

HOLIDAY HOMEWORK

CLASS : VII

MGD GIRLS' SCHOOL, JAIPUR

SESSION 2022-23

Dear Students

'Develop a passion for learning . If you do , you will never cease to grow.'

Throughout the pandemic, we appreciated your ability to adapt to an ever-evolving situation and to find opportunities for growth amid the many changes.

We were overjoyed to have you back in the school in the new session !
The school campus came alive with your presence in the classrooms.

It is summer vacation time, where you can relax , have fun and explore new places .
But there is a lot more you can do to make the vacations more meaningful .

The Holiday Homework has been designed to ensure that you enjoy and learn at the same
time. It will help you to channelize your creative energy .Doing it with the right spirit
and
enthusiasm will make it a great learning experience . Make sure your work is neat ,
presentable and conforms to the subject specific guidelines given by teachers.

Apart from completing work assigned by your teachers, you can:

- Keep yourself updated on current affairs by inculcating the habit of reading newspaper.
- Improve your handwriting by writing a page of English and Hindi daily.
- Read at least two books of your interest during the vacation. Maintain a self-made dictionary of the new words you come across while reading
- Show care and concern . Help the elders in the house in small household chores like cleaning the cupboards, watering plants, making the bed etc. and assist younger people around you in studies.

“The capacity to learn is a gift;

the ability to learn is a skill;

the willingness to learn is a choice”.

We wish you abundance of joy this summer with your family and friends.

Let's all spread kindness and laughter !

Wish all of you safe and healthy holidays!

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(TABLA)
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HOLIDAY HOMEWORK
ENGLISH

Given below is the list of the suggested reading. Pick any one of these books and do as directed.

The assignment requires you to complete the work in four A 4 sheets (points 1-4) with headings and attach the sheets in the portfolio.

1. Make a book cover. Be artistic and go crazy with art! (Sheet 1)
2. Write about the main characters and the setting of the book. (Sheet 2)
3. Write the summary of the book in 80 to 100 words. (Sheet 3)
4. Write about the character you liked the most. (Sheet 4)

Lastly, be prepared to share your reading with the class after the summer break!

SUGGESTED READINGS:

1. Black Beauty by Anna Sewell
2. The Secret Garden by Frances Hodson Burnett
3. The Adventures of Tom Sawyer by Mark Twain
4. Bridge to Terabithia by Katherine Paterson
5. Where the Red Fern Grows by Wilson Rawls
6. The Lightning Thief by Rick Riordan

HOLIDAY HOMEWORK
HINDI

निर्देश

1. सुंदर लेख लिखें।
2. कविता, संवाद एवम डायरी लेखन को चित्र तथा रंगों के प्रयोग से आकर्षक बनाने का प्रयास करें।

ग्रीष्मावकाश गृहकार्य -

"पक्षी की अभिलाषा" विषय पर अनुच्छेद अथवा स्वरचित कविता लिखें।



- * अपनी दादी या नानी माँ का चित्र चिपकाकर या स्वयं बनाकर उनसे उनके बचपन, पढ़ाई और रुचियों के बारे में पूछते हुए उत्तर पुस्तिका में लिखें।
- * महाभारत देखना (by B.R. Chopra) और उसमें से कठिन शब्द लिखना।
- * महाभारत से मिलने वाली पाँच शिक्षाएँ अपनी उत्तर- पुस्तिका में लिखें।
- * महाभारत के किन्हीं दो पात्रों की बातचीत संवाद के रूप में लिखें एवं उसे याद भी करें।
- * डायरी लेखन (छुट्टियों के दौरान यदि कहीं घूमने गए हैं तो अपने अनुभव किन्हीं भी चार दिनों के अपनी डायरी में दिनांक-सहित लिखें।)
- * हिन्दी साहित्य की पाँच कहानियाँ पढ़ें।

HOLIDAY HOMEWORK
FRENCH



1. To revise all the “ ER” Ending verbs of Class 6 and to write them in NB.
2. To revise and write in NB culture & civilisation of France of class 6.
3. To mark cities and neighbouring countries of France on French Map.
4. To complete the posters of Monuments & Body Parts in French on A4 Size Sheet.

