

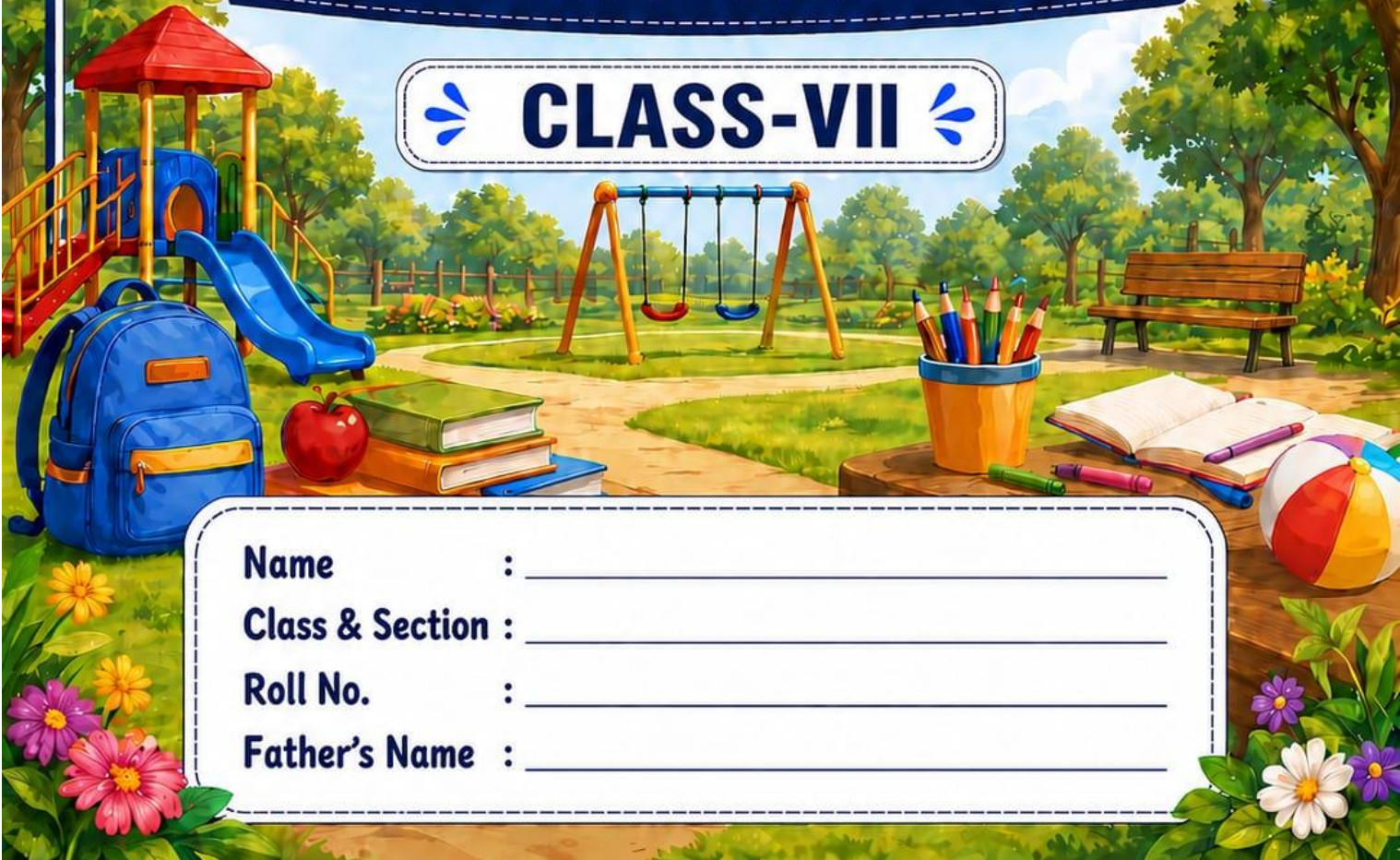


B.M. BHARTI MODEL SCHOOL

**SUMMER
VACATION**

HOLIDAYS HOMEWORK

CLASS-VII



Name : _____
Class & Section : _____
Roll No. : _____
Father's Name : _____

☀️INSTRUCTIONS FOR STUDENTS DURING SUMMER HOLIDAY HOMEWORK ☀️

Dear Students,

Summer vacation is a time to relax, refresh, and enjoy with family and friends. Along with fun and recreation, complete your holiday homework sincerely and neatly. Follow these instructions carefully:

