



JAIN BHARATI MRIGAVATI VIDYALAYA

HOLIDAY HOMEWORK

CLASS - VII

NAME - _____

**SUMMER
BREAK**



Let's make this summer a season of learning, skill building, caring and sharing!

Dear Students,

Summer break is a time to relax, rejuvenate, and reflect—but it's also a wonderful opportunity to grow as responsible, mindful, and joyful individuals. This vacation, let's embrace the beauty of everyday life with simple acts that nurture our mind, body and soul.

Here are some **daily joyful tasks** for you to do during your holidays:

Follow a Daily Routine

Start your day with prayer, light exercise, and positive affirmations. Remember to greet and wish your elders and youngers every day with love and respect.

Read and Reflect

Pick up a **storybook, article, or comic** of your choice and read a little each day.

Immerse yourself in the divine tales of “अयोध्या काण्ड” **from the “रामायण”** and write down **Dohas/Chaupais** along with their **meanings** to understand the values they teach. A quiz will be organised based on the same just after vacation.

Be a Nature Buddy

Water plants regularly, take care of greenery around you, and appreciate nature's beauty. Plant a sapling.

Mini Master Chef Moments

Try your hands on flameless recipes like lemonade, sprout chaat, corn chaat, fruit salad, or sandwiches. Serve them to your family members and take their feedback in writing.

Be a Helping Hand

Help your mother and family members in daily chores like serving food, folding clothes, dusting the house, and keeping your surroundings clean and tidy.

Cherish Family Time

Spend quality time playing games, having meals together, or simply chatting and laughing with your family.

Kindness matters!

Engage in community service in small ways—like helping someone in need, feeding birds, or showing gratitude to helpers.

Write and Share

Visit your grandparents, relatives and neighbours, observe, enjoy, and write a short experience note about your visit and what you learnt or felt.

***Wishing all our students a joyful, safe, and meaningful summer vacation!
Stay curious, stay kind, and stay happy.***

Dear Students,

Please note the following points:

1. Use A-4 sized ruled sheets: Complete your homework on A-4 sized ruled sheets to keep your work neat and organized.
2. Presentable handwriting: Write in neat and beautiful handwriting to make your work visually appealing.
3. Eco-friendly folder: Submit your homework in a nice handmade eco-friendly folder, showcasing your creativity and concern for the environment.
4. Creativity encouraged: Use your own creativity and imagination to make your task unique and engaging.
5. Parental involvement: Take help from your parents or guardians to make your project more comprehensive and well-presented.
6. Timely submission: Submit your homework to your respective subject teacher by July 4, 2025 (Friday).
7. Originality and effort: Put in your best effort and showcase your originality in your work. Avoid copying or plagiarizing content.
8. Use relevant materials: Use relevant materials, such as pictures, diagrams, or charts, to make your work more engaging and informative.
9. Take pride in your work: Take pride in your work and enjoy the process of learning and creating!

JAIN BHARATI MRIGAVATI VIDYALAYA

CLASS : VII

I will learn following skills in the session 2025-26

S.NO.	SKILLS	√/X
1.	EXERCISING DAILY	
2.	ANSWERING PHONE CALLS RESPONSIBLY	
3.	COMPARE QUALITY AND PRICE OF VARIOUS THINGS	
4.	PREPARING SIMPLE RECIPES	
5.	TAKING CARE OF YOUNGER SIBLINGS	
6.	KNOW BASIC EMERGENCY FIRST-AID PROCEDURES	
7.	TIME MANAGEMENT	
8.	WASHING AND IRONING OWN UNIFORM	
9.	MOPPING	
10.	FOLDING CLOTHES AND ARRANGING ALMIRAHS	

CLASS VII
HOLIDAY HOMEWORK (2025-26)
ENGLISH

1. Invent your own planet! Describe how it looks, who lives there, what the sky and oceans are like, and how people travel or eat in that planet on A4 sized ruled sheets.
2. Write a travelogue about a place **you visited or want to visit** during your holidays. Describe the journey, the places you explored, the people you met, and the most memorable experience you had there. How did this trip inspire you? Use ruled sheets to write and plain sheets for photos and drawings.
3. Read any one of the following books :
 - *The Blue Umbrella* by Ruskin Bond
 - *Swami and Friends* by R.K. Narayan
 - *The Chronicles of Narnia* by Marissa Moss
 - *Unstoppable* by Gayathri Ponvannan
 - *The Jungle Book* by Rudyard Kipling
 - *Charlotte's Web* by E.B. White
 - *The Last Bear* by Hannah Gold

Task:

Write on ruled sheets:

- a) About your favourite character in the story.
- b) About your favourite part/incident from the story.
- c) What did you learn from the story.
- d) How you would have ended the story if you were the author.

