

NCERT Solutions Class 7 English (Poorvi)

Unit 4: Chapter 10 The Tunnel

Question Answer – Let us do these activities before we read. (Pages 139-140)

I. What kind of an adventure activity would you like to be a part of ? Now, choose the option(s) that best applies to you.

Question 1. How would you like to spend yoUr weekends?

- (i) Trying new activities
- (ii) Reading a book
- (iii) Spending time with friends
- (iv) Learning something new

Answer: (iv) Learning something ne

Question 2. Which of these places would you prefer to explore?

- (i) Dense forests and clear streams
- (ii) Magical lands with fairies
- (iii) Busy cities with interesting people
- (iv) Quiet places to think and create

Answer: (iv) Quiet places to think and create

Question 3. Which one of these activities would you prefer to do?

- (i) Climbing a mountain or exploring a jungle
- (ii) Finding a hidden treasure or discovering a secret world
- (iii) Solving puzzles or guessing riddles with friends
- (iv) Making something creative or building a model

Answer: (iv) Making something creative or building a model

Question 4. What do you think about teamwork?

- (i) I love leading the team.
- (ii) I enjoy working with others.
- (iii) I prefer sharing ideas with friends.
- (iv) I like working alone.

Answer: (i) I love leading the team.

(Note: These are suggestive answers. Stu-dents to write as they like these activities)

Based on your choices, which of the following do you think applies the best to you? Discuss with your classmates.

- Bold Explorer



- Imaginative Dreamer
- Energetic Planner
- Thoughtful Creator

You may add to the list as per your choices.

Answer: I think I am a mixture of a bold explorer, an energetic planner, and a thoughtful creator. I embrace challenges with curiosity, organise ideas with enthusiasm and express creativity with depth. This blend allows me to navigate new experiences, turn visions into reality and craft meaningful contributions to the world.

Question Answer – Let us discuss (Pages 144-145)

Question 1. Suraj compares the train to a magical creature. Pick the phrases that convey the meaning.

Answer: The phrases that convey the meaning of Suraj comparing the train to a magical train are:

- (a) The railway lines were two straight black serpents disappearing into the tunnel in the hill side.
- (b) The steam engine shot out of the tunnel, snorting and puffing like some green, black and gold dragon.
- (c) It charged straight at the tunnel, and into it thundering past Suraj like the beautiful dragon of his dreams.

Question 2. Suraj knew that the train was close by because _____.

Answer: He had heard, in the distance, the shrill whistle of the engine.

Question 3. What did Spraj see inside the tunnel?

Answer: Inside the tunnel it was too dark, the walls were damp and sticky, a bat flew past and a lizard scuttled between the lines.

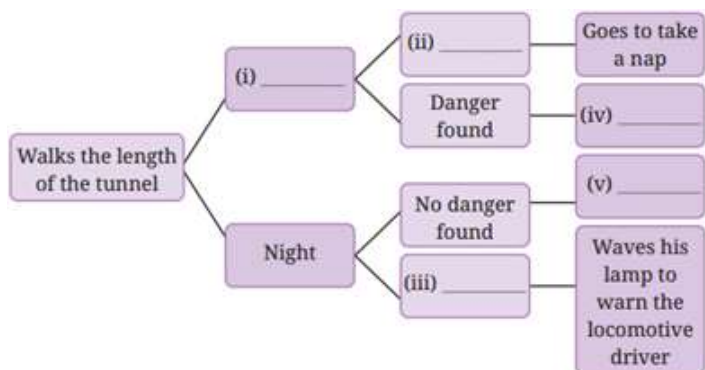
Question 4. Select the correct option.

What does Sunder Singh convey about the tunnel?

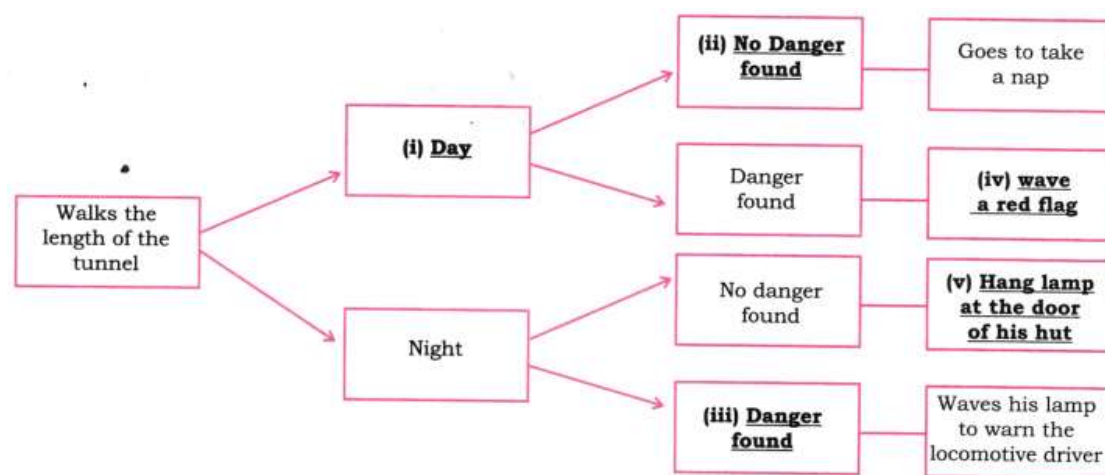
He says that _____ (it is damp and sticky inside/he has lent it to the Government).

Answer: He has lent it to the Government.

Question 5. The watchman has created a system through which he informs the locomotive driver about any danger in the tunnel. The following flow chart shows this system. Refer to the text and complete the flow chart.



Answer:



Question Answer – Let us discuss (Page 149)

Question 1. Sunder Singh knew that the leopard was in the tunnel because _____.

Answer: he could hear padded footfall of the leopard and rustle of dry leaves.

Question 2. Why do you think Suraj was unable to do any shouting in the tunnel in the beginning?

- (i) He was afraid of the leopard.
- (ii) He didn't want to disturb the leopard,
- (iii) He was trying to listen for the leopard.
- (iv) He didn't really believe Sunder Singh.

Answer: (iii) He was trying to listen for the leopard.

Question 3. What made the leopard disappear into the darkness?

Answer: The leopard disappeared into the darkness because, when both Suraj and Sunder Singh shouted in the tunnel, their voices echoed. Hearing their shouts, the leopard became terrified, thinking that many humans were following it.

Question 4. How did Suraj know Sunder Singh was at the tunnel?

Answer: Suraj knew that Sunder Singh was at the tunnel because, he saw a lamp glowing inside it while travelling with his father to Delhi. Even though he couldn't see Sunder Singh's face, he was sure that it was his friend Sunder who was there.

Question 5. Why did Suraj's father take him along to Delhi?

Answer: Suraj's father took him to Delhi because he felt it was time for Suraj to learn about the business he does.

Questions and Answers – Let us think and reflect (Pages 149-151)

I. Read the following lines and answer the questions that follow:

1. Suraj had to turn and look back at the opening to reassure himself that there was still daylight outside. Ahead of him, the tunnel's other opening was just a small round circle of light.

The tunnel was still full of smoke from the train, but it would be several hours before another train came through. Till then, the cutting belonged to the jungle again.

Suraj didn't stop, because there was nothing to do in the tunnel and nothing to see. He had simply wanted to walk through, so that he would know what the inside of a tunnel was really like.

(i) Write whether the following statement is true or false.

Suraj looked back at the opening of the tunnel to check if the train was coming.

Answer: False (He looked back to see whether it is day or evening outside the tunnel.)

(ii) Choose the correct option to complete the sentence given below.

Suraj did not stop anywhere in the tunnel because .

- A. there was nothing to see in the tunnel
- B. the tunnel was damp and sticky
- C. he was in a hurry to get out of the tunnel
- D. it was time for another train to come

Answer: A. there was nothing to see in the tunnel

(iii) What does the sentence Till then, the cutting belonged to the jungle again' mean?

