

SETH ANANDRAM JAIPURIA SCHOOL
VASUNDHARA, GHAZIABAD
SESSION 2020-21
HOLIDAY HOMEWORK
CLASS – VII

Out of difficulties grow miracles, Tough time don't last.

Dear Students

The beginning of new session might not have been with pomp and show, but the spirit of teaching learning continues with online school. We are proud the way you all transited to online classrooms and followed them earnestly. The summer vacations this time would not be ice creams, candies and cool pool, but time can be utilized in honing skills and interests.

It is easy to bloom, than to be a bud, but you are responsible young members of the nation and its our duty to follow rules. Here are some holiday activities designed for creative utilization of time. Give a flight to your imagination and spend time purposely.

Some pointers to remember

- ❖ Practice wearing mask, gloves and safe distancing, as this is what you all have to follow when you join school.
- ❖ Make handwashing and hygiene a part of your routine.
- ❖ Holiday Homework is a part of subject enrichment and will be assessed on the basis of creativity and efforts of the students
- ❖ It's the perfect time to enhance your speaking skills and vocabulary by conversing in English with your family and siblings.
- ❖ Reading is essential for those who seek to rise above the ordinary. Spend your quality time reading purposeful books.
- ❖ A beautiful handwriting makes a good impression. Practice one page of English and Hindi handwriting daily.
- ❖ Schedule your time for activities so that there is no piling up for the last moment.
- ❖ Holiday homework should be your authentic creative work.
- ❖ Holiday Homework is given according to roll numbers. French/Sanskrit/ German homework is on last page.

ENGLISH

COMMON FOR ALL THE STUDENTS:

Reading Activity: Story time never goes out of style.

Sharing some best websites with free online books for students.

*Oxford owl

*Storyline online

*International children's Digital Library

Roll No. 1-10

ENGLISH

Read a story of your choice and write its summary and describe the main characters. Create an alternative ending of that story. Present your work in a MS word file or ruled pages available at home (You can beautify your presentation by adding pictures too)

हिंदी

शस्मरणीयपलोंकासंग्रह

लॉकडाउनकेदौरानअपनीस्वस्थजीवनचयकिकिन्हींपाँचस्मरणीयपलोंकासचित्रसंग्रहतैयारकरेंऔरउन्हेंआकर्षकशीर्षकभीदें। (नोटबुकअथवाए४आकारकीशीटपर)

MATHS

Students have to complete questionnaire based on the data of health in the link

<https://tinyurl.com/ya8iq44p>

SCIENCE

Instructions

Students research:-Children will Collect information on the following points and share their data through sway presentation.

Domain1-6 D's of human health care



Students will do a research work on how these six dimensions which are associated with the health of humans and what practices do they need to follow under these dimensions to keep them healthy.

SOCIAL SCIENCE



Good habits formed at youth make all the difference

Healthy habits are hard to develop and often require change in our mindset. But if we are ready to sacrifice a little for better health it has a far reaching impact. Create a digital storyboard on healthy habits and a sanitized environment, how it can lead to a better life. You can take the help of free online digital story board maker, like, canva.com, Plot, Boords, wideo, etc.

Roll No. 11-20

ENGLISH

Write a letter to the Prime Minister suggesting the ways to administer the recent crisis country is passing through. Expressing your concern for improvement in health infrastructure of our country.

(You can present your work through MS Word/ A-4 size sheet/ Notebook)

HINDI

२ 'अगर मैं सर्वशक्तिमान होता' इस विषय पर कोई काल्पनिक लघुकहानी की रचना कीजिये।
(नोटबुक अथवा एमएसवर्ड पर)

MATHS

Students have to complete questionnaire based on the data of health in the link

<https://bit.ly/2Tt0cud>

SCIENCE

Instructions

Students research:-Children will Collect information on the following points and share their data through sway presentation.

Domain2:- Lifestyle and its impact on health Quotient

- Challenges which we are facing related to health due to poor lifestyle.
- Pros and cons of Lifestyle and its impact on health.
- Dealing with the health related problem by changing lifestyles.

SOCIAL SCIENCE



gg65976044 GoGraph.com

CELEBRATING HEALTH

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability. Design a social advertisement, for the government to justify the importance of exercise in our life. Reference of the International Yoga Day can also be made in this regard. You can take the help of free online poster makers, like, canva.com, pictochart, adobesparks, etc.

Roll No. 21-30

ENGLISH

Imagine that you along with your classmates will enact a script in the school assembly educating students about the importance of health and hygiene for all. Create a script which must include dialogues, narration, stage direction and music.

(You can write in notebook/A-4 sheet)

HINDI

इंटरनेटकेमाध्यमसेएकपाकपुस्तिकातैयारकीजियेऔरउसमेंकमसेकमऐसीपाँचपाकविधियाँलिखिएजिनमें आयुर्वेदकेसिद्धांतोंकाअनुसरणकियागयाहो।

MATHS

Students have to complete questionnaire based on the data of health in the link

<https://bit.ly/3ggMR27>

SCIENCE

Instructions

Students research:-Children will Collect information on the following points and share their data through sway presentation.

