

Kendriya Vidyalaya Singrauli

Holiday home work

Class VII

Subject -English

Q1. Write essay on any two topics –

- a) Essay on Yoga.
- b) Impact of cinema on life.
- c) Technology and AI.

Q2. A) Write a letter to a friend describing some incident that happened during your holidays.

b) Write a letter to the principal requesting permission to organize a school event.

Q3. Notice writing –

Write a notice for the inter class quiz competition to be held in your school. You are Mahi, head girl of your school, giving all necessary details.

Q4. Make a chart on Part of speech with examples.

Q5. Write daily (10) sentences in Hindi and translate to English. Date should be mentioned in your copy from(8th May to 15th June.)

Holiday Homework – Maths

Write the number name of following numbers in both the Indian and American System:-

23405640

5435006

245245301

Show given Decimal number on number line:-

2.345

3.048

0.204

Solve:-

$$3.41 \times 6.52$$

$$390 \div 1.3$$

$$7.500 \div 5$$

Pattern Pg no. 52

Convert into:-

35 mm to Km

573 paise to Rupee

75 m to Km

65 cm to mm

13.65 Km to Cm.

MDP:-

Roll no :- (1 to 10) :- Terms

Roll no :- (11 to 20) :- Type of lines

Roll no :- (21 to 30) :- Pg no. 92-93

Roll no :- (31 to 41) :- Page : 95-96

Kendriya Vidyalaya Singrauli

Holidays Homework 2026-27

Class :- VII B

Subject:- Social Science

1.Map Skills.



Show the following places in the outline maps of India. (i) Different kinds of minerals found in major parts of India (ii) Delhi, Agra, Ajmer, Panipath, Ujjain, Assam, Kerala.

3. Paste some pictures of monuments. Write their name, location and who built them.
4. Write about fundamental Rights.
5. Write about different kinds of Government. Explain them.

Khel Yatra

- 1) Biography of 1 Indian badminton player
- 2) Draw the diagram of badminton, kabaddi and football with marking

HOLIDAY HOMEWORK | Class VII

 My Family Health Handbook 

Explore • Practise • Create • Reflect

Name:

Class & Section:

Submission: First Day Back

Welcome, Class 7! A healthy family is a happy family. In this project, you will observe health habits at home, learn about common illnesses and their care, create a real Family Health Handbook, and reflect on how health shapes everyday life. Let's get started!

 PART 1 — EXPOSURE | Look & Discover

Task 1 — Health Habits at Home

Observe your family for 3–4 days and note the healthy (and not-so-healthy) habits you see. Fill the table:

Family Member

One Healthy Habit I Noticed

One Habit That Could Be Improved

Example: Dad Walks 30 min every morning Sleeps very late at night

Me

Which healthy habit would you most like to adopt? Why?

My answer:

Task 2 — Common Illnesses in My Family

Think about illnesses that have affected your family in the past year. Fill in the table below:

Illness	Likely Cause	Home Care Given	Recovery Time
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Example: Cold & Cough	Seasonal change	Steam, rest, warm fluids	2–3 days
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Which illness troubled your family the most? What could prevent it in the future?

My answer:

Task 3 — Spot Health Around You

- Visit your nearest pharmacy or look at medicines at home. List 4 medicines kept at home and what they are used for.

Medicine Name Used For

Example: Paracetamol Fever and headache

- Ask an elder: “What did families do before doctors and hospitals were easily available?” Write their response below.

Their answer:

 PART 2 — PRACTICE | Learn & Understand

Task 4 — The Four Pillars of Family Health

Good health rests on four pillars. Read each pillar and write one example from your own family life:

Pillar of Health

What It Means

Example from My Family

Nutrition Eating balanced, wholesome meals

Physical Activity Exercise, play, movement

Mental Well-being Managing stress, emotions, rest

Hygiene & Sanitation Cleanliness of body, home, food

Task 5 — First Aid Basics

Every family member should know basic first aid. Match the situation with the correct first aid action:

Situation First Aid Action (write in your own words)

Minor cut or wound

Fever above 101°F

Burn from hot water

Bee sting

Fainting / dizziness

First Aid Actions to use: Cool water for 10 minutes | Remove sting, apply cold pack | Wash with clean water, apply antiseptic | Give paracetamol, cool compress, rest | Lay the person down, loosen clothing, give water.

Task 6 — Healthy Eating Plate

Draw a “Healthy Plate” showing the right balance of food groups for one meal eaten in your home. Label each section with the food item and the nutrient it provides.

(Draw your Healthy Eating Plate here — label each food group)

Is the food your family eats usually balanced? What one change could make it healthier?

My answer:

 PART 3 — ACTIVITY | Create & Do!