Answer:

It means that the cleared path through which the train travelled would return to its normal state, becoming part of the jungle once more.

(iv) Suraj wanted to know the inside of the tunnel. What character trait of Suraj is highlighted here?

Answer: The character trait of Suraj being highlighted here is that he is bold and curious.

2. "The train will soon be here," said Suraj.

"Yes, my friend. And if we don't drive the leopard out of the tunnel it will be run over and killed. I can't let that happen." "But won't it attack us if we try to drive it out?" asked Suraj, beginning to share the watchman's concern.

"Not this leopard. It knows me well. We have seen each other many times. It has a



weakness for goats and stray dogs, but it will not harm us. Even so, I'll take my axe with me. You stay here; Suraj."

(i) What was the watchman's concern?

Answer: The watchman heard the noise of the leopard in the tunnel. His concern was that if he did not drive the leopard out, it would be run over by the train.

(ii) Complete the sentence with a suitable reason.

Sunder Singh was sure that the leopard in the tunnel would not attack him and Suraj because _____.

Answer: Sunder Singh knew that the leopard has weakness for goats and stray dogs.

(iii) Select the sentences that are true from those given below.

- A. Suraj wants to see leopards in the jungle.
- B. Suraj is concerned about Sunder Singh's safety.
- C. The leopard in the tunnel attacks goats and stray dogs.
- D. Sunder Singh wants to protect Suraj.
- E. Sunder Singh knows all about the animals in the jungle.

Answer: Sentences B, C, D and E are true.

(iv) Choose the correct option to complete the sentence.

Sunder Singh decides to take his axe with him. This tells us that he was _____.

- A. violent
- B. cautious
- C. bold
- D. afraid

Answer: B. cautious

II. Answer the following questions

Question 1. What does Sunder Singh convey by saying that he has lent his tunnel to the Government?

Answer: By saying so he wants to convey that since the tunnel is in the middle of the jungle and no one wants to visit or inspect it, he is the only one who takes care of it. He feels that the tunnel belongs to him, though he acknowledges that it belongs to the government.

Question 2. According to Sunder Singh, "It is safer in the forest than in the town". What example does Sunder Singh give to support his opinion? What does this tell us about him?

Answer: Sunder Singh supported his statement, "It is safer in the forest than in the town", by giving an example—he was almost run over by a bus when he went to the town last month.



This shows that Sunder Singh is content with his simple life, away from the hustle and bustle of the city, and cherishes his peaceful existence in the forest, close to nature.

Question 3. Sunder Singh has become part of the jungle life. Support the view with a suitable reason.

Answer: Sunder Singh has become a part of the jungle, as shown by his deep understanding of its complexities. He knows the traits of all the animals in the jungle. For example, he is aware that the leopard is not aggressive towards humans, as it prefers to hunt goats and wild dogs for food. He entered the tunnel to drive the leopard out and took an axe for protection only after Suraj warned him that the leopard might harm them.

Question 4. Sunder Singh and Suraj form an unlikely friendship. What draws them together?

Answer: Suraj and Sunder Singh form an unlikely friendship, brought together by their shared love for nature and the peace of forest life.

Suraj, curious and adventurous, comes from the city to visit the tunnel and explore the jungle. Sunder Singh, on the other hand, prefers the calm and simplicity of the forest over the chaos of city life. Their common appreciation for the natural world, along with their respect for the jungle and its creatures creates a bond between them despite their different backgrounds.

Question 5. Why is Sunder Singh referred to as a 'firefly'?

Answer: Sunder Singh is referred to as a firefly because, like a firefly that provides light in the darkness, he serves as a guiding presence to the train driver in the lonely and mysterious jungle. He is a watchman with a lamp, always present to help and reassure travellers passing through the night, Sunder Singh's presence brings a sense of safety and familiarity to those journeying through the dark and unknown terrain.

Question 6. Do you think Suraj is an adventure-loving boy? Give reasons.

Answer: Yes, we can see that Suraj is an adventure-loving boy. He travelled from the city to a village on a bicycle, left it there and walked all the way to explore the jungle and the tunnel. He experienced the train leaving a cloud of smoke, cinders flying in all directions, tree leaves rustling, bats flying and a lizard crawling between the tracks in the tunnel. He also observed the dark and damp tunnel walls, encountered a leopard in the jungle, sippeji tea with the watchman, and even helped drive the leopard out of the tunnel to prevent it from being run over by the train.

All these incidents clearly show how adventurous he is.

Question Answer— Let us learn (Pages 151-153)

I. Complete the following sentences using the suitable phrases from the text given in the box below:



drifting smoke approaching engine sawing sound flickering lights

1. We could hear the _____ of the train long before it came into view at the station.
2. The street was completely dark but the little boy walked to his house guided by the _____ from the houses.
3. The _____ from the carpenter's workshop grew louder every hour.
4. From the balcony, she watched the _____ from her neighbour's chimney flat across the backyard.

Answer:

1. We could hear the approaching engine of the train long before it came into view at the station.
2. The street was completely dark but the little boy walked to his house guided by the flickering lights from the houses.
3. The sawing sound from the carpenter's workshop grew louder every hour.
4. From the balcony, she watched the drifting smoke from her neighbour's chimney float across the backyard.

II. The text has many 'sound words'. Some of these words are given in Column 1 and their meanings are given down. At night, the watchman lit an oil lamp and made a similar inspection of the tunnel

Column 1	Column 2
1. creaking	(i) making a noise like a long 's' sound
2. chatter	(ii) making a long low sound when a door or wooden object moves or is moved
3. hissing	(iii) repeated series of short high sounds made by birds or monkeys
4. rustle	(iv) blowing with short, quick blasts, as the wind
5. puffing	(v) a soft low, dry sound made by the movement of things such as leaves, paper, etc.

Now, complete the sentences given below by filling in the blanks with the correct form of the sound words given in Column 1.

1. The steam engine reached the station _____ black smoke into the sky.
2. Suddenly the snake raised its hood and made a _____ noise.
3. When the wind blew, I heard the _____ of the wooden roof.
4. He heard a _____ of leaves behind him when he was walking in the woods.
5. I get disturbed by the continuous _____ of the monkeys in the neighbourhood.

Answer: 1. The steam engine reached the station puffing black smoke into the sky.



2. Suddenly the snake raised its hood and made a hissing noise.
3. When the wind blew, I heard the creaking of the wooden roof.
4. He heard a rustling of leaves behind him when he was walking in the woods.
5. I get disturbed by the continuous chattering of the monkeys in the neighbourhood.

III. Read what the watchman Sunder Singh did regularly at the tunnel as part of his duty. Notice the use of 'would'.

Every day, before the train came through, he would walk the length of the tunnel. If all was well, he would return to his hut and take a nap. If something was wrong, he would walk back up the line and wave a red flag and the engine driver would slow down. At night, the watchman lit an oil lamp and made a similar inspection of the tunnel

Question 1. Why is the word 'would' used here?

- (i) to make a polite request
- (ii) to express a desire
- (iii) to talk about a habit in the past

In these sentences, the word "would" is used to speak about a past habit.

GOLDEN GRAMMAR TIPS

'Would' is used in these sentences to describe actions again and again over a period of time in the past. These are known as "habitual or routine actions".

Would and used to both describe actions that happened regularly in the past. However, "used to" is often used for past habits or situations that no longer occur.

- She used to sing when she was in standard 6.
- Arun used to eat a lot of chocolates, but he stopped last month.

Question 2. Complete the sentences using the verb in brackets with the correct form of 'used to' or 'would'. An example has been done for you.

When I was a child we used to live in a village near a forest. Back then, we (i) _____ (grow) vegetables in our back garden. Every day we (ii) _____ (get up) early and go for a walk. The weather in summer (iii) _____ (be) really nice. There was a lake near the house and we (iv) _____ (go) there every Sunday for a picnic. Winters (v) _____ (be) rather cold. In the evenings, my father (vi) _____ (tell) us incredible stories and we (vii) _____ (listen) with admiration.

