KENDRIYA VIDYALAYA BHIKHIWIND
HOLIDAY HOMEWORK SUMMER VACATIONS
CLASS- VII, SESSION- (2025-26)

Dear students,

The most awaited vacation is about to begin‼ Summer vacation brings easy mornings, relaxing afternoons and playful evenings. It also brings a good time to plunge into the sea of imagination and creativity. So let's get ready to learn something new every day.

SUBJECT- ENGLISH

1. **DIARY ENTRY**-   Make diary entries at least **for 15 days**. Follow the format. Use past tense.
2. **READING**-   Read three pages daily from English book everyday LOUDLY before your parents **for 15 days**. Concentrate in reading fast. Maintain the reading record. Read Unit 1 .

Sr. NO	DATE	Name of the lesson	Page nos.

3. Write and learn **five** inspirational thoughts.
4. **MDP**- Work on **any one** of the following topics. There should be minimum eight to 10 pages for every subject. Collect pictures, newspaper articles, poems, stories Do not go for expensive things for designs.
   - I.   Importance of Sports
   - II.   Health and Hygiene

A file should be made with decorative pages. The pages should include Introductory page, definition, explanation of the topic, articles , newspaper cuttings, coloured pictures print outs etc.

SUBJECT- HINDI

नोटः

सभी कार्य अपनी हिंदी कॉपी में साफ-सुथरे अक्षरों में करें।

चित्रों या रंगीन चित्रों का प्रयोग करने से कार्य आकर्षक बन सकता है।

पूरा कार्य विद्यालय खुलने पर प्रस्तुत करें।

1. सुलेख अभ्यास (5 पृष्ठ): पाँच पृष्ठों में सुंदर एवं साफ-सुथरे अक्षरों में निम्नलिखित विषयों पर सुलेख करें:

मेरा विद्यालय

स्वच्छता का महत्व

ईमानदारी एक सर्वोत्तम नीति है

प्रकृति का सौंदर्य

मेहनत का फल मीठा होता है

2. पर्यायवाची शब्द (कम से कम 5): निम्नलिखित शब्दों के पाँच पर्यायवाची शब्द लिखिए:

सूर्य, जल, अग्नि, भूमि, मनुष्य

3. मुहावरे और कठिन शब्द:

- पाँच प्रसिद्ध मुहावरे लिखिए और उनके अर्थ समझाइए।
- पाँच कठिन शब्द लिखिए और उनके सरल अर्थ लिखिए।

4. लेखन कार्य – "गर्मी की छुट्टियों में आप कहाँ गए थे?": 100 से 150 शब्दों में अपने गर्मी की छुट्टियों का वर्णन करें – आपने कहाँ यात्रा की, क्या-क्या देखा और क्या अनुभव किया।
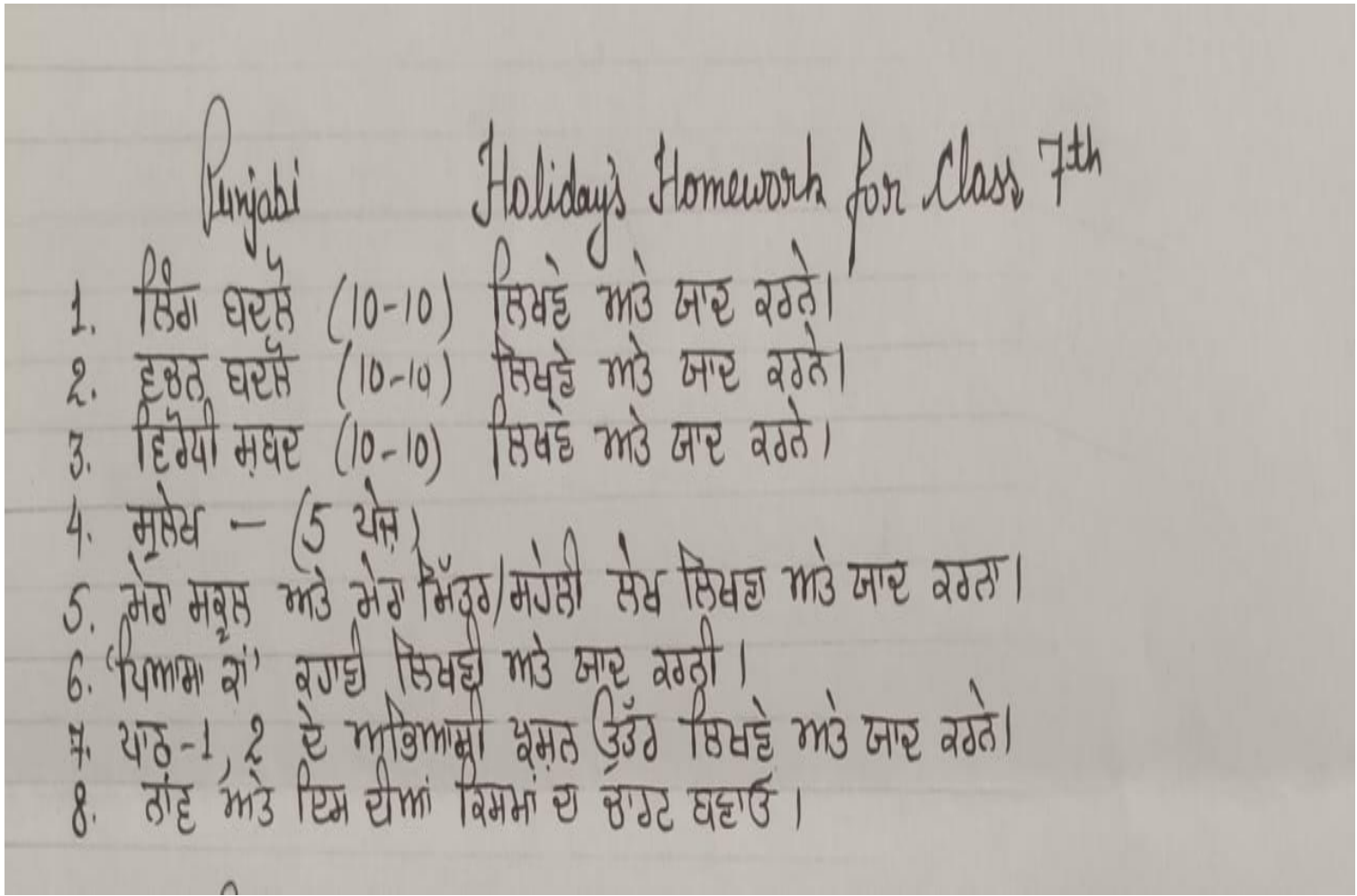
5. "आप अपने दादा-दादी से क्या सीखते हैं?":

