

**CLASS: VII**

Natural Disaster



## *Holiday Home Work*



## Some useful tips for summer vacation

Some dos and don'ts during summer vacation:

### Do's

- ❖ Eat a nutritious diet with plenty of water. Include citrus fruits
- ❖ (orange, lemon, grapefruit) and vegetables which are rich in vitamin C, vitamin D containing foods (cheese, egg yolks) and zinc-containing foods (legumes, lentils, beans, and nuts).
- ❖ Wash your hands frequently, always with soap and water for at least 20 seconds or frequently use alcohol-based hand rub.
- ❖ Wear light cotton clothes.
- ❖ Protect yourself and others.
- ❖ Be a leader in keeping yourself, your school, family and community healthy.
- ❖ Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth and nose.
- ❖ Share what you learn about preventing disease with your
- ❖ family and friends, especially with younger children.



### Don'ts:

- ❖ Do not share cups, eating utensils, food or drinks with others.
- ❖ Do not have close contacts with a sick person.
- ❖ Do not participate in large gatherings.
- ❖ Do not touch your face, nose and eyes without washing hands.
- ❖ Don't dirty your place of living.
- ❖ Don't have junk food.
- ❖ Don't watch too much TV.
- ❖ Don't waste time being lazy.



Summer Vacation is probably the best time of the year for you all; it's time for loads of fun, though we can't go out but getting pampered to no end and of course bonding with distant cousins can be done virtually.

School is fun too, with learning happening at all times, summer vacation can also be a time for learning with lots of activities around.

Here are a few tasks for you to complete during the vacation. Do remember to complete the given tasks after reading them carefully.

### Some Tips to make this holiday special:

- Have a family dinner every day of the holidays.
- Play board games with your parents and siblings and show them who is the smartest.

