MATHEMATICS

Class - VII

Dear Students

Hope you all are safe and healthy at your respective places.

We all are going through a challenging time during the present crisis of lock down. This is the time we need to ensure ourselves that our time is well managed both in our curriculum as well as in other productive activities.

Study material for chapter 1 & 2 were uploaded in the website in the first and second week of April 2020 respectively. Thereafter, all the students were expected to attempt all the exercise questions in their Maths register.

There was another upload of revision videos and worksheet in the following week. Hope that teachers were clear enough in making you understand the topics. We are sincerely expecting all the students to go through the videos thoroughly and solve the work sheet.

We are not giving you any new assignments this time as the already given assignments are enough for the upcoming test.

This is to be noted by all the Students that the Online Assessment test will be held on 12th May 2020.

Therefore, practice all the questions thoroughly for the test.

"REMEMBER THAT THE ONLY WAY TO LEARN MATHEMATICS IS TO DO MATHEMATICS".

For re-cap of Chapter 1 & 2, please go through the link below:

INTEGERS: https://www.youtube.com/watch?v=F-T7H4z6sAI&t=80s
FRACTIONS & DECIMALS: https://www.youtube.com/watch?v=Vue-UXuiK-I

All the very best

RECAPITULATION OF SYLLABUS OF I PERIODIC TEST

SCIENCE CLASS VII Dear student,

Hope all of you are safe and healthy. You all are passing through a very difficult time but we should remember that

'Every cloud has a silver lining'

All the students should utilize this lockdown period to explore their knowledge.

NOTE: If you are unable to open the given link in mobile device, kindly copy the link in Google browser, else try to browse in internet explorer.

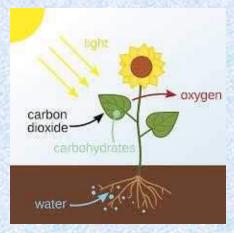
SYLLABUS OF 1 PERIODIC TEST

- L -1 Nutrition in plants
- Click this link to understand the L-1
 https://youtu.be/kLegzLh1Qq0
- L-12 Reproduction in plants
- Click this link to understand the L-12
 https://youtu.be/yTPA9wtkRtw
- L- 7 Physical and chemical changes
- Click this link to understand the L-7
 https://youtu.be/tEhoQQUh42I

LESSON 1: NUTRITION IN PLANTS

- Key Notes to remember
- Food is required to perform basic life processes.
- * Nutrition may be autotrophic or heterotrophic.
- Green plants are autotrophic while non-green plants and animals are heterotrophic.
- Four things are required for photosynthesis- carbon dioxide, water, sunlight and chlorophyll.

• Food is synthesized in the form of carbohydrates and oxygen is released as a by product during photosynthesis.



 Heterotrophic plants include parasitic, saprophytic, insectivorous and symbiotic plants.

- Parasitic plants :for e.g. Cuscuta and dodder plant.
- Saprophytic plants :for e.g. Mushrooms and yeast.
- Insectivorous plants :for e.g. Pitcher plant and venus flytrap.
- Symbiotic plants :for e.g. Lichen
- Fertilizers and manures contains plant nutrients such as nitrogen, potassium and phosphorous.
- Usually crops require a lot of nitrogen to make proteins.

LESSON 12: REPRODUCTION IN PLANTS

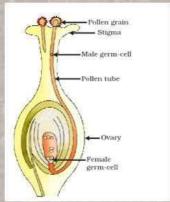
- Key Notes to remember
- * Reproduction is the process of producing new individuals of the same kind.
- There are two modes of reproduction-

Asexual and sexual.

- Asexual reproduction involves only one parent.
- Method of asexual reproduction are budding, fragmentation, spore formation, vegetative reproduction, etc.

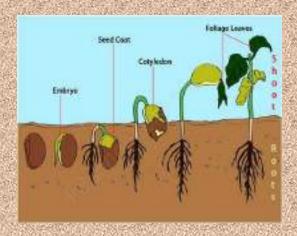
- * Grafting, cutting, layering and tissue culture are some artificial methods of vegetative reproduction in plants.
- Sexual reproduction involves two parentsone male which produces the male cells and one female which produces the egg cells.
- * The process of fusion of the male and female gametes to form a zygote is called fertilization.
- * In flowering plants, flowers are the reproductive organs.

* Fertilization occurs after pollination when the male reproductive cell in the pollen grains fuses with the egg cells within the ovule in the ovary.



* After fertilization the ovules change into seeds and the ovary into the fruit.

• The seed begins to germinate when it gets the favourable condition.



- The agents of seed dispersal are wind, water, animals and sometime the explosion of fruit.
- Dispersal of seeds is must so that seed can grow into a new plant in a better condition.

LESSON 7: PHYSICAL AND CHEMICAL CHANGES

- Key notes to remember
- Changes can be of two types: physical and chemical.
- ❖ In a physical change, a substance undergoes changes only in its physical properties such as shape, size, colour and state and no new substances are formed.



* In a chemical change, two substance react chemically to form new substances with different properties.



* Chemical changes or reactions are characterized by one or more of the following characteristics, evolution of gas, change of colour, formation of precipitate, energy changes and change of state.

- Heat or energy is released during exothermic reactions and is absorbed during endothermic reactions.
- Some substances can be obtained in pure state from their solutions by crystallization.

Note

The link of 'ONLINE SELF ASSESSMENT TEST' will be updated soon. Students are advised to prepare themselves with the syllabus covered till now.

