



ARMY PUBLIC SCHOOL JAMMU CANTT

HOLIDAYS HOMEWORK FOR CLASS VII

Dear Students,

Summer Vacation is a great time to inculcate innovativeness, creativity and interest. So, we bring you a series of enjoyable activities which will surely enhance your personality and learning process in your leisure time.

ENGLISH

HANDWRITING

1) Daily do a page of writing (30 pages) . You may copy down one short newspaper report every day.

REVISION

2) Revise the English syllabus for Unit Test- 1.

LEARNING

3) Maintain a weekly diary.

4) Read chapters 1 to 5 of the Main course book and the Supplementary Reader.

PLEASURE VIEWING

5) Write a review of any one of the following animated English movies:

Encanto----The Good Dinosaur -----Strange World---- Spider-Man ----[Moana](#)----

--Inside Out - Moana ----- Kung Fu Panda -----[The Lion King](#)-----The Good

Dinosaur----- - The Lion King----- -Ratatouille----- -The Little Mermaid-----

[The Emperor's New Groove](#)

Write it on a sheet.

WRITING

6) You are Divya, Sports Captain of Army Public School Jammu Cantt. Write a notice informing the students about a hockey competition to be held in August for classes VI to VIII.

7) You are Supriya / Suraj of Army Public School Jammu Cantt. As the Student Coordinator of the Green Drive initiated by your School to mark the occasion of the World Wildlife Day on 3rd March 2024, draft a notice urging the students to preserve the forests and wildlife.

8) It was the happiest day of your life when your class teacher informed you that you have been selected as the 'Best sportsman of the year'. You are thrilled as now you will receive the award at the Annual Day Celebrations. Make a diary entry recording your feelings in it.

CREATIVE WRITING

9) Write different articles like- self composed poems, story writing, riddles, puzzles, etc. on a separate ten-rupee notebook for the School Magazine.

10) Practice tongue twisters and write any six.

CREATIVE DESIGNING

11) Read the lesson The Desert and Make a Brochure on- "The Desert"

Key Points for CREATING A BOUCHER

- (1) People and their dress, food, tradition, culture, festivals etc.
- (2) Animals of the desert
- (3) Vegetation
- 12) Illustrate the lessons L-1 (Three Questions) and L-4 (The Ashes That Made Trees Bloom) in the form of comic strips.

13) **ART INTEGRATION:**

Make a collage on different musical instruments used in folk music of Jammu and Kashmir and Gujarat.

- 14) Practice grammar exercises using the following websites.

<https://www.englishclub.com/grammar/index.php>

<https://www.englishgrammar.org/>

<https://learnenglish.britishcouncil.org/english-grammar-reference>

<https://byjus.com/english/common-noun-and-proper-noun-exercises/>

<https://byjus.com/english/noun-exercises/>

<https://byjus.com/english/pronoun-exercises/>

<https://youtu.be/HQICwCame2s>

NOTE: All the written work has to be done on the separate English notebook.

लेखन कला

1. देशभक्ति पर आधारित पाँच-छह पंक्तियों की एक कविता लिखें।
2. अपनी पाठ्य-पुस्तक महाभारत को पढ़ें तथा किन्हीं दो स्त्री और दो पुरुष पात्रों का चित्र बनाकर चरित्र-चित्रण लिखें।
3. प्रतिदिन हिन्दी का समाचार पत्र पढ़ें और नए शब्द काटकर अपनी कार्य-पुस्तिका पर चिपकाये साथ ही साथ उनके अर्थ भी लिखें।
4. हिमालय से निकलने वाली प्रमुख नदियों और उनके किनारे बसे शहरों की एक सूची बनाओ।
5. गर्मियों की छुट्टियों में आप किसी पर्वतीय स्थल पर घूमने गए थे। उस पर्वतीय स्थल का वर्णन करते हुए अपने मित्र को एक पत्र लिखिए।

रचनात्मक कार्य

1. पिंजरे में बंद पक्षी का एक मॉडल तैयार करें।
2. नदियों के बदलते स्वरूप का चित्र चार्ट पर बनाएँ तथा इस पर दस पंक्तियाँ लिखें।
3. घर पर रखे सामान को इस्तेमाल करते हुए एक सुंदर और रंग-बिरंगी कठपुतली बनाएँ।

व्याकरण अभ्यास कार्य

1. विशेषण तथा उसके भेदों का प्रवाह चार्ट अपनी कार्य-पुस्तिका में बनाएँ।
2. अपनी व्याकरण गुलमोहर के शब्द भंडार (विलोम शब्द ,पर्यायवाची शब्द, वाक्यांशों के लिए एक शब्द) 1 से 15 तक अपनी कार्य-पुस्तिका में लिखें और याद करें।