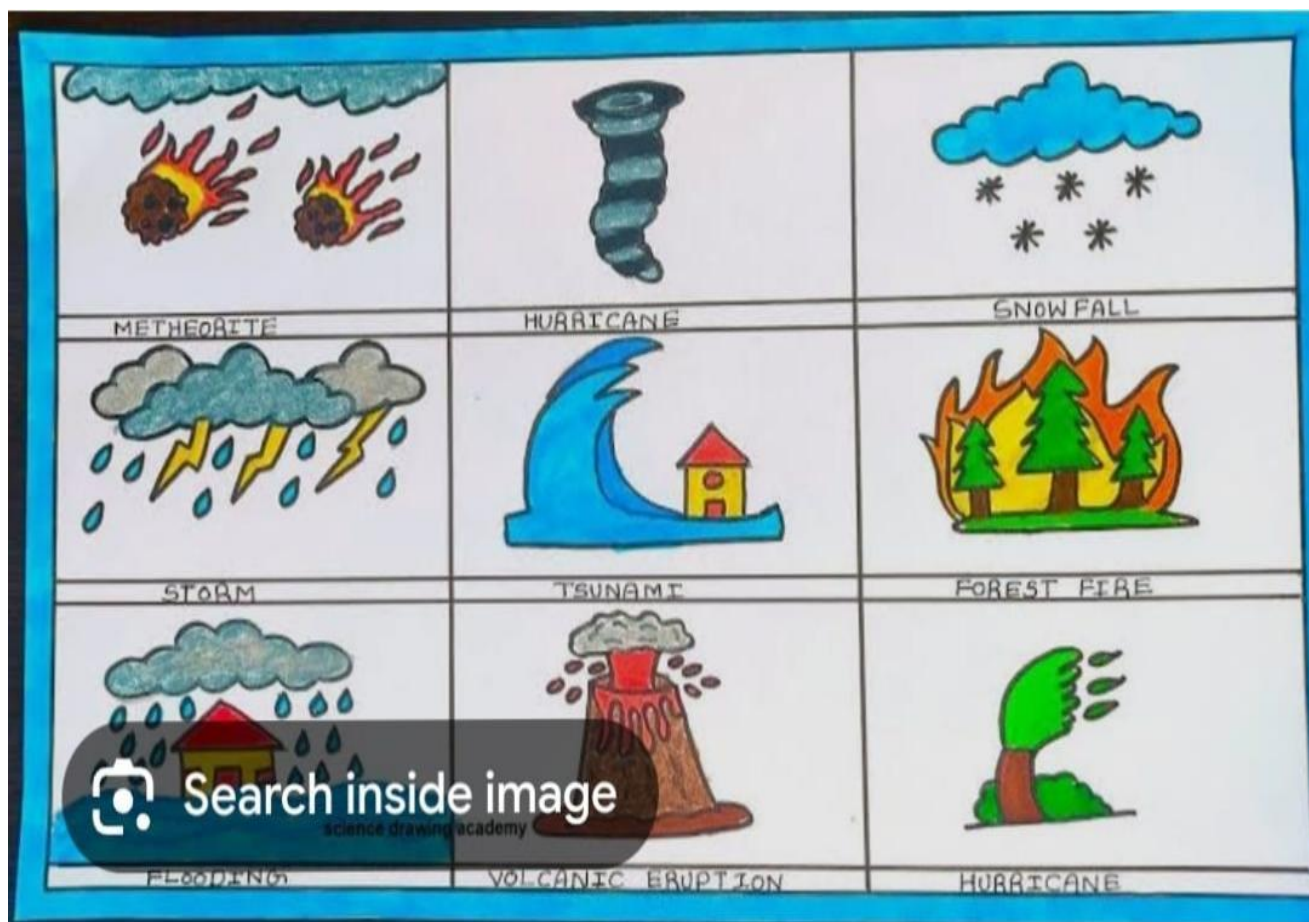


Spend some quality time with an elderly person in the family



## Hindi

- 1.) अपने मनपसंद पालतू पशु / पक्षी का चित्र बनाकर A4 साइज शीट पर उसके संबंध में अपने अनुभव लिखें वो आपको क्यों पसंद है।
  - 2.) योगा दिवस पर योग करते हुए 5 मिनट का विडियो बनाएं।
  - 3.) योग का महत्व विषय पर एक पोस्टर बनाएं।
  - 4.) कार्ल मार्क्स का चित्र चिपकाकर या बनाकर उनके जीवन के बारे में लिखें।
  - 5.) मजदूरी एक अभिशाप है। इस विषय पर 2 मिनट की वीडियो बनाकर भेजिए।
  - 6.) प्राकृतिक आपदा एक अप्रत्याशी घटना है जो समाज को नुकसान पहुंचती है। ऐसी कई प्राकृतिक आपदाएं हैं जो पर्यावरण और उसमें रहने वाले लोगों को नुकसान पहुंचती हैं। उनमें से कुछ हैं भूकंप, चक्रवात, बाढ़, सुनामी, भूस्खलन, ज्वालामुखी विस्फोट
- 1) भूकंप आने के मुख्य कारण क्या-क्या हैं? भूकंप को किस पैमाने से नापा जाता है।
  - 2) प्राकृतिक आपदाओं को चित्र में अंकित करें।



## Science

- Activity work

- 1) Do given activity and write your observations in your holiday homework notebook.

### Activity #1

Put your hand near, but not touching a heat source.

What do you feel? \_\_\_\_\_

Through what is the heat traveling? \_\_\_\_\_

### Activity #2

Stand in the shade. Move into the sunlight.

What do you feel? \_\_\_\_\_

Through what is the heat of the sun traveling? \_\_\_\_\_

- Project work

- 2) Record 5 days temperature of your city in Celsius and convert into Kelvin and Fahrenheit.

Date /Day	City Name	Temperature (°C)	Fahrenheit (°F)	Kelvin (K)

- 3) Collect 8 picture of different animals and paste on A4 size sheet and write their mode of ingestion.

- Written work

1) Write all experiments in lab manual book of 1 to 4 chapter

- Learning work

1) Learn book Exercise and question answer of chapter 1 to 4

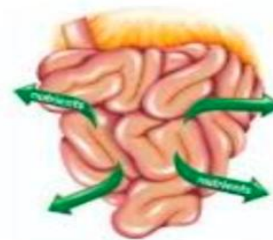
- Experiment work

1) Measure the temperature of your family members by using clinical thermometer and observe it is same or not as normal human body temperature.

- Art Work



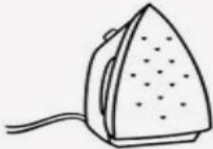
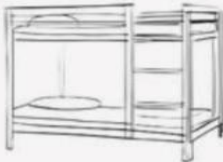
1) Draw the given picture and write the name of process below the picture.

