

**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS -VII**



**ACADEMIC SESSION 2021-22**  
**WORKSHEET (SELF –ASSESSMENT)**

**Subject: English**

**Assignment No. : 5**

**Allotment Date: 15 August 2021**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
<b>1</b>	What information do you get about the Japanese Culture from the Japanese folk tale “ Ashes that made the Trees Bloom”. Discuss the points food, dress and social order, occupation etc.	<b>4marks</b>	Information
<b>2</b>	<b>Read the following extract and answer the questions given below:</b> <i>Grown ups say things like</i> <i>Speak up</i> <i>Don't talk with your mouth full</i> <i>Don't stare, Don't point</i> <i>Don't pick your nose</i> i. Who is the speaker in the above lines ? ii. What do the instructions given in the extracts tell about the person who has released instructions ? iii. Which word in the above extracts mean “ to have a fixed look ?	<b>3marks</b>	Understanding
<b>3</b>	Suppose no cop came at the end . What would be Soapy's life be like through the winter ?	<b>2marks</b>	HOTS
<b>5</b>	Compare the character of the farmer and his neighbour in the story “ Ashes that made the Tree Bloom”.	<b>3marks</b>	Analytical Skill
<b>6</b>	“ There was a sudden and wonderful change in his soul”. What brought about the change in Soapy ?	<b>4marks</b>	Critical Thinking
<b>7</b>	Answer the following questions in about 20-30 words. 1. In what mood do you find the speaker of the poem Chivy ? 2. What do you know about the days of Daimios in Japan from the story “Ashes” ? 3. How did the sweet music coming from his childhood home affect Soapy ?	<b>3x2=6m</b>	Evaluation

<b>8</b>	You are the Principal of a school . Issue a Notice informing the students about the Virtual Teacher’s Day Celebration in your school guiding the students to do proper arrangements.	<b>3m</b>	Communication Skills
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ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)



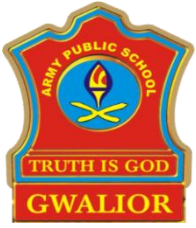
Subject: Hindi

Assignment No. : 5

Allotment Date: 15 August 2021

S. NO.	QUESTIONS	MARKS	NATURE
1	लाल रक्त कणों का जीवनकाल कम होता है ,फिर भी वे खत्म क्यों नहीं होते हैं ?	5	Information
2	<p>अपठित गद्यांश के आधार पर निम्नलिखित प्रश्नों के उत्तर दीजिए –</p> <p>आश्चर्य की बात है कि मनुष्य कभी अपने आप से यह प्रश्न नहीं करता कि उसे क्या चाहिए? सामान्य रूप से वह जानता है कि उसे अच्छा काम धंधा चाहिए, चाहिए सुख वैभव और विलास चाहिए लेकिन यह सब ऊपर ही बातें हैं. सब बातों के नीचे एक रहस्य और है – मनुष्य का परमात्मा से कटा होना. यह करना ही उसके सब दुखों का कारण है. इसी दुख की पूर्ति के लिए कभी वह रिश्ते नाते जोड़ता है, कभी सांसारिक सफलता पाकर खुश होता है. लेकिन सफलता का सुख भी उसे पूरी संतुष्टि नहीं दे पाता. गौतम बुद्ध को भी सांसारिक सुख पसंद नहीं कर पाए थे. तब उनके मन में प्रश्न उठा था कि आखिर मुझे संतोष कैसे मिलेगा. इस प्रश्न का उत्तर उन्हें बड़ी साधना से मिला. गौतम बुद्ध परमात्मा को नहीं मानते थे. उन्होंने यह निष्कर्ष निकाला कि करुणा से मानव जीवन सुखी हो सकता है. करुणा करने वाला अपने लिए नहीं दीन दुखियों के लिए जीता है. इसी में उसे आनंद मिलता है. वास्तव में मानव का लक्ष्य यही आनंद पाना है.</p> <p>अपठित गद्यांश के आधार पर निम्नलिखित प्रश्नों के उत्तर</p>	5	Understanding

