

# **TEACHER'S GUIDE**

**FOUNDATION PROGRAMME FOR LITERACY  
NUMERACY AND SKILLS**

## **VOCAL MUSIC**

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**GRADE 7**

**TITLE OF CARD :  
INTRODUCTION TO RAAG BILAWAL**

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**MOE  
MAHATMA GANDHI INSTITUTE  
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**GRADE 7**

**GUIDE TO EDUCATORS**

**TITLE OF CARD :**

**INTRODUCTION TO RAAG  
BILAWAL**

## Competency

Students develop an understanding of Indian melodic structures by recognising and performing basic elements of Raag Bilawal.

## Element

Recognise and apply basic melodic patterns in simple Indian ragas.

## Performance Criteria

- Level 1:**
- Identifies *Raag Bilawal* with teacher support
  - Sings or plays *aroha-avroha* with guidance
- Level 2:**
- Identifies *Raag Bilawal* independently
  - Performs *aroha, avroha*, and simple phrases with control

## Range:

- Simple raga structures
- Shuddha *swara-s* (natural notes)
- Melodic phrases in slow to medium tempo (Equivalent melodic concepts such as *Raga* and *Arohana*–Adapt as necessary for Carnatic Music.)

## Purpose

## of

## Activity

This lesson aims to introduce students to the concept of *Raag* in Indian music by helping them understand how melodies are organised within a structured framework. It familiarises students with *Raag Bilawal* and its basic structure, enabling them to recognise and practise its ascending, descending, and characteristic patterns. Through guided listening and practice, students develop correct pitch awareness using Shuddha swaras (natural notes). The lesson also prepares students to sing or play simple melodic phrases confidently, laying a strong foundation for further learning in Indian classical music.

(Adapt technical terms as necessary for Carnatic Music.)

## Learning Outcomes

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

- Explain what a *Raag* is in simple terms
- Identify *Raag Bilawal* as a basic and important *raag*
- Sing or play the *Aroha* and *Avroha* of *Raag Bilawal*
- Recognise and practise simple Pakad and phrases

(Adapt technical terms as necessary for Carnatic Music.)

## Resources & Materials

Teacher may devise their own resources or use:

- Harmonium / Keyboard / Tanpura (or mobile app)
- Whiteboard and markers
- Audio examples of *Raag Bilawal*

## Teaching Trajectories / Implementation Guidelines



### Introduction

#### What is a *Raag*?

A *Raag* is a special arrangement of musical notes used in Indian classical music. It is not just a scale, but a musical framework that gives a particular mood and feeling to the music. Each *raag* has its own rules, such as which notes are used, how they move, and how they are sung or played. *Raag*-s help musicians express emotions like happiness, calmness, devotion, or joy. By learning raags, students understand how melodies are created in Indian music and how music can communicate feelings without words.

#### What is *Raag Bilawal*?

*Raag Bilawal* is a bright and joyful *raag* based entirely on *Shuddha* (natural) *swara*-s. It sounds pleasant and peaceful and is often taught to beginners. *Raag Bilawal* is commonly performed in the morning and creates a feeling of happiness and freshness.

#### What are *Aroha*, *Avroha* and *Pakad*?

##### *Aroha*:

*Aroha* is the ascending order of notes in a *raag*. It shows how the *swara*-s move from lower to higher pitch. Singing or playing the *aroha* helps students understand how a *raag* begins and rises melodically.

##### *Avroha*:

*Avroha* is the descending order of notes in a *raag*. It shows how the *swara*-s move from higher to lower pitch. Practising the *avroha* helps students understand how the *raag* returns smoothly to the starting note.

### ***Pakad:***

*Pakad* is the characteristic phrase of a *raag*. It is a short group of notes that clearly identifies the *raag*. The *pakad* helps listeners and performers recognise the *raag* quickly and distinguishes it from other *raag-s* with similar notes.

(Adapt technical terms as necessary for Carnatic Music.)

### **Some important terms to understand before learning *Raag* Bilawal**

1. ***Pakad*** - A short group of notes that shows the main identity of a *Raag*.
2. ***Jaati*** - The number of notes used in a *Raag* in its ascending and descending form.
3. ***Thata*** - A system used to group *Raag-s* based on a common set of notes.
4. ***Vadi*** - The most important and most frequently used notes in a *Raag*.
5. ***Samvadi*** - The second most important note in a *Raag* that supports the *Vadi*.