HOLIDAY HOMEWORK
SANSKRIT

1. चित्रात्मक शैली का प्रयोग करते हुए लङ् लकार एवं लट् लकार में प्रत्येक के कोई भी पाँच - पाँच वाक्य लिखें ।
(भाषा समृद्धता हेतु गतिविधि)
2. कोई भी 5 नीति श्लोक कंठस्थ कर अपनी उत्तर-पुस्तिका में अर्थ सहित लिखें । (भाषा समृद्धता हेतु गतिविधि)

e link :-

<https://www.shiveshpratap.com/%E0%A4%B8%E0%A4%82%E0%A4%B8%E0%A5%8D%E0%A4%95%E0%A5%83%E0%A4%A4-%E0%A4%A8%E0%A5%80%E0%A4%A4%E0%A4%BF-%E0%A4%B6%E0%A5%8D%E0%A4%B2%E0%A5%8B%E0%A4%95-%E0%A4%85%E0%A4%B0%E0%A5%8D%E0%A4%A5-%E0%A4%B8/>

3. पूर्व पाठित व्याकरणिक विषयों का अध्ययन करें ।
4. अपना और अपने मित्रों के नाम का वर्ण-विच्छेद करें और उनके चित्र भी रंगीन A4 size शीट पर चिपकाएँ ।
(विषय वैविध्य गतिविधि)
5. संस्कृत भाषा में 'जन्मदिवस गीत' कंठस्थ कर अपनी उत्तर-पुस्तिका में लिखें ।

e link :- <https://youtu.be/2byNWJpS4iE>

HOLIDAY HOMEWORK

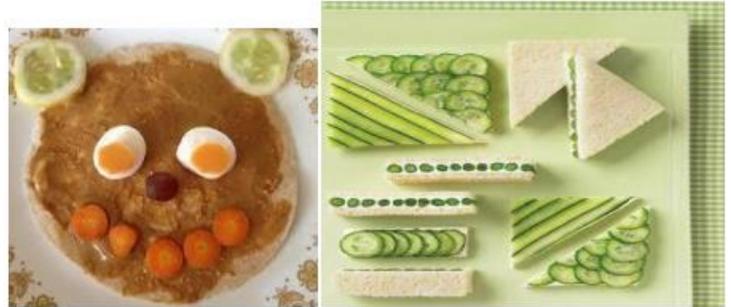
MATHEMATICS

General Instructions –

- 1) Attempt all four activities in A4 size sheet .
- 2) Revise all the work done till now. Practice questions given in the end of the worksheet to be done in A4 size sheet.
- 3) In case of any query contact your subject teacher.

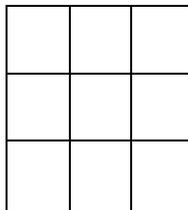
1. FUN WITH GEOMETRY

Innovating with Geometrical shapes is so much fun. It not only involves playing with our imagination but also recreating things in a meaningful way. Try your hands at recreating some healthy snack that keep us fit and present it using Geometrical shapes. Enjoy this snack with your family and friends!! (Click the picture of the dish you have paste it on the sheet and explain it.)



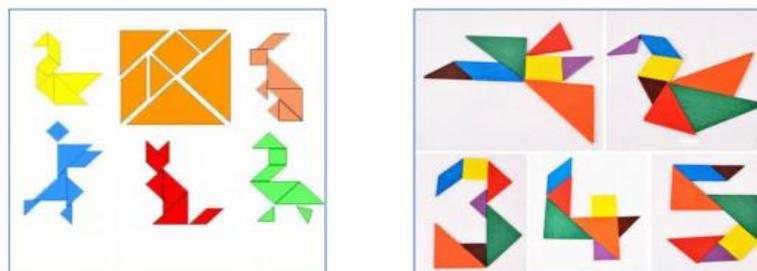
2. MAGIC SQUARE

In this magic square game you have to place the numbers 1 to 9 inside the squares, in such a way that the sum of any three numbers vertically, horizontally, or diagonally equals to 15.



3. TANGRAM

A Tangram is an ancient Chinese moving piece puzzle, consisting of 7 pieces made using 3 basic geometric shapes. There are two large, one medium and two small triangles, one square and one parallelogram. Now using your creativity, make any 4 different objects/animals using the 7- piece tangrams. Click pictures of the objects/animals made and paste them on an A-4 size sheet. A few examples are:



Make your own Tangram square. You can take help of the following link.

<https://www.tangram-channel.com/crafts-activities/draw-your-own-tangram/>

4. SUMMER SUDOKU

Solve the Sudoku puzzle by filling the spaces with numbers from 1 to 9. Make sure no number appear twice in the same row, column or 3×3 square.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



Practice Questions based on Integers and Fractions

1. Solve: $(-5) + 31 - (-31)$
2. Fill in with $>$, $<$ or $=$: $4 - (-33) + 31$ _____ $(-4) + (-31) + 31$
3. Find the product : $(-5) \times (-24) \times (30) \times (-1)$
4. Verify : $18 \times [(-3) + (-7)] = [18 \times (-3)] + [18 \times (-7)]$
5. Solve : a) $(-14) \div (2)$ b) $0 \div (-3)$
6. Find the sum : $1\frac{5}{7} + \frac{5}{21} + 3$
7. Arrange the following in descending order: $\frac{1}{3}, \frac{5}{7}, \frac{2}{3}$
8. Find the product: $1\frac{7}{9} \times 3\frac{2}{3} \times 5\frac{1}{2}$
9. Solve : $\frac{13}{31} \div \frac{39}{41}$
10. Ramesh solved $\frac{1}{7}$ part of an exercise while Seema solved $\frac{3}{5}$ of it. Who solved lesser part?

