BIRLA PUBLIC SCHOOL, PILANI
SUMMER VACATION HOME ASSIGNMENT 2025-26
SUBJECT –English, Hindi, Social Science, Computer, Art
CLASS- VII

ESTD1944

General Instructions: -
- Parents are requested to motivate their children to complete the work independently. Assistance may be provided only if needed.
- The holiday homework will be graded.
- Use a small notebook to complete this assignment.

Integrated Subject Home Assignment
Topic: *"Exploring Health and Well-being"*
Objective:
Students will explore the different dimensions of health (physical, mental, and social), and reflect on how these factors contribute to overall well-being. They will present their findings in an engaging and creative way by incorporating insights from different subjects.

Science : Assignment Details:

A) Take three small plants of same variety and same height and plant them in three pots A, B and C of same size and same material.

B) Measure the height of each plant and count the number of leaves in each plant and write in the table in a chart paper. (The sample table is given below)

C) Add little manure(vermicompost) in Pot A on day 1 and after every 10 days. Add little manure and fertilizers to Pot B on day1 and after every 10 days. Do add anything except soil in pot C. water the plants as and when necessary, so that they are not overwatered or get dried. Keep them in appropriate sunlight (neither less nor too much)

D) Record your observations in the table made in chart paper after every 5 days. After every 5 days count the number of leaves, any new branches and height of the plant.

E) Write your conclusion at the end of the chart by answering the following questions:

    i) In which pot was the healthiest? Guess why?

    ii) In which pot was the weakest?

    iii) What is the difference between plants in pot A, B and C after 40 days?

    Vi) What do you understand by doing this experiment?

F) Take pictures with your plant and paste in the chart. Use any type of art, also use different colours to beautify your chart.

G) Submit your chart when you come back after summer vacation.

Sample Table to be drawn on the chart paper and record your observations:

	POT A			POT B			POT C		
OBSERVATIONS									
Days	Height of plant	Number of leaves	Number of branches	Height of plant	Number of leaves	Number of branches	Height of plant	Number of leaves	Number of branches
1									
5									
10									
15									
20									
25									
30									
35									
40									
CONCLUSION									
[(Answer E (i)]									
[Answer E (ii)]									
[Answer E (iii)]									
[Answer E (iv)]									

2. Social Studies and Maths (Mental Health and Social Well-being)

- **Task:**
  Investigate the importance of **mental health** and **social well-being** in leading a happy and healthy life. Discuss factors that affect mental health, including stress, relationships, and self-esteem.
    - What are the signs of mental health problems?
    - How can social connections and community involvement support mental well-being?
    - What role does mental health play in overall well-being?
    - Make a PPT and share your research work. (Include Bar Graph /Pie Chart to depict the data.)

3.Hindi

1. दूरदर्शन पर प्रत्येक शनिवार को प्रसारित संस्कृत वार्तावली कार्य क्रम को अवश्य देखें।
2. विद्या से सम्बंधित कोई दस श्लोक अंतर्जाल (Internet) की सहायता से खोजकर अर्थ सहित लिखें।
3. मानसिक स्वास्थ्य और खुशहाली पर एक कविता कंठस्थ करे और छुटियों के बाद असेंबली में प्रस्तुत करें।

4. मानसिक एवं शारीरिक स्वास्थ्य विषय पर एक अनुच्छेद लिखें

4. English (Health and Well-being Essay)

1.Compose a poem on the benefits of Healthy Lifestyle/ Healthy eating Habits.

2.Write 10 Idioms/Proverbs on Health/Food/Good Habits and learn them.

3.Attempt a listening Skill Task by clicking the given link   a

https://learnenglish.britishcouncil.org/skills/listening/a2-listening/leaving-message

4.Write a short essay (1–2 pages) on how **health and well-being** are interconnected and why maintaining physical, mental, and social health is important. Discuss how these elements can impact everyday life and overall happiness.

- o How can people make choices to improve their health and well-being?
- o What are some common barriers to maintaining good health, and how can we overcome them?
- **Guidelines:**
  - o Organize your essay clearly (introduction, body, conclusion).
  - o Use personal examples or suggestions to make your argument relatable.
  5.Learn the poem- Daffodils by William Wordsworth

Q.1 Fill in the mentioned tense forms in the given blanks.

