

EAST POINT SCHOOL  
CLASS-VII  
ONLINE CLASSES WORK PLAN (JULY-WEEK-5)

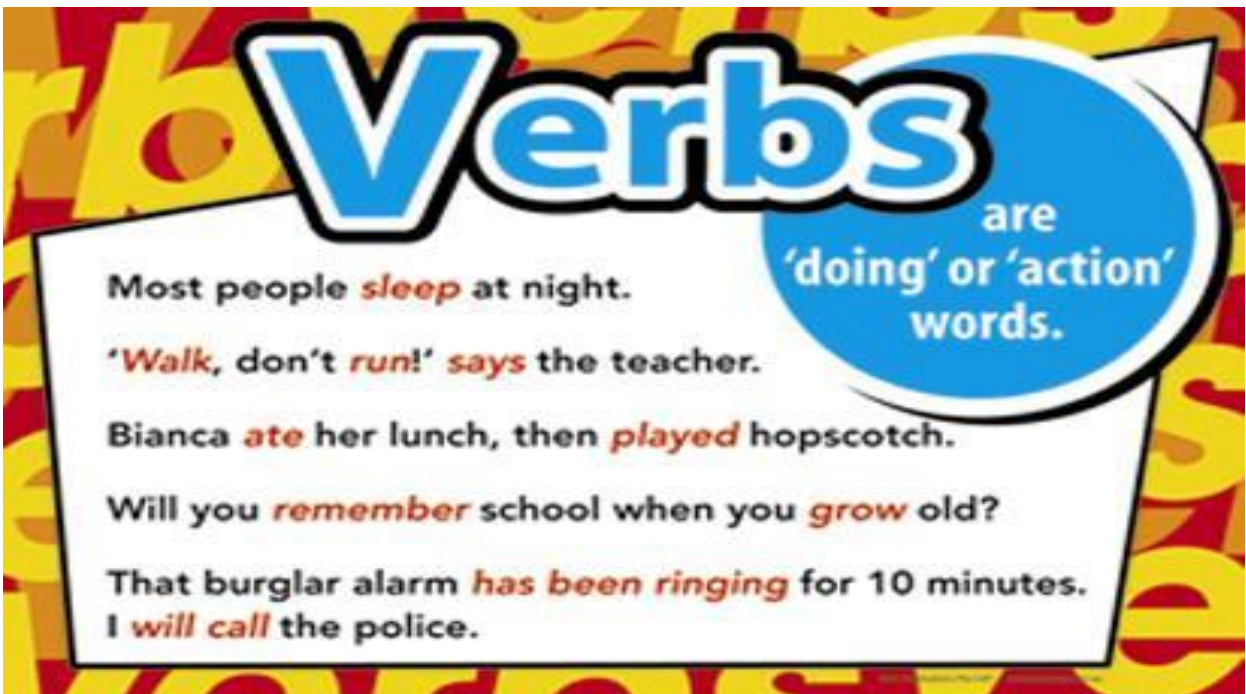
**ENGLISH**

**VERBS:**

**VIDEO LINK:-** <https://www.youtube.com/watch?v=IH13LFLQ288>

**LEARNING OBJECTIVE:-**

- 1) Vocabulary enhancement
- 2) Detailed knowledge of types of verbs and its usage.
- 3) The students will be able to identify different types of verbs





