



ADARSH VIDYALAYA, MOWA
HOLIDAY HOMEWORK (2025-2026)
CLASS-VII

Let the warmth of summer awaken the fire within you—create, explore, dream, and grow. This holiday, let your talents bloom like never before.

Summer is not just a break from the classroom; it's a beautiful season of self-discovery. Whether it's painting a canvas, penning down thoughts, solving puzzles, or learning a new skill—every little effort adds to the masterpiece that is you.

So take this time to nurture your passions, challenge yourself, and come back stronger, brighter, and more confident. Remember, the journey of growth doesn't pause—it transforms.





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





ENGLISH

1. Carefully read a newspaper article and respond to the following:

a) What is the headline of the article, and how does it capture the essence of the news?

b) Summarize the key points of the article in 5-6 sentences, highlighting the most important details.

c) What are your thoughts on the event? Do you agree or disagree with the perspective presented? Why?

2. Imagine you woke up in a different time period (past or future). Write a diary entry describing your experience.

3. Think of a new invention that could help people in daily life. Draw it and explain how it works? Using your creative ideas and thoughts.

4. Pick your favourite book or movie character and write a short monologue (a speech) for them.

HINDI

वाचन कार्य-

प्रतिदिन समाचार पत्र पढ़ें व बाल पत्रिका पढ़ें।

पाठ 1 “हम पंछी उन्मुक्त गगन के “ एवं पाठ 2 “हिमालय की बेटियाँ “

पाठ को पढ़ना एवं पाठ के अभ्यास प्रश्नों के उत्तरों को याद करना।

संक्षिप्त महाभारत के निम्नलिखित अध्यायों का पठन कीजिए -

1 आदि पर्व

2. सभा - पर्व

3 वन- पर्व

लिखित -

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

2. देशी ,विदेशी व संकर शब्द की परिभाषा लिखकर 5 - 5 उदाहरण लिखिए।

3. संधि की परिभाषा एवं प्रकार उदाहरण सहित लिखिए।

4 अपने मित्र / सहेली को अपने जन्मदिन पर निमंत्रित करते हुए पत्र लिखिए।

5 अपने क्षेत्र की सड़कों की मरम्मत करवाने के लिए नगर निगम के उपायुक्त को पत्र लिखिए।

क्रियाकलाप

1. पाँच फास्ट फूड व पाँच पारंपरिक व्यंजन का चित्र चिपकाकर फास्ट फूड से होने वाली हानियों के बारे में संक्षिप्त में लिखिए।

2 . किसी दो ऐसे व्यक्तित्व के बारे में अपने नोटबुक में लिखें जिन्होंने शारीरिक रूप से सक्षम ना होते हुए भी अपने क्षेत्र में बहुत बड़ी सफलता प्राप्त की हो।





SANSKRIT

वाचनकार्यम्-

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

लेखनकार्यम्-

1. शब्दरूपाणि लिखत- (साधु, धेनु, युष्मद्)
2. धातुरूपाणि लिखत- (लिख्, वस्, पठ्) (लट्, लृट्, लोट्, लङ् लकारः)
3. पर्यायाः (1-22) लिखत ।
4. विपर्यायाः (1-25) लिखत ।
5. संख्या (1-60) संस्कृतेन लिखत ।
6. संस्कृतेन समयलेखनम्- 6:00, 8:15, 9:30, 1:45
7. संस्कृत भाषया अनुवादं कुरुत-
क) बालिका नाचती हैं ।
ख) मैं प्रतिदिन विद्यालय जाता हूँ ।

क्रियाकलापम्-

1. वर्गात् दश अव्ययपदानि चित्वा लिखत ।

श्	वः	स	र्व	त्र
अ	त	त्र	क	दा
त्र	य	दा	कु	त्र
श	नैः	शी	घ्र	म्
इ	दा	नी	म्	स





MATHEMATICS

Q1. Create a 3×3 magic square where the sum of each row, column, and diagonal is the same. Explain the pattern used.

Q2. Measure the length and width of any rectangular object at home (e.g., a book, table, or window). Calculate its perimeter and area using the appropriate formulas.

Q3. A cyclist travels 15 km in 30 minutes. Calculate their speed in km/h. If they continue at the same speed, how far will they travel in 2 hours?

