



D.A.V. SENIOR PUBLIC SCHOOL, SURAJPUR



HAPPY
SUMMER
VACATION!



CLASS: VII

SESSION 2022 – 23

DEAR STUDENTS

GREETINGS ! Bon Vacations !

**Smell the fragrant breeze, feel the sky, Let your soul and spirit fly high.
Whenever we rise above the storm we always find sunshine chrome.**

Since last two years in Covid cage we all have been screwed in porch to cots either to sleep or to creep, deprived to witness the colours in parched landscapes best art of mother nature. Feel the bliss of liberation , Enjoy the Sunrays waltz on water springs in harmony with daily domestic chores .

Vacations are the time to rejuvenate, integrate and empower self to vitalize family bonds eternal bliss of togetherness. Expand social ties , deepen skill roots to harvest effective persona fruits.

Self reliance Elevates our self esteem .Learn multi tasking and management with family members. Observe nature & surroundings to emancipate nature equilibrium and civic social protocols. Holistic growth is not just cramming books or accumulation of sheer knowledge , it revolves around the well being wheel nourishing Physical, Intellectual, Emotional, Spiritual, Social, Environmental and Occupational quotients all together which ll be backbone of present & future .

Homework is not to burden you or hinder your joyous Cock a hoop fun trail but to provide you platform to strengthen your good skills and affirm best practices even in fun zone.

Young friends ! In modern era only knowledge of information grasping is not sufficient unless it does not evoke your understanding, critical thinking, diagnose problems, create solutions in collaboration of your situation and effective resource management

Experiential learning is best pathway to integrate knowledge, with first hand experience in assimilation of appropriate and best technology. Rise up early , exercise well or go for walk , extend hand to parents .THINK GLOBAL & ACT LOCAL. NURTURE THE NATURE ,

HAPPY HOLIDAYS . don't forget to diary your novice experiences and share with me. Looking forward to learn with your experience

Yours sincerely

SUBJECT –ENGLISH

- 1. (Even Roll No.s-) Read Unit -2 'Relationships' of your Reader book and prepare one value tree highlighting what you have learnt from this unit(Moral value , life Skills as Flash Card on A4 sheet).**

Write a speech on the topic ' Values and Life Skills are foundation of Civic society'.

OR

(Odd Roll No.s) Read Unit- 3 'Attitude' of your Reader book and prepare a table highlighting the importance of positive attitude in our life as Flash Card on A4 sheet.

Write a speech on 'Attitude decides the Altitude of progress'.

- 3. You are a travel agent. Explore Internet/ Newspaper or Library, Choose your favourite State, To plan memorable trip for your clients, To their desired destination, Find out following points to create your itinerary catalogue.**

**Mark chosen State on political map along tourist spots with pictures,
best Weather, Best time to visit, Mode to reach (Bus, Train, Airways, Taxi),
Famous food to relish,
Clothing to wear,
Handicraft & Art to admire & purchase,
landscape, resort / hotel / inn /guesthouse to stay.
MAKE ONE PPT .CONVERT into PDF and submit to Subject Teacher.**

In case you need any help in understanding or doing feel free to contact concerned Subject Teacher.

Subject Hindi

1. बारहमासा कविता के आधार पर भारतीय तथा अंग्रेजी महीनों को दर्शाता हुआ एक कैलेंडर बनाइए जिसमें प्रत्येक महीने में मनाए जाने वाले त्योहारों का सचित्र वर्णन कीजिए।

2. 'पर्यावरण बचाओ' @ जल संरक्षण पर्यावरण रक्षण/वृक्ष लगाओ हरियाली लाओ'- किसी एक विषय पर एक पोस्टर बनाइए। व रोचक नारा लिखिए जिसे आप जन जागरुकता के लिए सेवा अभियान के अर्न्तगत आगामी रैली में प्रयोग कर सकें।

समय का हमारे जीवन में बहुत महत्व है हमें अपना हर काम समय पर करना चाहिए। आपने छुट्टियों में क्या किया किया और क्या-क्या नया सीखा अपनी छुट्टियों की दिनचर्या की एक समय सारणी बनाइए।

4. कक्षा में करवाए गए काम की पुनरावृत्ति कीजिए।

5. https://youtu.be/Wx9v_J34Fyo https://youtu.be/Wx9v_J34Fyo

उपरोक्त दिए गए लिंक से अरुणिमा सिन्हा के जीवन की वीडियो को देखें निम्नलिखित प्रश्नों के उत्तर दीजिए:-

1. अरुणिमा किस पर्वतारोही से मिली और उसने क्या कहकर उसका हौसला बढ़ाया

2. अरुणिमा को कौन सा सम्मान मिला?