walk



eat



read



sleep



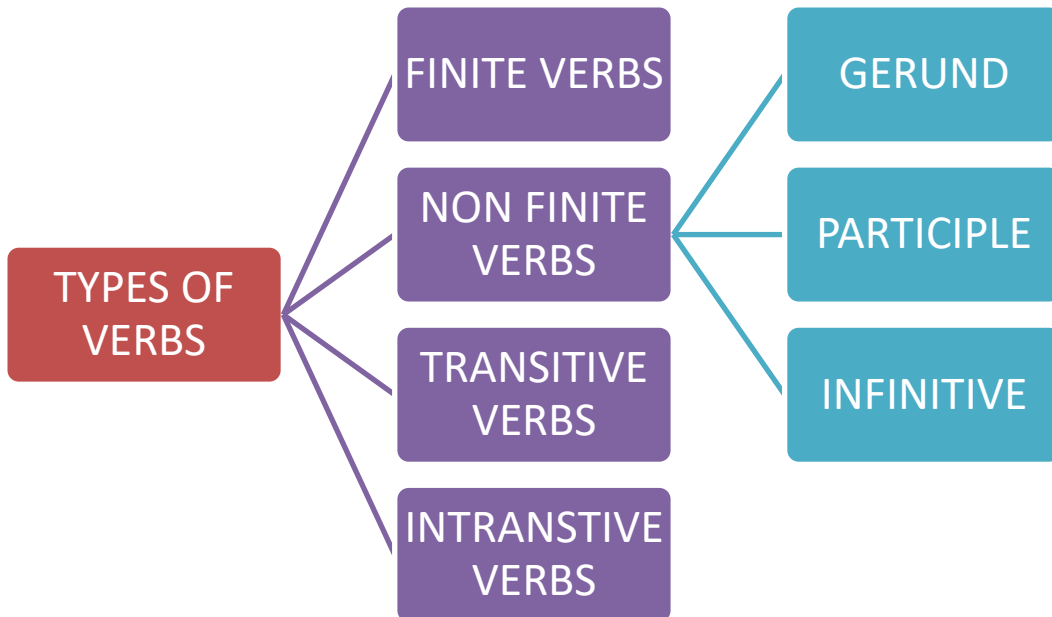
write



play



call



**TRANSITIVE VERBS:-**

A verb that needs an object to complete its meaning is called a transitive verb.

**Examples:**

He asked a question.

Verb-asked  
Object-a question

He offered food to the beggar.  
Verb-offered  
Object-food

### **INTRANSITIVE VERBS:-**

A verb that does not require an object to complete its meaning is called an intransitive verb.

#### Examples

The girl smiled.

The eagle has landed

### **EXERCISES:-**

State whether the verbs in the following sentences are used transitively or intransitively.

1. Heat expands metals.
2. Metals expand on heating.
3. The driver stopped the car.
4. The car stopped abruptly.
5. You must speak the truth.
6. You must speak loudly.
7. The boy is flying the kite.
8. The birds are flying in the sky.
9. The rider fell off the horse and broke his arm.
10. The woodcutter felled a huge tree.

### **ACTIVITY:-**

**Damsharas- CLASS ACTIVITY:- Write your favorite verb on a piece of paper and express through gesture, let the other person guess the verb and make a sentence on the same.**

## HINDI

### शाम एक किसान कविता सर्वेश्वर दयाल सक्सेना

#### VIDEO LINK:

<https://www.youtube.com/watch?v=rmBf-aYShdc>  
<https://www.youtube.com/watch?v=o4zYFbIKtDM>

#### **अधिगम बिंदु :**

- विद्यार्थी 'शाम-एक किसान' कविता के माध्यम से शाम के मनोहर दृश्य से अवगत होंगे।
- विद्यार्थी जान सकेंगे कि पूर्व दिशा में गहराता अंधेरा भेड़ों के झुंड जैसा लगता है।

#### शाम एक किसान कविता का भावार्थ

**सर्वेश्वर दयाल सक्सेना का जीवन परिचय :** सर्वेश्वर दयाल सक्सेना जी का जन्म 15 सितम्बर सन् 1927 में उत्तरप्रदेश के बस्ती जिले में हुआ। ये अपने समय के बहुत ही प्रसिद्ध साहित्यकार और कवि थे। कविताओं के अलावा इन्होंने बाल साहित्य, नाटक और कहानियां भी लिखीं। उनकी कृतियों को कई अन्य भाषाओं में अनुवाद हो चुका है। इनकी प्रमुख रचनाएं 'खूंटियों पर टँगे लोग', 'पागल कुत्तों का मसीहा', 'बकरी', 'बतूता का जूता' हैं। खूंटियों पर टँगे लोग काव्य संग्रह के लिए इन्हें सन् 1983 में साहित्य अकादमी पुरस्कार से सम्मानित किया गया।

**शाम एक किसान कविता का सारांश :** सर्वेश्वर दयाल सक्सेना जी ने अपनी कविता 'शाम-एक किसान' में शाम के समय का बड़ा ही मनोहर वर्णन किया है। शाम का प्राकृतिक दृश्य बहुत ही सुंदर है। इस दौरान पहाड़ – बैठे हुए किसी किसान जैसा दिख रहा है। आकाश उसके माथे पर बंधे एक साफे (पगड़ी) की तरह दिख रहा है। पहाड़ के नीचे बह रही नदी, किसान के पैरों पर पड़ी चादर जैसी लग रही है। पलाश के पेड़ों पर खिले लाल फूल किसी अंगीठी में रखे अंगारों की तरह दिख रहे हैं। फिर पूर्व दिशा में गहराता अंधेरा भेड़ों के झुंड जैसा लगता है। अचानक मोर के बोलने से सब बदल जाता है और शाम ढल जाती है।

## शाम एक किसान कविता

आकाश का साफ़ा बाँधकर  
सूरज की चिलम खींचता  
बैठा है पहाड़,  
घुटनों पर पड़ी है नही चादर- सी,  
पास ही दहक रही है  
पलाश के जंगल की अंगीठी  
अंधकार दूर पूर्व में  
सिमटा बैठा है भेड़ों के गल्ले- सा।

