

BAWA-LALVANI PUBLIC SCHOOL, KAPURTHALA
HOLIDAY'S HOMEWORK (2019-20) GRADE – VII



STUDENT'S NAME:

DATE:



Dear students

As we have embarked on our journey in this new session, The most awaited time of the year has arrived. Time to relish summer delicacies, Rejuvenate our mind and body, Rethink and recreate our potentials. Life is all about climbing mountains and fording streams. In these longer days and shorter nights when you spend your time with favorite music and best friends, Give space to creativity and honing skills. Ignite the spark of your imagination and spend time purposely, Dreams only become reality when efforts are made for achievement.

Some pointers to Remember:

- ❖ Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students.
- ❖ Enhance your speaking skills and vocabulary by conversing in English with your family and friends.
- ❖ Read famous fictions, update you with current events by reading newspaper and listening to the news daily.
- ❖ Schedule your time for activities so that there is no piling up for the last moment.
- ❖ Practice being a change by contributing to the community by sharing your knowledge.
- ❖ Visit an orphanage, old age home or try to impart literacy to at least one person in your surroundings.
- ❖ Holiday Homework will be submitted as per the given schedule
English & Maths - July 8
SSt & Science- July 9
Hindi and Punjabi - July 10
- ❖ Note: Students will attempt English, Hindi, Math and Punjabi work in a single notebook with proper division.

Some Do's And Don'ts During Summer Vacation

Do's

Do's Keep yourself hydrated- Drink lots of water

Eat small, light and frequent meals.

Eat lots of vegetables and seasonal fruits.

Discover your creativity through Research work sheets.

Don'ts

Avoid fast food and artificial sugar added drinks.

Avoid going outdoor at noon.

Do not waste all your time to play video games and/or mobile games

Do not oversleep, and do not let laziness take you over.


Let us do these errands to make our parents happy this summer:

- ❖ Clean and set up your cupboard at least once in a week.
- ❖ Set up /arrange your book rack on every alternate day.
- ❖ Learn to iron your clothes yourself.
- ❖ Prepare and serve tea to your parent's at least five times during vacation.



Note: The Parents are requested to fill the feedback form attached on the last page.

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SUBJECT	TASK
English	<ol style="list-style-type: none"> 1. Write a self composed poem on the theme “Health Is Wealth”. 2. Write a page about 100- 150 words expressing your feelings and experience of summer break in the form of an e-mail. 3. Make a poster on the topic of “Benefits of having a Balanced Diet”. 4. Write a letter to your mother telling her to take you for an outing to Dubai explaining the various sites you wish to visit there.
HINDI	<ol style="list-style-type: none"> 1) विद्यालय में आयोजित पुस्तक मेले पर 80-100 शब्दों अनुच्छेद लिखिए। 2) दिए गए चित्र को देखकर 40-50 शब्दों में वर्णन कीजिए। 
SCIENCE	<p>Prepare a working model on :-</p> <ol style="list-style-type: none"> 1. Wind mill 2. Anaemometer 3. Hot air balloon
PUNJABI	<ol style="list-style-type: none"> 1. ਖੇਡਾਂ ਵਿਦਿਆਰਥੀ ਦੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕੀ ਮਹੱਤਵ ਰੱਖਦੀਆਂ ਹਨ? ਆਪਣਾ ਅਨੁਭਵ ਦੱਸਦੇ ਹੋਏ 150 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ। ਆਪਣੀ ਮਨਪਸੰਦ ਖੇਡ ਅਤੇ ਖਿਡਾਰੀਆਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਇੱਕ ਚਾਰਟ ਉੱਤੇ ਚਿੱਪਕਾਓ। 2. ‘ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ’ ਬਾਰੇ 150 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲੇਖ ਲਿਖੋ। 3. ਆਪਣੇ ਮਿੱਤਰ ਨੂੰ ਗਰਮੀਆਂ ਦੀਆਂ ਛੁੱਟੀਆਂ ਇਕੱਠਿਆਂ ਮਨਾਉਣ ਲਈ ਪੱਤਰ ਲਿਖੋ। 4. ਪੰਜਾਬੀ ਦੇ ਕੋਈ ਪੰਜ ਕਵੀਆਂ ਦੇ ਨਾਂ ਲਿਖੋ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਬਾਰੇ 5-5 ਸਤਰਾਂ ਲਿਖੋ।
SST	<p>Imagine you and your friend has formed a political party .Prepare an ‘election manifesto’ for your party. You can design your election symbol. It should reflect the principle of your party. (To be done on A4 size sheets and presented in the form of a brochure).</p>

