

class:- "7th"

Subject:- Science

Lesson ~~4~~

"Things changing around us"

1. Match the following.

A

- a. Rusting of iron
- b. photosynthesis
- c. Fruits turning brown
- d. Crystals.

B

- moisture & oxygen
- chemical change
- reaction with O_2
- fixed shapes.

2. Fill in the blanks.

- a. hot saturated , Crystallisation
- b. Oxygen , moisture
- c. reversed
- d. chemical
- e. Magnesium Hydroxide
- f. chemical , chemical.

3. put a (✓) against correct & (x) against incorrect statements.

- a. x b. ✓ c. x d. ✓

4. Give one word answer.

- ① a. evaporation

- b. CO_2
- c. Distillation
- d. oxygen & water
- e. Zinc
- f. Tin

5. Classify the following as physical & chemical change or both:

- a. physical change
- b. chemical change
- c. Physical change
- d. chemical change
- e. physical change
- f. Physical change
- g. chemical change
- h. Chemical change
- i. Chemical change
- j. Physical change

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6. Give short answers.

a) Ans:- Because it gives rise to the formation of new substance and is also a irreversible change.

b) Ans:- A new substance called iron sulphate is formed indicated by blue colour of solution.

c) Ans:- The formation of reddish-brown coating on the surface of iron articles in the presence of moisture and oxygen is called rusting. Rusting is chemical change.

d) Ans:- This is due to reaction of oxygen.

e) Ans:- process of separating a pure substance in the form of crystals from the hot saturated solution by cooling.

7. Give long answers.

a) Ans:- Rusting can be prevented by number of methods:-

i) coating with oil & grease.

ii) Coating iron articles with paint.

(7)

iii) Galvanisation.

iv) Alloying.

b) Ans:- Following are the changes which are simultaneous both physical & chemical change.

i) Burning of candle.

ii) Burning of gas.

"Breathe in and out: Respiration"

1. choose the correct alternative

- a. Kidney b. Respiration
- c. Spiracles d. Anaerobic respiration

2. match the following

A

B

- a. pharynx
- b. Stomata
- c. Gills
- d. Trachea
- e. Oxyhaemoglobin

- leads into the lungs
- leaf
- Fish
- wind pipe
- Haemoglobin + oxygen

3. Fill in the blanks

- a. Trachea b. Larynx
- c. moist skin d. inflated, deflated

4. put a (✓) against correct & (x) against incorrect statements.

- a. x b. ✓ c. x d. x e. ✓

5. Give one word answer.

- a. Diaphragm
- b. Spiracles

c. Haemoglobin

d. Alveoli

6. Give reason for the following statements

a. Respiration is basically an oxidation process.

Ans:- Respiration is an oxidation process as the food we eat is oxidised or broken down to simpler forms to release energy. Oxygen combines with glucose to produce carbon dioxide & water.

c. Yeast can survive without oxygen.

Ans:- In the absence of oxygen, yeast undergoes fermentation & convert carbohydrates into carbon dioxide & alcohol which helps it to survive without oxygen.

d. Respiration is a break down process.

Ans:- In the cells, oxygen in the air helps in the break down of food. The process of breakdown of food in the cell with the release of energy is called cellular respiration. In the cell, the food is broken down into CO_2 & water using oxygen.

e. Alveoli have rich blood supply. The alveoli have a good air supply from the bronchioles & a rich blood supply. This is vital for successful gaseous exchange.

(b)

7. Give short answers.

- a) Ans: Our body muscles during respiration.
- b) Ans: Opening & closing of stomata is regulated by guard cells which happens due to their contraction & relaxation.
- c) Ans: Because different age groups have different requirement of energy.
- d) Ans: Hemoglobin is a red pigment present in the blood which helps in transport of gases.
- e) Ans: Land animals respire by lungs and take oxygen from air while as aquatic animals respire through gills and take oxygen dissolved in water.

