

ग्रीष्मकालीन अवकाश गृहकार्य

विषय – हिन्दी

कक्षा – सात

- ❖ पढ़ाए गए पाठ्यक्रम को पढ़ें व याद करें तथा नोटबुक में पूर्ण करें।
- ❖ प्रार्थना पत्र लेखन का अभ्यास करें तथा कोई दो प्रार्थना पत्र A4 साइज पेपर पर लिखें।
- ❖ सुलेख लेखन का प्रतिदिन अभ्यास करें तथा 5 पृष्ठ सुलेख A4 साइज पेपर पर लिखें।
- ❖ दो स्वरचित लघुकथाएँ/कहानियाँ A4 साइज पेपर पर लिखें।
- ❖ विद्यालय पत्रिका के लिए स्वरचित लेख, कविता A4 साइज पेपर पर लिखें।
- ❖ अपनी सेहत का ध्यान रखें और धूप में बाहर जाने से बचें।
- ❖ माँ कह एक कहानी कविता को कंठस्थ कीजिए

नोट- उपर्युक्त गृहकार्य एक फोल्डर में रखकर विद्यालय खुलने पर अध्यापक के पास जमा करें।

HOLIDAY HOMEWORK

SUMMER VACATION (08.05.2026 to 16.06.2026)

CLASS 7

Subject – Science

1. Read the following chapters carefully

Chapter 2: Exploring Substances: Acidic, Basic, and Neutral

2. Activity-Based Work (Perform under adult supervision if needed.)

Activity 1: a) Prepare turmeric paper at home (refer to Activity 2.5 from Chapter 2).

b) Test three household substances (like soap water, lemon juice, vinegar) using turmeric paper and note the results.

c) Make a greeting card with the help of turmeric paper and soap solution.

Activity 2: a) Prepare rose extract at home (refer to Activity 2.3 from

Chapter 2). Bring this rose extract while coming to school on 17 June.

Activity 3 a) Test the nature of samples with the red rose extract (refer to Activity 2.5 from Chapter

2). b) Note the observations in your notebook in table form (refer table no 2.3 of chapter 2)

HOLIDAY HOMEWORK
SUMMER VACATION (08.05.2026 to 16.06.2026)
SUBJECT: YOGA
CLASS 7

- 1- Practice the easy yoga postures (like Tadasana, Bhujangasana, Hasthutthanasana, Parvatasana, Vrikshasana etc) with light warm-up exercises with empty stomach in early morning along with your family members.
- 2- Practice of some pranayamas like Bhramari, Anuloma Viloma and Om chanting with gyan mudra. (Each 10 times with empty stomach in slowly manner).
- 3- Practice the Surya namaskar in serial wise. (2-4 rounds)
- 4- Read about the Sukshama Vyayama(light exercises joints movement) and practice it in early morning before yoga.
- 5- Read that what our ancient texts (like Patanjali yogsutra & Shrimad Bhagavad Gita) thought about the yoga.
- 6- Write a short note about your experience of daily yoga practicing during in your summer vacations.

HOLIDAY HOMEWORK
SUMMER VACATION (08.05.2026 to 16.06.2026)
SUBJECT: SANSKRIT
CLASS 7

- 1-5 सुलेख लिखें
- 2- 20 नवीन शब्द लिखें।
- 3-बालक शब्द रूप लिखें व याद करें
- 4-पठ् धातु रूप 5 लकारों में लिखें व याद करें।
- 5- अपनी नोटबुक में कार्य पूर्ण करें।
- 6- 'मेरी प्रिय पुस्तक' विषय पर संस्कृत में लेख लिखें।
- 7- लर्नर डायरी पूर्ण करें।

HOLIDAY HOMEWORK
SUMMER VACATION (08.05.2026 to 16.06.2026)
SUBJECT: ENGLISH
CLASS 7

Day 1: Reading Comprehension:

Read chapter of UNIT 2 and write a summary in 100 words. And its theme and central idea in your notebook.

Skills: Summarization, identifying main points.

Day 2: Grammar Practice:

Revise parts of speech and write their definition and examples.

Competency: Understanding descriptive language.

