



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2023-24**  
**WORKSHEET (SELF –ASSESSMENT)**



Subject: English

Assignment No. : 8

Allotment Date: 30 January 2024

S. No.	QUESTIONS	MARKS	NATURE
1	Change the following sentences into Indirect Speech: 1. I said to him, "Don't go there." 2. They said to us, "Will you help us?" 3. Anushka said to you, "Hatred is as blind as love." 4. Sam says to me, "I like cycling."	4 Marks	Informative and understanding
2	Fill in the appropriate prepositions to complete the sentences. a) Please fill the form ..... a pencil. b) I'll join you people ..... my class. c) Everyone enjoyed the party ..... Ronnie's place.	3 Marks	Understanding
3	What changes had occurred. Which forced people to live in underground homes?	4 Marks	HOT
4	Fill in the blanks with the correct infinitive verb form. 1. I can ..... (speaking) English. 2. You must ..... (staying) at home. 3. May we ..... (came) in?	3 Marks	Interdisciplinary
5	Identify the type of sentences: a) What are you most thankful for? b) Ravi Dahl had a great imagination. c) Stop twisting the rope like that.	3 Marks	Analytical Skill
6	What was the result at the end of the poem(Dad and the Cat and the Tree)?	4 Marks	Critical Thinking
7	Answer the following questions in about 20-30 words. a) What did the Number One and Number Two suggest should be done about the alien spacecraft? b) What do you think the mechanical hand was trying to do? c) Why was Dad sure he wouldn't fall?	3×2 = 6 Marks	Evaluation
8	If you had to live in a home like Tilloo's what parts of life would you find most difficult? What compensations might there be?	3 Marks	Communication Skills



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Subject: Hindi

Assignment No. : 8

Allotment Date: 30 January 2024

क्र	प्रश्न	अंक	प्रकृति
1	हमारे यहाँ बहुत से काम लोग खुद नहीं करके किसी पेशेवर कारीगर से करवाते हैं। गांधी जी छेनी, हथौड़े, बसूले क्यों खरीदना चाहते होंगे?	5	INFORMATIVE
2	ध्यानचंद को हॉकी का जादूगर कहा जाता है। क्यों? पता लगाइए।	1x4=4	UNDERSTANDING
3	अनेक शब्दों के लिए एक शब्द लिखो। (i) जिसका जन्म पहले हुआ हो _____ (ii) जिसका मूल्य न हो _____ (iii) जो अर्थशास्त्र का विद्वान हो _____ (iv) कम अकल वाला _____ (v) जो परीक्षा में पास हो _____	5	HOT
4	प्रश्न - निम्नलिखित शब्दों के समरूपी भिन्नार्थक रूप लिखे - 1 अनल , अनिल _____ 2.अलि, अली _____ 3.अंबा अंबु _____ 4.परिणाम , परिमाण _____ 5.अपकार , उपकार _____	5	INTERDISCIPLINARY
5.	कुँवर सिंह को बचपन में किन कामों में मजा आता था? लिखिए।	5	CRITICAL THINKING AND PROBLEM

			<b>SOLVING</b>
<b>6</b>	<b>निम्नलिखित प्रश्नों के उत्तर दीजिए -</b>  1. ब्रज की भोर का वर्णन कीजिए। 2. धनराज पिल्लै की माँ ने क्या सीख दी लिखिए। 3. वर्षा ऋतु से संबंधित दो नाम लिखो।	<b>3x2=6</b>	<b>EVALUATION</b>



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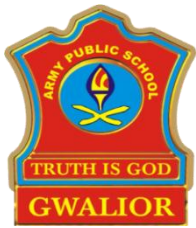
**Subject: Mathematics**

