



POLE STAR PUBLIC SCHOOL

Sector-7 (Extn.) Gurugram (HR.)

SUMMER HOLIDAY'S HOMEWORK

SESSION: 2025-2026

CLASS – VII



Summer Vacation is probably the best time of the year for you all; it's time for loads of fun, though we can't go out but getting pampered to no end and of course bonding with distant cousins can be done virtually.

School is fun too, with learning happening at all times, summer vacation can also be a time for learning with lots of activities around.

Here are a few tasks for you to complete during the vacation. Do remember to complete the given tasks after reading them carefully.

Some Tips to make this holiday special:

- Have a family dinner every day of the holidays.
- Play board games with your parents and siblings and show them who is the smartest.

Spend some quality time with an elderly person in the family



Note : Do assignments in the respective subject register.

Do activities of all the subjects in project file.

ENGLISH
ASSIGNMENT

SECTION - A (READING)

1. Do worksheet no.1 of paragraph (page no.3,4) in workbook.

SECTION - B (GRAMMMAR)

2. Do worksheet no. 88 of sentence recording (page no.237,238) in workbook.
3. Do worksheet no. 100 (page no. 263,264) in workbook.

SECTION- C (LITERATURE)

4. Write the meaning of following words- Adherence, bloodshed, enormous, got cold feet, acclaimed, tiff, persuaded, facilitate, sensitises, innovative.
5. **Answer the following questions.**
 - a) What all things did Pookutty try?
 - b) What has been his notable achievement?
 - c) What did Amrita do to get good marks?
 - d) What do you mean by ideologies?
 - e) How did Amrita's mother guide her?

ACTIVITY

THEME: PEACE, JUSTICE AND STRONG INSTITUTIONS

Prepare a project focusing on SDG 16 in Manipur and Haryana using the following hints.

- The challenges and successes of promoting peace, justice.
- How local initiatives and government policies are working to achieve SDG 16 targets.

हिंदी
अधिन्यास

SDG16 चित्र को देखकर एक संवाद लिखिए।



परियोजना कार्य

“हरियाणा और मणिपुर राज्यों में शांति और न्याय की स्थापना के लिए सरकार द्वारा किए गए प्रयास क्या हैं, और इन राज्यों में मजबूत संस्थानों की भूमिका किस प्रकार रही है?” सात से आठ वाक्य में लिखिए।

MATHS
ASSIGNMENT

1. Evaluate:

$$-15+8-(-7)+10-15+8-7+(-10)$$

2. The temperature in a city was -5°C in the morning. It rose by 9°C by afternoon. What is the temperature in the afternoon?

3. Compare using $>$, $<$ or $=$:

$$-12-5 \quad \underline{\hspace{1cm}} \quad 12-5$$

4. Convert 3.753 into a fraction in simplest form.

5. Multiply: $\frac{3}{7} \times \frac{4}{5}$

6. A ribbon is 2.5 m long. If it is cut into pieces of 0.5 m each, how many pieces will be obtained?

7. Find: $\frac{3}{4} + (\frac{-5}{6})$

8. True or False: Every integer is a rational number.

9. Find the rational number between $\frac{1}{4}$ and $\frac{7}{3}$

10. Simplify:

$$3x + 5 - 2x + 73x$$

11. Write the coefficient of x^2 and x in $7x^2 + 9x - 7$

12. If $x=4$, evaluate:

$$12x^2 - 3x + 5$$

13. How many lines of symmetry does a regular hexagon have?

14. Identify the type of symmetry in the letter "H".

15. Draw a shape with rotational symmetry of order 4.

ACTIVITY

THEME: PEACE, JUSTICE AND STRONG INSTITUTIONS

Do this activity in project file.

Draw a symbol of justice using geometrical shapes like triangle, circle and rectangle etc. and write the following:

- Label each shape
- Draw a line of symmetry in the symbol of justice.

SCIENCE
ASSIGNMENT

NOTE – For any queries you can WhatsApp your science teacher.