1. Complete all work on time and submit it after the vacation.
2. Maintain neatness and proper presentation in every subject.
3. Use your own handwriting and avoid copying from others.
4. Read all instructions carefully before starting the work.
5. Make your work creative, colourful and attractive wherever required.
6. Revise the work done in class regularly during the holidays.
7. Spend some time daily in reading books, newspapers or storybooks.
8. Practice good handwriting and learn new words every day.
9. Parents are requested to guide and encourage students, but the work should be done by the students themselves.
10. Keep all notebooks and holiday homework sheets properly covered and labelled.
11. Worksheet will be done in worksheet itself.
12. Maintain discipline and balance studies with play, exercise, and rest
13. Take care of your health, eat healthy food, and stay hydrated during summer.
14. Enjoy your holidays and return to school with fresh energy and enthusiasm.
15. The marks distribution for the each assigned subject work is as follows:
 - Skill Integration – 5 Marks
 - Art Integration – 5 Marks
 - Activity Work – 5 Marks
 - Ek Bharat Shreshtha Bharat Activity- 5 Marks

16. Each subject will have its own separate project files.

- **All work related to a subject must be completed only within that subject's respective files. No files, data, or work should be mixed between different subjects.**

✨ "Learning never stops when creativity and curiosity continue."

Theme: "Discovering India – Culture, Heritage and Innovation"

Subject-Mathematics

1. **Skill Integration**: Compare prices of 5 grocery items from two different shops and find the difference.

Instructions:

- Choose any 5 items like rice, sugar, milk, oil etc.
- Write prices from Shop 1 and Shop 2
- Find which shop is cheaper and calculate the price difference
- Present neatly in table form on an A4 size sheet

2. **Art Integration**: Design a tessellation pattern using mathematical shapes.

Instructions:

- Use shapes like triangles, squares, hexagons etc.
- Repeat the pattern without gaps
- Colour the design neatly

Use an A4 size sheet.

3. **Activity Work**: Make a table showing the daily temperature of your city for one week on A4 size sheet.

Instructions:

- Write date and temperature for 7 days
- You may use newspaper, TV or internet for information
- Present neatly in table form

4. **Ek Bharat Shreshtha Bharat Activity**: Collect and compare the population data of Delhi and Sikkim on A4 size sheet.

Include:

- Total population
- Area
- Population density
- Any interesting facts

Use charts, tables or pictures for better presentation.

Subject-Science

1. Skill Integration: Prepare a checklist of healthy habits followed during summer.

Example:

- Drink plenty of water
- Eat healthy food
- Wear light cotton clothes
- Exercise regularly
- Present neatly on an A4 size sheet.

2. Art Integration: Make a food chain diagram using drawings or cut-outs.

Also compose a short story on:
“What if there were no plants on Earth?”

Instructions:

- Draw a simple food chain
- Use arrows correctly
- Write a creative story in simple language
- Decorate neatly
- Present neatly on A4 size sheets

3. Activity Work: Create a sample of natural hand sanitizer using locally available medicinal plants like Neem, Tulsi or Aloe Vera.

Instructions:

- Collect simple natural ingredients
- Write the materials used and method
- Paste pictures or draw diagrams if possible
- Maintain cleanliness and safety while preparing

4. Ek Bharat Shreshtha Bharat Activity: Find out one famous crop grown in five different Indian states including Sikkim and create 2–3 pages project on that crop.

Include:

- Name of crop
- States where it is grown
- Climate required
- Uses of crop
- Pictures of crop and farming

Decorate the project neatly.

Subject- Social Science

1. Skill Integration: Interview grandparents/elders about games played during their childhood.

Include:

- Names of games
- How they played them
- Differences between old games and modern games

Write neatly in question-answer form on A4 size sheet.

2. Art Integration: Draw and color a traditional art form of any Indian state.

Example:

- Madhubani Art
- Warli Art
- Pattachitra Art

Use colours creatively and do on A3 size sheet.

