

**SANT NISCHAL SINGH PUBLIC SCHOOL,
YAMUNA NAGAR**



**HOLIDAYS ASSIGNMENT
SESSION (2025-26)**

CLASS: VII

Dear Students

Holidays are eagerly anticipated as a time to unwind, rejuvenate, and explore new interests. To make your summer vacation both enjoyable and enriching, your mentors have thoughtfully crafted homework aligned with the school's vision of "Fun and Learn."

These art-integrated and activity-based assignments are designed to spark curiosity, nurture creativity, and deepen knowledge. They will inspire a love for learning and help you return as a more confident, capable, and well-rounded individual.

Have a great



VaCaTion!

RECREATIONAL ACTIVITIES

- ❖ ***"A healthy mind resides in a healthy body"** - Pay attention to your health, go for morning and evening walks, avoid consumption of junk food, eat healthy and stay healthy.*
- ❖ ***Meditation and Yoga:** Meditation and yoga practices can help you relax, reduce stress, and improve mental focus. You can follow guided meditation videos or attend local yoga classes if available.*
- ❖ ***Outdoor Recreation:** Spend every day some time outdoors by engaging in activities like cycling, hiking, swimming, or simply enjoying picnics in nature. Fresh air and physical activity can promote relaxation and well-being.*
- ❖ ***Open your mind** for reading newspapers, novels, blogs and stories that will help you in increasing your **vocabulary**.*
- ❖ ***Indulge yourself into activities** like cooking, singing, dancing aerobics, cycling , trekking, swimming, art and craft and gardening.*
- ❖ ***Creative Art:** Engage in creative art activities like painting, drawing, or crafting.*
- ❖ ***Online Courses:** You can enroll in online courses or virtual workshops that align with your academic interests or help you explore new subjects. Platforms like Coursera, Khan Academy, or Udemy offer a wide range of courses across various disciplines.*
- ❖ ***Virtual Museum Tours:** Many museums offer virtual tours, explore art, history, and science exhibits from the comfort of your homes. You can learn about different cultures, historical events, or scientific discoveries.*



GENERAL INSTRUCTIONS THAT ARE TO BE FOLLOWED

- ❖ Revise the syllabus thoroughly covered till May.
- ❖ Use eco friendly material to prepare Models or Projects .
- ❖ Make the Project/ Models independently. Ask Parents for guidance and assistance only.
- ❖ Maintain the quality of work done.
- ❖ Write about your Project in a Project File(word limit –200 to 300 words)
- ❖ Minimize the use of gadgets.
- ❖ Develop a skill or hobby. Click photographs, record videos and note your achievements in your Portfolio File.

NOTE: All photographs & A4 sheets are to be added to portfolio.

ENGLISH

*** For all students:**

1. BOOK REVIEW

Read the following books and write the reviews.

*Have You Filled Your Bucket Today ? by Carol McCloud

*A Chair for My Mother by Vera B. Williams

2. Create a memory book of the moments of ten days during summer break. For each memory write a diary entry.(Make a separate and colourful beautiful diary)

ROLL NO 1 to 10

CREATE YOUR OWN NEWSPAPER

Make a newspaper consisting of four pages. It should have national and international news, sports news, weather news and a few advertisements.

ROLL NO 11 TO 20

DO NOT USE ME:

Even though habits are sticky, bad ones should be left behind, Ponder upon habits/ etiquettes which you must swipe away from your regular routine.

Think of 7-8 bad habits that you possess and wish to get rid of. Form small cards and and write those down beautifully in cursive handwriting. Create a small bin/ box and place your cards in it.

ROLL NO 21 TO 30

Read the newspaper every day or watch the evening English news. Then choose a news story that has piqued your interest and do the following:

- Write a report on the news story.
- Write a dialogue in which a journalist interviews someone involving the story.
- Answer the questions like " What could have gone differently?"

(For example : if the truck driver had not answered the phone it would not have caused the accident)

Use your creativity to make a beautiful file.

ROLL NO 31 TO 40

CREATIVE CAPS:

Sometimes, just saying red, or green or white is not enough. The colours has to be described further, like

- black-eyed daughter
- yellow gold
- golden noon

Write down 20 words or expressions that you can associate with the following colours and frame 2 sentences for the different colour each. You can make beautiful flash cards for the expressions. BLUE, RED, WHITE, YELLOW, PINK, PURPLE, SILVER, GREEN

DAYS TO REMEMBER

WORLD ANTI TOBACCO DAY
31 MAY

Make a poster on "Say No to Tobacco"

**Make
every day
World No
Tobacco Day.**

www.who.int/tobacco



World Health
Organization

31 MAY

**WORLD ENVIRONMENT DAY
5 JUNE**

Prepare Vertical Garden using waste plastic bottles.



