



HERITAGE CHILDREN ACADEMY

(Senior Secondary School Affiliated to CBSE, New Delhi)
NH-24, JALIF NAGLA TEH. MILAK DISTT. RAMPUR (U.P)

HOLIDAY HOMEWORK

CLASS :- VII

Let's Pen The Pandemic : Covid - 19

“Self healing has been the finest art ever.”

“Let the nature heal itself and you in the most natural ways, don't resist the natural healing --complement it with self love.”

GENERAL INSTRUCTIONS TO BE FOLLOWED WHILE DOING HOLIDAY HOMEWORK:

- It is compulsory to attempt each subject.
- Each subject contains 10 marks which will include in your exam.
- You can take help your parents to complete your assignments.
- Summer vacations are going to be started from June 10 to 30, 2020.
- Submit your assignments to Subject teachers as the school reopens.
- Holiday homework should be done as per the given instructions
- Label properly the name, class roll no and subject.
- The child will be assessed for the neat handwriting, presentation, creativity and submission of the work on time. Parents can be facilitator at home but the work should be done independently by the child in his/her own handwriting.

English

1- Make a Vade Mecum, a personal handbook. Take a spiral bound scrap book / diary / thin notebook and add your own personal collection in it. A Vade Mecum can have – riddles (5), tongue twisters (8-10), quotations (10), self – composed short poems (2-3), paragraphs describing some day to day life (2-4), interesting pieces of information about English grammar / authors / poets (2-4).

OR

Draft a poster highlighting the “Importance of staying inside our houses during the Lockdown”.

हिंदी

ग्रीष्कालीन अवकाश कार्य

पुस्तक-महाभारत।

नोट- निम्नलिखित प्रश्नों के उत्तर लिखें।।

प्र0 1-राजा धृतराष्ट्र का प्रधानमंत्री कौन था?

प्र02-कुंती का विवाह किसके साथ हुआ?

प्र03-दुर्योधन ने किस प्रकार भीम को गंगा में बहा दिया?

प्र04-कर्ण ने किससे अस्त्र-शस्त्र की शिक्षा प्राप्त की?

प्र05-पाण्डु की कितनी पत्नियाँ थीं?

प्र06-द्रौपदी किसकी पुत्री थी?

प्र07- धृतराष्ट्र की अनुमति पाकर पाण्डव कहाँ गये?

प्र08-वारणावत में पांडवों के ठहराने के लिए बनवाये गये महल को क्या कहा गया?

प्र09-भीमसेन ने राक्षस को किस प्रकार मारा ?वर्णन करें।।

प्र0 10-भीमसेन और जरासंध का युद्ध कितने दिनों तक चला?

रचनात्मक कार्य

प्र0 - एक तरफ महामारी का कहर तो दूसरी तरफ मजदूरों की दयनीय स्थिति को दर्शाते हुए एक पोस्टर बनाएं।

Mathematics

Objective :- Make a list of 10 states of our country, there are maximum number of deaths by covid-19 on a particular date (like 25 May), then you will find the range, mean, median and mode of data and also draw a bar graph on that data.

(PRACTICE PAPER)

- Q1 The sum of two integers is -12 . If one of them is 43 , find the other.
- Q2 Add the product of (-16) and (-9) to the product quotient of (-132) by 6 .
- Q3 By what number should (-240) be divided to obtain 16 ?
- Q4 Evaluate :-
(i) $(-8) \times (-5) \times 9$
(ii) $(-5) \times (-5) \times (-5)$ taken 5 times
- Q5 If $a = -8$, $b = -7$, $c = 6$ verify that
 $(a+b)+c = a+(b+c)$
- Q6 List five rational numbers between -2 and -1
- Q7 The sum of two rational numbers is -4 . If one of them is $\frac{-11}{6}$, find the other.
- Q8 A car is moving at an average speed of $56\frac{3}{5}$ km per hour. How much distance will it cover in $7\frac{1}{2}$ hours?

Q9

Find the cost of $3\frac{1}{3}$ m of cloth at ₹ $121\frac{1}{2}$ per metre.

Q10

Simplify:

$$-\frac{7}{10} + \frac{13}{-15} + \frac{27}{20}$$

Q11

Find the angle which is equal to its supplement.

Q12

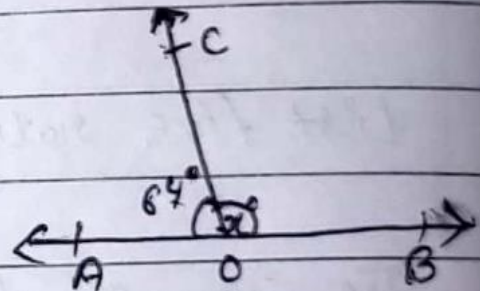
Find the complement of angle 73° .

Q13

Find the supplement of angle 123° .

Q14

In the given figure, AOB is a straight line and the ray OC stands on it. If $\angle AOC = 64^\circ$ and $\angle BOC = x^\circ$, find the value of x .



Q15

Find the angle which is equal to its complement.

Science

1. To prepare a report only 4 pages on Covid-19 follow this points

*Introduction

*Symptoms

*How does Covid-19 spread

*What does it mean self isolate?

Social Science

You all heard the news that during lockdown natural rejuvenate itself. How can we make our environment more sustainable / suitable for all living organism?

Write a short note on it.

SANSKRIT

गतिविधि (10 अंक)

1- किन्ही पांच पक्षियों के 5 जानवरों के और 5 फूलों के नाम संस्कृत में लिखिए-(5 अंक)

2- पांच वाक्यों की एक कथा बनाइए जिसमें किसी की बुद्धि की चतुराई का प्रदर्शन हो-(5 अंक)

2/25 nm

ART & CRAFT

Make a plastic bottle vase craft with flowers for home

<https://youtu.be/g-pUruyBTvk>

Work out

Students will take two bowls and hang them in the balcony of their house. Every day.

They need to fill them with grains and water respectively to feed the birds.

Note : This activity will help the students to connect to the nature and they will develop a sense of compassion. Visual and Performing Arts

Happy Holidays with following activities.

- Wake up early & pray.
- Brush your teeth, take a shower, get ready and enjoy your breakfast.
- Enjoy your Holiday Homework.
- Enjoy yummy lunch and avoid junk food. Don't forget to use the apron and spread the napkin before eating, off- course - close the plate after finishing food.
- Take a nap in the afternoon to relax.
- Drink milk or a Healthy drink.
- Revise an academic portion or read a chapter.
- Enjoy TV.

Get ready for dinner and don't forget to pray. Ensure that all the family members sit together for the dinner as "A family that eats together,

- Stays together."
- Brush your teeth.
- Enjoy Bed time stories.
- Pray before you go to sleep



DP