4. “The way we write reflects the way we think”

Daily, choose one page (about 50-80 words). Carefully copy it into your best handwriting **in a separate notebook**.

Book suggestions for handwriting:

- *Panchatantra Tales* by Vishnu Sharma
- *Ashoka: The Mauryan Emperor* by Subhadra Sen Gupta
- English Reader of class 7th (Amber)

5. “Poster Time”

Create an attractive and informative poster on:

1. Verbs (Roll no. 1-9)
2. Adverbs (Roll no. 10-18)
3. Pronouns (Roll no. 19-27)
4. Adjectives (Roll no. 28-36)

5. Determiners (Roll no. 37-44)

Your poster should include:

- ✓ A clear definition of the topic
- ✓ Types or kinds (e.g., types of adjectives or determiners)
- ✓ Simple and clear examples
- ✓ Fun visuals or drawings to support your explanation
- ✓ Any tips or tricks to remember the concept

6. “A Sapling’s Journey”

Plant a sapling during the holidays and document its growth journey .

Instructions:

- 1) Record your observation for every week (5 weeks, 5 pages) showing how it changes over the weeks (mention dates and observations like height, colour, new leaves, buds, etc.), along with photos/drawings.
- 2) A creative page: Poem, letter to the plant, or artwork
- 3) Final Page: Reflection- What you enjoyed and learned.

Be honest about your experience, even if the plant did not grow as expected.

7. Take a trip down memory lane— revisit all the chapters and topics we have explored so far.

विषय – हिंदी

1. नीचे दिए गए विषयों में से किसी एकके विषय पर स्वरचित कहानी लिखिए (120 से 100 शब्दों में):

- क. एक पेड़ की आत्मकथा
- ख. परिश्रम का महत्त्व
- ग. रिश्तेदारों के घर एक यात्रा

2. लेखन कौशल में सुधार हेतु रामायण के अयोध्या कांड से प्रतिदिन एक सुलेख लिखें।

3. निम्नलिखित विषयों में से किसी एक विषय पर चित्र बनाकर उसका हिंदी में वर्णन कीजिए (80-100 शब्दों में):

- क. गाँव का मेला
- ख. स्कूल का पुस्तकालय
- ग. मेरा घर

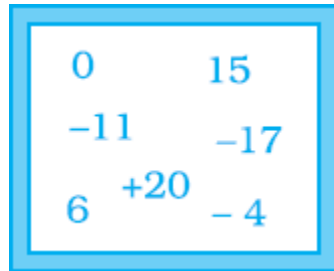
4. 'हमारा पर्यावरण, हमारी जिम्मेदारी' या 'स्वतंत्रता का महत्त्व' विषय पर एक सुंदर और प्रेरणादायक पोस्टर बनाइए।

5. प्रतिदिन समाचार पत्र से 3 नए कठिन शब्द निकालिए और उनका अर्थ लिखिए।

MATHEMATICS

1. It was estimated that because of people switching to Metro trains, about 33000 tonnes of CNG, 3300 tonnes of diesel and 21000 tonnes of petrol was saved in one year. Find the fraction of:
 - i) The quantity of diesel saved to the quantity of petrol saved.
 - ii) The quantity of diesel saved to the quantity of CNG saved.

2. Some integers are marked on a board. What is the range, Mean , mode and median of these integers?



3. Supermarket sale Description:

In the supermarket there are five shopkeepers A, B, C, D, E. If shopkeeper A sells his $\frac{2}{3}$ of products in a day, B sells $\frac{3}{7}$ of products, C sells $\frac{4}{5}$ of products in a day, D sells $\frac{5}{6}$ of products in a day and E sells $\frac{7}{8}$ 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.

