

THE BLIND RELIEF ASSOCIATION NAGPUR'S  
**Mundle English Medium School**  
**Skill Enhancement Worksheet**  
**Std. – VII**

Dear Children,

It's vacation time – time for lots of fun, activities & enjoyment. But let's club it with studies which will enhance your academic skills. Devote one hour daily and note the difference. This skill enhancement worksheet will help you in maintaining the continuity in academics. So follow the daily regime and strengthen your basics.

**Note : All the activities given in the homework should be done as per the availability of resources due to lockdown.**

**English**

- 1) Learn and write each spelling 5 times and change their forms (Noun, Verb, Adverb, Adjective)

Nominate	Sniff	Nobble	Embarrass	Nipped
Nudge	Knuckled			

Universally	Affectionately	Obediently	Eloquently	Eminently
Prominently				

Retrospective	Infectious	Noisy	Conveniently
Receptive	Noble	Genuine	Compassionate
Conscious	mischievous		

Perseverance	Grateful	Writing	Programme	Committee
Colleague	Boutique	Bouquet	Renaissance	Opportunity
Carefully				

- 2) Use the following phrases / idioms in sentences of your own :
- |                               |                         |
|-------------------------------|-------------------------|
| a) A bolt from the blue       | e) be out of one's mind |
| b) Let the cat out of the bag | f) Make ends meet       |
| c) On the eve of              | g) Pose a danger        |
| d) at the drop of a hat       | h) To add flavour       |
- 2) Copy one page daily from any newspaper (Optional), book or magazine, etc to improve your presentation, speed and vocabulary.
- 3) Read one page daily from any English story book, newspapers and find meanings of 5 unfamiliar words that you come across while reading and write down in notebook.

## MATHEMATICS

Repeat the following every week :

Days	Homework
Monday	Square and square roots writing (1 to 30) tables writing (1 to 15)
Tuesday	Cube and cube roots writing (1 to 30) tables writing (16 to 30)
Wednesday	Construction of quadrilaterals with different measures , tables writing (1 to 15)
Thursday	Formulae writing, tables writing (16 to 30)
Friday	Text book reading (4 pages) and writing difficult words 5 times each, tables writing (16 to 30)

## **Formulae**

- a) Area of a square = (side)<sup>2</sup>
- b) Area of a rectangle = length x breadth
- c) Average =  $\frac{\text{sum of all observations}}{\text{no. of observations}}$
- d) Hypotenuse<sup>2</sup> = (one side)<sup>2</sup> + (other side)<sup>2</sup>
- e) Simple interest =  $\frac{P \times N \times R}{100}$
- f) Volume of a cube = (side)<sup>3</sup>
- g) Volume of a cuboid =  $l \times b \times h$
- h) TSA of a cube =  $6 \times (\text{side})^2$
- i) TSA of a cuboid =  $2(l \times b + b \times h + h \times l)$
- j) Profit % =  $\frac{\text{profit}}{\text{C.P.}} \times 100$
- k) Loss% =  $\frac{\text{Loss}}{\text{C.P.}} \times 100$
- l)  $(a + b)^2 = a^2 + 2ab + b^2$
- m)  $(a - b)^2 = a^2 - 2ab + b^2$
- n)  $(a + b)(a - b) = a^2 - b^2$

## Social Studies

### History –

Read information about India's social and Religious reformers given below :

- a) Mahatma Phule
- b) Narayan Guru
- c) Gopal Krishna Gokhale
- d) Raja Ram Mohan Roy
- e) Swami Vivekanand
- f) Veer Sawarkar

### Geography

Study the map of India and its neighbouring countries. Specially in the Northwest and Southwest.

Collect information about demonetization and G.S.T. (Good and Service Tax)

## Science

Learn & Write the following 5 times :

### 1) Scientific terms

- |                   |                 |             |
|-------------------|-----------------|-------------|
| a) Mitochondria   | d) Corrosion    | g) Nucleus  |
| b) Allotropes     | e) Chromosomes  | h) Diarrhea |
| c) Leclanche cell | f) Distillation |             |

### 2) Chemical name & Formulae

- |                                |                                 |
|--------------------------------|---------------------------------|
| a) Manganese dioxide $MnO_2$   | e) Sulphuric acid $H_2SO_4$     |
| b) Ferrous Chloride $FeCl_2$   | f) Calcium hydroxide $Ca(OH)_2$ |
| c) Sodium carbonate $Na_2CO_3$ | g) Sodium bicarbonate $NaHCO_3$ |
| d) Potassium Chlorate $KClO_3$ | h) Sodium Chloride $NaCl$       |

### 2) Oral Activity - Learn the following definitions

- Pressure – Force applied on unit area is called pressure.
- Atomic Number – The number of electrons or protons in an atom is called the atomic number of that atom. It is represented by 'z'
- Atomic mass number – Atomic mass number (A) is equal to the sum of the number of protons (p) and neutrons (n) in the nucleus.  $[A = p + n]$
- Isotopes – Atoms of same element having same atomic number but a different atomic mass number are called isotopes of that element.
- Valency – Capacity of an element for combining with other elements is called the valency of that element.
- Catalyst – A substance which does not take part in a chemical reaction but, by its presence, speeds up a chemical reaction, is called catalyst.

### 3) Laws of Reflection

- The incident ray, the reflected ray and the normal are all in the same plane
- The incident ray and reflected ray are on opposite sides of normal.
- The angle of incidence and angle of reflection are of equal measure.

## हिंदी

प्रतिदिन हिंदी के पाँच वाक्य शुद्धलेखन लिखो। 1 से 100 तक गिनती अंक तथा अक्षर में लिखो। मूल्य पर आधारित कहानी पढो और 5 कहानी लिखो। 20 पर्यायवाची शब्दों की सूची बनाओ।

## मराठी

1 ते 100 अंक अंकात व अक्षरात लिहा.

- रोज 5 शब्द व 5 वाक्ये लिहा. निबंध – 1) मी पाहिलेली पहाट 2) पाण्याचे महत्त्व  
3) स्वातंत्र्यसैनिकाचे आत्मवृत्त 4) मी पाहिलेले गाव

## **Sanskrit**

- 1) Write any one table on a sheet of paper & decorate it properly (भानु, धेनु, मधु)
- 2) Write Sanskrit spellings of numbers from 60 to 100.

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