3. Activity Work: Prepare a timeline of important events in your life.

Include:

- Birth year
- First day of school
- Achievements
- Memorable moments

Use pictures or drawings if possible and do on A3 size sheet.

4. Ek Bharat Shreshtha Bharat Activity: Collect information about one famous dance form of Sikkim.

Include:

- Name of dance
- Costumes
- Occasion when performed
- Pictures or drawings
- Present activity on A4 size sheet.

Subject-English

1. Skill Integration: Read an English newspaper headline weekly and learn 10 new words during the holidays.

Instructions:

- Write the headline
- Write meanings of new words
- Use words in sentences if possible
- Present neatly on A4 size sheets.

2. Art Integration: Design a colourful poster on:

“Save Nature”

Include:

- Slogans
- Drawings
- Messages about protecting environment
- Create colourful and neat poster on A3 sheet.

3. Activity Work: Write a short diary entry about one enjoyable summer day.

Include:

- Date
- Activities done
- Feelings and experience

Write in simple and creative language on A4 size sheet.

4. Ek Bharat Shreshtha Bharat Activity: Find and write 5 famous tourist places of Sikkim and explain 3-4 lines why they are famous.

Example:

- Gangtok
- Tsomgo Lake
- Nathula Pass
- Yumthang Valley
- Pelling

Paste pictures if possible on A4 size sheet.

विषय-हिन्दी

सामान्य निर्देश

- * सभी कार्य साफ और सुंदर लिखावट में करें।
- * A4/A3 शीट का उपयोग करें।
- * रंगों, बॉर्डर और चित्रों से सजावट करें।
- * प्रत्येक शीट पर नाम, कक्षा, सेक्शन और रोल नंबर लिखें।
- * कार्य को रचनात्मक, साफ और व्यवस्थित रखें।

1. स्किल इंटीग्रेशन: किसी समाचार पत्र से एक प्रेरणादायक समाचार पढ़कर उसका मौखिक प्रस्तुतीकरण कीजिए।

निर्देश: (A4 साइज़ शीट पर करें)

- * समाचार का शीर्षक लिखें
- * मुख्य बातें बताइए
- * उससे मिलने वाली सीख लिखें

2. आर्ट इंटीग्रेशन: “भारतीय संस्कृति” विषय पर रचनात्मक पोस्टर बनाइए। (A3 साइज़ शीट पर करें)

इसमें शामिल करें:

- * भारतीय त्योहार
- * परंपराएँ
- * वेशभूषा
- * राष्ट्रीय प्रतीक

पोस्टर को रंगों से सजाइए।

एक्टिविटी वर्क: “मोबाइल फोन → लाभ और हानि” विषय पर लगभग 100 शब्दों का अनुच्छेद लिखिए।

(A4 साइज़ शीट पर करें)

इसमें लिखें:

- * मोबाइल के फायदे
- * मोबाइल के नुकसान
- * सही उपयोग का महत्व

4. एक भारत श्रेष्ठ भारत (EBSB) गतिविधि: सिक्किम राज्य की लोकभाषा, लोकनृत्य एवं प्रसिद्ध भोजन की जानकारी एकत्र कीजिए।

इसमें शामिल करें:

- * लोकभाषा का नाम
- * प्रसिद्ध लोकनृत्य
- * प्रसिद्ध भोजन
- * चित्र या फोटो

WELLNESS CORNER

QUESTION- TICK THE CORRECT OPTIONS

1. What should you do when you feel angry?

- a) Shout at others
- b) Break things
- c) Take deep breaths
- d) Stop talking forever

2. Empathy means:

- a) Fighting with friends
- b) Understanding others' feelings
- c) Ignoring people
- d) Winning every argument

3. Which habit helps in good mental health?

- a) Sleeping very late
- b) Keeping feelings inside
- c) Talking politely
- d) Fighting daily

4. What should you do if your friend feels sad?

- a) Laugh at them
- b) Ignore them
- c) Support and listen to them
- d) Spread rumors

5. Self-awareness means:

- a) Knowing your own feelings and thoughts
- b) Copying others
- c) Watching TV all day
- d) Being rude