THANK YOU

CLASS – 7 COMPUTER SCIENCE REVISION

See below link

https://youtu.be/wJLyZ9jm4T8

Syllabus

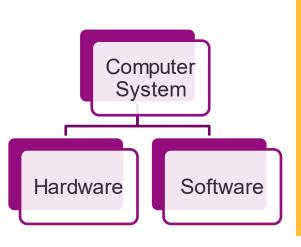
Chapter - 1

Chapter - 2

Till Moving/copying files And Folder (Page No. 19 to 26 only)



Chapter – One Introduction of Computers



Computer Hardware

- ✓ Input Devices
- ✓ Output Devices
- ✓ Processing Devices
- ✓ Storage Devices

Computer Software

- ✓ System Software
- ✓ Application Software



Input Device

- Scanner
- ✓ MICR
- Digital Camera
- ✓ Drawing Table
- ✓ Touchscreen
- ✓ Web Camera

Output Device

- ✓ Printer
- ✓ LCD Projector
- ✓ Plotter

Processing Device

- ✓ ALU
- ✓ CU
- Mu



COMPUTER MEMORY

PRIMAMRY MEMORY

- RAM
- ROM

SECONDARY MEMORY

- √ Hard Disk
- ✓ Compact Disk
- ✓ Pen Drive

COMPUTER SOFTWARE

System Software

Application Software

DATA HIERARCHY

Bit

Database

Byte

File

Field

Record



TROUBLESHOOTING TIPS

Computer is not turning on

Keyboard/Mouse is not working

No Sound

Computer is not responding

Press CT+RL ALT + DEL



Its time to examin yourselves

while you are preparing yourself for the online exams, it is important to complete your syllabus, but at the same time, effectively utilizing your time is very important.

Online Test – COMPUTER Revise <u>Chapter – One Only</u>





(COMPUTER



CLASS-VII



CHAPTER 1: INTRODUCTION TO COMPUTERS &

CHAPTER 2: MORE ON MS WINDOWS7

https://www.youtube.com/watch?v=XLVO4UII7qg

Recap

- → The physical devices that make up a computer system is called hardware.
- → A program that tells a computer how to perform tasks is called software.
- → Programs that control the operation of the computer and its devices are called system software.
- → Program that perform specific task for users is called application software.

CONTENTS

- Troubleshooting Tips
- Windows Explorer
- Libraries in Windows7
- Changing the view of files and folders
- Organizing files and folders
 - Open a file/folder
 - Create a new folder
 - Renaming a file/folder
 - Select all files/folders.
 - Delete a file/folder
 - Moving/copying a file and folder

Lesson-1 TROBLESHOOTING TIPS

Detecting the problem in a computer system when it is not working properly is called Trouble shooting

Troubleshooting Tips for common computer problems:

- **x** Computer is not turning ON:
- Check the power cord is properly attached from main to UPS, from UPS to CPU and from CPU to monitor. Check monitor switch is ON.
- ***** Mouse : Check the mouse is attached to the port.
- * No sound: Check the speaker's cord and power supply.
- * Keyboard is not working: Check the cables are connected.
- * Keyboard is typing only capital letters: Check if the shift key has got stuck due to hitting hard.
- ***** Computer is not responding: Press Ctrl + Alt + Del key

Lesson-2 More on MS Windows 7

Windows Explorer

Windows Explorer is a program for viewing files and folders.

It allow users to manage files, folders and network connections in a hierarchical order.

Start—All Programs—Accessories —Windows Explorer

Windows explorer is divided into left and right pane. Left pane 1 displays disk drives and right pane 2 the contents of the folder. 4 sign indicates the folder contain subfolders. 3 sign shows the subfolder contained in it and when again clicking the subfolder collapse back.

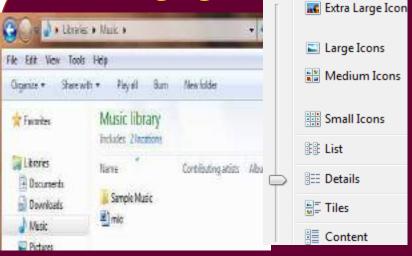


Libraries in Windows7

Libraries are user-defined collections of content. It is used to manage documents, music, pictures and other files. To open library click

Windows Explorer → Libraries → Pictures (Double -click)

Changing view of files and folders



There are several option to change your view of the icons. They are displayed

- Extra Large Icons-Displays your files and folders as extra large sized icon.
- Large Icons-Displays your files and folders as large sized icon.
- Medium Icons-Displays your files and folders as medium sized icons.





View of files and folders

Small Icons

Display your files and folders as small sized icons.



List



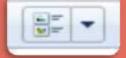
Displays the list of files and folders by small icons. This is useful when your folder contains many files.

Details



Displays the information in detail like file type, size and date.

Tiles



Displays your files and folder as icons.

Content



Displays your files and folders in content format with name ,type , size and date when the file is last modified.

Organizing Files & Folders

How to open a file/folder?

Select the folder → Click the Open option to open all files/folders.

Creating New folders

New folder option is used to create a new,

empty folder. To create new folder

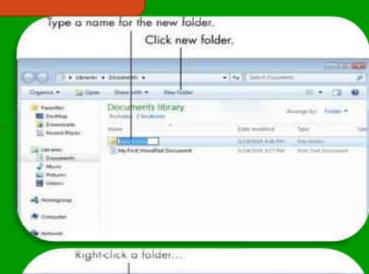


Rename option is used to rename the

existing file or folder. To rename the file,

follow these steps

- Select the file/folder.
- Click Rename from Organize menu.
- Type a new name for the file /folder.