  60 से 80 शब्दों में यह लिखिए कि आप अपने दादा-दादी या नाना-नानी से कौन-कौन सी अच्छी बातें सीखते हैं।

7. नदी को उल्टा लिखने से दीन होता है जिसका अर्थ होता है गरीब। आप भी कोई दस शब्द अर्थ सहित लिखो?

8. नीचे दिए गए विशेषण और विशेष्य का मिलान करें-

   1) संभ्रांत - वर्षा । ....।

   2) चंचल - जंगल ।..............।

   3) समतल - महिला।.............।

   4) घना - नदियां । ....।

   5) मूसलाधार - आंगन। ....।

SUBJECT- PUNJABI

Punjabi   Holiday's Homework for Class 7th

੧. ਲਿੰਗ ਬਦਲੋ (10-10) ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ।

੨. ਵਚਨ ਬਦਲੋ (10-10) ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ।

੩. ਵਿਰੋਧੀ ਸ਼ਬਦ (10-10) ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ।

੪. ਮੁਹਾਵਰੇ – (5 ਪੇਜ)

੫. ਮੇਰਾ ਸਕੂਲ ਅਤੇ ਮੇਰਾ ਮਿੱਤਰ/ਸਹੇਲੀ ਲੇਖ ਲਿਖਣ ਅਤੇ ਯਾਦ ਕਰਨਾ।

੬. 'ਪਿਆਰਾ ਕਾਂ' ਕਾਵਿ ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ।

੭. ਪਾਠ-1, 2 ਦੇ ਔਖੇ ਸ਼ਬਦ ਉੱਤਰ ਲਿਖੋ ਅਤੇ ਯਾਦ ਕਰੋ।

੮. ਤਾਰੂ ਅਤੇ ਇਸ ਦੀਆਂ ਕਿਸਮਾਂ ਦਾ ਚਾਰਟ ਬਣਾਓ।

FILL IN THE BLANKS

1. _____ is the additive identity and_____is the multiplicative identity of integers.

