



Shree Himalaya Vidhya Niketan
Baijanath-5, Araniko Nagar, G Gaun, Banke

Class : Seven

15 days worksheet for lock down period

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 importance.	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 (v^2) of the following verbs. Sing, Write , Sleep, Go, Cut,Climb, Borrow	Reading about our folk song and dance.	Input Hardware, Types and its functions.
Day 5	Write any application 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 sentences in the form of 'Passive Voice'.	Reading any 15 our fundamental Rights Which are mention in the present constitution of Nepal.	Practice the problems of Number system.
Day 8	Make MEaningful sentences 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 बुझिन्छ ?	Write the differences between luminous and non-luminous 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 heterogenous 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 शब्दहरूको 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

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 from 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