



अपने दिन का आरम्भ नमोकार महामंत्र के शुद्ध उच्चारण के साथ करें



नमो अरिहंताणं नमो सिद्धाणं नमो आयरियाणं नमो उवज्झायाणं नमो लोए सव्व साह्णं एसो पंच णमोक्कारो सव्व पावप्पणासणो । मंगलाणं च सव्वेसिं पढमं हवइ मंगलं ।।

आओ अपने देश के प्रति जागरूक बनें और राष्ट्रगान के सही उच्चारण के साथ देश को नमन करें ।



राष्ट्रगान

जन- गण- मन अधिनायक जय हे,
भारत भाग्य विधाता ।
पंजाब, सिन्ध, गुजरात, मराठा,
द्राविड़ उत्कल बंग ।
विन्ध्य, हिमाचल, यमुना, गंगा,
उच्छल जलिध तरंग ।
तव शुभ नामे जागे, तव शुभ आशिष माँगे।
गाहे तव जय गाथा ।
जन गण मंगल दायक जय हे,
भारत भाग्य विधाता ।
जय हे, जय हे, जय हे

जय, जय, जय जय हे।

Self-Assessment Checklist for Personal Development

Dear students,

Take some time and sit with yourself. Ponder upon the following statements and then mark your honest reply. This will help you reflect and work upon yourself to make a better version of yourself: -

S.NO.	STATEMENT	YES	NO	
1.	I pray to God every day.			
2.	I seek blessings of my parents and grandparents every day.			
3.	I greet my teachers and everyone I meet.			
4.	I thank mother nature every day.		V)	
5.	I feel grateful for all what I have.			
6.	I show gratitude towards those who help me.			
7.	I spend two minutes reflecting on my actions to improve myself.			
8.	I forgive others when they do any mistake.			
9.	I take care of my health by exercising regularly.			
10.	I spend limited time on screen.			
11.	I take care of my personal hygiene.			
12.	I eat fruits and balanced diet daily.			
13.	I take care of cleanliness at home and school.			
14.	I study on my own.			
15.	I read books.			
16.	I complete my assignments on time.			
17.	I actively participate in class discussions.			
18.	I participate in various activities organized by school from time to time.			
19.	I keep my things at proper place after using.			
20.	I share my things with others.			
21.	I help my mom in daily chores.			
22.	I use magic words in my daily life.			
23.	I try do my tasks independently.			
24.	I don't use abusive language.			
25.	I always speak politely.			
26.	I keep myself calm in difficult situations.			
27.	I accept my mistakes.			
28.	I listen to others when they speak.			
29.	I come to school in proper uniform.			
30.	I help my friends when they are in need.			
31.	I seek help when I need it.			
32.	I share about everything with my parents.			

HOLIDAY HOMEWORK 2024-25

CLASS: VII

ENGLISH

- 1) Your younger brother always gets busy on social media. As a result he has lost interest in studies and playing. Write a letter to him, highlighting the menace of the overuse of social media.
- 2) Write a detailed diary entry describing a memorable day from your holiday. Include where you went, what activities you did, and who you were with. Describe the special moments or surprises that occurred. Reflect on why this day was special and how it made you feel.
 - Note: (i) Do the work on ruled A-4 size sheets.
 - (ii) Revise the whole syllabus of English done till now.

हिन्दी

- 1. प्रतिदिन 5 नए हिंदी शब्द अर्थ सहित लिखिए एवं उनसे वाक्य बनाइए ।
- 2. प्रतिदिन हिंदी समाचार पत्र पढ़ें तथा प्रतिदिन दो म्ख्य समाचार लिखें।
- 3. विद्यालय मैगजीन के लिए किसी भी विषय पर एक लेख लिखें
- 4. आप के घर के आस पास बहुत सी दुकानें होंगी , किसी एक दुकानदार से वार्तालाप करके उसकी दिनचर्या के विषय में लिखें ।

