

Practice Material Class - VII

Day & Date	Subject to be covered	Time Slot
Wednesday 05.08.2026	Maths, English Creative work	9:00-9:45 A.M 10:00-10:45 A.M 11:00-11:45 A.M
Thursday 06.08.2026	Science, Hindi and Creative work	9:00-9:45 A.M 10:00-10:45 A.M 11:00-11:45 A.M
Friday 07.08.2026	Social Science, Sanskrit and creative work	9:00-9:45 A.M 10:00-10:45 A.M 11:00-11:45 A.M
Monday 10.08.2026	Maths, Social Science and creative work	9:00-9:45 A.M 10:00-10:45 A.M 11:00-11:45 A.M
Wednesday 12.08.2026	Science, Hindi and creative work	9:00-9:45 A.M 10:00-10:45 A.M 11:00-11:45 A.M

ENGLISH

TASK-1

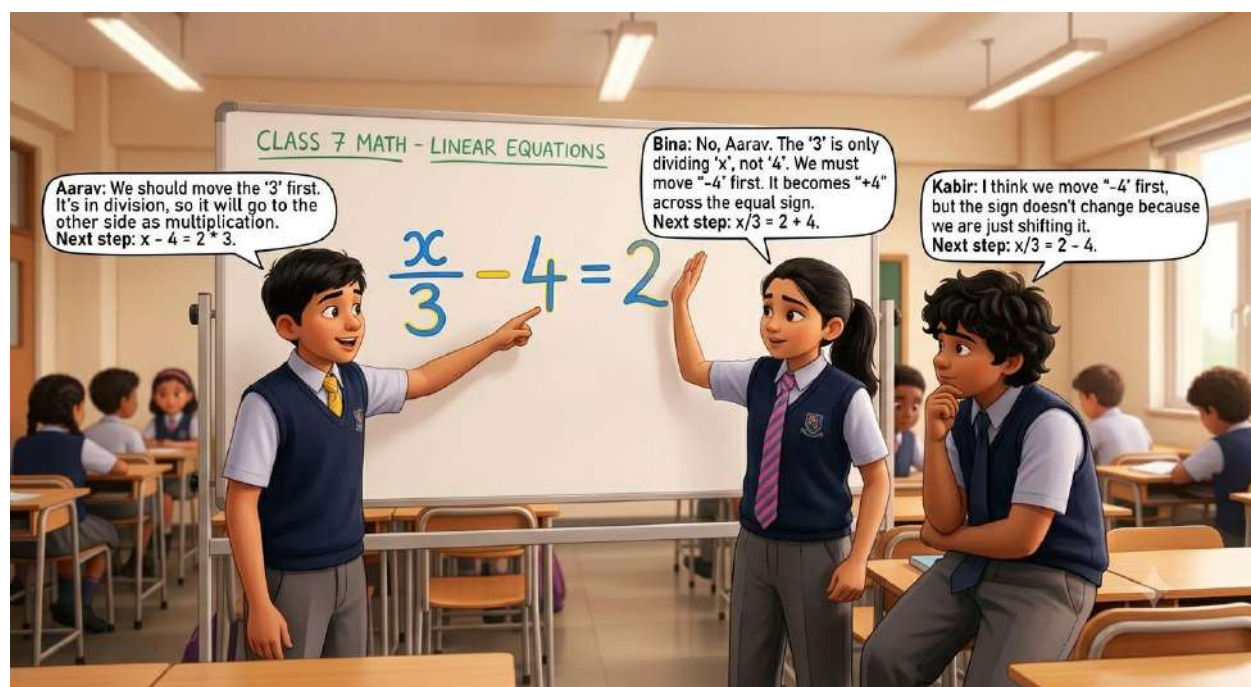
Do the following questions in your classwork notebook.

