



# Indus Global Academy, Kinana

Session: 2019-2020

Grade – VII

Holiday Independent Practice



Student's Name:

Date:

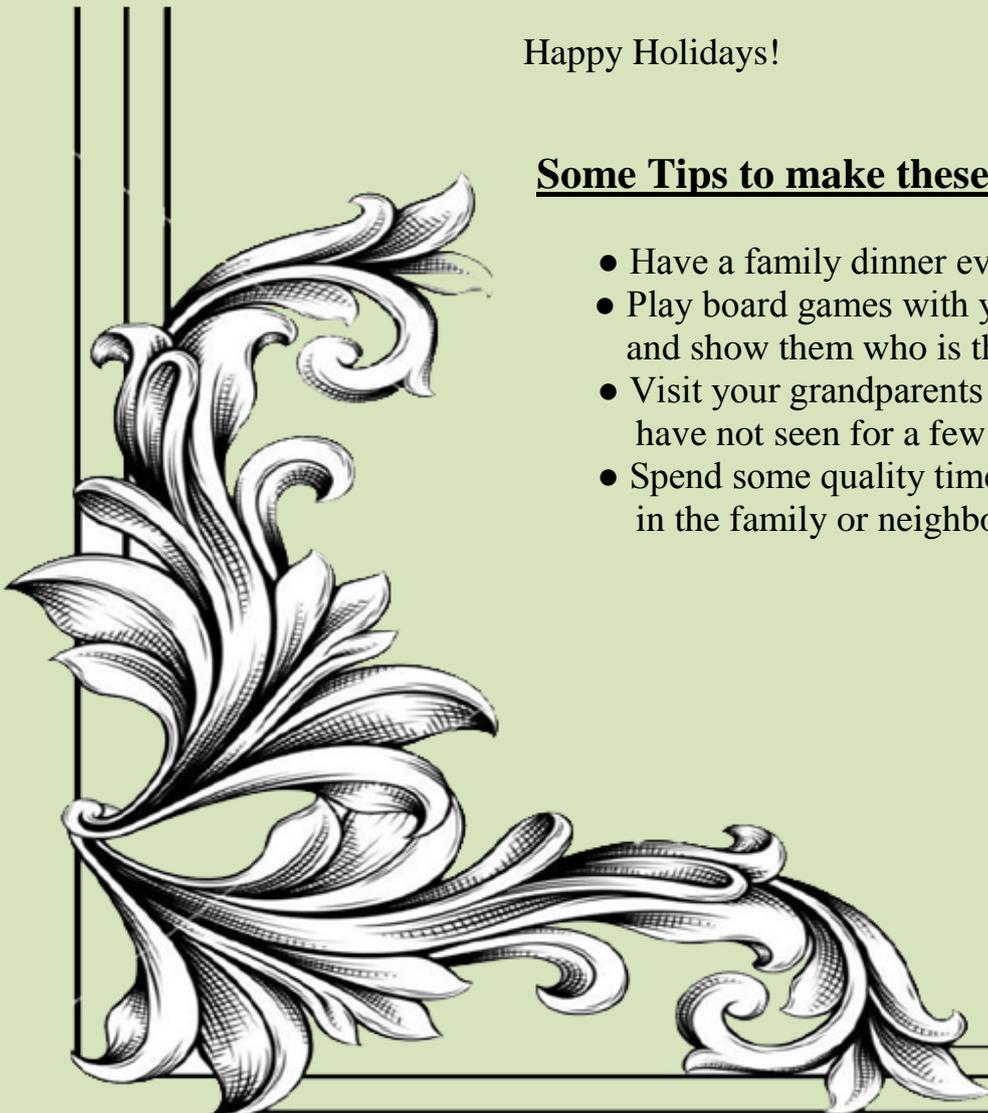
Summer Vacation is probably the best time of the year for you all; it's time for loads of ice cream, time to visit grandparents and getting pampered to no end and of course bonding with cousins. School is fun too, with learning happening at all times, Summer vacation can also be a time for learning with lots of activities around.

Here are few tasks for you to be completed during the vacation. Do remember to complete the given tasks after reading them carefully. You need to bring your research work to school on the first day of school without fail.

Happy Holidays!

## Some Tips to make these holidays special:

- Have a family dinner every day of the holidays.
- Play board games with your parents and sibling and show them who is the smartest.
- Visit your grandparents and relatives whom you have not seen for a few years.
- Spend some quality time with an elderly person in the family or neighborhoods.