**शाम एक किसान कविता का भावार्थ :** सर्वेश्वर दयाल सक्सेना जी अपनी कविता शाम एक किसान की इन पंक्तियों में शाम होने के समय प्राकृतिक दृश्य का बड़ा ही मनोरम वर्णन कर रहे हैं। उनके अनुसार, शाम के समय पहाड़ किसी बैठे हुए किसान की तरह दिख रहा है और आसमान उसके सिर पर रखी किसी पगड़ी की तरह दिख रहा है। पहाड़ के नीचे बह रही नदी, किसान के घुटनों पर रखी किसी चादर जैसी लग रही है। पलाश के पेड़ों पर खिले लाल पुष्प कवि को अंगीठी में जलते अंगारों की तरह दिख रहे हैं। पूर्व में फैलता अंधेरा सिमटकर बैठी भेड़ों की तरह प्रतीत हो रहा है। पश्चिम दिशा में मौजूद सूरज चिलम पर रखी आग की तरह लग रहा है। चारों तरफ एक मनभावन शांति छाई है।

अचानक- बोला मोर।  
जैसे किसी ने आवाज़ दी-  
'सुनते हो'।  
चिलम औंधी  
धुआँ उठा-  
सूरज डूबा  
अंधेरा छा गया।

**शाम एक किसान कविता का भावार्थ :** सर्वेश्वर दयाल सक्सेना जी ने अपनी कविता शाम एक किसान के इस पद्यांश में शाम के मनोहर सन्नाटे के भंग होने का वर्णन किया है। चारों तरफ छाई शांति के बीच अचानक एक मोर बोल पड़ता है, मानो कोई पुकार रहा हो, 'सुनते हो!' फिर सारा दृश्य किसी घटना में बदल जाता है, जैसे सूरज की चिलम किसी ने उलट दी हो, जलती आग बुझने लगी हो और धुंआ उठने लगा हो। असल में, अब सूरज डूब रहा है और चारों तरफ अंधेरा छाने लगा है।

**प्रश्न 1.** इस कविता में शाम के दृश्य को किसान के रूप में दिखाया गया है-यह एकरूपक है। इसे

बनाने के लिए पाँच एकरूपताओं की जोड़ी बनाई गई है। उन्हें उपमा कहते हैं। पहली एकरूपता आकाश और साफ़े में दिखाते हुए कविता में 'आकाश का साफ़ा' वाक्यांश आया है। इसी तरह तीसरी एकरूपता नदी और चादर में दिखाई गई है, मानो नदी चादर-सी हो। अब आप दूसरी, चौथी और पाँचवीं एकरूपताओं को खोजकर लिखिए।

**प्रश्न 2.** शाम का दृश्य अपने घर की छत या खिड़की से देखकर बताइए-

(क) शाम कब से शुरू हुई ?

(ख) तब से लेकर सूरज डूबने में कितना समय लगा?

(ग) इस बीच आसमान में क्या-क्या परिवर्तन आए?

**प्रश्न 3.** मोर के बोलने पर कवि को लगा जैसे किसी ने कहा हो- 'सुनते हो'। नीचे दिए गए पक्षियों की बोली सुनकर उन्हें भी एक या दो शब्दों में बाँधिए- कबूतर, कौआ, मैना, तोता, हंस।

### I. बहुविकल्पीय प्रश्न

- (i) 'शाम-एक किसान' कविता के रचयिता कौन हैं?  
 (क) भवानी प्रसाद मिश्र (ख) सर्वेश्वर दयाल सक्सेना  
 (ग) शिवमंगल सिंह (घ) रामधारी सिंह दिनकर।
- (ii) कविता में शाम को किस रूप में चित्रित किया गया है?  
 (क) पहाड़ के रूप में (ख) नदी के रूप में (ग) किसान के रूप में (घ) मजदूर के रूप में।
- (iii) शाम रूपी किसान ने किसका साफ़ा बाँधा हुआ है?  
 (क) नदी का (ख) आकाश का (ग) फूलों का (घ) पलाश का।
- (iv) चिलम के रूप में किसका चित्रण किया गया है?  
 (क) पलाश का (ख) अँगीठी का (ग) सूर्य का (घ) पहाड़ का।
- (v) किसान के घुटनों पर किसकी चादर पड़ी है?  
 (क) सागर की (ख) झील की (ग) नाले की (घ) नदी की।
- (vi) पहाड़ी पर बहती नदी कैसी प्रतीत हो रही है?  
 (क) मोतियों की माला के रूप में (ख) साफ़े के कपड़ा जैसी  
 (ग) चादर जैसी (घ) किसान की धोती जैसी।
- (vii) पलाश को जंगल की अँगीठी क्यों कहा गया है?  
 (क) हरे होने के कारण (ख) सुर्ख लाल फूलों के कारण  
 (ग) दूर-दूर तक फैले होने के कारण (घ) पहाड़ के पास स्थित होने के कारण।
- (viii) भेड़ों के झुंड-सा अंधकार कहाँ बैठा है?  
 (क) पूरब दिशा में (ख) पश्चिम दिशा में (ग) उत्तर दिशा में (घ) दक्षिण दिशा में।