HOLIDAY HOMEWORK

SCIENCE

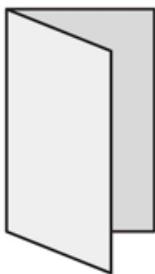
GENERAL INSTRUCTIONS :

- Four activities are given below .Do your work systematically and follow instructions given along with each activity.
- Each activity carries marks.
- The Holiday Homework has to be submitted when school reopens after the summer break.

1. Design a brochure using the following instructions.

A brochure is an informative paper document that can be folded in a pamphlet or leaflet.

- Choose any one state of India.
- Find out the official/state animal or bird of that state.
- Take a sheet (preferably A 4) and fold it into two parts as shown.



- On the front page mention the name of the chosen state
 - On the rest of the sides,write features and add sketch/drawing/picture of the state animal or bird.
 - Use colourful pictures,doodle,borders, slogans etc. to make your brochure attractive.
- If you get a turmeric (*haldi*) stain on your clothes while eating food and try to wash it off with soap, the stain becomes red.
 - Why does this happen?
 - Find out how to remove turmeric (*haldi*) stains from clothes.
 - Present your findings neatly on an A4 sheet of paper .
 - Take two slices of bread in your home. Keep one slice of bread in the refrigerator and the other outside at room temperature with water sprinkled on it. Observe the two slices after 2-3 days. Based on the above, do the following on A4 size sheets.
 - Paste photographs of both slices of bread.
 - Write your observation .
 - What is the reason for the difference in condition of the two bread slices ?
 - Find at least two Yoga excercises that help you in conditions/diseases related to the digestive system .
Write about them and paste the related pictures on A 4 size sheets.

HOLIDAY HOMEWORK

SOCIAL SCIENCE

Worksheet 1

Q1. Multiple choice questions

- i. When the molten magma cools, it solidifies to become :
a. Sedimentary rock b. Igneous rock c. Metamorphic rock d. None
- ii. The radius of the innermost layer of the earth :
a. 3700 km b. 2900 km c. 3500 km d. 8371 km.
- iii. AL Biruni wrote an account of the subcontinent under Mahmud known as :
a. Prashashti b. Kitab-ul-Hind c. Muvender d. None

Q2. Fill in the blanks :

- i. Brahmans often received land grants called _____.
- ii. Chola _____ are considered amongst the finest in the world.
- iii. The _____ has very high temperature and pressure.

Q3. Answer the following :

- i. Name the minerals which are used as fuels .

Ans. _____.

- ii. What is Rock Cycle ?

Ans. _____.

- iii. Why were the temples first targets of the rulers ?

Ans. _____.

- iv. Who defeated the Afghan ruler Muhammad Ghori ?

Ans. _____.

Worksheet 2

Q1. Multiple choice questions :

i. The uppermost layer of the Earth is called

- a. Mantle b. Core c. Crust d. None

ii. "Joothan" is an autobiography of a Dalit writer named

- a. Arundhati Roy b. Kiran Desai c. Om Prakash Valmiki d. None

iii. The Father of our Constitution is :

- a. Motilal Nehru b. Dr. B. R. Ambedkar c. C. Rajgopalachari d. None

Q2. Very short answers :

i. What was Brahmadeya ?

A. _____.

ii. What were Ur and Nagaram ?

A. _____.

iii. The meaning of the term 'Dalit' is ?

A. _____.

iv. List the constituents of Mantle and Core .

A. _____.

Q3. Answer the Following :

i. What were the activities associated with Chola temples ?.

Ans. _____.
_____.

ii. Define the Civil Rights Act of 1964.

Ans. _____

iii. Write five Do's and Don'ts during Earthquake.

Ans _____

_____.

iv. Write a report of six lines on any recent Earthquake disaster.

HOLIDAY HOMEWORK
COMPUTER

1. Convert the following Decimal numbers to their Binary equivalents:

- a) 15 b) 13 c) 24 d) 532

2. Convert the following Binary numbers to their Decimal equivalents:

- a) 10101010 b) 11101100 c) 10000001 d) 10001111

3. Convert the following Octal numbers to their Decimal equivalents:

- a) 128 b) 147 c) 457 d) 123

4. Convert the following Hexadecimal numbers to their Decimal equivalents:

- a) B3AD b) 3FF c) 36C9 d) 45E

5. What is a database?

6. Define field and record with respect to database.

7. Define the Base or Radix of a number system.

8. Give two rules to enter field names.

HOLIDAY HOMEWORK

ART

Drawing & coloring on A3 size sheet. Use any medium.