1. You are Raman/Rama, the head boy/girl of Aurobindo School, Dehradun. Your school is organising a tour to Rajasthan. Write out a notice inviting students who want to join the tour. Put the notice in the box.
2. Imagine yourself as Seema/Sumit. Write a letter to your friend sharing your views of how true happiness lies in making others happy. (Word Limit-100-120 words)

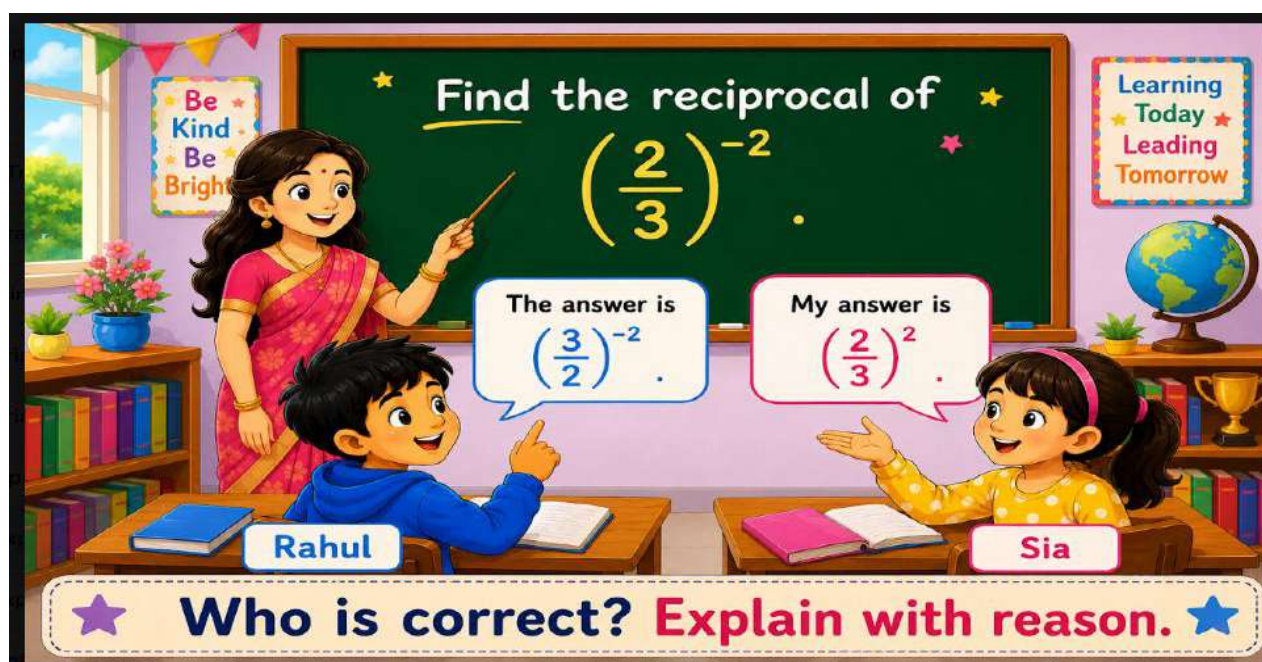
Task-2

1. Read and revise the chapter – A HERO by R.K. Narayan

1. Draw different types of triangles on A4 sized sheets according to their sides and angles.
2. Cartoon concept & Statemen Cards: Draw the following on A4 side sheet and write the answer with explanation



What do you think who among the above is correct? Also find the value of x in above equation.



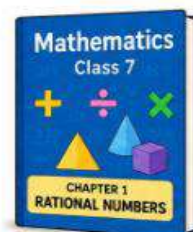
Statement Cards:

Day-2

STATEMENT CARDS

Statement Card 1

Zero is always a rational number.



Always true.

Always false

Sometimes true

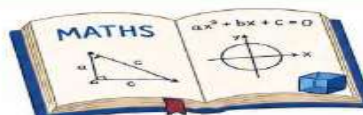
Explain your reasoning with example.

Reasoning :- Always true

Example :- For a rational number $\frac{p}{q}$, p and q should be an integer where q should be equal to 0.

So, $\frac{0}{1}$ is always a rational number.

STATEMENT CARD 2.



$\frac{p}{q}$ is a rational number in standard form .
It is necessary that the rational number $\frac{q}{p}$ will also be in its standard form.

