



CLASS – VII

Science

- Watch the video of Science Chapter 1 – “Nutrition in Plants - Nutrition in Plants-1st Part” from **Optimum Online E-Learning Platform**.

Maths

Watch the video of Maths Chapter 1 – “Rational Numbers - Integer” from starting to 15 minutes From **Optimum Online E-Learning Platform**.

****Link of Optimum Online E-Learning Platform:- www.optimumschool.net/online**
In case of any query call at +91-9818033213