## Some do's and don'ts during summer vacations:

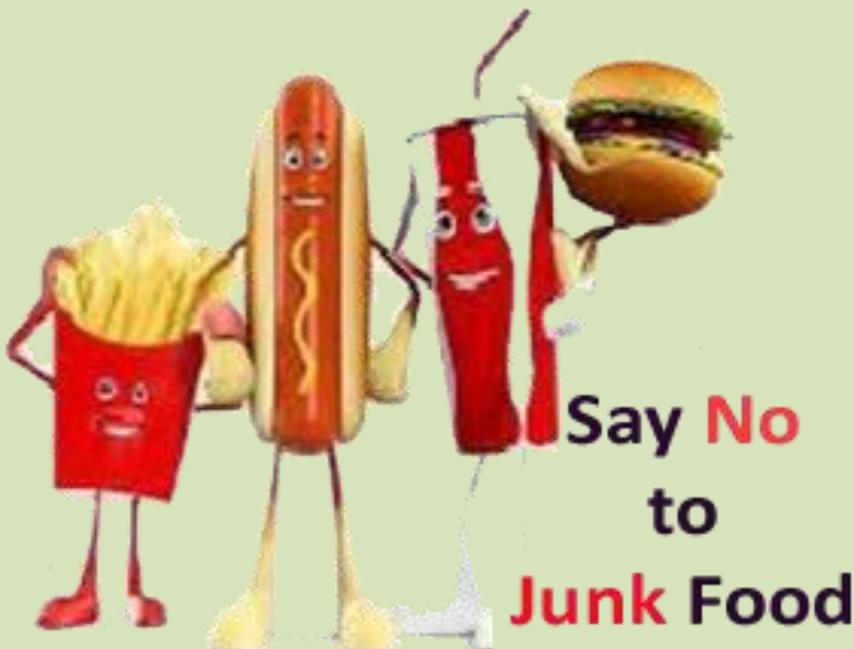
### Do's :

- ✓ Drink lots of water.
- ✓ Carry a water bottle everywhere you go.
- ✓ Wear light cotton clothes.
- ✓ Have plenty of seasonal fruits like musk- melon, water-melon, orange, cucumber, etc.
- ✓ Drink a glass of buttermilk every meal time.
- ✓ Discover your creativity through Research work sheets.
- ✓ Study for half an hour to one hour everyday.
- ✓ Explore various games.
- ✓ Enjoy your holiday trips.



### Don'ts :

- ✓ Don't be out of house in afternoon sun.
- ✓ Don't have junk food.
- ✓ Don't watch too much TV.
- ✓ Don't waste time in being lazy.
  - ✓ Don't dirty your place of living.



# Mathematics

- Do Mental Maths Exercises of Ch-1 (Integers), Ch-2 (Fractions & Decimals), Ch-3 (Linear Equations), Ch-4 (Lines and Angles).
- Do revision of PT- 1 Syllabus.

## English

Your holiday homework this year is a fun mix of all the aspects of the language. It has been designed to ensure that you enjoy and learn at the same time.

**Reader:** Revise Lesson- 1, 2 & poem-1,2 including all the contents of the following sections:

- Read and Understand
- Play with Words
- Know Grammar
- Listen and Speak

Grammar: Revise Lesson- 1, 2, 7, 9, 10 & 19.

### **Writing:**

Write notices of the following from your grammar book (workout) Page –179 Q. No C & D.

### **Activity:**

Lets plunge ourselves in the colourful world of collage and paper art to develop our reasoning, creative, imaginative and problem solving skills.

Make an attractive picture collage of famous personalities who rose to achieve their dreams with hard work and determination.

- SOME AMAZING WOMEN ENTREPRENEURS.
- INDIAN AUTHORS
- INVENTORS
- MARTYRS WHO SACRIFICED THEIR LIVES FOR THE COUNTRY

## Hindi

प्रश्न 1. वर्ण विच्छेद कीजिए :-

क्षमा : .....

झीलों : .....

सकारात्मक : .....

स्वीकार्यता : .....

गाड़ी : .....

संतुलित : .....

योगासन : .....