8. Give long answers.

a) Ans: Air → Nostrils → Pharynx → Larynx →
Trachea → Right Bronchus
 → Left Bronchus] → Lungs → Alveoli
→ Exchange of gases.

b) Ans: During inhalation, the lungs which are present inside the chest cavity expand & push down the diaphragm which is a

dome shaped muscular sheet present at the base of the chest cavity. The reverse process takes place during exhalation. The chest cavity contracts & the diaphragm is pulled up.

c) Ans:- Because on land frogs respire with their lungs like animals, but in water they respire with their moist skin which has rich vascular supply.

d) Ans:-

- i) physical process → Breathing → Taking oxygen & gives out of carbon dioxide.
- ii) chemical process → inside cells → oxidation of glucose.

Transportation of substances

1. Choose the correct alternative.
- a. four chambers
 - b. WBCs
 - c. xylem
 - d. veins
 - e. leaves

2. Match the following

- A
- a. platelets
 - b. RBCs
 - c. plasma
 - d. pulmonary artery
 - e. pulmonary vein

- B
- clotting
 - life span 120 days
 - yellowish fluid
 - deoxygenated blood
 - oxygenated blood

3. Fill in the blanks.

- a. WBCs
- b. Arteries, veins
- c. Lungs
- d. Stethoscope
- e. pulse

4. Put a (✓) against correct & (X) against incorrect statements.

- a. X b. ✓ c. X d. ✓ e. ✓

5. Give one word answer.

- a. capillaries
- b. plasma

- c. Capillaries
- d. Pulmonary
- e. platelets

6. Give reason for the following statements.

a. Transpiration is a necessary process.

Ans:- Because transpiration is important to the plant to produce a cooling effect to the plant at hot conditions & to enable the transport of water & minerals ^{salts} from the soil to the leaves.

b. WBCs are the soldiers in our body.

Ans:- WBCs help to provide immunity by destroying or killing foreign pathogens & antigens and thereby provide protection from diseases & infections. Therefore they are called the soldiers of our body.

c. The walls of ventricles are thicker than those of the auricles.

Ans:- Since ventricles have to pump blood into various organs & the pressure of the blood flowing in them is more than that of in the auricles, therefore ventricles are thicker than those of the auricles.

7. Give short answers.

a) Ans:

xylem
xylem help in the distribution of water & minerals (sap) absorbed by the roots to all parts of the plant.

phloem
phloem carries the food prepared by the leaves to all part of the plant called as translocation.

b) Ans:- Leukemia is the uncontrolled production of WBC's in the blood.

c) Ans:- In case of blood lost during accidents or injuries blood transfusion can be done by taking blood of different blood groups from the blood banks.

d) Ans:- The main function of the kidney is to remove toxic substance from the blood like urea & uric acid.

e) Ans:- The pressure exerted by the blood on the walls of arteries is called blood pressure

f) Ans:- The overall blood flow in the circulation of an adult person ^{at rest} is about 5000ml/minutes is the cardiac output.

(11)

8. Give long answers.

a) Ans: Every cell in living organism needs food & oxygen in order to be healthy. Thus, there is transportation of substance in the living organisms.

b) Ans: The heart is made of cardiac muscles & is dark red in colour. It is divided into four chambers, two auricles & two ventricles. Pulmonary artery arises from the right ventricle to carry deoxygenated blood to lungs where as pulmonary vein carries oxygenated blood from heart to left auricle.

c) Ans: Take a well-watered potted plant having broad leaves. Cover the pot well in a bell jar. Leave the set up in sunlight for half an hour. ^{we} Can see tiny drops of water on the inner surface of the bell jar, from where have these appeared, these drops have appeared by the condensation of water vapours that have evaporated from the leaves.

(14) (15)

Ans:- RBC's do not have mitochondria so that they do not utilise oxygen as they are carrying respiration to different cells.

- e) Ans:-
- i) Through air \rightarrow exhaled air which contains CO_2 .
 - ii) Sweat \rightarrow Sweat has dissolved salts.
 - iii) Faeces \rightarrow undigested food material removed through anus.
 - iv) Urine \rightarrow Removal of urea and uric acid.
-

Q6:-

d) Water is mainly responsible for transportation in living organisms:-

Ans:- As nutrients get mixed up with water therefore water is mainly responsible for transportation in living organisms.

