

**Tender Heart High School, Sector 33-B, Chd.**  
**HOLIDAY HOMEWORK (2024-25) Class VII**

**English**

1. Create a memorabilia reflecting 5 important and treasured moments of your life. Create a write up, use pictures and give interesting and relevant captions to each of them.
2. Find out 10 words which can be used both as nouns and verbs. You may follow the examples given below:
  - (i) I trust (verb) my friend completely. Trust (noun) is very important in a relationship.
  - (ii) I respect (verb) my parents very much. As children, we are taught the importance of showing respect (noun) to elders.
3. Write the biography of a person who has motivated you in your life. (500 words)

**Maths**

1. (a) Write the squares of all the numbers from 1 to 20. For eg :-  $1^2 = 1 \times 1 = 1$   
 $2^2 = 2 \times 2 = 4$  (b) Take a graph paper. Draw 6 squares A, B, C, D, E, & F on it with sides as follows: A = 1 cm, B = 2 cm, C = 3 cm, D = 4 cm, E = 5 cm, F = 6 cm. Now count the number of 1 cm squares in each of the above drawn squares i.e. (A, B, C, D, E & F). Write and conclude your observation. (c) Take a leaf and trace it on a graph paper. Find the area of figure so obtained by method of counting the squares on graph paper.
2. Find out the distance of all planets from sun. Write the distance in their scientific notation and exponential forms.
3. Note down the number of holidays (including Sundays) in each month from April 2016 to March 2017 and represent the data using (i) a bar graph (ii) a pie chart (iii) a frequency distribution table.
4. Visit a bank and get information on process of opening a 'Saving Bank Deposit Account' You can seek information on-minimum age limit, minimum balance needed to open, rules, passbook info, singly or jointly opened account, withdrawal forms, cheques etc. Write about all this collected information in your notebook. You can also paste some of these forms in your notebook.

**Physics**

1. ISRO had (on 15 Feb' 2017) launched 104 Artificial Satellites in the space. Gather information on – (i) ISRO - its activities and achievements,(2 pages) (ii) Man Made Satellites-their different types, their functioning and benefits to mankind, etc (3 pages). Write all this information in your notebook.
2. A) Take a used plastic bottle. Make three holes using a pin, along the height of the bottle- one near bottom, other near top and the third in the middle of the bottle. Keep it on the floor and fill it completely with water. Observe the water coming out of three different holes. Write your observation and explain - at what position is the pressure maximum?  
B) Find out 5 examples from your daily life where ever we make use of atmospheric pressure. eg Pulling liquid with straw.
3. Draw the following constellations a) Ursa Major b) Orion c) Hercules d) Cygnus e) Draco f) Pisces into your note-book. Find out their names in Hindi also if any.

**Chemistry**

Prepare a report on the topic-“RO based water filter” addressing the queries:-

- (i) What is reverse osmosis? How does reverse osmosis based water filter work?
- (ii) Why do we need RO water for drinking and consumption purposes?
- (ii) What is the range of TDS (Total Dissolved Solid) in potable water?
- (iii) What are the possible effects of drinking water with high TDS?

**Biology**

1. Investigate the change in the breathing rate (no of breaths per minute) of a person during various activities.
  - (a) Sit down comfortably on a chair. Immediately measure the breathing rate and record.

- (b) Walk for 2 minutes. Immediately measure the breathing rate and record.
- (c) Run for 2 minutes. Immediately measure the breathing rate and record.
- Now, compare and tabulate the breathing rates obtained in all the above conditions and write the conclusion in notebook.
2. Find information on the method of vegetative propagation for growing new plants. Make a list of 10 plants which can be grown by vegetative propagation and complete the observation table as given below -

| Name of plant grown by vegetative propagation | Vegetative part involved | Picture |
|---|--------------------------|---------|
|---|--------------------------|---------|

- 1.
- 2.
- 3.
- 4.
3. Physical workouts/exercises tone up our muscles and help us to remain fit. Collect information about various exercises / yoga asana that are good for our health. Write about any two that you follow / are going to follow in your daily routine.

### History/civics

1. Prepare a Timeline of any 25 important events in History of India, since Independence till date.(i.e. from 1947 to 2017). Eg 15 Aug. 1947- India gains Independence, 26 Jan 1950- India becomes Republic. October 20, 1962 – India China War.
2. Prepare a character sketch for any two of the following (3 pages) and write their contributions in the society - Maharaja Ranjit Singh, Tipu Sultan, Hyder Ali, Mirabai, Surdas, Tulsidas. Also discuss the traits of that person that you would like to adopt in life.
3. You are the member of School's Cabinet Committee. You have been asked to chalk out the duties of all the students. Write your plan including all Do's and Don'ts (Write about the behavior expected of them in class, in assembly, in school bus, in library, during functions etc.)

### Geography:

1. India is famous for its tourism. Find out at least 10 tourist places of India and name the states in which they are found. Locate and label the states on a political map of India. Also give a small write up on any 5 of them.
2. On a map of India, mark the following rivers (refer to atlas) (a) Kaveri (b) Godavari (c) Mahanadi (d) Krishna (e) Brahmaputra (f) Ganga (g) Yamuna (h) Tapti (i) Narmada (j) Satluj (k) Ravi (l) Baes (m) Chenab (n) Chambal (o) Jhelum . Identify and also locate on map the industrial cities situated near them. Which of these cities is a major source of water pollution?

### Hindi:

1. अपने मित्र को 'पर्यावरण दिवस – 5 जून' का महत्त्व समझाते हुए एक पत्र लिखिए।
2. कल्पना कीजिए कि आप एक पत्रकार हैं। किसी एक विख्यात व्यक्ति (जैसे कैलाश सत्यार्थी, चेतन भगत, विराट कोहली) के साथ हुए साक्षात्कार को अपने शब्दों में लिखिए। (साक्षात्कार लगभग 300 शब्दों में होना चाहिए।)
3. बसंत ऋतु में मनाए जाने वाले किसी एक त्योहार पर 20 पंक्तियों की कविता लिखिए।

### Punjabi:

ਪੰਜਾਬ ਦੇ ਕਿਸੇ ਪੰਜ ਮਸ਼ਹੂਰ ਸ਼ਹਿਰਾਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਇਕੱਠੀ ਕਰਕੇ ਉਸਦੇ ਬਾਰੇ ਦਸ-ਦਸ ਸਤਰਾਂ ਲਿਖੋ ਅਤੇ ਤਸਵੀਰਾਂ ਚਿਪਕਾਉ ।