Simple Present Tense

1. I _____ to school every day. (go/goes)

2. They _____ a lot of homework. (do/does)

3. She _____ in the park every afternoon. (walks/walk)

4. We _____ to the movies on weekends. (goes/go)

5. He _____ a lot of water. (drinks/drink)

Present Continuous Tense

1. I _____ a book right now. (read/reading)

2. They _____ for the game. (practice/are practicing)

3. She _____ to her friends on the phone. (talk/talking)

4. We _____ to the library today. (go/are going)

5. He _____ a movie. (watch/is watching)

Present Perfect Tense

1. I _____ already finished my homework. (has/have)

2. They _____ a new car yesterday. (bought/have bought)

3. She _____ a lot of time. (spent/has spent)

4. We _____ a new book. (read/have read)

5. He _____ a lot of work. (done/has done)

Q.2 Fill the blanks with the correct form of verbs:

1. I think the director ....the town. (leave)

2. I ....my office. (paint)

3. We .... her since she arrived to our city. (know)

4. I.................... (Vacuum) the carpet right now.

5. My father................... (watch) TV now.

6. What...................... (She / eat) right now?

7. I.................. (Live) without electricity for two weeks.

8. Mary.................. (Live) in Germany since 1992.

9. The plane .... at 6.30. (arrive)

10. I will phone you when he …………………. back. (come)

11. How long she................ (Work) in the garden?

12. Please ring me up as soon as he …………………………. (arrive)

13. I ....those books very cheaply. (buy)

14. He .... for two months. (Work)

15. You...................... (Watch/not) TV.

16. The next term …………………. on Monday. (Begin)

17. Katie.............. (Get up) at 6:00 am every day.

18. Pamela never................ (Play) video games.20

19. The children ....the whole pudding. (Eat)

20. You .... many detective stories. (Read)

Q.3 Fill in the blanks with the correct verb forms according to subject.

1. He ____ the play. (watch)

2. She ____ flowers. (love)

3. The children ____ the track. (run)

4. The friends ____ the city. (love)

5. He ____ the guitar. (play)

6. He ____ dogs. (like)

7. The dog ____ the toys. (bite)

8. The cat ____ the birds. (chase)

9. These six chairs ____ six thousand rupees. (cost)

10. Five miles ____ a long distance to drive. (be)

11. Sam ____ next to my house. (live)

12. Hardin ____ literature. (study)

13. Bheem ____ his friends. (protect)

14. They ____ the shop owner. (confront)

15. They ____ their weekend. (enjoy)

Q, 4 TICK THE CORRECT VERB IN THE FOLLOWING SENTENCES.

1. Neither the CEO nor the board members (has, have) approved the budget proposal yet.

2. Each of the paintings in the gallery (has, have) a unique story behind it.

3. The rise and fall of stock prices (reflects, reflect) investor sentiment in volatile markets.

4. A group of talented musicians (was, were) invited to perform at the prestigious event.

5. The complexity of modern physics theories (presents, present) a challenge even to seasoned researchers.

6. Either the interviewers or the candidates (has, have) misunderstood the job requirements.

7. The phenomenon of climate change (is, are) a topic of global concern.

8. The quality of these products (is, are) unmatched in the market.

ANSWER KEY OF WORKSHEET CLASS VII

Q.1 Fill in the mentioned tense forms in the given blanks.

Simple Present Tense

1. I **go** to school every day.
2. They **do** a lot of homework.
3. She **walks** in the park every afternoon.
4. We **go** to the movies on weekends.
5. He **drinks** a lot of water.

Present Continuous Tense

1. I **am reading** a book right now.
2. They **are practicing** for the game.
3. She **is talking** to her friends on the phone.
4. We **are going** to the library today.
5. He **is watching** a movie.

Present Perfect Tense

1. I **have** already finished my homework.
2. They **have bought** a new car yesterday.
3. She **has spent** a lot of time.
4. We **have read** a new book.
5. He **has done** a lot of work.