الحق تعالیٰ بركات جماعت ساتویں - شرم فست

مفسر مادہ سکول

معلم الاسلام

سبق نمبر ۷ جوابات قلمبند ہیں

ج- انسان کو اللہ تعالیٰ نے تمام مخلوقات پر فضیلت عطا کی ہے باقی مخلوقات کے

مقابلہ میں زیادہ علم عقل اور فہم حاصل ہے اسلئے اس کو اشرف المخلوقات کہتے ہیں

ج- انسان کا اٹھنا بیٹھنا، چلنا پھرتا لین دین تجارت سیاست لوگوں کے ساتھ معاملات درست دارا کرنا دوستی کرنا سب اخلاق میں شمار ہوتے ہیں۔ اگر زندگی کو غلط طریقے سے چلا یا گیا تو اخلاق درست نہیں ہیں، اگر معاملات اخلاق حسنہ کہتے ہیں۔

ج- اسلام اخلاق حسنہ کی بدولت دنیا کے کونے کونے میں پھیلا، بہترین اخلاق نے بڑے بڑے دشمنوں کو مغلوب کیا، ہمارے نبی ص نے تمام انبیاء کے مشن کو پورا کیا۔ نبی سے جو چاہا گیا کہ اللہ کے نزدیک سب سے زیادہ محبوب بینہ کون ہے؟ فرمایا، جو سب سے صحیح جوڑے۔ سے منظور کرتے۔ اسلام اسلئے آج تک لوگوں کی زندگیوں کو نفع مند اور ادب کی رو سے

اسلام ایک - مکمل ضابطہ حیات ہے

درست اخلاق کو - اخلاق حسنہ کہتے ہیں

اخلاق حسنہ - اسلام کی بنیاد ہے

اخلاق حسنہ کا انجام - جنت ہے

بڑے اخلاق کو - اخلاق سنیہ کہتے ہیں

اخلاق سنیہ کا انجام - جہنم ہے

سبق نمبر ۸ جوابات نوں قلم ہیں۔

ج- نماز اسلام کا ایک اہم ستون ہے، نماز کے بغیر کسی کا مسلمان ہونا ناممکن ہے، اللہ نے قرآن حکیم میں بار بار نماز کی تاکید ہے ذکر الہی کا بہترین ذریعہ نماز ہے، اللہ کا ارشاد ہے نماز قائم کرو میرا یاد رکھو۔

ج اوقات نماز کے بارے میں اللہ تعالیٰ کا فرمان ہے، إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا

موسوقوناً، بے شک نماز مومنوں پر وقت کی پابندی کے ساتھ فرض کی گئی ہے

ج نبی صلی اللہ علیہ وسلم نے فرمایا، نماز میری آنکھوں کی ٹھنڈک ہے، نماز دین کی بنیاد ہے کفر اور اسلام کے درمیان نماز ہی فرق ہے، جنت کی بچی نماز ہے، بے شک نماز ہمارے گناہوں کو مٹا دیتی ہے جیسے پانی کو گندگی کو مٹاتا ہے۔

ج عورت کو حیض کے ایام میں نماز معاف ہے

ج سفر میں جانے والے شخص کو مسافر کہتے ہیں مسافر کو اجازت ہے کم و جا رکعت والی فرض نماز کو کم کر کے صرف دو رکعت پڑھے ایسے نماز کو نماز قصر کہتے ہیں۔

ج دو نمازوں کو اکٹھے ایک ہی وقت میں پڑھنا جمع بین الصلوٰتین کہلاتا ہے

ظہر اور عصر کو ظہر یا عصر کے وقت میں مغرب اور عشاء کو مغرب یا عشاء کے وقت اکٹھا پڑھا جائے جمع بین الصلوٰتین میں

ج مسافر کو سفر کی نماز میں سنت معاف ہے

ج کسی وقت انسان بیمار ہوتا ہے کھڑا نہیں رہ سکتا ہے تو اس صورت میں بیٹھ کر ہی

نماز پڑھ سکتا ہے اگر بیٹھنے کی طاقت نہیں ہے تو لیٹ کر ہی اشاروں سے نماز ادا کرنے کا حکم ہے۔