Answer:

When I was a child we used to live in a village near a forest. Back then, we (i) used to grow (grow) vegetables in our back garden. Every day we (ii) would get up (get up) early and go for a walk. The weather in summer (iii) used to be (be) really nice. There was a lake near the house and we (iv) would go (go) there every Sunday for a picnic. Winters (v) used



to be (be) rather cold. In the evenings, my father (vi) would tell (tell) us incredible stories and we (vii) would listen (listen) with admiration.

IV. We use punctuation marks to make our writing clear. You already know how to use full stops and commas. Let us look at three more punctuation marks-brack- ets, semicolon; and colon.

Colon (:) is used to introduce a list or an explanation.

- You need the following ingredients to make Ela Ada: ghee, coconut, jaggery, and rice flour.
- He has one goal: to win the championship.

Semicolon (;) is used to connect two clauses which are closely related without a conjunction.

- She loves reading; he prefers watching movies.
- Suraj followed close behind; but he found he was unable to do any shouting

Now, use semicolons and colons to punctuate the following paragraph.

Answer: We explored the busy by-lanes of Charminar, the heart of Hyderabad; it was an exciting day. We wanted to do a few things: buy bangles, taste biryani, and purchase pearl earrings, which are special to this area. As we walked through the lanes, we saw stalls selling spices, clothes, and jewellery; the market was full of colours. We visited some famous spots:

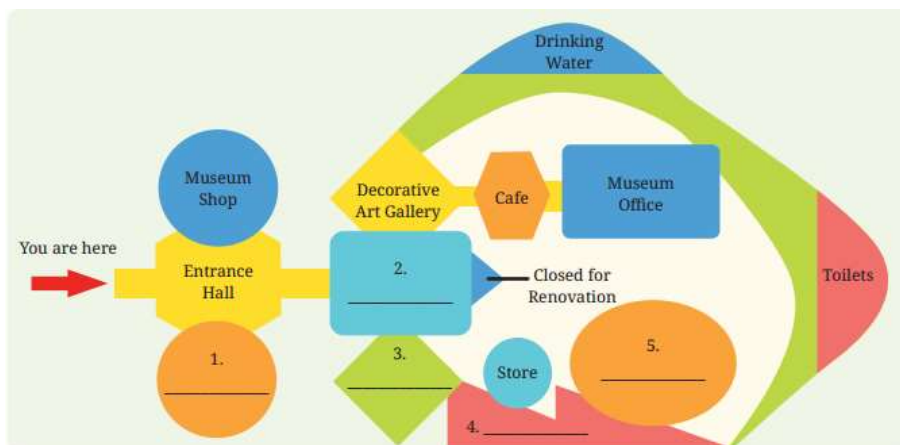
Charminar, Golconda Fort, Salar Jung Museum, and Chowmahalla Palace; each place was beautiful.

Question Answer – Let us listen (Pages 153-154)

A famous museum in your town is organising a treasure hunt in the museum premises. You and your friends decide to participate in it. Upon arrival, you find that there are many other teams. Each team is given an audio guide (recorded information) and a map to the museum. (Transcript for the teacher on NCERT Page 176)

Listen to the audio recording and as you listen, mark your map with the route to take to find the treasure. To help you, the names of a few rooms in the museum are given below. Now listen to the audio and mark the various rooms.

library auditorium weapon room art gallery
musical instruments hall



Answer:



Question Answer – Let us speak (Pages 154-155)

Anju is going on a trekking trip with her family during the summer vacation. They have reached the railway station. Anju calls the tour manager for directions to the trekking site.

Work in pairs and have this conversation. Student A will play the role of Anju and mark the route on the map given below. Student B will play the role of the tour manager. Looking at the map, give directions to reach the trekking site from the railway station. You may use phrases like the ones in the box to help you.

turn left	turn right	keep going straight till...
take the next left	take the next right	take the roundabout
take the second left	start from...	on the opposite side
right around the corner	in front of	next to



Answer: Conversation between Student A (Anju) and Student B (Tour Manager) regarding directions from railway station to the trekking site.

- Student A (Anju): Hello! We've just arrived at the railway station. Could you please tell me how to reach the trekking site?
- Student B (Tour Manager): Sure, Anju! Ill guide you.
Start from the railway station first turn left and then turn right.
- Student A (Anju): Okay, I see Lassi Corner and a school on the way.
- Student B (Tour Manager): Exactly! turn left from the crossing and keep going straight till you reach the roundabout.
- Student A (Anju): I've reached the roundabout. Which way should I go now?
- Student B (Tour Manager): Great! Now, take the third exit at the roundabout.
- Student A (Anju): Alright, taking the third exit.
- Student B (Tour Manager): Just go straight from there and you 11 see the Trekking Site on your right, opposite to the Lake and Bird Sanctuary.
- Student A (Anju): Perfect, thank you so much!

Question Answer – Let us write (Page 155)

Write a descriptive paragraph about your experience of a train journey. Describe the sights, sounds, and feelings you experienced during the journey. Include details about the people around you, the scenery outside, and the atmosphere inside the train to make your paragraph vivid and engaging.

You may use the following guidelines to help you create the paragraph.

- Start with how the journey began: boarding the train, finding your seat, and the initial impressions.
- Describe the sounds: the whistle of the train, the chatter of passengers, and the rhythmic clatter of wheels on the tracks.
- Mention the sights: the changing scenery outside the window, the hustle and bustle inside the train, and any interesting moments.
- Reflect on your feelings: Were you excited, relaxed, or curious? How did the journey make you feel overall?

Answer: A Memorable Train Journey

My train journey began on a bright morning as I boarded the train with excitement bubbling inside me. After finding my window seat, I settled in and looked around. The station was buzzing with the hustle and bustle of passengers, hawkers, and announcements blaring over the loudspeaker. As the train started moving, the rhythmic clatter of the wheels on the track filled my ears. The whistle of the engine echoed like a song of adventure.

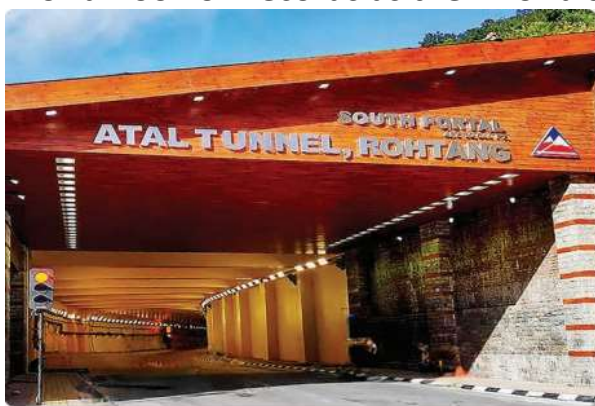


Looking out the window, I saw the scenery change from crowded cities to peaceful villages and lush green fields. Children waved at the train as it sped past, and cattle grazed lazily in the distance. Inside, the coach was alive with chatter—families sharing snacks, children playing games, and friendly co-passengers exchanging stories.

The journey made me feel relaxed and joyful. There was something magical about watching the world pass by from a moving train. It wasn't just a ride—it was an experience filled with sights, sounds, and emotions I always remember.

NCERT Solutions – Let us explore (Page 156)

I. The Nation's pride Atal Tunnel is 9.02 kilometres long. It runs under the Rohtang Pass. It was constructed on the Manali–Leh Highway under the challenging conditions of freezing temperatures in extremely difficult terrain. The Atal Tunnel has officially been certified by World Book of Records as the 'World's Longest Highway Tunnel above 10,000 Feet'!