1. Arrange the -1008 , -8001 , -506 , -605 in descending order.
2. Find the value of $-392 + (-5) + (-8) + (-15)$
3. Find the product, using suitable properties.
 - a. $52 \times (-98) + (-52)$
 - b. -36×103
 - c. $-15 \times 25 \times (-4) \times (-10) \times (-1)$
4. In a quiz based programme, there are three teams A, B and C. There are total five rounds in a game, 20 marks are given for each correct answer and -10 marks for each wrong answer. No marks are deducted for not attempting a question. Which team won the game, if
 - a. Team A gave 3 correct and 2 wrong answers?
 - b. Team B gave 2 correct, 2 wrong answers and they didn't attempt one question.
 - c. Team C gave 3 correct, 1 wrong answer and they didn't attempt one question.
5. Find two integers whose
 - a. sum is -5
 - b. difference is 0
 - c. sum is 12
6. A picture frame is in the shape of a square of side 17 cm. Find its perimeter.
7. Geeta solved one-fourth part of a maths exercise while Aditi solved half of it. Who solved a greater part?
8. Shagun ate $\frac{1}{2}$ part of a cake and the remaining cake was eaten by her two younger brothers equally. How much part of a cake did her brothers eat? Who had the larger share and by how much?
9. Find :
 - a. One -fourth of an hour
 - b. Three -fourth of a year.
10. Multiply $\frac{2}{3}$ and $\frac{4}{6}$
11. The difference of two integers is (-10) . If one of the integer is (-5) , find the other.
12. On one day at Manali, the temperature at 6pm was 1°C but at mid night it fell down to -4°C . By how much the temperature falls?
13. The sum of four numbers 2, 14, 10, x is 42. Find x.
14. By what number should 4 be multiplied to get 96 ?
15. Convert $\frac{35}{3}$ into mixed fraction.
16. Find the absolute value of -48 and 39.
17. Verify that $a \div (b+c) \neq (a \div b) + (a \div c)$
 $a=1$, $b=2$, $c=3$
18. Convert 3758 m and 50 km 30 m into kilometer.
19. Which is greater 0.7 or 0.07?
20. Write 93.27 in the expanded form.

SUGGESTED MOVIES

1. Election Museum
2. Light and sound show- Akshardham
3. War Memorial, India Gate
4. Sulabh International Museum of Toilets

- Mary Poppins
- Mary Poppins Returns
- Incredibles 2
- Small foot

SUGGESTED PLACES TO VISIT

SUGGESTED PROGRAMS TO WATCH

- Super Monsters
- My Little Pony
- Friendship Is Magic
- PJ Masks

Recreational Activities

Create a Bird Feeder using used products. They will be placed in and around school building. Some of the examples are given below.



Parents Feedback Form

Name: _____ Grade: _____

Father's Name: _____ Mother's Name: _____

S.No	Questions	Yes/No
1.	Did your child obey you in summer vacation?	
2.	Did your child iron clothes by himself/herself?	
3.	Did your child waste most of his/her time in watching TV or playing Video game?	
4.	Did your child serve you tea?	
5.	Did your child clean the book rack on every alternate day?	
6.	Did your child help you in cleaning rooms?	
7.	Did your child avoid fast food during vacations?	
8.	Did your child wake up early in the morning during vacations?	
9.	Did your child complete the holiday homework by himself/herself?	
10.	Did your child eat lots of seasonal fruits and vegetables during summer vacations?	
11.	Did your child set up his/her cupboard?	

Signature of Parent: _____

Mobile No: _____