



S.B.P. D.A.V. Centenary Public School, Fatehabad.

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Holidays' Assignments for Summer Vacations (2024-25) for Class VII



General Instructions:

1. Get up early in the morning and go out for a walk daily. Do yoga daily for healthy living.
2. Make a Bird feeder and add seeds (rice & wheat) for birds daily and also place water for them.
3. Raise a small kitchen garden by planting seeds of vegetables.
4. Learn any one folk song.
5. Help your mother in cooking and learn vegetable cooking and salad decoration.
6. The summer break for classes VI-VIII will be from 27.05.2024 to 30.06.2024 (Both days inclusive). School will reopen on 01.07.2024.
7. Revise the syllabus of all subjects done before summer vacations for Unit Tests to be started from 02.07.2024.
8. Try to make your handwriting better by practicing and do your HW in good handwriting.
9. Do assignments in holidays homework notebook and activities/projects on A4 sheets for each subject and make a portfolio & submit it for assessment to your class teacher on July 10, 2024. There will be assessment of these portfolios and marks will be awarded in half yearly/annual exams.
10. Learn all the prayers and mantras given in student diary.
11. **Register & Participate in 1st stage of 10th Online International Humanity Olympiad by accessing through web portal – <http://www.humanityolympiad.org> or Android App - Awake Humanity (play store). Every individual passing the exam (i.e. scoring minimum 40%) will get an e-certificate through e-mail immediately on their emails. School code is : FATE100. This certificate and certificates of courses earned by you during holidays should be part of your portfolio.**

ENGLISH

1. Revise the following syllabus for Unit Test.

Syllabus for I Unit Test July 2024:

Ch-1 Monkey Trouble , Ch-2 Birdie, Will you Pet?

Notice Writing (Lost and Found) , Tenses and Jumbled Words

Holidays Homework

1 Read the book ' The Titan's Curse by 'Rick Riordan' and write book review on A4 size sheet as per format given below.

A Book Review by _____

Title _____ **Author** _____

My Star Rating for this book: ☆☆☆☆☆

Character _____

Plot _____

Your Opinion _____

Recommend? _____

2 A healthy diet is essential for good health. A Healthy life-style can be attained by maintaining a balanced diet .Write a short paragraph in about 80 to 100 words on' Importance of Balanced diet in one's life ' .After it find the verbs from the paragraph written by you and write verbs with their past forms in a Scrap file.

3 How will you show kindness to birds in summer? Depict your ideas through a picture and write a poem on Nature.

4. Prepare a T- Chart to show the pros and cons of keeping a pet at home.

* T-Chart *	
Pros	Cons

5 Make a beautiful bookmark for your literature book .Decorate it and write an inspirational quotation which inspires you. Get the bookmark laminated.

6.Find difficult words (at least 50) from your English Literature Book and write their synonyms and antonyms .

7.Gather information about the first Indian-American astronaut ‘ Kalpana Chawla’ and write a paragraph. (100-120 words)

8. Do Ch-12: Reading for Understanding in your Practice Book.

9. Download the **English Conversation Practice App** to improve your spoken and practice it.

HINDI

नोट - सारा ग्रीष्मावकाश कार्य हिंदी की A4 शीट पर करें | सुलेख का विशेष ध्यान रखें |

प्रश्न 1 ज्ञान सागर में करवाए गए पाठ 1 से 5 के आधार पर निम्नलिखित प्रश्नों के उत्तर पाँच - छह पंक्तियों में लिखें |

क. आपका जन्मदिन कौन-से महीने में आता है ? उस महीने में आने वाले त्योहारों में से किसी एक त्योहार पर अनुच्छेद लिखें |

ख. 'नाटक में नाटक' कहानी में राकेश अपने साथियों की मूर्खता के कारण घबरा रहा था। उसे गुस्सा भी आ रहा था और रोना भी। क्या आपको भी कभी गुस्सा आता है ? उस गुस्से या क्रोध को शांत करने के लिए आप क्या करते हैं ? लिखें |