हिंदी गतिविधि

शाम के समय ये क्या करते हैं ? पता लगाएं एवं चित्र द्वारा दर्शाएं  
पक्षी खिलाड़ी माँ पिताजी फलवाले बच्चे (यानि आप)

## MATHS

### BAR GRAPH

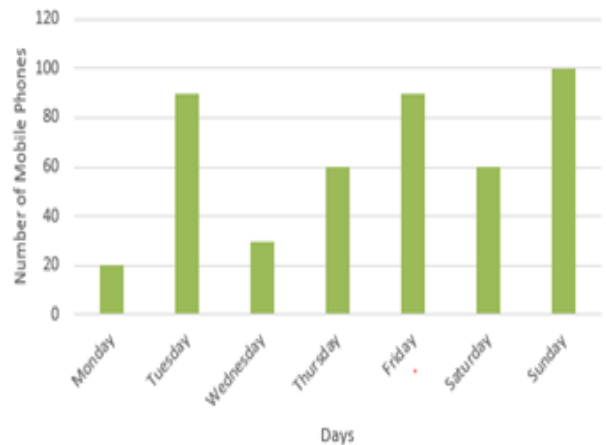
**VIDEO LINK:** <https://youtu.be/WnNG6mdOI8E>

#### Learning Objective:

- The student will be able to interpret **bar graphs** based on their own wingspan measurements.
- The students will observe how you organize the data and display it in a **graph**.

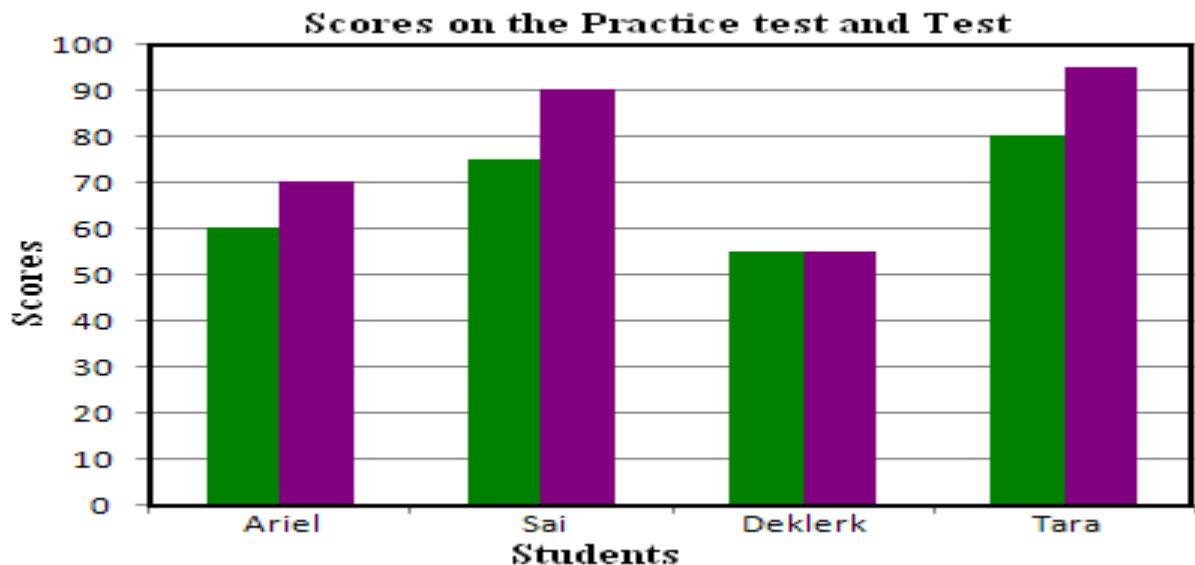
A bar graph is a representation of numbers using bars of uniform widths.

Day of the week	Number of Mobile Phone Sold
Monday	20
Tuesday	90
Wednesday	30
Thursday	60
Friday	90
Saturday	60
Sunday	100



#### Double bar graphs

It help to compare two collections of data at a glance.





- **Use of Bar Graphs with a Different Purpose**

By looking at the bar graph, we can make deductions about the data.

For example, we can say that the mode is longest bar if the bar represents the frequency.

