

# DAV CENTENARY PUBLIC SCHOOL

PASCHIM ENCLAVE NEW DELHI-87

## CLASS 7

### HOLIDAY HOMEWORK 2022-23

#### English

1. Healthy Kids Happy Kids - A Magazine

' Health is not a goal, it is a Lifestyle'

Make a healthy lifestyle magazine to promote physical, emotional and mental well being of the kids of 21st century.

For this, pick up your favourite scrapbook and have the following columns in it:

- Mood Boosting- Tips for family
- Screen time- how much is too much
- Talk show- Interview a friend to check the Health-o- meter of them
- Recommended Reading- Review a health related book
- Meme- time- Make a witty Meme on the topic- 'Back to School- Adjusting to new Normal'
- You got Yoga- Special Health column

For the above mentioned columns, you can choose to write essays or paragraphs, make graphic organisers, posters, drawing or add slogans, etc.

Do not forget to name 'your' magazine.

2. DIY Bird Shelter- Do you know that birds have a luxurious bungalow in Gujrat? Yes! It is true. A 75 year old man has made a bird house made of clay pots to shelter the birds from the heat wave. If he can do, why can't you?

So, go ahead and make a bird house using unused Cardboards at home.

Also, make a vlog and share your views on 'How Shelters are better than cages'.

-Refer to the link below on one such shelter. <https://youtu.be/GBgzNSA9wHs>

3. Infographics/ Graphic Organisers

Concept maps, Web charts on characters, flowchart, T charts- These are a few of useful organisers which are quick yet effective for presenting and understanding. Create any of the above G.O pattern for each for the following chapters:

- A HERO
- I DREAM A WORLD,
- FIGHT, MANJU, FIGHT!
- STONE SOUP IN BOHEMIA

## Hindi

Page -1(Front Page)

परियोजना कार्य शीर्षक (Project Work Title):- स्वास्थ्य एवं स्वच्छता



शीर्ष पंक्ति(Tag Line): **जो रखेंगे स्वच्छता, तो स्वास्थ्य का बड़ेगा दायरा**

विद्यार्थी का नाम .....

कक्षा एवं विभाग :.....

- ◆ Page -2-Index
- ◆ Page -3-स्वास्थ्य और स्वच्छता पर कुछ पंक्तियाँ लिखिए। (चित्र सहित)
- ◆ Page -4- डब्ल्यू एच ओ के स्वास्थ्य एवं स्वच्छता के विषय में निर्देश(चित्र सहित)
- ◆ Page -5 से 7- अपनी एक सप्ताह की गतिविधियों को फोटो कोलाज के माध्यम से स्क्रेप बुक में लगाएँ कि आपने स्वास्थ्य और स्वच्छता को कैसे अपनाया।
- ◆ Page -8- अपने द्वारा लिखी गई कविता- 'स्वच्छता है जहाँ, स्वास्थ्य है वहाँ' को अपने फोटो के साथ स्क्रेप बुक में लगाएँ।
- ◆ Page -9- शीर्षक पृष्ठ-आज़ादी का अमृत महोत्सव
- ◆ Page -10- आज़ादी की लड़ाई के दौरान प्रयोग में लाए गए नारों का कोलाज निर्माण।
- ◆ मूल्यांकन बिंदु - प्रस्तुतीकरण, रचनात्मकता एवं मौलिकता

## Mathematics

### Hale and Hearty

Being Hale and Hearty is an asset and implies soundness of mind and body. Good and Robust health and well being is a crucial requisite for functioning of an individual.



Task 1: Yoga has been linked to several holistic health benefits. Various styles of yoga combine physical postures. Collect pictures of any six yoga poses showing different types of angles and name their type.

Task 2: Conduct a survey in a nearby park asking at least 40 people about their favorite active recreational activities like

- a) Walking
- b) Gym workouts
- c) Cycling
- d) Running/jogging
- e) Exercising
- f) swimming

a) Collect the information in the form of a table in the following format

S.No.	Name	Age	Active Recreational Activity
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- b) Represent the above information in the form of a bar graph.
- c) Collect Relevant pictures of the people doing their favorite active recreational activity.
- d) Find the percentage of people doing each type of activity.

**Note: Do the above tasks on A-4 size sheets.**

## Science

THEME TO BE EXPLORED IN THE PROJECT :

**'AZADI KA AMRUT MAHOTSAV' - 75 YEARS OF INDIAN INDEPENDENCE**

As India is going to complete 75 years of its independence this year, 'AZADI KA AMRUT MAHOTSAV' is a commemoration of 75 years of India's Independence. This Mahotsav is a festival of awakening of the nation; a festival of fulfilling the dream of good governance; and the festival of global peace and development. Like the history of the freedom movement, the journey of 75 years after independence is a reflection of the hard work, innovation, enterprise of ordinary Indians. India is still moving forward by strengthening democracy. India, rich in knowledge and science, is leaving its mark from Mars to the moon.

In your project work given below, you will be exploring and researching the above theme.

The science of yoga is the scientific basis of modern yoga as exercise in human sciences such as anatomy, physiology, and psychology. Yoga has a threefold impact on health. It keeps people healthy, prevents the development of diseases and aids recovery from ill health.

A very famous quote about Yoga is " YOGA SE HOGA - Yoga adds years to your life and life to your years"

Students are required to make a project report on "Yoga and Health" comprising the following information.

- Aim of Yoga
- Limbs of yoga
- Impact of yoga on body physiology.
- Any one asana (including scientific principle behind the same)
- Click your pictures while doing the asana.

Note : Project report must be supported with pictures.

## Social Science

**MEDICINAL HERBS - The Secrets are in the Plants**

Before the modern-day medicine and synthetic drugs, there were plants, and ancient civilizations knew how to use them effectively to treat common ailments and even life-threatening diseases. One such plant is Tulsi. Tulsi leaves are used to treat colds, coughs, and bronchitis.

- a. Find out about at least 5 more medicinal plants and write their medicinal use.
- b. You can paste the pictures of these plants.
- c. Locate places, where they are found in India and mark them on the Political Map of India

### **Azadi ka Amrit mahotsav**

Prepare a roleplay on a freedom fighter and enact it in class.

### **Sanskrit**

1 एकां तालिका निर्माय तस्यां अन्ते संतुलित-असंतुलित खाद्यपदार्थानां नामानि लिखत | चित्र सहितम् ( A4 SIZE इत्यस्य पत्रे )

2 प्रदत्तकार्यप्रपत्राणि कुरुत |

### **Ved path**

1 आर्य समाज के चार नियम A4 Size पत्र पर लिखने हैं और याद करने हैं |

2 पाठ 1,2 पढ़ने हैं |

### **Computer**

- Create a Game on Scratch using various features of the softwares.  
Topic: Favorite sport