ग. ' विपति कसौटी जे कसे ते ही सांचे मीत ' इस उक्ति के आधार पर सयाल ने निर्मला की मदद की | क्या आपने भी कभी मुसीबत में फंसे अपने मित्र की मदद की है और किस प्रकार ? इसके बारे में बताते हुए अपने मित्र को पत्र लिखें |

घ. पाठ 'बातूनी' में लेखक ने अपना काम सज्जन से करवाया। क्या आप भी अपना काम दूसरों से करवाते हैं? अपना काम किसी और से करवाने का क्या-क्या परिणाम हो सकता है ? लिखें |

ङ 'पेड़ ही जीवन का आधार हैं इस उक्ति को आधार बनाकर पेड़ों को बचाने के लिए आप' क्या करेंगे? पाँच स्लोगन चित्र सहित लिखें |

3. हरियाणा कब राज्य बना ? हरियाणा के नक्शे पर इसके जिले बताकर 15 से 20 पंक्तियों में इसके रहन-सहन और खान-पान के बारे में लिखें |

4. ज्ञान सागर पाठ 1 से 5 में से 20 अनुस्वार वाले शब्द , 20 अनुनासिक वाले शब्द तथा 20 उपसर्ग और 20 प्रत्यय वाले शब्द छांट कर उक्त श्रेणियों में लिखें |

5. मुँह और हाथ पर आधारित पाँच- पाँच मुहावरों का अर्थ लिखकर उनका वाक्य में प्रयोग करें |

प्रथम इकाई परीक्षा के लिए पाठ्यक्रम - ज्ञान सागर + अभ्यास सागर - पाठ -1 से 4

6. बोनस अंकों के लिए 'संक्षिप्त महाभारत' पुस्तक के पाठ 1 से 4 पढ़ें और 100 शब्दों में सार लिखें |

MATHEMATICS

- 1 Write down the rational number whose numerator is $(-3) \times 4$ and Denominator is $(34-23) \times (7-4)$.
- 2 Express $\frac{3}{5}$ as a rational number with numerator
i) 21 ii) -27
3. Express $\frac{5}{7}$ as a rational number with denominator
i) -28 ii) -84

4. Express $\frac{2}{5}$ as a rational number with numerator
i) -56 ii) 154
5. Express $\frac{-192}{108}$ as a rational number with numerator
i) 32 ii) -48
6. Fill in the blanks so that following statements are true:
i) A number that can be expressed in $\frac{p}{q}$ form where p and q are integers and $q \neq 0$, is called a rational number.
ii) If the integers p and q have no common divisor other than 1 and q is positive, then the rational number $\frac{p}{q}$ is said to be in
iii) If $\frac{p}{q}$ is a rational number, then q cannot be
7. Are these rational numbers equivalent?
a) $\frac{8}{-5}$ and $\frac{-24}{15}$ b) $\frac{-3}{5}$ and $\frac{-12}{20}$
8. Compare the given rational numbers:
i) $\frac{-7}{12}$, $\frac{5}{-8}$ ii) $\frac{-4}{3}$, $\frac{8}{-7}$
9. Arrange the given rational numbers in ascending order:
 $\frac{-4}{9}$, $\frac{5}{-12}$, $\frac{7}{-18}$, $\frac{2}{-3}$
10. Arrange the given rational numbers in descending order:
 $\frac{7}{8}$, $\frac{64}{16}$, $\frac{39}{-12}$, $\frac{5}{-4}$, $\frac{140}{28}$
11. By taking $x = \frac{-5}{3}$, $y = \frac{2}{7}$, $z = \frac{-1}{4}$, verify that
 $(x + y) + z = x + (y + z)$
12. Find six rational numbers between $\frac{4}{-8}$ and $\frac{3}{8}$.
13. By what number should $\frac{-33}{16}$ be divided to get $\frac{-11}{4}$?
14. Divide the sum of $\frac{65}{12}$ and $\frac{8}{3}$ by their difference.
15. The product of two rational numbers is $\frac{-8}{9}$. If one of the numbers is $\frac{-4}{15}$, find the other.
16. Find value and express rational number in standard form
i) $\frac{10}{3} + \frac{-35}{12}$ ii) $-6 \div \frac{-8}{17}$
17. What number should be subtracted from $\frac{-5}{3}$ to get $\frac{5}{6}$?
18. What number should be added to $\frac{-5}{11}$ so as to get $\frac{26}{33}$?
19. The sum of two rational numbers is $\left(\frac{-4}{3}\right)$. If one of the numbers is -5, find the other.