Answer: Students Do It Yourself

II. The history of Indian Railways spans over 165 years. On 16 April 1853, the first passenger train ran between Bori Bunder (Mumbai) and Thane, covering 34 kilometres. It was operated by three locomotives named Sahib, Sultan, and Sindh and had thirteen carriages. In 1864, the North received its first station, Delhi Junction, near Chandni Chowk. You may refer to the given link to know more about Indian Railways.

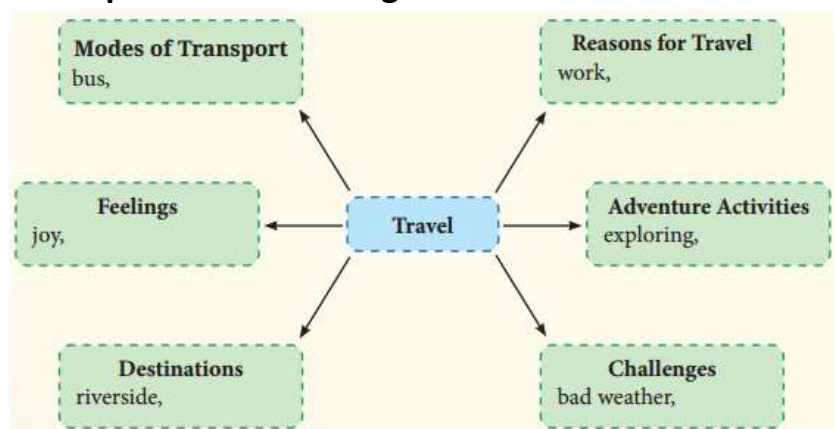
Answer: Students Do It Yourself

NCERT Solutions Class 7 English (Poorvi)

Unit 4: Chapter 11 Travel

Question Answer – Let us do these activities before we read. (Page 157)

I. Complete the following word web on travel.



Answer: Modes of Transport- bus, train, car, metro, boats, aeroplane.

Reasons for Travel- work, vacation, business trips, pilgrimage, shopping.

Feelings- joy, excitement, nostalgia, compassion, comfort, sadness.

Adventure Activities- exploring, rafting, scuba diving, trekking, wildlife photography, jungle safaris.

Destinations- riverside, island, desert, beachside, forest, wildlife sanctuaries.

Challenges- bad weather, health issues, lost or stolen belongings, poor accommodation.

II. You are going on a trip to an adventure camp with your classmates and teacher.

Question 1. How will you travel to the adventure camp?

Answer: I will travel to the adventure camp by bus or train with my classmates and teacher.

Question 2. What things will you take along?

Answer: I will take clothes, shoes, water bottle, snacks, torch, toiletries, and a camera.

Question 3. Why would you like to go there?

Answer: I want to go to the adventure camp to enjoy exciting activities, explore new places, connect with nature, and make great memories with friends.

Question 4. What are the activities you would like to do with your friends?

Answer: I would like to go hiking, try zip-lining, camp under the stars, have a bonfire, play fun games, and explore the surroundings with my friends at the adventure camp.



Question 5. How much time will it take to complete your adventure trip?

Answer: It will take about 3 to 5 days to complete my adventure trip, depending on the activities and the location of the camp.

III. Discuss in pairs. What might be the reasons that people enjoy train journeys?

Answer: People enjoy train journeys because they offer scenic views, allowing travellers to enjoy beautiful landscapes like mountains and rivers. Trains are also comfortable, with space to move around and relax. Unlike driving or flying, train travel is often less stressful, with fewer hassles. Train journeys provide time to relax and enjoy the trip.

Question Answer – Let us discuss (Pages 159-160)

I. The main ideas of each stanza of the poem are given below. Write the number of the stanza against the matching main idea.

- Answer:** 1. The main idea of the stanza, "At night, the speaker imagines the train and hears its engine in the quiet" matches with stanza 2.
2. The main idea of the stanza, "The speaker feels a strong desire to take any train, no matter where it goes" matches with stanza 3.
3. The main idea of the stanza, "The speaker hears the train whistle during the day, even though the train is far away" matches with stanza 1.

II. Read the poem and underline the rhyming words in each stanza. Write the rhyming words from each stanza. An example has been done for you.

1. Stanza (i): away-day;
2. Stanza (ii): _____
3. Stanza (iii): _____

Answer: 1. Stanza (i): away-day; speaking- shrieking
2. Stanza (ii): by-sky; dreaming-streaming
3. Stanza (iii): make-take; knowing-going

III. Identify the rhyme scheme of the poem from the options given below.

1. AABB
2. ABCA
3. ABAB
4. ABBC

Answer: 3. ABAB

IV. Identify the word in the poem that personifies the whistle of the train.

Answer: The word in the poem that gives the train's whistle human-like qualities is "shrieking". It makes the whistle sound sharp and intense, like a cry or scream.

V. Tone refers to the attitude the poet has about the poem. Which of these words can be used to describe the poet's tone in this poem? serious excited curious worried thoughtful content enthusiastic critical joyful



Answer: The words that can be used to describe the poet's tone in this poem are: excited, enthusiastic, joyful, content.

VI. Select the words that tell us what the train symbolises for the poet.

1. education
2. adventure
3. comfort
4. opportunities

Answer: 2. adventure and
4. opportunities.

VII. Complete the following by choosing the correct option from those given in brackets. The poet repeats the line, '...there isn't a train goes by,' in all three stanzas to

_____.

(highlight the speaker's fascination with the train/suggest that the area has many trains passing through).

Answer: highlight the speaker's fascination with the train.

VIII. The poem contrasts the busy day with the stillness of the night. What is the common factor in these?

Answer: The common factor in both the busy day and the stillness of the night is the train's presence. Despite different times of day, the poet hears the train's whistle during the day and imagines its engine at night.

IX. Imagery is a literary device that uses descriptive language to create mental pictures and appeal to the reader's senses (sight, sound, smell, taste and touch). It makes the descriptions more relatable.

Select the phrases from the poem that are examples of imagery.

One example is given: _____ day is loud.

- Answer:** (a) Whistle Shrieking
(b) Night is still for sleep and dreaming
(c) Cinders red on the sky
(d) Engine steaming

Question Answer – Let us think and reflect (Page 160)

A. Read the extract given below and answer the questions that follow.

**Question 1. My heart is warm with the friends I make,
And better friends I'll not be knowing...**

(i) Choose the suitable option to complete the following. The line 'My heart is warm' refers to a heart that is _____.

- A. filled with worries
- B. full of love



- C. feeling upset
- D. experiencing anger

Answer: B. full of love

(ii) What does the speaker say about her current friends?

Answer: The speaker says that her current friends make her heart warm, and that she believes she will not find better friends than them.

(iii) What does the line 'better friends I'll not be knowing' suggest about the speaker's feelings toward their current friends?

Answer: The line "better friends I'll not be knowing" suggests that the speaker values her current friends deeply and believes no one could be better. It reflects her strong emotional bond and appreciation for them.

(iv) Complete the following suitably.

The tone of the speaker in these lines is _____. (grateful/content)

Answer: grateful

II. Answer the following questions.

Question 1. What does the phrase 'cinders red on the sky' tell us about the train at night?

Answer: The phrase "cinders red on the sky" tells us that the train's glowing sparks are visible in the night sky, showing the train's presence even at night.

Question 2. What is the significance of the repeated references to the train's whistle?

Answer: The repeated references to the train's whistle show the speaker's strong connection to the train. It highlights how the train's sound is always present in the speaker's mind, even when no train is nearby, symbolising the speaker's longing for adventure and travel.

Question 3. What does the line 'no matter where it's going' reveal about the speaker's attitude towards travel?

Answer: The line "no matter where it's going" reveals that the speaker is open to travel without a specific destination in mind. It shows her desire for new experiences and a willingness to explore wherever the journey may take her.

Question 4. Do you think the poet actually sees and hears the train? Why or why not?

Answer: No, the poet doesn't actually see or hear the train. The poet is imagining the train and its sounds, showing an interest in it rather than experiencing it in reality.