	<p><b>दीजिए-</b></p> <ol style="list-style-type: none"> <li>1. <u>अपठित गद्यांश का शीर्षक दीजिए.</u></li> <li>2. <u>सामान्य तौर पर मनुष्य जीवन में क्या चाहता है?</u></li> <li>3. <u>मनुष्य जीवन का वास्तविक कष्ट क्या है?</u></li> <li>4. <u>मनुष्य अपने सांसारिक दुख को दूर करने के लिए क्या उपाय करता है?</u></li> <li>5. <u>गौतम बुद्ध ने मानव जीवन को सुखी बनाने का कौन सा उपाय खोजा?</u></li> </ol>		
3	खून को भानुमति का पिटारा क्यों कहा गया जाता है ?	5	HOT
4	नीचे लिखी मुहावरों को पढ़िये और वाक्यों में प्रयोग कीजिए- पीठ ठोकना ,दस्तक देना ,धावा बोलना ,घर करना	4	Interdisciplinary
5	शरीर के किसी अंग में अचानक रक्त संचार रुक जाने से क्या -क्या परिस्थियाँ उत्पन्न हो जाती है ?	5	Critical Thinking and Problem Solving
6	निम्न प्रश्नों के उत्तर लिखिए- 1>रक्त और हमारा शरीर पाठ में दिव्या कौन थी ?उसे अनिल अस्पताल क्यों लेकर गया ? 2>रक्त के बहाव को रोकने के लिए क्या करना चाहिए? 3>ब्लड बैंक में रक्तदान से क्या लाभ है ?	6	Evaluation



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**ACADEMIC SESSION 2021-22**  
**WORKSHEET (SELF –ASSESSMENT)**

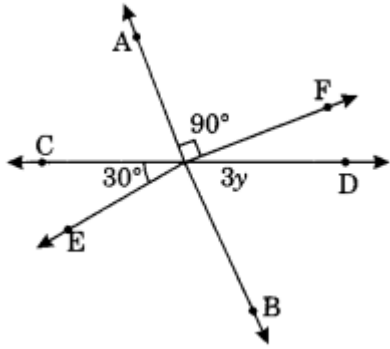
**Subject: Mathematics**

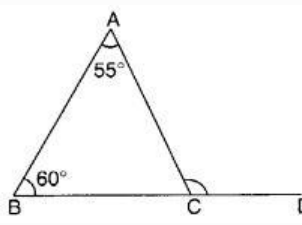
**Assignment No. : 5**

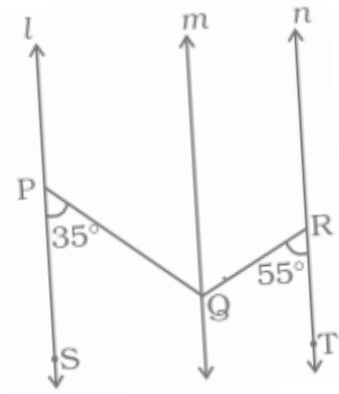
**Allotment Date: 15 August 2021**

S. NO.	QUESTIONS	MARKS	NATURE
1	Can two acute angles be complement to each other?	1	Informative
2	How many vertices does a triangle have?	1	Informative
3	What is the measure of complement of $65^\circ$	1	Understanding
4	A line that intersects two or more lines at distinct points is called_____	1	Informative
5	If two sides of a triangle are equal, the triangle is called_____.	1	Understanding
6	If two angles are supplementary then the sum of their measures is _____ .	1	Informative

