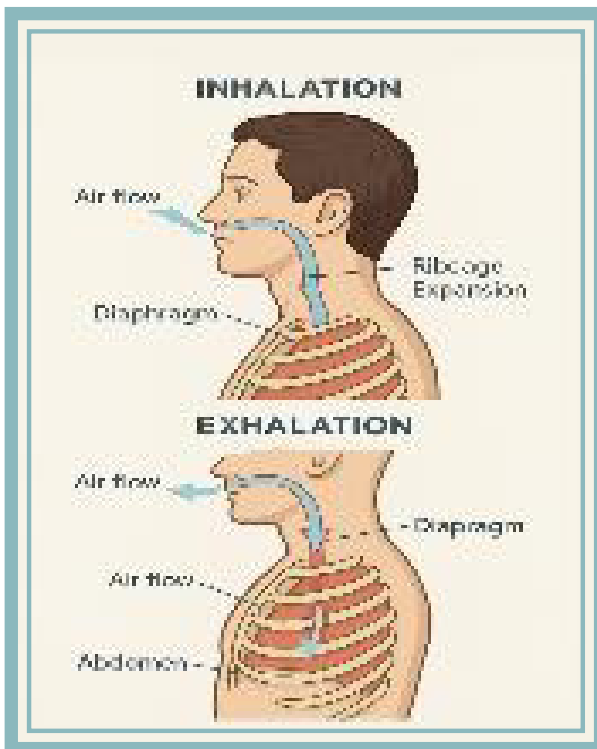
- They are the foundation of all Indian music.
- They help students sing in tune.
- They improve listening and musical understanding.
- They prepare students for ragas and songs.



## Warm-Up

Before singing swaras, students should practise:

- light humming
- breathing slowly through the nose and exhaling gently
- sitting or standing in good posture.





## Self Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Class: \_\_\_\_\_

### Activity Section

#### Activity 1: Write the Definition.

What is a Swara?

Write a simple definition in your own words:

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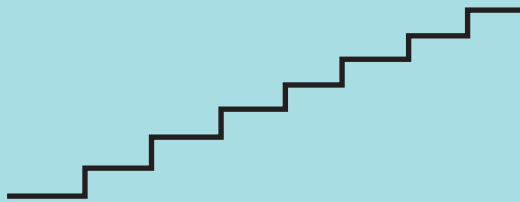
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#### Activity 2: Write the Seven Swaras.

Write the seven Shuddh Swaras / Sapta Swaras in the correct order:



#### Activity 3: Multiple-Choice Questions

1. Why should we learn swaras first?

- a. Because swaras are the basic sounds we need to sing any song
- b. Because they help us a lot in sports
- c. Because swaras are good for breathing practice

2. Which instrument helps us sing the swaras correctly?

- a. Maravanne
- b. Electronic Keyboard
- c. Earphone



3. Which swara comes fifth in the set of seven Shuddh Swaras?

- a. Sa
- b. Ga
- c. Pa



## Singing Swaras

Rate yourself by drawing the emoji that suits you better

Yes	NO
	

Statement	Yes	No
1. I can sing the seven swaras in order.		
2. I can match the teacher's pitch for Sa.		
3. I can listen carefully before singing.		

What did you learn about swaras in today's lesson?

One thing I want to improve:

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