**Assignment No. : 8**

**Allotment Date: 30 January 2024**

S. No.	QUESTIONS	MARKS	NATURE
1	<b>Determine a figure that has a line of symmetry but doesn't have rotational symmetry</b> (a) Scalene triangle (b) Rectangle (c) Square (d) Isosceles triangle	1	Informative
2	Which of the following letter of English alphabet has no line of symmetry (a) Z (b) M (c) O (d) T	1	Understanding
3	Which of the following solid have one curved and two flat faces but no vertex (a) Cone (b) circle (c) cylinder (d) cube	1	Understanding
4	Number of edges in sphere (a) 0 (b) 1 (c) 2 (d) 3	1	Informative
5	A die is cut horizontally what is the cross section obtained? (a) Square (b) Triangle (c) Rectangle (d) Cube	1	Understanding
6	Determine the English alphabet that has rotational symmetry of order 2 (a) O (b) A (c) N (d) R	1	Analytical
7	What is the number on the face opposite to 5 on a die ? (a) 1 (b) 2 (c) 3 (d) 6	1	Understanding
8	What is the shape formed by rotating a right triangle about its height (a) A sphere (b) A cylinder (c) A cone (d) A cuboid	1	Critical Thinking
9	Which of the given geometric solids has the maximum number of vertices? (a) Cone (b) Cylinder (c) Cuboid (d) Pyramid	1	Informative
10	Draw the net used to make cube.	2	Pictorial
11	What other name can you give to the line of symmetry of	2	Construction

	1. An Isosceles triangle      2. Circle		
12	If two cubes of dimensions 2cm by 2cm by 2cm are placed side by side, what would the dimensions of the resulting cuboid be?	2	Analytical
13	Give an oblique sketch for cuboid of dimensions 5cm, 3cm and 2cm.	3	Pictorial
14	Determine the number of edges, vertices and faces in cuboid.	3	Understanding
15	In geometry, a cube is a three-dimensional solid object. The cube is the only regular hexahedron and is one of the five Platonic solids. (i) Determine the number of faces in cube. (ii) Determine the number of edges in cube. (ii) Give an oblique sketch of cube with an edge 4cm long.	1+1+2=4	Case Study
16	<b>Draw a rough sketch of a triangle with both line and rotational symmetries.</b>	5	Pictorial



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Subject: Science

Assignment No. : 8

Allotment Date: 30 January 2024

S.NO.	QUESTIONS	MARKS	NATURE
Q1.	<ul style="list-style-type: none"><li>• Multiple choice questions</li></ul> <ol style="list-style-type: none"><li>1. Forests provide us many useful items like<ol style="list-style-type: none"><li>a) Wood</li><li>b) Fodder for animals</li><li>c) Spices and medicines</li><li>d) All of these</li></ol></li><li>2. Under storeys are the<ol style="list-style-type: none"><li>a) Roots of plants</li><li>b) Stems of plants</li><li>c) Different horizontal layers formed by the crowns of different types and sizes of plants and trees</li><li>d) None of these</li></ol></li><li>3. The decaying matter is normally<ol style="list-style-type: none"><li>a) Spongy</li><li>b) Warm</li><li>c) Moist</li><li>d) Warm and moist with a spongy feel to walk on</li></ol></li><li>4. Sewage is mainly a<ol style="list-style-type: none"><li>a) Liquid waste</li><li>b) Solid waste</li><li>c) Gaseous waste</li><li>d) Mixture of solid and gas</li></ol></li><li>5. Which of the following is not a source of waste water?<ol style="list-style-type: none"><li>a) Sewers</li><li>b) Homes</li><li>c) Industries</li><li>d) Hospitals</li></ol></li></ol>	1X5=5	Information
Q2.	<ul style="list-style-type: none"><li>• Fill in the blanks</li></ul> <ol style="list-style-type: none"><li>1. Vermicomposting toilets are _____ to treat human waste.</li><li>2. Urea is an _____ impurity present in sewage.</li><li>3. The decaying leaves and animal droppings in a forest enrich the _____</li><li>4. All green plants are called _____</li><li>5. Herbs form the _____ layer in the forest</li></ol>	1x5=5	Observation

Q3.	<ul style="list-style-type: none"> <li>• State True or False</li> </ul> <ol style="list-style-type: none"> <li>1. Afforestation leads to soil erosion.</li> <li>2. Forests protect the soil from erosion.</li> <li>3. Plants and animals in a forest are not dependent on one another.</li> <li>4. Forests influence the climate and water cycle.</li> <li>5. Fertilizers are a big source of water pollution in rural areas.</li> </ol>	1x5=5	Knowledge based
Q4.	<ul style="list-style-type: none"> <li>• Answer the following question in one or two sentence.</li> </ul> <ol style="list-style-type: none"> <li>1. What is sewage?</li> <li>2. What would happen if it rain heavily and trees are not there?</li> </ol>	2x2=4	Analysis
Q5.	<ul style="list-style-type: none"> <li>• Answer the following question in 20-30 words.</li> </ul> <ol style="list-style-type: none"> <li>1. Explain the relationship between sanitation and disease.</li> <li>2. What is food chain? Give two examples</li> <li>3. Describe the steps involved in getting clarified water from wastewater.</li> </ol>	2x3=6	Evaluation
Q6.	<ul style="list-style-type: none"> <li>• Answer the following question 30-40 words.</li> </ul> <ol style="list-style-type: none"> <li>1. What is forest ? What would happen if forest will disappear from earth?</li> </ol>	1x5=5	HOTS