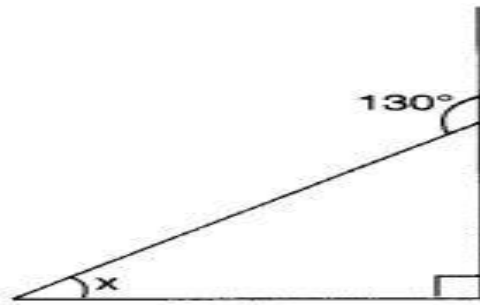
<b>7</b>	If two angles are complementary, then the sum of their measures is _____.	<b>1</b>	Analytical skills
<b>8</b>	If two lines intersect at a point, then the vertically opposite angles are always _____ .	<b>1</b>	Informative
<b>9</b>	If one angle of a triangle is obtuse, the triangle is called_____.	<b>1</b>	Informative
<b>10</b>	How many medians can a triangle have?	<b>1</b>	Understanding
<b>11</b>	Among two supplementary angles the measure of the larger angle is $44^\circ$ more than the measure of the smaller.  Find their measure.	<b>2</b>	Problem solving
<b>12</b>	Two angles of a triangle measure $90^\circ$ and $30^\circ$ . Find the measure of the third angle.	<b>2</b>	Evaluation
<b>13</b>	In the given figure, find the value of $y$ .	<b>2</b>	Evaluation



<p><b>14</b></p>	<p>In the following figure, the side BC of <math>\triangle ABC</math> is extended up to the point D. If <math>\angle A = 55^\circ</math> and <math>\angle B = 60^\circ</math>, then find the measure of <math>\angle ACD</math>?</p> 	<p><b>2</b></p>	<p>Evaluation</p>
<p><b>15</b></p>	<p>If the angles <math>(4x + 4)^\circ</math> and <math>(6x - 4)^\circ</math> are the supplementary angles, find the value of x.</p>	<p><b>2</b></p>	<p>Understanding</p>
<p><b>16</b></p>	<p>Verify that a triangle can be made from the following sides?</p> <p>i) 3 cm, 4 cm, 7 cm            ii) 2 cm, 4 cm, 7 cm</p>	<p><b>2</b></p>	<p>Problem solving HOT</p>
<p><b>17</b></p>	<p>Find the measure of the angle which is double of its complementary angle?</p>	<p><b>2</b></p>	<p>Evaluation</p>
<p><b>18</b></p>	<p>In below figure, <math>l \parallel m \parallel n</math>. <math>\angle QPS = 35^\circ</math> and <math>\angle QRT = 55^\circ</math>. Find <math>\angle PQR</math></p>	<p><b>3</b></p>	<p>Problem solving</p>



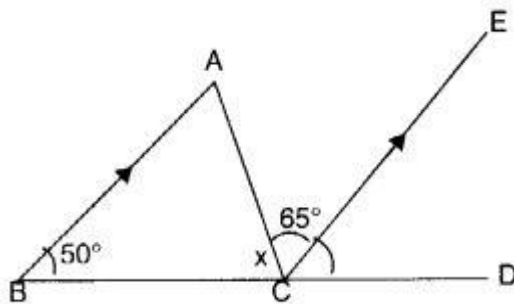
**19** Find the value of the unknown interior angle  $x$  in the following figure



**3**

Critical thinking and problem solving

**20** In the following figure, find  $x$  if  $BA \parallel CE$ .



**5**

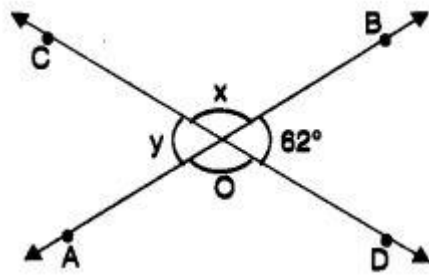
Problem solving.

**21** In the following figure, two straight lines  $AB$  and  $CD$  are intersecting each other at the point  $O$  and the angles thus formed at  $O$  are marked, then the value of  $\angle x - \angle y$  is