Q.2 Fill the blanks with the correct form of verbs:

1. I think the director **has left** the town.
2. I **have painted** my office.
3. We **have known** her since she arrived to our city.
4. I **am vacuuming** the carpet right now.
5. My father **is watching** TV now.
6. What **is she eating** right now?
7. I **have lived** without electricity for two weeks.
8. Mary **has lived** in Germany since 1992.
9. The plane **arrives** at 6.30.
10. I will phone you when he **comes** back.
11. How long **has she been working** in the garden?
12. Please ring me up as soon as he **arrives**.
13. I **bought** those books very cheaply.
14. He **has worked** for two months.
15. You **are not watching** TV.

16. The next term **begins** on Monday.
17. Katie **gets up** at 6:00 am every day.
18. Pamela never **plays** video games.
19. The children **have eaten** the whole pudding.
20. You **have read** many detective stories.

Q.3 Fill in the blanks with the correct verb forms according to subject.

1. He **watches** the play.
2. She **loves** flowers.
3. The children **run** the track.
4. The friends **love** the city.
5. He **plays** the guitar.
6. He **likes** dogs.
7. The dog **bites** the toys.
8. The cat **chases** the birds.
9. These six chairs **cost** six thousand rupees.
10. Five miles **is** a long distance to drive.
11. Sam **lives** next to my house.
12. Hardin **studies** literature.
13. Bheem **protects** his friends.
14. They **confront** the shop owner.
15. They **enjoy** their weekend.

Q.4 TICK THE CORRECT VERB IN THE FOLLOWING SENTENCES.

1. Neither the CEO nor the board members **have** approved the budget proposal yet. ✅
2. Each of the paintings in the gallery **has** a unique story behind it. ✅
3. The rise and fall of stock prices **reflects** investor sentiment in volatile markets. ✅
4. A group of talented musicians **was** invited to perform at the prestigious event. ✅
5. The complexity of modern physics theories **presents** a challenge even to seasoned researchers. ✅
6. Either the interviewers or the candidates **have** misunderstood the job requirements. ✅
7. The phenomenon of climate change **is** a topic of global concern. ✅
8. The quality of these products **is** unmatched in the market. ✅

---

5. The complexity of modern physics theories **presents** a challenge even to seasoned researchers. ✅
6. Either the interviewers or the candidates **have** misunderstood the job requirements. ✅
7. The phenomenon of climate change **is** a topic of global concern. ✅
8. The quality of these products **is** unmatched in the market. ✅

---

1. Pamela never **plays** video games.
2. The children **have eaten** the whole pudding.
3. You **have read** many detective stories.

---

1. Sam **lives** next to my house.
2. Hardin **studies** literature.
3. Bheem **protects** his friends.
4. They **confront** the shop owner.
5. They **enjoy** their weekend.

---

1 निम्न प्रश्नों के उत्तर लिखें -

क) ' हम पंछी उन्मुक्त गगन के ' कविता के कवि का नाम लिखें ।

ख) पक्षियों के पंख किससे टकराकर टूट जाएंगे ?

ग) 'कटुक-निबौरी' शब्द का क्या अर्थ है ?

घ) "होती सीमाहीन क्षितिज" में 'क्षितिज' शब्द का क्या अर्थ है ?

ङ) "तरु की फुनगी पर के झूले" वाक्य में फुनगी शब्द का क्या अर्थ है ?

च) हिमालय के किन्हीं दो बेटियों के नाम लिखें ।

छ) किन्हीं पांच संज्ञा शब्दों को लिखें ।

ज) संज्ञा व सर्वनाम की परिभाषा बताते हुए दो-दो उदाहरण लिखें ।

2 निम्न वर्णों का वर्ण विच्छेद करें -

क) स्वर्ण   ख) ब्रह्मपुत्र

ग) क्षितिज   घ) निबौरी

ङ) गंगा   च) शृंखला

छ) हिमालय   ज) सतलुज

3 **निम्न प्रश्नों के उत्तर पुस्तिका में लिखें :**

1 हिंदी भाषा में कुल कितने वर्ण होते हैं ?

