

विषय - हिन्दी, कक्षा - सातवी

- सुरदास की कुछ रचनाएँ ढूँढ़कर लिखिए।
- पाठ्य-पुस्तक से संकलित 'शब्दकोश' पेज नं० - (144-150) उत्तर पुस्तिका से लिखिए।
- भारत के लोक नृत्यों की सूची बनाइए और उनकी विशिष्टताओं का पता लगाकर लिखिए।
- वर्षा से जुड़े लोकगीत ढूँढ़ कर लिखिए।
- कक्षा से कराया गया सम्पूर्ण पाठ्यक्रम कण्ठस्थ कीजिए।
- व्याकरण - सम्पूर्ण पाठ्यक्रम कण्ठस्थ कीजिए।

विषय - संस्कृत, कक्षा - सातवी

- निम्नलिखित पाठों का हिन्दी अनुवाद कण्ठस्थ कीजिए -  
(क) द्वीपेषु रम्यः द्वीपोऽण्डमानः  
(ख) वीराङ्गना पन्नाधारा
- अष्टादश (18) पुराणों के नामों की सूची उत्तर पुस्तिका से लिखिए।
- (1-100) तक संस्कृत गिनती उत्तर पुस्तिका से लिखिए।
- शब्दरूपः - सर्वनाम शब्द (अस्मद्, युष्मद्, किम्) तीनों लिंगों से लिखिए व श्राव करें।
- धातुरूपः - (पठ्, अस्, श्रु, दा, भा, क्री) धातुओं को (लट्, लृट्, लङ्) लकारों से लिखिए व कण्ठस्थ करें।

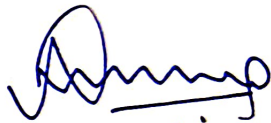
SAINIK SCHOOL KUNJPURA, KARNAL

WINTER VACATION TASK, CLASS - VII

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**WINTER HOLIDAYS HOMEWORK, CLASS VII – GEOGRAPHY**

1. Prepare a project on any one of the following topics provided below in about 10 to 12 (A4 size) pages. Prepare diagrams and paste photographs related to the topic.
  - a) India and Her Neighbours
  - b) Major Landforms of India
  - c) Major Climate Types in India
  - d) "Weather Detectives: Investigating how local weather patterns influence daily life."
  - e) "Weather Time Capsule: Recording today's weather and predicting how it might change in 50 years."
2. Prepare a chart on global warming or write slogans on global warming.
3. Learn Ch 1 Natural Resources and their Use, Ch 2 Understanding weather and Ch 3 Climates of India thoroughly.





**SAINIK SCHOOL KUNJPURA, KARNAL**  
**WINTER VACATION TASK, CLASS VII, SUBJECT : ENGLISH**

③

1. Write diary entry of any 05 memorable days spent during the winter vacation. [To be done in Holidays HW copy]
2. Based upon reading of **Unit IV TRAVEL AND ADVENTURE** and **Unit V BRAVEHEARTS**, complete the following tasks :-
  - a) Imagine you are *Suraj* and you have just returned home after driving the leopard out of the tunnel with Sunder Singh.  
Write a diary entry describing: What you saw inside the tunnel, How you felt, What you learnt about fear and courage. (120–150 words) [To be done in Holidays HW copy]
  - b) Write a **short 18–20 line poem** in HW copy about a journey you wish to take one day. Use **at least two** of the following poetic devices:  
\* imagery                      \* alliteration                      \* personification                      \* rhyme
  - c) Write a letter to your Principal in Holidays HW copy requesting him to organise an **educational train trip** for Class VII to the National Rail Museum or a nearby heritage railway.
  - d) Create a 1-2 page fact file on **any ONE of the following**: [To be done in Holidays HW copy]
    - Atal Tunnel
    - Vande Bharat Express
    - Darjeeling Himalayan Railway
    - India's first underwater metro (Kolkata)**Include the following:**                      \* 5 facts                      \* 1 picture/drawing                      \* Why it is special
  - e) Write a **150-word paragraph** in HW copy on "**A Train Journey I Will Never Forget**".  
Use the following hints:                      # sights                      # sounds                      # people                      # feelings
  - f) Do you think everyone should be given a chance to show their talent? Write your opinion in the form of a paragraph in 150-180 words. [To be done in HW copy]
3. **Watch any children's film during the vacation and write a short movie review.**  
[To be done in Holidays's HW copy] Kindly include the following:
  - Name of the movie
  - Director
  - Main characters, Genre (adventure, comedy, fantasy, etc.)
  - Plot summary in 150 words
  - Social message / theme of the movie
  - What you learnt / Your favourite scene
  - A short recommendation for friends on Rating scale (out of 5)
4. To revise grammar topics Verb forms, Tense, Determiners, Prepositions, Active-Passive voice & Direct-Indirect speech.

