



**ARMY PUBLIC SCHOOL GWALIOR**  
**CLASS - VII**  
**ACADEMIC SESSION 2024-25**  
**WORKSHEET (SELF –ASSESSMENT)**



**Subject: English**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S. No.	QUESTIONS	MARKS	NATURE
1	Identify the type of voice in the following sentences.  1. Shreya Ghoshal sings beautiful songs. 2. The boy was being scolded by his teacher. 3. The woodcutter cut down the trees. 4. The mystery was solved.	4 Marks	Informative and understanding
2	Change this directed speech into reported speech.  i) "he works in a bank."  ii) The principal said, "Students can go there."  iii) He said, "My father is playing with me."	3 Marks	Understanding
3	How has the invention of vitruvian man progressed?	4 Marks	HOT
4	How does the alien's perception of Earth and its inhabitants differ from that of humans?	3 Marks	Interdisciplinary
5	Find the meaning of the following confusing words.  i) Affect, effect  ii) Complement, compliment  iii) Peak, pique	3 Marks	Analytical Skill
6	Snake has no leg or feet, but it moves very fast. How?	4 Marks	Critical Thinking
7	Answer the following questions in about 20-30 words. a) How does Timothy's behavior change as he grows older? b) How does the speaker's perception of snake change throughout the poem? What factors contribute to this change? c) What does the phrase "he ran as still as water" mean in the poem 'Mystery of a talking fan'?	3×2 = 6 Marks	Evaluation
8	Despite being brought up lovingly, Timothy eventually starts showing aggressive traits. What does this reveal about the balance between nature and nurture?	3 Marks	Communication Skills



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Subject: Hindi

Assignment No. : 8

Allotment Date: 31 January 2025

क्रम संख्या	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 SOLVING
6	निम्नलिखित प्रश्नों के उत्तर दीजिए –  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।	3x2=6	EVALUATION



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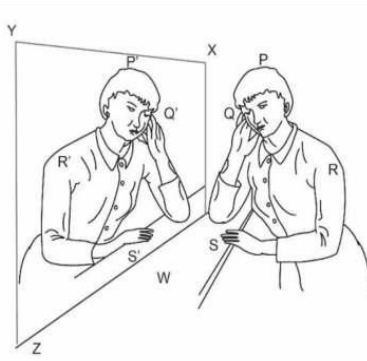


**Subject: Mathematics**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S. No.	QUESTIONS	MARKS	NATURE
1	Which letter look the same after reflection when the mirror is placed vertically.  (a) S            (b) P    (c) Q   (d) H	1	Informative
	The order of the rotational symmetry of the parallelogram about the centre is  (a) 0            (b) 1                    (c) 2            (d) 3	1	Informative
	Which of the followings has no line of symmetry:  (a) S   (b) A   (c) U   (d) H	1	Understanding
4	Letter 'E' of the English alphabet have reflectional symmetry (i.e., symmetry related to mirror reflection) about.  (a) a vertical mirror    (b) a horizontal mirror  (c) both (a) and (b)    (d) none of these  of these	1	Informative
5	The number of faces of a cylinder is  (a) 1    (b) 3    (c) 2    (d) 4	1	Understanding
6	Two cubes of dimensions 2 cm x 2 cm x 2 cm are placed side by side, the length of resulting Cuboid is-  (a) 2 cm            (b) 3 cm            (c) 4 cm            (d) 6 cm	1	Analytical

7	How many lines of symmetry are there in a square ? (a) 4      (b) 0      (c) 3      (d) 2	1	Problem solving
8	Standard form of number 56700100 is (a) 5.67107    (b) 5.67001106    (c) 5.6701107    (d) 5.67001108	1	Critical Thinking
9	Which type of symmetry is hold in a clock ? (a) Line symmetry    (b) rotational symmetry    (c) no symmetry	1	Informative
10	Write two examples of rotational symmetry.	2	Problem solving
11	What cross-sections do you get when you give a (i) vertical cut (ii) horizontal cut to the following solids? (a) A brick (b) A round apple (c) A die (d) A circular pipe (e) An ice cream cone	2	Construction
12	Write two examples with vertical line of symmetry.	2	Analytical
13	Simplify (536463)52.	3	Understanding
14	Simplify 93343	3	Problem Solving
15	Reads all the alphabets of English language and give the answers of following questions.  (i) List the alphabets which are having a reflection about vertical symmetry.  (ii) List the alphabets which are having a reflection about horizontal symmetry.  (ii) List the alphabets having both vertical and horizontal rotational symmetry.	1+1+2=4	Case Study
16	If two cubes of dimensions 2 cm by 2cm by 2cm are placed side by side, what would the dimensions of the resulting cuboid be?	5	Problem Solving
17.	The picture shows a girl and her reflection in a mirror.   (i) Can you draw a line of symmetry on this picture? Mention Yes or No. Justify your choice.  (ii) The girl has her right hand raised. Why does it look like her left hand		Cased based problem

in the mirror image?

