



HOLIDAYS' HOMEWORK

CLASS VII





“Learning is the beginning of health.

**Learning is the beginning of
spirituality.**

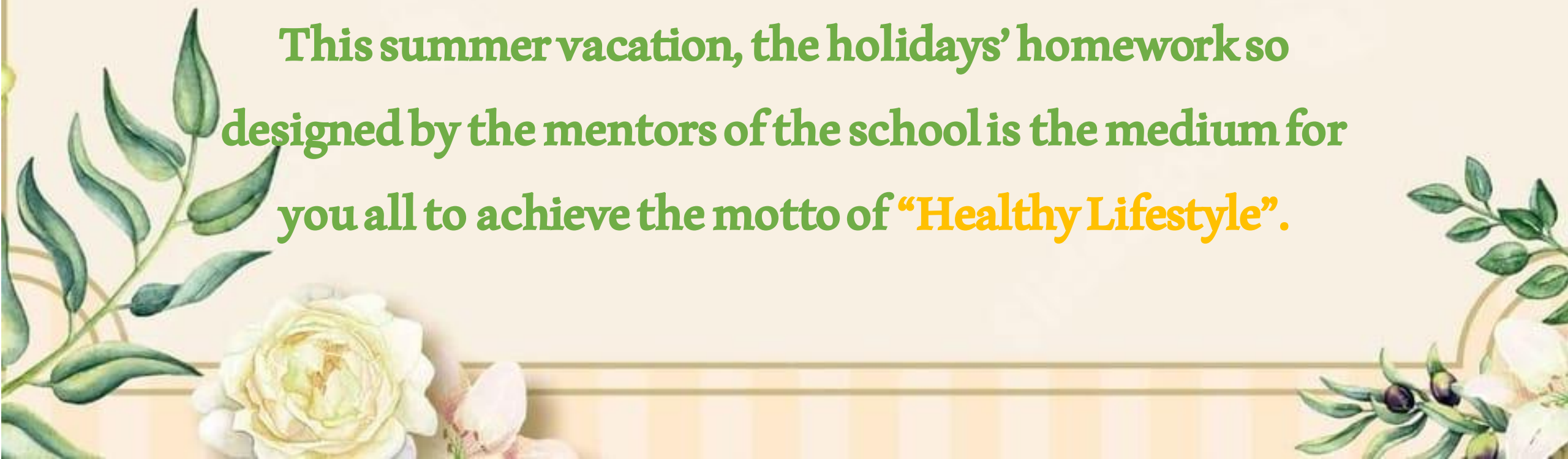
**Searching and Learning is where the
miracle process all begins...”**

