

Class 7 Syllabus

Hindi

संज्ञा, सर्वनाम और विशेषण, क्रिया, सहायक क्रिया और काल, समास, संधि, उपसर्ग और प्रत्यय, पर्यायवाची, विलोम एवं अनेकार्थक शब्द, मुहावरे एवं लोकोक्तियाँ, अशुद्धि संशोधन, वर्तनी सुधार एवं विराम-चिह्न, अलंकार, तार्किक क्षमता

English

Parts of Speech and Subject-Verb Agreement, Tense, Voice and Narration, Gerund, Infinitive and Participle, Synonyms, Antonyms and One Word Substitution, Sentence Improvement and Error Finding, Close Test and Choosing Appropriate Filler, Reading and Comprehension Skill, Logical Reasoning

Mathematics

Integers and Rational Numbers, Algebraic Expressions and Simple Equations, Ratio, Proportion and Percentage, Profit, Loss and Simple Interest, Geometry – Lines, Angles, Triangles and Quadrilaterals, Mensuration – Perimeter and Area, Data Handling (Mean, Median, Mode, Graphs), Logical Reasoning and HOTS

Science

Nutrition in Plants and Animals, Respiration and Transportation in Living Organisms, Heat, Light and Sound, Electric Current and Its Effects, Physical and Chemical Changes, Acids, Bases and Salts, Natural Resources and Their Conservation, Reasoning and Aptitude

General Knowledge

Indian Freedom Struggle, Indian Constitution and Polity, Geography – Climate, Natural Features and Regions, Science and Technology, Current Affairs, International Organisations and Awards, Books and Authors, Logical Reasoning

Social Studies

Medieval Indian History – Delhi Sultanate and Mughals, Bhakti and Sufi Movements, Democracy, Fundamental Rights and Duties, Our Constitution and Governance, Natural Resources – Soil, Minerals, Air and Water, Human-Environment Interaction, Weather, Climate and Natural Vegetation, Map Work

Computer Science

Fundamentals of Computer and Operating System, Algorithm and Flowchart, MS-Excel (Formulas, Sorting, Filtering, Data Handling), Programming in QBasic / Small Basic, HTML and CSS Basics, Internet, Networking and Cyber Safety, AI, Robotics and Latest Developments in IT, Logical Reasoning and HOTS

Physical Health and Yoga

Concept of health and wellness, Physical, mental and emotional benefits of Yoga, Classification of Asanas (standing, sitting, prone, supine), Benefits and precautions of common Asanas, Surya Namaskar – steps and benefits, Introduction to Pranayama techniques, Breathing awareness and control, Yoga for concentration and memory, Yoga for posture correction, Role of Yoga in managing daily stress, Importance of warm-up and cool-down exercises, Balanced diet for active students, Importance of physical activity and fitness, Basic concept of relaxation techniques