20. The sum of two numbers is $\left(\frac{5}{9}\right)$. If one of the numbers is $\left(\frac{1}{3}\right)$, find the other.
21. Evaluate
 i) $\frac{-4}{7} - \frac{2}{-3}$ ii) $-2 - \frac{5}{9}$
22. Simplify and write in decimal form
 $\frac{2}{5} + \frac{3}{10} + \frac{7}{25}$
23. Convert into decimal form by long division
 a) $\frac{16}{11}$ b) $\frac{14}{11}$
24. Without actual division, find which are terminating
 a) $\frac{21}{80}$ b) $\frac{136}{250}$ c) $\frac{44}{63}$ d) $\frac{48}{55}$
25. Simplify and express rational number in lowest form
 a) $\frac{0.144 \div 1.2}{0.016 \div 0.02} + \frac{7}{5} - \frac{21}{8}$
 b) $3.125 \div 0.125 + 0.50 - 0.225$
26. Find the reciprocal of
 a) $\frac{2}{11} + \frac{-5}{55}$ b) $\frac{3}{13} + \frac{-4}{65}$
27. From a rope 68 m long, pieces of equal size are cut. If the length of one piece is $4\frac{1}{4}$ m, find the number of such pieces.

SCIENCE

Syllabus for UT 1 (July 2023)

Ch-1 Nutrition in living organisms-plants

Ch-2 Nutrition in living organisms-animals and man

Ch-3 Chemical substances and processes (upto balancing of chemical equations)

Revise chapters 1,2,3 for unit test

Research work:

- Read Science journals for recent researches in any one of the fields i.e. Improving air quality, Astronomy, Climate change impacts
- **Write about the work of Indian Noble prize winners (short summary) in a scrap book.**

Indian Nobel Prize Winners List from 1913 to 2023 in the field of science:

S.No.	Nobel Prize Recipients	Category	Year
1.	CV Raman	Physics	1930
2.	Har Gobind Khurana	Medicine	1968
3.	Subrahmanyam Chandrasekhar	Physics	1983

4.	Venkatraman Ramakrishnan	Chemistry	2009
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Art integrated activity:

For roll no. 1 to 20

1. Make a Vlog elaborating nutrition in human, organs of digestive system and their functions.
Upload video on your Google drive and share the link.
2. A flyer/pamphlet distributes information or enhances an idea on a particular subject to its readers.
Prepare a flyer/ pamphlet for spreading awareness among people regarding Water Conservation.

For roll no. 20 onwards

1. Make a model (using clay, board and colors) to represent the process of nutrition in amoeba. Make a Vlog elaborating nutrition in amoeba and human is quite similar. Upload video on your Google drive and share the link.
2. A flyer/pamphlet distributes information or enhances an idea on a particular subject to its readers.
Prepare a flyer/ pamphlet for spreading awareness among people regarding Energy Conservation.

Innovative Idea:

- Create an Innovative Idea on prevailing problems or any condition in which you can see improvement and make a working model on any one topic given below (only Biodegradable material to be used) :-

1. Food & Technology	2. Energy	3. Communication
4. Universe	5. Human welfare	6. Teaching aids
7. Science & Technology	8. Robotics	9. Sustainable development
10. Environment	11. Agriculture	12. Transport

Students should collect information and material for the chosen project and make the project in summer vacations along with the project report on A4 sheet

Worksheet: Solve this worksheet in your FNB.