2. (-1) x even number of times = _____

3. (-1) x odd number of times = _____

4. 38 ÷ 0 = _____

5. 0 ÷ 11 = _____

6. 13 ÷ 1 + _____

7. 55 + _____ = 0

8. (-31) + _____ = 0

9. (-55) + _____ = -89

10. (-33) + _____ = 79

11. 1000 + _____ = - 1000

12. [(-7) ⨳ 9] + (_____) = 9 + [-7 + 4]

13. (-6) + 2 = 2 (_____)

14. 251 ÷ _____ = 1

15. (-70) ÷ _____ = 5

9. Find the value of each of the following products

   i) (-3) x 15   ii) 4 x (-13)   iii) (-23) x (-31)

   iv) (-3) x (-2) x 7   v) 2 x (-3) x (-1) x (-5)

   vi) (-259) x (-51) x 0   vii) (-8) x 2 x (-3) x 5 x (-1)

   viii) (-2) x (-4) x 0 x (-6) x (-8)   ix) (-5) x (-3) x (-4) x (-6) x (-7)

10. Verify the following

    i) (-25) x [(-7) + (-15)] = [(-25) x (-7)] + [(-25) x (-15)]

    ii) (-7) x [(-8) + 9] = [-7 x (-8)] + [(-7) x 9]

11. What will be the sign of the product a x b if

    i) a is the product of 5 positive integers and b is the product of 9 negative integers.

    ii) a is the product of 6 positive integers and b is the product of 8 negative integers.

    iii) a is positive and be is the product of 50 negative integers.

12. Find the value of a if product of a with -

    1 is i) 200 ii) 0   iii) -300

17. Find the sum of a) $3\frac{8}{7} + \frac{2}{5}$ b) $-2\frac{1}{8} + -\frac{6}{10}$ c) $-\frac{7}{13} + (\frac{8}{15})$

18. Find a) $\frac{7}{24} - (\frac{2}{8})$ b) $(-4\frac{1}{9}) - 1\frac{2}{7}$ c) $8 - 2\frac{11}{14}$ d) $\frac{15}{12} - \frac{22}{15}$

19 Find the value of :

a) $-4 \div \frac{8}{7}$,   b) $(-\frac{3}{5}) \div 7$,   c) $(-\frac{8}{11}) \div \frac{16}{22}$,   d) $\frac{3}{13} \div -\frac{9}{2}$

20 Find the product : a) $\frac{9}{2} \times -(\frac{8}{3})$, b) $(\frac{2}{-3}) \times (\frac{-3}{2})$,   c) $\frac{7}{15} \times (\frac{9}{-28})$, d) $(\frac{-4}{9}) \times \frac{11}{12}$

21 The sum of two numbers is $-\frac{11}{12}$. One of them is $\frac{9}{2}$. Find the other.

22 The product of two numbers is $(-\frac{6}{7})$. One of them is $\frac{3}{4}$. Find the other.

23 Simplify : $5\frac{6}{7} + (-2\frac{1}{3}) + 1\frac{5}{6}$

24 Compare: a) $-3\frac{4}{7}$ and $-3\frac{1}{5}$ b) $-\frac{7}{5}$ and $-\frac{3}{5}$

1. A rational number is defined as a number that can be expressed in the form $\frac{p}{q}$, where p and q are integers and

   (a) $q = 0$ (b) $q = 1$ (c) $q \neq 1$ (d) $q \neq 0$

2. Which of the following rational numbers is positive?

   (a) $\frac{-8}{7}$ (b) $\frac{19}{-13}$ (c) $\frac{-3}{-4}$ (d) $\frac{-21}{13}$

3. Which of the following rational numbers is negative?

   (a) $-(\frac{-3}{7})$ (b) $\frac{-5}{-8}$ (c) $\frac{9}{8}$ (d) $\frac{3}{-7}$

4. In the standard form of a rational number, the common factor of numerator and denominator is always:

   (a) 0   (b) 1   (c) -2   (d) 2

5. Which of the following rational numbers is equal to its reciprocal?

   (a) 1   (b) 2   (c) $\frac{1}{2}$ (d) 0

6. The reciproal of $\frac{1}{2}$ is

   (a) 3   (b) 2   (c) -1   (d) 0

7. The standard form of $\frac{-48}{60}$ is

   (a) $\frac{48}{60}$ (b) $\frac{-60}{48}$ (c) $\frac{-4}{5}$ (d) $\frac{-4}{-5}$

SUBJECT- SCIENCE

1. Sow seeds to create a kitchen garden water them regularly and also try to find out various ways to same water.

2. Try to ask yur parents and grand parents about traditional agricultural practices.

3. Collect and paste leaves of different shapes and classify them.

4. Find out information about deficiency disease its symptoms and treatment.

SUBJECT- SST

Note:- make a presentation on file and write the question Answers in holiday Homework note book

1. Make a model of globe.

2. Make a presentation on Marketing and Diversity in India (Religion, Geography, Culture)

3. Write the question Answers of Geographical Diversity of India and Life in the Desert :--

The hot desert sahara -- Climate

The hot desert sahara-- People.