**5**

Problem solving  
HOT







**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS -VII**



**ACADEMIC SESSION 2021-22**  
**WORKSHEET (SELF –ASSESSMENT)**

**Subject: Science**

**Assignment No. : 5**

**Allotment Date: 15 August 2021**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
<b>Q1</b>	Answer the following questions. i. What is the main characteristic of physical change? ii. What is the chemical name of vinegar?	<b>1x2=2</b>	Information
<b>Q2</b>	i. What is super-saturation? ii. What is displacement reaction?	<b>2X2=4</b>	Understanding
<b>Q3</b>	i. Why is sodium bicarbonate used for baking? ii. Why is sea water salty?	<b>2x2=4</b>	HOT
<b>Q4</b>	i. How do the farmers make their acidic soil fit for farming? ii. Why do farmers grow a leguminous crop in between two main crops? iii. Why should we brush our teeth twice in a day?	<b>2x3=6</b>	Interdisciplinary
<b>Q5</b>	i. Is baking powder acidic, basic or neutral? Justify your answer.	<b>3x3=9</b>	Analytical Skill
	ii. How can farmers reduce use of nitrogenous fertilisers?		Critical Thinking and Problem Solving
	iii. What are the characteristics of chemical change?		Evaluation
<b>Q 6.</b>	Discuss about the neutralisation reaction in everyday life.	<b>5x1=5</b>	Communication Skills



**ARMY PUBLIC SCHOOL GWALIOR**



**CLASS -VII**

**ACADEMIC SESSION 2021-22**

**WORKSHEET (SELF –ASSESSMENT)**

**Subject: Social Science**

**Assignment No. : 5**

**Allotment Date: 15 August 2021**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
<b>1</b>	First volume of Akbar Nama dealt with Akbar's ..... and second volume recorded the ..... of his reign.	<b>1</b>	Understanding
<b>2</b>	What is the ruling period of Jahangir?	<b>1</b>	Information
<b>3</b>	Which Pandayan king invaded Sri Lanka?	<b>1</b>	Information
<b>4</b>	..... performed before the deity, royalty in Verupaksha temple.	<b>1</b>	Information
<b>5</b>	Insolation influences the distribution of .....	<b>1</b>	Understanding
<b>6</b>	Which gas is used by the green plants to make their food?	<b>1</b>	Information

<b>7</b>	The child centres in villages are called .....	<b>1</b>	Understanding
<b>8</b>	Who can take steps, to bring gender equality?	<b>1</b>	Information
<b>9</b>	Why was Raziyya removed from the throne?	<b>3</b>	Critical Thinking
<b>10</b>	<b>How do Bacteria help plants use nitrogen?</b>	<b>3</b>	Understanding
<b>11</b>	<b>Why do astronauts wear special protective suits when they go to the moon?</b>	<b>3</b>	HOT
<b>12</b>	<b>Who were mansabdars? What were their responsibilities?</b>	<b>5</b>	HOT
<b>13</b>	<b>Give an account of the different layers of the atmosphere.</b>	<b>5</b>	Understanding
<b>14</b>	On a political map of India, locate the following places:- (a) Ajmer (b) Patna (c) Golconda	<b>3</b>	Understanding



ARMY PUBLIC SCHOOL GWALIOR

CLASS -VII

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)



Subject: Sanskrit

Assignment No. : 5

Allotment Date: 15 August 2021

S. NO.	QUESTIONS	Marks	NATURE
1	<p>शब्दानाम् अर्थान् लिखत-</p> <p>अनृतम् _____</p> <p>सनातनम् _____</p> <p>अभिलाषः _____</p> <p>साकम् _____</p> <p>मोदकानि _____</p>	1x5=5	Information
2	<p>उपयुक्तकथनानां समक्षम् 'आम्' अनुपयुक्तकथनानां समक्षं 'न' इति लिखत</p> <p>(क) प्रातः काले ईश्वरं स्मरेत्।</p> <p>(ख) अनृतं ब्रूयात्।</p> <p>(ग) मनसा श्रेष्ठजनं सेवेत्।</p> <p>(घ) मित्रेण कलहं कृत्वा जनः सुखी भवति।</p> <p>(ङ) श्वः कार्यम् अद्य कुर्वीत्।</p>	1x5=5	Analytical Skill
3	<p>रेखांकितपदमाधृत्य प्रश्ननिर्माणं कुरुत-</p> <p>(क) मृत्युः न प्रतीक्षते।</p>	5	Understanding