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Subject: Social Science

Assignment No. : 8

Allotment Date: 30 January 2024

S. NO.	QUESTIONS	MARKS	NATURE
1.	<b>Fill in the blank :</b> i. .... has enabled us to think of ourselves as members of a larger global world. ii. Most of the cartoons that we see on television are mostly from ..... or the ..... iii. It is important that the information given by media should be..... iv. Khabar Lahriya newspaper is run by eight Dalit women in Chitrakoot district in ..... v. The founder of the Awadh nawabi was ..... vi. Groups of highly mobile, peasant pastoralists (kunbis) provided the backbone of the.....army. vii. Sawai Raja Jai Singh founded his new capital at..... viii. In eighteenth century, the Sikhs organized themselves into a number of bands called.....	08	Information and understanding
2.	Who were the very powerful governors of Awadh, Bengal and Hyderabad among the early and later Mughal rulers?	3	HOTS
3.	On what depends the writing of a balanced report?	3	Analytical skill
4.	How does the chain of markets play an important role in the story of the shirt?	3	Communication Skill
5.	<b>If the weavers were to buy yam on their own and sell cloth, they would probably earn three times more. Do you think this is possible? How? Discuss.</b>	5	Critical Thinking And problem Solving
6.	What were the causes responsible for various crises of the Mughal Empire towards the closing year of the 17th century?	5	Inter disciplinary
7	On the political map of India mark and locate territory under the British control mid eighteenth century.	5	Evaluation





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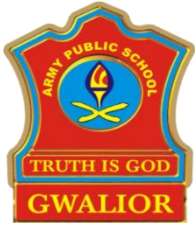
**Subject: Sanskrit**

**Assignment No. : 8**

**Allotment Date: 30 January 2024**

S. NO.	QUESTIONS	MARKS	NATURE
1.	प्रश्न 1. एकपदेन उत्तरत- (क) का विहसति? ..... (ख) किम् विकसति? ..... (ग) व्याघ्रः कुत्र गर्जति? ..... (घ) हरिणः किं खादति? ..... (ङ) मन्दं कः गच्छति? .....	1*5= 5	Informative Skills
2.	विलोमपदानि मेलयत- (क) मन्दम् - नूतनम् (ख) नीचैः - स्निग्धम् (ग) कठोरः - पर्याप्तम् (घ) पुरातनम् - उच्चैः (ङ) अपर्याप्तम् - क्षिप्रम्	1*5=5	Thinking skill
3.	अधोलिखितानि पदानि निर्देशानुसारं परिवर्तयत- यथा- चित्रपतङ्गः (प्रथमा-बहुवचनम्) - चित्रपतङ्गाः भल्लुकः (तृतीया-एकवचने) - ..... उष्ट्रः (पञ्चमी-द्विवचने) - ..... हरिणः (सप्तमी-बहुवचने) - ..... व्याघ्रः (द्वितीया-एकवचने) - ..... घोटकराजः (सम्बोधन-एकवचने) - .....	1*5=5	Understanding
4.	उचितम् उत्तरम् चित्वा रिक्तस्थानानि पूरयत- (क) त्वं किं ..... । (खादति, खादसि, खादामि) (ख) उपवने ..... पुष्पाणि सन्ति। (सुन्दरम्, सन्दरे, सुन्दराणि) (ग) ते ग्रामे ..... वसन्ति। (वसति, वसन्ति, वससि) (घ) अहं ..... । (वदति, वदसि, वदामि)	1*5=5	Analytical skill

	(ड) सः ..... विभेति। (सिंहात्, सिंहस्य, सिंहेन)		
5.	उचितं मेलनं कुरुत- सः - गच्छन्ति वयम् - कमलम् ते - हसामि अहम् - धावति नीलम् - नृत्यामः	1*5=5	Critical thinking
6.	रेखांकितपदानि उपपदविभक्तेः अनुसारं शुद्धानि कृत्वा लिखत- (क) सः रामस्य सह गच्छति। ..... (ख) सः रामे कुध्यति। ..... (ग) बालकाः ग्रामे गच्छन्ति। ..... (घ) अलम् विवादात्। ..... (ङ) माम् मोदकानि रोचन्ते। .....		Memory skill