1. पुनरावृत्ति

इकाई परीक्षा एक के पाठ्यक्रम का अभ्यास करें।

नोट: ग्रीष्मावकाश कार्य के लिए एक अलग कार्य पुस्तिका का प्रयोग करें। सभी कार्य सुन्दर हस्तलेख में लिखें।

MATHS

1. Write a pair of integers whose difference gives a negative integer.
2. Simplify: $17 - (8 \div 2)$
3. When integers 10, 0, 5, -5, -7 are arranged in ascending or descending order, then find out which of the following integer always remain in the middle of the arrangement.
4. Find the next three numbers in the pattern: 11, 8, 5, 2,
5. Find the integer that must be subtracted from -5 to obtain -12.
6. Evaluate: $37.0927 + 376.968$
7. What fraction is 270g of 3 Kg.
8. Find the mean of factors of 12.
9. Find the range of data: 10, 7, 3, 5, 9, 2.
10. Evaluate: $13 \div [(-2) + 1]$
11. Verify that $a \div (b + c) \neq (a \div b) + c$ for $a = 12$, $b = -4$ and $c = 2$.
12. Find the median of data: 2, 2, 0, 4, 10, 6, 8, 5, 7.
13. Find the arithmetic mean of first ten whole numbers.
14. The length of rectangle is 7.1 cm and its breadth is 2.5 cm. What is the area of rectangle.
15. In a quiz, ₹ 300 are awarded for every correct answer and a penalty of ₹ 75 is put for every incorrect answer. Madhuri answered 15 questions out of which only 6 answers are correct. How much money is earned by Madhuri in the quiz?
16. In a class test containing 15 questions, 4 marks are given for every correct answer and (-2) marks are given for every incorrect answer. Gurpreet attempts all questions but only 9 of her answers are correct. What is her total score?
17. The ages in years of 10 teachers of a school are :
32, 41, 28, 54, 35, 26, 23, 33, 38, 40.
 - a) What is the age of oldest teacher and that of the youngest teacher?
 - b) What is the range of ages of teachers.

c) What is the mean age of these teachers?

YEAR	1980	1985	1990	1995	2000	2005
Number of students	2400	2700	2100	2000	3000	3200

18. Rohit bought a motor cycle for ` 36000. He paid $\frac{1}{6}$ of price in cash and the rest in 12 equal monthly installments. Find the amount he had to pay every month.

19. Each side of regular polygon is 2.5 cm in length. The perimeter of polygon is 12.5 cm. How many sides does the polygon have?

20. The following data gives the number of students of Mumbai state who went abroad for study during some years:

Represent the above data with the help of a bar graph.

ACTIVITIES:-

1. Make a spinning wheel for types of integers.
2. Make a fraction bird by cutting and pasting coloured sheets.
3. To understand addition of integers by cutting and pasting.
4. Drawing graphics on square sheet and find decimal fractions for different colours used.
5. Represent pictorially that $\frac{1}{2} \times \frac{3}{4} = \frac{3}{8}$

ART INTEGRATION PROJECT (JAMMU AND KASHMIR-GUJARAT)

Warli Art is an art which is originated in Gujarat and Maharashtra. Draw Bar Graphs. Topics are -: Use the data of 3 years (i.e 2001, 2011 and 2021) Population of Gujarat, Sex Ratio of Gujarat, Population by Religion.

SCIENCE

I. Select the correct option:

Q1. Leaves are the food factories of plant". But, how does cactus (desert plants) carry out photosynthesis?

- [A]. Through Roots
- [B]. Through Spines
- [C]. Through Stems
- [D]. Through Green leaves

Q2. Two organisms are good friends and live together. One provides shelter, water, and nutrients while the other three prepares and provides food. Such an association of organisms is termed as: saprophyte parasite autotrophs Symbiosis

- [A]. Saprophyte
- [B]. Parasite
- [C]. Autotrophs
- [D]. Symbiosis

Q3. Food is essential for all living organisms because

- [A]. It provides energy
- [B]. It helps in growth and repair cells
- [C]. It protects our body from various diseases
- [D]. All of these

Q4. The food synthesized by the plants is stored as

- [A]. Starch
- [B]. Protein
- [C]. Vitamins
- [D]. Dietary fibre

Q5. A plant that has both autotrophic and heterotrophic mode of nutrition

- [A]. Sundari plant
- [B]. Rhizobium
- [C]. Amar bel
- [D]. Pitcher plant

Q6. A parasitic plant with yellow, slender and tubular stem

- [A]. Cuscuta
- [B]. Pitcher plant
- [C]. Golden roads
- [D]. All the above

Q7. In non-green plants and animals, their mode of nutrition is

- [A]. Saprophytic
- [B]. Parasitic
- [C]. Heterotrophic
- [D]. Autotrophic

Q8. The term that is used for the mode of nutrition in yeast, mushrooms and bread mould is: autotrophic insectivorous saprophytic parasitic

- [A]. Autotrophic
- [B]. Insectivorous
- [C]. Saprophytic

[D]. Parasitic

Q9. Pitcher plant traps insect because it

[A]. is a heterotroph.

