

MGD Girls' School, Jaipur
CBSE Curriculum
Summer Holiday Assignment
Grade VII
Session 2026-27

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ENGLISH

SDG Integrated Project Work

Keeping in mind the school theme for the academic year — “SDG: Action Begins with Me” — students are required to complete the following activities by connecting them with relevant Sustainable Development Goals (SDGs) such as Good Health and Well-being, Gender Equality, Quality Education, Peace and Justice, and Reduced Inequalities.

1. Write a **detailed biography of any famous sportsperson** in a reusable file. Highlight how the player’s life, struggles, achievements, discipline, leadership, or social contributions inspire society and promote values connected with SDGs.
2. Write a **biography report** on:
 - One sports person from Nagaland (for Roll Numbers 1-15) and
 - One sports person from Rajasthan (for Roll Numbers 16 – 30 onwards)

The report should be prepared separately on a sheet of paper for class presentation. Students should also mention how the sportsperson has contributed towards social awareness, equality, health, youth empowerment, or community development.

3. **Conduct an interview** with your family members about their favourite sportsperson and write the interview in your reusable file. Use proper speech marks and punctuation marks. Also include a short reflection on the positive values and life lessons students can learn from sports personalities in promoting teamwork, discipline, respect, and healthy living.

BOOK REVIEW

Here is a list of suggested reading:



1. Piper at the Gates of Dawn by Patrick Ness

2.  Displaced by Patrick Ochieng
3.  Starfish by Lisa Fipps
4.  Amal Unbound by Aisha Saeed
5.  The Glass Town Game by Catherynne M. Valente

Please Note:

1. Choose any two books for reading.
2. Write about the theme, characters and present your own review (250 words) in the reusable file.

WORK IS TO BE SUBMITTED BY 6TH JULY 2026

READING CHAMP

Dear students

The famous writer, C S Lewis said, “Literature adds to reality, it does not simply describe it.”

Reading is not merely a habit; it is a quiet awakening of the mind and spirit. In an era of fleeting distractions, reading anchors the mind, refines language, nurtures imagination and cultivates patience, focus, empathy, perspective, and discernment.

Books are faithful companions, reflecting our inner selves while opening vistas beyond our immediate world. Therefore, we would like to share a list of readable books with you. Knowing, for sure, that you will read the maximum number of books from the given list.

A true **Reading Champ** never stops exploring through pages. Challenge yourself this summer to read as many books as you can, because every book you finish adds strength to your mind and wings to your dreams. Read more, learn more, and grow

more every single day. You may add more books of your choice to the list and share with your friends and teachers.

Suggested Books

- *The Blue Umbrella* – Ruskin Bond
- *Grandma’s Bag of Stories* – Sudha Murty
- *The Jungle Book* – Rudyard Kipling
- *Malgudi Days* – R.K. Narayan
- *Charlie and the Chocolate Factory* – Roald Dahl
- *Wonder* — R. J. Palacio
- *Hatchet* — Gary Paulsen
- *Matilda* — Roald Dahl
- *The Boy Who Harnessed the Wind* — William Kamkwamba
- *The Secret Garden* — Frances Hodgson Burnett