HINDI

ROLL NO 1 TO 5

- पापा खो गए नाटक के आधार पर कुछ सजीव निर्जीव चीजों को ध्यान में रखकर कुछ संवाद लिखकर , तस्वीर लगाकर एक एकांकी तैयार करें कम से कम 8 से 10 पेज ।

ROLL NO 6 TO 10

- राष्ट्रीय चिन्हों का चित्र बनाएं और कुछ पंक्तियां भी लिखे (राष्ट्रीय पक्षी मोर) की पेंटिंग बनायें सामग्री आइसक्रीम, स्टिक स्टोन, रंगीन धागा, सुई का प्रयोग करते हुए)

ROLL NO 11 TO 15

- हरियाणा, पंजाब, गुजरात, राजस्थान के प्रसिद्ध व्यंजन में से कोई एक राज्य का व्यंजन बनाना सीखे, बनाते हुए तस्वीर भी लें उन तस्वीरों को लगाते हुए और बनाने की सामग्री और विधि बताते हुए एक फाइल तैयार करें (10 पेज की)

ROLL NO 16 TO 20

- महादेवी वर्मा की जीव जंतुओं पर आधारित कहानी पढ़ें अगर आपके घर में कोई पालतू पशु या पक्षी है उसकी देखभाल आपने कैसे की उसके कुछ अनुभव एक कहानी के रूप में 250 शब्दों में लिखें।

ROLL NO 21 TO 25

- घर के बड़े बुजुर्गों के पास बैठकर रामायण-महाभारत की कहानी सुने और अपने पसंद के किसी एक चरित्र को सुंदर सी पेंटिंग के रूप में बनाएं और उनके बारे में लिखें (सामग्री आइसक्रीम स्टिक, स्टोन ,रंगीन धागा ,शीशे आदि का प्रयोग करते हुए)

ROLL NO 26 TO 30

- आतंकवाद पर स्लोगन लिखते हुए एक सुंदर सा पोस्टर बनाएं ।

ROLL NO 31 TO 35

- दैनिक जीवन में प्रयोग होने वाले कुछ मुहावरों को जोड़ते हुए एक कहानी लिखें और चित्र भी अपने हाथ से बनाएं 250 शब्दों में।

ROLL NO 36 TO 40

- पुराने समय में प्रयोग किए जाने वाले पोस्टकार्ड ,अंतर्देशीय पत्र की तस्वीर लगाते हुए यह बताएं कि आधुनिक काल में संदेश भेजने का नए साधन ईमेल कैसे लिखा जाता है ईमेल का विषय संपादक से हिंदी की पुस्तकें मंगवाने हेतु।

DAYS TO REMEMBER

WORLD OCEAN DAY 8 JUNE

Write “My Ocean pledge”-one thing you will do to protect ocean.



WORLD BLOOD DONATION DAY 14 JUNE

Write a “Thank you Card” to real life blood donors and send it to a local blood bank.
(If Possible)



MATHEMATICS

Roll No 1-10

- Prepare a project based on research work on the value of π (3-4 pages).
- Prepare a working model of integer board, using number line.

Roll No 11-20

- Observe and take pictures of 3-5 buildings, bridges, or monuments near your home or school. Identify and label different types of polygons on A3 sheet.
- Prepare a working model on fraction Robot to demonstrate different types of fractions.

Roll No 21-30

- Note down height (in cm) of your family members and represent the collected data in the form of bar graphs.
- 2) Prepare a working model on angle sum property of a triangle.

Roll No 31-40

- Prepare an outline map of your house showing divisions of different rooms. Measure length and breadth of each section to find its perimeter and area in decimals.
- Prepare a working model on different types of polygons.

DAYS TO REMEMBER

FATHER'S DAY 15 JUNE

Make your father feel special by making any dish for him. Click photographs.



NATIONAL READING DAY 19 JUNE

Make Book Mark- Write a quote on "Reading"

19 JUNE National Reading Day



SCIENCE

Roll No 1-5

- Working model of human digestive system.

- Research and write a journal to discuss the impact of an ill- functioning pancreas on the digestion of food.

Roll No 6-10

- Make a model of soil profile.
- “Is our soil safe”? Write a research report on Soil Pollution Around Us and explore the causes and effects of soil pollution in the local environment and suggest preventive measures through real observations.

Roll No 11-15

- Make a model of solar cooker.
- Write a research report on the modifications on the animals surviving well in a colder regions and prepare a picture an how they keep themselves warm.

Roll No 16-20

- Make a model on greenhouse effect.
- Create a short film on global warming and issues related to it. Write a report on it.

Roll No 21-25

- 3-D Working model of Newton's cradle.
- Write a research report on the discoveries of Isaac Newton.

Roll No 26-30

- Make a model of food chain.
- Write a Journal on nature. Go to nearby park and take pictures of different plants, insects and animals you came across and then paste these pictures into journals mentioning their name and adaptation.

Roll No 31-35

- Make a model of wastewater treatment.
- Write a research report on the causes that lead to increase in sewage water ways to .reduce the potable water flowing uselessly into the drains.

Roll No 36-40

- Make a model of hydroponic herb garden along with pictures at different stages.
- Submit a report of it.

