

ADARSH VIDYALAYA MOWA

HOLIDAY PRACTICE WORK / SKILL DEVELOPMENT ACTIVITIES (2024-25)

CLASS – VII

General Note:

- 1. All the assigned work will be assessed and graded.**
- 2. All vacation Practice work need to be done in class work copy.**
- 3. Assessment of reading will be done in every exam.**
- 4. Students should learn Hindi and Sanskrit pledge.**
- 5. Parents are requested to:**
 - **Spend time & have meals together with your ward.**
 - **Motivate your ward to inculcate the habit of “READING HINDI & ENGLISH Literature (Newspaper, Comics etc.)**
 - **Allow them to be independent (age wise) in their daily tasks like:**
 - **Arrange shelves**
 - **Washing their own plates**
 - **Watering plants & weeding Garden**
 - **Hang/fold clean clothes**
 - **Dust furniture**
 - **Do simple mending (hems, buttons, etc.)**
 - **Shop for groceries with list**
 - **Iron clothes etc.**
 - **Include your ward while preparing monthly budget.**
 - **Share your family history & your childhood memories with them**

SUBJECT: - ENGLISH

- Q1. Make a thought-provoking poster on the harmful effects of synthetic fibers and plastic.
- Q2. Collect any 10 interesting sports news, choose 8 keywords and develop a story.
- Q3. On an A4 Size Chart paper, make a flowchart on the 'Tenses' and its structures with two examples.
- Q4. Read the chapter 'Three Questions' and write its review. List out the things you came across while reading the chapter and paste its pictures.

SUBJECT: - HINDI

वाचन कार्य-

पाठ 1 "हम पंछी उन्मुक्त गगन के कविता याद करना व प्रश्नोत्तर को याद करना ।

1) पाठ 2 " हिमालय की बेटियाँ" कहानी को समझकर पढ़ना ।

2) पाठ के अभ्यास प्रश्नोत्तर को याद करना ।

1) प्रतिदिन समाचार पत्र पढ़ना ।

2) प्रतिदिन बाल पत्रिका पढ़ना ।

3) संक्षिप्त महाभारत के निम्नलिखित अध्यायों का पठन करना ।

1 आदि पर्व

2.सभा - पर्व

3 वन- पर्व

लेखन कार्य-

1. 1 से 70 तक हिन्दी के अंकों और शब्दों में गिनती लिखिए।

2. हिन्दी महीनों के नाम अंग्रेजी महीनों के नाम के साथ लिखिए।

3. पर्यायवाची शब्द की परिभाषा लिखकर कोई 10 शब्दों के तीन- तीन पर्यायवाची शब्द लिखिए।

4. तत्सम तद्भव की परिभाषा लिखकर 10-10 तत्सम शब्दों के तद्भव शब्द लिखिए ।

5.स्वावलंबन पर अनुच्छेद लिखिए ।

6. अपने पाठ्यपुस्तक के किसी भी एक गद्य पाठ से एक पृष्ठ का शुद्ध लेखन लिखिए ।

क्रियाकलाप-

1 . विभिन्न अनाजों का प्रयोग करते हुए दो पक्षियों का चित्र बनाइए।

2. क्या आपने अकबर और बीरबल के किस्से सुने हैं ? अकबर के दरबार क नवरत्नों के नाम की जानकारी प्राप्त कर कोई दो रत्नों के विषय में लिखिए ।

3. अपने घर में प्रयोग किए जाने वाले मसालों की एक सूची बना कर उसके लाभ लिखिए ।

SUBJECT-SANSKRIT

वाचनकार्यम्-

1. श्लोकद्वयम् अर्थः साकम् स्मर्यतु।
2. प्रथमः पाठः (सुभाषितानि) अभ्याससहितं स्मर्यतु।

लेखनकार्यम्-

1. शब्दरूपाणि लिखत- (मति, धेनु, युष्मद्)
2. धातुरूपाणि लिखत- (दृश्, वस्, पत्) (लट्, लृट्, लोट्, लङ् लकारः)
3. पर्यायाः (1-22) लिखत।
4. विपर्यायाः (1-25) लिखत।
5. संख्या (1-100) संस्कृतेन लिखत।
6. संस्कृतेन समयलेखनम्- 3:00, 6:15, 7:30, 12:30
7. संस्कृत भाषया अनुवादं कुरुत-
क) भारत हमारा देश है।
ख) मैं आदर्श विद्यालय में पढ़ता हूँ।