جمع جوڑنے۔

بہترین ذریعہ نماز ہے	ذکر الہی کا
مسلمان ہونا ناممکن ہے	نماز کے بغیر
معاف نہیں ہے	نماز کبھی
وقت کا پابند بنانی ہے	نماز انسان کو
اللہ کا تحفہ ہے	قصر نماز
ایک ایسے سنتوں ہے	نماز اسلام کا

اس نمبر 10 جوابات قلمبند ہیں۔

ج فجر سے پہلے کھانا کھانا سحری کہلاتا ہے رسول اللہ صلی اللہ علیہ وسلم نے فرمایا: سحری کھاؤ اس میں برکت ہے

ج سحری کا وقت رات کے آخری حصہ میں شروع ہوتا ہے اور طلوع فجر تک رہتا ہے

ج روزے کھولنے کو افطار کہتے ہیں غروب آفتاب کے ساتھ ہی روزے کا وقت ختم ہوتا ہے

ج اللَّهُمَّ لَكَ صُحُورٌ وَعَلَى رِزْقِكَ أَفْطَرْتُ
ذَقَبَ الظَّأْمُ وَأَبْتَلَيْتِ الْعَرْمُوقَ وَثَبَّتَ الْأَجْرُ إِذَا نَشَأَ اللَّهُ

صحیح جوڑنے

فجر سے پہلے کھانا کھانا - سحری کہلاتا ہے

غروب آفتاب کے وقت روزہ - کھولنا افطار کہلاتا ہے

سحری کھانے میں - برکت ہے

افطار کرنے میں - جلدی کرنا بہتر ہے

سحری میں - تاخیر کرنا بہتر ہے

CLASS 7th Subject History

Term. Ist

LESSON 5. Architecture AS Power

1. Answer the following questions in brief:

a. Ans. Shahjahan was popularly called the 'Prince of Builders'. He built the Taj Mahal in memory of his wife Mumtaz Mahal, which is regarded as the best work ever produced in Mughal architecture.

(b) Ans. Historical monuments are very old buildings that have existed since many centuries. Historical monuments are of two types - secular monuments and religious monuments.

(c) Ans. A Baoli is the name given to step wells, where flights of steps and underground shelters were added to the wells to obtain underground water.

(d) Ans. Forts and palaces, tall towers and massive gates and Mausoleums.

(e) Ans. The Gol Gumbaz is also called the

'Whispering gallery' because as when one whispers in one of its corners, a loud lingering echo is heard in the opposite corner.

2. Answer the following questions in detail.

a. Ans. Arches are an important feature of this architecture. Arches were designed to bear heavy loads and also used as a decorative element. Another important feature is the dome. Medieval designers designed intersecting arches to support large domes over square bases.

(b) Ans) There are two main styles of temple architecture, the Nagara style and the Dravidian style. The Nagara style temples were built in northern India while the Dravidian style prevailed in southern India. In the Nagara style of temple architecture, the tower known as Shikara is an inverted structure with a bulge in the middle. In the Dravidian style of temple architecture, the tower (Vimana) is pyramidal in shape and is composed of a series of tiers that diminish in size as they ascend.

(c) Ans. Taj Mahal was built by Shahjahan in memory of his wife Mumtaz Mahal. Some of its special features are the gateway, the central

dome, the minarets, the lovely gardens and the intricate inlay work on marble.

(d) Ans. As Mughal architecture went into rapid decline after the rise of Aurangzeb, a cultural revival occurred in regional kingdoms. A distinctive feature of Rajput forts was the fanciful use of colour, mirror work and gilt in the decoration of their fortresses like palaces.

(e) Ans. Akbar built the Agra Fort on the banks of river Yamuna, the construction of which took eight years. The fort is fortified by a very long and high wall made of red sandstone. There is a moat filled with water around the fort in order to ward off enemies. The whole gateway is decorated with patterns in white marble inlay as well as in coloured glaze.

(3). Choose the best alternatives for your answers.

(a) Chandellas. (b) Konark (c) Agra

(d) Muhammed Adil (e) Sheesh mahal.

(4) Fill in the blanks.

a- Dravidian b. Kanchipuram

c. Prince of builders d. Murals

e. Alai Darwaza.

(5) True or false.

a. True b. True c. False d. True e. False.

f. True.