2 स्पर्श व्यंजन कितने होते है ? सभी वर्णों को लिखें ।

3 संयुक्त व्यंजन कौन-कौन से हैं ?

4 'श्र ' का सही वर्ण विच्छेद लिखें -

5 हिंदी वर्णमाला में स्वर वर्णों की कुल संख्या कितनी है ? सभी वर्णों को लिखें ।

BIRLA PUBLIC SCHOOL, PILANI

REVISION WORKSHEET

CLASS -VII- MATHS

Part A: Arithmetic Operations

1. **Addition:**
   Solve the following:
   a) 345 + 672 = _____
   b) 1896 + 2845 = _____

2. **Subtraction:**
   Solve the following:
   a) 4786 - 2345 = _____
   b) 5000 - 1497 = _____

3. **Multiplication:**
   Solve the following:
   a) 32 × 25 = _____
   b) 56 × 84 = _____

4. **Division:**
   Solve the following:
   a) 144 ÷ 12 = _____
   b) 945 ÷ 35 = _____

Part B: Fractions

1. **Simplifying Fractions:**
   Simplify the following fractions:
   a) 12/36 = _____
   b) 15/45 = _____

2. **Addition of Fractions:**
   Add the following fractions:
   a) 1/4 + 2/4 = _____
   b) 3/8 + 5/8 = _____

3. **Subtraction of Fractions:**
   Subtract the following fractions:
   a) 7/10 - 3/10 = _____
   b) 9/14 - 4/14 = _____

4. **Multiplication of Fractions:**
   Multiply the following fractions:
   a) 1/3 × 3/4 = _____
   b) 2/5 × 4/7 = _____

5. **Division of Fractions:**
   Divide the following fractions:

a) 1/2 ÷ 1/4 = _____
b) 3/4 ÷ 1/2 = _____

Part C: Decimals

1. **Addition of Decimals:**
   a) 3.45 + 5.67 = _____
   b) 12.89 + 4.34 = _____

2. **Subtraction of Decimals:**
   a) 9.56 - 2.38 = _____
   b) 17.45 - 8.76 = _____

3. **Multiplication of Decimals:**
   a) 2.5 × 3.6 = _____
   b) 4.7 × 0.8 = _____

4. **Division of Decimals:**
   a) 5.4 ÷ 1.2 = _____
   b) 9.6 ÷ 4.8 = _____

Part D: Percentages

1. **Find the percentage of the following numbers:**
   a) 20% of 150 = _____
   b) 40% of 250 = _____

2. **Convert the following fractions to percentages:**
   a) 3/4 = _____ %
   b) 5/8 = _____ %

3. **Convert the following percentages to decimals:**
   a) 25% = _____
   b) 65% = _____

Answer Key:

Part A: Arithmetic Operations

1. **Addition:**
   a) 345 + 672 = 1017
   b) 1896 + 2845 = 4741

2. **Subtraction:**
   a) 4786 - 2345 = 2441
   b) 5000 - 1497 = 3503

3. **Multiplication:**
   a) 32 × 25 = 800
   b) 56 × 84 = 4704

4. **Division:**
   a) 144 ÷ 12 = 12
   b) 945 ÷ 35 = 27

Part B: Fractions

1. **Simplifying Fractions:**
   a) 12/36 = 1/3
   b) 15/45 = 1/3

2. **Addition of Fractions:**
   a) 1/4 + 2/4 = 3/4
   b) 3/8 + 5/8 = 8/8 = 1

3. **Subtraction of Fractions:**
   a) 7/10 - 3/10 = 4/10 = 2/5
   b) 9/14 - 4/14 = 5/14

4. **Multiplication of Fractions:**
   a) 1/3 × 3/4 = 3/12 = 1/4
   b) 2/5 × 4/7 = 8/35

5. **Division of Fractions:**
   a) 1/2 ÷ 1/4 = 1/2 × 4/1 = 4/2 = 2
   b) 3/4 ÷ 1/2 = 3/4 × 2/1 = 6/4 = 3/2