( Excretion-Digestion-Absorption-Ingestion )



2) Draw the picture and write the name of different mode of heat transfer  
(A4 sheet)



	You feel the warmth of the fireplace even if you are sitting on the sofa	
	You feel hot after reading for a long time under a lamp	
	You wrinkled shirt flatten out after ironing it	
	You noticed that the air in the top bunk is cooler than in the bottom bunk bed	

## Social Science

Project work.

1) Choose any five monuments of India find out which rocks and minerals are used in them and make a project report on A4 size sheet.

2) Make a project on any one bhakti saint and anyone Sufi saint of India collect information about their early lives and teaching. Also collect pictures related to them along with their information on A4 size sheet.

3) On a chart paper draw a table and mention the Indian states that have legislative council. Also mention the number of assembly seats in each state.

2. Map work

1) In India's states neighboring countries union territories and water bodies of India on outline map of India.

- 2) Fill all the continents and oceans on world physical map
- 3) On an outline map world mark the earthquake and volcanic region of the world (Ch-3 Geography).
- 4) Fill the major rivers and mountain ranges of India on physical map of India.
- 5) Fill famous temples and jyotirling of India on political map of India.
- 6) Mark on world map the hottest and coldest region found in world ,for hottest region use yellow colour and for coldest region use blue colour.

Note-.All the maps should be done in your map book

- Learn all the chapters done in classroom.
- Do question answers of ch 2 History and ch 3 Geography.

## Maths

✓ Prepare a project based on “Decimals” keeping following points in mind:

1. Title page (topic of the project)
  2. Cover page (essence of the project)
- Table of contents (index)
  - Introduction of the topic
  - History (when, how and by whom it has been discovered)
  - Terminology and symbol used
  - Explanation of the topic
  - Game or puzzle related to the topic
  - Mathematical problems with solutions (only 5)
  - Real life applications (use pictures)
  - Calculate the perimeter and area of the different rooms of your house
  - Find and write about any two famous mathematicians and paste their picture also on A4 size coloured sheet



6. Do the following activity:

12	$\div 3$		$\div 7$			$\div 6$		$\div 6$			$\div 4$	
$\times 2$			$\div 6$			$\times 2$		$\div 8$			$\div 3$	
	$\div 4$		$\div 4$		$\times 5$		$\div 3$		$\div 7$		$\div 3$	
	$\times 3$				$\times 3$			$\times 2$			$\times 4$	
	$\div 3$		$\div 4$			$\div 5$		$\div 5$		$\times 1$		$\div 4$
	$\div 9$		$\times 3$			$\div 7$		$\times 2$			$\div 7$	
	$\times 7$		$\div 4$		$\times 2$		$\div 9$		$\div 8$			
	$\div 5$				$\div 9$		$\div 3$		$\div 4$		$\times 4$	
	$\div 6$		$\div 9$				$\times 5$		$\times 4$		$\div 8$	
	$\times 4$		$\times 4$		$\div 3$		$\div 6$					
	$\times 2$		$\div 3$		$\div 3$		$\times 2$		$\div 8$		$\times 7$	
	$\div 8$		$\div 8$		$\div 6$		$\times 8$		$\times 4$		$\div 2$	
	$\div 7$		$\times 8$			$\times 3$		$\div 3$		$\div 6$		$\div 2$
	$\div 9$		$\div 8$					$\div 8$				
	$\div 4$		$\div 8$		$\times 9$		$\div 3$		$\times 6$		$\div 4$	

5. Prepare a bar graph of 10 different cities of India with its temperature (on A4 size sheet)

**English**

1. Make a collage of Major Women authors of 19<sup>th</sup> century. Why women authors used to write with a Pen name? Find out one such author and write about her.



2. Express your love for your father on this 'Father's Day' by presenting him a card entitled "ALL ABOUT MY DAD".



3. Read a book of your choice and write a review including

1. Title

2. Main characters

3. Plot

4. Theme

4. Write 10 sentences each of Simple present tense and present continuous tense.

5. Do you believe in ghosts or in the supernatural? Narrate a scary experience you have had or a ghost story you have read in the first person narration technique. Supply a suitable title of the story.

## Computer

### Activity 1

Name and draw three type of computer network. (Hint: LAN, MAN, WAN draw on colourful chart paper)

### Activity 2

What are the difference between software and hardware (on colourful A4 size sheet)

## Sanskrit

- Draw it in A4 size sheet and paste in notebook





## Activity corner

- Make an attractive poster to promote save environment.



Show the video to engage you ward in yoga activity.



***\*Submission date for holiday homework is 05<sup>th</sup> July\****