

Dear Parents,

We wish you and your child a very happy summer holiday. It's time to enjoy and create a bond with family, friends and relatives. To utilize this time in the most constructive way we have prepared Holiday Homework for the students on the principle of "learning by doing "for his/her holistic development.

To enhance your learning, we have planned activities to keep your skills sharp and concepts clear. Use your energy and give a vent to your creativity. It will surely enhance your learning process.

Relax, enjoy have lots of fun and come back refreshed.

Kindly ensure that the holiday homework is completed by the students under the guidance of the parents.

HAPPY SUMMER VACATION

ENGLISH- CLASS VII

Q1- Read the full novel book 'Huckleberry Finn' and write the character sketch of:

- a) Huckleberry Finn
- b) Huckleberry Finn's Father
- c) Tom Sawyer
- d) Widow Douglas

Q2- Make a chart on the given topic as per your roll no:

- a) Roll no 1 to 15 Sentences and its types
- b) Roll no 16 to 30 Adverb and its types
- c) Roll no 30 onwards Tenses and its rules

Q3- Solve the given assignment on the notepad sheet:

Read the passage and answer the questions that follow.

1. Lifestyle diseases are the diseases associated with the way people lead their lives. These include heart diseases, diabetes, obesity, etc. Across the world, about 14.2 million people between the ages of 30 and 69 years die prematurely each year from these diseases. Undoubtedly, urbanization and medical advancement have brought about tremendous improvements in healthcare and the general standards of living. But there have been many negative implications of the changed lifestyle behaviours as well. Dealing with day-to-day struggles, we often compromise on diet, exercise, rest and relaxation, making convenient but poor choices.

2. While the toll from infectious diseases like tuberculosis, influenza and smallpox has greatly reduced, lifestyle diseases such as depression, anxiety, psycho-emotional disturbances, unsocial responses, insomnia, eating disorders, drug addiction, cardiovascular diseases, gastric ulcers, obesity, early ageing, and cancer have seen a dramatic rise. Consequently, these diseases have emerged as bigger killers than most infectious or hereditary ones.

3. Undoubtedly, technology has made our life simpler, but it has also caused a dramatic increase in pollution. This pollution of air, water, soil, noise and light has led to myriad problems. Noise pollution has led to an increase in neurotic problems, hypertension, eye problems and heart related diseases, while air pollution is responsible for many respiratory ailments and cancer. Water pollution has led to various water-borne diseases such as allergies, cholera, gastroenteritis and jaundice. Unhealthy food and a lack of exercise are a risk factor for various diseases.

4. In order to lead a healthy life in the present times, we must reduce the consumption of fast food, soft drinks and excessive consumption of fat. These should be replaced with cereals, vegetables, pulses, rice and milk. Physical exercise should be a part of our daily routine. We must have pollution-free zones. Over and above, we must develop a positive attitude in life. This will help us relax. We can improve our lives by reducing these diseases including the type of work we do, environmental factors that affect our living conditions, work environment, the food we eat, our exercise habits and stress.

A1. Answer the following questions very briefly.

1. What are lifestyle diseases?
2. What is the alarming situation related to these diseases?
3. What are the two factors that have positively impacted health?
4. Mention two disadvantages of modern lifestyle.
5. What are the adverse effects of technology on our lives?

Q2-You are Natraj, School Captain of Holy Child School, Indore. Write a notice to inform the students about a debate competition to be held on 25th of July.

Q3- Frame a story using the giving hints. Add title and moral to your story.

The mice in a house..... afraid of the cat hold a meeting one proposes to tie a bell round the cat's neck..... all agree who is to bell the cat? No mouse offers..... the cat appears..... all run away.

ग्रीष्मावकाश गृहकार्य 2023–2024

कक्षा— सातवीं

प्र0 1 आपने 'पेड़' कविता पढ़ी है। एक पेड़ एवं उसकी शाखाओं का चित्र बनाइए तथा उन शाखाओं पर पेड़ से हमें होने वाले फायदों को दर्शाइए।

प्र0 2 कला समेकित अधिगम (Art Integrated Project) के अंतर्गत अंडमान निकोबार पर एक कोलॉज बनाए—

अनुक्रमांक	उपविषय
1 से 10	अंडमान निकोबार की लोककथाएँ
11 से 20	निकोबार की सुंदरता
21 से 30	दर्शनीय स्थल
31 से 40	अंडमान निकोबार का इतिहास

यह कार्य **A3** साइज शीट पर कीजिए।

प्र0 3 निम्न प्रश्नों को निर्देशानुसार कीजिए।

- अपनी प्रिय वस्तु का एक आकर्षक विज्ञापन बनाइए।
- आप छात्रावास में रहते हैं। अपने पिता जी को पत्र लिखकर बताइए कि आपको क्रिकेट की टीम में चुन लिया गया और आपको उसके लिए सामग्री की आवश्यकता है। वह सामग्री भेजने की प्रार्थना भी कीजिए।
- आप इस ग्रीष्मावकाश में जहाँ भी जा रहे हैं, वहाँ के अनुभव का वर्णन संवाद रूप में अपने मित्र के साथ साँझा कीजिए। आपके मित्र भी अपना अनुभव आपके साथ साँझा कर सकता है।