क्रियाकलापम्-

1.वर्गप्रहेलिकायाम् अधोलिखितानां पदानां पर्यायाः विपर्यायाः च सन्ति। तान् निर्देशानुसारं चित्वा लिखत।

पर्यायः (ऊपर से नीचे)

अन्धकारः -----

इन्दिरा -----

शिशिरः -----

तरंग -----

शुष्कः -----

गोष्ठी -----

विपर्यायः (दाएँ से बाएँ)

आगतः -----

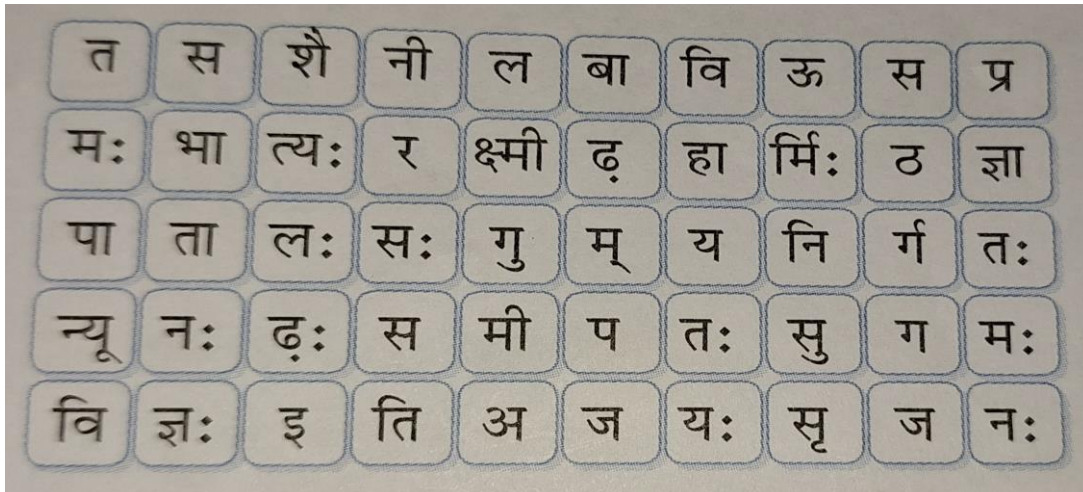
अम्बरम् -----

पर्याप्तः -----

दूरतः -----

दुर्गमः -----

नाशः -----



SUBJECT: - MATHS

1. Write and learn the tables from 2 to 20.
2. Out of -7, -5, -3, 1, 4, 7. Find a pair of integers whose sum is
(a) -2 (b) 2 (c) 0
3. Define fraction. Explain all kinds of fractions with examples.
4. Write about 2 Indian mathematicians. Draw or paste their photos.
5. Note down the temperature for a week and represent data through a bar graph.
6. Make a list of 3D objects you find in your surroundings, name the shapes and draw the figure.
7. Write 3 real-life examples of each of the ray, line, line segment, parallel lines and intersecting lines.
8. Write properties of integers of addition, subtraction, multiplication and division with examples.
9. Write an expression:
 - (a) Add 43 to a number then multiply by 2.
 - (b) Subtract 14 from a number.
10. Add 9.86 and 8.2 and subtract 7.6 from the result.