ALWAYS TRUE

ALWAYS FALSE

SOMETIMES TRUE

Explain your reasoning with example

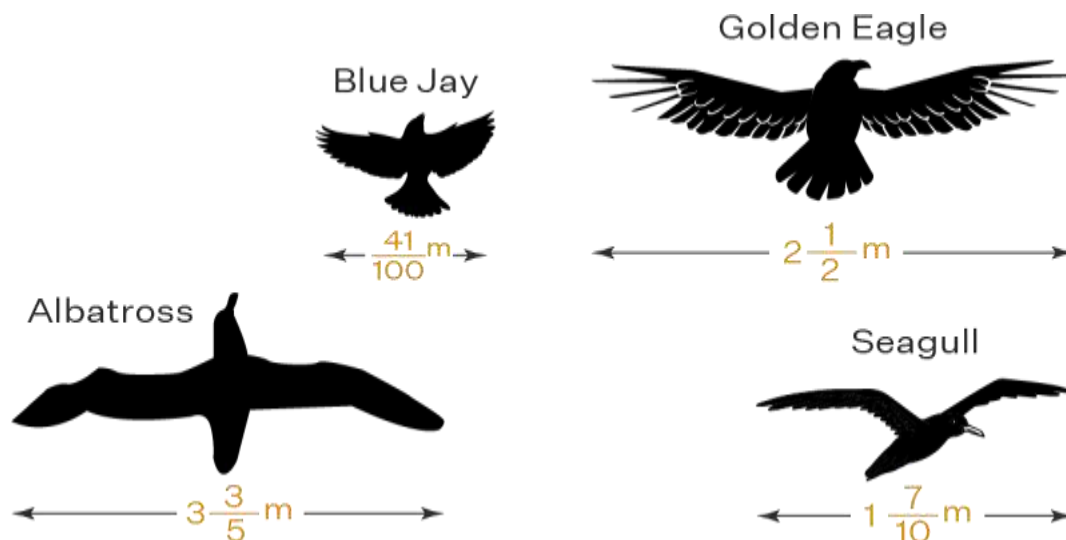
CASE
STUDY

CH-1 RATIONAL NUMBERS

CH-2 OPERATIONS ON RATIONAL NUMBERS

Arjun, a curious young boy, visited Okhla Bird Sanctuary for the first time during his winter holidays. As he wandered through the lush trails, he marveled at the vibrant colors and varied songs of the migratory birds. He spotted majestic albatross soaring high above, elegant seagull wading through shallow water and tiny blue jay flitting among the branches and many others. Each bird seemed to tell a story of distant lands and long journeys. Ali felt a deep sense of wonder and joy, realizing the incredible diversity and beauty of nature's winged travelers. He also noticed the wingspan of different birds.

The diagram shows the wingspans of different species of birds. Use the diagram to answer the questions given below:



- Find the sum of the highest and the lowest wingspan of the given birds.
- Find the average of the wingspans of Blue jay and Seagull
- Verify the commutative property of addition for seagull

and golden eagle

OR

Verify the closure property of addition for the wingspans of all the birds.

1. **Revise chapter 4 and 7 for class test.**

SCIENCE

Instruction: Solve questions in your fair register.

TASK 1:

Q1. Classify the following changes as physical or chemical change:

- (i) Rotting of eggs (ii) Burning of coal (iii) Boiling of water (iv) Baking a cake
(v) Folding paper (vi) Chopping of wood (vii) Vinegar and baking soda mixture

Q2. Classify the following reactions into different types:

- (i) $2\text{Mg} + \text{O}_2 \rightarrow 2\text{MgO}$
(ii) $\text{Zn} + \text{CuSO}_4 \rightarrow \text{ZnSO}_4 + \text{Cu}$
(iii) $\text{AgNO}_3 + \text{NaCl} \rightarrow \text{AgCl} + \text{NaNO}_3$
(iv) $\text{BaCO}_3 \rightarrow \text{BaO} + \text{CO}_2$

For question numbers 3 and 4, two statements are given- one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes (i), (ii), (iii) and (iv) as given below:

- i) Both A and R are true and R is correct explanation of the assertion.
ii) Both A and R are true but R is not the correct explanation of the assertion.
iii) A is true but R is false.
iv) A is false but R is true

Q3. Assertion (A) - Tearing of paper into small pieces is a chemical change.