Questions and Answers – Let us learn (Pages 161-162)

I. Read the expressions from the poem given in Column 1 and match them with what they indicate in Column 2.

Column 1	Column 2
1. miles away	(i) The speaker's affection for their friends
2. cinders red	(ii) The fast and powerful movement of the train
3. heart is warm	(iii) The busy and noisy atmosphere during the day
4. day is loud	(iv) The glow of the train's sparks lighting up the night sky
5. engine steaming	(v) The distance of the train from the speaker

Answer:

Column 1	Column 2
1. miles away	(v) The distance of the train from the speaker
2. cinders red	(iv) The glow of the train's sparks lighting up the night sky
3. heart is warm	(i) The speaker's affection for their friends
4. day is loud	(iii) The busy and noisy atmosphere during the day
5. engine steaming	(ii) The fast and powerful movement of the train

Now, use the expressions in Column 1 to fill in the following blanks correctly.

1. After meeting her old friend, her _____ with the joy of rekindled memories.
2. As I arrived at the railway station I could hear the _____.



3. The marketplace is bustling, and the _____ with the chatter of shoppers and vendors.
4. The bonfire glowed brightly, throwing _____ into the dark night sky.
5. The sound of a train could still be heard _____ as the evening grew quiet.

Answer: 1. After meeting her old friend, her heart is warm with the joy of rekindled memories.

2. As I arrived at the railway station I could hear the engine steaming.

3. The marketplace is bustling, and the day is loud with the chatter of shoppers and vendors.

4. The bonfire glowed brightly, throwing cinders red into the dark night sky.

5. The sound of a train could still be heard miles away as the evening grew quiet.

II. The poet uses the word 'shrieking' to tell us about the sound of the train's whistle.

There are other words that tell us about different types of related sounds.

Read the meanings of such words in Column 1 and match them with the words in Column

2. You may use a dictionary. Share your answers with your classmates and the teacher.

Column 1	Column 2
1. shouting loudly, often in anger or excitement	(i) wailing
2. crying out in fear or excitement	(ii) hollering
3. crying loudly with grief or sorrow	(iii) screeching
4. making a high-pitched, piercing sound	(iv) yelling
5. calling out loudly, often in a casual or informal way	(v) whimpering
6. crying softly in a low, broken voice	(vi) bawling
7. crying loudly and uncontrollably	(vii) screaming

Answer:

Column 1	Column 2
1. shouting loudly, often in anger or excitement	(iv) yelling
2. crying out in fear or excitement	(vii) screaming

3. crying loudly with grief or sorrow	(i) wailing
4. making a high-pitched, piercing sound	(iii) screeching
5. calling out loudly, often in a casual or informal way	(ii) hollering
6. crying softly in a low, broken voice	(v) whimpering
7. crying loudly and uncontrollably	(vi) bawling

Now, complete the following paragraph by using suitable words from Column 2.

The street was filled with a variety of sounds. A shopkeeper was 1. _____ to attract customers, while a child nearby was 2. _____ at his friend to wait for him. From the other side of the road, a toddler was 3. _____ uncontrollably after dropping his ice cream, and his mother tried to calm him as he began 4. _____ softly. In the background, someone's loud 5. _____ voice added to the bustling noise of the busy evening

Answer: The street was filled with a variety of sounds. A shopkeeper was 1. veiling to attract customers, while a child nearby was 2. hollering at his friend to wait for him. From the other side of the road, a toddler was 3. bawling uncontrollably after dropping his ice cream, and his mother tried to calm him as he began 4. whimpering softly. In the background, someone's loud 5. screeching voice added to the bustling noise of the busy evening.

Question Answer– Let us listen (Pages 162-163)

I. Listen to this announcement made in the morning assembly about a school trip to the National Science Centre. As you listen, circle the information that is not correct. (Transcript for the teacher on NCERT page 177)

1. The trip to the National Science Cent is organised on 15 September.
2. Students will start from school at in the morning and return by 5.00 leevening.
3. Refreshment will not be provided during the trip.
4. Students are permitted to carry jhone, a notebook, and a pen.
5. The permission slip is to be signed The class teacher.
6. The permission slip is to be submitted to your class teacher by 10 September.



7. Mr. Mukherjee is the Adventure in-charge.
8. Now, listen to the announcement again and rectify the sentences.

II Now, listen to the announcement again and rectify the sentences

- Answer:**
1. The trip to the National Science Centre is organised on 16th September.
 2. Students will start from school at 8:00 in the morning and return by 5:30 in the evening.
 3. Refreshments will be provided at the museum.
 4. Students are not permitted to wear any jewellery or carry mobile phones; they may carry a notebook and a pen.
 5. The permission slip is to be signed by a parent.
 6. It's already correct.
 7. Mr. Mukherjee is the excursion incharge.

Question Answer – Let us speak (Page 163)

When speaking in English, small differences in pronunciation can change the overall meaning of the words. One such difference is in the pronunciation of the consonant 'c'. For example: cat (uses /k/ sound for 'c') and city (uses the /s/ sound for 'c'). The poem uses the word 'cinders', which is pronounced with a /s/ sound. The letter 'c' has two sounds. It can be pronounced as a /k/ or /s/ sound.

But which is right depends on the next letters of the words.

- Letter 'c' produces /s/ sound if it is followed by the letters 'e', 'i', or 'y'. For example, city ('c' is followed by 'i'). This /s/ sound is known as the soft 'c' sound.
- Letter 'c' produces /k/ sound if it is followed by the letters 'a', 'o', or 'u' or a consonant at the end of the word. For example, cat ('c' is followed by 'a'). This /k/ sound is known as the hard 'c' sound. That is why 'cinders' is pronounced with a /s/ sound. The letter 'c' is followed by 'i'!

Now, work in pairs. Pronounce the given words aloud. Keep the rules of the soft and hard 'c' pronunciation in mind.

Now, work in pairs. Pronounce the given words aloud. Keep the rules of the soft and hard 'c' pronunciation in mind.

cell	cable	race	cake	decide	receive
concert	circle	bicycle	echo	uncle	

Answer: Students should pronounce the given words aloud, keeping the rules of soft and hard 'c' pronunciation in mind.

Question Answer – Let us write (Pages 163-165)



I. A diamante poem is a poem that is shaped like a diamond, which uses specific types of words like adjectives and -ing words. Let us read an example.



Day
 Bright, sunny
 Dancing, playing, running
 Out comes the sun, down goes the sun
 Resting, listening, dreaming
 Quiet, peaceful
 Night

In this example we see how two different ideas—day and night are connected through the poem.

Let us now write a diamante poem that connects ‘reading’ and ‘adventure’.

Reading	the first topic
_____, _____	two adjectives about reading
_____, _____, _____	three -ing words about reading
_____	four nouns or a short phrase linking your topics
_____, _____, _____	three -ing words about adventure
_____, _____	two adjectives about adventure
Adventure	the second topic

Share your poem with your classmates and the teacher.

Answer:

Reading	the first topic
---------	-----------------

Interesting, Thoughtful	two adjectives about reading
Exploring, Imagining, Discovering	three-ing words about reading
Books, Stories, Characters, Words	four nouns or a short phrase linking your topics
Climbing, Exploring, Thrilling	three-ing words about adventure
Brave, Fearless	two adjectives about adventure
Adventure	the second topic

II. We come across many interesting characters while travelling. They become interesting because of their actions, their behaviour, and manner of speaking. De-scribe one such character that you met. Follow these steps.

Question 1. Choose the character.

Answer: During my trip to the hills, I met an interesting man.

Question 2. Create a first draft of your description including the following details.

- (i) What is the name of the character?
- (ii) What does the character look like?
- (iii) What does the character do?
- (iv) what kind of person is she or he?
- (v) Include any line or incident from the text that you like the most.

