Shree Himalaya Vidhya Niketan

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Baijanath-5, Araniko Nagar, G Gaun, Banke

Class : Seven

15 days worksheet for lock down period

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| Day | Subjects | | |
| English | Social | Computer (Both Reading and Writing) |
| Day 1 | Write any 7 sentences using the structure of Present Perfect Tense. | Writing What is socialization? Mention its importrance. | Definition of computer , Features of computer. |
| Day 2 | Describe your village or town in at least 15 sentences. | Reading About transportation. | What is an IPO cycle? explain with Figure. |
| Day 3 | Write the antonym ( Opposite ) words of the given words.  Heavy, Thin, Short and expensive. Ugly, Foolish | Writing What is communication? Mention its importance. | Application areas and Limitations of computer. |
| Day 4 | Write down the past form ( v2 ) of the following verbs.  Sing, Write , Sleep, Go, Cut,Climb, Borrow | Reading about our flok song and dance. | Input Hardware, Types and its functions. |
| Day 5 | Write any applicatioon to your class teacher asking for one day sick leave. | Writing one page good handwriting. | Output hardware , Types and its functions. |
| Day 6 | What do you mean by Adjective? Give any 5 examples. | Writing some examples of our social problems. | Draw a Tree structure of computer software and explain each of them. |
| Day 7 | Write any 5 senetences in the form of 'Passive Voice'. | Reading any 15 our fundamental Rights Which are mention in the presentconstitution of Nepal. | Practice the problems of Number system. |
| Day 8 | Make MEaningful senetences using the following words.  Handsome, Honest, Large, Low, Hot | Writing Causes, effects and preventive methods of climate change. | Cyber law, cyber ethics and commandments of cyber ethics . |
| Day 9 | Write an essay on 'My Aim in life' in about 50 words. | Writing Write a short about 'Dolajee System.' | Advantages of WWW and Email. |
| Day 10 | Mention any 5 rules of 'Question- tag' With examples. | Reading problems of landlocked countries. | When Was cyber law introduced in Nepal? Writes its areas. |
| Day 11 | Write any 7 words with their synonym( Similar) Words. For Eg Large = Big | Writing What is SAARC? Mention its objectives. | Storage devices, types and its functions. |
| Day 12 | How many types of nouns are there? Name them. | Reading about Disaster management. | Advantages of Hard disk, and different measurement of storage unit of computer. |
| Day 13 | Give 5 examples of each of countable and uncountable nouns. | Writing What is population? | What is Multimedia? And what are the application of multimedia. |
| Day 14 | Write any 5 examples of Homophones. | Writing What is quality life? | What is computer Virus? What are the symptoms of computer Virus. |
| Day 15 | Write a letter to your friend explaining about your school.  Subject Teacher:- Kushal Thapa  Contact No: 9848261496 | Drawing: An outline map of Nepal and Insert the following facts: Bardiya National Park, Tea Production Area, Lake Rara, Mt Everest  Subject Teacher:- Lok Prasad Sapkota  Contact No: 9858033703 | Advantages and disadvantages of Internet.  Subject Teacher:- Pawan Dhital  Contact No: 9858088664 |
|  | Nepali | Science | OBTE |
| Day 1 | नाम के लाई भनिन्छ ? यसका प्रकारहरु लेख / | Write a short note on topic of MKS, CGS and FPS systems with examples. | Define occupation. Write its importance in Five points.  Why are vegetables important for us? Write in a paragraph. |
| Day 2 | सर्वनाम भनेको के हो? यसका प्रकारहरु लेख / | Define simple machine. Make a list of Simple Machine which are frequently bring used in our daily life and why they are useful. | Differentiate between vocational and school education in five points.  Define employment. |
| Day 3 | बिपरीतार्थी शब्द भन्नाले के बुझीन्छ ? | Write the differences between luminous and non-luminuos objects in 4 points. Including examples | Write the procedures of preparing kitchen garden. |