6. Which is a good way to reduce stress?

- a) Hitting others
- b) Deep breathing and exercise
- c) Crying loudly at everyone
- d) Avoiding school

7. A confident student:

- a) Gives up quickly
- b) Believes in themselves
- c) Fears every small task
- d) Never tries anything new

8. What is the best way to solve conflicts?

- a) Fighting
- b) Calm discussion
- c) Complaining to everyone
- d) Ignoring forever

9. Civic sense means:

- a) Keeping surroundings clean
- b) Throwing garbage anywhere
- c) Writing on walls
- d) Damaging school property

10. Which action shows kindness?

- a) Making fun of classmates
- b) Helping someone in need
- c) Calling bad names
- d) Pushing others

11. What should you do before reacting in anger?

- a) Think calmly
- b) Scream immediately
- c) Blame others
- d) Run away

12. A good listener:

- a) Interrupts others
- b) Pays attention carefully
- c) Laughs during conversation
- d) Ignores speakers

Activity Corner ✨

Write 3 good qualities about yourself:

संस्कृत

प्र-1 अधोलिखित 40-50 शब्दपरिमितः गद्यांशन् ध्यानेन पठित्वा प्रश्नाना उत्तरं दीयताम ।

स्वास्थ्यलाभाय प्रतिदिनं व्यायामः करणीयः । यः व्यायाम करोति, सः आपत्काले साहसं न त्यजति । रक्तसञ्चारः अपि सम्यग्भवति । इन्द्रियाणि स्वस्थानि भवन्ति । जठराग्निः दीप्तः भवति । उदरं न परिवर्धते । मस्तिष्कम् उर्वरं भवति ।

प्रश्ना :

1. एकपदेन उत्तरत

(i) स्वास्थ्य लाभाय किं करणीयम् ?

(ii) रक्तसञ्चारः केन सम्यग्भवति?

उत्तरः-----

2. पूर्णवाक्येन उत्तरत

(i) केन मस्तिष्कम् उर्वरं भवति?

(ii) व्यायामेन किं परिवर्धते?

उत्तरः-----

निर्देशानुसार उत्तरत

क- स्वास्थ्यलाभाय पदेकः विभक्ति

(i) चतुर्थी (ii) पंचमी (iii) षष्ठी

भवन्ति पदे कः धातु

(i) भवभू (ii) पठ (iii) लिख

प्र०-२-मञ्जूषायापदानि सहायतेन संवाद पूरयित्वा !)

(पठसि, दिल्लीनगरे, तव, विद्यालये,)

राम—(i)----- कः असि ?

श्याम--अहम् छात्रः अस्मि ।

राम--त्वं कस्मिन् (ii)----- पठसि ?

श्याम--अहं रामजस विद्यालये पठामि ।

राम--(iii)----- विद्यालयः कुत्र अस्ति ?

श्याम--मम विद्यालयः(iv)-----अस्ति।

प्र०-३ यथा निर्दिष्टं शब्दरूपाणि लिखत(३)

शब्द विभक्ति एकवचन, दिव, बहुवचन

कवितृतीया -----

रामः चतुर्थी -----

लतापंचमी -----

प्र०-४-रेखांकितानि पदानि संशोध्य लिखत। (4)

क. अम्बा फलानि (आनयसि)-----

ख. सा भोजनं (पचामि)-----

ग. किं त्वम् विद्यालयं (गच्छति)-----

घ. सिंहौ वने(गर्जन्त।)-----

ङ. -अश्वाः तीव्र (धावतः)।-----

परियोजना कार्यम

* कश्मिचि द्पञ्च प्रेरणादायक नीतिगत श्लोकां संस्कृत भाषायाम लिखत्वा एकं चार्ट निर्माणं कुरुत

* मुनि, मति, युष्मद(शब्दरूपाणि) भू, पिब ' गम(धातुरूपाणि) संस्कृत पुस्तिकायां लिखत!

Subject- General Knowledge

- ❖ Compulsory for all - Prepare a project on 5 Indian scientist (female) and their contributions on A4 size sheet.