	<p>(ख) कलहं कृत्वा नरः दुःखी भवति।</p> <p>(ग) पितरं कर्मणा सेवेत।</p> <p>(घ) व्यवहारे मृदुता श्रेयसी।</p> <p>(ङ) सर्वदा व्यवहारे ऋजुता विधेया</p>														
4	<p>सर्वनाम- शब्दानाम् अर्थान् लिखत-</p> <p>वयम् _____</p> <p>अहम् _____</p> <p>आवाम् _____</p> <p>युवाम् _____</p> <p>यूयम् _____</p>	1x5=5	Memory skill												
5	<p>समुचितमेलनं कृत्वा लिखत-</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;"><b>क</b></td> <td style="text-align: center; width: 50%;"><b>ख</b></td> </tr> <tr> <td>केशरवर्णः</td> <td>प्रगतेः न्यायस्य च प्रवर्तकम्।</td> </tr> <tr> <td>हरितवर्णः</td> <td>22 जुलाई 1947 तमे वर्षे जातम्।</td> </tr> <tr> <td>अशोकचक्रम्</td> <td>शौर्यस्य त्यागस्य च सूचकः।</td> </tr> <tr> <td>त्रिवर्णः ध्वजः</td> <td>सुषमायाः उर्वरतायाः च सूचकः।</td> </tr> <tr> <td>त्रिवर्णध्वजस्य स्वीकरणं</td> <td>स्वाधीनतायाः राष्ट्रगौरवस्य च प्रतीकः।</td> </tr> </table>	<b>क</b>	<b>ख</b>	केशरवर्णः	प्रगतेः न्यायस्य च प्रवर्तकम्।	हरितवर्णः	22 जुलाई 1947 तमे वर्षे जातम्।	अशोकचक्रम्	शौर्यस्य त्यागस्य च सूचकः।	त्रिवर्णः ध्वजः	सुषमायाः उर्वरतायाः च सूचकः।	त्रिवर्णध्वजस्य स्वीकरणं	स्वाधीनतायाः राष्ट्रगौरवस्य च प्रतीकः।	1x5=5	Thinking skill
<b>क</b>	<b>ख</b>														
केशरवर्णः	प्रगतेः न्यायस्य च प्रवर्तकम्।														
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6	<p>मञ्जूषातः पदानि चित्वा समानार्थकानि पदानि लिखत-</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> <p>माता      मौनम्      प्रस्तरे      जन्तवः      नयनानि</p> </div> <p>शिलायाम्      -</p> <p>पशवः      -</p> <p>अम्बा      -</p> <p>नेत्राणि      -</p> <p>तूष्णीम्      -</p>	1x5=	Analytical Skill												



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS -VII**



**ACADEMIC SESSION 2021-22**  
**WORKSHEET (SELF –ASSESSMENT)**

**Subject: Computer**

**Assignment No. : 5**

**Allotment Date: 15 August 2021**

S.NO.	QUESTIONS	MARKS	NATURE
1	Choose and write the correct option (MCQ):-	1/2x5=2.5	Information
a)	The pictorial representation of data is called a (i) Formula (ii) Chart (iii) Column		
b)	The type of chart that shows the contribution of each value to a total value (i) Pie chart (ii) Scatter chart (iii) Bar chart		
c)	The central area within a chart area where actual chart is displayed is known as (i) Legend (ii) Data series (iii) Plot area		
d)	A topographic map is the example of this type of chart (i) Bar chart (ii) Line chart (iii) 3D Surface		

e)	Text at the top of the chart is called (i) Legend (ii) Chart title (iii) Value axis		
2	True / False:- (i) Stock chart is ideal for tracking the stock market activity. (ii) Area chart shows the correlation between two value sets. (iii) Data series is a caption which identifies the category of axis. (iv) Charts cannot be resized or moved. (v) Chart style is used to change the appearance of the chart.	5 x 1/2=2.5	Analytical Skill
3	Fill in the blanks- (i) Chart are made up of a variety of elements also called data_____ (ii) A radar chart displays data in _____ irregular circles. (iii) _____ chart has the shape of round pies cut into pieces or slices. (iv) _____ tells what each data series in your chart represents.	4 x 1/2=2	Understanding
4	Answer the following questions - (i) Define a chart. What is the need of charts in Excel? (ii) Explain the different elements of a chart. (iii) How many types of charts are available in Excel?	1x3= 3	HOT