Day 3: Creative Writing:

Write a letter to your friend describing a special moment with your family during the autumn break.

Skills: Writing letters with proper format and tone.

Day 4: Vocabulary Building:

List 10 new words from Lesson 1 of unit 4 and use them in sentences.

Skills: Expanding vocabulary.

Day 5: Grammar Practice: Make a chart of Parts of speech with example in A3 SIZE PAPER/CHART PAPER

Competency: Correct usage of Grammar

Day 6: Article Writing:

Write an article on "How festivals bring people together." (100-150 words)

Skills: Essay organization, coherence.

Day 7: Reading Comprehension:

Read a newspaper or magazine article and write 5 new things you learned from it.

Competency: Information retention and comprehension.

Day 8: Poetry Practice:

Write a paragraph explaining the theme of a poem of UNIT 3 of POORVI

Skills: Poetry analysis.

Day 9: Speaking Activity:

Record a 2 minute speech on "What I learned during this break."

Skills: Speaking clearly and fluently.

Day 10: Day -10 write 30 verb form of your choice on a A-4 SIZE SHEET draw lines in between the verb forms .example

[illegible]

[illegible]



CLASS VII MDP



TODAY'S DATE
24 APRIL 2026

TERM 1

SESSION
2026-27

TOPIC: WASTE MANAGEMENT – REDUCE, REUSE, RECYCLE

WHAT YOU HAVE TO DO (BLUEPRINT)

Prepare a project file (A4 sheets) in the following order:

- 1 COVER PAGE**
 - Topic name
 - Student's Name
 - Class, Section, Roll No.
- 2 INTRODUCTION (5-6 LINES)**
 - What is waste?
 - Why is waste management important?
 - What happens if we don't manage waste?
- 3 SCIENCE**
 - Types of waste (biodegradable, non-biodegradable, e-waste)
 - How waste affects health and environment
 - Methods of waste disposal
- 4 SST**
 - Waste management in India
 - Role of government and community
 - Success stories / case study
- 5 ENGLISH**
 - Paragraph (80-100 words) on "Say No to Plastic"
 - 3 catchy slogans
- 6 HINDI क**
 - कचरा प्रबंधन पर 5-6 वाक्य लिखिए।
 - स्वच्छ भारत अभियान पर अपने विचार लिखिए।
- 7 SANSKRIT ॐ**
 - 3-5 वाक्य संस्कृत में "स्वच्छता एवं पर्यावरण संरक्षण" पर।
- 8 MATHS**
 - Collect data on types of waste generated in your home or school.
 - Represent it using bar graph or pie chart (optional).
 - Calculate percentage of each type of waste.
- 9 ART**
 - Draw/Colour a poster on "Reduce, Reuse, Recycle"
- 10 VOCATIONAL SKILLS**
 - Make a useful item from waste material (best out of waste)
- 11 PHYSICAL EDUCATION**
 - 5 lines on keeping our surroundings clean
 - 2-3 physical activities that keep us healthy and pollution-free
- 12 AI (ARTIFICIAL INTELLIGENCE)**
 - Write 2-3 points on how AI can help in waste management (e.g., smart bins, waste tracking apps)
- 13 LIBRARY**
 - Name of one book/article on waste management
 - 4-5 lines summary
- 14 MUSIC**
 - Write or learn a short song/rap on "Clean Surroundings"
- 15 LIFE SKILLS / HOME ACTIVITY**
 - Write 5 ways you reduce waste at home
- 16 CONCLUSION (4-5 LINES)**
 - What did you learn from this project?
 - How will you apply it in your daily life?

PRESENTATION INSTRUCTIONS

- ★ Make your project **colourful** and **creative**.
- ★ Use sketch pens, crayons, colourful sheets and pictures.
- ★ Add borders, headings, diagrams and illustrations.
- ★ Make it neat, attractive and well-organised.



**SEGREGATE TODAY,
FOR A BETTER TOMORROW!**

GENERAL INSTRUCTIONS

- Use A4 sheets / file.
- Write neatly and legibly.
- Do your own work.
- Complete all sections.



