

STUDENT'S WORKSHEETS

**FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS**

VOCAL MUSIC

GRADE 7

**TITLE OF CARD :
INTRODUCTION TO NAAD**

**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 7

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TITLE OF CARD :

INTRODUCTION TO NAAD



Introduction

What is Naad?

Naad is the sound produced in music. It is the main element that makes music alive. Every note, raga, and song starts with a *Naad*. When we sing, play an instrument, or even hum, we are creating Naad. Practising Naad helps us improve our listening, singing in tune, and understanding how music works. (adapt as necessary for Carnatic Music)



Types of Naad

There are 2 main types of Naad:

Ahat Naad : Sounds created by tapping two objects together

Ahat Naad: The Struck Sound

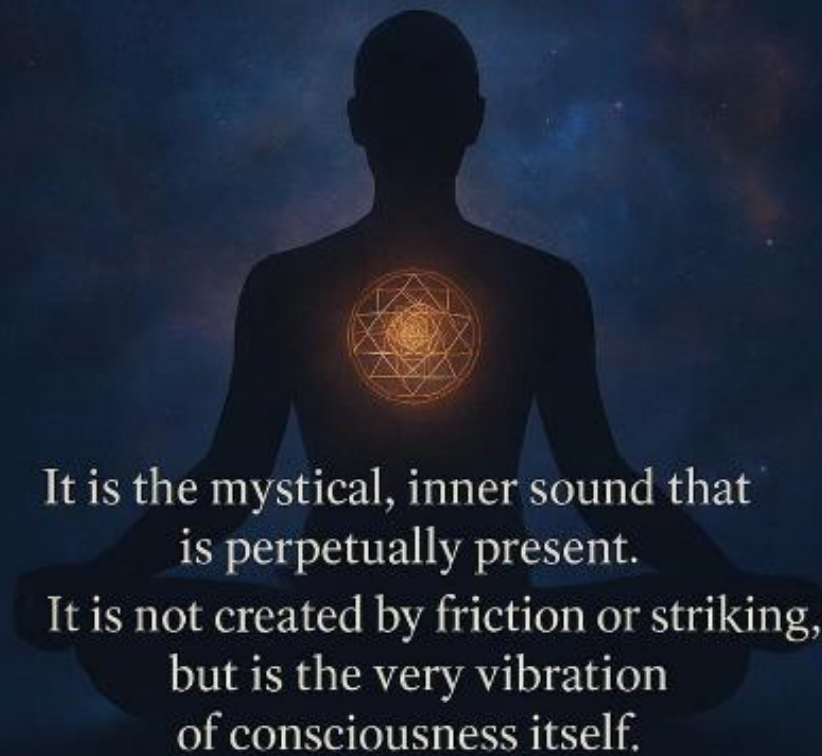
The word Aahat means “struck” or “to strike.” Aahat Naad is any sound that is produced by the striking or friction of two or more objects.



Anahat Naad : Natural sounds created by voice or instruments without striking anything.

ANAHAT NAAD THE UNSTRUCK SOUND

The word Anahat means ‘unstruck,’
‘unbeaten,’ or uninterrupted.