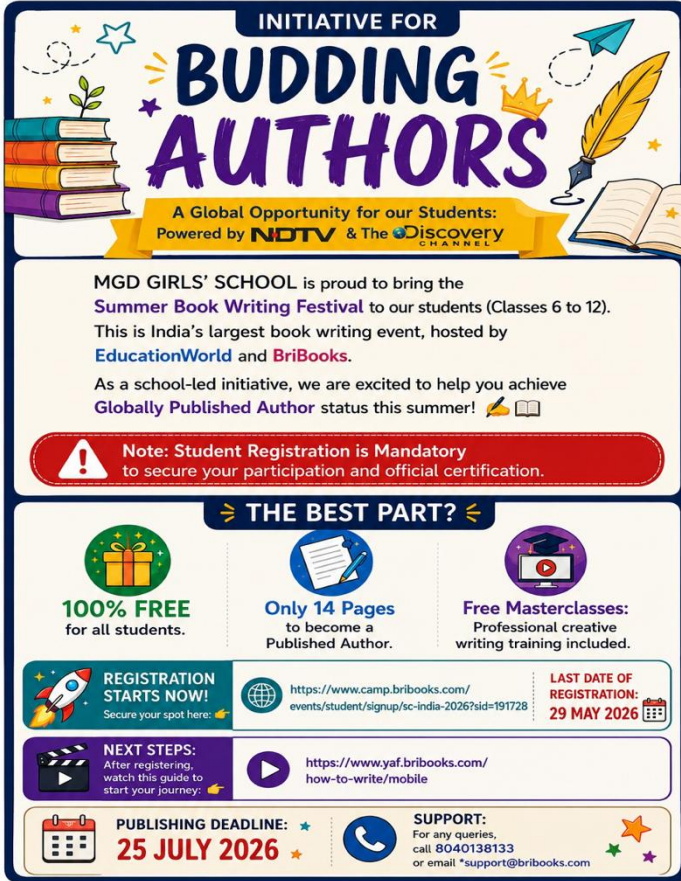
BUDDING AUTHORS ARCADE

As your reading journey continues, you will surely be inspired to pen a book yourself. The school is providing you a great opportunity to be a published author.

Register yourself by 29 May 2026

Secure your spot here:

<https://www.camp.bribooks.com/events/student/signup/sc-india-2026?sid=191728>



INITIATIVE FOR
BUDDING
AUTHORS

A Global Opportunity for our Students:
Powered by **NDTV** & The **Discovery CHANNEL**

MGD GIRLS' SCHOOL is proud to bring the
Summer Book Writing Festival to our students (Classes 6 to 12).
This is India's largest book writing event, hosted by
EducationWorld and **BriBooks**.
As a school-led initiative, we are excited to help you achieve
Globally Published Author status this summer!

Note: Student Registration is Mandatory
to secure your participation and official certification.

THE BEST PART?

- 100% FREE** for all students.
- Only 14 Pages** to become a Published Author.
- Free Masterclasses:** Professional creative writing training included.

REGISTRATION STARTS NOW!
Secure your spot here: <https://www.camp.bribooks.com/events/student/signup/sc-india-2026?sid=191728>

LAST DATE OF REGISTRATION:
29 MAY 2026

NEXT STEPS:
After registering, watch this guide to start your journey: <https://www.yaf.bribooks.com/how-to-write/mobile>

PUBLISHING DEADLINE:
25 JULY 2026

SUPPORT:
For any queries, call 8040138133 or email *support@bribooks.com

हिंदी

1. योग एवं व्यायाम (डायरी लेखन) / सृजनात्मक प्रस्तुति

विद्यार्थी 5-7 दिन तक योग या व्यायाम का अभ्यास करें।

प्रतिदिन का अनुभव डायरी अथवा सृजनात्मक लेखन के रूप में लिखें।

2. कॉमिक स्ट्रिप / कविता (10-12 पंक्ति) / सृजनात्मक लेखन

(200 शब्द)

स्वयं को पर्यावरण एवं स्वच्छता रक्षक मानते हुए अपने प्रयासों को किसी एक रूप में प्रस्तुत करें।

3. राजस्थान एवं नागालैंड राज्यों पर निम्नलिखित विषयों पर शोधकार्य (Research) कीजिए एवं कक्षा प्रस्तुतीकरण करें –

- दर्शनीय स्थल एवं विरासत
- लोककला एवं कलाकार
- खान-पान
- स्वतंत्रता सेनानी
- त्यौहार, उत्सव, परंपराएँ
- इतिहास, भाषा, जीवनशैली

SANSKRIT

1. अपने जन्म दिवस या किसी विशेष अवसर पर जरूरतमंद व्यक्तियों को भोजन देते हुए अपना फोटो खींचकर अपनी विषय अध्यापिका को भेजें।
2. किन्हीं 10 पौष्टिक खाद्य सामग्रियों के चित्र चिपकाकर उनके संस्कृत नाम लिखना । (A -4 साइज शीट)
- 3 स्वच्छ भारत विषय पर चित्र सहित संस्कृत में संदेश लेखन / सूक्तिलेखन
- 4 भारत की किन्हीं पाँच संस्थाओं के ध्येय वाक्यों को संस्कृत में लिखना ।(A -4 साइज शीट) .