- **Choosing a Scale**

We should choose a proper scale so that all the data may be represented on the available graph pa

### **Probability or Chance**

When you toss the coin, Head or tail may come. You can not predict whether head or tail will occur. But There is a chance that head may happened. So The situation that may or may not happen, have a chance of happening.

Now chance is measure by Probability.

**Probability is defined as**

**probability of an event=Number of outcomes favourable to the event / Total number of outcomes in the experiment**

### **Important Note**

1. The probability of an event which is certain to happen is '1'.

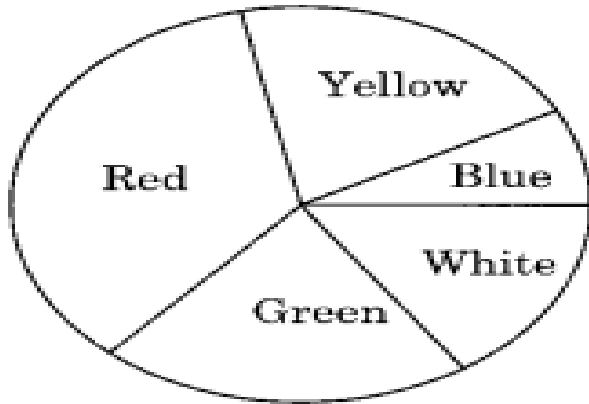
2. The probability of an event which is impossible to happen is '0'.

Using below link to solve this Worksheet

<https://youtu.be/WnNG6mdOI8E>

### **WORKSHEET**

Q1. In the given pie chart, which colour is most popular? Which colour is the least popular?



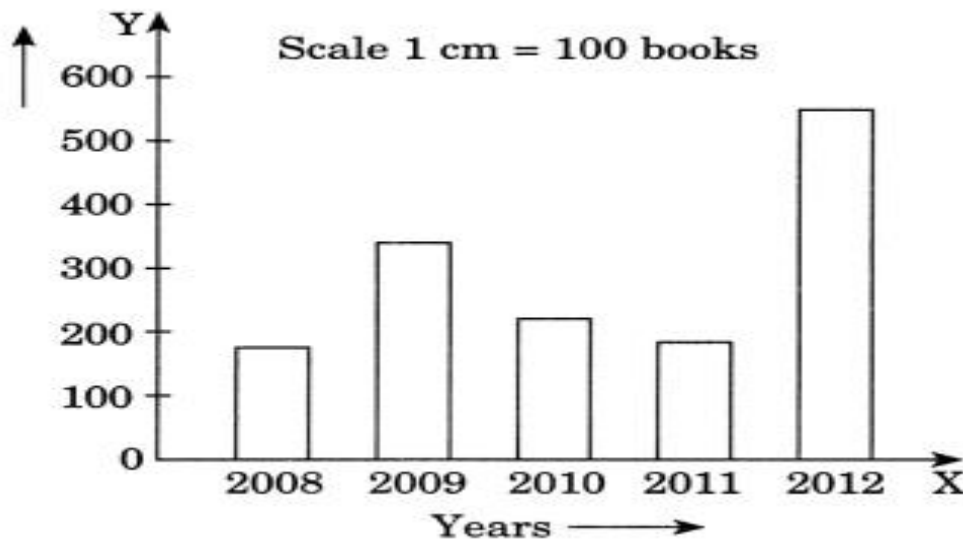
Q2. A class consists of 21 boys and 9 girls. A student is to be selected for social work. Find the probability that

- (i) a girl is selected
- (ii) a boy is selected

Q3. A fair die is rolled, find the probability of getting a prime number.

Q4. The following bar graph shows the number of books sold by a publisher during the five consecutive years. Read the bar graph and answer the following questions:

- (i) About how many books were sold in 2008, 2009 and 2012 years?
- (ii) In which years were 575 books were sold?
- (iii) In which years were the minimum number of books sold?



Q5. A bag contains 5 white and 9 red balls. One ball is drawn at random from the bag. Find the probability of getting

- (a) a white ball
- (b) a red ball

Q6. A dice is tossed once. Find the probability of getting

- (i) a number 5
- (ii) a number greater than 5
- (iii) a number less than 5
- (iv) an odd number
- (v) an even number
- (vi) a number greater than 6

Q7. A coin and a die are tossed once together. Find the total number of outcomes.

Q8. A die is thrown 100 times and outcomes are noted as given below:

Outcome	1	2	3	4	5	6
Frequency	21	9	14	23	18	15

If a die is thrown at random, find the probability of getting a/an:

- (i) 3
- (ii) 5
- (iii) 4
- (iv) Even number
- (v) Odd number
- (vi) Number less than 3

Q9. The data given below shows the production of motorbikes in a factory for some months of two consecutive years.