I. Complete this assignment in your science notebook

1. Which of the following is a physical change?

- | | |
|-----------------------|------------------------------------|
| (a) Rusting of iron | (b) Combustion of magnesium ribbon |
| (c) Burning of candle | (d) Melting of wax |

2. Which of the following is a chemical change?

- | | |
|------------------------|---------------------------|
| (a) Twinkling of stars | (b) Cooking of vegetables |
| (c) Cutting of fruits | (d) Boiling of water |

3. A chemical change may involve –

- | | |
|---------------------------|--------------------------------|
| (a) change in colour only | (b) change in temperature only |
| (c) evolution of gas only | (d) any or all of the above |

4. Which of the following is/are true when milk changes into curd?

- (a) Its state is changed from liquid to semi solid.
- (b) It changes colour.
- (c) It changes taste.
- (d) The change cannot be reversed.

Choose the correct option from below :

- | | |
|-------------------------------------|--------------------------------|
| (a) (i) and (ii) are correct | (b) (ii) and (iii) are correct |
| (c) (i), (iii) and (iv) are correct | (d) (i) to (iv) are correct |

5. A man painted his main gate made up of iron, to

- (i) prevent it from rusting.
- (ii) protect it from sun.
- (iii) make it look beautiful.
- (iv) make it dust free.

Which of the above statement(s) is/are correct?

- | | | | |
|------------------|--------------------|---------------|-------------------|
| (a) (i) and (ii) | (b) (ii) and (iii) | (c) only (ii) | (d) (i) and (iii) |
|------------------|--------------------|---------------|-------------------|

6. Iron pillar near the Qutub Minar in Delhi is famous for the following facts. Which of these facts is responsible for its long stability?

- | | |
|--|---|
| (a) It is more than 7 metres high. | (b) It weighs about 6000 kg. |
| (c) It was built more than 1600 years ago. | (d) It has not rusted after such a long period. |

7. Galvanisation is a process used to prevent the rusting of which of the following?

- | | | | |
|----------|----------|---------------|------------|
| (a) Iron | (b) Zinc | (c) Aluminium | (d) Copper |
|----------|----------|---------------|------------|

8. Paheli's mother made a concentrated sugar syrup by dissolving sugar in hot water. On cooling crystals of sugar got separated.

This indicates a –

- (a) physical change that can be reversed. (b) chemical change that can be reversed.
(c) physical change that cannot be reversed. (d) chemical change that cannot be reversed.

9. Which of the following statement is incorrect for a chemical reaction?

- (a) Heat may be given out but never absorbed. (b) Sound may be produced.
(c) A colour change may take place. (d) A gas may be evolved.

10. Two drops of dilute sulphuric acid were added to 1 g of copper sulphate powder and then small amount of hot water was added to dissolve it (step I). On cooling, beautiful blue coloured

crystals got separated (step II). Step I and step II are:

- (a) physical and chemical changes respectively. (b) chemical and physical changes respectively.
(c) both physical change. (d) both chemical change.

ACTIVITY

THEME: PEACE, JUSTICE AND STRONG INSTITUTIONS

Theme: "Science for Peace and Justice"

Project Title: "Using Science to Create a Safer and Fairer Society"

Objective: To help students explore how science and technology can promote safety, fairness, and justice in society by understanding basic concepts related to rules, safety systems, and technology used in daily life.

Instructions:

Include the topics from the list below with **comparative study between Haryana and Manipur:**

- a) How traffic lights and road safety signs use science to maintain order in **Haryana and Manipur?**
b) Fingerprint science: How fingerprinting helps in justice and solving crimes in **Haryana and Manipur?**
c) CCTV and sensors: How machines help keep schools and public places safe in **Haryana and Manipur?**
d) How pollution detectors help ensure environmental laws are followed in **Haryana and Manipur?**

(First define the topics then explain how the topic for eg- How much percentage of traffic lights and road signs is used in Haryana V/S the percentage of traffic lights and road signs used in Manipur. You can use Google to find out the factual data.)

Make a project file or chart that includes:

1. Title and student name
2. Introduction to the topic
3. Simple explanation of the science behind it
4. How it connects with SDG 16 (peace, justice, fairness, safety)?
5. Real-life examples or pictures
6. Conclusion: Why science is important for a just and peaceful society

SOCIAL SCIENCE

ASSIGNMENT

Q1. Write and draw some natural and human made environment.