(iii) Points P, Q, R and S are marked on the girl and their mirror reflections P', Q', R' and S' are marked on the image. Which point and its image in the mirror have the greatest distance between them?

(iv) In the above picture, XYZW is a mirror. Why does it produce a symmetric image? Give your explanation using the points shown in the image.



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**Subject: Science**

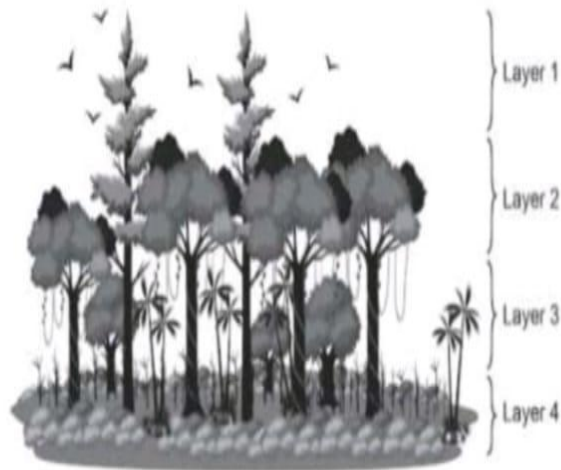
**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S.NO.	QUESTIONS	MARKS	NATURE
Q1	Multiple choice questions: 1. Which of the following serve as green lungs? a) Green pigment of the plants. b) Forests. c) Kitchen gardens. d) Green house. 2. Which of these diseases can be caused by polluted water? a) AIDS b) Cancer c) Cholera d) Influenza	1x2=2	Information
Q2	Fill in the blanks: 1. The decaying leaves and animal droppings in a forest enrich the _____. 2. In the absence of trees, the soil will not hold _____. 3. Organic matter that settles down in a sedimentation tank is called _____. 4. Dissolved and suspended impurities in the sewage are called _____.	1x4=4	Observation
Q3	Answer the following questions in one or two sentences: i. Describe the role of bacteria in the forest ecosystem. ii. Eucalyptus trees are planted along sewage ponds. Give reason.	2x2=4	Interdisciplinary

Q4	<p>Answer the following questions in 20-30 words:</p> <p>Explain why forests should be conserved.</p> <p>Describe vermi-processing toilets. Name the useful product obtained from such toilets</p>	3x2=6	<p>Evaluation</p> <p>Analytical Skills</p>
Q6	<p>Answer the following questions in 30-40 words:</p> <p>Given below is a jumbled sequence of the processes involved in a wastewater treatment plant. Arrange them in their correct sequence</p> <p>(a) Sludge is scraped out and the skimmer removes the floating grease.</p> <p>(B) Water is made to settle in a large tank with a slope in the middle.</p> <p>€ Large objects like plastic bags are removed by passing wastewater through bar screens.</p>	5X1=5	Competency-Based
Q7.	<p>(d) Sand, grit, and pebbles are made to settle by decreasing the speed of incoming wastewater.</p> <p>€ Wastewater enters a grit and sand removal tank-</p> <p>Explain any 5 measures that how forests are important for us.</p>	5X1=5	Knowledge based
Q8.	<p>Case-based question :</p> <p>Read the given passage carefully and answer the questions given below.</p>	1X4=4	Critical Thinking and Problem Solving