Months	2008	2007
February	2700	2800
May	3200	4500
August	6000	4800
October	5000	4800
December	4200	5200

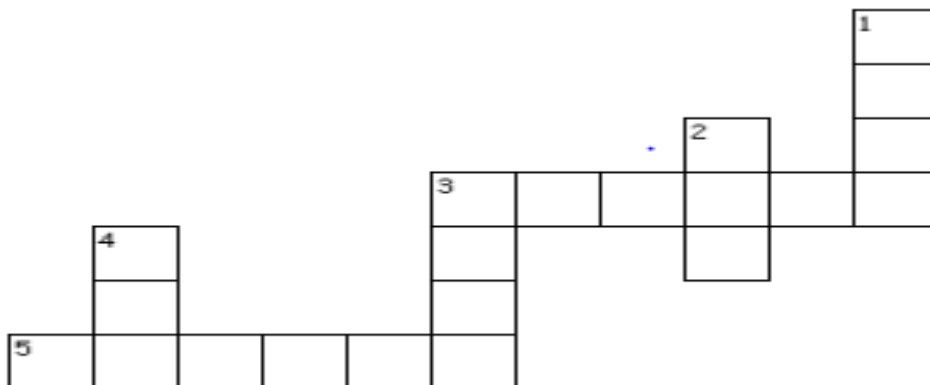
Study the table given above and the answer the following questions:

- (a) Draw a double bar graph using an appropriate scale to depict the above information and compare them.
- (b) In which year was the total output maximum?
- (c) Find the mean production for the year 2007.
- (d) For which month was the difference between the production for the two years is the maximum?
- (e) In which month for the year 2008, the production was the maximum?

Q10. Find the mean, mode and median of first five multiples of three.

Q11. The mean of 5 numbers is 25. If the four numbers 16, 26, 31, 32. Find the fifth numbers.

Q12



Across

- 3. \_\_\_\_\_ gives the middle observation of a given data
- 5. A \_\_\_\_\_ bar graph helps in comparing two collections of data at a glance.

Down

1. It is defined as sum of all observations divided by total number of observations
2. Throwing a die gives \_\_\_\_ possible outcomes.
3. The \_\_\_\_\_ of a set of observations is the observation that occurs most often
4. Tossing a coin gives \_\_\_\_ outcomes

Q13. A batsman scored the following number of runs in six innings:

36, 35, 50, 46, 60, 55

Calculate the mean runs scored by him in an inning

Q14.

- (i) The measure of chance of happening something is called \_\_\_\_\_
- (ii). The probability of getting 1 in tossing of coin is \_\_\_\_\_
- (iii). The probability of getting a tail in a throw of a dice is \_\_\_\_\_
- (iv) Probability of getting 7 when a number from 1 to 6 is selected is \_\_\_\_\_.
- (v). Probability of an event always lie between \_\_\_\_\_ and \_\_\_\_\_.
- (vi). If the arithmetic means of 8, 4, x, 6, 2, 7 is 5, then the value of x is \_\_\_\_\_
- (vii). The median of the data: 3, 4, 5, 6, 7, 3, 4 is \_\_\_\_\_

Q15. What is the probability of selecting a vowel from the word **ALPHABET**

**ACTIVITY:**

**AIM:** The following table shows the time ( in hours) spent by a student of class VII in a day

Activity	School	SLEEPING	PLAYING	WATCHING T.V	STUDYING	OTHER
NUMBER OF HOURS	8	8	1	3	2	2

Draw a **bar graph** to represent the above data. Is it correct to watch T.V for 3 hours and studying just 2 hours daily?

## SCIENCE

### NUTRITION IN ANIMALS

<https://www.youtube.com/watch?v=JN6q284KWos>

Learning outcome – Students will be able to learn various process involved in utilisation of food and about the structure of teeth.

Various processes involved in utilisation of food in humans are

- The process of taking food into the body is called ingestion.
- The process by which the food containing large insoluble substances is broken down into small water-soluble substances is called digestion. There are two methods of digesting food, i.e. physical method (including chewing and grinding of food in mouth) and chemical method (addition of digestive juices to the food by the body itself).
- The process by which the digested food passes through the intestinal wall into the bloodstream is called absorption.
- The process by which the absorbed food is taken in body cells and used for energy, growth and repair is called assimilation.

The process by which the undigested food is removed from the body is **Teeth**

The food is cut by the teeth inside the mouth. Teeth mechanically break the food into small pieces. These teeth vary in appearance. Each tooth is rooted in a separate socket in the gums.