MARKS DISTRIBUTION (20 MARKS)

CONTENT 5 MARKS	CREATIVITY 5 MARKS
PRESENTATION / NEATNESS 5 MARKS	ACTIVITY / COMPLETENESS 5 MARKS

IMPORTANT

✗ Incomplete work will not be accepted.

SUBMIT BEFORE
30 JUNE 2026



WASTE TODAY, WORRY TOMORROW!
MANAGE WASTE TODAY, SECURE OUR TOMORROW!



HOLIDAY HOMEWORK
SUMMER VACATION (08.05.2026 to 16.06.2026)
SUBJECT: SOCIAL SCIENCE
CLASS 7

1. **Map work (Label and locate states and union territories with their capitals on India Map and paste in your notebook)**
2. **What are some key geographical features of India.**
3. **What are the three main ranges of Himalaya? Explain.**
4. **Write a paragraph on World Environment Day (5 June).**
5. **Write about on a local historical place nearby you.**
6. **Write about the fundamental rights of Indian citizens given by the Indian Constitution.**
7. **Complete your Social Science MDP work. (Waste management reduce, reuse and recycle).**
8. **Write and learn the ‘Preamble’ of the Indian Constitution.**
9. **Imagine you are a historian studying ancient India. What types of sources (archaeological, literary, etc.) would you use to learn more about the mahājanapadas?**
10. **Make ornaments and toys of Arunachal Pradesh.**

HOLIDAY HOMEWORK
SUMMER VACATION (08.05.2026 to 16.06.2026)
SUBJECT: COMPUTER
CLASS 7

Q1. What is Binary Number System?

Q2. What is Decimal Number system?

Q3. What is Octal Number system?

Q4. Convert Binary Number to decimal number

(i) $(111001)_2 = (?)_{10}$

(ii) $(100010)_2 = (?)_{10}$

Q5. Convert decimal Number to octal number

(i) $(799)_{10} = (?)_8$

(ii) $(17488)_{10} = (?)_8$

CLASS - 7TH

Mathematics Summer Holiday Homework

1. Practice Problems

Chapter: Large Numbers Around Us

1. Write the numeral for: Seventy-three lakh seventy-five thousand three hundred seven.
2. Place commas correctly and write in Indian system: 98432701.
3. Write $5,00,00,000 + 80,00,000 + 1,000 + 7$ in short form.
4. Compare using $>$, $<$ or $=$: 10,23,456 ____ 10,32,456.
5. Find the difference between the greatest and the least 5-digit number that can be written using digits 6, 2, 7, 4, 3 each only once.
6. A machine, on average, manufactures 2,825 screws a day. How many screws did it produce in the month of January?
7. Estimate the product using general rule: 5281×3491 .
8. Round off 75,847 to the nearest thousands.
9. Write the Roman Numeral for 98.
10. Convert 456,789,012 into the International system of numeration with commas.
11. Arrange in ascending order: 847, 9754, 8320, 571.
12. Write the successor and predecessor of 1,000,000.
13. How many milligrams make one kilogram?
14. A vessel has 4 litres and 500 ml of curd. In how many glasses, each of 25 ml capacity, can it be filled?
15. Form the smallest 6-digit number using digits 1, 0, 5, 2, 9, 7 without repetition.

2. Project Work

- **(i) Temperature Tracking:** Track the maximum temperature of your city for 7 consecutive days.
 - Represent this data using a **Bar Graph**.
 - Calculate the **Mean** and the **Range** of the collected data.

- **(ii) Population Research:** Research the population of any 5 major Indian cities. Write these numbers in both the **Indian and International systems** of numeration.
- **(iii) Creative Poster:** Create a poster using colored paper to show different types of triangles. Clearly mark the **vertices, sides, and angles** for each triangle.

3. Mental Math & Logic

- **(i) Birth Date Expressions:** Use the digits of your birth date (e.g., if born 16-12-2013, use 1, 6, 1, 2, 2, 0, 1, 3) and basic operators (+, -, x, ÷) to create three different arithmetic expressions.
- **(ii) Calculation Mastery:** Memorize and write the **squares** of numbers from 1 to 20 and **cubes** of numbers from 1 to 10.