1. The occurrence of photosynthesis is tested by the presence of _____ in the leaf.
2. Plants are unable to use atmospheric _____
3. In photosynthesis solar energy is captured by the pigment called _____
4. _____ components of food can be synthesized by plants
5. The trapped insect gets entangled in the hair in _____
6. Match the following

Column- I	Column- II
Food components	Product(s) of digestion
Carbohydrates	Fatty acids and glycerol
Proteins	Sugar
Fats	Amino acid

7. Case study : **The working of the stomach was discovered by a strange accident. In 1822, a man named Alexis St. Martin was badly hit by a shot gun. The bullet had seriously damaged the chest wall and made a hole in his stomach. He was brought to an American army doctor William Beaumont. The doctor saved the patient but he could not close the hole properly and left it bandaged. Beaumont took it as a great opportunity to see the inside of the stomach through the hole. He made some wonderful observations. Beaumont found that the stomach was churning food. Its wall secreted a fluid which could digest the food. He also observed that the end of the stomach opens into the intestine only after the digestion of the food inside the stomach is completed.**

- a. **What did Beaumont found?**
- b. **Why did a hole formed in the stomach of Alexis St. Martin?**
- c. **The.....protects the lining of the stomach.**
 - a. Fluid
 - b. Membrane
 - c. Mucous
 - d. None of the above
- d.juice convert complex food substances into simpler ones.
 - a. Digestive juice
 - b. Pancreatic juice
 - c. Liver juice

8.

MAKE THE CHEMICAL FORMULAE AND NAME THEM:
(Make it with the help of criss-cross method)

CATIONS AND ANIONS ↓ ⇒	CO_3^{2-}	NO_3^-	CH_3COO^-	OH^-	Cl^-
Na^+					
Ca^{2+}					
Zn^{2+}					
Mg^{2+}					
Al^{3+}					

9. Souring of milk is an example of _____.
- (a) Physical change
 - (b) Chemical change
 - (c) Natural change
 - (d) None of the above

10. Growth of plants is _____.
- Physical change
 - Chemical change
 - Natural change
 - None of the above

Social Science

- Revise all the chapters done so far.
- Syllabus for Unit Test Ist – Chapter-1,2,9 and 18(Revise with internals)
- Collect **different types of soil** from different areas and write their features.
- Write **Preamble** given on page 149 on A4 sheet , then file it in your portfolio.
- Make a Collage of different religions with their features, symbols etc.
- Make a chart of Interior of the Earth(Roll no-1 to 20)
- Make a chart of Layers of Atmosphere(Roll no 21 onwards)

Map Activity:-

Prepare an **atlas** of the following maps:-

- Gir national park-India
- Jim Corbett national park- India
- Yellowstone National park-USA
- Serengeti National park –Tanzania
- Fiord land National park –New Zealand
- Countries visited by Marco Polo.
- The Rashtrakuta, Pala, Pratihara and Rajput kingdoms.

Worksheet

Q1:-Define Environment.

Q2:-Explain the reason for biodiversity on the earth.

Q3:-Define Alluvial soil.

Q4:-List the changes you have ever observed in your surroundings.

Q5:-Explain any three steps to prevent soil from erosion

Q6:-Compare the medieval period according to India and Europe.

Q7:-Describe the condition of society during the Rajput rulers.

Q8:-Explain Preamble of the constitution.

Q9:-How are elections conducted in India.

Q10:-Investigate how many wildlife sanctuaries are there in India also collect information about any wildlife sanctuaries.