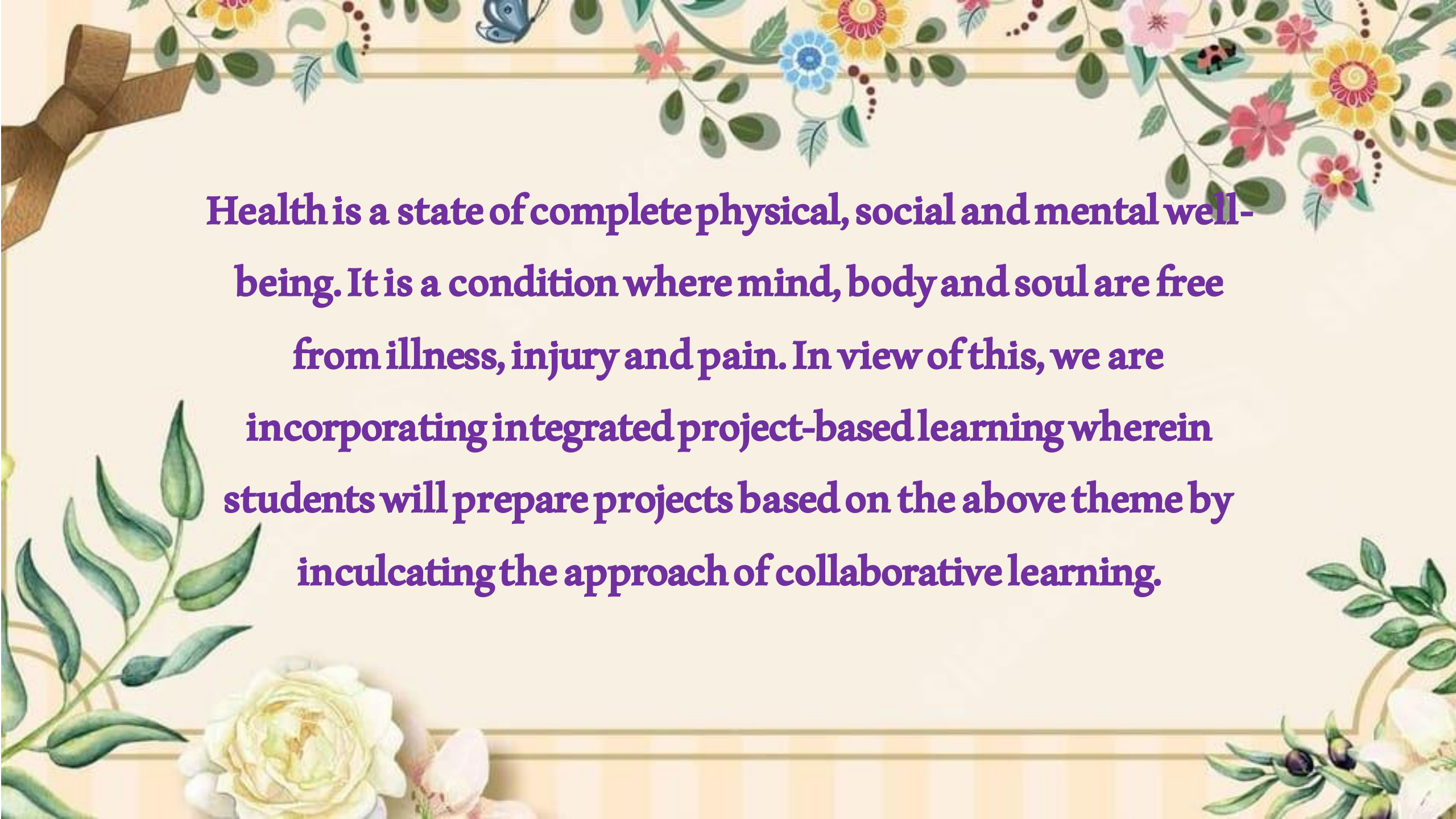




Holiday is the time that we all eagerly wait for. We all make plans to enjoy, to relax and to empower ourselves.

This summer vacation, the holidays' homework so designed by the mentors of the school is the medium for you all to achieve the motto of **“Healthy Lifestyle”.**