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## CLASS -VII

### ACADEMIC SESSION 2021-22

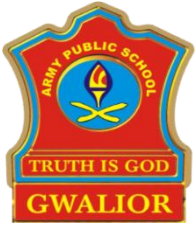
### WORKSHEET (SELF –ASSESSMENT)

Subject: G.K

Assignment No. : 5

Allotment Date: 15 August 2021

S. NO.	QUESTIONS	MARKS
1	Fill in the blanks and rewrite the sentences:- i) _____ was the chief minister Krishnadev Raya. ii) _____ are controlled by Wi-Fi system iii) _____ was launched by Amazon. iv) 'Artificial intelligence' is abbreviated as _____ v) _____ is called the DNA of the music.	5
2	Match the following:- i) Circle of Sacrifice                      New Delhi ii) Circle of immortality                      Veerta Chakara iii) National War Memorial                      Amar Chakara iv) Circle of Bravery                      Rakshak Chakara v) Circle of Protection                      Tyag Chakara	5
3	Answer in one word:- 1. Who is the author of the book 'The Divine Bell and the Butterfly'? 2. Which value of Mahatma Gandhi we can inspire? 3. Who was Nelson Mandela? 4. How many official languages are there in Indian Constitution? 5. When was National War Memorials dedicated to nation?	5
4	True/False 1. Ram Sutar was a sculpturist. ( ) 2. Emperor Akbar's courtier was Akram Khan. ( ) 3. Thomas Edison was a famous bollywood actor. ( ) 4. Sudha Chandran is specially abled personality. ( ) 5. Deepa Mallick is a receiver of Arjuna Award. ( )	5



# ARMY PUBLIC SCHOOL GWALIOR

## CLASS -VII

### ACADEMIC SESSION 2021-22

### WORKSHEET (SELF –ASSESSMENT)





Subject: Art Education

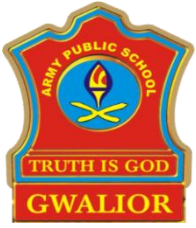
Assignment No. : 5

Allotment Date: 15 August 2021

S. NO.	QUESTIONS	MARKS	NATURE
1	A _____ is a drawing or painting that focuses on still objects A. Emotive B. Still life C. Perspective D. Diagrammatic	1 mark	Creative Skills
2	Who invented still life? A. Leonardo da Vinci B. Michelangelo C. Jacopo de'Barbari D. Vincent Van Gogh	1 mark	Creative Skills
3	Another name of hatching techniques is _____ hatching. A. Parallel B. Cross C. Scribbling D. Stippling	1 mark	Creative Skills
4	_____ is built up by applying dots in different densities. A. Parallel B. Cross C. Scribbling	1 mark	Creative Skills

	<b>D. Stippling</b>		
5	<p>Objects that are not the main focus of an image. The image or design in the back are called_____.</p> <p>A. Positive Space  B. Negative Space  C. Contrast  D. Grid System</p>	1 mark	Creative Skills
6.	<p>The way the viewer sees an image. It can be above, below, or at eye-level is called _____.</p> <p>A. Contrast  B. Grid System  C. Point of View  D. Value</p>	1 mark	Creative Skills
7	<p>When one object passes in front of another object to create layering is called _____.</p> <p>A. Shape-  B. Overlapping  C. Texture-  D. Composition-</p>	1 mark	Creative Skills
8	<p>_____ is the arrangement of objects, images, or colours placed in a way to create motion.</p> <p>A. Movement-  B. Positive Space  C. Negative Space  D. Texture-</p>	1 mark	Creative Skills
9	 <p>Picture shown above is of which technique?</p> <p>A. Scribbling  B. Contour Hatching  C. Stippling</p>	1 mark	Creative Skills