[B]. grows in soils which lack in nitrogen.

[C]. does not have chlorophyll.

[D]. has a digestive system like human beings.

Q10. In the absence of which of the following will photosynthesis not occur in leaves?

[A]. Guard cells

[B]. Chlorophyll

[C]. Vacuole

[D]. Space between cells

Q11. Pitcher plant traps insects because it

[A]. Is a heterotroph

[B]. Grows in soils which lack in nitrogen

[C]. Does not have chlorophyll

[D]. Has a digestive system like human beings

Q12. Which of the following raw materials is available in the air for

[A]. Oxygen

[B]. Carbon dioxide

[C]. Nitrogen

[D]. Hydrogen

Q13. Paheli wants to know that some plants have deep red-, violet- or brown-coloured leaves but can these leaves perform the process of photosynthesis?

[A]. Yes, because they have different coloured as they trapped more solar energy.

[B]. No, because green pigment is not present in different coloured pigment.

[C]. Yes, because chlorophyll is hiding with leaf colour.

[D]. No, because they get nutrients from the soil and different colour attracts many organisms.

Q14. Which of the following statement is or are correct?

[A]. All green plants can prepare their own food and oxygen is liberated during photosynthesis.

[B]. Most animals are autotrophs.

[C]. Most animals are autotrophs and carbon dioxide is not required for photosynthesis

[D]. All green plants can prepare their own food and most animal are autotrophs.

Q15. Lichens are the association of

[A]. An autotroph and a saprotroph

[B]. An autotroph and a heterotroph

[C]. A green plant and non-green plant

[D]. All the above

Q16. Cellulose rich food substances are good sources of roughage in human

being because

[A]. Human beings do not have cellulose digesting enzymes.

[B]. Cellulose gets absorbed in the human blood and converts into fibres.

[C]. The cellulose digesting bacteria convert cellulose into fibres.

[D]. Cellulose breaks down into smaller components which are egested as roughage.

Q17. In which of the statements is or are incorrect, about eating habits of animals?

[A]. Animals that obtain their food by killing other animals, called scavengers.

[B]. Organisms that obtain their food from other animals either by living inside or outside their body, called parasite.

[C]. Animals that consume plants as well as other animals as their food, called omnivorous.

[D]. Animals that obtain their food only from plants, called herbivorous.

Q18. Read the sentence which is related to digestive system and choose the word for it. "Transport of digested and soluble food from the intestine to blood vessels".

[A]. Large intestine

[B]. Absorption

[C]. Assimilation

[D]. Digestion

Q19. The false feet of "Amoeba" are used for

[A]. Movement only

[B]. Capture of food only

[C]. Capture of food and movement

[D]. Exchange of gases only

Q20. The enzymes present in the saliva convert

[A]. Fats into fatty acids and glycerol.

[B]. Starch into simple sugars.

[C]. Proteins into amino acids

[D]. Complex Sugars into simple sugars

II. Make your own stethoscope by using the instructions given on page no.171 Science textbook.

III. Plant 5 sapling seeds during your summer vacation and observe the changes. Write your observations and paste pictures on the ruled sheets.

IV. Prepare a Science dictionary of 40 words.

V. Many scientists believe that as a result of global warming, Polar ice caps are melting. Think of the possible effects of the melting of polar ice caps on the rest of the world. Find and write down if anything can be done to stop or slow the process of global warming.

