



GURU AMAR DASS PUBLIC SCHOOL

SUMMER HOLIDAYS HOMEWORK

GRADE - VII (2022-23)

- S - Sharing is caring**
- U - Use polite words**
- M - Meditate daily**
- M - Minimize use of mobile**
- E - Enjoy your holidays**
- R - Regular Exercising**

- V - Value extra-curricular activities**
- A - Admire good work**
- C - Clean your hands**
- A - Always help your parents**
- T - Take care of health**
- I - Inspire others**
- O - Offer help to each other**
- N - Nurture good values**
- S - Spread Happiness**



IMPORTANT INSTRUCTIONS

- Take the print out and do the work on of the worksheets
- Neatness and presentation are common parameters for most of the activities assigned. Please maintain the quality of work done.
- Holidays' homework will be assessed on certain parameters and marks/grade will be awarded accordingly.
- To score well in your upcoming exams strike a balance between your leisure time and studies.
- Marks of Holidays Homework will be added in your Mid-Term Examination.

BE A WONDERFUL HUMAN BEING: KEEP IN MIND TO

- Do the homework independently, only ask for assistance from your parents or guardians
- Remember to have a wide mouth container filled with water outside your house for the birds to get respite from the scorching heat.
- Pray to almighty daily and thank for the blissful life that you enjoy.
- Be a helping hand to your parents and learn the skill of shared responsibility.
- Do the work by following the guidelines given with each work or activity
- Spend time with your parents and grandparents, their rich experience will help you overcome challenges with ease.

HEALTHY LIFESTYLE BE YOUR PRIORITY

- Give prime importance to your health. Eat lots of fruits, do exercise and get into yoga
- Pledge for "Eat Right -Less Sugar, Less Oil and Less Salt"
- Wash hands frequently, especially before and after meal.
- Avoid sharing of towel, handkerchief, brush with others.
- Drink plenty of water.

REQUEST TO PARENTS

- Summer vacation time is an opportunity to spend the quality time with your child and make him/her feel special of his unique identity.

So just spare sometime and do the following:

- Talk about Omni presence of **God** and humility being developed with regular prayers and doing good deeds as to offer best prayer to the God. Take them some religious places.
- Let them feed the poor and share things with needy people with love, let them enjoy the **Art of Giving**.
- Talk about the importance of parents and elders.

Assignments

Subject	English
	<ul style="list-style-type: none"> Read lesson 4 and 6 from your main course book willow and write 20 new words from each chapter with meanings. Write a bio-sketch of Levi Strauss given on Page No. 52 of Practice paper. Write a report on the topic given on Page No. 315 of Practice Paper. Solve reading comprehension of Part-A of Practice paper. Prepare a Tense Table.
Subject	Mathematics
★ check your progress of Ch-1, Ch-2 by solving following worksheets on workbook, with pencil:- Ch – 01 (WS 01-08) Ch – 02 (WS 11-20)	
★ Prepare an art integrated project: on the following topics acc. to R. No.	
Roll No.	Topics
01 to 17	Integers.
18 to 40	Fractions and Decimals
★ Learn square table of 2 to 20. ★ Create different polygons by pasting matchsticks and also write the name of the polygons on A4 size sheet. ★ Count the total number of windows in your home and find the fraction of each room's windows with the total number of windows. Also reduce the fraction into lowest form if possible.	
Subject	Hindi
1. पाठ्य पुस्तक 'नव भारती' में से पाठ 5 से 9 पढ़ो तथा पुस्तक अभ्यास हल करो। 2. पाठ 5 से 9 में से 10 -10 विशेषण शब्द छाँटकर लिखें। 3. पीरियाडिक टेस्ट-I के संपूर्ण शब्द भंडार याद करके अपनी अवकाश पुस्तिका में लिखें। 4. (क) समय का सदुपयोग विषय पर दो प्रेरक कविताएँ लिखिए। (अनुक्रमांक 1 से 10) (ख) देशभक्ति विषय पर दो कविताएँ लिखिए। (अनुक्रमांक 11 से 20) (ग) वर्षा ऋतू पर मन को इंकार देने वाली दो कविताएँ लिखिए। (अनुक्रमांक 21 से 30) (घ) पानी बचाने के प्रति लोगों को जागरूक करने के लिए A4 साइज शीट पर कुछ सूक्तियाँ आकर्षक तरीके से लिखिए। (अनुक्रमांक 31 से 39)	