Reason(R) - It is not possible to rejoin small paper bits to get back the original paper.

Q4. Assertion (A) - Change of water from liquid to steam is a physical change.

Reason(R)-When water change from liquid to gaseous state the chemical composition of water changes.

Q5. Balance the following chemical equations:

- i) $\text{C} + \text{S}_8 \rightarrow \text{CS}_2$
ii) $\text{Al}(\text{OH})_3 + \text{HBr} \rightarrow \text{AlBr}_3 + \text{H}_2\text{O}$

TASK 2:

Case-Study Questions

Q1. Read the paragraph carefully and answer the following questions:

Two friends Sneha and Sudha are jogging in a circular park of radius 50 meters. Sneha was jogging along the diameter of the park, she covered 30 rounds. While Sudha was jogging around the boundary of the park and made 20 rounds. After 20 minutes of jogging in the park, they left for their homes.

- (a) Identify the type of motion exhibited by Sudha.
(b) Calculate the distance covered by Sneha in 1 round of jogging.
(c) What is the speed of Sudha in m/s, if she covers 6280 meters in 20 minutes?
(d) Who has covered more distance in 1 round of jogging?
(e) Mention 1 more example of the type of motion shown by Sudha.

Q2. A group of Class 7 students visited a dairy farm. They observed that cows first swallowed grass quickly and later brought it back into their mouths to chew it again. The guide explained that cows have a four-chambered stomach and are called ruminants. Later, the students discussed how humans digest food. Their teacher explained that digestion starts in the mouth with saliva, continues in the stomach and small intestine, and the undigested food is finally removed from the body.

- (a) Why do cows chew their food again after swallowing it?
- (b) Where does digestion begin in humans?
- (c) In which organ is most digestion and absorption of food completed?
- (d) What happens to undigested food?
- (e) Name the organ where food is temporarily stored and mixed with digestive juices.

Q3. During the summer holidays, three friends—Riya, Kabir, and Meera—went on a picnic. Riya carried tea in a steel flask, Kabir carried cold juice in a thermos flask, and Meera wore a black T-shirt with jeans. After spending two hours in the Sun, Meera felt hotter than the others. Kabir noticed that his juice remained cold, while Riya's tea was still warm. At home, Riya measured her body temperature with a clinical thermometer and then tried to measure hot milk with the same thermometer. Her mother stopped her and explained that different thermometers have different uses.

- (a) Why did Kabir's juice remain cold for a longer time?
- (b) Why should a clinical thermometer not be used to measure the temperature of hot milk?
- (c) Which would become hotter in sunlight—a black metal box or a white metal box? Why?
- (d) If a steel spoon is kept in a cup of hot tea, why does its handle become hot after some time?
- (e) If you accidentally shake a laboratory thermometer before using it, will it affect the reading? Explain.

TASK 1: Social Studies Homework

Chapter 13 : Tick the correct options :

1. Who was the founder of the Slave (Mamluk) Dynasty in India?

- a) Iltutmish b) Qutub-ud-din Aibak c) Ghiyasuddin Balban d) Razia Sultan

2. Who built the Qutub – Minar and Quwwat-ul-mosque in Delhi?

- a) Iltutmish b) Qutub-ud-din Aibak c) Ghiyasuddin Balban d) Alauddin Khalji

3. Who was the first and only woman ruler to sit on the throne of the Delhi Sultanate?

- a) Chand Bibi b) Nur Jahan c) Razia Sultana d) Mumtaz Mahal

4. The council of 40 Turkish nobles were called-

- a) Chaliha b) Chalisa c) Iqtas d) Diwan

5. The Market Control Policy, which fixed the prices of daily commodities, was introduced by:

- a) Alauddin Khalji b) Ghiyasuddin Balban c) Muhammad Bin Tughlaq d) Jalaluddin Khalji

