



SHANTI GYAN NIKETAN SR. SEC. PUBLIC SCHOOL

SESSION: 2024 – 2025

HOLIDAY HOMEWORK

CLASS – VII



Dear Parents,

Summer Vacation...!! The time when you are more candid and creative. It is synonymous with peace, rest, relaxation recreation, developing skills other than intellectual skills and following a healthy life style to keep you fit and sharp.

SGN has always been a motivating partner of growth and development in the lives of the students. Summer Holiday will not only enable them to summarize what was taught but will also help them to connect themselves to the various learning processes. So this summer holiday homework is aimed at sensitizing and creating awareness among Niketians towards the Theme of “Healthy Life Style”. We encourage the importance of maintaining good health and well being by adopting healthy Life Style early on to pave the way for happier, more full filling future.

Suggestions that will make your vacation more enjoyable:

- ✦ Drink plenty of juice and water to avoid dehydration.
- ✦ Have at least one meal together with your child and encourage home cooked and fresh food.
- ✦ “A healthy mind lives in a healthy body”. Encourage your child to go for a morning walk and spend some time doing yoga, exercise and meditation for mental & physical health.
- ✦ Perform weekend cleanliness task like- arranging the cupboard, sweeping the kitchen counter, watering the plants, making your own bed diligently.
- ✦ Read the newspaper daily.
- ✦ Try to encourage your child to converse in English with you siblings, friends and relatives, as it will improve their proficiency in this language. Read at least two books of your interest during the vacation.
- ✦ Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students.

NOTE: As PT-I is scheduled from July 06, ensure them to prepare the syllabus well.

Summer vacation are starting from 16th May and the school will reopen on 1st July 2024

HAPPY HOLIDAYS

**Ms. Anubha Trivedi
(Incharge, Middle Wing)**

SUMMER HOLIDAY WORK
SESSION 2024-2025
CLASS VII

ENGLISH:

- Read the chapter 'English in India' and make a decorative collage of any one Indian English author given in the chapter. Make collage on A4 size sheet.
- Write a letter to your younger brother describing how and why to adopt a healthy lifestyle. Make it effective with the help of some pictures or drawings related to healthy lifestyle.
- Pick up any fifteen verbs from chapter 5: 'The Prince Who Loved Books' and write their three forms on A4 size sheet in the form of a cloud or wheel.
- Do 'Test Your Vocabulary' worksheets (pages 20-22) and 'Fun with Words' exercises (pages 23-24) given in Holiday Project at the back of Evergreen Practice Papers. Do with pencil colours and paste in fair register.
- Solve Comprehension Worksheets 1 to 4 given in Evergreen Practice Papers.
- Revise the syllabus done so far to prepare for P.A.-I examination.
- Read English story-books to enhance your vocabulary.

MATHS:

- Learn tables from 6-15
- Revise Ch.1,2 for Periodic Term- 1
- Activity [Do it on an A3 size sheet]
Eat right and stay fit Conduct a survey of 3 families. From each family member ask about their favourite food. Draw a table and calculate if the *family's food choices are healthy or unhealthy*. Against each person's name write +2 marks for healthy food and -1 for unhealthy food . Add and find the total.
 - If the result is positive, the family will be tagged as healthy family
 - If the result is negative, the family will be tagged as unhealthy family(Support your activity with pictures and show your creativity!)
- Write and learn biography of one Indian Mathematician.(Write biography on A-3 sheets with the picture of the mathematician (pasted or drawn))
- Do the given worksheet (Class test based on the same will be held after holidays).

विषय-हिन्दी

- वसंत : कक्षा में करवाए गए पाठों को याद कीजिए ।
- बाल महाभारत : पाठ -6 व 7 का पठन कर , कठिन शब्दों का श्रुतलेख के माध्यम से अभ्यास कीजिए।
- व्याकरण : विलोम शब्द (1-15) अपनी पुस्तिका में लिखिए व याद कीजिए
- अपने छोटे भाई को पौष्टिक भोजन का महत्त्व बताते हुए एक पत्र लिखिए।
- परियोजना कार्य : लेखक नागार्जुन के जीवन पर प्रकाश डालते हुए (A4 साइज) शीट पर एक प्रोजेक्ट तैयार कीजिए । नागार्जुन व उनकी कृतियों से संबंधित चित्र भी चिपकाइए ।