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Holidays homework. Class VII. MATHS

1. Make an interesting PPT on the topic Roll no. 1 to 20 "Integers" and Roll no. 20 onwards "Fraction and decimals". (Minimum 10 slides)
2. Make a project on all laws of exponent and also give one example for each.
3. Do the following questions in the note pad sheets
 - Search around you and find out the ways or places we use mathematics in our daily life.
 - Solve the following questions
 - i. $2^2 \times 5^3$
 - ii. $6^2 \times 2^4$
 - iii. Find * : $5^* = 625$
 - iv. Write in exponential form : $a \times a \times a \times t \times t \times 2 \times 2 \times 2$
 - The difference of an integer 'a' and (-22) is 7. Find the value of 'a'.
 - A milkman sold 76 Lt. 905 ml of milk on 4 days of a week and 53 Lt. 705 ml of milk in next 3 days. What quantity of milk did he sell in 7 days?
 - Mr. Sebastian had 425787 Rs. He bought an oven for Rs. 1588 and Rs. 4675 he spend in shopping. How much money is left with him?

Science

Instructions – Do questions 1 to 5 on notepad sheet.

Q1 Rajeev went to visit his grandfather in village where he saw that his grandfather's field of wheat are infected with fungus but no one is aware of this. Rajeev rushed to his grandfather's side and told him that the field have been infected with fungi. He should use an antifungal agent in his fields to stop this infection.

(a) What is fungus?

(b) Can fungus only cause diseases or can it be helpful also?

(c) What values are shown by Rajeev?

Q2 Some plants have deep red, violet or brown coloured leaves. Can these leaves perform the photosynthesis process?

Q3 Nitrogen is an essential nutrient for plant growth but farmers who cultivate pulses as crops like green gram, bengal gram, black gram etc. Do not apply nitrogenous fertilizers during cultivation. Why?

Q4 If you leave a piece of iron in the open for a few days, it acquires a film of brownish substance, called rust.

(a) Do you think rust is different from iron?

(b) Can you change rust back into iron by some simple method?

(c) Do you think formation of rust from iron is a chemical change?

(d) Give two other examples of a similar type of change.

Q5 Give an example of a chemical reaction for each of the following situations:

(a) A change in colour is observed.

(b) A gas is evolved.

(c) Sound is produced.

Q6 Find out about acids and bases without needing PH test strips! Simply do the following steps-

a. Take a tablespoonful of turmeric powder. Add a little water and make a paste.

b. Make turmeric paper by depositing turmeric paste on blotting paper/filter paper and drying it. Cut thin strips of the yellow paper obtained.

Students use this to test various substances as acidic or basic depending upon the change of colour.

Take 7 samples from kitchen to test their acidic or basic behavior.

(Hint -- Lemon juice , soap , vinegar , Eno water etc .) Click the picture of various results you get and compile them in a file using A4 size sheets.

Q7 Collect the images of following heterotrophic plants in nature:

1. Bread mould

2. Sundew

3. Cuscuta

4. Mistletoe

5. Pitcher plant

6. Bladderwort

7. Lichen

Make a scrap file describing their mode of nutrition in detail.

NEO CONVENT SR.SEC SCHOOL , PASCHIM VIHAR

SESSION – 2023-2024 , CLASS VII SOCIAL STUDIES

(ASSIGNMENT)

Q1. True/False

- i. Prashastis were composed by learned Brahmanas.
- ii. Initially Cholas were subordinate to the Chalukyas of Karnataka.
- iii. Revenue was also collected from traders.

- iv. Prashastis contain details that may not be literally true.
- v. Earlier the Chauhans were also known as Chahamanas.

Q2. Fill in the blanks

- i. As samantas gained power and wealth, they declared themselves to be _____
- ii. The best-known Chahamanas ruler was _____, who defeated an Afghan ruler named _____ in 1191
- iii. Many of these new kings adopted high-sounding titles such as _____ and _____.
- iv. The evidence of the land grants were found to be recorded on _____.

Q3. Who wrote Kitab-al-Hind?

Q4. Who is allowed to vote in India?

Q5. What is universal adult franchise? What is the basis of it?

Q6. What are the basis on which we are treated unequally?

Q7. Why do the animals and vegetation vary from place to place?

Q8. How is environment important to us?

Q9. Fill in the blanks.

- i. _____ are also called primary rocks.
- ii. _____ are examples of minerals.
- iii. The thinnest layer of the earth is _____
- iv. Deccan plateau is made up of _____
- v. The _____ is made of white marble.

Q10. True/False

- i. There are two types of igneous rocks: intrusive rocks and extrusive rocks. _____
- ii. Rocks which contain fossils are metamorphic rocks. _____
- iii. Clay changes into slate and limestone into marble. _____
- iv. It is constantly undergoing changes inside and outside. _____
- v. The earth, our homeland is a dynamic planet. _____

PROJECT WORK

PREPARE A COLORFUL CHART ALONG WITH THE DETAIL ON THE GIVEN TOPIC AS PER THE GIVEN ROLL NO.

ROLL NO 1-15 Components of Environment

Roll no 15-30 Interior of the Earth

Roll no 30 onwards Rock Cycle