Answer: (i) His name was Sunny. Though he was initially a man of few words, once he started talking, there was no stopping him.
(ii) Sunny had a kind face with deep lines. His thinning hair was neatly combed, and his round glasses made his eyes sparkle.
(iii) Sunny was a retired teacher who spent his days in the garden, talking to his plants as if they were his former students. His humor was dry, and he often shared stories filled with wisdom.

(iv) Sunny was kind and funny, always sharing a wise thought or a funny story. He had a way of making even simple moments feel important, leaving you thinking long after the conversation was over.

(v) I asked him how he stayed so happy. With a twinkle in his eye, he leaned in and said, It's quite simple. If you can't find joy in the little things around you, you 11 never find it anywhere else.

Question 3. Check your description for any spelling mistakes or errors.

Answer: Students should do it themselves.

Question 4. Show your classmates your work and ask for suggestions.

Answer: Students should do it themselves.

Question 5. Rewrite your description including all the changes and suggestions for improvement.

Answer: Students should do it themselves.

Question Answer – Let us explore (Page 165)

I. The Mountain Railways of India are outstanding examples of hill railways and they are designated as a UNESCO World Heritage Site under the name Mountain Railways of India. These three railways are the Darjeeling Himalayan Railway, the Nilgiri Mountain Railway, and the Kalka–Shimla Railway.

Answer: The Matheran Hill Railway and Kangra Valley Railway are on the tentative list of UNESCO World Heritage Sites. They are still fully operational as living examples of the ingenious engineering enterprise of the late nineteenth and early twentieth centuries. The owner of the three properties is the Railway Ministry of the Indian Government. In groups of four, find out more about these heritage trains and make a presentation in the class.

II. As an excellent example of the 'Make in India' success story, the Indian Railways launched India's first indigenous semi-high-speed train, Vande Bharat Express. It has become a symbol of India's aspirations for modern, efficient, and comfortable rail travel. The first Vande Bharat Express train was flagged off on 15 February 2019, on the New Delhi– Kanpur–Allahabad–Varanasi route, running at a speed of 160 kilometres per hour.

Answer: Courtesy PIB. Posted on: 02 September 2024 3:41p.m. In groups of four, find out more about these heritage trains and make a presentation in the class.

III. Some of the underwater rail tunnels are the Thames Tunnel in London, the Seikan Tunnel in Japan and the Channel Tunnel between England and France. India's first underwater metro route in Kolkata started in March 2024. A part of this special metro line runs beneath the Hooghly River.



IV. Which of these trains do you think would be adventurous to travel in _____?

Discuss among yourselves.

Answer: I & II. The Mountain Railways of India are a group of historic hill railways that demonstrate exceptional engineering and heritage value. They have been recognised as a UNESCO World Heritage Site under the collective name Mountain Railways of India.

Railways Included in the UNESCO List:

- Darjeeling Himalayan Railway (West Bengal) – Built in 1881, this narrow- gauge railway is famous for its toy train and stunning views of the Eastern Himalayas.
- Nilgiri Mountain Railway (Tamil Nadu) – Established in 1908, it is the only rack- and- pinion railway in India, climbing steep gradients to reach Ooty.
- Kalka-Shimla Railway (Himachal Pradesh) – Opened in 1903, it is known for its 102 tunnels, beautiful landscapes, and connection to the colonial history of Shimla.

III. No question asked

IV. The Seikan Tunnel in Japan would likely be the most adventurous to travel through due to its impressive 23.3 km underwater and the experience of being so deep beneath the ocean. The idea of travelling through such a long and deep tunnel adds an exciting element to the journey. On the other hand, Kolkata's Underwater Metro, India's first underwater metro, offers a unique adventure of travelling under the Hooghly River. It combines modern engineering with the excitement of crossing beneath one of India's major rivers, making it a memorable experience.



NCERT Solutions Class 7 English (Poorvi)

Unit 4: Chapter 12 Conquering the Summit

Question Answer – Let us do these activities before we read. (Page 166)

I. Identify the activities represented by the icons given below. Share your answers with your classmates and the teacher.



Answer: 1. Paragliding

2. Uphill cycling

3. Uphill climbing

4. River rafting

II. Work in pairs and discuss the following questions.

Question 1. Why do you think people undertake the activities identified above?

Answer: People enjoy activities identified above for adventure, excitement, test endurance, fun and thrilling experience in nature.

Question 2. How would they prepare for these activities?

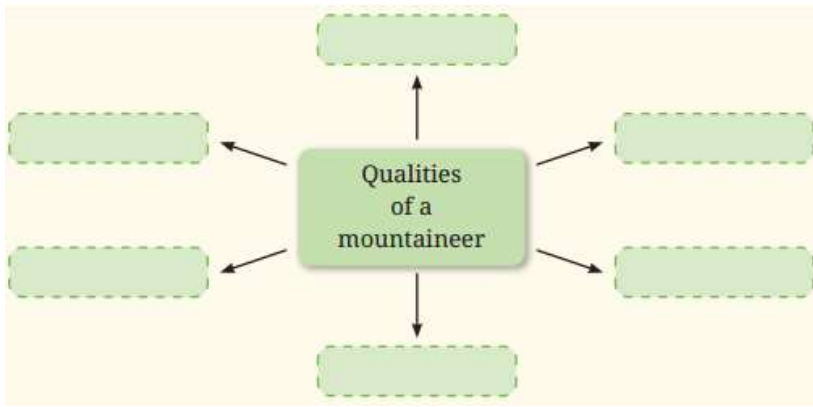
Answer: Preparing for adventure activities like these requires physical and mental readiness, training, weather awareness and equipment check.

Question 3. Which one of them do you find the most exciting? Why? Share your answers with the teacher.

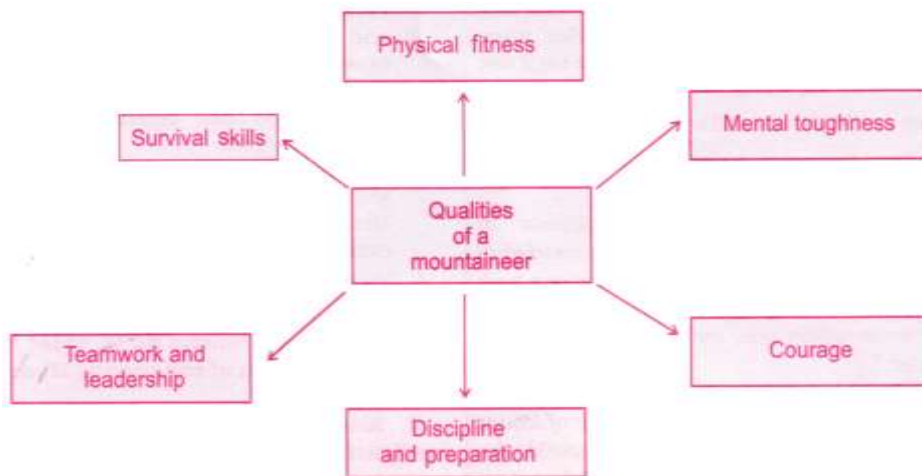
Answer: I find paragliding the most exciting because it gives a thrilling sense of flying, breathtaking views, and an adrenaline rush while gliding through the air. The mixture of adventure and freedom makes it unforgettable.

Note: The answer provided here are suggestive. Students should write their own views.

III. Work in pairs to complete the word web given below. Share the answers with the teacher.



Answer:



Question Answer – Let us discuss

I. Read the statements given below and explain each statement in your words.

Question 1. Arunima Sinha is considered a beacon of hope and resilience.

Answer: Arunima Sinha's life story is an inspiration to many because she overcame unimaginable challenges. Despite losing her leg in an accident, she never let it define her. Instead, she showed incredible strength and perseverance, proving that determination and a positive mindset can help one achieve even the toughest goals.

Question 2. Arunima decided to climb Mount Everest despite losing her leg.