SAINIK SCHOOL KUNJPURA, KARNAL (4)

WINTER VACATION TASK, CLASS VII, SUBJECT PHYSICS

1. Read the given chapters thoroughly and write out the 20 questions from each chapter found in chapter or the extra handbook.

Chapter 3 : Electricity : Circuits and their components.

Chapter 8 : Measurement of Time & Motion.

Chapter 11 : Light : Shadows & Reflection

2. Make a working model or a detailed chart with diagram on any of the following :

- Periscope
- Kaleidoscope
- Pinhole Camera.

## Holiday Homework for Class 7:

- \*Subject: Chemistry

### 1. Concept Questions:

- Explain the three modes of heat transfer: conduction, convection, and radiation. Give one example of each from nature.
- How does heat transfer play a role in weather patterns (e.g., sea breeze, land breeze)?

### 2. Hands-on Activities:

- Experiment: Take a metal spoon and a wooden spoon. Place them in a cup of hot water. Touch both after 5 minutes. Record your observations. Explain why one feels hotter.
- Observe and note how a thermos flask works to keep liquids hot or cold. Relate it to heat transfer concepts.

### 3. Nature Connections:

- Write about the role of heat transfer in the water cycle (evaporation, condensation).

### 4. Creative Project:

- Write a short story (150-200 words) on "A Day in the Life of a Molecule of Water" as it undergoes evaporation, condensation, and precipitation.

### 5. Quiz Time!

- Fill in the blanks:

- The transfer of heat without a medium is called \_\_\_\_\_.

- Sea breeze is an example of heat transfer by \_\_\_\_\_.

- MCQ: Which is the primary mode of heat transfer from the Sun to Earth?

a) Conduction

b) Convection

c) Radiation

**Submission:** Complete the tasks neatly in your science notebook and submit on the first day after holidays.



## CHAPTER 1 – ADOLESCENCE: A STAGE OF GROWTH AND CHANGE

(6)

## Multiple Choice Questions (15)

MCQs

1. Adolescence usually begins around the age of:  
a) 5–6 years   b) 10–11 years   c) 18–20 years   d) 22 years
2. The hormone that causes changes in boys during puberty is:  
a) Estrogen   b) Progesterone   c) Testosterone   d) Insulin
3. The period between childhood and adulthood is called:  
a) Puberty   b) Adolescence  
c) Fertility   d) Growth
4. Menstruation is a cycle that occurs in:  
a) Boys   b) Girls   c) Both   d) Adults only
5. Rapid increase in height during adolescence is due to:  
a) Adrenaline   b) Growth hormone  
c) Thyroxine   d) Insulin

## True/False

6. Adolescence is the same for every person.
7. Acne appears due to increased activity of sweat and oil glands.
8. Hormones are chemical messengers.
9. Voice becomes deeper in girls during puberty.
10. Balanced diet helps during growth years.

## Fill in the blanks

11. The changes that occur at puberty are controlled by \_\_\_\_\_.
12. Increased emotional sensitivity during adolescence is called \_\_\_\_\_ changes.
13. \_\_\_\_\_ is the hormone responsible for menstrual cycle.
14. Hair growth under arms is a \_\_\_\_\_ characteristic.
15. The physical change in boys that makes the voice deeper is enlargement of \_\_\_\_\_.

## B. Short Answer Questions (10)

1. What is adolescence?
2. Define puberty.
3. What are secondary sexual characters?
4. What causes acne during adolescence?
5. Why do teenagers feel mood swings?
6. What is menstruation?
7. Name two hormones in girls.
8. How can adolescents maintain good hygiene?
9. Why is a balanced diet important during adolescence?

**Long Answer Questions (10)**

1. Explain physical changes in boys and girls during puberty.
2. Describe the role of hormones during adolescence.
3. What are the emotional changes in teenagers? Explain in detail.
4. How does the body prepare for reproduction during adolescence?
5. Explain the importance of personal hygiene during puberty.
6. Describe the menstrual cycle.
7. What is gender equality? Why is it important for adolescents?
8. Explain mental and social changes during adolescence.
9. Write about myths and misconceptions of puberty.
10. How should adolescents manage stress positively?

**D. Competency-Based Questions (5)**

1. A girl of 12 suddenly feels tired and confused about her changing body. What advice will you give her?
2. A boy notices acne and voice change. Explain the scientific reason.
3. A teen feels pressure from social media to look "perfect". Explain healthy coping strategies.
4. A girl is irregular in her periods. Suggest healthy habits to help her.
5. A boy grows rapidly in height but feels weak. How would a balanced diet help?