4. 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 $56.4+3.37+8.335$	Mathematics $79+3.94+68.36$
At $38.6+3.86+0.386$	Good $59.846+2.3+3.71$

Fill with correct words:

_____	_____	_____	_____
68.105	65.856	42.846	151.30

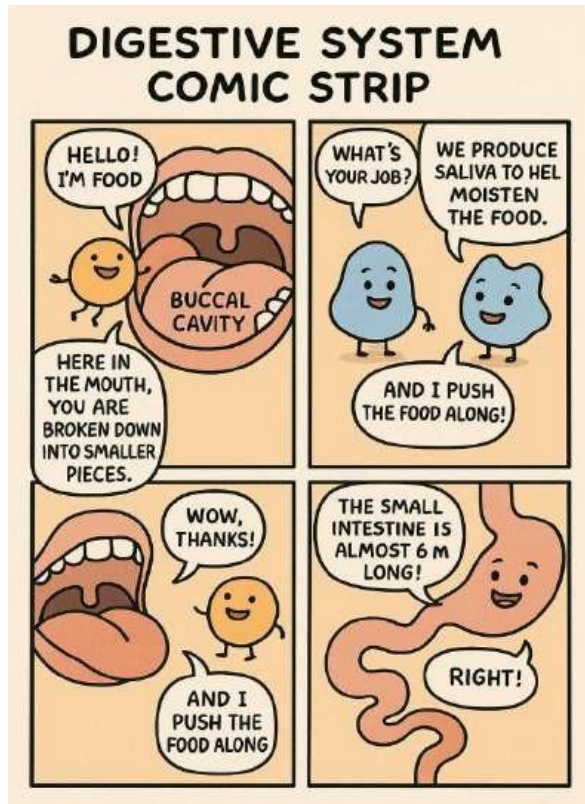
5. Taking today as zero on the number line, if the day before yesterday is 17 January, what is the date on 3 days after tomorrow?
6. A mountain climber is at an altitude of 2500 meters. He climbs 500 meters and then descends 800 meters.
 - i) What is the climber's current altitude after climbing and descending?
 - ii) If the peak is at 3500 meters, how much farther does the climber need to climb to reach the peak?
 - iii) If the climber descends to the base camp at 1500 meters, how many meters will he descend?
7. A bakery receives an order for custom cakes. Each cake requires $\frac{3}{4}$ kg of flour. The bakery has 15 kg of flour available.
 - i) Calculate the number of cakes: How many cakes can the bakery make with the available flour?
 - ii) If the bakery makes 15 cakes, how much flour will be left over?
 - iii) If the bakery wants to make 25 cakes, how much more flour do they need to buy?
8. Favorite Sports Survey

Conduct a survey among your friends to find out their favorite sports.
Collect the data and create a bar graph to represent the results.

 - i) Ask your friends and family members about their favorite sports and record the data.
 - ii) Draw a bar graph to represent the data, with sports on the x-axis and frequency on the y-axis.
 - iii) Analyze and find the most popular sport, the least popular sport, and the number of students who like each sport.
9. (Watch the movie “The man who knew infinity”. Write the five things that you liked the most. Write two ideas which inspired you to study Mathematics.
10. Make a model on any topic of Mathematics from your book

SUBJECT-SCIENCE

1. **Your DIY Science Notebook – Sustainable Learning Journal-** Make your own science notebook from recycled materials (e.g., old newspapers or reused sheets). Decorate the cover with a science theme (e.g., planets, atoms, or ecosystems). Use it to write all your holiday homework and notes.
2. **“Fix-It Yourself” – Toy Repair or Maker Activity-** Repair a broken toy, bag, or household object –
 - (a) Identify the issue and fix it using available tools.
 - (b) Create a new toy or tool from waste – Use discarded materials to build something useful (e.g., pulley toy, spinner).
 - (c) List tools used and mention safety precautions taken.
 - (d) Draw and label the mechanism or design of your toy/tool.
3. **Science Vocabulary from Newspapers -** Find ten science-related news articles (in a newspaper). Extract at least 25 scientific words from these articles. Make a table listing:(i) The word (ii) Its meaning (iii) A sentence using the word in context.
4. **Digestive System Comic strip-** Draw a cartoon journey of a food particle through the digestive system talking to various organs and each organ defining its role. Do not forget to include the fun facts like “small intestine is almost 6 m long! “. Like the image shown below. Complete the comic strip.



5. **Food Detectives:** Interview your parents or grandparents: Ask them what home remedies they used for stomach aches, indigestion, etc. Note their answers and ask if they knew why those remedies worked.
6. **Nutritional Time Machine:** Observe and note down what you eat for 7 days. Categorize your food into carbohydrates, proteins, fats, vitamins, and minerals.
7. **Circuit Builders:** Make a simple electric circuit using battery cells, foil (as wire), and a small bulb. Use paper clips or safety pins as switches.
8. **Breath of the Past: Air Then and Now** – Ask your parents or grandparents who have lived in Delhi (or nearby) for over 25 years:
 - a). How was the air quality 25 years ago compared to now? Cleaner/ Same / Worse
 - b). Was it more comfortable to breathe in the village or in the city? Why?
 - c). Did people have breathing problems back then like they do now?
 - d). Do you know what AQI (Air Quality Index) is? What does it tell us?
 - e). How does bad air affect people like farmers, factory workers, or street vendors today?
9. **Science in Print Invention finder:** Find five science article involving invention or innovation that has helped solve issues faced by people.
10. **Before the Bulb: Interview:** Ask your parents or grandparents what sources of light or power they used when there was no electricity during their childhood.