## Structure of Raag Bilawal

**Aroha (Ascending)** : Sa Re Ga Ma Pa Dha Ni Sȧ

**Avroha (Descending)** : Sȧ Ni Dha Pa Ma Ga Re Sa

**Pakad** : Ga Pa Dha Ni Sȧ

**Jaati** : Sampoorna- Sampoorna

**Thata** : Bilawal

**Vadi** : Dha

**Samvadi** : Ga

(Adapt as necessary for Carnatic Music.)

## Musical Phrases in Raag Bilawal (4/4 Rhythm)

### Students' Practice Section:

(Teacher will demonstrate first. Students repeat slowly.)

1. Sa Re Ga Re | Sa Re Ga Ma
2. Re Ga Ma Ga | Re Ga Ma Pa
3. Pa Ma Pa Ma | Ga Ga Re Sa
4. SaRe SaRe Ga- Re- | SaRe Sare Ga- Re- | SaRe GaMa Pa- Pa- | PaMa GaRe GaRe Sa-
5. GaPa DhaNi Sa- Sa- | GaPa DhaNi Sa- Sa- | SaNi DhaPa MaGa ReSa | GaPa DhaNi Sa- Sa-

(Teacher may change or create suitable phrases based on student level.)  
(Adapt as necessary for Carnatic Music.)



### Teaching Steps

1. Play Sa on harmonium/keyboard and establish the drone
2. Students hum Sa softly to understand pitch stability
3. Explain *Raag* using simple language
4. Explain how *Pakad* identifies the *raag*
5. Teacher sings *Aroha* → students repeat
6. Teacher sings *Avroha* → students repeat
7. Teacher sings *Pakad* → students repeat
8. Emphasise correct pitch and smooth movement
9. Students repeat in small groups
10. Demonstrate simple phrases in 4/4 rhythm
11. Teacher sings → students repeat
12. Teacher encourages students to singing individually
13. Students clap the beat while singing
14. Encourage steady tempo and clear *swara-s*

(Adapt technical terms as necessary for Carnatic Music)



## Assessment

### A. Formative Assessment

Observation during singing/practice Oral questioning

### B. Written Questions

What is a *Raag*?

Which swaras are used in *Raag Bilawal*

Can you sing the *Aroha* or *Avroha*?



## Assessment Criteria

### 1. Pitch Accuracy:

- Correct use of *shuddha Swara-s*
- Stability of Sa

### 2. Melodic Understanding:

- Correct order of *Aroha* and *Avroha*
- Recognition of *Pakad*

### 3. Rhythmic Control:

- Maintains 4/4 cycle while singing



## Assessment Rubric

Criteria	Basic	Intermediate	Proficient
<b>Aroha-Avroha</b>	Sings with errors; needs support	Mostly accurate; minor errors	Accurate and confident.
<b>Pakad Recognition</b>	Unable to identify	Identifies with help	Identifies independently
<b>Pitch Accuracy (Swara-s)</b>	Frequently sings incorrect swaras; pitch is unstable; requires constant teacher support	Most swaras are correct; occasional pitch errors; generally stable	All swaras are accurate; clear and stable pitch throughout
<b>Melodic Flow &amp; Phrase Clarity</b>	Phrases are broken or unclear; difficulty following the sequence	Phrases are mostly clear; minor hesitations	Phrases are smooth, clear, and confidently performed
<b>Rhythmic Control (4/4)</b>	Struggles to maintain steady rhythm; loses beat	Maintains rhythm with minor lapses.	Maintains steady 4/4 rhythm confidently throughout
<b>Listening &amp; Imitation Skills</b>	Has difficulty following teacher's demonstration	Follows demonstration with some correction	Accurately imitates and reproduces phrases independently



## Extension Activity

For an extension of activity, the teacher performs new short melodies in *Raag Bilawal* that the students have not practised before. These melodies are first performed slowly in a steady 4/4 rhythm, allowing students to listen carefully to the *swara*-s and feel the beat.

Students then work in small groups, where they practise performing the same melody together while maintaining the new tempo set by the teacher. The teacher repeats the melody at a slightly faster speed, and groups attempt to follow without losing pitch accuracy or rhythmic control.

(Adapt as necessary for Carnatic Music)



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