LESSON 6 : TOWNS, TRADERS AND CRAFTSMEN

1. Answer the following questions in brief:

- a. Ans: Surat is port city situated on the left bank of the Tapti river in the state of Gujarat. It was an important centre of the Textile Trade. Apart from British, French, Portuguese and Dutch also established factories in Surat.
- b) Ans: Kanchi was important for famous 6th century CE poet Bharavi who wrote Kiratarjuniyam.
- c) Ans: There was rapid urban growth around Temples because poet believed that visiting these pilgrimage centres washed away all their sins.
- d) Ans: The use of 'Hundi's' made long distance travel safe. Before travelling to distant places, merchants would deposit money to Sharaffs and receive hundi's. After reaching their destination, the merchants received their money on producing the hundi's.
- e) Ans: The Temples at Hampi were also considered as cultural centers that promoted sculpture, painting, dance literature and devotional music. The remains of rows of shops on either side of the road, leading to the temple suggest

(4)

that Temples were possibly a centre of commerce as well.

(F) Ans: Kedarnath, Badrinath, Gangotri and Yamunotri.
It is believed that Travelling to these places leads to Moksha or release from the cycle of births & deaths.

2. Answer the following questions in detail:

a. Ans: The Vitthal Temple which is one of the most splendid Temples is situated on the bank of river Tungabhadra. It is known for its carvings that decorate them. This Temple was built during the rule of King Devraya II. The Virupaksha or the Pampathi Temple is the main centre of pilgrimage at Hampi.

(b) Ans: Masulipatnam was a flourishing sea port during the Satavahana rule. It was British East India Company's first Trading port on the Coromandel Coast. In the 17th century, the Dutch, the English and the French established Trade settlement in Masulipatnam.

(c) Ans: Surat is now the heart of India's thriving diamond polishing industry. Surat has also now emerged as an industrial hub for the production of synthetic fibres and man-made fabrics. Because of its importance in textile industry, Surat has been called the 'Manchester of

the East' since British Times.

(9) Ans: Among the flourishing ports were Surat, Bharuch and Cambay in Gujarat, Dabhol and Bhaikal in the Konkan coast, Calicut and Cochin on the Eastern coast. India was famous for the textiles which formed the chief item of export. India also imported goods like dry fruits and glassware from Europe, horses from Kabul, silk from China.

3. Choose the best alternatives for your answers.

a. Karnataka b. Amritsar

c. Parvati Temple d. Chintz

e. Ajmer f. Mecca.

(4) Fill in the blanks:

a. Pushkar in Rajasthan Sonepur in Bihar

b. Virupaksha c. diamond polishing

d. Kalamkari e. Badmi and Ellora

f. guilds.

(5) True or false

a. True b. False c. False d. False

e. False.

(6)

SALAFIA MODEL SCHOOL PAMPORE
CLASS 7th Subject Civics
Term - Ist

LESSON 3. Role of Government in Health - Health for All.

1. Answer the following questions in brief:

a. Ans. The Alma-ATA Principles include -

- (i) Universal access and coverage
- (ii) Ground of equality
- (iii) Community participation in defining and implementing health agendas and,
- (iv) Inter sectoral approaches to health.

(b) Ans. Since independence major health problems like malaria, Tuberculosis, Leprosy, high maternal and human immuno deficiency virus (HIV).

(c) Ans. (i) The epidemiological Transition - Rising burden of chronic non-communicable diseases.
(ii) Demographic Transition - Increasing elderly population.

(d) Ans. The integrated Disease Surveillance Project was set up to establish a dedicated highway of information relating to disease occurrence required for prevention and containment at the community level.

(01)

- e. Ans. Lack of financial and material resources, health work force issues and the Stewardship Challenges of implementing Pro-equality health Policies in a pluralistic environment.
- f. Ans. Epidemiological challenges are chronic non-communicable diseases like mental health, occupational health and other environmental risks.