Extends dispersion

...And click Rename

M. Pollope

Organizing Files & Folders

► Libraries ►

Tools

Organize *

Cut

Copy

Undo Redo

Select all

Layout

New library

Selecting All Files/Folders

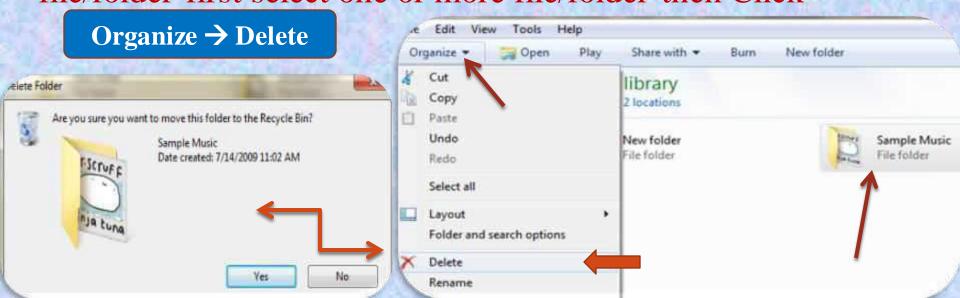
Select All option is used to select all the files and

folders in a drive. To select all the files/folders

Click→ Organize → Select All

Deleting Files/Folders

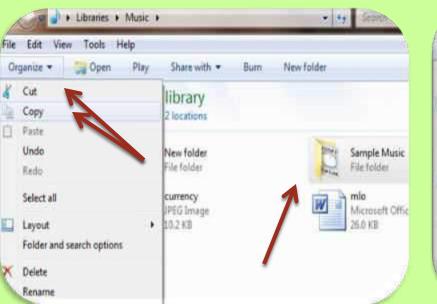
Delete option is used to delete selected files or folders. To delete a file/folder first select one or more file/folder then Click

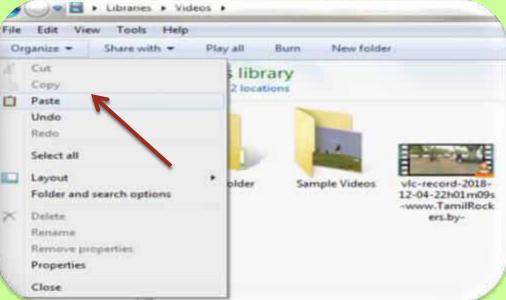


Moving/Copying Files &Folders

You can move/copy files and folders from one location and paste at another location.

- To move/copy a file or folder, first select the file or folder.
- Click Organize → Cut /Copy
- Select the folder location where you want to move/copy the file.





Exercises (Do all questions in Computer Notebook)

- 1. What is troubleshooting?
- 2. What is Windows Explorer? How will you open Windows Explorer?
- 3. Explain the changing view of files and folders with diagram.
- 4. Write the steps to rename a file /folder?
- 5. How will you organize files and folders in Windows Explorer.
- 6. What are libraries in Windows 7?
- 7. How will you move or copy a file/folder?
- NOTE: Read chapter No.2 and try to solve exercise in book only with pencil.



CLASS - VII

<u>ENGLISH</u>

Dear students,

Hope all of you are safe and healthy. We all are passing through a very difficult time but we should remember that

'Every cloud has a silver lining.'

All the students should utilize this lockdown period to excel their reading, writing and listening skills. Follow the instructions given below:

- 1. Read books, e-newspapers, learn five new words daily with their meanings to excel in vocabulary.
- 2. Go through this link to watch and learn Spoken English:

https://youtu.be/g3t8l84F2 A

NOTE: If you are unable to open the given link in mobile device, kindly copy the link in Google browser, else try to browse in Internet Explorer, Mozilla Firefox.

INFORMAL LETTER

WRITING SKILLS

WHAT IS INFORMAL LETTER?

- An informal letter, also referred to as a friendly letter, is a personal letter written to friends or relatives.
- It is written in personal fashion.
- It can be written to anyone with whom one has a nonprofessional relationship.
- It also includes business partners or workers whom one is friendly with.

IS THERE A FORMAT?

- YES!!!
- Like any writing skill, there is a specific format expected to be followed by the writer.
- ▶ The language need not be overly formal.

FORMAT OF INFORMAL LETTER

INFORMAL LETTER

FROM ADDRESS

IN TWO LINES

XXXX

DATE

XXXX

SALUTATION (DEAR FRIEND)

CONTENT IN 3 PARAGRAPHS

SUBSRIPTION (YOUR FRIEND)

SIGNATURE

NAME

129, Navyug Apartments

Pitampura, Delhi-110034

March 01, 2019

Dear Rudra

It's been a while since I've heard from you. Where have you been? I hope this letter finds you in the best of your health.

As summers are approaching, I was thinking if we could spend the summer break together at my place in Mumbai. I will introduce you to all my friends and close relatives. I will give you a city tour as well. We will spend some quality time in the afternoons near the sea shore. To add cherry on the cake, the weather here is very pleasant during those days due to sea winds.

I am excited even at the thought of you and I spending the summer together after so long. I have to tell you a lot of things and expect the same from you. Give my regards to aunty and uncle!

Hope to see you soon.

Yours lovingly

Sakshi/Saksham



Question for practice

Write a letter to your cousin who lives in the village about how you are spending the lock down period.

Do informal letter exercises on page number 63 and 65 of your Grammar book.

