

TEACHER'S GUIDE

**FOUNDATION PROGRAMME FOR LITERACY
NUMERACY AND SKILLS**

VOCAL MUSIC

GRADE 7

TITLE OF CARD :
Introduction to Voice Culture

**MOE
MAHATMA GANDHI INSTITUTE
2026**

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GRADE 7

GUIDE TO EDUCATORS

TITLE OF CARD :
INTRODUCTION TO VOICE
CULTURE

Competency

Students develop healthy vocal habits by understanding and applying basic principles of voice culture in Indian music.

Element

Maintain correct posture, breathing, and vocal care while singing.

Performance Criteria

Level 1:

- Identifies basic voice culture practices with teacher support
- Demonstrates basic sitting posture and breathing awareness

Level 2:

- Explains voice culture independently
- Applies correct posture and breathing while singing short phrases

Range:

Basic breathing techniques

- Sitting posture for singing
- Vocal care practices
- Simple singing exercises

Purpose of Activity

This lesson introduces students to the concept of Voice Culture, which is essential for healthy and effective singing in Indian music. It helps students understand how proper breathing, posture, and vocal care support clear and steady singing. The lesson encourages good vocal habits from an early stage, preparing students to sing accurately without strain and to protect their voice for long-term use.

Learning Outcomes

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

- Explain what Voice Culture is in simple terms
- State why voice culture is important in Indian music
- Demonstrate correct sitting posture for singing
- Show awareness of good breathing techniques
- Identify basic do's and don'ts of voice care

Resources & Materials

Teacher may devise their own resources or use:

- Whiteboard and markers
- Floor mat or carpet for sitting posture

Teaching Trajectories / Implementation Guidelines



Introduction

What is Voice Culture?

Voice Culture refers to the correct way of using and caring for the voice while singing. It includes proper breathing, good posture, and healthy vocal habits. In Indian music, the voice is the main instrument, so it must be trained and protected carefully. Voice culture helps singers produce a clear, steady, and pleasant sound without straining the throat. When students practise voice culture regularly, they can sing with better control, accuracy, and confidence. Learning voice culture at an early stage helps prevent voice damage and builds a strong foundation for singing in Indian classical music.

Why Is Voice Culture Important?

- Helps maintain a clear and steady voice
- Improves pitch accuracy and voice control
- Prevents throat strain and vocal damage
- Supports long singing practice sessions
- Builds confidence while singing

Importance of Breathing Technique

Good breathing technique is very important in singing because it helps keep the voice clear, fine, and steady. Proper breathing supports the sound and allows singers to sing longer phrases without strain.

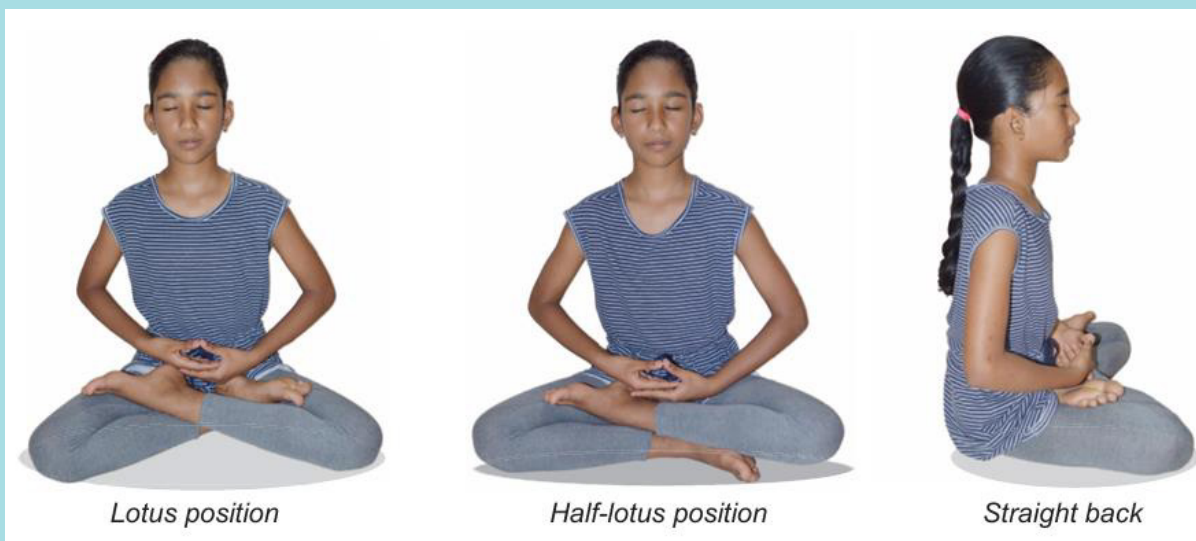
Importance of Breathing Technique

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Sitting Posture in Indian Music

Correct posture helps the voice flow freely and comfortably.

- **Lotus Sitting Posture**
 - Sitting cross-legged with a straight back
- **Half-Lotus Sitting Posture**
 - One foot placed on the opposite thigh, back kept straight



Students should keep the spine straight, shoulders relaxed, and head balanced while sitting.

(Adapt posture terminology as necessary for Carnatic Music.)

Do's and Don'ts of Voice Culture

Do's:

- Practise good breath support
- Live a healthy lifestyle
- Drink an adequate amount of water

Don'ts:

- Do not misuse the voice by screaming or shouting
- Do not smoke, as it damages the voice



Teaching Trajectories:

1. Teacher explains voice culture.
2. Demonstrate correct sitting posture
3. Students sit correctly and adjust posture
4. Teacher demonstrates basic breathing exercise
5. Students practise slow breathing together
6. Explain importance of voice care
7. Discuss do's and don'ts with examples
8. Teacher sings a short phrase with correct posture
9. Students repeat softly

10. Observe posture and breathing
11. Encourage relaxed and strain-free singing



Assessment

A. Formative Assessment

- Observation during posture and breathing practice
- Oral questioning

B. Written / Oral Questions

- What is Voice Culture?
- Why is breathing important for singing?
- Name one good habit for voice care



Assessment Criteria

1. **Posture:**
 - Correct sitting position
2. **Breathing Awareness:**
 - Uses steady and controlled breathing
3. **Vocal Care Understanding:**
 - Identifies correct do's and don'ts



Assessment Rubric

Criteria	Basic	Intermediate	Proficient
Sitting Posture	Posture incorrect; needs guidance	Mostly correct posture	Correct and confident posture
Breathing Technique	Posture incorrect; needs guidance	Controlled breathing with support	Steady and controlled breathing
Vocal Care Awareness	Limited understanding	Identifies some do's and don'ts	Clearly explains and applies vocal care
Voice Control	Voice strained or unstable	Mostly clear with minor strain	Clear, steady, and relaxed voice



Extension Activity

The teacher sings short melodic phrases while maintaining correct posture and breathing. Students observe and then practise the same phrases in small groups.



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