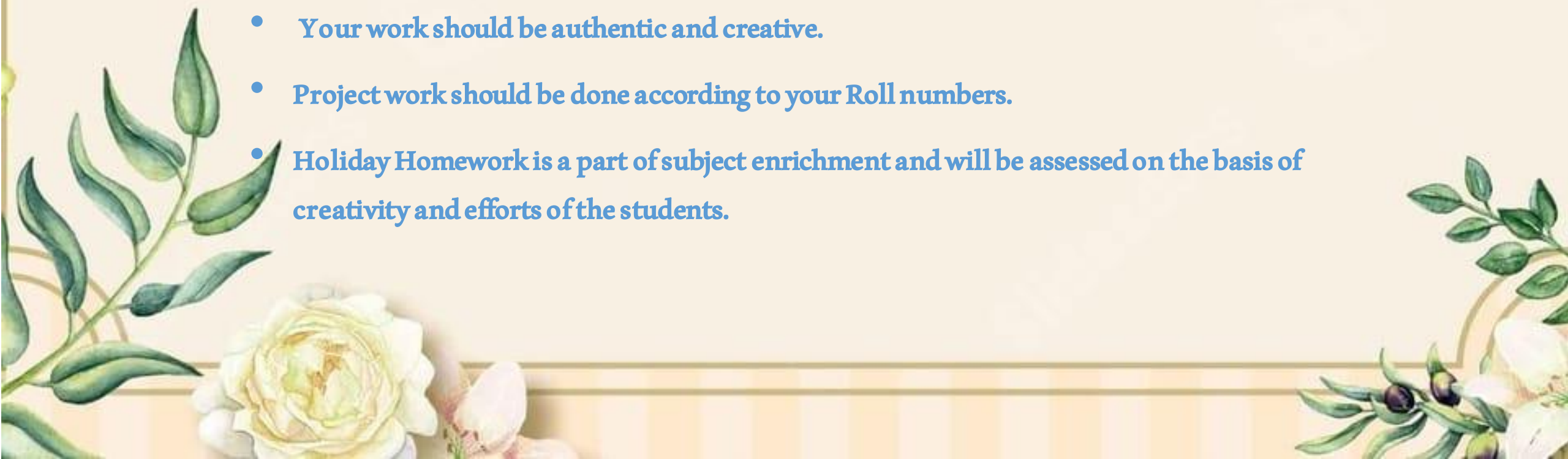




Health is a state of complete physical, social and mental well-being. It is a condition where mind, body and soul are free from illness, injury and pain. In view of this, we are incorporating integrated project-based learning wherein students will prepare projects based on the above theme by inculcating the approach of collaborative learning.

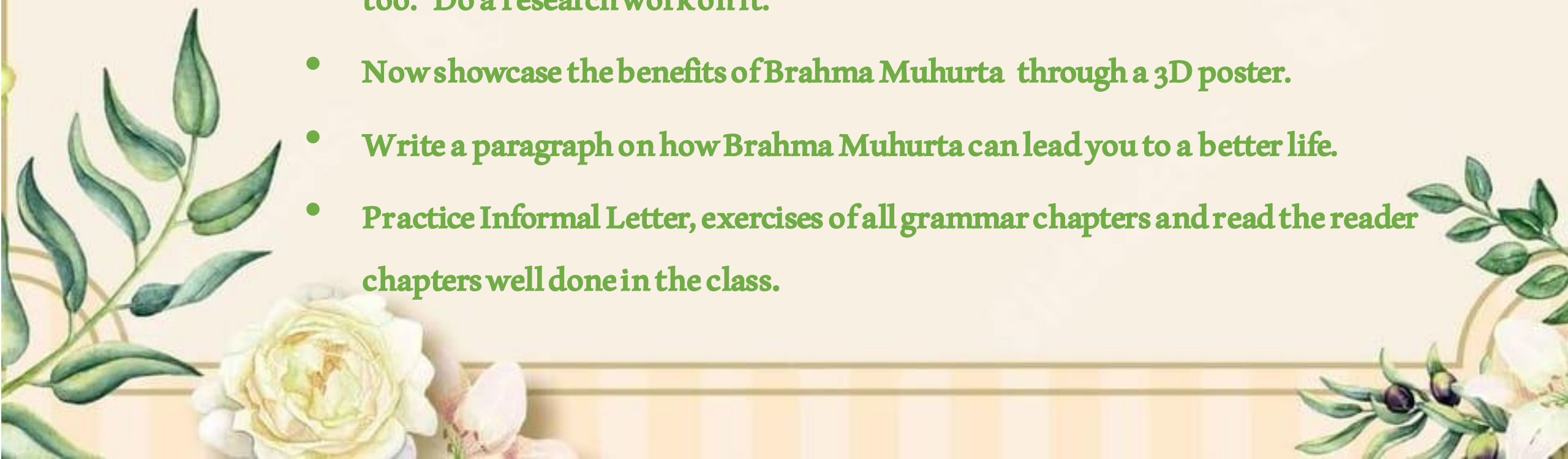


General Instructions :

- Create your own A-3 size sheet with the help of waste paper/cloth and decorate it well with waste material e.g. bottle caps, refills, leftover pencils or crayons, lace, etc.
 - Use eco-friendly and sustainable materials for models/projects.
 - Your work should be authentic and creative.
 - Project work should be done according to your Roll numbers.
 - Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students.
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ENGLISH

- “Brahma Muhurta means the time of the creator. It is the time when you can make yourself the way you want yourself to be. It improves your mental health too.” Do a research work on it.
 - Now showcase the benefits of Brahma Muhurta through a 3D poster.
 - Write a paragraph on how Brahma Muhurta can lead you to a better life.
 - Practice Informal Letter, exercises of all grammar chapters and read the reader chapters well done in the class.
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HINDI