Answer: After a tragic accident that resulted in the loss of her leg, Arunima could have given up on her dreams. However, she chose to challenge herself in an extraordinary way by deciding to climb the highest peak in the world. Her determination and courage helped her turn a setback into a remarkable success.

Question 3. Bachendri Pal's guidance was crucial in Arunima's journey to the summit of Mount Everest.

Answer: As the first Indian woman to climb Mount Everest, Bachendri Pal had valuable experience and knowledge. She mentored Arunima, helping her with training, preparation, and motivation. Her guidance gave Arunima the confidence and skills needed to undertake such a challenging expedition.

Question 4. Arunima's achievements go beyond just physical endurance.

Answer: Climbing Mount Everest requires immense physical strength, but Arunima's journey was also a testament to mental resilience and determination. Her achievements are not just about overcoming physical limitations but also about inspiring others to never give up, no matter how difficult their circumstances are.

Question 5. Arunima's autobiography inspires readers around the world.

Answer: Arunima's autobiography tells the story of her struggles and triumphs, motivating people across the globe.

Her journey from tragedy to success encourages readers to believe in themselves, stay determined, and face challenges with courage. Her story proves that no obstacle is too big if one has the will to overcome it.

Question Answer – Let us think and reflect (Page 170)

I. Read the extract given below and answer the questions that follow.

Bachendri Pal instilled confidence in Arunima and said, "My child, you decided to climb Mount Everest in these situations with a prosthetic leg—you have conquered the Everest within you; the world will realise it later. "

On 21 May 2013, after 52 exhausting days, Arunima Sinha reached the summit of Mount Everest. Standing at the top of the world, she felt a surge of emotions—pride, relief, and an overwhelming sense of achievement.

Question 1. Complete the sentence with a suitable reason.

Bachendri Pal said that Arunima had conquered the Everest within her because

_____.

Answer: She decided to climb Mount Everest with a prosthetic leg.

Question 2. How might Arunima have felt after what Bachendri Pal told her?

Answer: Arunima might have felt confident and motivated after hearing Bachendri Pal's words. She likely felt supported and encouraged, knowing that an experienced mountaineer believed in her abilities. This would have strengthened her determination to achieve her goal.

Question 3. Choose a phrase from the extract which shows that reaching the summit of Mount Everest was tiring.



Answer: The phrase from the extract that shows that reaching the summit of Mount Everest was tiring is “after 52 exhausting days”.

Question 4. Select the correct option to complete the sentence.

After her success when Arunima felt ‘an overwhelming sense of achievement’, she would have most likely said, “ _____ ”

- (i) I am confident of my abilities
- (ii) I will accomplish this soon
- (iii) I am excited to begin this climb
- (iv) I finally realised my dream

Answer: (iv) I finally realised my dream.

II. Answer the following questions.

Question 1. What did Arunima do in order to fulfill her ambition of conquering Mount Everest?

Answer: To pursue her ambition, Arunima completed a basic mountaineering course at the Nehru Institute of Mountaineering in Uttarkashi. She then approached Bachendri Pal for guidance to help her fulfil her dream of climbing Mount Everest.

Question 2. Arunima is a beacon of hope and resilience. Support this statement with evidence from the text.

Answer: Arunima Sinha is considered a beacon of hope and resilience because she overcame a tragic accident that resulted in the loss of her leg and went on to achieve something extraordinary. Instead of giving up, she trained rigorously and became the first female amputee to climb Mount Everest. Her determination and courage inspire many people to face challenges with strength and never lose hope.

Question 3. Arunima’s autobiography is titled Born Again on the Mountain: A Story of Losing Everything and Finding It Back. Why do you think this title is appropriate?

Answer: The title of Arunima Sinha’s autobiography, “Born Again on the Mountain: A Story of Losing Everything and Finding it Back”, is appropriate because it reflects her journey of transformation and resilience.

Born Again: After losing her leg in a tragic accident, Arunima did not give up. Instead, she rebuilt her life with a new purpose, as if she was given a second chance.

On the Mountain: Mount Everest symbolises her triumph over adversity. Her journey to the peak represents her determination to overcome obstacles. **Losing Everything and Finding it Back:** She lost her leg and her sports career but found a new purpose through mountaineering, proving that determination can help reclaim one’s dream.



Question 4. Arunima says, “Failure is when we don’t have goals worthy enough.” What would be the most likely impact of this statement on readers?

Answer: Arunima’s statement inspires readers to set meaningful goals and view failure as a lack of ambition rather than defeat. It encourages determination, self-reflection, and a growth mindset. By emphasising the importance of worthy goals, it motivates readers to strive, for success despite challenges, making them more resilient and focused.

Questions and Answers – Let us Learn (Pages 171-172)

I. Read the underlined phrases in sentences (i)-(v) and match them with their appropriate meanings given in the box below.

1. genuine, sincere efforts
2. strength of mind
3. periods of time filled with tiring and demanding activities
4. an incident or experience that significantly changes a person’s life
5. a source of inspiration or encouragement

- (i) Nisha was relieved when the final match was over after several exhausting days of practice.
- (ii) Despite several failures, her heartfelt attempts to learn the guitar showed her determination and passion for music.
- (iii) Moving to a new city was a life-altering event for Jagan, as it gave him the chance to make new friends and try different activities.
- (iv) Competing in the marathon requires not just physical strength but also mental fortitude to stay focused and finish the race.
- (v) The lighthouse served as a beacon of hope for the sailors lost at sea.

Answer: (i) → 3

(ii) → 1

(iii) → 4

(iv) → 2

(v) → 5

II. Complete the following table by filling in the gaps with correct parts of speech mentioned. An example has been done for you.

Nouns	Adjectives	Verbs (present)	Adverbs
determination	determined	determine	determinedly
relief			relievedly
	inspiring	inspire	
resistance			resistantly
success	successful		



Answer:

Nouns	Adjectives	Verbs (Present)	Adverbs
determination	determined	determine	determinedly
relief	relieved	relieve	relievedly
inspiration	inspiring	inspire	inspiringly
resistance	resistant	resist	resistantly
success	successful	succeed	successfully

III Study the highlighted words in the following sentences from the text.

- Arunima made a vow that many would deem impossible.
- Her father was an army engineer.
- Standing at the top of the world, she felt a surge of emotions—pride, relief, and an overwhelming sense of achievement.
- She planted the Indian flag at the summit and left behind a photograph of her idol, Swami Vivekananda.
- Arunima Sinha's journey from a devastating accident to scaling the highest peak in the world stands as a beacon of hope and resilience.

The highlighted words are articles.

'A' and 'an' are indefinite articles; 'the' is the definite article. The choice between 'a' and 'an' depends on the sound that follows the article, specifically the initial sound of the word that follows.

Question 1. Fill in the blanks with 'a', 'an', 'the'. Put an 'x' where no article is required.

We planned (i) _____ adventurous trip to (ii) _____ remote island. (iii) _____ island was known for its beautiful landscapes and (iv) _____ diverse wildlife. On (v) _____ first

day, we set out to explore (vi) _____ island's dense jungle. (vii) _____ guide led us through (viii) _____ thick foliage and showed us (ix) _____ hidden waterfall. In (x) _____ evening, we gathered around (xi) _____ campfire to share stories and enjoy (xii) _____ meal we cooked. (xiii) _____ experience was truly unforgettable, and we felt (xiv) _____ connection with (xv) _____ nature.

Answer: We planned (i) an adventurous trip to (ii) a remote island, (iii) The island was known for its beautiful landscapes and (iv) x diverse wildlife. On (v) the first day, we set out to explore (vi) the island's dense jungle, (vii) The guide led us through (viii) the thick foliage and showed us (ix) a hidden waterfall. In (x) the evening, we gathered around (xi) a campfire to share stories and enjoy (xii) the meal we cooked, (xiii) The experience was truly unforgettable, and we felt (xiv) a connection with (xv) x nature.