प्रश्न 2. संधि कीजिए।

सु + उक्ति

हित + उपदेश

गिरि + इन्द्र

महा + इन्द्र

नदी + ईश

देव + आयल

प्रति + इक्षा

प्रश्न 3. तत्सम शब्दों के तद्भव रूप लिखिए।

रात्रि, सूर्य, उज्ज्वल, क्षेत्र, पक्षी, सर्प, मयूर, वानर, चंद्र, कर्ण, हस्त

प्रश्न 4. स्वर व व्यंजनों का वर्णन कीजिए।

प्रश्न 5. 10 सुलेख लिखें।

प्रश्न 6.क छात्रवृत्ति के लिए प्रधानाचार्य को प्रार्थना- पत्र लिखिए।

ख. स्वास्थ्य अधिकारी को गली-मोहल्ले की सफाई करवाने के बारे में पत्र लिखिए।

प्रश्न 7. निम्नलिखित विषयों पर निबंध लिखे।

क. विज्ञान और मानव जीवन

ख. सर्व शिक्षा अभियान

प्रश्न 8. अरहुल हिन्दी पाठमाला के पाठ (1-5) तक अभ्यास सहित याद करें।

प्रश्न 9. पाठ (1-5) में से किसी एक चित्र पर चार्ट बनाइए।

प्रश्न 10.पाठ (1-5) तक श्रुतलेख हेतु 50 शब्द लिखिए।

## Sanskrit

प्रश्न 1. पाठ (1 से 4 तक) अभ्यास सहित याद करें।

प्रश्न 2. भारतवर्ष: से संबंधित 20 पंक्तियाँ लिखें।

प्रश्न 3. किम् व छात्र का शब्द रूप लिखें।

प्रश्न 4. वस् और कृ की धातु याद करें व लिखे।

प्रश्न 5. संख्या (1-50) तक लिखें।

## Social Science

### TOPIC

WORLD ENVIRONMENT DAY (5 JUNE)

### CONTENT COVERAGE

Environment

### NATURE OF TASK

Exploration Activity, Creative Writing

### LEARNING OBJECTIVES

Students will be able

- To know more about the efforts made by Human Community in the Conservation of Environment.
- To inculcate a sense of responsibility in Students towards the protection of Environment.
- To Evolve Problem Solving Skills in Students through Creative Means.

### PROCEDURE:

Make a project on the '**World Environment Day**' including the following tasks in a proper Sequence.

## TASK - 1

1. Collect information about the World Environment Day that is celebrated in the Month of June (5 June) every year by the United Nations. You can include:
  - (a) The Year of its Establishment by the United Nations.
  - (b) The Purpose / Objective of this day.
  - (c) The Ways in which this day is celebrated.
  - (d) The Theme of 2019, selected by the United Nations.
  - (e) The Host country, where it will be celebrated in 2019.

## TASK - 2

2. Imagine you have to represent your views of an Ideal Environment in the UN World Environment Conference on the eve of World Environment Day, what would you suggest? Write some of your ways of conserving the Environment. (for e.g. ; participation / promotion of policies like **Swachh Bharat Abhiyan** or **Shramdaan** etc)

## TASK - 3

3. Draw pictures of your ideal environment.

Now make a project on the basis of your collected information about the World Environment Day. The project must begin by including the following:

- ❖ Cover page with Name of School, Academic year, Grade and Name of Student.
- ❖ Acknowledgement (giving credit to those who helped you in this project)
- ❖ Content sheets (6 - 8 A-4 size sheets)
- ❖ All the tasks mentioned and photographs.
- ❖ Conclusion.
- ❖ Bibliography.

### CRITERIA / RUBRICS FOR ASSESSMENT:

Content Presentation : 5 marks  
Creative Skills : 5 marks

### VALUES IMPARTED THROUGH THE ACTIVITY:

- Students would be able to learn the value of conserving nature / environment.
- Students would be able to evolve sensitivity and compassion towards their environment.

### FOLLOW UP:

- Find out more about the Environmental Movements in India like; **Namami Ganga Campaign**, **Chipko Movement**, **Narmada Bachao Andolan** etc.

**Revise all Chapters for PERIODIC TEST - 1**

## Science

1. Observe moon for the month, you will find moon appears to change its shape but in actual practice its shape remains same. Draw these appeared shapes of moon on your notebook date wise. Also take the photo of moon and WhatsApp them at 9416544791 or email them at [vmavdsmsh@gmail.com](mailto:vmavdsmsh@gmail.com). Also imagine and think reason behind this without taking help from others and write it in note book.