SUBJECT-SKT (संस्कृतम्)

1. **संस्कृत छात्रप्रतिज्ञायाः प्रार्थनायाः च वाचनस्य पुनः पुनः अभ्यासं कुरुत ।**
   (संस्कृत छात्रप्रतिज्ञा और प्रार्थना को पुनः पुनः बोलने का अभ्यास करें और याद करें)

2. **किम् शब्दस्य रूपाणि त्रिषु लिङ्गेषु लिखत ।**
   (किम् शब्द के रूप तीनो लिंगो में लिखिए)

3. **निम्नलिखित धातुनां रूपाणि लट्,लृट् , लङ्लकारेषु च लिखत - चर् , कृ**
   (निम्नलिखित धातुओं के रूप लट् ,लृट् और लङ् लकार में लिखिए)

4. **पञ्च सरलसंस्कृत वाक्येषु स्वस्य परिचयं लिखत ।**
   (पांच सरल संस्कृत वाक्यों में अपना परिचय लिखिए)

5. **10 पशवः नामानि लिखत |**
   (10 जानवरों के नाम लिखो |

SUBJECT- COMPUTER

Instructions:

* Neatly complete all tasks in your AI notebook or on A4 sheets.
* Use colors, pictures, and creative ideas to make your work interesting.

Part A: Understanding AI

1. What is Artificial Intelligence?

Write a short paragraph (5-7 sentences) explaining what AI is in your own words. Give one example of AI that you have seen or used.

Part B: AI Around Us

2. Find and list 5 examples of AI in daily life.

Example: Voice assistants like Alexa or Siri.

3. Choose one AI tool or machine (like a robot vacuum or face unlock on phone) and explain how it helps people.

Part C: Creative Activity

4. Imagine you have a robot friend.

Draw your robot and answer:

* What is its name?

* What can it do?

* How does it help you?

Part D: Fun Quiz

5. Match the following:**

AI Tool	What it does
Google Maps	a. Recommends videos to watch
Face Recognition	b. Finds the fastest route
YouTube Suggestions	c. Unlocks your phone using your face
Chatbot	d. Answers customer questions online

(Write the correct matching pairs)

Submission Guidelines:

1. Complete the questions and observations in your WE notebook.

2. For project work, take pictures of the process and final outcomes. Submit these along with your notebook.

Questions:

1. Identify Tools and Materials:

Identify common tools and materials used for cultivating plants in a kitchen garden.

Draw each tool and material. Write their names and explain their uses. (On A3 Sheets)

2. Plant Growth Conditions:

Identify and write about the essential conditions necessary for plant growth (e.g., sunlight, water, soil, nutrients, air). Use simple illustrations or diagrams to explain these conditions.

3. Methods of Plant Propagation:

Write about different methods of plant propagation, such as sowing seeds, stem cuttings, grafting, and layering. Mention examples of plants for each method.

Projects:

1. Vermicompost Project:

Research and write a short note explaining what vermicompost is.

Create a small vermicompost setup in a pot or container with the guidance of your parents.

Plant a seed in the compost and observe its growth.

Record your weekly observations in your notebook, including notes, drawings, or photos.

2. Recycled Plastic Bottle Craft:

Create a craft model using a recycled plastic bottle under your parents' supervision.

Decorate and make it functional, such as a plant pot, bird feeder, or pencil holder.

Read the instructions carefully :

☐ Preferably Students will use A3 Sheet for PAINTINGS
☐ Medium :Student can use any colour medium for paintings.

1) 02 - FILE COVER DESIGNING

Title: "Art: My Voice, My Vision"

* **How to Design the File Cover Creatively:**

a) Draw a border using sketch pens, colors, or decorative tape.

b) Add a simple drawing or small artwork that matches your homework theme (e.g., nature, culture, peace, creativity).

c) Use neat handwriting and center the text properly.

d) Add small patterns or motifs like leaves, mandala art, geometric shapes, or folk designs.

e) Do not overcrowd the cover with too many elements - keep it clean and artistic.

f) You can also add a short title or quote related to art like:

"Art Speaks Where Words Are Unable to Explain." etc

2) PAINTING: Students will do any 5 Drawing/paintings from the following topic:

S.No	Topics
1	I AM FIT
2	WOMEN ENPOWERMENT
3	FOLK ART (MADHUBANI/ BHIL ART/ GOND ART/ WARLI ART etc.)
4	ENVIRONMENT & CLIMATE CHANGE
5	INTERNATIONAL YOGA DAY
6	STILL LIFE (OBJECT DRAWING BY PENCIL SHADING)
7	ILLUSTRATE YOUR FAVORITE INDIAN FESTIVAL.
8	DRAW A 4-FRAME STORY WITH DIALOGUE BOXES.
9	DRAW ANY INDIAN MONUMENT WITH A DECORATIVE BORDER.
10	CREATE A DRAWING INSPIRED BY EGYPTIAN OR JAPANESE ART.