नोट: सम्पूर्ण कार्य रूल्ड A4 साइज की शीट में करें।

MATHEMATICS

- 1. Observe the following patterns and fill in the blanks to make the statements true:
 - (a) $-5 \times 4 = -20$

$$-5 \times 3 = -15 = -20 - (-5)$$

$$-5 \times 2 = = -15 - (-5)$$

$$-5 \times 0 = 0 =$$

(b)
$$7 \times 4 = 28$$

$$7 \times 3 =$$
_____ = $28 - 7$

$$7 \times 2 =$$
___ = ___ -7
 $7 \times 1 = 7 =$ __ -7
 $7 \times 0 =$ __ = ___ -__
 $7 \times -1 = -7 =$ __ -__
 $7 \times -2 =$ _ = ___ -__
 $7 \times -3 =$ _ = ___ -__

2. Supermarket sale Description:

In the supermarket there are five shopkeepers A, B, C, D, E. If shopkeeper A sells his 2/3 of products in a day, B sells 3/7 of products, C sells 4/5 of products in a day, D sells 5/6 of products in a day and E sells 7/8 of products in a day, who sells more products in a day?

Cut 5 equal circles and represent each fraction on the circles and find the largest fraction and the smallest fraction.

3. Crack The Code!!

Solve each of the addition problems carefully. Match your answer with the correct answer in the code box. When you find that match, write the word from the question box above the answer.

I'am	Mathematics
56.4+3.37+8.335	79+3.94+68.36
At	Good
38.6+3.86+0.386	59.846+2.3+3.71

Fill with correct words:

68.105	65.856	42.846	151.30

4. The runs scored in a cricket match by 11 players are as follows:

Find the mean, mode and median of this data. Are the three same?

- 5. In a quiz, positive marks are given for correct answers and negative marks are given for incorrect answers. If Divya's scores in five successive rounds were 25, -5, -10, 15 and 10, what was his total at the end?
- 6. At Srinagar temperature was -5° C on Monday and then it dropped by 2° C on Tuesday. What was the temperature of Srinagar on Tuesday? On Wednesday, it rose by 4° C. What was the temperature on this day?
- 7. Find the product, using suitable properties:

(a)
$$26 \times (-48) + (-48) \times (-36)$$

(b)
$$625 \times (-35) + (-625) \times 65$$

- 8. Sushant reads $\frac{1}{3}$ part of a book in 1 hour. How much part of the book will he read in $\frac{11}{5}$ hours?
- 9. Shyama bought 5 kg 300 g apples and 3 kg 250 g mangoes. Sarala bought 4 kg 800 g oranges and 4 kg 150 g bananas. Who bought more fruits?
- 10. How much less is 28 km than 42.6 km?
- 11. Find:

- (i) $7 \div 3.5$ (ii) $36 \div 0.2$ (iii) $3.25 \div 0.5$ (iv) $30.94 \div 0.7$
- 12. Find the value of 1+2-3-4+5-6+7+8-9.
- 13. Solve:

- (i) $\frac{2}{5} \div \frac{1}{2}$ (ii) $\frac{4}{9} \div \frac{2}{3}$ (iii) $\frac{3}{7} \div \frac{8}{7}$ (iv) $2\frac{1}{3} \div \frac{3}{5}$ (v) $3\frac{1}{2} \div \frac{8}{3}$
- 14. Multiply: (i) 2.5×0.3 (ii) 0.1×51.7
- 15. Simplify: (i) $19.8 \times 4.4 \div 2$
- (ii) $25.5 \div 0.05 \times 0.25$
- 16. The product of two integers is 729. If one of the integer is (-27), find the other integer.
- 17. Find: $90 (-3) \times (-3) \times (-3)$
- 18. Learn tables from 11 to 20.

Note: Do all work in a separate notebook.

SCIENCE

1. Give reasons:-

- a) Life cannot exist on earth in absence of photosynthesis.
- b) Tiger, leopards lions and frogs do not eat plants yet they can't survive without plants.
- c) Saprotrophs are cleaners of our environment.
- d) Fungi are useful as well as harmful for humans.
- 2. Find various modes of feeding ---

Name of the animal	Kind of food	Mode of feeding
Snail		
Ant		
Eagle		
Humming bird		
Mosquito		
Housefly		
Sponge		
Elephant		
Butterfly		
Snake		
Squirrel		

- 3. Wasting and throwing food is not a good idea. How does it impact you directly or indirectly? Write down some suggestions to feed the poor.
- 4. Raman's mother does not allow him to talk while eating. She also does not allow him to eat food while lying down. What could be the reason for it?
- 5. What type of relationship would you like to have with your friend symbiotic or parasitic? Justify.