एक भारत श्रेष्ठ भारत

- 1 -राजस्थान की मरुभूमि तथा नागालैंड के बागानों को चित्र द्वारा दर्शाना तथा पर्यावरण / प्रकृति के उपादानों जैसे - पशुओं , वनस्पति आदि के नामोंका संस्कृत लेखन।
- 2.राजस्थानी तथा नागालैंड वेशभूषा में स्त्री /पुरुष का चित्र बनाना । मानवशरीर के अंगों के नामों का संस्कृत भाषा में लेखन तथा चित्रों द्वारा प्रदर्शन ।
- 3.राजस्थान तथा नागालैंड की पांच प्रसिद्ध नदियों व पहाड़ों को चित्रों केमाध्यम से दर्शाते हुए उनके नामों का संस्कृत में लेखन।
- 4.राजस्थान व नागालैंड के औषधीय गुण वाले पेड़ पौधों का चित्रों द्वारा प्रस्तुतीकरण व उनके नामों का संस्कृत में लेखन।
- 5.राजस्थान व नागालैंड के स्वास्थ्य वर्धक जैसे - नेत्र ज्योति , बुद्धि तथाशरीर को पुष्ट बनाने वाले खाद्य पदार्थों के नामों का संस्कृत लेखन एवं चित्रद्वारा प्रस्तुतिकरण ।

FRENCH

"Mon Journal Écolo" (My Eco-Diary)

The Task

Create a 7-day Weather & Action Diary. For each day, you will record the weather in French and one simple action you took to help the planet.

Instructions

1. **Format:** Use one A4 sheet of recycled paper or cardboard. Divide it into 7 squares (one for each day).
2. **Weather:** Write the weather for that day in French.
3. **Action:** Write one short sentence in French about a "Green Action" you did.
4. **Visual:** Draw a small symbol for the weather and the action (e.g., a sun and a bicycle).

French Help Bank

1. Quel temps fait-il ? (The Weather)

- Il fait beau. (It is beautiful weather.)
- Il fait chaud. (It is hot.)
- Il pleut. (It is raining.)
- Il y a du soleil. (It is sunny.)

2. Mes Actions Écolos (Green Actions)

- Je ferme le robinet. (I turn off the tap.)
- Je ferme la lumière. (I turn off the light.)
- Je plante une fleur. (I plant a flower.)
- Je marche à pied. (I walk by foot.)
- Je recycle le papier. (I recycle paper.)

Example Entry

Lundi (Monday)

- Météo: Il fait beau. *
- Action: Je marche à pied. A
- SDG Goal: Action pour le climat !

AIP Project Title: "L'Union dans la Diversité : Rajasthan et Nagaland"

(Unity in Diversity: Rajasthan and Nagaland)

Section 1 : Les Paysages (The Landscapes)

Art Activity: Draw a "Split Screen" landscape. On the left, draw the sandy Thar Desert. On the right, draw the green, misty hills of Nagaland.

- Rajasthan: Il fait chaud. C'est un désert avec du sable. (It is hot. It's a desert with sand.)
- Nagaland: Il fait frais. Il y a des collines vertes. (It is cool. There are green hills.)

Section 2: La Cuisine (The Food)

Art Activity: Use cut-outs from old magazines or food flyers to make a collage of two iconic dishes.

- Rajasthan: Le Dal Baati Churma.
- C'est délicieux et très populaire. (It's delicious and very popular.)
- Nagaland: Le Samathu (Smoked pork with bamboo shoots).
- Le bambou est très important à Nagaland. (Bamboo is very important in Nagaland.)

Section 3: Les Vêtements (The Clothing)

Art Activity: Design two paper dolls or "outfit cards." Use colorful patterns (bandhani for Rajasthan, tribal shawls for Nagaland).

- Rajasthan: Les vêtements sont très colorés. Les femmes portent le "Lehenga". (The clothes are very colorful. Women wear the "Lehenga".)
- Nagaland: Les hommes et les femmes portent des châlestraditionnels. (Men and women wear traditional shawls.)

Section 4: Les Festivals (The Festivals)

Art Activity: Create a Venn Diagram using two different colors of paper. In the middle, write things they share (music, dance, family).