1. Roof of the forest made by the branches of the tall trees is called

- (a) canopy
- (b) crown
- (c) understorey
- (d) none of these

2. Name the layer of the forest in which decomposers are present

- (a) canopy
- (b) forest floor
- (C) understorey
- (d) none of these

3. Which type of plants are found in 4 layer of the forest?

- (a) Herbs
- (b) Shrubs
- (c) Tall grass
- (d) Big trees

4. The branchy part of a tree above the stem is called

- (a) leaves
- (b) crown
- (c) saplings
- (d) canopy



**ARMY PUBLIC SCHOOL GWALIOR**  
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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Social Science**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S. No.	Questions	MARKS	NATURE
1.	True & False When things are sold, it encourages production and new opportunities are created for people to earn.	1x2=2	CRITICAL THINKING
2.	Shops in the neighbourhood are useful in many ways.		ANALYTICAL THINKING
3.	Fill in the blanks: a. The weekly market trader earns..... b. Shops in neighbourhood often give goods to their regular customers on..... c. People in urban areas can enter markets without stepping out of their homes via.... d. Malls sell..... and..... goods.	1x4= 4	INFORMATIVE
4.	Who ruled the Maratha kingdom after the death of Shivaji?  Several states were carved out of the Old Mughals provinces in the 18th century. Three among them were prominent. Name them.	4x1=4	HOTS
5.	Write a short note on the three groups in the states of eighteenth century?	3x1= 3	HOTS
6.	What were jathas?  What did the Marathas do to strengthen their administrative system?	3x2=6	ANALYTICAL SKILL
7.	Why is wholesale trader necessary?	3x1=3	CRITICAL THINKING
8.	What is a chain of market? Do you think that everyone gains equally in the market?	4x1=4	PROBLEM SOLVING

9.	Differentiate between shopping complexes and malls. And Differentiate between permanent and temporary shops.	4x1= 4	COMMUNICATION SKILLS
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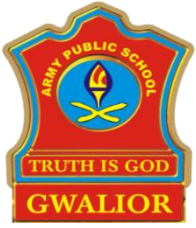
Subject: Sanskrit

Assignment No. : 8

Allotment Date: 31 January 2025

S. NO.	QUESTIONS	Marks	Skills/ Competencies
1	शब्दानाम् अर्थान् लिखत- जगति, निधिः, क्षिप्रम्, नदति, सलिले ।	1x5=5	Information
2	संस्कृतभाषायां समयनिर्देशं कुरुत – 11:00 ..... 9:15 ..... 8:45 ..... 2:30 ..... 4:45 .....	1x5=5	Observational Skill
3	रेखाङ्कितानि पदानि अधिकृत्य प्रश्ननिर्माणं कुरुत- (क) सलिले नौका सेलति। (ख) पुष्पेषु चित्रपतङ्गाः डयन्ते। (ग) उष्ट्रः पृष्ठे भारं वहति। (घ) धावनसमये अश्वः किमपि न खादति। (ङ) संस्कृते ज्ञानविज्ञानयोः निधिः सुरक्षितः अस्ति ।	1x5=5	Understanding
4	विलोमपदानि मेलयत- मन्दम् नूतनम् नीचैः स्निग्धम् कठोरः पर्याप्तम् पुरातनम् उच्चैः अपर्याप्तम् क्षिप्रम्	1x5=5	Thinking skill

5	<p>वाक्यानि शुद्धं कृत्वा लिखत-</p> <ol style="list-style-type: none"><li>1. रामः पाठं पठसि ।</li><li>2. अनुजः बहिः खेलामि।</li><li>3. त्वं किं करोति ?</li><li>4. अहं पचति।</li><li>5. सः नमसि ।</li></ol>	1x5=5	Thinking skilll
6	<p>चित्रं दृष्ट्वा संस्कृते पञ्च वाक्यानि रचयत-</p> 	1x5=5	Analytical Skill



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**Subject: Art and Work Education**  
**Allotment Date: 31 January 2025**

**Assignment No. : 8**

S. No.	QUESTIONS	MARKS	NATURE
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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**Allotment Date: 31 January 2025**

**Subject: Music (Vocal, Dance and Instrumental)**

**Assignment No:- 8**

S. NO.	QUESTIONS	MARKS	NATURE
1	How many parts does a congo instrument have ? a) 5 b) 3	1	Informative
2	The instrument which is similar to keyboard ? a) Guitar b) Harmonium	1	Informative
3	What do you mean by patriotism ? a) Devotion towards religion b) Devotion towards nation	1	Informative
4	The instruments which is similar to keyboard but played with sticks ? a) Xylophone b) Piano	1	Informative
5	Song "Ae meri jaan " (Patriotic song) is from which movie ? a) Emergency b) Border	1	Informative
6.	Name thre Singers of "Sandese aate hai" song from movie border? a) Roop Kumar Rathore & Sonu Nigam b) Kishore Kumar & Mohammad Rafi	1	Informative
7.	Which rasa is seen more in the bhajans of shri Krishna? a) Shringar rasa b) Veer rasa	1	Informative
8.	Guitar has __ strings? a) 6	1	Informative