6. "Think Green, Go Green"

Prepare a Science Magazine on the theme "Environment". Use colored sheets to make your holiday homework on Science magazine. Make a nice cover. Use your imagination and creativity. The content should be of 7-8 pages only.

Some of things that you could put in the magazine are:

- **a.** Information about one famous environmentalist, his / her picture, and information about his/her work.
- **b.** (2-3) News clippings and articles about the environment.
- **c**. Some (3-4) amazing / interesting facts.
- **d.** Puzzles/riddles/jokes/thoughts about the environment.
- **e.** Information about pollution in the river Yamuna or any other polluted place near your house. Visit the river / polluted place / a water source with your parents and write about it in the magazine.
- **f.** Write 5 things that you are doing to keep the environment clean. Give your magazine a suitable title.
- 7. Write 10 amazing facts about Human body.

Note: (i) Do all work in ruled A4 size sheets.

(ii) Learn Chapters—1, 2 & 3.

SOCIAL SCIENCE

- 1. Make a reel based on a social cause showing sensitivity to the need for conservation of Natural Resources.
- 2. General Elections were held recently.

Collect the information about it covering the following points.

- i)Total number of seats in the general election.
- ii Political Parties that might contest elections.
- iii) Categorise these parties under the heading National/Regional. Also, write the names of their leaders.
- 3. ACTIVITY: Create a Time Capsule
 - To explore and document aspects of your life and society for future generations to understand.
 - Instructions:

Choose a Container: Find a sturdy box or container that can be sealed.

<u>Select Items:</u> Choose 5-10 items that represent your life, interests, and the society around you. These could be photographs, newspaper clippings, drawings, letters, or small objects.

Document Details: Write a brief description for each item explaining its significance.

<u>Seal the Capsule:</u> Place all items in the container and seal it securely.

<u>Label and Store</u>: Label the container with your name, date, and a message for future generations. Store it in a safe place.

Reflection Questions:

- What do the items you selected reveal about your life and the society you live in?
- How do you think society might change by the time the capsule is opened in the future?
- What message would you like to convey to future generations through this time capsule?
 - Make a record of all these questions.

- 4. <u>Historical Research:</u> Pick a specific region or topic (e.g., technology, art, religion) and research how it evolved over a thousand years. Compile your findings into a report or presentation.
- 5. Students will compare the healthcare systems of two countries (USA AND INDIA), focusing on how each government addresses issues of equality and access to healthcare. They will create a chart or infographic to summarize their findings.

Note: Do all work in ruled A4 size sheets.

Choose any topic and prepare a MODEL/CHART.

- 1) WATER CYLCE
- 2) STONE AGE
- 3) PALEOLITHIC, MESOLITHIC, NEOLITHIC
- 4) JUDICIARY SYSTEM
- 5) PARLIAMENT

(ANY OTHER TOPIC)

विषय - संस्कृत

- 1) छात्र, बालक, रमा, बालिका और वन का शब्दरुप लिखो तथा याद करो।
- 2) पठ, लिख्, खेल, नम् व पा(पिब) धातु का लट् लकार व लृट् लिखो व याद करो।
- 3) 1 30 तक संस्कृत गणना लिखो व याद करो।
- 4) विद्या के महत्त्व पर संस्कृत में कोई पाँच श्लोक लिखिए।
- 5) घर में उपयोग होने वाली दस वस्त्ओं के नाम संस्कृत में लिखिए व चित्र चिपकाइए ।

नोट: सम्पूर्ण कार्य रूल्ड A4 साइज की शीट में करें।

LIBRARY

Read a book of your choice and prepare a Book review/ Book mark related to the book you have read.