

Holidays Homework For Summer Break

Session 2014-2015

Class VII

English

1. Read Olive Twist. On the basis of your reading of the book write a book review.
2. Imagine yourself as Oliver. You are happy now after starting your new life. You want to start music class for the orphans now. Design a poster for the same.
3. Read Unit-2 (Relationships) of English Reader and attempt the exercises.

The above mentioned Holidays Homework should be done on A4 sized sheet

Maths

1. Prepare a Maths Magazine with riddles, poem, puzzles and 5 sudokos using A4 size sheets and a handmade folder.
2. Write the alphabets A to Z and find the lines of symmetry.
3. Draw ink dot designs any four)
4. Revise chapter 1 and 2.

1. You can use a railway timetable to find the time a certain train takes to travel a definite distance. Find the average speed of five different trains.

2. FUN WITH INDICATORS

Preparation of a Greeting Card

Take a tablespoon of turmeric powder in a bowl. Add some water to it to prepare a paste. Take a sheet of white paper & fold it from the middle. Apply turmeric paste uniformly on the front side of white paper. Leave it to dry for 15-20min. Prepare a soap solution. Dip a cotton bud in the soap solution & draw any design on yellow paper. You will get beautiful greeting card. Find the reason for the above information (Life skills & creativity)

3. Make a collage in your note book to show how soil gets replenished. Collect pictures & information from various sources available to you.

4. Visit a place where potters live & make various useful items like surahee's matkas etc

Find out the following information

i) Which type of soil is used by them?

ii) From where do they get the soil?

iii) How is soil prepared for making different item?

iv) How much time is taken to prepare different items?

v) What is done in case of Surahee & Matka so that water remains cool inside?

Make a report in your notebook

Geography

1. Take a thermocol sheet, plastic clay & bright colours to make a model of the Earth's Interior showing its major layers. Label it.
2. Collect different variety of Rocks and categorize them as Igneous, Sedimentary and Metamorphic Rocks. Write about their properties and importance on the hardboard sheet, where you will paste these pieces of the rocks
3. In the flower pot show the layers of soil (only 4 inches or so) and also label the various layers.

History / Civics

1. Collect pictures of the great monument of with India and make a scrapbook with information about their location, special characteristics, modes of travelling to reach their etc
2. Collect the pictures of the temples of south India and paste in Scrapbook.

Write a few lines about them

3. Collect pictures of election symbols of any two national parties and write about their manifesto.
4. On a political map of India mark the states having Bi-cameral and Uni-cameral legislature and note down the following:
 - i) Name of the Governor / Lt Governor
 - ii) Does it have a Unicameral or Bi-cameral legislature?
 - iii) Number of members of legislative Assembly in your state
 - iv) Population of your state
 - v) Name of the Chief Minister of your State

Arts

1. Draw & colour a design of Rangoli on the A4 Sheet. Use Poster Colour.
2. 4 Hanger chief using the vegetable block printing. Use Acrylic Colours.

ग्रीष्मावकाश गृहकार्य (2014-15)

हिन्दी - कक्षा 7

1. राष्ट्रीय एकता में इन महापुरुषों के योगदान पर चार्ट बनाइए जिसमें उनका जीवन परिचय, रचनाएँ तथा उनके योगदान पर प्रकाश डाला गया हो-

कक्षा व अनुभाग

सातवीं - ए व बी
सातवीं - सी व डी
सातवीं - ई व एफ

महापुरुष

स्वामी विवेकानन्द
स्वामी दयानन्द सरस्वती
सरदार पटेल

2. ज्ञान सागर व अभ्यास सागर के पढ़ाये गए पाठों की पुनर्वाचिता कीजिए।
3. हिन्दी शब्दकोश देखकर प्रतिदिन 5 नए शब्द व उनके अर्थ याद करके लिखिए।