3) POSTER DESIGN: Make any 3 Poster from the following topics:

General & Environmental Topics	Health & Hygiene	Social Awareness	Digital & Modern Themes
1. Youth for change 2. Save Earth, Save Life 3. Say No to Plastic 4. Beat the Heat – Save Water 5. Clean India, Green India 6. Go Green – Plant More Trees 7. Reduce, Reuse, Recycle 8. Save Animals, Save Nature 9. Stop Pollution – Start Solution 10. Our Planet, Our Responsibility 11. Rainwater Harvesting	1. Healthy Mind, Healthy Body 2. Say No to Junk Food 3. Personal Hygiene is My Responsibility 4. Fight Germs – Wash Hands 5. Yoga for Youth	1. Education for All 2. Stop Child Labour 3. Say No to Bullying 4. Respect Your Elders 5. Equality for All 6. Unity in Diversity 7. Girl Power – Save the Girl Child 8. Road Safety – Your Life Matters	1. Cyber Safety for Students 2. Power of Social Media 3. Digital India – Smart India 4. AI and the Future of Learning

4) <u>CRAFT WORK :</u>

S.No	Topic
1	**MAKE 5- 3D PAPER FLOWER (SIZE 8×8INCH) (ANY COLOUR)**

40-Day Physical Activity Plan for

Start Date: May 07, 2025

Each week includes 5 active days and 2 lighter/recovery days to promote fitness, skills, and fun.

Week 1: Foundation & Fun

- ☐ Day 1: Jump rope, squats, plank core set
- ☐ Day 2: Dribbling & passing (soccer or basketball), relay races
- ☐ Day 3: Bike ride or jog (20–30 mins), core exercises
- ☐ Day 4: Strength circuit: push-ups, wall sits, lunges, balance drills
- ☐ Day 5: Obstacle course (home or park), jumping challenges
- ☐ Day 6: Light stretching, walking, frisbee
- ☐ Day 7: Casual play or active rest

Week 2: Agility & Skills

- ☐ Day 1: Ladder or cone drills, shuttle runs
- ☐ Day 2: Basketball shooting, jump rope speed challenge
- ☐ Day 3: Yoga for kids or teens (20–30 mins)
- ☐ Day 4: Strength day: burpees, squats, mountain climbers
- ☐ Day 5: Mini-game day: tag, soccer match, basketball 1v1
- ☐ Day 6: Recovery walk, foam rolling, creative dance
- ☐ Day 7: Light rest

Week 3: Endurance & Sport Focus

- ☐ Day 1: Long walk, jog, or swim (30–40 mins)
- ☐ Day 2: Team sport skill (volleyball, tennis drills)
- ☐ Day 3: Core and balance: plank, bicycle crunches, yoga flow
- ☐ Day 4: HIIT workout (5 rounds: 30 sec work / 30 sec rest)
- ☐ Day 5: Backyard games, movement scavenger hunt
- ☐ Day 6: Stretching, storytelling walk
- ☐ Day 7: Puzzle hunt or gentle movement

Week 4: Strength & Confidence

- ☐ Day 1: Full-body circuit: push-ups, squats, lunges, planks
- ☐ Day 2: Partner drills: mirror game, hand taps, pass & react
- ☐ Day 3: Climbing, monkey bars, or hill running
- ☐ Day 4: Dance routine or martial arts basics
- ☐ Day 5: Challenge: repeat Day 1 and try to beat time or reps
- ☐ Day 6: Journaling, yoga
- ☐ Day 7: Catch or walk

Week 5: **Power & Play**

☐ Day 1: Plyometric fun: jump squats, box jumps, skipping
☐ Day 2: Target sports (throwing, frisbee accuracy)
☐ Day 3: Sport scrimmage or skill showcase
☐ Day 4: Strength + agility combo: ladder drills, wall sit, lunges
☐ Day 5: Create-your-own obstacle course
☐ Day 6: Recovery walk, breathing exercise
☐ Day 7: Fun trivia movement

Week 6: **Finish Strong**!

☐ Day 1: Cardio circuit (jump rope, high knees, sprints)
☐ Day 2: Sport of choice day (kid picks favorite)
☐ Day 3: Final fitness test (compare to Week 1)
☐ Day 4: Dance, yoga, or mindful movement
☐ Day 5: Celebration game day or family hike/sports

------------------------*END*------------------------