- ❖ Compulsory for all - Make your own newspaper What include: cut-outs of - -International news, national news , sport news ,fun facts, weather, environment news ,etc. Give it a creative name of the newspaper like young times or "your name" times

- ❖ Roll no. 1 -20 – Create an info graphic details regarding recent SpaceX CAS500-2 Mission launched in early May 2026 (with pictures and details) on white plain A4 size sheet.

- ❖ Roll no. 21 onwards - Create an infographic details regarding the world's largest underwater national flag unfurled (with pictures and details) on white plain A4 size sheet.

Subject-Computer

Instructions:

- Complete the work neatly on A3 size sheets.
- Use colors, charts, tables, and creative headings.
- Draw or paste pictures related to Microsoft Excel.
- Write in neat handwriting.

Activity 1 (Roll No.- 1 to 15)

Draw a neat diagram of an Excel window and label:

- Title Bar
- Ribbon
- Formula Bar
- Rows
- Columns
- Cell
- Worksheet Tabs

Activity 2 (Roll No.- 16to 30)

Draw 'TYPES OF CHARTS IN EXCEL'.

- | <u>Chart Type</u> | <u>Use</u> |
|-------------------|-----------------------|
| • Bar Chart - | Compare values |
| • Pie Chart - | Show percentages |
| • Line Chart - | Show growth |
| • Column Chart - | Compare data visually |

Activity 3 (Roll No.- 31 and above)

Create a colorful "Cyber Safety Poster" with slogans like:

1. "Think Before You Click"
2. "Stay Safe Online"
3. "Protect Your Password"

Subject-Drawing

Toy Making Handicrafts

1. Sock Puppet Toy

Materials Required:

- Old sock
- Buttons
- Wool
- Glue
- Colored paper

Steps:

- Take a clean old sock.
- Paste buttons to make eyes.
- Use wool for hair.
- Draw or paste a mouth using colored paper.
- Decorate creatively and let it dry.

Learning Outcome:

- Encourages creativity and reuse of old materials.
- Develops imagination and communication skills.

2. Paper Cup Toy

Materials Required:

- Paper cups
- Colored paper
- Glue
- Sketch pens
- Scissors

Steps:

- Turn the paper cup upside down.
- Cut ears, tail, and legs from colored paper.
- Paste them on the cup.
- Draw eyes and nose with sketch pens.
- Make different animals like rabbit, cat, or lion.

Learning Outcome:

- Promotes recycling habits.
- Enhances problem-solving and designing skills.

Instructions:

- Use neat and clean materials.

Computational Thinking

Chapter 1: Large Numbers Around Us

1. 'X' is a 6-digit number formed using exactly three different digits. One of the digits appears once, another appears twice, and the third appears three times. When 2 lakhs are added to 'X', the resulting number 'Y' is still a 6-digit number. What is the highest possible value of 'Y'?

a) 977889 b) 999999 c) 999988 d) 999887

2. What is the product of all the numbers on a telephone dial-pad?

a) 12345 b) 32451 c) 362880 d) None of these

3. Sam forms two different 6-digit numbers, X and Y, using digits from 0 to 9 (without repetition within a number). Exactly two digits are common between X and Y.

- The digit 9 appears in the same position in both numbers
- Y ends with 0, has only one even digit, and its digits are arranged in descending order
- 6 is present in X, and the number of even digits on its left is equal to the number of even digits on its right

If X is the largest possible number, what is the difference between X and Y?

a) 9310 b) 9210 c) 8420 d) 8310

4. If each of the rows follows the same theme, what will come in place of “?”

1 ● 8 ● 2 ●	>	1 ● ● 8 ● 2 ●	>	● ≤ 7
● ● 3 ● 5 ● 7 ●	<	● ● 3 ● 5 ● ● ● 7 ●	<	● ≤ 3
● ● 9 ● 6 ● 3 ● ●	>	● ● 9 ● 6 ● ● ● ● 3 ●	>	● ≤ 2
● ● 5 ● 0 ● 6 ● ●	<	● ● 5 ● ● 6 ● 0 ● ●	<	?

a) ● ≤ 6 b) ● ≤ 4 c) ● ≤ 5 d) ● ≤ 9

5. What will come in place of “?”

Crore - re	→	00000
Million - ion	→	000
Thousand - d	→	00
Billion - llion	→	0000
Lakh - kh	→	?

a) 0 b) 00 c) 000 d) 0000



The Thinking Spot

Columns A, B, and C contain 3 numbers each, such that:

- The number of times each number appears in all 3 columns combined, is equal to its value (e.g., 2 appears twice, 3 appears thrice, etc.)
- Each column contains AT LEAST TWO different numbers

If column A is the only column with THREE different numbers, then which column has the highest sum?

