

HOLIDAY HOMEWORK-2021-22

CLASS – VII

‘The most awaited vacation is about to begin!! Summer vacation brings easy mornings, relaxing afternoons and playful evenings. It also brings a good time to plunge into the sea of imagination and creativity. So, let’s get ready to learn something new every day.’

ENGLISH

1. Choose **one** topic and write a paragraph in 500-600 words:

- I. Who can be a hero?
- II. If you could travel anywhere in the world, where would you go and why?

(Note: Paste suitable pictures for the above paragraph)

MATHEMATICS

Activity 1: To find the sum of two fractions by activity method.

Activity 2: Give two examples of addition and subtraction of integers on the number line. (Show addition and subtraction on number line.)

SCIENCE

1. Make a model using a cardboard of A3 size as the base material, beads, pulses or any waste material available at your home on the following topic (according to roll number) along with the power point presentation explaining the life process in a human body.

- i) digestive system (roll number 1-22)
- ii) excretory system. (Roll number 23-43)

2. Collect the information on any 5 latest scientific inventions. Present this information with pictures on a scrap book.

SOCIAL SCIENCE

Students are advised to do any one of the following activities-

1: what is Earth Day ? As we know our environment is changing. We can choose to sustain our environment with green technologies like-

✓ solar energy

✓ green plants etc.

explain about this in details.

2: Describe atleast three of the Early Turkish Rulers of Delhi in detail.

3: When do we celebrate World Environment Day? Write some ways to save our environment ?

According to you which component is most important to save? Explain in detail.

HINDI

प्रश्न 1. अपने गाँव में पाठशाला खुलवाने हेतु जिला परिषद के अध्यक्ष को पत्र लिखिए।

प्रश्न 2. - पक्षियों के सपने और अरमान क्या हैं ? कविता के आधार पर लिखिए |

प्रश्न 3. घर पर होनेवाले उत्सवों/समारोहों में बच्चे क्या-क्या करते हैं? अपने और अपने मित्रों के अनुभवों के आधार पर लेख लिखिए।

प्रश्न 4. 'हेलेन केलर'के जीवन के बारे में लिखें -।

URDU

۱. اپنے وطن ہندوستان میں موجود بڑی اور مشہور ندیوں اور ان کی جگہ کے نام لکھیے۔

۲. ہندوستان میں پائے جانے والے مذاہب کے اور ان کے ماننے والوں کے نام لکھیے۔

۳. روزانہ ایک صفحہ نقل (Writing) لکھیے (with date)۔

۴. جو اسباق آپ پڑھ چکے ہیں انکے الفاظ و معانی اور سوال و جواب یاد کیجیے۔

نوٹ: سوال نمبر "۱" اور "۲" کے جواب کو pdf بنا کر بھیجیے گا۔

HEALTH AND PHYSICAL EDUCATION (HPE)

VII-A

Roll No	HPE Project (write about 10 to 15 pages)
1.	Swachcha Vidyalaya Swachcha Bharat
2.	Dignity Of Labour .
3.	Empathy
4.	Care For Homeless Children
5.	Being Safe And Responsible First Aid
6.	Environment Conscious Citizens As Part Of Eco Clubs
7.	First Aid Awareness raising Demonstration
8.	Preparation Of Family Budget And Maintenance Of Daily Household Accounts
9.	Running School Café With Focus On Nutrition
10.	School Gardening Project
11.	Adopting An Orphanage For conducting joyful activities
12.	School Water Use Audits
13.	Khelo India Program
14.	Meaning And Importance Of Yoga
15.	Home Water Use Audits
16.	Meaning And Importance Of Physical Fitness, Wellness And Lifestyle
17.	Setting Up rainwater harvesting structures
18.	Leadership Qualities And Role Of a Leader
19.	Project on indigenous Methods Of Water conservation
20.	Safety measures To Prevent Sports Injuries
21.	Metering Use of Water Saving devices/Taps And ensuring no Leakages in

	Plumbing Pipes etc.
22.	Balanced Diet And Nutrition Macro And Micro Nutrients
23.	Causes Of Disability
24.	Project on awareness and Planting drought prone / native plants / trees
25.	Reduce , Recycle, Reuse (most important 3R s) And Now Respect
26.	Motor Development In Children
27.	Yoga For Preventing Obesity
28.	Postural Deformities And Their Corrective Measures
29.	Project on Recycling of Water-example from RO plants, etc.
30.	Motor Fitness Test / Khelo-India National Fitness Test
31.	How The virus That causes COVID-19 differs from other corona viruses
32.	Meaning And Importance Of Physical Fitness, Wellness And Lifestyle
33.	Corona virus (covid-19) Infection control and prevention measures
34.	Reduce , Recycle, Reuse (most important 3R s) And Now Respect
35.	Motor Development In Children
36.	How to Protect Yourself against COVID- 19
37.	Meaning And Importance Of Physical Fitness, Wellness And Lifestyle
38.	Swachha Vidyalaya Swachha Bharat
39.	Dignity Of Labour .

VII-B

Roll no.	HPE Project (write about 10 to 15 pages)
1.	Empathy
2.	Dignity Of Labour .
3.	SwachhaVidyalaya Swachha Bharat
4.	Care For Homeless Children

5.	Being Safe And Responsible First Aid
6.	Environment Conscious Citizens As Part Of Eco Clubs
7.	First Aid Awareness raising Demonstration
8.	Preparation Of Family Budget And Maintenance Of Daily Household Accounts
9.	Running School Café With Focus On Nutrition
10.	School Gardening Project
11.	Adopting An Orphanage For conducting joyful activities
12.	School Water Use Audits
13.	Khelo India Program
14.	Meaning And Importance Of Yoga
15.	Home Water Use Audits
16.	Meaning And Importance Of Physical Fitness, Wellness And Lifestyle
17.	Setting Up rainwater harvesting structures
18.	Leadership Qualities And Role Of a Leader
19.	Project on indigenous Methods Of Water conservation
20.	Safety measures To Prevent Sports Injuries
21.	Metering Use of Water Saving devices/Taps And ensuring no Leakages in Plumbing Pipes etc.
22.	Balanced Diet And Nutrition Macro And Micro Nutrients
23.	Causes Of Disability
24.	Project on awareness and Planting drought prone / native plants / trees
25.	Reduce , Recycle, Reuse (most important 3R s) And Now Respect
26.	Motor Development In Children
27.	Yoga For Preventing Obesity
28.	Postural Deformities And Their Corrective Measures
29.	Project on Recycling of Water-example from RO plants, etc.

30.	Motor Fitness Test / Khelo-India National Fitness Test
31.	How The virus That causes COVID-19 differs from other corona viruses
32.	Meaning And Importance Of Physical Fitness, Wellness And Lifestyle
33.	Corona virus (covid-19) Infection control and prevention measures
34.	Yoga for Preventing Asthma
35.	Motor Development In Children
36.	How to Protect Yourself against COVID- 19
37.	Reduce , Recycle, Reuse (most important 3R s) And Now Respect
38.	Yoga for Preventing Obesity
39.	Swachha Vidyalaya Swachha Bharat
40.	Dignity Of Labour
41.	Empathy
42.	Care For Homeless Children
43.	Being Safe And Responsible First Aid

COMPUTER

1. Make a PowerPoint presentation on the topic ‘Computer languages and their Evolution’. Use formatting features to make it more presentable.
2. Make a chart of Windows 7 or Windows.
