



BCM SCHOOL, Chandigarh Road




A SR. SEC. SCHOOL, AFFILIATED TO CBSE, NEW DELHI SUMMER HOLIDAY HOMEWORK (Session 2022-23)

CLASS VII

ENGLISH

- Select a place of tourist interest from India- preferably a place close to your city. Take up the initial spade work of researching about the place to collect relevant information, pictures, photographs and video clippings. Talk to people who have lived there for many decades to gather little known facts about the place. Now, lay out the pictures and write about the place in about 60- 80 words.
- **Compose a poem on any one of the following topics:**
 - Father
 - Save Earth save Environment
 - Friendship
 - Memory
- **Write the following topics in your note book in about 100-120 words each :**
 - Your Favourite Festival
 - Reading is a Good Habit Among Students
 - A Place to visit during Summer Break
 - Pollution – Why it is harmful and what should we do?
 - Use of Electronic Gadgets in our life
 - The Person I like the Most
 - Cleanliness is next to Godliness
- **Solve the Crossword Puzzle related to Past Tense.**

1. First I my homework then I went out to play.
2. Yesterday I to music.
3. I home today, I didn't go out.
4. Wein Paris 3 years ago.
5. Sam down and broke his foot.
6. Last week I a letter to my friend.
7. Suddenly he a loud noise.
8. Yesterday I my jacket in school.
9. I my teacher in the park but i didn't say hello.
10. I alot of money on the street.
11. I very angry so i shouted at my friend but I was wrong.



विषय हिंदी

ऋतुराज वसंत, विद्यार्थी जीवन, परोपकार - विषयों पर निबंध याद करके सुंदर लिखाई में लिखें।

- 1) हिमालय पर्वत किस महाद्वीप पर स्थित है एवं इसकी भौगोलिक जानकारी देते हुए कम से कम पांच हिमालय पर्वतारोहियों की जानकारी (A4 शीट पर) चित्र सहित दीजिए।
- 2) जिस कागज का इस्तेमाल आप रोजमर्रा की जिंदगी में करते हैं, क्या आपको पता है, वह कैसे बनता है? कहां से आता है? इन्हीं प्रश्नों का उत्तर ढूंढकर कागज बनने की प्रक्रिया का वर्णन (A4 शीट पर) चित्र सहित करें।
- 3) जिस प्रदेश में हम रहते हैं, उस प्रदेश की जानकारी हमें अवश्य होनी चाहिए। हर प्रदेश में ऐसे स्थान या स्थल अवश्य होते हैं, जो पर्यटकों को आकर्षित करते हैं। जैसे: कोई धार्मिक स्थल, प्राकृतिक स्थल आदि। पंजाब में मौजूद पांच ऐसे ही पर्यटन स्थलों की जानकारी एकत्रित कर चित्र सहित तीन-तीन पंक्तियों में प्रत्येक पर्यटन स्थल की जानकारी (A4 शीट पर) दें।
- 4) पर्यावरण पर मनुष्य ही नहीं बल्कि सभी जीव-जंतु, पेड़-पौधे, प्राकृतिक वनस्पतियां आदि पूरी तरह निर्भर हैं। पर्यावरण के बिना जीवन की कल्पना ही नहीं की जा सकती क्योंकि पर्यावरण ही पृथ्वी पर जीवन के अस्तित्व का एकमात्र आधार है। लेकिन मनुष्य आज स्वार्थवश पर्यावरण को नुकसान पहुंचा रहा है। इस संदर्भ में निम्नलिखित प्रश्नों के उत्तर किन्हीं दस व्यक्तियों से पूछ कर सर्वेक्षण (सर्वे) रिपोर्ट (लगभग 100 शब्दों में) A4 शीट पर तैयार करें।

प्रश्नावली:

- क) पर्यावरण के लिए कौन खतरा है ?
- ख) ग्रीन हाउस प्रभाव का प्रत्यक्ष परिणाम क्या होगा ?
- ग) अंतरिक्ष में पर्यावरण का रक्षा कवच किसे कहा जाता है?
- घ) संतुलित पर्यावरण के लिए क्या-क्या किया जा सकता है?
- ड.) क्या आप भविष्य में किसी भी तरह के प्रदूषण की रोकथाम में योगदान देंगे ?