	b) 3		
9,	Drums, Congo instrument belong to which category? a) Brass Instruments b) Percussion Instruments	1	Informative
10.	“Tu hi mahan sarv shaktimaan tu hihai mere jeevan ka sangeet “ lines are taken from which prayer ? a) Itni shakti humein dena data b) Teri aradhana karun	1	Informative





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**Subject: Health and Physical Education**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S.N	QUESTIONS	MARKS	SKILLS/COMPETENCIES
1	Shorts answer question  1. Who is the silver medalist of Volleyball in 2024 olympic? a) France b) Poland c) USA d) Finland	1	INFORMATION
2	2. The Length of volleyball court is?  a) 6 meter b) 9 meter c) 18 meter d) 7 meter	1	INFORMATION
3	3. Where did volleyball invented?  a) LNPIE b) YMCA c) Australia university d) BHU	1	INFORMATION
4	4. When was volleyball invented ?  a) 1896 b) 1895 c) 1897 d) 1889	1	INFORMATION

5	FILL IN THE BLANKS 1. _____ won the Gold medal of volleyball 2024 Olympics?.(France,USA)	1	INFORMATION
6	2. 2021 Olympic held at _____ ? (Tokyo,paris)	1	INTERDISCIPLINARY
7	3. Pole to pole distance of volleyball _____ (19M,11M)	1	INTERDISCIPLINARY
8	TRUE AND FALSE 8.Volleyball is the national game of USA?(True/False)	1	INTERDISCIPLINARY
9	9. Volleyball is a indoor game which is only played inside the arena? (True/ False)	1	UNDERSTANDING
10	10.Volleyball consist of 5 substitute players? (True/False)	1	UNDERSTANDING



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**Subject: Computer**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S.NO.	QUESTIONS	MARKS-10	NATURE
1.	<p>Choose and write the correct option (MCQ):-</p> <p>1. The attribute used to mention the path of the image where it is located is</p> <p>a. IMG</p> <p>b. SRC</p> <p>c. JPEG</p> <p>2. Which link is used to link two pages within a website?</p> <p>a. E-mail</p> <p>b. External</p> <p>c. Internal</p> <p>3. are links to sections within the same page.</p> <p>a. Anchors</p> <p>b. Images</p> <p>c. Text</p> <p>4. attribute combines two or more cells in a column to make one large cell.</p> <p>a. ROWSPAN</p> <p>b. COLSPAN</p> <p>c. CELLSPAN</p>	1/2x4=2	Information

2.	<p>Write 'T' for True and 'F' for false statements.</p> <ol style="list-style-type: none"> <li>1. We cannot link an image in the HTML.</li> <li>2. A hypertext link is used to connect one document with another document or file.</li> <li>3. An e-mail link does not allow users to send queries and feedback.</li> <li>4. We cannot control exact size of the table.</li> </ol>	1/2x4=2	Understanding
3.	<p>Fill in the blanks-</p> <ol style="list-style-type: none"> <li>1. Internal links can be either _____ or _____.</li> <li>2. We can create _____ to display information in rows and columns.</li> <li>3. Spanning cells is also called _____ cells</li> <li>4. We can use _____ to add space between the border and the contents of a cell.</li> </ol>	1/2x4=2	Understanding
4.	<p>Answer the following questions:-</p> <ol style="list-style-type: none"> <li>a. What is the purpose of creating a table?</li> <li>b. What is the use of spanning cells?</li> <li>c. What is the use of adding links to the web page?</li> <li>d. What do you mean by SRC in image tag?</li> </ol>	1x4=4	Evaluation



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**Subject: Yoga**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

QUESTIONS	MARKS	SKILLS
<p>Fill in the blanks</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>	3X1=3	INFORMATIVE
<p><u>True and False:</u></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>	3X1=3	CRITICAL  THINKING