- ❖ हमारा ब्रह्मांड भगवान से बना है। भ से भूमि, ग से गगन, व से वायू, अ से अग्नि, न से नीर। इन्हीं पांच तत्वों का वर्णन करते हुए एक सुंदर चार्ट बनाओ।
- ❖ मानसिक स्वास्थ्य के लाभों का वर्णन करते हुए एक स्वरचित कविता लिखिए।
- ❖ तुलसी या गिलोय का पौधा लगाएं और ग्रीष्मावकाश में उसकी देखभाल करें। ग्रीष्मावकाश के बाद उसे विद्यालय में लाएं।
- ❖ कक्षा में करवाया गया सारा कार्य दोहराएं। शुद्ध पढ़ने और लिखने का अभ्यास करें। युनिट टैस्ट का सारा पाठ्यक्रम याद करें।



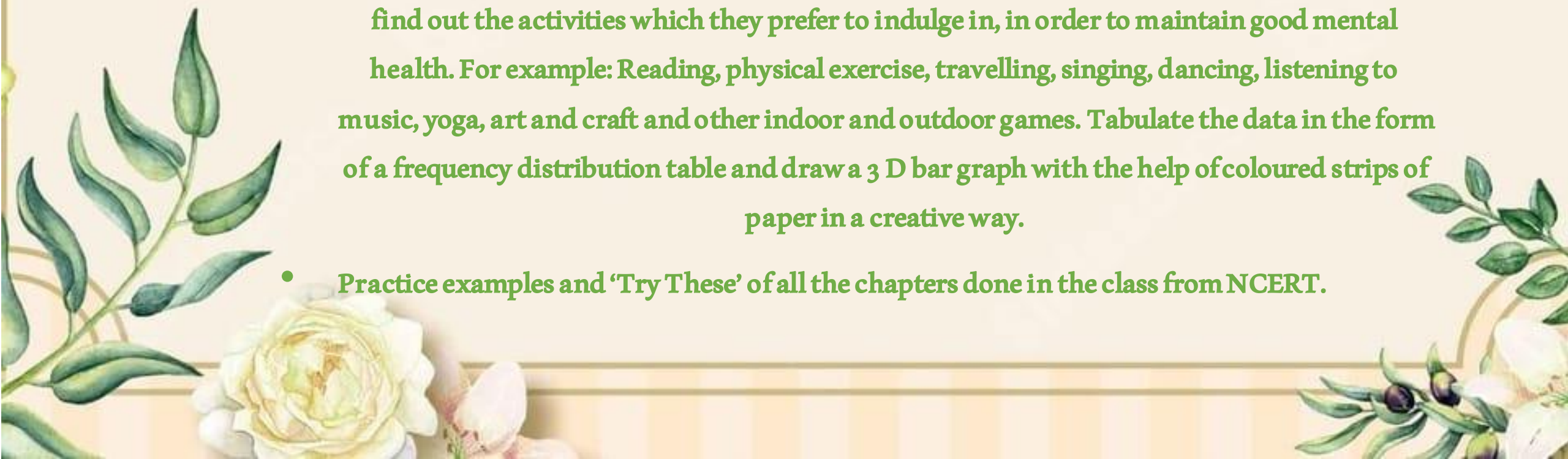
SANSKRIT

प्राकृतिक चिकित्सा से स्वास्थ्य लाभ विषय पर संस्कृत श्लोकों को
लिखिए और याद कीजिए।





MATHS

- “Stress is a normal reaction to everyday pressures but can become unhealthy when it upsets your day-to-day functioning”. Conduct a survey of at least 10 people in your neighbourhood or family to find out the reasons for stress among children, adults or other age group. Now find out the activities which they prefer to indulge in, in order to maintain good mental health. For example: Reading, physical exercise, travelling, singing, dancing, listening to music, yoga, art and craft and other indoor and outdoor games. Tabulate the data in the form of a frequency distribution table and draw a 3 D bar graph with the help of coloured strips of paper in a creative way.
 - Practice examples and ‘Try These’ of all the chapters done in the class from NCERT.
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SCIENCE


- **Naturopathy is the healing power of nature. Our body is made up of 5 elements that is – Earth, water, fire, air and space. The imbalance among these is responsible for diseases. The treatment of various diseases with the help of these five elements is called naturopathy.**

“GALA TIME WITH GRANDPARENTS”

- **Greatest memories may not be available to today’s generation but such amazing experiences that go beyond the experience of the previous generation were there.**

Let’s go back to that golden era where you can cherish childhood memories of your grandparents/ parents.