3. अरुणिमा सिन्हा के जीवन से हमें क्या प्रेरणा मिलती है

6 प्रेरणात्मक कविता कंठस्थ कीजिए व कविता वाचन करते हुए अपनी वीडियो बनाइए जो 1 से 1.30 मिनट से अधिक ना हो। कविता से आपको क्या प्रेरणा मिली विषय पर भी अपने विचार व्यक्त कीजिए।

In case you need any help in understanding or doing feel free to contact concerned Subject Teacher.

Subject Sanskrit (Option)

- 1 कोई तीन धातु रूप लटलकार व लङ लकार में लिखें।
- 2 चित्र सहित पांच पशुओं, पक्षियों, फलों, सब्जियों के नाम संस्कृत में लिखे ।

In case you need any help in understanding or doing feel free to contact concerned Subject Teacher.

OR

SUBJECT –PUNJABI (Option)

(ੳ) ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(1) ਕਟੋਰੇ ਤੇ ਕਟੋਰਾ ਪੁੱਤਰ ਪਿਓ ਨਾਲੋਂ ਵੀ ਗੋਰਾ, ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(2) ਨਿੱਕੀ ਜਿਹੀ ਕੁੜੀ ਲੈ ਪਰਾਂਦਾ ਤੁਰੀ, ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(3) ਦਿਨ ਵਿੱਚ ਸੌਵੇ, ਰਾਤ ਨੂੰ ਰੋਵੇ, ਜਿਨ੍ਹਾਂ ਰੋਵੇ ਉਨ੍ਹਾਂ ਹੀ ਖੇਵੇ।

ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(4) ਥਾਲ ਭਰਿਆ ਮੋਤੀਆਂ ਦਾ, ਸਭ ਦੇ ਸਿਰ 'ਤੇ ਉਲਟਾ ਧਰਿਆ, ਹਨ੍ਹੇਰੀ ਚੱਲੇ, ਪਾਣੀ ਚੱਲੇ, ਮੋਤੀ ਫਿਰ ਨਾ ਡਿੱਗਣ ਥੱਲੇ। ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(5) ਖੰਭ ਨਹੀਂ ਪਰ ਉੱਡਦਾ ਹੈ, ਨਾ ਹੱਡੀਆਂ ਨਾ ਮਾਸ, ਬੰਦੇ ਚੁੱਕ ਕੇ ਉੱਡ ਜਾਂਦਾ ਹੈ ਹੇਵੇ ਨਾ ਕਦੇ ਉਦਾਸ। ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(6) ਵਾਲ ਸੁਨਹਿਰੀ, ਸਾਹ ਹਰੀ, ਵੇਖੇ ਧੁੱਪੇ ਕਿਵੇਂ ਖੜ੍ਹੀ, ਮੋਤੀਆਂ ਦੇ ਨਾਲ ਭਰੀ ਹੋਈ, ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(7) ਨਾ ਮੇਰੇ ਹੱਥ, ਨਾ ਮੇਰੇ ਪੈਰ, ਇੱਕੋ ਮੇਰੀ ਪੂਛ, ਮੰਗੇ ਮੇਰੀ ਖੈਰ। ਪਾਣੀ ਦੀ ਮੈਂ ਰਾਣੀ ਹਾਂ, ਜਾਣੀ ਤੇ ਪਛਾਣੀ ਹਾਂ।

ਬੁੱਝੇ ਮੈਂ ਹਾਂ ਕੌਣ?