संस्कृत

- अभी तक करवाए गए PA1 के सम्पूर्ण पाठ्यक्रम को याद करें।
- बालक, लता, फल शब्दरूपों तथा 1-25 संस्कृत संख्या को अपनी टिप्पणी-पुस्तिका में लिखें।
- अपनी पुस्तक के पेज न० 102 पर दिए गए चित्र में स्वस्थ रहने के लिए लोग पार्क में क्या - क्या एक्सरसाइज कर रहे हैं? संस्कृत भाषा में पाँच वाक्य चित्र सहित अपनी पुस्तिका में लिखकर बताएं।
- A3 साइज शीट पर नीचे दिए गए टॉपिक के आधार पर चार्ट बनाएं -(सचित्र)
 - 10 अकारान्त पुल्लिंग शब्द लिखें (रोल न०1 से 10)
 - 10 अकारान्त स्त्रीलिंग शब्द लिखें (रोल न० 11-20)

10 अकारान्त नपुं० शब्द लिखें (रोल न० 21-30)

10 फलों के नाम संस्कृत में लिखें (रोल न० 31- 42)

नोट:- A3 साइज शीट व चित्र वर्णन के पाँच वाक्यों के लिए 5 - 5 अंक निर्धारित हैं अतः कार्य शुद्ध व सुंदर बनाएं।

SCIENCE

- Revise and learn Chapter 1 and Chapter 9 for PT1 examination to be held in the month of July.
- Discuss the importance of balanced diet with your elder family members and its role to lead a healthy life. Based on your discussion, design a diet plan for the children of your age group with tips and suggestions to lead a healthy life.(On A4 size sheets)
- Prepare a project on the importance of drinking clean water.
*Write down the impact of consuming impure water on our body .
*Wise use of water is the need of the day so write down the detailed steps to treat Wastewater.
Note: You can take help from chapter - 13 : Wastewater Story
- Do the following as per your roll nos.
(a) Roll no. 1-10: Make a poster on any topic related to any environmental issues like conservation of energy, soil, water or any kind of pollution.(On A3 size sheets)
(b) Roll no. 11-20 : Slogans related to International Water Day and International Environment Day.(On A3 size sheets)
(c) Roll no. 21-30: Make a compost pit in or around your home and record your observations.(On A4 size sheets)
(d) Roll no.31-40: Make a chart related to 'Health and Hygiene' topic you can draw or paste pictures also along with different ways to maintain 'Health and Hygiene.

SOCIAL SCIENCE

- Make a poster on A-4 size sheet on the topic mentioned below.
Advertisement .(Topic - healthy lifestyle). Based on Chapter 6 civics.
- Make a poster on A-3/A-4 size sheet on the topic mentioned according to your roll no.
A) Water Cycle (Roll no .1 to 20) B) Water Pollution (Roll no.21to 40)
- Make a project based on The Regional Kingdoms of the North India, The Deccan and The South India during the Medieval period. Paste related pics also. (Do the work in a coloured scrap file).
Refer History Ch 2. (DO THIS WORK IN THE SOCIAL SCIENCE REGISTER)
- Read, revise and learn thoroughly the syllabus of PA - 1.
(HISTORY -L1, GEOGRAPHY L-1, CIVICS -L1 & 9

COMPUTER

- Make a Word Document on Number Systems (Binary, Octal, Decimal and Hexadecimal Number System) and by five examples show how you can convert Binary into Decimal and Decimal into Binary.
- Make a PowerPoint Presentation on Apps. Types of Apps (Native, Web & Hybrid Apps), Categories of Apps with examples (min. 8 slides and max. 10 slides).
Note: Take printout (coloured/black & white) of your work and paste it on a file and present it nicely.

GENERAL KNOWLEDGE:

- Prepare a chart on A-3size sheet about the nutritional value of 4 Product. (The wrapper of product should be paste on A-3 size sheet and write their nutrition value separately)
- Collect at least 10 current news from media and prepare a portfolio.
- Learn the capital's of the states of India.

ART/CRAFT

- Make a beautiful vase from paper mache and decorate it using sequence, quilling, different shape mirror & Acrylic colour .
- Using Poster Colours make a painting (on full-size Ivory sheet) according to your section on the topic given below:
 - 7A- Janmashtmi
 - 7B- Republic day
 - 7C- Children's day
 - 7D- Teacher's day
 - 7E- Matr - Pitr divas

NOTE: Write your Name, Class & section at the back of the sheet.

PHYSICAL EDUCATION AND YOGA.

- Do *Surya Namaskar* on daily basis and make a chart showing all postures.
- Make a project on your favourite sports star.
- Enjoy your vacation and stay healthy.

Tips to be Healthy.

- Include fresh fruits and vegetables in your diet.
- Keep yourself hydrated by intake of plenty of water and fluids.
- Do regular exercise for 30 minutes.

MUSIC & DANCE

1. Learn five 'सरगम'
2. Learn Patriotic song : कदम कदम बढ़ाए जा....
3. Learn the lyrics of School song:
4. Learn हनुमान चालीसा
5. English prayer: A gift to God....

Enjoy your vacation and stay healthy.