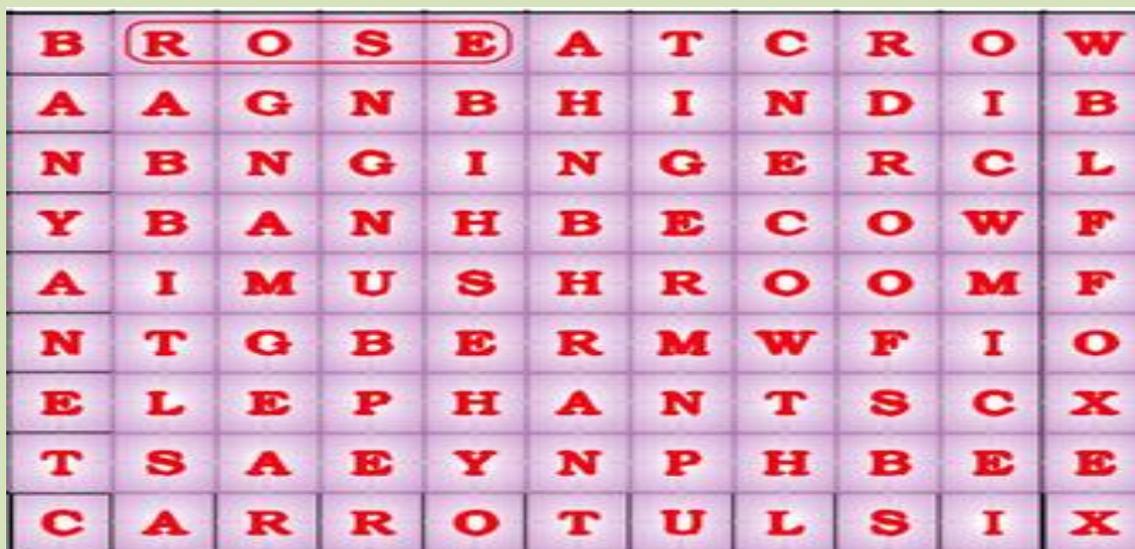
2. Fill in the blanks from words given below :-

Chlorophyll, energy, food, carbon dioxide, water, photosynthesis

Note: A word can be used more than once.

Leaves have a green pigment called (a) \_\_\_\_\_ which captures (b) \_\_\_\_\_ from sunlight. This (c) \_\_\_\_\_ is used in the process of (d) \_\_\_\_\_ and along with other raw materials like (e) \_\_\_\_\_ and (f) synthesize (g) \_\_\_\_\_

3. Spot as many organisms as possible in the puzzle given as following figure by encircling them as shown. Write the names on a sheet of paper and categorise them into autotrophs and heterotrophs. Classify the heterotrophs into herbivores, carnivores, omnivores and saprophytes.



4. Can you give me a name?

Solve each of the following riddles by writing the name of the organism and its mode of nutrition. One riddle is solved to help you.

- I am tall but I cannot move. I am green and can prepare my own food. Tree, autotroph.
- I live in water; people keep me in an aquarium and feed me.,
- I am small and I can fly. I disturb your sleep, bite you  
And suck your blood which is my food.

I am white and soft. I grow well in the rainy season. Children pluck me from the ground and admire me. I absorb nutrients from decomposed dead parts of plants and animals in the soil.

5. Fill in the blanks using the words listed below.

(Water, front, intestinal, salts, pseudopodia, back, vacuole)

- The digestion of all food components is completed by the \_\_\_\_\_ juice.
- Large intestine absorbs \_\_\_\_\_ and some \_\_\_\_\_ from the undigested food.

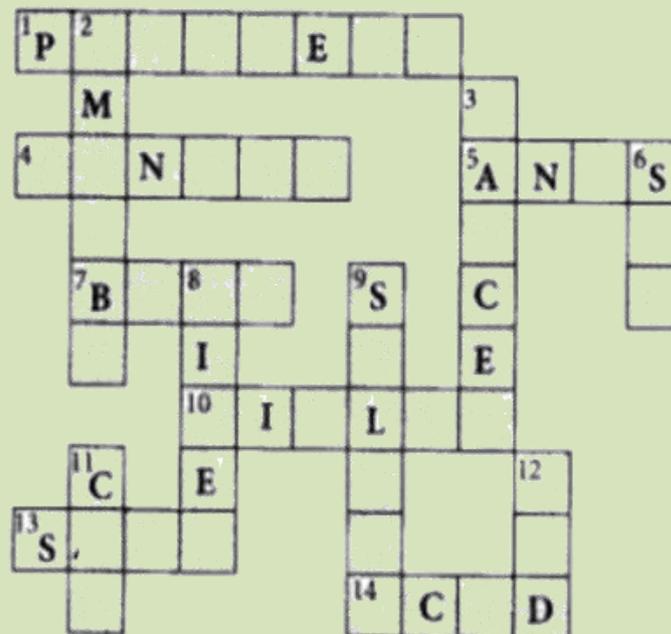
- (c) Tongue is attached at the \_\_\_\_\_ to the floor of the mouth cavity and is free at the \_\_\_\_\_.
- (d) Amoeba pushes out \_\_\_\_\_ around the food and traps it in a food \_\_\_\_\_.