	D. Scribbling		
10	 <p>Picture shown above is of which technique?</p> <ul style="list-style-type: none"><li>A. <b>Contour Hatching</b></li><li>B. <b>Stippling</b></li><li>C. <b>Cross Hatching</b></li><li>D. <b>Scribbling</b></li></ul>	1 mark	Creative Skills



ARMY PUBLIC SCHOOL GWALIOR



CLASS -VII

ACADEMIC SESSION 2021-22

WORKSHEET (SELF –ASSESSMENT)

Subject: Work Education

Assignment No. : 5

Allotment Date: 15 August 2021

S. NO.	QUESTIONS	MARKS	NATURE
1	A mural is any piece of artwork painted or applied directly on a_____. A. Paper B. Wall C. <u>Mirror</u> D. <b>Newspaper</b>	1 mark	Creative Skills
2	Brushes were made up from the hair of _____ A. Women B. Animals C. Birds D. None of the above	1 mark	Creative Skills
3	_____method the paintings are done when the surface wall is still wet A. Buon B. Secco C. Camaieu D. True fresco	1 mark	Creative Skills
4	_____is a method of painting on the lime plastered surface which has been allowed to dry first and then drenched with fresh lime water. A. Glazing	1 mark	Creative Skills

	<p>B. Sgraffito</p> <p>C. Tempora</p> <p>D. Blocking</p>		
5	<p>Which one is not a Fresco technique of Mural art?</p> <p>A. Buon</p> <p>B. Secco</p> <p>C. Camaieu</p> <p>D. Mezzo</p>	1 mark	Creative Skills
6.	<p>Which clay is used for mural art?</p> <p>A. Ball clays</p> <p>B. Resin clay</p> <p>C. Stoneware clays</p> <p>D. Porcelain clays</p>	1 mark	Creative Skills
7	<p>Which material is not used while making mural art?</p> <p>A. Palette</p> <p>B. Thread</p> <p>C. Brushes</p> <p>D. Paint</p>	1 mark	Creative Skills
8	<p>Which one is the Famous cave where Mural Art is shown?</p> <p>A. Fingal's Cave</p> <p>B. Ajanta Caves</p> <p>C. Mammoth Cave</p> <p>D. Barton Creek Cave</p>	1 mark	Creative Skills
9	<p>In which region of India Armamalai Cave located?</p> <p>A. Gujarat</p> <p>B. Tamil Nadu</p> <p>C. Kerala</p> <p>D. Rajasthan</p>	1 mark	Creative Skills
10	<p>Which among these is the picture of Wood murals art?</p>	1 mark	Creative Skills

A



B

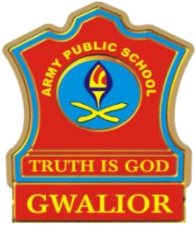


C



D





**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS -VII**



**ACADEMIC SESSION 2021-22**  
**WORKSHEET (SELF –ASSESSMENT)**

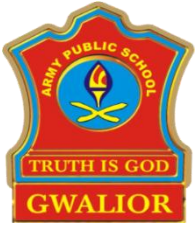
**Subject: Library**

**Assignment No. : 5**

**Allotment Date: 15 August 2021**

S.NO	QUESTIONS	MARKS	NATURE
1	Who is the father of library science?	01	Understanding
2	Where was S.R Ranganathan born?	01	comprehension
3	Who was the teacher of S. R Ranganathan?	01	comprehension
4	What is the full name of Ranganathan ?	01	comprehension
5	How many books and Articles are written by Dr.S..R. Ranganathan ?	01	Comprehension
6	Write the years of experience of Dr S.R Ranganthan librarian ?	01	Analysis
7	Where were librarians first appointed ?	01	Analysis
8	What was the name of Ranganathan father ?	01	Comprehension
9	What was the name of Ranganathan mother ?	01	Comprehension
10	Which day is celebrated as national library day ?	01	Comprehension