SANSKRIT

1 पांच औषधियों वाले वृक्षों के चित्र चिपका कर उनके संस्कृत में नाम लिखो।

2 अपनी फोटो चिपकाकर 7 वाक्यों में संस्कृत में आत्मपरिचय लिखें।

- 3 अपनी संस्कृत की पुस्तक सुरभि में से पांच सुलेख संस्कृत में करो।
 3 सुरभि:- पाठ 1 से 3 याद करें।
 4 शब्द रूप : छात्र, लता, किम्, तत्, अस्मद्, युष्मद् याद करके लिखो।
 5 धातु रूप : पठ्, गम्, दृश्, अस् पाँचों लकारों में याद करके लिखो।
 6 संख्यावाचक शब्द : 1 से 50 तक याद करके लिखो।
 1 से 4 तक संख्यावाचक शब्द तीनों लिंगों में चित्र सहित प्रदर्शित करें।

Syllabus for unit test

पाठ 1 से 3

शब्द रूप : छात्र, लता, (किम्, तत् तीनों लिंगों में)

धातु रूप : पठ्, गम्, अस् पाँचों लकारों में।

संख्यावाचक शब्द : 1 से 50 तक

1 से 4 तक संख्यावाचक शब्द तीनों लिंगों में

PUNJABI

किलकारी पंजाबी पाठ - पुस्तक - जाद करे - पाठ 1-3

पाठ 1- मेरा वसंदा देस पंजाब रहे

पाठ -2 महाराज दा नियां

पाठ-3 ईक ड़्बी विँच बँती दाटे

पंजाबी विआकरन - लिखे ते जाद करे- डा . सरवपल्ली राधाकृष्णन (page no. 155)

पँतर - मुँख अणियापक नूँ सैकसन बदलन लਈ बेनती पँतर लिखे। (page no. 185)

आपणे पिता जी तें कितानां कापीआं दे लਈ पेसे मंगवाउण लਈ पँतर लिखे। (page no. 193)

लिंग बदले (pg.no. 28)

विरोधी शब्द (pg.no.83)

नोट -लिखन वाला सारा कंम ' पंजाबी बी ' दी कापी विँच साढ-साढ लिखाਈ विँच लिखना है।

किरिआतमक कंम (Activities) (1) देसी महीनियां ते नावां दा चारट तਿਆर करे अते इहनां बारे जाणकारी दिओ।

(2) कसमीर दी धरती नूँ सवरग किउँ किहा जांदा है। इस दे रगिण - सगिण दी जाणकारी दिंदे होए चिँतर सगित वरनन करे।

नोट - किरिआतमक कंम करदे होए हेठ लिखीआं गँलां षिआन रँखनीआं हन -

* अैकटीविटी रंगदार शीट ते करनी है।

* पहिले पेज ते किरिआतमक कंम दी जाणकारी देनी है जिवे-

ਪੰਜਾਬੀ ਦਾ ਕਿਰਿਆਤਮਕ ਕੰਮ (*Project of Punjabi*)

ਫਿਰ ਵਿਸ਼ਾ (*Topic*) ਉਸ ਤੋਂ ਬਾਅਦ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ , ਰੋਲ ਨੰਬਰ , *admission* ਨੰਬਰ ਲਿਖਣਗੇ ਤੇ ਅੰਤ ਵਿੱਚ *Submitted to* ਤੇ *submitted by* ਲਿਖਣਾ ਹੈ ।

1st U.T. ਹੇਠ ਲਿਖਿਆ ਸਿਲੇਬਸ ਯਾਦ ਕਰੋ ।

ਕਿਲਕਾਰੀ ਪੰਜਾਬੀ – ਪਾਠ ਪੁਸਤਕ

ਪਾਠ 1-3 (ਮੇਰਾ ਵੱਸਦਾ ਦੇਸ਼ ਪੰਜਾਬ ਰਹੇ , ਮਹਾਰਾਜ ਦਾ ਨਿਆਂ , ਇੱਕ ਡੱਬੀ ਵਿੱਚ ਬੱਤੀ ਦਾਣੇ)

ਪੰਜਾਬੀ ਵਿਆਕਰਨ- ਪਾਠ – 1 ਬੋਲੀ ਜਾਂ ਭਾਸ਼ਾ

ਪਾਠ- 2 ਵਿਆਕਰਨ

ਲਿੰਗ ਬਦਲੋ- *pg.no.28*

ਵਿਰੋਧੀ ਸ਼ਬਦ *pg.no.83*



SBP DAY CENTENARY PUBLIC SCHOOL,
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