Q2. Explain the term.

Environment , Lithosphere , Atmosphere , Hydrosphere , Biosphere , Ecosystem

Q3. Write some natural hazards and man made hazards.

Q4. When we observe world environment day? Write a brief paragraph on it.

ACTIVITY

THEME: PEACE, JUSTICE AND STRONG INSTITUTIONS

- Prepare a collage of historical monuments of Manipur and Haryana in project file.
- Importance of Peace, Justice and Gender Equality

संस्कृत

अधिन्यास

चित्रं दृष्ट्वा सप्त वाक्यानि रचयत।



परियोजना कार्य

- कथम् “शान्तिः, न्यायः च सुदृढसंस्थाः” इत्येतत् लक्ष्यं हरियाणाराज्ये च मणिपूरराज्ये च प्राप्तुं शक्यते?

COMPUTER ASSIENMENT

1. Fill in the blanks.

- a) The word Virus stands for _____.
- b) A program written in a high-level language is called the _____ program.
- c) _____ is a crime in which the victim is attacked first and then forced to pay money to stop further attacks.
- d) Cybercriminals are also known as _____ hackers, extract confidential information from users.
- e) _____ is a computer program that is designed to identify, prevent and remove viruses from a computer.
- f) Spoofing means _____
- g) Examples of Antivirus programs are _____
- h) The two-step authentication for login involves _____ and _____

2. Select the correct option.

- a) _____ refers to an illegal entry into a computer system or network.
i) Hacking ii) Grooming iii) Bullying
- b) A _____ is a software that helps in preventing unauthorized access to your computer.
i) Firewall ii) Cyberwall iii) Cyber Security
- c) _____ is the use of illegal methods to get money or other things that belong to a bank or its customers.
i) Virus ii) Bank Fraud iii) Cybercriminal
- d) Which of these is the oldest techniques used by hackers for phone hacking to make free calls?
i) Phishing ii) Phreaking iii) Spraining
- e) The Most Significant digit (MSD) in the number 1024 is _____
i) 1 ii) 0 iii) 4

3. Answer the following questions.

- a) What is Cyber Security?
- b) Differentiate between Cyber bullying and Cyber Criminals.
- c) Explain the term e-mail spoofing.
- d) What is the use of firewall antivirus software?
- e) How to protect yourself from cyber threats?

4. Competency based questions.

- a) Vinita has to suggest a suitable password to her father for his email account. What Combination of keys should she suggest to make it a strong password?
- b) You receive an email from a stranger asking for personal information. How would you respond?
- c) Shreya is working on a group project on the Solar System with Tina. It is difficult for them to share and edit the files and keep a check on work as they are staying quite far from

each other. Can you suggest some options for them so that they can share the files and complete their project on time without wasting time on travelling?

ACTIVITY

THEME: PEACE, JUSTICE AND STRONG INSTITUTIONS

Design a digital poster promoting peace and harmony in Manipur.
(Software's to be Used:- Canva and Adobe Express) and take a printout.

DRAWING

Warli Art, Phad Painting, Jamini Roy Painting, Kalamkari Painting.

ACTIVITY

Waste Material Craft.

PHYSICAL EDUCATION

Unit 2 : Motor Fitness

- Skipping Race (Roll No 1 to 13)
- Dapo Nyarka Sunam (Roll No 14 to 27)

Write about how to Warm up, Skill, Cool Down, Circle Time, Steps to play

Link : https://epathshala.nic.in/wp-content/doc/book/flipbook/Class%20VII/Khel_Yatra/geky102

UNIT 6 : Yoga

Write the steps to perform pranayam from the following :

- Bhastrika Pranayama (Roll No 1 to 13)
- Jatru Trataka (Roll No 14 to 27)

Also write any 3 benefits

Click photo while performing and paste in project file

Link : https://epathshala.nic.in/wp-content/doc/book/flipbook/Class%20VII/Khel_Yatra/geky106