Domain3:-Transition of health practices from ancient era to modern era

- The healthy practices which were followed by the people living in Ancient era to keep them physically healthy and active.**
- Religious Practices they use to do to keep their mind and digestive system healthy.
- Blooming of ayurveda and acupuncture therapies.
- Merits and demerits of the health practices during the transition from ancient to modern era.

SOCIAL SCIENCE



EAT HEALTHY, STAY HEALTHY

Eating the right foods can lead to a longer, **healthier life**. Keeping in mind the importance health holds in our lives, design an online **poster with slogan on 'Eat Healthy, Stay Healthy'** to make others aware of the benefits of healthy food. You can take the help of placeit.net, piktochart, venngage, postermaker.com, Adobe Spark etc.

Roll No. 31-40

ENGLISH

Prepare a mind map on any of the given theme- Health, Stay Healthy- Stay fit, Health and Happiness

(Your work can be presented through venngage, ayoa.com,etc)

HINDI

एकऐसाआकर्षकवेबपेजबनाइयेजोइससन्देशकाप्रसारकरेकि –‘स्वस्थतनमेंहीस्वस्थमनकावासहोताहै।‘

MATHS

Students have to complete questionnaire based on the data of health in the link

<https://forms.gle/R16T4NqtoBKYYV5ek9>

SCIENCE

The Blue Zones Project: Cultivating Healthier, Happier Student Lifestyles

The Blue Zones (five areas of the world where people are most likely to live to be over 100).

With this project, we’re going to learn about the Blue Zones, areas in the world where people are so healthy, that they have a larger number of people who live to be over 100 than in any other places on earth. How are they staying so healthy? Well, it’s up to you to find out.

Researching the Blue Zones

Dig through these links, and anything else you find online. As you research, record your wonderings and findings on the following sheet: Blue Zones Project

Links

Slide Show: Sardinia’s Blue Zone

Click through these links to explore what the Blue Zones are all about. • **Info on Blue Zones**

• **How Three So Cal Beach Cities Help Clear the Path for Healthier Choices**

• **Eight Ways to Create Your Own Personal Blue Zone**

• National Geographic's Blue Zones Photo Gallery

Instructions

Collect information on the following points and share your data through sway presentation-

1. The areas that have been included in blue zones.
2. The healthy practices which are followed by the people living in blue zones
3. Geographical factors which support longevity of the people residing in the blue zone
4. How can you create a blue zone for your home and community? Suggest any 5 ways.

After learning about the healthy behaviours that lead to longevity, students will set "Blue Zone" goals to implement within their homes and communities.

SOCIAL SCIENCE



EAT WISE, DROP A SIZE

Obesity now contributes to the death of more than 360,000 people a year. The incidence of childhood obesity is now at epidemic levels. The rise of childhood obesity has placed the health of an entire generation at risk. Prepare an online **web chart** that highlights harmful effects of obesity, what can be done **to reduce the risk of developing problems of obesity in teenagers**. The aim of your web chart is to convince your peers/ friends to improve their eating habits and its role in the prevention of lifestyle diseases.

SANSKRIT

For Sanskrit students only

1. स्वास्थ्यवर्धकजड़ी- बूटियोंकेनाम चित्रसहितसंस्कृतमेंलिखकरपीपीटीद्वारादर्शाएं। (5-7 स्लाइडबनाएं)
2. स्वास्थ्यरक्षकयोगासनकामहत्त्वदर्शातेहुएकिन्हीं 5 या 7 योगआसनचित्रोंसहितदिखातेहुएउनकानामवउसकाअर्थवलाभलिखें।पीपीटीद्वारादर्शाएं।

FRENCH

For French students only



TOPIC- ROLE OF HEALTH

Le collage de mon choix E-COLLAGE MAKING

Make a collage while showing the different measures or precautions taken by India and France to fight against COVID. Compare?

How it should be done :-

- a) The students will design a Webpage/ e-brochure / poster {Collage}.
- b) Short, simple but appropriate information should be there (in French).
- c) They can use relevant images.
- d) All the information and images must be properly labeled in French.

CLASS VII

GERMAN HOLIDAY HOMEWORK

Stellen Sie sich bitte vor, dass Sie ein Restaurant in Deutschland haben. Bilden Sie eine kreative Menükarte mit deutschen Speisen und Getränken. Bitte vergessen Sie nicht den Preis der Produkte zu beschildern!

Tipp : Sie können Apps wie Adobe Spark oder PPT benutzen. Sie können auch Ihre Stimme rekordieren.

Achtung – Die Präsentation soll auf Deutsch sein und sie soll maximal 4-6 Folie (Slides) enthalten. Sie soll kreativ und bildhaft sein. Benutzen Sie das Wörterbuch oder Online “dict.cc”, aber vermeiden Sie Übersetzung mit Hilfe Google oder andere Webseite!

Wiederholung : Modul -3 Lektion -1 Was isst du in der Pause

Alles Gute!

Danke schön!