There are four types of teeth:

- **Incisors** These are four chisel-shaped incisors at centre of each jaw for biting and cutting the food.
- **Canines** These are two large pointed teeth just behind incisors in each jaw, for piercing and tearing the food.
- **Premolars** These are four (two on each side) large premolars with the flat surface behind the canines in each jaw, for grinding and chewing.
- **Molars** In an adult, these are six (three on each side) large molars with the flat surface behind the premolars in each jaw, for grinding.

### Milk Teeth and Permanent Teeth

In human beings, teeth grow twice. The sets of teeth that grow during infancy (when one is a small baby), are called milk teeth. These are also called as temporary teeth. These teeth get loosen and fall off at the age of 6-8 years. When milh teeth fall off, a new sets of teeth

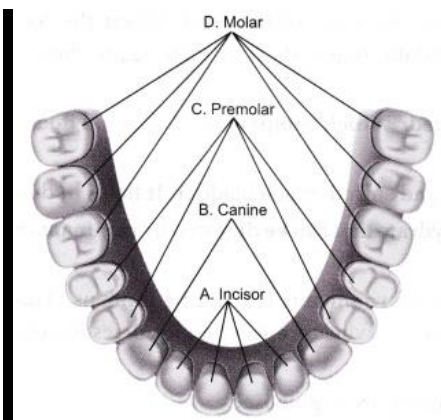
grow in their place. This second set of teeth is called permanent teeth because these remain till the old age. But if these teeth fall down, no new teeth arise on its place.

## Sweets and Tooth Decay

The tooth is covered by white, hard outer covering of tooth called enamel below which dentine is present. It is similar to bone which protects the pulp cavity having nerves and blood vessels. Bacteria are present in our mouth but they are not harmful to us. However, if we do not clean our teeth and mouth after eating, many harmful bacteria also begin to live and grow in it. These bacteria breakdown the sugars present from the leftover food and release acids. The acids gradually damage the teeth. This is called tooth decay.

Tooth decay can be prevented by adopting the following measures.

- One should rinse and clean its teeth thoroughly after every meal.
- We should clean our teeth with the help of datun or brush and toothpaste, twice a day.
- We should use dental floss which is a special strong thread. It is moved between two teeth to take out trapped food particles.
- Dirty fingers or unwashed objects must be avoided to put in the
- We should avoid the use of sweets, chocolates, toffees, ice-cream, be avoided.



### ACTIVITY – Group activity

Each group will describe one set of type of teeth through placard, explanation/ ppt.

Answer these questions

- 1) Sumit always like to eat sweets but his mother always stops him to have too much of it, Why?
- 2) At what age you lose your temporary teeth? What is the significance of this process?
- 3) What will happen if a dog loses its canines?
- 4) HOW CAN YOU PREVENT TOOTH DECAY?
- 5) How molars help in digestion process?

## **SOCIAL STUDIES**

### **How the State Government Works?**

**Learning Objective:** Students will learn about the three levels of government and the works of State govt.

**Video Link:** <https://www.youtube.com/watch?v=gsIR6Q4LR1U>

Government works at three levels-national, states and nearby.

- In states, it is the MLA (Member of Legislature Assembly) who speaks to the general population.
- MLAs enter the gathering and shape the administration.
- Every MLA is chosen from one region. This region is known his body electorate.
- A political gathering whose MLA's won the greater part the quantity of bodies' electorate in the state get larger part. The political party is known as the decision party.
- All alternate individuals are called resistance.

### **Working of the Government:**

- i. the leader of the state is the Governor while the leader of the administration comprises of the committee of priests headed by the Chief Minister.
- ii. The pioneer of decision party who frames the legislature is the Chief Minister.
- iii. All the MLA's sit in a place called the Legislative Assembly.
- iv. The authoritative gathering is where pioneers wrangle about and examine on critical issues and make essential bills.
- v. Notwithstanding authoritative get together, question and answer session is likewise a method of comprehending what the administration improves the situation the general population.



- vi. The administration works through different offices like open works division, farming, wellbeing and instruction.
- vii. The administration has the ability to make new laws for the state with respect to wellbeing and sanitation.
- viii. Laws for the state are made by the state administrative get together.
- ix. Laws for the nation are made by the Union Parliament.

**Activity**

Debate: **Scene: Parliament**

**Topic:** Work of the govt. in Health sector.

**WORKSHEET**

1. **Who appoints the Governor of a state?**  
(1)
2. **Define the following terms: -**  
(2)
  - a) **Legislative Assembly**
  - b) **Constituency**
3. **The government works at three levels. Name them.**  
(1)
4. **What do you mean by an MLA? Is it necessary to become a member of any political party to become a MLA?**  
(3)
5. **What is role of the party that does not form government?**  
(3)
6. **Why should decisions taken by the Chief Minister and other ministers be debated in the Legislative Assembly?**  
(3)
7. **How did some MLAs become Ministers? Explain.**  
(5)

**Fill in the blanks**

1. MLA stands for \_\_\_\_\_.
2. \_\_\_\_\_ is a particular area from where all the voters living there choose their representatives.
3. All MLAs (from the ruling party/opposition) meet and discuss things in the \_\_\_\_\_.
4. Each state is divided into different areas or \_\_\_\_\_.