PUNJABI

ਪੰਜਾਬ ਦਾ ਇਤਿਹਾਸਕ ਸ਼ਹਿਰ ਅੰਮ੍ਰਿਤਸਰ , ਸ਼ਹੀਦ ਭਗਤ ਸਿੰਘ , ਟੈਫਿਕ ਸਪਤਾਹ , ਵਿਦਿਆਰਥੀ ਤੇ ਅਨੁਸ਼ਾਸਨ , ਅਤਿ ਸਰਦੀ ਦਾ ਇੱਕ ਦਿਨ ਵਿਸ਼ੇ ਤੇ ਇੱਕ - ਇੱਕ ਪੰਨਾ ਸੁਲੇਖ ਆਪਣੀ ਪੰਜਾਬੀ ਦੀ ਕਾਪੀ ਤੇ ਲਿਖੋ ।

1. ਸਕੂਲ ਦੇ ਵਿਕਾਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਕੀ ਯੋਗਦਾਨ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ ।(100 ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ)
2. ਇੱਕ ਆਦਰਸ਼ ਵਿਦਿਆਰਥੀ ਦੇ ਕੋਈ 10 ਗੁਣ ਲਿਖੋ ।
3. ਭਾਰਤ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਰੁੱਤਾਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਚਿਪਕਾ ਕੇ, ਹਰ ਰੁੱਤ ਨਾਲ ਸੰਬੰਧਤ ਦੇ-ਦੇ ਵਿਸ਼ੇਸ਼ਤਾਵਾਂ ਲਿਖੋ ।
4. ਕੋਈ ਦਸ ਫਲਦਾਰ ਰੁੱਖਾਂ ਦੀਆਂ ਤਸਵੀਰਾਂ ਲਗਾ ਕੇ ਉਨ੍ਹਾਂ ਤੋਂ ਮਿਲਣ ਵਾਲੇ ਫਲਾਂ ਦੇ ਦੇ - ਦੇ ਲਾਭ ਲਿਖੋ।

Maths

1. The Jumping Frog Situation- A frog is there in a 12 m deep well. The frog wants to jump out of the well. Every time he jumps 3 m and falls back by 1 m.
 - a. In how many jumps will he come out of the well?
 - b. Which value do you learn from the frog?
2. Collect the information of any mathematician and write 5 points about him on A4 size sheet.
- 3.

Hi! Below are the times that each of our athletics team took to run 10 km. They are all very quick!

Olivia 55 min	Amelia 60 min	Harry 47 min
Emily 56 min	Mia 55 min	Isla 49 min
Tom 53 min	Jack 55 min	Noah 56 min

1. Put the times in order, starting with the quickest:

min	min	min	min	min	min	min	min	min
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2. What is the median of the times?
3. What is the mode of the times?
4. What is the range of the times?
5. What is the mean of the times?

SUBJECT- SCIENCE

ANSWER THE FOLLOWING QUESTIONS:-

1. Find out what vitamins are and get the following information.

(i) Why are vitamins necessary in the diet?

(ii) Which fruits or vegetables should be eaten regularly to get vitamins?

Write a one-page note on the information collected by you. You may take help of a doctor, a dietician, your teacher or any other person, or from any other source.

2. 'A' got her gall bladder removed surgically as she was diagnosed with stones in her gall bladder. After the surgery, she faced problems in digestion of certain food items when consumed in bulk. Can you tell which kind of food items would they be and why?

3. Boojho took some grains of boiled rice in test tube 'A' and Paheli took boiled and chewed rice in test tube 'S'. Both of them poured 1-2 drops of iodine solution into the test tube and observed the color change. What color change would they have observed? Give reasons for your Answer.

4. Boojho and Paheli were eating their food hurriedly so that they could go out and play during the recess. Suddenly, Boojho started coughing violently. Think of the reasons, why he was coughing and discuss with your friends?
5. Little Rishi (student of class VI) was watching his favourite cartoon serial on television. Suddenly he got hiccups. His elder brother Shubham who was sitting nearby him gave him a glass of water and suggested not to eat too fast in a hurry. Little Rishi got confused as he had heard that 'hichki' comes when someone remembers. He asked his father. His father smiled and explained him that it is only a myth. He also explained him the proper scientific reason behind it. (a) What is hiccup? (b) Why do we get hiccup? (c) What are the values shown by Rishi?
6. Define oral rehydration solution and when it is given to the patient? How can you prepare ORS at home?
7. **ACTIVITY:** Mention the role of each part of the Human Digestive System with a labelled diagram.

NOTE:- USE SEPARATE NOTE BOOK FOR SCIENCE HHW.

Social Science

1. Choose any one environment problem and make PPT. (6-8 Slides)
2. Prepare a report on the art and architecture during the Delhi sultanate period with the help of pictures. (Do in the Fair Notebook)
3. **Prepare flashcards** related to nine Jewels of Akbar's court.
4. With the help of clay make a Model showing interior of the Earth.

PROJECT

1. Define adaptation. Write 5 adaptations of camel.
2. Why animals are adapted to survive in different climatic conditions?
3. What is the effect of deforestation on climate? Write at least 6 points
4. Make bar graphs to show the maximum and minimum temperature for at least 5 days in any two states.
5. What is weather? How it is different from climate?
6. Write five features of tropical rain forests. On the political map of India locate the states where tropical rain forests are found?

Note: Holidays Homework will be assessed on the following rubrics:-

- Creativity
- Timely submission
- Content & knowledge and understanding
- Presentation (each for 5 marks.)