NOTE:

The link of 'ONLINE SELF ASSESSMENT TEST' will be updated soon.

Students are advised to prepare themselves with the syllabus covered till now.

THANK YOU

CLASS VII SOCIAL SCIENCE

REVISION OF:

- •GEOGRAPHY -L1
- •CIVICS –L1
- •HISTORY –L1

FOR BETTER UNDERSTANDING CLICK ON THIS YOUTUBE LINK



https://www.youtube.com/watch?v=SFWaw2e7jQg&t=63s

NOTE: If you are unable to open the given link in mobile device kindly copy the link in the Google browser, else try to browse in Internet explorer, Mozilla Firefox.

GEO L1 – OUR ENVIRONMENT

- Environment : Environment refers to all the external conditions in which an organism lives.
- •It has 2 components natural environment and human made environment
- •The natural environment comprises of biotic and abiotic components.
- •The living environment is termed as biotic environment. Example- plants, animals and

Atmosphere

humans.

- . The non living environment is termed as abiotic environment. Example- land, water and air.
- The various changes in the environment take place due to natural process and human activities.
- Human environment: the human beings are part of the environment in which they live.





- **Ecosystem**: The interaction between the organisms and their physical environment in a particular area is called the ecosystem. The organisms in a biosphere are interdependent. The size of the ecosystem varies greatly. It can be as large as the rainforests, grasslands, deserts or as small as a pond.
- Environmental pollution is the result of unplanned and unwise use of technology by human beings.

CIVICS L1 — DEMOCRACY

- <u>Democracy</u> people are the most important source of power in a democracy.
- India has a democratic republic because it has a government run by elected representatives of the people.
- There are other types of governments in the world such as monarchy and dictatorship.
- The key elements of democracy are equality, political parties, decision making mechanisms, enhancing human dignity, elections and universal adult franchise.

- Political parties: the party that forms
 the government is called the ruling
 party, while the other parties are
 known as opposition parties.
- Coalition government: if no single party wins a clear majority, 2 or more parties join together to obtain majority is called coalition government.

HISTORY L1-TRACING CHANGES THROUGH A THOUSAND YEARS

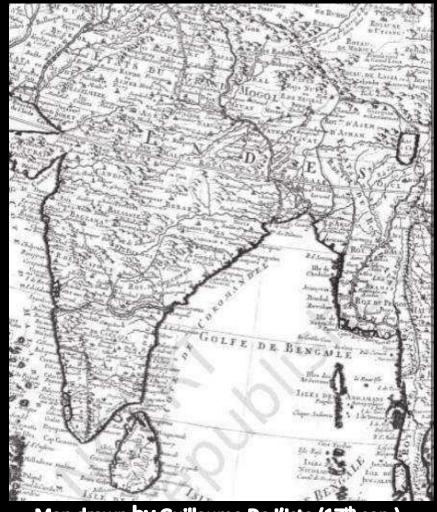
- The eighth to the eighteenth century is regarded as the medieval period in India.
- India was earlier called **Bharatvarsha** or the land of bharatas.
- The muslims called the subcontinent Hindustan.
- Rajputs, Sikhs, Marathas, Jats and Ahoms became powerful during this period.
- People were divided on the basis of Jati/Caste, occupation and background.

•Cartography is the art or skill of making or drawing maps. During this periods, a large number of monuments like temples, forts and palaces were built.

<u>Map 1</u> <u>Map 2</u>



Map drawn by Al-Idrisi (12th cen.)



Map drawn by Guillaume De l'Iste (17th cen.)

Dear Students,

Follow the following points for utilizing your time in fruitful and constructive way.

- Read your chapters regularly atleast one page a day from your S.ST book.
- Read and learn Key Terms/ Difficult Words given in book at the end of each chapter.
- Learn and write Question and Answers in rough copy to memorize them properly. It also helps in improving handwriting.
- Prepare yourself for the upcoming Online Self Assessment Test of 20 marks. So study thoroughly. It will be an objective type paper and you have to choose the correct option. Read questions carefully before you choose your answer as you can only attempt assessment once.

Thank You



CLASS VII SANSKRIT

पाठ -

- 1. वार्तालाप:,
- 2. लङ् लकार (प्रथम: पुरुष:)

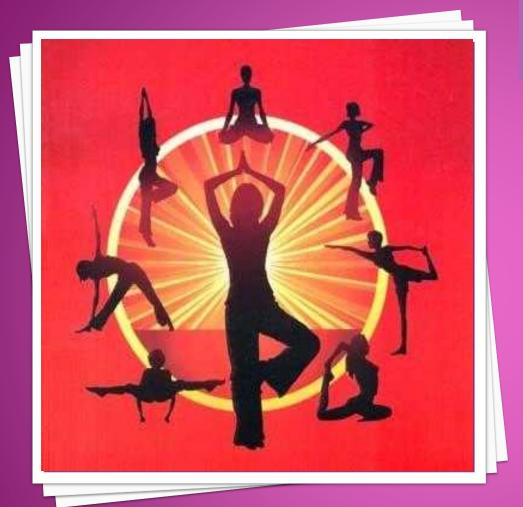
Pls. click the below link to revise above topics:

https://youtu.be/vEOo5Bpclcl

If you are not able to open the given link in mobile device, kindly copy the link in Google Browser, else try to browse in Internet Explorer, Mozzila Firefox...

kindly go through previous study material and view this video to prepare yourself for online self assessment test.

The link for Online self assessment test will be updated soon.