Punjabi	<ul style="list-style-type: none"> ▪ ਇਕਹਿਰੇ ਪਰਿਵਾਰ ਅਤੇ ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਵਿੱਚ ਕੀ ਅੰਤਰ ਹੈ ਸਪੱਸ਼ਟ ਕਰੋ ਤੇ ਤੁਸੀਂ ਕਿਹੜੇ ਪਰਿਵਾਰ ਵਿੱਚ ਰਹਿੰਦੇ ਹੋ ਉਸ ਬਾਰੇ ਲਿਖੋ। ▪ ਪਾਣੀ ਬਚਾਉ ਨੂੰ ਦਰਸਾਉਂਦਾ ਚਿੱਤਰ ਬਣਾਉ ਤੇ ਉਸ ਬਾਰੇ 10 ਲਾਈਨਾਂ ਲਿਖੋ। ▪ ਪਾਠ ਪੁਸਤਕ ‘ਨਵੀਂ ਨੁਹਾਰ’ ਦੇ ਪਾਠ 6 ਤੋਂ 8 ਪੜ੍ਹੋ ਅਤੇ ਉਸਦਾ ਅਭਿਆਸ ਹੱਲ ਕਰੋ। ▪ ‘ਪ੍ਰਦੂਸ਼ਣ’ ਵਿਸ਼ੇ ਤੇ ਲੇਖ ਲਿਖੋ। ▪ ਪੰਜਾਬ ਵਿੱਚ ਪਾਏ ਜਾਂਦੇ ਲੋਕ ਸਾਜਾਂ ਦੇ ਨਾਂ ਲਿਖੋ ਤੇ ਤਸਵੀਰਾਂ ਵੀ ਲਗਾਉ।
Computer	<ul style="list-style-type: none"> ○ Solve bookwork of chapter 4, 5. ○ Make a powerpoint presentation displaying characteristics and advantages of a computer. ○ Draw a branched flowchart to select the largest of three given numbers.
G.K.	<p>★ Make a colourful collage on any one of the states of Northern plains (Haryana, Uttar Pradesh, West Bengal, Bihar, Punjab) and include the following(on A3 size sheet):-</p> <p>*Food *Dress *Festivals * Crops * Dance * Tourist Spots.</p> <p>★ Write ten current affairs based questions/ Answers. (Related to Punjab)</p>
Science	<p>Lab activity</p> <ol style="list-style-type: none"> 1) To test the action of saliva on starch (P-23) 2) To determine the nature of the given solution using litmus paper. (P-63) 3) To determine the nature of the given solution using yellow turmeric paper. (P-64) 4) To determine the time period of pendulum. (P-174) <p>Model making activity</p> <p>Study and prepare an innovative model to represent “permanent set of teeth” or “Nutrition in Amoeba” using pencil, charcoal, water colour, crayon, gouache, acrylic colour and other unconventional sources of colour or any other suitable material and display it in a decorative box.</p>
Social Science	<ol style="list-style-type: none"> 1. Make a poster on major domains of the Earth. 2. Make a well labelled poster on three layers of Earth. 3. Make a poster on the steps to maintain good health. 4. Locate and label eight regions of Mughal Empire under Akbar.

Activity Time

1. **Fitness:** "A good health is the best wealth!". Meditate and do yoga daily.
2. **Reading:** "Today a reader, tomorrow a leader!" Inculcate the habit of reading newspapers, magazines, journals etc.
3. **Writing:** To develop writing skills, write one page of your daily routine activities.
4. **Dance:-** Dance is the joy of movement and the Heart of Life, Don't need wings to Fly. Let's Rock and Roll :
Click the link:- https://www.youtube.com/watch?v=QK-A_cSz6pc

DRAWING IS A VISION ON PAPER

Make an Innovative article using waste material.

NOTE: REVISE PT – I SYLLABUS OF ALL SUBJECTS.

World Environment Day Activity

On 5th June “**World Environment Day**” is celebrated. Make an eco-friendly card using different shape and size, dry leaves, grass, wood twigs, stems. Write catchy slogan also on it.



As we all know, Father's Day is celebrated worldwide to honour fatherhood. Father's Day falls on the third Sunday of June. So, here is an activity for you to celebrate this day with your father in a special way.

Make a beautiful card. Decorate it nicely. Compose a poem on your father and write it inside the card. Give this card to your beloved father with a rose flower.



Happy
Father's
Day!



To keep you and your family members fit it's important to do yoga daily.

We celebrate YOGA DAY on 21st June so on that day all the Family members should do yoga and send the photos and videos to the Form Educator.