VI. International Yoga Day will be celebrated on 21 June across the world with great enthusiasm. Yoga is helping people to stay energetic and have strong immune system. Find yoga exercises that help you to strengthen

	<p>your respiratory system and increase the oxygen level in the body. Write about them and paste the related pictures. (To be done on A-4size sheets)</p> <p>VII. Draw a well labelled diagram (ON A-4 SIZE SHEET)</p> <p>a) Human digestive system. (Roll no. 1-13)</p> <p>b) Human heart. (Roll no. 14-26)</p> <p>c) Human excretory system (roll no. 26-43)</p> <p>NOTE : Revise UT-1 SYLLABUS (CH-1,CH-2 ,CH-4)</p> <p>ART-INTEGRATION : Compare Jammu and Kashmir and Gujarat states on the basis of: a) Food b) Climate c) Clothes. Students can paste pictures to support their answers.(Written work is to be done on a separate notebook,other than the regular science notebook.</p>
<p>S.SC</p>	<ol style="list-style-type: none"> 1. Draw a poster on an ideal environment where you would love to live. 2. Draw and make a list of uses that the land in your neighbourhood is being put to. 3. Draw a map of India, mark and name major kingdoms from 7th to 12th centuries. 4. Imagine how can we develop a safe environment around us? Write ten points of your own. 5. Make a flow chart illustrating the components of environment. 6. How is the earth called a dynamic planet? Draw or paste pictures of the earth. 7. Create a model and label it using a ball or any other round material to show structure of the earth. 8. Use your imagination and make a poster showing a rock cycle and give description of each rock. 9. Why is it essential to lead a life with dignity? 10. Collect material from your old books about the Indian Constitution and how it came into being. Draw the preamble and make beautiful design around it on the sheet available with you. 11. In what ways are public healthcare services beneficial to the people? 12. The invention of paper brought about changes in writings. Write your answer in at least five points. 13. Explain the battle of Tarain with the help of pictures or drawings or map. 14. What are the difficulties historians face in using manuscripts? Write this answer with a drawing of a manuscript with a pencil.

15. Enrich your knowledge with questions related with every subject for Quiz. Update yourself everyday so that you are a part of school team for quiz. Make a quiz notebook and add your study material in that notebook.
16. With the help of newspapers, coloured sheets make a temple or mosque and write an on the beautiful temples or mosque of India.
17. Mention the different names by which India has been known.
18. How did the Cholas rise to power? Trace out the role of Rajaraja I in this rise.
19. Read Ch 3 history The Delhi Sultans, Ch 3 Our changing Earth and write all new words and terms you are reading the first time.
20. i) On the political map of India, mark and name seven continents and five oceans.
ii) Read atlas and write down countries of the world and their capitals and learn them.
21. **Read and learn History** Ch 1- Tracing Changes Through a Thousand Years, Ch 2- New kings and Kingdoms **Geography** Ch1- Environment, Ch 2- Inside Our Earth, **Civics** Ch 1- On Equality.
22. **ART INTEGRATION:** Jammu & Kashmir is paired with Gujarat, so have to collect materials for both states and paste properly in a scrap book. You can draw, paste and information provided should be written neatly.

NOTE : This work has to be done on a new notebook. Maps must be pasted on notebook, use pencil for map work.

SANSKRIT

सृजनात्मकता

1. मनुष्यशरीरस्य अङ्गानां नामानि स्मरणं कृत्वा लिखन्तु चित्रनिर्माणञ्च।
2. चतुर्दश(१४) माहेश्वर सूत्राणां PPT निर्माणं करणीयम्।

लेखनाभ्यासः(संस्कृत उत्तरपुस्तिका उपरी)

3. दश वाक्यानि संस्कृत हिन्दी अनुवाद करणीयम्।
4. दश-दश पशु पक्षिनां नामानि पठन्तु लिखन्तु च।

स्मरणलेखनञ्च(संस्कृत उत्तरपुस्तिका उपरी)

5. लिख् क्रिड धातु लट्, लृट् लोट्, लङ् लकाराः लिखन्तु स्मरणं कुर्वन्तु च।
6. एतत् शब्दरूपं त्रिषु लिङ्गेषु स्मरणं करणीयम् लेखनीयञ्च।
7. संस्कृत संख्या १तः ७० पर्यन्तं लिखन्तु स्मरणं कुर्वन्तु च।
8. सुभाषितानि सम्पूर्णं पाठं स्मरणं कुर्वन्तु ।

COMPUTER

Project work:

- Prepare a PPT on Topic: Computer Viruses (max 5 slides)

Practical work:

- Create a word document on topic: Save Earth and do the following formatting:
Heading: Bold and Underline, Heading color : Red
Font style: Calibri
Font size: 18
Font color (body): Blue

Syllabus of UT 1

Chapter 1: Number System

Chapter 2: Computer Virus

Note: Revise chapter 1 and chapter 2

ART/CRAFT

1. Page numb. 20 to 26 of your Craft books to be done in your Drawing pads.
2. Make any useful best out of waste project.
3. Note: For those students who don't have Craft books, art/craft teacher will send the pics of your craft book pages in your class groups, students can copy from there.

STAY SAFE, STAY HEALTHY

Have wonderful vacations and time.