DAYS TO REMEMBER

INTERNATIONAL YOGA DAY 21 JUNE

**Perform the Asan as of Surya Namaskar,
click your photographs**



INTERNATIONAL DAY AGAINST DRUG ABUSE 26 JUNE

**Take a pledge-against drug abuse
“Write this pledge using beautiful
calligraphy”**



SOCIAL SCIENCE

Roll No 1-8

- Design a travel brochure for either Haryana or Manipur state showing tourist spots,culture, food, language etc

Roll No 9-16

- Prepare a report on your city (3-4 pages) About its history, key places, common occupations etc. Use pictures to make your work effective.

Roll No 17-24

- Choose a period in history of your choice and create a timeline of events held in that period . Do it on a chart paper and paste pictures about them.

Roll No 25-32

- Prepare a report (2-3 pages) on the topic **The rise of electric vehicles in India**
Research on the growing use of electric vehicles in India. Highlight importance for the environment and their use in your city.

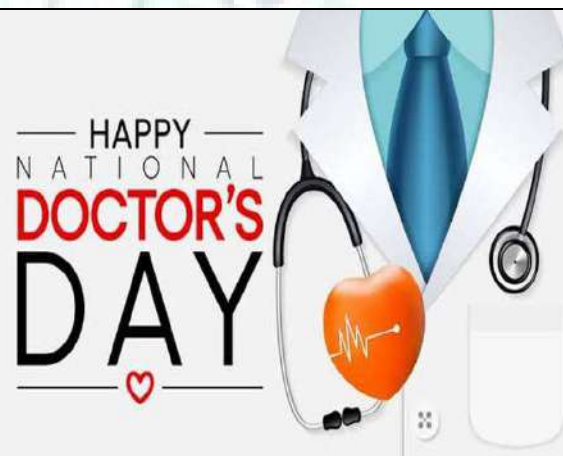
Roll No 33-40

- Record daily temperature and prepare a weather report based on the collected data (On a coloured sheet Make a bar graph showing temperature for 10 days)

DAYS TO REMEMBER

WORLD DOCTOR'S DAY 1 JULY

Write a Thank you note or email to your Doctor for his/her services.



INTERNATIONAL PLASTIC BAG FREE DAY 3 JULY

Make a beautiful cloth bag for grocery



COMPUTER SCIENCE

1. Using different types of charts in Excel analyse the data and write the observations.
Paste the printout of the output of each activity. (Ref. Pg no- 88, 89,90).
2. A. Perform Multiple column sorting from pgno-78.
B. Filtering data and advance filtering in Ms excel (for Ref. pgno-79,80). Paste the output.

3. “ In the new era of AI , dedicate yourself for humanity and society”. Write 120-150 words on Ethics in AI.Paste pictures also.

Note: All activities to be done in practical file.

PUNJABI

- *ਕੋਈ ਪੰਜ ਤਿਉਹਾਰਾਂ ਦੇ ਵਿਸ਼ੇ ਤੇ ਚਿੱਤਰ ਚਿਪਕਾ ਕੇ ਇੱਕ ਫਾਈਲ ਤਿਆਰ ਕਰੋ।
- *ਜਮਾਤ ਵਿੱਚ ਕੀਤੇ ਗਏ ਕੰਮ ਦੀ ਦੁਹਰਾਈ ਕਰਕੇ ਕੰਠ ਕਰੋ।
- *ਕੋਈ ਪੰਜ ਸੁਲੇਖ ਲਿਖੋ।

ART & CRAFT

- Prepare craft work on the following - pg no-84 to 86 from reference book (Creativity Beyond).

Compulsory for all

EK BHARAT SHRESHTHA BHARAT PROJECT

CLASS VII-(2025-26)

Dear student

To encourage national integration EBSB Program has been launched by CBSE. It focuses on unity in diversity i.e. linguistic, literacy, festivals, sports, bio-diversity, tourism and cultural exchange. This will lead to enhanced understanding and bonding between the States thereby strengthening the unity and integrity of India. The pairing State of **Haryana** is **Manipur**.

Students will make and maintain state project file as per the following guidelines.

➤ Title Page/Introductory Page

EK BHARAT SHRESHTHA BHARAT PROJECT/FILE

Name of Project _____

Name of student _____

Class & Section: _____

Roll No: _____

Class Incharge: Mr/Ms _____

Signature of class Incharge _____

First Page

Map of India Highlighting “MANIPUR” and “HARYANA”.

Use innovative ideas to draw, paint or create map of India with any eco-friendly material, keeping in mind sustainable development.

Second Page:

Knowing my Pairing state “Manipur”

Worksheet (write and learn)

Name of State	Manipur
Governor	
Chief Minister	
Area	
Capital	
Fruit	
Flower	
Bird	
Dance	
Name of State Emblem	
Traditional Attire	
Popular Sports	
River	
Famous Lake	
Dance	
Endemic Plant/Symbol of natural richness and Bio diversity	

Third Page onwards

- Folk Dance Forms
- Manipur Dance: Ras Leela, Thang Ta, Pung Cholom
- Haryana Dance: Phag Dance, Dhamal, Ghoomar (shared with Rajasthan), Loor

Make a fact file including name, origin, dress, music instruments used, and cultural importance and Learn one famous step of that dance .