कक्षा - सातवीं पाठ - 2

योग और स्वास्थ्य

पाठ परिचय - https://youtu.be/_8JId5Rtc9l

(इस लिन्क को अवश्य खोले) Copy paste the link in browser to watch the video

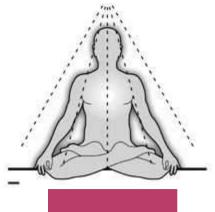


सारांश

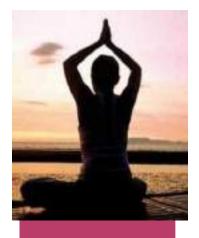
- योग एक आध्यात्मिक प्रक्रिया है जो आज के जीवन की मूलभूत आवश्यकता है ।
- योग वह विज्ञान है जो हमें पूरी तरह जीना सिखाता है। इसमें किसी व्यक्ति को सेहतमंद के लिए और विभिन्न प्रकार रोगों और अक्षमताओं से छुटकारा पाने के लिए विभिन्न प्रकार के व्यायाम शामिल है।
- शरीर, मन और आत्मा को नियंत्रित करने में योग मदद करता
 है। तनावमुक्त रहने के लिए स्वस्थ रहना आवश्यक है।
- योग संस्कृत के "युज" शब्द से बना है ।



योग को चार भागों में विभाजित किया गया है।



राज योग



कर्म योग

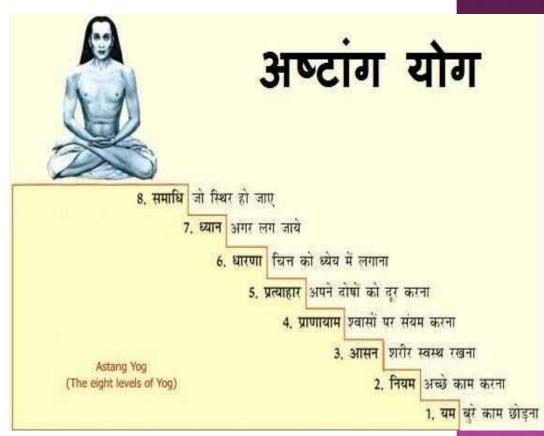


भक्ति योग



ज्ञान योग

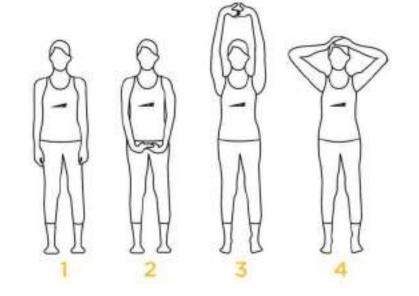
- योग में ध्यान लगाना ही शाही यानी राज योग है। इसके
 आठ भाग होने के कारण संत पतंजित ने इसको "अष्टांग योग" नाम दिया है।
- ये आठ अंग इस प्रकार है -
 - > यम,
 - > नियम,
 - आसन,
 - > प्राणायाम,
 - > इन्द्रियों पर नियंत्रण,
 - > एकाग्रता,
 - > ध्यान
 - > समाधि





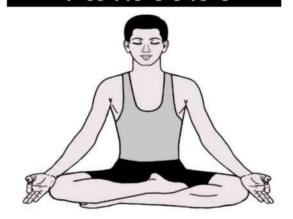
कुछ महत्तवपूर्ण आसन :

ताड़ासन - यह आसन हाथों तथा पैरों की संपूर्ण वृद्धि के लिए और कद बढ़ाने के लिए किया जाता है ।



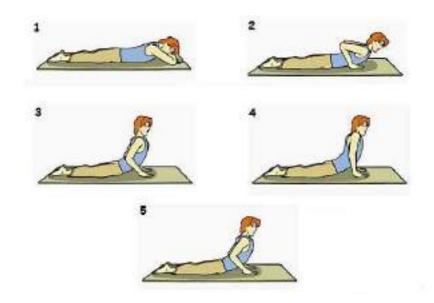
रवस्तिकासन – ध्यान लगाने हेतु यह उचित आसन है । पैरों की थकावट व दर्द को दूर करने में भी मदद करता है ।

<u>स्वस्तिकासन</u>

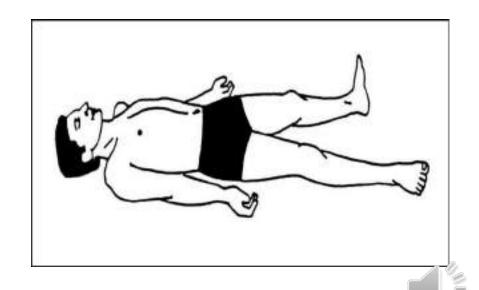




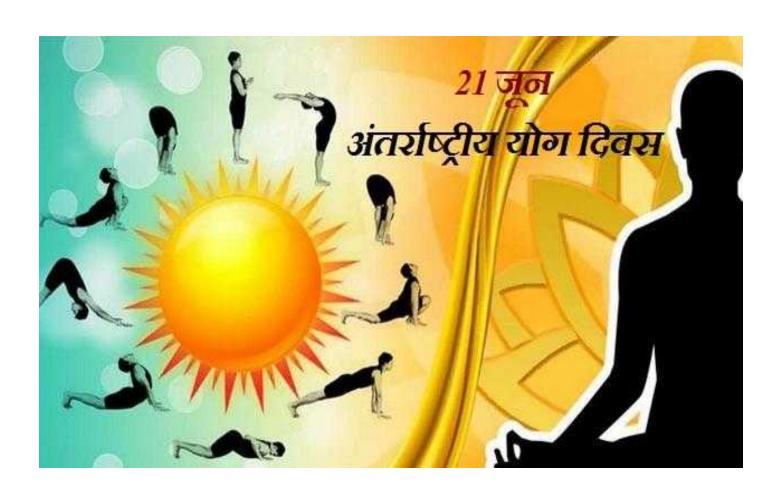
अजंगासन - यह आसन पेट की पाचन शक्ति के लिए अत्यंत लाभदायक है । इसको करने से बच्चों को पेट से संबंधित कोई परेशानी नहीं होती ।