Topic: Let's pledge to make Rajasthan free from single use Plastic.

1 Canvas Painting (A3 size stretched canvas, acrylic paints)

Topic: Birds composition

HOLIDAY HOMEWORK

VOCAL MUSIC

Instructions:

1. In your music notebook, write down these:
 - Alankaars 1 to 10
 - Definitions- Alankaar, sangeet, taal
 - Taal- Dadra, kehrwa, teen taal
 - Prayers- humko mann ki shakti dena, yeh mat kaho khuda se
 - Songs- tu zinda hai tu zindagi ki jeet par yakeen kar, dharti ki shaan
 - School prayer- I would be true
 - School song- Oh come let's sing of MGD
 - National song- Vande matram
 - National anthem
 2. Learn and practise all songs and prayers.
 3. Notebooks will be checked once the school reopens.
-

HOLIDAY HOMEWORK

BHARATNATYAM

1. Write about the origin of dance in your notebook.
 2. Prepare a western dance choreography on any song of your choice. The time duration should be 1-2 minutes.
-

HOLIDAY HOMEWORK

KATHAK

Prepare One Western Dance (Freestyle)

HOLIDAY HOMEWORK
INSTRUMENTAL MUSIC (TABLA)

- Practice the following “taal” and “palte”

(i) ताल

1. ताल तीनताल

धा धिन धिन धा । धा धिन धिन धा

* 2

धा तिन तिन ता । ता धिन धिन धा

0 3

2. ताल कहरवा

धा गे ना ती । ना क धी ना

* 0

3. ताल दादरा

धा धी ना । धा ती ना

* 0

4. तालरूपक

तीन तीन ना । धिन ना । धिन ना

0 2 3

5. कायदातीनताल

धा धा तीट । धा धा तिन ना

ता ता तीट । धा धा तिन ना

(ii) पलटे

1. धा धा तीट । धा धा तीट

धा धा तीट । धा धा तिन ना

ता ता तीट । ता ता तीट

धा धा तीट । धा धा तिन ना

2. धा ती ट धा । ती ट धा धा
धा धा ती ट । धा धा तू न
ता ती ट ता । ती ट ता ता
धा धा ती ट । धा धा तू ना

3. धा धा धा धा । ती ट ती ट
धा धा ती ट । धा धा ती ना
ता ता ता ता । ती ट ती ट
धा धा ती ट । धा धा ती ना

PHYSICAL EDUCATION –2022-23 CLASS- 7

PROJECT :-- To use their research skills and creative capabilities to get to know a little more about the games that they love to watch and play. Each student is required to present his/ her findings in any one of the following ways:

- **Poster**
- **Collage**
- **Pamphlet**
- **Sports Magazine**
- **Model making**
- **Digital Project**

Show your creativity with full enthusiasm. The best projects prepared by the students shall be posted on school Facebook page.

Class & Sec.	Sport to Research on and present	Suggested information in the project
8 A to G	HOCKEY	1. Field dimensions 2. Terminology used in the game
7 A to G	BASKETBALL	3. Important tournaments and players 4. Pictures of related sports persons
6 A to G	SWIMMING	

- **Play one hour everyday for your mental & physical fitness. Playing game will increase your inner strength , You will be more fit & happier.**
- **Make your fitness planner.**

SUBJECT-YOGA

In present scenario daily Yoga and exercises practices are very much required for every individual.

Students during holidays, as I always ask you to take a Yoga session at home for your parents and grandparents.

You should practice these daily with your family.

1. Om chanting-9 times
2. Spot jogging-1 minute
3. Neck exercises, shoulder rotation, simple leg bending from knee
4. Forward-backward bending
5. Spinal twisting
6. Paschimotanasan-30 seconds
7. Dhanurasan-15 seconds
8. Pawanmuktasan-30 seconds
9. Shavasan-2 minutes
10. Bhastrika Pranayam-1-2 minutes (deep breathing little fast)
11. Kapalbhathi-50 strokes
12. Anulom-vilom-5 minutes
- 13 .Bhramari Pranayam-5 times
14. Meditation (concentrate and feel your natural breathing)
15. Laughing exercise.

You will make a page of daily attendance it will be checked after holidays.

*Drink water in a sufficient amount *Pray God to keep this universe happy and healthy.

* Don't take stress

*Pray God to keep this universe Happy and Healthy.