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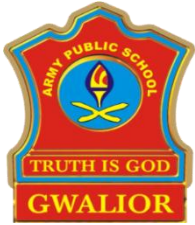
Subject: Computer

Assignment No. : 8

Allotment Date: 30 January 2024

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	The format of an image that web browser can display is _____ a. JPEG b. JIG c. JEG	1	Understanding
B)	The attribute used to mention the path of the image where it is located is _____ a. IMG b. SRC c. JPEG	1	Understanding
C)	Which link is used to link two pages within a website? a. E-mail b. External c. Internal	1	Understanding
D)	_____ are links to sections within the same page.<a href = "www.javatpoint.com"> javaTpoint.com </a> a. Anchors b. Images c. Text	1	Understanding
2.	State whether these statements are true or false.		
A)	We can wrap text between two images to change the layout of web page.	1	Analytical Thinking
B)	We cannot link an image in the HTML.	1	Understanding
C)	A hypertext link is used to connect one document with another document or file.	1	Understanding

<b>3.</b>	<b>Fill in the blanks.</b>		
<b>A)</b>	The _____ tag incorporates graphics in the HTML document.	<b>1</b>	<b>Understanding</b>
<b>B)</b>	Internal links can be either _____ or _____.	<b>1</b>	<b>Understanding</b>
<b>C)</b>	We can create _____ to display information in rows and columns.	<b>1</b>	<b>Understanding</b>



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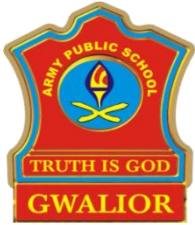


**Subject: Music**

**Assignment No. : 8**

**Allotment Date: 30 January 2024**

<b>S. NO.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
1	What is the old name of Kathak? a) Kushilav b) Devansh.	1	Informative
2	What are the five elements of dance? a) Sky, air, fire, water and earth. b) Mind, physical structure.	1	Informative
3.	What is the most important element of dance a) sangeet b) natakiy	1	Informative
4.	What is Bhoomi Pranam in dance? a) Asking permission from the earth before dancing. b) Not allowed before dancing.	1	Informative



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Subject: ATL

Assignment No. : 8

Allotment Date: 30 January 2024

S. NO.	QUESTIONS	MARKS	NATURE
1.	Choose the correct answer.		
A)	_____ attribute combines two or more cells in a column to make one large cell. a. ROWSPAN b. COLSPAN c. CELLSPAN	1	Understanding
B)	The attribute used to mention the path of the image where it is located is _____ d. IMG e. SRC f. JPEG	1	Understanding
C)	Which link is used to link two pages within a website? d. E-mail e. External f. Internal	1	Understanding
D)	_____ are links to sections within the same page.<a href = "www.javatpoint.com"> javaTpoint.com </a> d. Anchors e. Images f. Text	1	Understanding
2.	State whether these statements are true or false.		
A)	We cannot control exact size of the table.	1	Analytical Thinking
B)	An e-mail link does not allow users to send queries and feedback.	1	Understanding
C)	A hypertext link is used to connect one document with another document or file.	1	Understanding

<b>3.</b>	<b>Fill in the blanks.</b>		
<b>A)</b>	We can use _____ to add space between the border and the contents of a cell.	<b>1</b>	<b>Understanding</b>
<b>B)</b>	Spanning cells is also called _____ cells.	<b>1</b>	<b>Understanding</b>
<b>C)</b>	We can create _____ to display information in rows and columns.	<b>1</b>	<b>Understanding</b>



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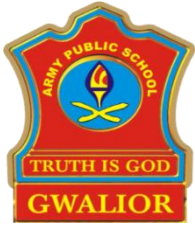
**Subject: Work Education**

**Assignment No. : 8**

**Allotment Date: 30 January 2024**

<b>S. No.</b>	<b>QUESTIONS</b>	<b>MARKS</b>	<b>NATURE</b>
1	What is tint and shade?	2	Informative
2	What is the concept of Poster Making?	2	Informative
3	How to create a good poster?	2	Understanding
4	Which state is famous for Tie and Dye?	2	Informative
5	What is tie and dye in art?	2	Understanding