**CHAPTER 2 – LIFE PROCESSES IN ANIMALS**

**A. Objective Questions (15)**

**MCQs**

1. The basic unit of the nervous system is:  
a) Neuron b) Cell c) Tissue d) Axon
2. The process of breaking down food to release energy is called:  
a) Digestion b) Respiration  
c) Excretion d) Circulation
3. The organ that pumps blood in animals is:  
a) Liver b) Stomach c) Heart d) Kidney
4. Animals excrete waste through:  
a) Skin b) Lungs c) Kidneys d) All
5. The structural and functional unit of the kidney is:  
a) Neuron b) Nephron c) Villi d) Glomerulus

**True/False**

6. All animals have lungs for breathing.

8

Kidneys help in filtering waste.

Blood carries oxygen and nutrients.

9. Respiration and breathing mean the same.

10. Herbivores have sharp canines.

#### Fill in the blanks

11. \_\_\_\_\_ helps in absorption of digested food.

12. Exchange of gases in fish occurs through \_\_\_\_\_.

13. Breakdown of food into simpler forms is called \_\_\_\_\_.

14. The muscular organ that pumps blood is \_\_\_\_\_.

15. Removing waste from the body is called \_\_\_\_\_.

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#### B. Short Answer Questions (10)

1. What are life processes?
2. What is digestion?
3. Define respiration.
4. What are gills?
5. What is circulation?
6. Why do animals need to excrete waste?
7. Write two functions of blood.
8. What is the role of the heart?
9. What are alveoli?
10. Define locomotion.

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#### C. Long Answer Questions (10)

1. Explain the digestive system in humans.
2. Describe the different types of respiration.
3. Explain the circulatory system in animals.
4. Describe the structure and function of the heart.
5. Explain the excretory system in humans.
6. Describe gas exchange in fish.
7. Explain the role of blood in animals.
8. How do different animals move? Explain with examples.
9. Describe nervous system functions.
10. Explain why life processes are essential for survival.

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#### D. Competency-Based Questions (5)



- A boy runs and feels breathless. Explain the reason.
- A fish is taken out of water. Why does it die?
3. A person has kidney failure. Explain how dialysis helps.
  4. After a heavy meal, one feels sleepy. Explain digestion's role.
  5. A cut heals and stops bleeding after some time. Explain blood's role.

### ■ CHAPTER 3 – LIFE PROCESSES IN PLANTS

#### A. Objective Questions (15)

##### MCQs

1. Plants make their food by:  
a) Respiration b) Transpiration  
c) Photosynthesis d) Digestion
2. The green pigment necessary for photosynthesis is:  
a) Hemoglobin b) Chlorophyll  
c) Xanthophyll d) Phycocyanin
3. Water is transported in plants through:  
a) Phloem b) Xylem c) Stomata d) Roots only
4. Loss of water from plant leaves is called:  
a) Translocation b) Transpiration  
c) Condensation d) Filtration
5. The stomata are found mainly on:  
a) Roots b) Stems c) Lower surface of leaves d) Flowers

##### True/False

6. Plants respire only at night.
7. Photosynthesis releases oxygen.
8. Transpiration helps cool the plant.
9. Food prepared in leaves is stored as starch.
10. Phloem transports water.

##### Fill in the blanks

11. Plants use sunlight to prepare food in the \_\_\_\_\_.
12. Exchange of gases in plants occurs through \_\_\_\_\_.
13. The upward movement of water is called \_\_\_\_\_.
14. Plants store food in the form of \_\_\_\_\_.
15. The raw materials needed for photosynthesis are CO<sub>2</sub>, water, and \_\_\_\_\_.

#### B. Short Answer Questions (10)

1. What is photosynthesis?
2. What are stomata?

What is transpiration?

What is chlorophyll?

5. What is xylem?
6. What does phloem do?
7. Why do plants need respiration?
8. What is translocation?
9. Why are leaves called kitchens of plants?
10. What is the role of sunlight in photosynthesis?

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### C. Long Answer Questions (10)

1. Explain the process of photosynthesis.
2. Describe the structure and function of stomata.
3. Explain transport of water in plants.
4. Describe translocation of food.
5. How do plants respire?
6. Explain the importance of transpiration.
7. Describe raw materials needed for photosynthesis.
8. How are nutrients absorbed by roots?
9. Explain differences between photosynthesis and respiration.
10. Describe adaptations in leaves for photosynthesis.

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### D. Competency-Based Questions (5)

1. A plant kept in the dark does not produce starch. Explain why.
2. Leaves droop on a hot day. Explain transpiration's role.
3. A plant with blocked xylem dies. Explain the reason.
4. A student covers leaf stomata with grease. Explain its effect.
5. A plant bends toward light. Explain food production's role.

# WINTER VACATION HOMEWORK

(11)

SUBJECT :- MATHEMATICS

CLASS - VII

- I. PROJECT :- Make a project on different types of Quadrilaterals with their properties and formulas of finding their area and Perimeter. (Charts or Project files)
- II. 10 MCQs along with their solutions on all covered chapters to be written.
- III. Revise all covered topics.