2. Answer the following questions in detail:

- a. Ans. Development of community-wide education programs and other health promotional activities need to be strengthened. Much can be done to improve the effectiveness of health promotion by extending it to rural areas as well; observing days like "Diabetes day" and "Heart day" even in villages.
- (b) A good system of regulation is fundamental to successful public health outcomes. It reduces exposure to disease through enforcement of sanitary codes. e.g. water quality monitoring, Slaughterhouse hygiene and food safety. Revival of public health regulation through concerted efforts by the govt is possible through updation and implementation of public health laws.

© Ans: There is a dire need to establish Training facilities for public health specialists. Pre-service Training is essential to train the medical workforce in public health leadership and to impart skills required for the practice of public health. In-service Training for medical officers is essential for imparting management skills and leadership qualities. Equally important is the need to increase the number of paramedical workers and Training institutes in India.

④ Ans Living conditions: Safe drinking water and sanitation are critical determinants of health which would directly contribute to 70-80% reduction in the burden of communicable diseases.

Urban Planning: Provision of urban basic services like water supply, sewerage and solid waste management need special attention.

Nutrition and Early Child Development:- Recent innovations like universalization of integrated Child Development Services (ICDS) and setting up of mini-Anganwadi centres in deprived areas are examples of inclusive growth under the eleventh 5-year plan.

© Ans: The ultimate goal of great nation would be one where the rural and urban divide has reduced to a thin line with

Adequate access to clean energy and safe water where the best of health care is available to all, where the governance is responsive, transparent and corruption free, where poverty and illiteracy have been eradicated - a healthy nation that is one of the best places to live in.

(3) Choose the best alternatives for your answer.

- a - increasing elderly population
- b - 8-9 lakhs/year
- c - National Rural Health Mission
- d - High education.

(4) Fill in the blanks:

- a. epidemiological
- b. health
- c. 1974
- d. disease
- e. financial, material
- f. population.

(5) True or false.

- (1) True (2) False (3) False (4) True (5) True.

(6) Match the following.

a. (iii)

b. (iv)

c. (v)

d. (ii)

e. (i)



(4)

LESSON 4 - Unpacking Gender and Empowering Women

1. Answer the following questions in brief:

- a. Ans. Swayam Siddha and Swavalamban are the schemes initiated by the government to help women to become financially independent.
- b. Ans. As per 2011 census, there are only 940 females per 1000 males.
- c. Ans. The reason for high maternal mortality is that girls are not provided complete food and their health care is often neglected.
- d. Ans. The national commission ~~was~~ for women was set up in 1990.
- e. Ans. Raja Ram Mohan Roy and Dayanand Saraswati worked before independence towards betterment of women's condition in society.

2. Answer the following questions in detail:

- a. Ans. Discrimination is usually made b/w girls and boys in the family. Girls are not provided complete food and their healthcare is often neglected.

The high rate of maternity mortality is a proof. Instances of female infanticide and female foeticide are quite common. Preference for boys leads to the discrimination in the treatment of girls as they are denied equality in terms of food, basic health etc.

(b) Ans: The National Commission for Women was set up by an Act of Parliament in 1990 to safeguard the rights of women. Measures to uplift health and nutritional standards of women are being taken up. A number of schemes such as Swayam Siddha, Swavalamban and Support to Training cum employment programme are in progress.

(c) Ans: Sati, Female infanticide, Parda system, Dowry, Polygamy etc, were few social customs that propagate gender equality.

(d) Ans: Women are key to improving the well being of children and achieving lasting change society. They are improving their lot but still there is a long way to go before women see anything near equity.

(e) Ans: In India, the girl child has faced discrimination from ancient times. The birth of a daughter was considered less auspicious than the birth of a son. Women in the past were denied education. It was accepted that God had decided to place women at home in the division of labour. The main duty of women in society was to give birth to the children and to look after the home.

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(3) Choose the best alternative for your answer.
a - iii b. iii c. iii d. iii
e. iii

(6)

(4) Fill in the blanks.

- a. Less
- b. attitude
- c. economic
- d. Secondary
- e. mechanism

(5) Write True or False.

- a. False
- b. True
- c. False
- d. True
- e. True

(6) Define the following.

- a. Gender inequality :: NOT Treating males and females on equal terms, discriminating between the two.
- b. Female foeticide :- Destroying the foetus of the unborn girl child.
- c. Maternal Mortality :: The life span of mother.



(7)