6. Read the following passage carefully and answer the questions that follow it.  
 Bile juice is stored in a sac called, gall bladder, located near its organ of secretion, liver. The gall bladder releases the bile juice into the small intestine whenever food reaches there. Though bile juice is devoid of any digestive enzymes, it is required for

The digestion of fats. The fats cannot be digested easily because they are insoluble in water and are present as large globules. Bile juice breaks down big fat droplets into smaller droplets. These are then easily digested by the enzymes released from the pancreas.

- Which organ secretes the bile juice?
- Why is digestion of fats difficult as compared to that of other nutrients?
- How does bile juice help in digestion of fat?
- Where is the digestion of fat completed?
- Does bile juice digest fat completely?

7. Fill in the cross word given as Figure with the help of the clues provided.



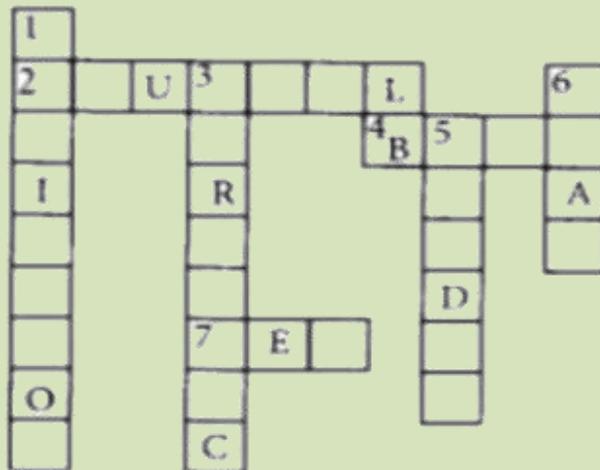
**Across**

- Cream-coloured digestive gland
- Undigested excretory solid residues
- Organ that mixes saliva with the food
- Point of defecation
- Stored in gall bladder
- Finger-like outgrowth in the small intestine
- Kind of taste buds
- Kills bacteria in the stomach

**Down**

- 2. Feeds with the help of pseudopodia
- 6. Total number of molars in one jaw of an adult
- 8. Largest gland
- 9. Watery secretion in the mouth
- 11. A ruminant
- 12. Form of food chewed by ruminants

8. Fill in the cross word given as Figure with the help of the clues provided.



**Across**

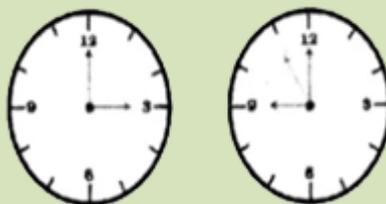
- (2) The solution which does not change the colour of either red or blue litmus.
- (4) Phenolphthalein gives pink colour in this type of solution.
- (7) Colour of blue litmus in lemon juice.

**Down**

- (1) It is used to test whether a substance is acidic or basic.
- (3) It is a natural indicator and gives pink colour in basic solution.
- (5) Nature of ant's sting.
- (6) It is responsible for increase in temperature during a neutralisation reaction.

9. Which of the following cannot be used for measurement of time?
- a) A leaking tap.
  - b) Simple Pendulum.
  - c) Shadow of an object during the day.
  - d) Blinking of eyes.

10. Two clocks A and B are shown in figure. Clock A has an hour and a minute hand, whereas clock B has an hour hand, minute hand as well as a second hand. Which of the following statement is correct for these clocks?



- A) A time interval of 30 seconds can be measured by clock A.
- B) A time interval of 30 seconds cannot be measured by clock B.
- C) Time interval of 5 minutes can be measured by both A and B.
- D) Time interval of 4 minutes 10 seconds can be measured by clock A.

## G.K.

- Write biography of any one of the eminent scientists of the world.
- Watch DD News in English for at least ten days for minimum 15 minutes duration and write paragraph based on this activity.

## Computer

**Lesson-2:** Learn Formulae and Functions.

**Lesson-3:** Learn Advanced features of MS- Excel.

**Activity 1:** Make a computer chart on Excel Layout.

**Activity 2:** Make an Excel sheet inserting data into it (Data about your family members like names of family members, Age, hobbies and occupation etc.)

## Art & Craft

- Draw and colour (any two) painting on the following topics:

### **Topics:**

- a) Environment Pollution
  - b) Any Indian Festival Scene
  - c) Rainy Day Scene
  - d) Jungle Scene
- Prepare any one craft items from the following:
    - a) Pot making
    - b) Use out of waste material
    - c) Any plastic bottle item (waste)