(ਅ) ਹੇਠਾਂ ਦਿੱਤੀ ਤਸਵੀਰ ਨੂੰ ਵੇਖਦੇ ਹੋਏ ਤੁਸੀਂ ਵੀ ਨਾਂਵ ਦੀਆਂ ਕਿਸਮਾਂ ਦਾ ਇੱਕ ਚਾਰਟ ਬਣਾਉ।



(ੲ) ਰੁੱਖਾਂ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਕੀ ਮਹੱਤਵ ਹੈ। ਹੇਠਾਂ ਦਿੱਤੀ ਤਸਵੀਰਾਂ ਨੂੰ ਵੇਖਦੇ ਹੋਏ ਰੁੱਖ ਬਚਾਓ 'ਤੇ ਸਲੋਗਨ ਲਿਖੋ। (A4 Sheet)



ਰੁੱਖ ਵਰਖਾ
ਲਿਆਉਂਦੇ ਨੇ,
ਗਰਮੀ ਤੋਂ
ਬਚਾਉਂਦੇ ਨੇ



(ਸ) ਜਮਾਤ ਵਿੱਚ ਹੁਣ ਤੱਕ ਕਰਵਾਏ ਗਏ ਪੰਜਾਬੀ ਦੇ ਸਾਰੇ ਕੰਮ ਦੀ ਦੁਹਰਾਈ ਕਰੋ।

SUBJECT –MATHS

- 1. Revise Whatever done in class**
- 2. Solve the questions given in worksheet**
- 3. On an A4 Sheet draw pictorial representation of Number System**

In case you need any help in understanding or doing feel free to contact concerned Subject Teacher.

SUBJECT –SCIENCE

Class 7 A 1.Compose a poem on utility of plants Procedure : Take A 4 sheet.Draw or paste a few pictures of plants or flowers to form the border and in the middle of the sheet write the poem. 2. Make a 3d project of human digestive system 3. Learn each organ of digestive system of human for the role play. 4. Learn whatever is done in class	Class 7 B 1. Write few lines on utility of plants.(Procedure will be same as 7 A) 2. Make a 3d project of digestive system of cow 3. Learn Rumination of cow for role play activity 4. Learn whatever is done in class	Class 7 C 1. Write a letter to God to show your thankfulness for the plants he has given to us on A 4 sheet 2. Make a 3d project of Nutrition in Amoeba 3. Learn nutrition in Amoeba for role play activity 4. Learn whatever is done in class
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In case you need any help in understanding or doing feel free to contact concerned Subject Teacher.

SUBJECT –SOCIAL SCIENCE

Civics- Find information about new schemes launched by the government for the benefit of the poor. (Do it in your notebook)

On a political outline map of India, Label union territories. Paste it in your geography notebook

Geography -

Take an outline map of India locate and label the areas of major soil types on it .mention the names of the states of each soil type. (refer page number -11)

History -

Collect pictures of the great monuments of North India with information about their location ,special characteristics ,and paste it in your notebook

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Subject Dharam Shiksha

- 1 चारों वेदों का नाम सचित्र लिखें ।
- 2 अभ्यास प्रश्न उत्तर याद करें ।
- 3 शान्ति पाठ और गायत्री मंत्र अर्थ सहित लिखकर याद करें ।
- 4 10 पंक्तियां लिखिए कि हवन भौतिक वातावरण एवं मानसिक शुद्धता में कैसे सहायक होता है ।

Subject : Art n Craft

1.Book work(step by step)

Complete page no 5 to 8

2. Craft work

Topic : CRAFT something innovative Best out of waste .

In case you need any help in understanding or doing feel free to contact concerned Subject Teacher.



Do's :

- **Drink sufficient water even if not thirsty.**
- **Use ORS (Oral Rehydration Solution), homemade drink like lassi, torani (rice water), lemon water, butter milk etc. to keep yourself hydrated.**
- **Wear lightweight, light coloured, loose cotton clothes.**
- **Cover your head by using cloth, hat or umbrella etc.**
- **Stay indoor as much as possible.**
- **If you feel weak to faint or ill, see a doctor immediately.**

Don'ts :

- **Do not go outside on an empty stomach or after consuming heavy food.**
- **Avoid going out in the sun, especially in the afternoon if not required.**
- **Avoid strenuous activities when outside in the afternoon.**
- **Do not go outside barefoot.**
- **Do not eat junk/stale/spicy food.**



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