Part C: Decimals

1. **Addition of Decimals:**
   a) 3.45 + 5.67 = 9.12
   b) 12.89 + 4.34 = 17.23

2. **Subtraction of Decimals:**
   a) 9.56 - 2.38 = 7.18
   b) 17.45 - 8.76 = 8.69

3. **Multiplication of Decimals:**
   a) 2.5 × 3.6 = 9.0
   b) 4.7 × 0.8 = 3.76

4. **Division of Decimals:**
   a) 5.4 ÷ 1.2 = 4.5
   b) 9.6 ÷ 4.8 = 2

Part D: Percentages

1. **Find the percentage of the following numbers:**
   a) 20% of 150 = 30
   b) 40% of 250 = 100

2. **Convert the following fractions to percentages:**
   a) 3/4 = 75%
   b) 5/8 = 62.5%

3. **Convert the following percentages to decimals:**
   a) 25% = 0.25
   b) 65% = 0.65

Answer the following questions in 20 to 30 words in a copy

1. What is the process by which green plants make their own food? Write the equation also.

2. Name the pigment responsible for photosynthesis in plants. Where is it found in plants? What is the colour of this pigment?

3. What are autotrophs? Give an example.

4. How do saprotrophic organisms obtain their nutrition?

5. What is the role of stomata in photosynthesis?

6. Name a parasitic plant that depends on other plants for nutrition.

7. What is the function of chlorophyll in photosynthesis?

8. How do insectivorous plants obtain nutrients?

9. Why do plants need nitrogen from the soil?

10. What is the importance of sunlight in the process of photosynthesis?

VIDYANIKETAN
BIRLA PUBLIC SCHOOL,PILANI
WORK SHEET
Class-VII
Subject -Social Science

Time:1Hr   **M.M20**
I.   Write the correct answer   (3)
(1) A person who makes maps is known as
  (a) choreographer
  (b) photographer
  (c) cartographer
  (d) sonographer
(2) Kannauj is in the state of
  (a) MadhyaPradesh
  (b) WestBengal
  (c) ArunachalPradesh
  (d) UttarPradesh
(3) Places where manuscripts are kept are called
  (a) libraries
  (b) archives
  (c) recordroom
  (d) pigeonhole
(4) The environment of a region and the social and economic lifestyle of its residents in known as
  (a) colony
  (b) apartment
  (c) habitat
  (d) condominium
(5) Which one of the following is a threat to the environment?
  (a) Growingcrops
  (b) GrowingPopulation
  (c) Growingplants
  (d) Nosingleuseofplastic
(6) Which one of the following is NOT a human environment?
  (a) Bridges
  (b) Land

(c) Tunnel
(d) Buildings

II Fill in the blanks (3)

(1) Environment is our basic life------------------------------ system.
(2) ------------------is an influential, wealthy individual who supports another person -an artiste, a craftsperson a learned man, or a noble.
(3) The patron of construction of Saraswati Temple in Pilani is Shri---------------
(4) The blanket of air which surrounds the earth is called-------------------- --.
(5) _____Is a domain of water on the earth.
(6) On June 5 every the ------------------- Environment Day is celebrated.

III Match the columns (2)

Column A	Column B
(1) Biosphere	The hard top layer of the earth
(2) Human Environment	A zone where land, water and air interact
(3) Environment	Buildings and Roads
(4) Lithosphere	Our surroundings

(IV)Answer the following questions

(1) What does the term *pan-regional empire* mean? (1)
Ans._____

(2) Who was a fourteenth century chronicler? (1)
Ans._____

(3) Who was considered a "foreigner "in the past? (1)
Ans._____

(4) What were some of the new crops introduced in the subcontinent during700to1750?
Ans._____

(5) How does the water you use in your school come? (1)
Ans._____

(6) What does the environment provide us? (1)
Ans._____

(7) Give four examples of human made environment
Ans._____

(1)

(8) What are the four examples of natural environment (1)

Ans._____

(9) What is ecosystem? (2)

Ans._____

(10) List some technological changes associated between the period

700and1750. (2)

Ans._____