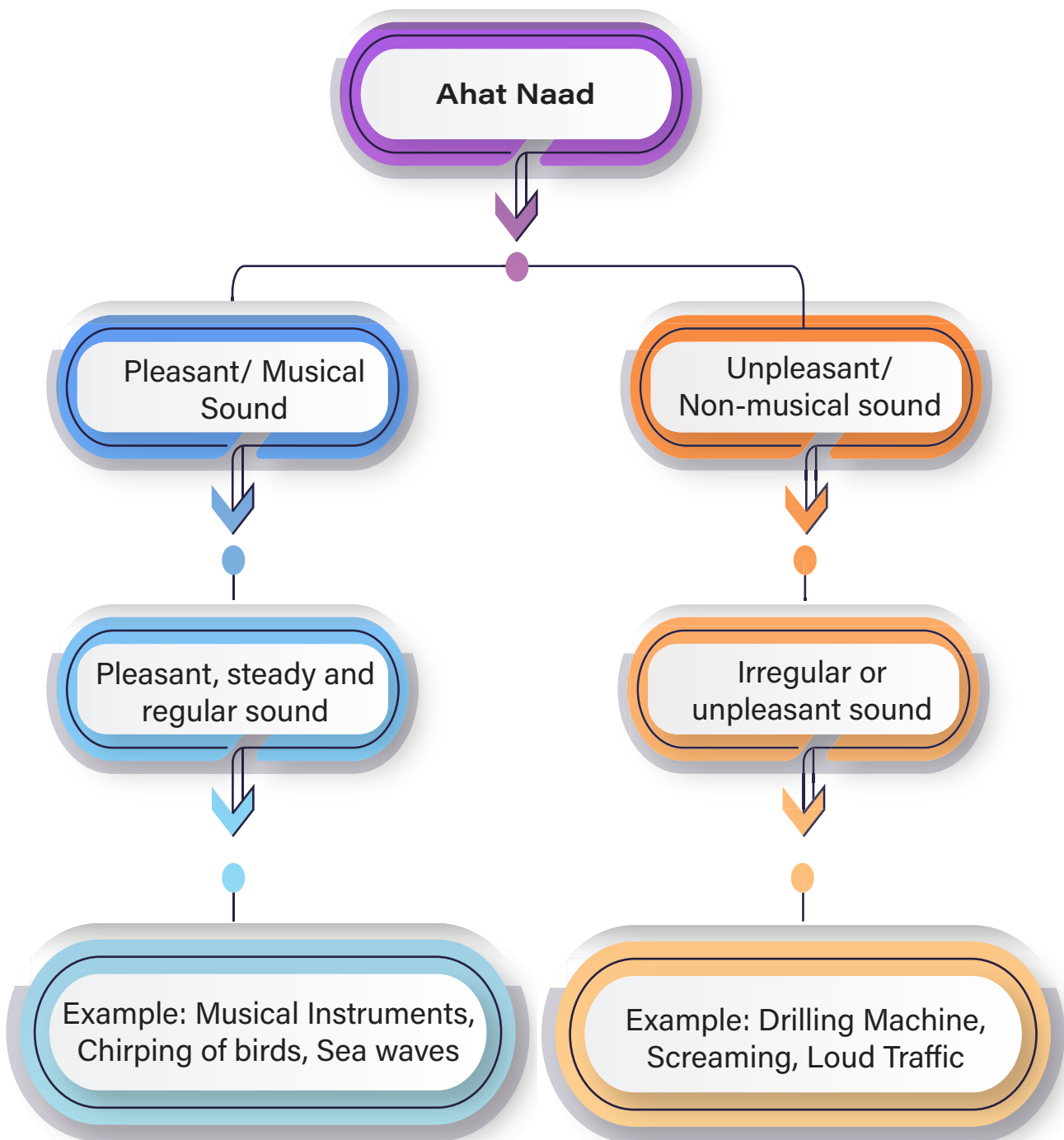
It is the mystical, inner sound that
is perpetually present.

It is not created by friction or striking,
but is the very vibration
of consciousness itself.



Ahat Naad

There are 2 types of Ahat Naad.





Self Assessment

Name: _____ Date: _____

Class: _____

Activity Section

Activity 1:

A) What is Naad?

Write a simple definition in your own words:

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B) Write the two types of Naad:

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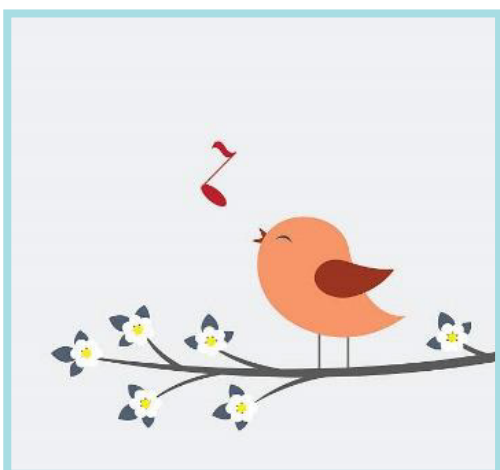


Activity 3

Identifying Pleasant and Unpleasant Sounds

Instructions:

1. Look at the pictures below carefully.
2. Decide which pictures show pleasant sounds and which show unpleasant sounds.
3. Write "Pleasant" or "Unpleasant" under each picture.
4. In a few words, describe what the picture is showing and the sound it represents. One example has been done for you.

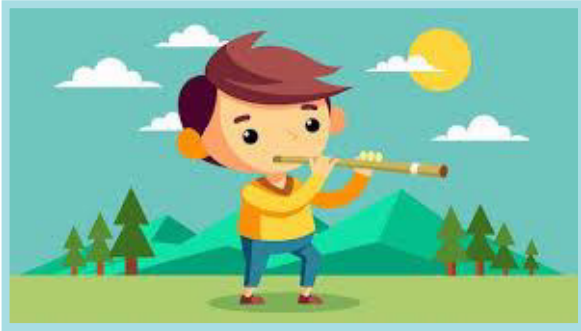


Pleasant sound- Bird Chirping















Rate yourself by drawing the emoji that suits you better

Yes 	NO 
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Statement	Yes	No
1. I can produce a clear Naad with my voice.		
2. I can listen and identify pleasant sound.		
3. I can listen and identify unpleasant sound.		

After Reflection What did you learn about Naad in today's lesson?

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