Task 7 — Build Your Family Health Handbook

Create a real, useful Family Health Handbook on separate sheets of paper. Your handbook must include all of the following pages:

Page What to Include

Page 1 Family Health Profile — names, ages, blood groups, any allergies or existing conditions

Page 2 Emergency Contacts — doctor, hospital, ambulance, nearest pharmacy

Page 3 Our Home Medicine Kit — list of medicines kept at home and their uses

Page 4 Healthy Weekly Meal Plan — breakfast, lunch, dinner for 3 days

Page 5 Our Family Fitness Routine — activities each member does to stay active

Paste or sketch the cover page of your handbook here:

(Attach / draw your Handbook Cover Page here)

Task 8 — Health Awareness Poster

Make a colourful A4 poster on any ONE health topic that is important to your family.
Choose from:

OptionPoster Topic

A Hand Washing — Why & How

B Dangers of Junk Food

C Importance of Sleep

D Stay Hydrated — Drink More Water

E Screen Time & Eye Health

I chose topic: _____ Paste or sketch your poster here:

(Attach / draw your Health Awareness Poster here)

Task 9 — Interview a Family Member About Health

Interview any one family member (grandparent preferred) and fill in the table:

Question	Their Answer
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Name & relation of person interviewed

“What did you eat growing up that kept you healthy?”

“What home remedy does our family use for common illnesses?”

“What health advice would you give to young people today?”

One thing I learnt from this conversation

Task 10 — My Learning Journal

Write a short paragraph (about 80 words) reflecting on this project. Think about:

- What surprised me most about my family's health habits?
- Which task helped me learn something new?
- One healthy change I will try to make in my own life.

My reflection:

Task 11 — Health & the Bigger Picture

1. Why is it important for ALL members of a family to stay healthy, not just one person?

2. How can a family's food habits affect children's health as they grow up?

Task 12 — Family Feedback

Share your handbook with one family member and record what they think:


Question	Answer
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Name & relation

What they found most useful in the handbook

One thing they would add to it

Their signature

 Remember: Write neatly and in your own words. Use colours, sketches, and cut-outs to make your handbook look real and useful. This handbook can actually help your family — make it count!

“Health is the greatest gift, contentment the greatest wealth.”  Happy Holidays, Class 7!

Class - 7 कक्षा - सप्तमी

Sub. - Sanskrit विषय: - संस्कृतम्

ग्रीष्मकालीनं

गहकार्क यम्

१. निम्निनितपदानि वचिसां पथकृत्वा नि

(निम्निनित शब्दों को वचि के अिसारु अिग-अिग कीनिए)

पत्राणि , सैणिकौ , खगाः , िणसकाः , धिम् , कणिकाः , पुस्तके , पुष्पम् ,

छात्रौ , णिक्षकाः , िुकाः , मणििे , गाणिका , चक्रे , बािााः

एकिचनम् ् विचिनम् बहुचिनम्

२. िकारपरवतति कं ृ त्वा निित। (नदये गये धातरूपों में िकार बदिकरु
नििेेँ) खेलति - खेतलष्यति खेलिः - खेतलष्यिः खेलतति - खेतलष्यतति
वदति - _____ वदिः - _____ वदतति - _____ धावति -

_____ धाविः - _____ धावतति - _____ पठति -
_____ पठिः - _____ पठतति - _____ रक्षति -
_____ रक्षिः - _____ रक्षतति - _____ पिति -
_____ पिः - _____ पितति - _____ खादति -
_____ खादिः - _____ खादतति - _____ ंु

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५. धातुरूप ंः ररक्तस्थािनि परयत। ू(धािरूप तलखकर खाली उ स्थानों की पतिश करे)ू

भ (होिा)ू

एकवचिम ् निवचिम ् बहुवचिम ्

प्रथमपरुषु भवति _____

मध्यमपरुषु _____

उत्तमपरुषु _____

दृश ् (देििा)

एकवचिम ् निवचिम ् बहुवचिम ्

प्रथमपरुषु _____ पशियः _____

मध्यमपरुषु _____

उत्तमपरुषु _____

इष (चाहि)्

एकवचिम ् निवचिम ् बहुवचिम ्

प्रथमपरुषु _____ इच्छतति

मध्यमपरुषु _____

उत्तमपरुषु _____

गम (जािा)्

एकवचिम ् निवचिम ् बहुवचिम ्

प्रथमपरुषु _____

मध्यमपरुषु गच्छतस _____

उत्तमपरुषु _____

आ+गम (जािा)्

एकवचिम ् निवचिम ् बहुवचिम ्

प्रथमपरुषु _____

मध्यमपरुषु _____

उत्तमपरुषु _____ आगच्छामः

2- नीचे दिए महावरों के अर्थ उल्लिखित वाक्य भी नाइए ।

- ई का चाँि होना
- िन पसीना एक करना
- नौ िो ग्यारह होना
- हार् ाँटना
- कमर कसना
- पेट में चहे िोड़ना उ
- िाल न गलना

3- नीचे दिए गए शब्ों के िोनि पर्यायवाची ललखिए ।

- ेटी
- सी
- जानवर
- कमल
- पथ्वीृ

4- नीचे दिए गये शब्िों के पवलोम शब्ि ललखिए।

- माता
- काला
- सीधा

- उजाला

- हाँसना

*****समाप्त*****

HOLIDAY HOME WORK

CLASS 7

SCIENCE

1. Write answers of questions given at the end of chapter 2.

2. Write 50 interesting questions related to daily life based on science and also write answers in your own language.