Interview your parents and grandparents to find out about the things / activities they used to do when they were of your age. (For example – climbing trees, playing with mud and making sculptures, cycling, going to park, indoor and outdoor games etc.) These are not only magical moments but greatest memories too. Try to include some of the activities in your daily schedule during summer vacation.

Click pictures and make an album of 3-4 leaves and write your experience in about 250 words.

Hint: Compare your experience with the time spent on screen, Physical and mental changes observed, how it strengthened the bond of love and affection.

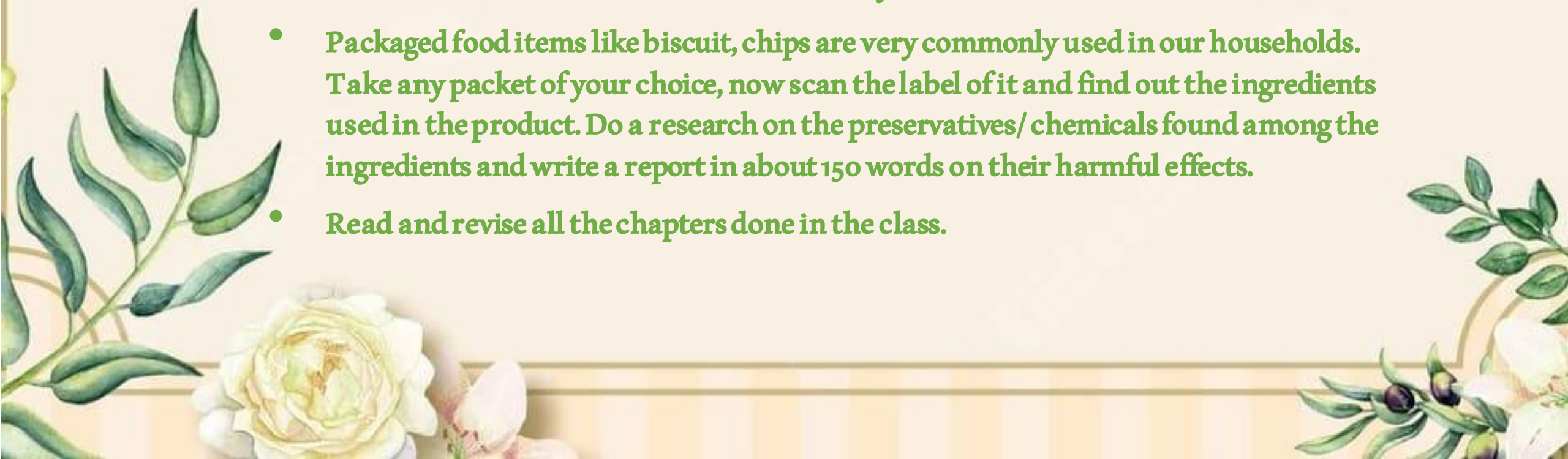
- **Read and revise all the chapters done in the class.**
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SOCIAL SCIENCE

“Be a truth seeker”

“Know what you eat”

- Packaged food items like biscuit, chips are very commonly used in our households. Take any packet of your choice, now scan the label of it and find out the ingredients used in the product. Do a research on the preservatives/ chemicals found among the ingredients and write a report in about 150 words on their harmful effects.
 - Read and revise all the chapters done in the class.
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ART AND CRAFT

Artistic flower vases can be adorned with flowers to brighten, embellish, and decorate the overall home decor. Make a flower vase with waste cardboard.

<https://youtu.be/k528NfZHoAE>

<https://youtu.be/fXQk1tFyTqs>



PROJECT WORK

Prepare a 3D model on the following topics:-

Holistic healing therapies of naturopathy :-

Hot Stone Therapy (Roll no. 1-4)

Chrome Therapy (5-8)

Mud Bath Therapy (9-12)

Acupuncture Therapy (13-16)

Water Therapy (17-20)

Food platter of :-

Sattvik Food (21-24)

Rajasic Food (25-28)

Tamasik Food (29-33)



HAVE A FUN FILLED
VACATION!