A	B	C
○	②	○
○	○	○
④	○	③

- (a) Column A
- (c) Column C

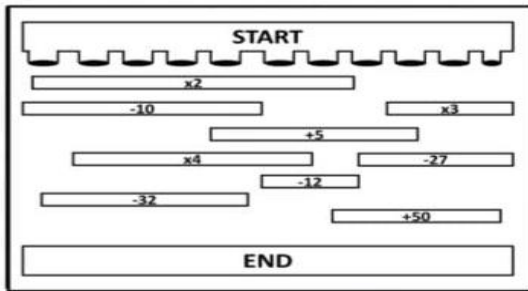
- (b) Column B
- (d) Both columns B and C



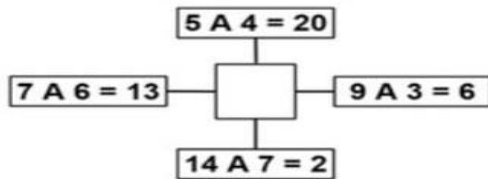
8. In the following expression, each ball with a mathematical operator is swapped with the ball immediately to its left, to form a new arithmetic expression. What will be the value of NEW EXPRESSION - ORIGINAL EXPRESSION?

LEFT $(8)(7)(+)(1)(5)(-)(3)$ RIGHT
Expression

- a) 63 b) 73 c) - 63 d) - 73
9. A stone with an initial value of 10 is dropped through one of the holes at the START and moves in a straight path to reach the END. As it passes each numbered bar along the way, its value changes according to the operation shown on that bar. What is the maximum value the stone can have when it reaches the END?



- a) 60 b) 88 c) 53 d) 68
10. Each arrow has a mathematical operator. When placed in the centre box, its operator replaces the letter A in the equation it points to. Which arrow satisfies an equation based on this rule?



- a) b) c) d)



The Thinking Spot

Tom, Sam, Mariya, John, and Bob each selected a shape. They placed their shapes in the grid below.

Tom's shape is neither a circle nor a triangle

Sam's shape is in column number 3

Mariya's shape is not in the first three rows

John's shape is neither square nor circle

Which of the following shapes is chosen by Bob?

	1	2	3	4	5
1	△				
2				○	
3		□			
4			☆		
5					⬡


(a) Square

(b) Circle

(c) Hexagon

(d) Triangle



 **INTERNATIONAL YOGA DAY 2026** 
Theme: Yoga for Wellness, Wisdom, and World Peace

Dear Students,

INTERNATIONAL YOGA DAY 2026

Theme: Yoga for Wellness, Wisdom, and World Peace

Yoga Time with Dad

Objective

To celebrate the bond between fathers and children while promoting health and fitness through yoga during summer vacation.

Conduct this activity two days before International Yoga Day and father's day(21 June 2026), share a photo or video of yourself performing any one yoga pose with your class teacher. Along with the photo or video, mention:

- Name of the yoga pose
- Benefits of that pose

Activity Instructions-

Step 1: Practice Yoga with Your Father

Perform any 5 yoga poses together with your father or any elder family member for at least 15-20 minutes.

Suggested Yoga Poses:

1. Tadasana (Mountain Pose)
2. Vrikshasana (Tree Pose)
3. Bhujangasana (Cobra Pose)
4. Vajrasana
5. Butterfly Pose

Step 2: Click Photographs

Take 2-3 photographs while practicing yoga with your father/family member.

Step 3: Make a Thank You Card

Prepare a small handmade card for your father with messages like:

"Happy Father's Day"

"Thank you for caring for me"

"My Dad, My Hero"

Stay fit and enjoy yoga!