<p>Multiple Choice Questions:</p> <p>1. What is the primary purpose of Ujjayi Pranayama?</p> <ul style="list-style-type: none"><li>a) Increasing heart rate</li><li>b) Enhancing concentration and mindfulness</li><li>c) Cooling the body</li><li>d) Quick inhalation and exhalation</li></ul> <p>2. Which nostril is closed first during the practice of Anulom Vilom?</p> <ul style="list-style-type: none"><li>a) Left nostril</li><li>b) Right nostril</li><li>c) Both nostrils simultaneously</li><li>d) None of the above</li></ul> <p>12. What is a common benefit of both Ujjayi Pranayama and Anulom Vilom Pranayama?</p> <ul style="list-style-type: none"><li>a) Increased heart rate</li><li>b) Respiratory health improvement</li><li>c) Agitation and stress</li><li>d) Shallow and rapid breathing</li></ul> <p>13. Which aspect of well-being does Anulom Vilom primarily contribute to?</p> <ul style="list-style-type: none"><li>a) Physical strength</li><li>b) Emotional balance</li><li>c) Digestive system</li><li>d) Muscular flexibility</li></ul>	4X1=4	ANALYTICAL  THINKING
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**Subject: Karate**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S.N	QUESTIONS	Point
1	What is the Japanese name of back kick ?  A. Punch B. Gyaku Tsuki C. Oei Tsuki D. Oshiro gari	1X10=10
2	What is the meaning of Gari?  A. Punch B. Upper Punch C. Kick D. Block	
3	Oshiragari uis called.....  A. Uke B. Block C. Lower Block D. None of these	
4	Back kick is called .....?	

- A. Reverse hand punch
- B. Yuko gari
- C. Upper punch
- D. Kentekigari

FILL IN THE BLANKS

5 Japanese name of kicking stance is ..... (Zenkotsu dachi,gyaku tsuki)

6 Partners training is useful for .....(kumite,kata)

7 Gari is the japeese name of .....(kick,punch )

TRUE AND FALSE

8 Step gyaku tsuki is called triple punch.

9 Training in punch is useful for kata

10 Running basic is useful in kata





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**WORKSHEET (SELF –ASSESSMENT)**



**Subject: Dance**

**Assignment No. : 8**

**Allotment Date: 31 January 2025**

S. NO.	QUESTIONS	MARKS	NATURE
1.	Which of the following is a classical dance form of India? a) Salsa b) Ballet c) Bharatanatyam. d) Tango	1	Informative
2.	In which classical dance form is the 'Chhau' performed? a) Odissi b) Kathak c) Chhau. d) Kuchipudi	1	Informative
3.	Which of the following is a classical dance form of India? a) Salsa b) Kathak. c) Hip-hop d) Tango	1	Informative
4.	Which of the following instruments is associated with Hindustani classical music and Kathak? a) Tabla. b) Mridangam c) Sitar d) Sarangi	1	Informative

5.	<p>In Bharatanatyam, the instrument used to accompany the dance is primarily.</p> <ul style="list-style-type: none"><li>a) Flute</li><li>b) Mridangam.</li><li>c) Sarod</li><li>d) Violin</li></ul>	1	Informative
6.	<p>The classical dance form 'Manipuri' originates from which state?</p> <ul style="list-style-type: none"><li>a) Assam</li><li>b) Manipur.</li><li>c) Tripura</li><li>d) Nagaland</li></ul>	1	Informative
7.	<p>Which classical dance is famous for its rhythmic footwork and is traditionally performed in temples?</p> <ul style="list-style-type: none"><li>a) Bharatanatyam.</li><li>b) Kathakali</li><li>c) Kuchipudi</li><li>d) Odissi</li></ul>	1	Informative
8.	<p>Which classical Indian dance form uses "Tala" (rhythm) and "Raga" (melody) as fundamental elements?</p> <ul style="list-style-type: none"><li>a) Kathak</li><li>b) Bharatanatyam</li><li>c) Kuchipudi</li><li>d) All of the above.</li></ul>	1	Informative
9.	<p>Which of the following dance forms is typically performed with the accompaniment of the "Pakhawaj" drum?</p> <ul style="list-style-type: none"><li>a) Kathakali.</li><li>b) Bharatanatyam</li><li>c) Kuchipudi</li><li>d) Kathak</li></ul>	1	Informative
10.	<p>The dance form "Kathakali" belongs to which state?</p> <ul style="list-style-type: none"><li>a) Kerala.</li><li>b) Andhra Pradesh</li></ul>	1	Informative

	c) Maharashtra		
	d) West Bengal		