संस्कृत

1. पाठ 4 के आधार पर संतुलित भोजन बनाने वाले तत्व जैसे - प्रोटीन, वसा, खनिज पदार्थ, विटामिन किन चीजों से मिलते हैं? उनके चित्र बनाएँ व चिपकाएँ। (ड्राईंग शीट पर)
2. पाँच संस्कृत लेखक तथा उनके ग्रंथों के नाम लिखें। (ड्राईंग शीट पर)
3. 1 से 50 तक संस्कृत संख्या याद करें तथा लिखें। (ड्राईंग शीट पर)
4. तत् और किम् शब्द रूपों के कार्ड बनाएँ।

धर्म शिक्षा

पर्व किसे कहते हैं?

पर्व क्यों मनाए जाते हैं?

हमारे जीवन में पर्वों की क्या विशेषता होती है?

पर्व किन भावनाओं के साथ मनाए जाने चाहिए?

भारत के विभिन्न प्रांतों में जो पर्व मनाए जाते हैं, उनके सम्बंध में सम्पूर्ण जानकारी देते हुए, चित्रों के साथ विवरणिका तैयार करें।

नोट: ए 4 आकार की रंगीन शीट का प्रयोग करें अथवा आवश्यकतानुसार स्क्रेप बुक का भी प्रयोग कर सकते हैं। प्रस्तुतिकरण चित्रमय एवं सुन्दर होनी चाहिए।

Wellness Programme for Summer Break 2014

To ensure healthy lifestyle, students are advised to follow wellness Programme during the summer break. Healthy habits make healthy human beings.

Week-1

- 1) **Walking**: Concentrate on breathing, try to co-ordinate hands and leg movements along with rhythmic breath. Elbows should be swinging at 90⁰ forward / backward. (10 minutes)
- 2) **Free hand exercises**: (25 minutes)
 - (a) Arms rotation forward/backward (16 times each)
 - (b) Stretching – standing, side wise arms bending, open legs knee stretching (16 times each)
 - (c) Bending – forward and backward bends, keeping your knees straight, feel the stretch (16 times each)
 - (d) Jumping – spot jump, broad jump, alternate single leg jump (20 times each)
- 3) **Cooling Down**: Seating / lying on a clean and airy space, breath deeply and slowly. Concentrate on breathing and relax.

Week-2

- 1) Walking (10 minutes)
- 2) Jogging (10 minutes)
- 3) Free hand exercises (10 minutes)
- 4) Practice simple yogasanas (30 minutes)

Week-3

- 1) Jogging (10 minutes)
- 2) Skipping (10 minutes)
- 3) Free hand exercises (15 minutes)
- 4) Stretching exercise (15 minutes)
- 5) Cooling down meditation (10 minutes)

Week-4

- 1) Walking / Cycling (10 minutes)
- 2) Jogging (10 minutes)
- 3) Practice simple yogasanas twice (30 minutes)
- 4) Meditation (10 minutes)

Week-5

- 1) Cycling / Jogging (10 minutes)
- 2) Running (10 minutes)
- 3) Free hand exercises (20 minutes)
- 4) Push-up / Sit-ups (16 times each) (10 minutes)
- 5) Cooling down – Meditation (10 minutes)

Week-6

- 1) Jogging (05 minutes)
- 2) Running (10 minutes)
- 3) Stretching exercises (15 minutes)
- 4) Push-ups & Sit-ups (20 times each) (10 minutes)
- 5) Yogasana & Meditation (30 minutes)

Notes

- Do your exercise in clean and open space. Do regular exercise with proper rest between each.
- Never over-do any exercise.
- Warming up before and cooling down after is mandatory.
- Increase or decrease timing / repetitions of exercise / intensity of exercise according to individual capability
- Take proper diet, wholesome nutritious and fiber rich foods. Increase fluid intake, fresh and seasonal fruits and vegetables. Avoid junk food.
- Consult doctor's / medical expert's immediately if any medical problem feel / arise during or after practice.