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**Subject: Yoga**

**Assignment No. : 8**

**Allotment Date: 30 January 2024**

<b>QUESTIONS</b>	<b>MARKS</b>	<b>SKILLS</b>
<p><b>Fill in the blanks</b></p> <p>1. Ujjayi Pranayama is often referred to as the " _____ Breath" or "Ocean Breath."</p> <p>2. Anulom Vilom Pranayama is also known as "Alternate _____ Breathing."</p> <p>3. During Anulom Vilom, the breath is alternated between the _____ nostrils.</p>	<p><b>3X1=3</b></p>	<p><b>INFORMATIVE</b></p>
<p><b><u>True and False:</u></b></p> <p>1. Ujjayi Pranayama involves rapid, shallow breathing.</p> <p>2. Anulom Vilom Pranayama helps balance the left and right hemispheres of the brain.</p> <p>3. Anulom Vilom should be practiced with a full stomach for better results.</p>	<p><b>3X1=3</b></p>	<p><b>CRITICAL</b></p> <p><b>THINKING</b></p>
<p><b>Multiple Choice Questions:</b></p> <p>1. What is the primary purpose of Ujjayi Pranayama?</p> <p>a) Increasing heart rate</p> <p>b) Enhancing concentration and mindfulness</p> <p>c) Cooling the body</p> <p>d) Quick inhalation and exhalation</p>	<p><b>4X1=4</b></p>	<p><b>ANALYTICAL</b></p> <p><b>THINKING</b></p>

2. Which nostril is closed first during the practice of Anulom Vilom?

- a) Left nostril
- b) Right nostril
- c) Both nostrils simultaneously
- d) None of the above

12. What is a common benefit of both Ujjayi Pranayama and Anulom Vilom Pranayama?

- a) Increased heart rate
- b) Respiratory health improvement
- c) Agitation and stress
- d) Shallow and rapid breathing

13. Which aspect of well-being does Anulom Vilom primarily contribute to?

- a) Physical strength
- b) Emotional balance
- c) Digestive system
- d) Muscular flexibility



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**Subject: Health and Physical Education**  
**Allotment Date: 30 January 2024**

**Assignment No. : 8**

S.NO	Multiple choice questions ( Question 1 to 4)	SKILLS	MARKS 1X10=10
1.	Who created volleyball? a. John Belstrad b. William G. Morgan c. Elijah C. Campwood d. Mec mohan	Thinking	1
2.	What is the player who specializes in defense called? a. Libero b. Freestyle c. Blocker d. None of these	Critical	1
3.	What are the names of the two volleyball referees? a. Forward Referee and Back Referee b. Up Referee and Down Referee c. Serve Referee and Volley Referee d. Match Referees	Thinking	1
4.	In which year was the football World Cup held for the first time? a. 1930 b. 1931 c. 1932 d. 1933	Self-regulation	1
5	<b>Fill in the blanks ( Question 5 to 7 )</b>  Height of volleyball net for men _____.  (2.24 meter, 2.43 meter)	Initiative	1
6	Volleyball game was invented in _____ country (USA, France)	Problem-solving	1
7	Volleyball was formally included _____ in Olympic games. (1958, 1957)	Thinking	1
8	<b>True and False ( Question 8 to 10 )</b>  Serves can be blocked.	Thinking	1

9	During a volleyball match, five-set matches are four sets to 25 points and a fifth set to 15 points.	Initiative	1
10	In volleyball match, After the serve, front-line players may switch positions at the net.	Problem-solving	1



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**Subject: Karate**

**Assignment No. : 8**

**Allotment Date: 30 January 2024**

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S. NO	QUESTIONS	Marks 10
1	Which is the standard self-defence kick?  a) Ushiro-gari b) Kensetsu gari c) Kenteki gari d) Mawashi gari	1
2	In which kick we use the bottom or the inside of the foot?  a) Ushiro-gari b) Kensetsu gari c) Kenteki gari d) Mawashi gari	1
3	Kenteki gari is used as a?  a) Slow kick b) Moderate speed c) Fast kick d) None of the above	1
4	What is the meaning of karate-do?  a) Fight b) Kick c) Block d) Fight with empty hands	1
5	Fill in the blacks.  _____ is the Japanese name of turning back  a) Ushiro-gari b) Mae gari	1
		1

6	_____ kick is simple hard kick to the knee. a) Mawashi gari b) Kensetsu gari	
7	_____ is the way of wish is karate a) Ous b) Namaste	1
8	True and False These kicks are for the fight with normal people (True/False)	1
9	There are many variations in ushiro-geri (True/False)	1
10	Kensetsu gari does not cause pain to the attacker. (True/False)	1