ARMY PUBLIC SCHOOL GWALIOR  
CLASS -VII



ACADEMIC SESSION 2021-22  
WORKSHEET (SELF –ASSESSMENT)

Subject: Health and Physical Education

Assignment No. : 5

Allotment Date: 15 August 2021

S.NO	MULTIPLE CHOICE QUESTIONS (1 to 4)	NATURE	MARKS 1X10
1.	“Prana” in pranayama means_____. A. gain control B. vital life force C. strength D. Stamina	Informatory	1
2	Benefits of yoga are - A. its beneficial for spinal column B. It enlarges thoracic cavity C. It develops balancing power in body D. All of these	Informatory	1
3	Examples of rhythmic activities are A. Rope game B. Zumba C. Football D. Both a A and B	Informatory	1
4	Health is not just absence of _____. A. Studies B. Emotion C. Disease D. Happiness	Understanding	1
5	<b>Fill in the blanks ( question 5 to 7 )</b> Rhythmic activities _____ are _____ combinations of _____ movements with sounds, beats, or music. [ physical, electric ]	Informatory	1
6	It means complete suspension of breathing. [pranayama, asanas]	Understanding	1

7	The aim of yoga is to control over _____. [mind, future]	Understanding	1
8	<b>True and False ( question 8 to 10)</b> Asanas are of three types meditative asanas, relaxation asanas and cultural asanas.	Analytical	1
9	In texts like Bhagwat Gita pranayama means complete suspension of breathing.	Informatory	1
10	Yoga creates emotional instability in body.	Critical thinking	1



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS -VII**



**ACADEMIC SESSION 2021-22**  
**WORKSHEET (SELF –ASSESSMENT)**

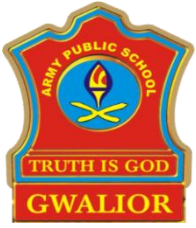
**Subject: Music**

**Assignment No. : 5**

**Allotment Date: 15 August 2021**

Sr. no.	Answer the following Question	Nature	Marks 1x10= 10
1	How many Counting are there in Teen taal? A)16 B)15 C)14 Ans.- 16	Informative	1
2	How many divisions are there in Teen taal? A)2 B)3 C)4 Ans.- 4	Informative	1
3	At what volume is it empty in Teen taal? A)9 B) 8 C) 12 Ans.- 9	Informative	1
4	What is the empty symbol in Teen taal? A)1 B)2 C)0 Ans.- 0	Informative	1
5	How many times Dugun is done in Teen Tal? A) 2 B) 3 C)4 Ans. -2	Informative	1

6	The chougun is performed four times in Teen taal. True False Ans.- True	Informative	1
7	Every Tabla and Kathak student learns Teen taal. True False Ans. – True	Informative	1
8	Dugun is performed twice in Teen taal. True False Ans. – True	Informative	1
9	The first volume of the taal is called sama. True False Ans.- True	Informative	1
10	There is a clap at 1,5 ,13. True False Ans. - True	Informative	1



# ARMY PUBLIC SCHOOL GWALIOR



## CLASS -VII

### ACADEMIC SESSION 2021-22

### WORKSHEET (SELF –ASSESSMENT)

Subject: Discipline

Assignment No. : 5

Allotment Date: 15 August 2021

S.NO	QUESTIONS	MARKS	NATURE
1.	<p><b>Fill in the blanks-</b></p> <p>i. Being a teenager can be _____ at times.</p> <p>ii. You might feel like you have the _____ of the world is on your shoulders.</p> <p>iii. Instead of seeing these as stressors, consider all the opportunities you have _____.</p> <p>iv. Keep your room clean and organized.</p> <p>v. Take care of _____ and clean up yourself.</p> <p>vi. Carly never let her friends _____.</p> <p>vii. The three boys got the project done they were _____.</p> <p>viii. Carly was very _____.</p>	08	Knowledge & Understanding
2.	<p><b>How do you show your responsibility.</b></p> <p>i. _____</p> <p>ii. _____</p> <p>iii. _____</p> <p>iv. _____</p>	02	Thinking and Writing Skills