शवासन - सब आसन करने के बाद शवासन किया जाता है । इसको करने से शरीर व दिमांग दोनों को शांति मिलती है।



❖अंतरराष्ट्रीय योग दिवस 21 जून को मनाया जाता है |





निर्देश: अपनी हिन्दी पाठ्य पुस्तक में से "योग और स्वास्थ्य" पाठ को पढ़े और दिए गए अभ्यास कार्य को हिन्दी की कॉपी में करें।

योगा करते हुए फोटो भेजे seema.balhara@gmail.com

शब्द - अर्थ

काम में व्यस्त लगा ह्आ अनिवार्य जरूरी संपूर्ण सार्वभौमिक संसार में संतुलित नपा तुला श्वास प्राणायाम प्रक्रियाएँ

स्वीकार्यता मानना अतीत बीता हुआ समय नियंत्रण रोक

सकारात्मक

अच्छी सोच

अभ्यास

मौखिक

प्रश्न 1: तनावमुक्त रहने के लिए क्या आवश्यक है ?

उत्तर: तनावमुक्त रहने के लिए स्वस्थ रहना आवश्यक है । प्रश्न 2: शरीर में और जीवन में किसको सम्मिलित करना चाहिए?

उत्तर: शरीर में और जीवन में योग और प्राणायाम को सम्मिलित करना चाहिए। प्रश्न 3: योग संस्कृत के किस शब्द से बना है ?

उत्तर: योग संस्कृत के "युज" शब्द से बना है। प्रश्न 4: योग को कितने भागों में विभाजित किया गया है ?

उत्तर: योग को चार भागों में विभाजित किया गया है।

लिखित

(क) लघु उत्तरीय प्रश्न

प्रश्न 1: योग के जुड़ने से आप क्या समझते हैं ?

उत्तर: योग के जुड़ने से हम समझते हैं कि ये हमारे शरीर, मन और भावनाओं को संतुलित करता है।

प्रश्न 3: भक्ति मार्ग पर चलने से क्या प्राप्त होता है?

उत्तर: भिक्ति मार्ग पर चलने से स्वीकार्यता तथा सहनशीलता प्राप्त होती है।

प्रश्न 2: योग के चार भागों के नाम लिखो।

उत्तर: योग के चार भागों के नाम इस प्रकार हैं:

1. राज योग 2. भक्ति योग

3. कर्म योग 4. ज्ञान योग

प्रश्न 4: अंतरराष्ट्रीय योग - दिवस कब मनाया जाता है?

उत्तर: अंतरराष्ट्रीय योग -दिवस 21 जून को मनाया जाता है ।

(ख) दीर्घ उत्तरीय प्रश्न

प्रश्न 1: योग की व्याख्या कीजिए।

• उत्तर: योग एक आध्यात्मिक प्रक्रिया है जो आज के जीवन की मूलभूत आवश्यकता है। योग वह विज्ञान है जो हमें पूरी तरह जीना सिखाता है।

प्रश्न 2: अष्टांग योग क्या है ?

• उत्तर: योग में ध्यान लगाना ही शाही यानी राज योग है। इसके आठ भाग होने के कारण संत पतंजिल ने इसको "अष्टांग योग" नाम दिया है। ये आठ अंग इस प्रकार है - यम, नियम, आसन, प्राणायाम, इन्द्रियों पर नियंत्रण, एकाग्रता, ध्यान और समाधि।

प्रश्न 3: ताड़ासन करने की विधि एवं लाभ बताइए।

• उत्तर: ताड़ासन करने की विधि - जमीन पर सीधे खड़े होकर दोनों हाथों को सामने से खींचते हुए सीधे ऊपर की ओर ले जाते हुए पंजों के बल खड़े होकर साँस छोड़ते हुए उसी दशा में आना है । इस आसन को करने से हमें वजन कम करने, कद बढ़ाने व शरीर की पीड़ा को कम करने के लाभ मिलते हैं ।

प्रश्न 4: शवासन कैसे किया जाता है और इसे सब आसनों के बाद क्यों किया जाता है ?

• उत्तर: शवासन में जमीन पर पीठ के बल लेटकर पैरों और हाथों को आराम की अवस्था में रखते हैं। हथेलियों को आसमान की तरफ रखते हुए, आँखों को बंद करके साँस को अंदर खींचना है और फिर धीरे - धीरे साँस को छोड़ना है। शारीरिक व मानसिक शांति के लिए शवासन को सब आसनों के बाद किया जाता है।

प्रश्न 5: प्राणायाम से आप क्या समझते है ? प्राणायाम करने से क्या -क्या लाभ होते हैं ?