SUBJECT: - SCIENCE

1. What will happen to life on earth in absence of photosynthesis?
2. What are the causes of fire in electric circuit? Give the solution to resolve this cause.
3. Work on your self-healing power and write various ways to boost your immune system.
4. Why can't animals make food from carbon dioxide, water and sunlight like plant do?
5. Give two examples of each
 - a. Acid found in plant
 - b. Acid found in animals
 - c. Natural indicator
6. Diagram
 - a. Draw a flowchart depicting various stages of transportation system along with the organ involved.
 - b. Draw the symbols of electric components.
 - c. Draw the types of pollination in plants
7. Model
 - a. Make a working model of vegetable conduction circuit.
 - b. Prepare a 3D model of self-pollination and cross pollination
 - c. Make a working model of Home climate controller.
 - d. Make an innovative model (mandatory) on "colour vs heat absorption"

Note: Innovative model should not be copied from any web – resources

SUBJECT - SOCIAL SCIENCE

1. On political maps of India locate the following:-
 - A. States and it's capital
 - B. Union Territories and it's capital
 - C. Neighbouring countries of India
 - D. State that you live in and it's Neighbouring states
2. On a world map locate the following:-
 - A. Oceans
 - B. Continents

3. Paste picture of your mother or sister or any elder woman of your family and write about her contribution in your life.

NOTE – HOME WORK SHOULD BE DONE IN GEOGRAPHY NOTEBOOK.

SUBJECT:- INFORMATION TECHNOLOGY

1. Write the names of different views of Files and Folder.
2. What is a Control Panel? What are the names of its features?
3. Write the steps to open File manager & also write the shortcut key to open File manager.
4. Give the name of any two Wildcard Characters.
5. What is the use of Appearance and Personalisation?

SUBJECT:-GENERAL KNOWLEDGE

1. Name the classical dance form of Andhra Pradesh.
2. Name the largest temple of Greece.
3. How many players are there in team of volleyball?
4. Discover of Iodine- EBNRRAD OCRUOTIS (Unscramble them and Write Correct name)
5. Food: Grocery store:: Book:_____. (Complete the Analog)
6. Which music is one of the most popular forms of music?
7. When is Siachen Day observed ?
8. Name the dance which was revived by vallathol?
9. Lek is the currency of which country?
10. National Institute of Nutrition is located in which state of India?
11. What currency is used in Malta?
12. Write the name of Indian composer who is famous for his Telugu, Kirtanas and Ragas.
13. Name the world's tallest self-supporting structure. It is in Toronto, Ontario in Canada.
14. In which sport or game are cues used?
15. Name the First Calculating device.
16. A person who eats in large quantities. (One word substitution)
17. Raga 'Lajvanti' was composed by whom?
18. The word 'Stargate' recently mentioned in the news, what does it means?
19. Ankia Nat is a dance form of which state?
20. How many currencies are there in the world?
21. With which musical Instrument is maestro Ali Akbar khan associated?
22. This ship-like museum in Spain is a strange-looking building known as the building of the century.
23. Red and yellow are the colors of which Indian Soccer club?
24. Who was the First Person to reach the South Pole?
25. Script of blind people. (Urdu, Chinese, Braille)

26. When and whom introduced ₹ symbol?
27. Write the name of the state of India recently witnessed the “Swell waves”.
28. Write the number of folk dance forms exist in India.
29. Which currency having highest value in the world?
30. The world famous ‘Khajuraho’ sculptures are located in which state?
31. Write the name of dance form renowned by Birju Maharaj and Gopi Krishna.
32. Name the Japan’s most fascinating castle.
33. Name the National Sport of the United States of America.
34. Xerox Machine was invented by whom?
35. Write the abbreviation of FAO.
36. Who is the greatest musician from our country?
37. Write the name of the state where Shigmo festival is celebrated.
38. Name the state which is related to Jawara dance.
39. Name the place where Railway Staff college is situated?
40. ‘Kandla’, situated on the Gulf of Kachh, is well known for what reason?
41. Which Indian dance form in literal translation means “Dance of the Enchantress”?
42. World’s largest brick gothic castle is situated at which place?
43. Pick odd one out – Chess, Carrom, Cricket, Ludo.
44. Which two countries use Euro as their currency?
45. It is an instrument used for detecting electric charge.
46. The Jataka tales, a collection of Buddhist fables, originated in which Indian language?
47. Recently, who was honoured with International cultural award 2024?
48. Write the name of oldest folk dance of India.
49. The famous Dilwara Temples are situated in which state?
50. The famous Rock garden is located in which city?

SUBJECT – DRAWING

1. ABCD BOOK (Unit 1: Elements of Art)
2. Make a Wall hanging with waste material
3. Decorate your Drawing File/Copy