| Day 4 | वचन भनेको के हो? यसका प्रकारहरु कति छन् ? | How is sound energy produced? Write its methods. | Name any five herbal plants and their use.  Prepare a beautiful flower with paper. |
| Day 5 | समूहवाचक नामको परिभाषा लेख / | Define mixture. Write the differences between homogenous and heterogonous mixtures. | Define trade. Write any five importance of trade.  Explain the relation between trade and industries. |
| Day 6 | पुरुषको परिभाषा दिदै यसका प्रकारहरु पनि लेख / | Make the list of different metals which are being used in our daily life. | Define cooperatives. Write importance of cooperatives in five points.  Prepare a object( as you like) with clay. |
| Day 7 | तलका शब्दहरुको वाक्यमा प्रयोग गर /  कपाकप , धमाधम , स्याबास | Describe the life cycle of frog with diagram. | Prepare lunch for the family with the help of parent and make a report on it. ( include food items/ Procedure etc) |
| Day 8 | अव्यय कति प्रकारका छन् ? | Make the list of different types of rocks Found in Nepal. | What is drip irrigation system? List the uses of drip irrigation.  What are the different methods of storing fruits? List them. |
| Day 9 | करणको परिभाषा दिदै करण प्रयोग भएका दुईवटा वाक्य लेख / | Draw the neat and clean diagram of animal and plant cells. | Who are the tourists? How does tourism help us to generate income? Explain. |
| Day 10 | विशेषण केलाई भनिन्छ ? | Write the differences between vertebrate and invertebrate in 4 points. | Draw a picture s of any two local technologies, using suitable colours.  Write any five importance of local technologies. |
| Day 11 | तिमीले सुनेको वा पढेको कुनै एउटा कथा लेख / | Define atmosphere with its different layers. | What is mixture used for?  Why should we be careful while operating electric tools? |
| Day 12 | विद्यार्थी जीवन शीर्षकमा १०० शब्द नघटाई निबन्ध लेख / | Write the role of human being in environment balance. In more details. | What do you mean by recipe?  Write importance of recipe in four points |
| Day 13 | तलका शब्दहरुको अर्थ लेख /  पेटानी , ल्होसार , दङ्ग | Write down the names and symbols of the elements up to 20 atomic numbers. | Describe relation between training and profession. |
| Day 14 | व्याख्या गर /  आजको विश्व विज्ञानसंग नजिक छ अन्ध विश्वाससंग होइन / | Make the name list of planets. | Write name of any five professions and their functions. |
| Day 15 | सामान्य वर्तमान कालको प्रयोग गरी आफूले गर्ने कामको बारेमा चार वाक्यमा बयान गर /  Subject Teacher:-Sunita Acharya  Contact No:- 9864908803 | Define and explain about hydra with figure.  Subject Teacher: Harka Shahi  COntact No:- 9816568700 | List name of any 10 institutions providing technical education.  Subject Teacher:- Indira Neupane  Contact No:9840693689 |

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| Day | Subject : Compulsory Math |
| Day 1 | 1. Read the type and definition of set. 2. Read the definition of union of set, intersection of set, component of set. |
| Day 2 | Solve all short problems from Exercises (Chapter: Set). |
| Day 3 | Solve all long problems from exercises (Chapter : Set). |
| Day 4 | Read and practice decimal/ ratio and proportion. |
| Day 5 | Solve all problems of whole number and integer from book. |
| Day 6 | Read the BODMAS rule and four fundamental operations. |
| Day 7 | Read and practice all problems of profit and loss form book. |
| Day 8 | Read and practice all problems of percentage from book. |
| Day 9 | Read and practice Transformation. |
| Day 10 | Read and practice algebra. (Chapter algebraic expressions. |
| Day 11 | Read and practice algebra. ( Chapter : Equation and inequality ) |
| Day 12 | Read and practice Geometry. ( Line and angle ) |
| Day 13 | Read and practice Geometry. ( Triangle and polygons) |
| Day 14 | Read and practice Geometry. ( Solids ) |
| Day 15 | Read and practice Statistics. |
|  | Subject Teacher: Birajan Pariyar  Contact No: 9864782116 |