6. Complete the tables by identifying the founders and dynasties :

Dynasties	Founders
Mamluk Dynasty	_____
_____	Jalauddin Khalji
_____	Nasirudin Tughlaq
Lodi Dynasty	Ibrahim Lodi

7. Complete the analogy : Silver coins : Tanka :: Copper Coins : _____

8. Read the following statements regarding the early Slave Dynasty and identify the INCORRECT statement:

- a) Qutub-ud-din Aibak established the Slave Dynasty in 1206 CE after the death of Muhammad Ghori. b) Iltutmish completed the construction of the Qutub Minar in Delhi. c) Razia Sultan ruled over the Delhi Sultanate successfully for 20 years with the full backing of Turkish nobles.

- a) Only B b) Only C c) Both A and C

CHAPTER 2

1. The process that involves wearing away and lowering of the Earth's surface is known as:

- a) Aggradation b) Degradation c) Weathering d) Solidification

2. Mushroom rocks are landforms characteristic of which environment?

- a) Glacial regions b) Coastal regions c) Deserts d) River valleys

3. A U-shaped valley is carved out by the action of:

- a) Running water b) Glacier c) Wind d) Sea Waves

4. Point out the incorrect statements :

a) Aggradation refers to the raising of land surface by the deposition of sediments. b) Soil layer rich in decomposed organic matter is called the subsoil. c) Terrace farming on hill slopes prevents swift runoff of water and controls soil erosion

- a) Only b b) Only C c) Both a and c

5. Complete the analogy : Erosion : Degradation :: Deposition : _____

6. Complete the analogy : Soil formed by agents of gradation : Transported Soil :: Soil formed by weathering of a parent rock and remains at the same place : _____

7. a) Soil conservation measures include afforestation, terrace farming, and contour plowing.

b) Deltas are formed in the upper course of a **river**.

Point out the incorrect statements :

- a) Only A b) Both A and B c) Only B d) None of the above

8. Match the column A with Column B

Horizons of Soil	Sequence of Horizons
Subsoil	2 nd
Topsoil	1 st
Weathered Rock	3 rd
Solid Rock	4 th

TASK 2: Social Studies Homework

1. Explain two major economic policies introduced by Alauddin Khalji
2. Mention two major activities taken by Muhammad - bin - Tughlaq which turned out to be a failure.
3. Write two points on each of the following :
 - a) Administration
 - b) Society
 - c) Economy
 - d) Religion
 - e) Language and Literature
 - f) Art and Architecture
4. From Chapter 2 – The Earth and the Changes on it, on the outline political map of India mark the following places :

Mountain Soil – Himachal Pradesh, Uttarakhand

Alluvial Soil - Bihar, Uttar Pradesh

Black Soil – Gujarat, Maharashtra

Red Soil – Tamil Nadu, Odisha

Desert Soil – Rajasthan

कक्षा - सप्तमी

विषय - संस्कृत

*दिवस -1.

पाठ - 3.

क. * उपकारका: वृक्षाः* के प्रश्न संख्या 3, 4 एवं 6 के प्रश्नोत्तरों को अपनी उत्तर पुस्तिका में लिखिए।

ख. वृक्षों के संरक्षण से संबंधित कोई पांच उपाय अपने उत्तर पुस्तिका में लिखिए जिनसे वृक्षों की रक्षा हो सकती है।

दिवस-2.

क. पृष्ठ संख्या 26, 27 पर दिए गए 'क्त्वा' और 'ल्यप्' प्रत्ययों के कोई 10 प्रयोग अपनी उत्तर पुस्तिका में लिखिए।

ख. पृष्ठ संख्या 33 पर दी गई 'पौष्टिक भोजन तालिका' का निर्माण पुस्तक तथा अपनी नोटबुक में उत्तमता से करें।

कक्षा 7

पाठ- 11 उसे रात की बात पाठ को पढ़कर प्रश्न उत्तर, जीवन मूल्य प्रश्न उत्तर पुस्तिका में लिखिए।
अनुच्छेद लेखन-

पर्यावरण संरक्षण- आज की आवश्यकता

- * भूमिका

- * समस्या का कारण दुष्प्रभाव

- * उपाय