- Rajasthan: Le Festival du Désert. (The Desert Festival.)
- Nagaland: Le Festival du Hornbill. (The Hornbill Festival.)
- Common Phrase: Nous aimons la danse et la musique ! (We love dance and music!)

MATHEMATICS

Instructions :

Do the given homework (Q1. & Q2.) on A4-size sheets and arrange them neatly in a folder.

1. Theme: Healthy Food, Zero Waste

Related SDG: SDG 2: Zero Hunger and

SDG 12: Responsible Consumption and Production

Activity Title

"Know Your Lunch Habits"

Aim

To collect, organize, and represent data using tally marks, bar graphs, and pie charts while understanding the importance of nutrition and reducing food wastage.

(a) Prepare a Tally Marks Table

Example format:

| Lunch Type | Tally Marks | Number of Meals |
|-----------------|-------------|-----------------|
| Home-made lunch | | |
| Packed food | | |

No lunch

(b) Draw a Bar Graph

Use:

* *X-axis* → *Lunch Categories*

* *Y-axis* → *Number of Students*

Make it colorful and neatly labelled.

(c) Family Connection

Activity

Discuss the following with your grandparents or elders:

Questions to Ask:

1. How did people preserve food earlier without refrigerators?
2. What traditional methods were used to avoid food wastage?
3. Which healthy homemade foods were commonly eaten?
4. How was leftover food reused creatively?

(d) Creative Task

Decorate your project with:

- * Drawings of healthy lunch boxes
- * Nutrition slogans
- * SDG symbols
- * Food conservation tips

You may also add:

- * Healthy recipes from grandparents

* Newspaper cuttings

* Photos/sketches

2. "Four 4s" Challenge

* Objective: Deepen understanding of operators and brackets to reach a specific value.

* How to Play: Challenge students to use exactly four '4' digits (4, 4, 4, 4) and any operators (+, -, x, ÷) and brackets to create expressions that equal every number from 1 to 10.

* Examples:

$$4 \div 4 + 4 - 4 = 1$$

$$(4+4) \div 4 + 4 = 6$$

$$4+4+4+4 = 16$$

3. Learn the levels of Rubik's cubes

SCIENCE

Theme: Explore Science Around You

Science is not limited to books—it exists in your surroundings, your home, your garden, your kitchen, and even in the weather. This summer, become a young scientist and explore the world around you.

TASK 1: SCIENCE AROUND ME

Observe your surroundings carefully and complete the following:

A. Natural and Man-Made Things

Make a list of:

- 5 Natural Things (Example: Trees, Clouds, Birds, Soil, Rocks)
- 5 Man-Made Things (Example: Fan, Bicycle, Building, Mobile Phone, Pen)

Write where you found them and one scientific fact about each.

S.No. Object Name Natural / Man-Made Scientific Fact

1

2

3

4

5

TASK 2: DAILY SCIENCE DIARY

Maintain a science diary for 5 days.

Every day, write:

1. Weather Conditions

(Hot / Cloudy / Windy / Rainy / Humid etc.)

2. One Scientific Observation

Observe something around you. Examples:• Ice melting

- Plants bending towards sunlight
- Water evaporating
- Rust on iron
- Shadow changing direction

3. One Question That Comes to Your Mind

Examples:

- Why do leaves fall?
- Why does metal feel colder than wood?
- Why does water disappear after drying?

SCIENCE DIARY FORMAT

Day Date Weather Scientific Observation My Question

Day 1

Day 2

Day 3

Day 4

Day 5

TASK 3: FUN EXPERIMENT AT HOME

Perform any one simple science experiment with adult supervision.

Choose any one:

Option 1: Floating and Sinking

Materials: Water, bowl, stone, leaf, plastic cap, coin

Observe which objects float or sink.

Option 2: Seed Germination

Materials: Seeds, cotton, water

Observe seed growth for 5 days.

Option 3: Shadow Investigation

Observe how your shadow changes during morning, afternoon, and evening. Record:

Experiment Name: _____

—

Materials Used:

Procedure:

Observation:

Conclusion:

Submission Instructions:

- ✓ Keep your work neat and creative.
- ✓ Use drawings or paste pictures wherever possible.
- ✓ Submit in a decorated science notebook/file.