- उत्तर: प्राणायाम योग के आठ अंगों में से एक है। श्वासों का संतुलित होना मनुष्य के प्राणों के संतुलन पर निर्भर करता है। प्राणों के उचित व संतुलित प्रवाह को ही प्राणायाम कहते हैं।
- प्राणायाम करने से निम्न लाभ होते हैं -
 - प्राणायाम हमारे शरीर में प्राण शक्ति बढ़ाता है ।
 - प्राणायाम से हम अपने स्वास्थ्य को स्वस्थ तथा अपने आप को तनाव से दूर रख सकते हैं।

(ग) निम्निलेखित सकेत गद्याश को पाठ में पढ़कर प्रश्नों के उत्तर का सही (✔) विकल्प चुनिए ।		
आज के	उद्देश्य भी है ।	
1) स्वच्छता वि) तन की	•	तन और मन दोनों की
,	ने जीवन में सम्मि अनावश्यक	•
3) योग किस १) युग	ाब्द से बना है ? ❷ युज	🔾 दोनों में से कोई नहीं
4) योग कैसी ध) सार्वजनि	गरणा है ? क 🔾 सर्वाधिक	⊘ सार्वभौमिक

भाषा की बात

(क) निम्नलिखित शब्दों के विलोम शब्द लिखिए -

- (1) आवश्यक × अनावश्यक
- (2) संतुलित × असंतुलित
- (3) लाभदायक × नुकसानदायक
- (4) स्थापित × विस्थापित
- (5) सकारात्मक × नकारात्मक
- (6) आकाश × पाताल

(ख) निम्नलिखित शब्दों का वर्ण - विच्छेद कीजिए ?

प्राणायाम = प् + र् + आ + ण् + आ + य् + आ + म् + अ
स्वास्थ्य = स् + व् + आ + स् + थ् + य् + अ
संतुतित = स् + अं + त् + उ + ल् + इ + त् + अ
स्वीकार्यता = स् + व् + ई + क् + आ + र् + य् + अ + त् + आ
सकारात्मक = स् + अ + क् + आ + र् + आ + त् + म् + अ + क् + अ
योगाभ्यास = य् + ओ + ग् + आ + भ् + य् + आ + स् + अ

(ग) नीचे लिखे शब्दों के दो - दो पर्यायवाची शब्द लिखिए -

- **1. शरीर** बदन, देह
- **2. बच्चे** बालक, शिश्
- 3. अवस्था दशा, आयु
- **4. मार्ग** रास्ता, पथ
- 5. नियंत्रण वश, काबू
- **6. भूमि** धरा, पृथ्वी



कक्षा -7 हिंदी पुनरावृत्ति - **लिंक देखें**

https://youtu.be/oSQ-ihmKmKA (विशेषण)

https://youtu.be/07EkSyTtvck

हिंदी व्याकरण (विशेषण और **क्रिया**) अरहुल – पाठ -3 (एम एस धोनी)





विशेषण

विशेषण की परिभाषा

विशेषण वे शब्द होते हैं जो <u>संज्ञा</u> या सर्वनाम की विशेषता बताते हैं।

> दयालु, भारी, सुंदर, कायर, टेढ़ा–मेढ़ा, एक,

दो, वीर पुरुष, गोरा

विशेषण के मुख्यतः भेद होते हैं:

- > गुणवाचक विशेषण
- > संख्यावाचक विशेषण
- > परिमाणवाचक विशेषण
- > सार्वनामिक विशेषण
- > व्यक्तिवाचक विशेषण
- > प्रश्नवाचक विशेषण





क्रिया

क्रिया की परिभाषा

जिन शब्दों से किसी कार्य का करना या होना व्यक्त हो उन्हें **क्रिया** कहते हैं। जैसे- रोया, खा रहा, जायेगा आदि।

कर्म जाती तथा रचना के आधार पर क्रिया के मुख्यतः दो भेद होते है :

- > अकर्मक क्रिया
- > सकर्मक क्रिया।





संरचना के आधार पर क्रिया के भेद

- > संरचना के आधार पर क्रिया के चार भेद होता है :
- प्रेरणार्थक क्रिया : कर्ता स्वयं काम ना करके किसी और से काम करा रहा है। जैसे: बोलवाना, पढवाना, लिखवाना आदि।
- » नामधातु क्रिया: ऐसी धातु जो क्रिया को छोड़कर किन्ही अन्य शब्दों जैसे संज्ञा, सर्वनाम, विशेषण आदि से बनती है जैसे: अपनाना, गर्माना आदि।
- सयुंक्त क्रिया: ऐसी क्रिया जो किन्ही दो क्रियाओं के मिलने से बनजैसे:
 खा लिया, चल दिया, पी लिया आदि।
- कृदंत क्रिया: जब किसी क्रिया में प्रत्यय जोड़कर उसका नया क्रिया है
 रूप बनाया जाए तब वह क्रिया कृदंत किया कहलाती है। जैसे दौड़ना,