SOCIAL SCIENCE

1. 3D Historical Monument Model

Choose a historical monument (e.g., Taj Mahal, Pyramids of Giza, or a local landmark) and create a 3D model.

Include a short write-up (1–2 pages) explaining its historical significance, cultural context, and architectural features. This model helps students explore history and cultural geography.

2. “My Eco-Friendly Village”

Task: Design a poster of an eco-friendly village that uses sustainable practices to protect the environment

3. Describe the landscape, climate, and vegetation of Himalayan mountains. How do these features affect the lives of people living in the Himalayan region? (150-200 words)
4. Choose a festival celebrated in India that you do not personally celebrate (e.g., Onam, Eid, Baisakhi). Describe its rituals, food, and cultural significance. How does this festival reflect the diversity of India? Include one story or tradition associated with it. (150-200 words)

5. India is known for its rich cultural heritage, such as dances, music, or crafts. Choose one cultural practice (e.g., Kathak dance, Madhubani painting). Describe its origin, features and importance. How does it contribute to India's identity?
6. "Design a creative poster that highlights a Directive Principle of State Policy Article 48A: Protection and improvement of environment from the Indian Constitution. Your poster should include:
 - The exact Article number and its core message
 - A visual representation (drawing/symbols/scene) of how the principle can be applied in real life
 - A short slogan or quote to inspire action or awareness
7. Revise all the work done in class.

विषय - संस्कृत

- 1 एक वृक्ष का चित्र बनाइए, जिसकी पत्तियों या फलों पर लट् लकार (वर्तमानकाल) तथा लृट् लकार (भविष्यत्काल) के प्रथम पुरुष के रूप लिखे हों।
- 2) भावार्थ सहित कोई चार नैतिक श्लोक लिखिए (जैसे – परोपकार, मित्रता, परिश्रम आदि पर आधारित) और उन्हें रंगीन पोस्टर पर सुंदर अक्षरों में लिखाए ।
- 3) अपने पसंदीदा 10 संस्कृत शब्दों को चुनिए (जैसे – मित्रः, पुष्पम्, सूर्यः, पुस्तकम्)। प्रत्येक शब्द का रंगीन चित्र बनाइए और नीचे उसका अर्थ लिखिए। ।
- 4) रविवार से शनिवार तक सप्ताह के दिनों के नाम संस्कृत में लिखिए। प्रत्येक दिन के लिए एक विशेष कार्य कल्पना कीजिए (जैसे सोमवासरे पुस्तकम् पठामि – सोमवार को पुस्तक पढ़ता हूँ)। ।
- 5) 1 से 10 तक की संख्याओं के लिए चित्र बनाइए । जैसे: “पंच” के लिए 5 फूलों का चित्र, “सप्त” के लिए 7 पक्षियों का चित्र आदि।

COMPUTER EDUCATION

- Ques 1- Evolution of Computers
- Research and create a timeline on A4 sheet showing the evolution of computers from the Abacus to modern AI-based systems.
 - Include at least 5 key inventions with images and descriptions.
- Ques-2-“Design a Poster on Digital Safety”
- Use A4 sized sheet. Your poster should include:
- A catchy title
 - 3–5 online safety tips for kids.
 - Creative use of colours, drawings, or clipart
 - A slogan (e.g., “Stay Smart, Stay Safe Online!”)

SANSKAR SAMVARDHAN

1. Value Superheroes:

Design a superhero whose powers are based on a specific value (e.g., "Kindness Kid," "Respect Ranger"). Draw your superhero and write a short comic strip about how they use their powers to solve a problem.

2. Gratitude Project:

Choose three people in your life (family, friends, teachers) who you are grateful for. Write them a heartfelt letter or create a small, thoughtful gift to express your appreciation.

GENERAL AWARENESS

1. Revise WORKSHEET -04 BASIC KNOWLEDGE OF INDIA (given in GA SPIRAL) for online quiz competition to be held on 30th June.

2. Prepare Cover page for **JMV TIMES NEWS PAPER** (choose news related to your school assembly events celebrated in Vidyalaya, sports activities, etc)

SAMPLE