SOCIAL SCIENCE

Art Integrated Project

Theme: Cultural Diversity of Nagaland & Rajasthan

Objective

- To understand cultural diversity through art integration
- To promote teamwork and creativity
- To connect performing arts, crafts, and daily life

Group Activities

Group 1 – Map & Heritage Exploration

- Mark Nagaland & Rajasthan on India map
- Locate the capitals of both the states on the map
- Add 2 pictures of the heritage sites of Rajasthan and Nagaland
- Write 5 lines on each heritage monument

Group 2 – Culture, Traditions & Tribe Collage

- Create collage of different traditions practiced by tribes of Rajasthan and Nagaland
- Include 2 tribes of Rajasthan and Nagaland
- Tribal costumes of any 2 tribes of both the states
- Write 5 unique characteristics on each tribe of both the states
- Paste 2 pictures of tribal communities of Rajasthan and Nagaland

Group 3 – Language & Festivals

- List languages and dialects of Rajasthan and Nagaland
- Show major festivals of both the states
- Paste 2 pictures of local festivals celebrated in Rajasthan & Nagaland
- Write & learn 5 sentences on basic communication skills like greeting, asking name, introducing yourself, asking for help and thanking.
- Present this communication in a form of graphic novel design.

Group 4 – Art & Craft

- Draw Naga shawl & Bandhani/ sanganeri/ bagru designs on a A4 sheet

- Create 2 simple sustainable local craft items produced in Rajasthan & Nagaland
- Write significance of using these sustainable products in daily life in 5 sentences each.
- Paste 2 pictures of simple sustainable local craft items produced in Rajasthan & Nagaland

Group 5: Environment, Flora-Fauna

- Climate of Rajasthan and Nagaland
- Types of forests
- State tree, State Animal and State bird
- Famous environmentalist of Nagaland working on waste management- Thungbeni Murry
- Famous environmentalist of Rajasthan who promoted water conservation through traditional rainwater harvesting- Anupam Mishra

Group 6: History, Political structure & administrative division

- Historical background- Origin of the names Nagaland and Rajasthan
- Number of districts
- Number of constituencies
- Name of the present chief minister & Governor
- Literacy rate (2011 Census)

Rubrics

- Content Accuracy – 2
- Creativity & Art Work – 3
- Presentation & Neatness – 3
- Completion on Time - 2

Total - 10

Subject Enrichment Project

Objective

To help students understand the physical features of India.

To develop map-reading and map-marking skills.

To identify and locate major landforms and rivers of India.

Activity Instructions

Students will mark the physical features of India on an outline map of India.

They are required to neatly label and color the following physical features:

Map 1- Major Physiographic Divisions

- The Himalayas
- Northern Plains
- Peninsular Plateau
- Indian Desert (Thar Desert)
- Coastal Plains (Eastern & Western)
- Islands (Andaman & Nicobar, Lakshadweep)

Map-2 Major Rivers of India

- Ganga
- Brahmaputra
- Narmada
- Godavari
- Krishna

3. Colouring Instructions (use pencil colours only)

- Mountains – Brown
- Plains – Green

- Plateau – Yellow
- Desert – Light Brown
- Water bodies – Blue

4. Key (Legend)

Students must prepare a proper key/legend on the bottom left side of the map. Stick the maps in the notebook.

Rubrics

Accuracy of labeling- 3

Neatness & presentation- 3

Proper coloring & key-2

Completion & effort-2

Total-10

COMPUTER

Edit and Excel file- apply formatting, formulas, charts, filters, or data manipulation as per the given instructions/file.

ART

Activity Plan: *Plastic Bottle Craft SDG 12: Responsible Consumption and Production*



Topic: *Bottle to Bloom – Eco Planters from Plastic Waste*

Activity Steps

- *sketch your planter design on paper*
 - *Ideas: animal faces, cartoon pots, geometric patterns, etc.*
 - *Cleaning the bottle.*
 - *Cutting the bottle (horizontal or vertical design). parent supervision required.*
 - *Making small holes at the bottom for drainage.*
 - *Smooth sharp edges (important for safety).*
-

NEEDLE WORK

- Make A small bag made of shirt
-

CLAY MODELLING

Topic: Paper Mâché Pen Holder

Students will create a **pen holder using paper mâché.**