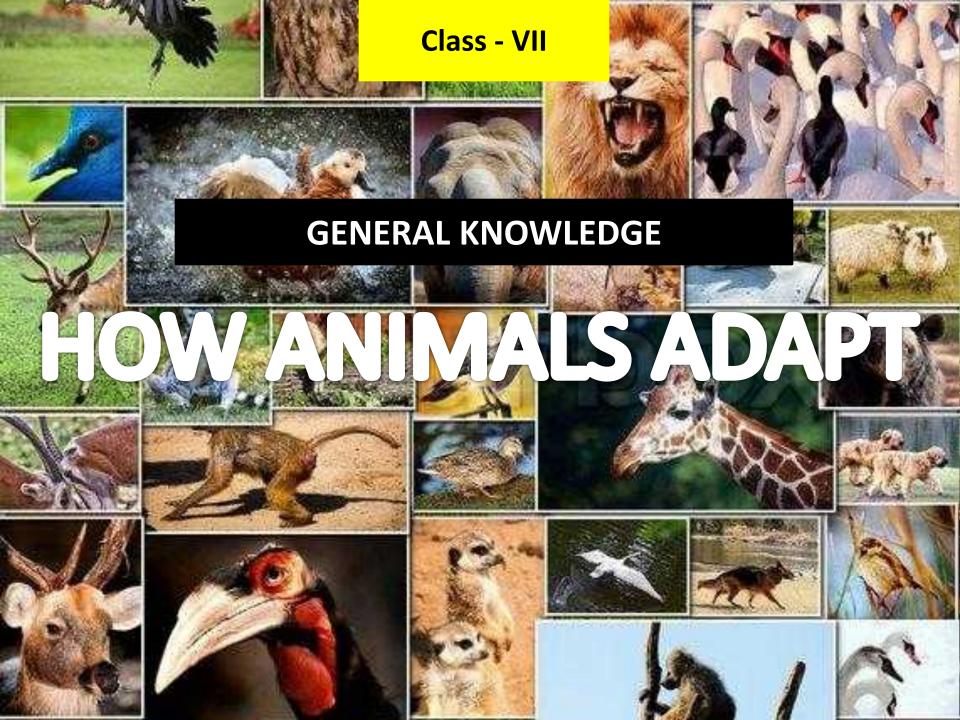


अरहुल - एम एस धोनी



आत्म मूल्यांकन परीक्षा (Self Assessment Test)





WHY DO ANIMALS ADAPT?

All animals have physical and behavioral features which help them to survive in their natural habitats.

Animals adapt to:

- find food
- adjust their bodies to the temperature of the environment
- defend themselves
- find a mate
- Protect themselves from predators and other dangers

If animals cannot adapt to the changes in the environment, they can become extinct.







- Arctic foxes are extremely well-adapted to the harsh, frigid temperature of the Arctic.
- They belong to the dog family.
- Arctic Fox does not hibernate and its fur changes colour with the seasons.
- In the summer the Arctic fox has a brown coat with a lighter belly. It then turns into a thick white one in the winter. It is the only canid that changes the colour of its coat, allowing it to camouflage with the snow and ice in the winter and rocks and plants in the summer.



Poison Dart Frogs











Poison Dart frogs live in rainforest habitats in Central and South America. They can be found in trees, as well as under leaves and logs and rocks on the floor of the forest.

Poison frogs warn predators with brilliant colours and patterns. There are many species of poison frogs.

Dart Frogs got their name because hunters would tip their arrows in the frog's poisons.

Sadly, because people are cutting down rainforests for farming and ranching, Poison Dart Frogs are at risk. The Blue Poison Dart Frog is the most endangered due to the pet-shop market.



Hippos secrete an oily red substance, which gave rise to the myth that they sweat blood. The liquid is actually a skin moistener and sunblock that may also provide protection against germs.

An adult Hippo needs to resurface every 3-5 mins to breathe. The process of surfacing and breathing is automatic, and even a hippo sleeping underwater will rise and breathe without waking.

Despite its stocky shape and short legs, it can easily outrun most humans.

The hippopotamus is one of the most aggressive creatures in the world and is often regarded as one of the most dangerous animals in Africa.



Frill Lizard





- Frill-necked lizard belongs to the group of arboreal animals. It spends most of its time on the trees.
- Colour of the body depends on the habitat. These lizards are able to change the colour of the body to blend with environment. Majority of frill-necked lizards are brown to reddish coloured.
- Frill-necked lizard is diurnal animal (active during the day). It basks in the sun in the morning and early afternoon.
- Frill-necked lizard was imprinted on the Australian coin of 2 cents that was used as currency until 1991.
- Frill-necked lizard can survive up to 20 years in the captivity.

LET'S PRACTISE

Guess Who Am 1?

1. This member of the dog family can change its colour. Its fur is white or grey-blue colour during the winter and grey-brown or grey during the summer, helping it camouflage. Its long, bushy tail, also called a sweep, helps it to maintain its balance and keeps its feet and nose warm when it curls up to sleep.

2. Found in the rivers of eastern, central, and parts of Southern Africa, this animal is regarded as one of the most ferocious animals in the continent. It secretes an oily substance from its skin, popularly known as blood sweat, which acts as a natural sunscreen and protects it from sunburn. This secretion, however, is neither blood nor sweat. It acts as a moisturizer and protects against germs.

3. These frogs range from less than one inch to around two and a half inches in body length. They all vary in their colours and patterns. The beautiful colourings on their bodies are warnings to predators that they are poisonous. In certain cases, their patterns also help them camouflage.

4. This lizard has a skin flap which looks like a frill encircling its neck, which it can raise suddenly when threatened to surprise its enemy. This can make its head look several times its normal size.

Identify ME...













NOTE:

Do the exercises of lesson <u>HOW ANIMALS ADAPT</u> given on page no. 8 of your General Knowledge book.

- *Spend at least one hour daily for reading books or e-newspapers which will enhance your vocabulary and general knowledge.
- * For further understanding of the lesson HOW ANIMALS ADAPT, refer the following link:

https://youtu.be/LrZGj49Yzwl

NOTE: If you are unable to open the given link in mobile device, kindly copy the link in Google browser, else try to browse in Internet Explorer, Mozilla Firefox.