### Match Columns

Column I	Column II
(i) Chief Minister	(a) Head of State
(ii) Discussion of Issues	(b) Legislature
(iii) MLAs	(c) Press Conference
(iv) Governor	(d) Executive

### Tick the correct answer: -

1. The overall head of the government in a state is the

- a. Prime Minister
- b. Governor
- c. Chief Minister
- d. President

2. \_\_\_\_\_ appoints the Chief Minister and other ministers

- a. President
- b. Former Chief Minister
- c. Prime Minister
- d. Governor

3. The Chief Minister is a part of the \_\_\_\_\_

- a. Legislature
- b. Executive
- c. Judiciary
- d. none of the above

### **ACTIVITY:**

**Make a PPT elaborating on how government works at three levels.**

विषय - संस्कृत

षष्ठः पाठः

**सदाचारः**

पुनरावृत्ति (पाठ -5,6)

Link- [https://youtu.be/ThfzBgOh\\_DY](https://youtu.be/ThfzBgOh_DY), [https://youtu.be/JOHX\\_YeFDek](https://youtu.be/JOHX_YeFDek)

आलस्यं हि मनुष्याणां शरीरस्थो महान् रिपुः ।

नास्त्युद्यमसमो बन्धुः कृत्वा यं नावसीदति ॥1॥

मनुष्य के शरीर में रहने वाला आलस्य ही मनुष्य का सबसे महान शत्रु होता है, तथा परिश्रम जैसा कोई मित्र नहीं होता, क्योंकि परिश्रम करने वाला व्यक्ति कभी दुखी नहीं होता, जबकि आलस्य करने वाला व्यक्ति सदैव दुखी रहता है।

1. एकपदेन उत्तरत-

- (क) 'पण्डिता' 'सरस्वती' इति उपाधिभ्यां का विभूषिता?  
(ख) रमा कुतः संस्कृतशिक्षां प्राप्तवती?  
(ग) रमाबाई केन सह विवाहम् अकरोत्?  
(घ) कासां शिक्षायै रमाबाई स्वकीयं जीवनम् अर्पितवती?  
(ङ) रमाबाई उच्चशिक्षार्थं कुत्र अगच्छत्?

(II)

- (क) कः न प्रतीक्षते?  
(ख) सत्यता कदा व्यवहारे स्यात्?  
(ग) किं ब्रूयात्?  
(घ) केन सह कलहं कृत्वा नरः सुखी न भवेत्?  
(ङ) कः महारिपुः अस्माक शरीरे तिष्ठति?

2. उपयुक्तकथनानां समक्षम् 'आम्' अनुपयुक्तकथनानां समक्षं 'न' इति लिखत-

(क) प्रातः काले ईश्वरं स्मरेत्।

(ख) अनृतं ब्रूयात्।

(ग) मनसा श्रेष्ठजनं सेवेत।

(घ) मित्रेण कलहं कृत्वा जनः सुखी भवति।

(ङ) श्वः कार्यम् अद्य कुर्वीत।

3.

रेखाङ्कितपदानि आधृत्य प्रश्ननिर्माणं कुरुत-

- (क) मृत्युः न प्रतीक्षते।  
(ख) कलहं कृत्वा नरः दुःखी भवति।  
(ग) पितरं कर्मणा सेवेत।  
(घ) व्यवहारे मृदुता श्रेयसी।  
(ङ) सर्वदा व्यवहारे ऋजुता विधेया।

4.

मञ्जूषातः अव्ययपदानि चित्वा रिक्तस्थानानि पूरयत-

तथा न कदाचन सदा च अपि

- (क) भक्तः ..... ईश्वरं स्मरति।  
(ख) असत्यं ..... वक्तव्यम्।  
(ग) प्रियं ..... सत्यं वदेत्।  
(घ) लता मेधा ..... विद्यालयं गच्छतः।  
(ङ) ..... कुशली भवान्?  
(च) महात्मागान्धी ..... अहिंसां न अत्यजत्।

5.

चित्रं दृष्ट्वा मञ्जूषातः पदानि च प्रयुज्य वाक्यानि रचयत-



लिखति	कक्षायाम्	श्यामपट्टे	लिखन्ति	सः	पुस्तिकायाम्
शिक्षकः	छात्राः	उत्तराणि	प्रश्नम्	ते	

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