Question 2. There is an error in each sentence that has been underlined. Correct the error in the following sentences.

(i) We waited for a hour before the bus finally arrived.

Answer: an

(ii) The guide insisted on an uniform jacket for the group's safety during the trek.

Answer: a

(iii) Mount K2 is a second highest peak in the world.

Answer: the

(iv) A Ganga is a sacred river in India, known for its cultural importance.

Answer: The

(v) Challenges are faced with courage and determination by a brave.

Answer: the

(vi) A North Star has guided travellers for centuries.

Answer: The

Question Answer— Let us listen (Page 173)

You will listen to five speakers share their opinion about adventure sports. As you listen match the statements 1-8 with the speakers (i)-(v). There are three extra statements that you do not need. (Transcript for the teacher on NCERT page 177)



Statements	Speaker no.
1. Talks about having basic activities in adventure sports	
2. Finds adventure sports thrilling and exciting	
3. Praises the availability of a variety of activities	
4. Expresses concern about the risks, in adventure sports	
5. Promotes trekking as a casual sport	
6. Invites applications from first- timers	
7. Focuses on the availability of training and supervision	
8. Finds exposure to risks unnecessary	

Answer:

Statements	Speaker no.



1. Talks about having basic activities in adventure sports	iv
2. Finds adventure sports thrilling and exciting	ii
3. Praises the availability of a variety of activities	x
4. Expresses concern about the risks, in adventure sports	i
5. Promotes trekking as a casual sport	iv
6. Invites applications from first- timers	x
7. Focuses on the availability of training and supervision	iii
8. Finds exposure to risks unnecessary	v

Question Answer – Let us speak (Pages 173 – 174)

In groups of four, select a role from 1-4 given below and speak about the views allotted to each. Use the prompts and vocabulary given. Take turns to express your opinions, agreement, and disagreement.

Role-Specific Prompts

1. School Student: Talk about why you think Physical Education should be included in school activities.
2. Parent: Discuss your concerns or support for your child participating in Physical Education activities.
3. Physical Education Teacher: Share your experiences about Physical Education activities



and why you think they are valuable.

4. Sports Camp Organiser: Explain

how you ensure safety and why you believe sports are beneficial for participants.

Prompts

- In my opinion...
- From my point of view...
- One reason for this is...
- I disagree with the notion that...
- I support this perspective because...
- I find it hard to agree because ...
- I believe that...
- I disagree with...
- I agree with the idea that..

Vocabulary you may use:

precautions unique experiences fun safe enjoyable thrilling builds confidence concern
explore overcome fear participate

Answer: 1. School student: In my opinion Physical Education should be included in school activities because it builds confidence and helps students stay fit. One reason for this is that it makes learning fun and encourages teamwork.

2. Parent: From my point of view, Physical Education is essential for children as it helps them explore their abilities and overcome fear. However, I have a concern about safety, so proper precautions should be taken.

3. Physical Education Teacher: I believe that Physical Education is valuable because it provides unique experiences and makes students physically and mentally strong. I support this perspective because sports teach discipline and teamwork.

4. Sports camp organiser: I agree with the idea that sports are beneficial as they are thrilling, safe and enjoyable. I ensure safety by taking proper precautions and training participants well before activities.

Question Answer – Let us write (Pages 174-175)

Read the various components of a formal letter from the box given below.'

complimentary close	receiver's address	subject	date
introduction	statement of request	expression of interest	
salutation	signature line	sender's address	

Question 1. Now, read the letter given below and write the matching components.

Sender's Address	_____	→
Date	_____	→
Receiver's Address	_____	→
_____ School	_____	→
Subject: Request to join Adventure Club	_____	→
Madam/Sir,	_____	→
I am Sreelakshmi, a student of Grade 7-C. I am interested in adventure activities like trekking, hiking, rope climbing, and exploring sites of natural beauty.	_____	→
I would love to be a part of the Adventure Club of the school and participate in the adventure activities organised.	_____	→
I request you to grant me permission to join the club.	_____	→
Yours sincerely,	_____	→
Sreelakshmi	_____	→

Answer: Sender's Address → Sender's address

Date → Date

Receiver's Address → Receiver's address

School

Subject: Request to join Adventure Club → Subject

Madam/Sir, → Salutation

I am Sreelakshmi, a student of Grade 7-C. I am interested in adventure activities like trekking, hiking, rope climbing, and exploring sites of natural beauty. → Introduction

I would love to be a part of the Adventure Club of the school and participate in the adventure activities organised. → Statement of request

I request you to grant me permission to join the club. → Expression of interest

Yours sincerely, → Complimentary close

Sreelakshmi → Signature line

Question 2. Write a letter to the Principal of your school requesting her to organise an excursion to a nearby hill station for Grade 7 students of your school.

Answer:

Rosebud International School

Dwarka, Delhi

15th September, 2025

To

The Principal

Rosebud International School

Dwarka, Delhi

Subject: Request to organise an excursion to a nearby hill station for Grade 7 students

Respected Madam,

I am writing on behalf of the students of Grade 7 to request an excursion to a nearby hill station. Such a trip would be both educational and refreshing, allowing students to explore nature, learn about the environment, and enjoy outdoor activities.

A visit to a hill station would also provide a break from routine studies and help in teambuilding and confidence-building among students. We assure you that we will follow all safety measures and guidelines during the trip.

We kindly request you to consider our proposal and grant permission for this excursion. We would be grateful if the school administration could arrange for the necessary transport and supervision.

Looking forward to your positive response.

Thanking you
Yours sincerely

Sonal Mishra
Class 7 A

Question Answer – Let us explore (Page 175)

I. Find out more information about the following adventure sports in our country and complete the table given below:

Name	Area	Preferred Time of the Year	Equipment Required
snow skiing	snow- covered hills		skis, ski suit,
trekking		Spring, Autumn, Winter	pole
camping	grassy areas		tent, torch,
river rafting		all year round	
scuba diving			scuba suit, mask, fins,

Answer:

Name	Area	Preferred Time of the Year	Equipment Required



Snow skiing	Snow-covered hills	Winters	Skis, ski suit, helmet, goggles, gloves
Trekking	Hills	Spring, Autumn, Winter	Pole, ropes, trekking shoes, hammer
Camping	Grassy areas	All year round	Tent, torch, water, food
River Rafting	Down flowing River	All year round	Helmet, life jacket
Scuba Diving	Sea	All year round	Scuba suit, mask, fins, snorkel






II. Prepare an information booklet with fact sheets of five Indian mountaineers. Include the following information in the fact sheet.

1. Name (and photograph, if available)
2. Place of birth
3. Profession
4. Accomplishments—awards or honours
5. Training received
6. Sport known for (if any)





Answer:

S. No.	Name	Place of Birth	Profession	Accomplishments (Awards/Medals)	Training Received	Sport known for
1.	Arunima Sinha 	Uttar Pradesh	Mountaineer, Motivational speaker	First female amputee to climb Mount Everest (2013)	Nehru Institute of Mountaineering	Mountaineering
2.	Bachendri Pal 	Uttarakhand	Mountaineer, Educator	First Indian woman to climb Mount Everest (1984)	Nehru Institute of Mountaineering	Mountaineering
3.	Tenzing Norgay 	Nepal (later settled in India)	Mountaineer, Sherpa	First ascent of Mount Everest (1953) with Edmund Hillary	Himalayan Mountaineering Institute	Mountaineering
4.	Santosh Yadav 	Haryana	Mountaineer, BSF Officer	First woman to climb Mount Everest twice (1992 and 1993)	Nehru Institute of Mountaineering	Mountaineering
5.	Col. Narendra Kumar 	Rawalpindi, Pakistan	Indian Soldier, Mountaineer	The Colonel who got Siachen Glacier for India (Awards) PVSM, Kirti Chakra, Ati Vishisht Seva Medal, Arjuna Award and Padma Shri	HMI Institute, Darjeeling	Mountaineering