Q4. You have a chocolate bar divided into 12 equal pieces. If you eat $\frac{1}{4}$ of it in the morning and $\frac{1}{3}$ in the evening, how much is left? Express your answer as a fraction and percentage.

Q4. Draw a circle, triangle, and square on a sheet of paper. Find and label the radius, diameter, angles, and sides of each shape.

Q5. Your family goes grocery shopping. Choose any three items you buy, note down their weights and prices per kg, and calculate:
The total bill for these items.
The average cost per kg of these items.

Q6. Measure the temperature in your city in the morning and evening on the same day. If the morning temperature is $T_1^\circ\text{C}$ and the evening temperature is $T_2^\circ\text{C}$, find the change in temperature using integer operations.

Q7. Look around your home and find three objects that show symmetry (e.g., a clock, a window, or a bottle). Draw or take pictures of these objects. Explain the type of symmetry they have (line symmetry, rotational symmetry, etc.).

Q8. Survey five family members or friends about their favorite fruit. Represent the data in a pictograph or bar graph and analyze the results.

Q9. Observe a pattern in your surroundings (e.g., tiles, window grills, or a rangoli design). Describe the pattern and try to predict its next step or repetition.

Q10. Learn and write the multiplication tables from 2 to 20 in your own words and practice them regularly.





SCIENCE

1. How are the digestive systems of different animals adapted to the types of food they consume? Give specific examples relating to concepts from the chapter.
2. Melting of wax is a change where a solid changes to liquid state. Give one more such change which you observe in your surroundings.
3. If you stand in front of a mirror, how does your image appear to be behind the mirror? Is it really there?
4. Draw well labelled diagram of the following -
 - Human digestive system
 - Symbol for some electric circuit components (electric bell, electric bulb, switch on, switch off, battery, wire)
 - Mechanism of breathing in human being (inhalation and exhalation)
 - Structure of heart
5. Prepare 3D, static or working models on given topics -
 - Hologram model
 - Anemometer
 - Working model of a railway signal
 - Working model of human excretory system
 - Reflection of light

SOCIAL SCIENCE

1. Visit a museum, click pictures of at least five objects displayed there, paste in your notebook and write the details of each objects that you gathered there.
2. On a political map of India locate the following -
 - a. States and its capital
 - b. Union Territories and its capital
 - c. Neighbouring countries of India
3. On a world map locate the following -
 - a. Oceans
 - b. Continents

Note – Homework should be done in Geography notebook.

INFORMATION TECHNOLOGY (IT)

1. Write the name of different views of Files and Folders.
2. Write the shortcut key to open File Explorer Window.
3. What is the use of System and Security in control panel?
4. What is Wildcard Characters?
5. What is Control Panel?





GENERAL KNOWLEDGE (GK)

ANSWER THE FOLLOWING QUESTIONS:-

1. In which year was ISRO found?
2. In which city were the 2024 summer Olympics, featuring field hockey held?
3. What is the full form of ISS?
4. Who conducts election in India?
5. Name the city that hosts the Mahakumbh Mela every 12 years.
6. Which Indian state is hosting the Khelo India winter Games 2025 Starting March 9?
7. Name the paper used to cast vote?
8. Which rivers meet at the site of the Mahakumbh?
9. Name the organ of the body affected by myopia and hyperopia?
10. Which cricket stadium in Delhi is named after a fortress nearby?
11. Who is referred to as the first citizen of India?
12. The city where the Kumbh Mela is held every six years, alternating with Prayagraj.
13. What is the name of the mission through which India aims to send humans to space?
14. Where did the 2025 ICC Champions trophy take place and who won the trophy?
15. What is the full form of SMS in Mobile communication?
16. Who is known as the "Father of Artificial Intelligence"?
17. What noticeable change was observed in Sunita William's appearance upon her return?
18. What is the minimum age requirement for a candidate to contest the Lok Sabha elections in India?
19. Who is the current Defence minister of India?
20. Name the document that serves as proof of a citizen's right to vote?
21. Which natural extract is used to prepare litmus paper?
22. What is the name of the technology that allows us to find our location using Satellites?
23. Who is the world chess champion in 2025?
24. Who was the first sitarist to perform a solo recital at the white house?
25. What type of energy is stored in a rechargeable battery?

ART AND CRAFT (DRAWING)

Draw and colour your favourite anime character in drawing copy and file.

