



Green Fields School

Summer Holiday Homework

Class VII (2025-26)

Theme: RAJASTHAN AND WEST BENGAL. MM: 5 Marks


Dear Students,

This summer, let's journey across the colourful map of India—exploring its states, celebrating its diversity, and understanding the vibrant cultures that make our nation truly incredible. Through the vibrant colors of Rajasthan to the soulful tunes of West Bengal, every state has a story to tell and a lesson to share. Happy Summer Holidays! May your days be filled with the joy of discovery and the excitement of creative learning. With the onset of the holidays, we have designed this holiday homework to keep young minds engaged, spark curiosity about our nation, and nurture a sense of unity and pride in our cultural roots.



General Instructions for Students.

- Do community services like, 'Each One Teach One' during holidays and click picture.
- Observe the World Environment Day on 5th June- 'Clean today, Green tomorrow': Undertake a Cleanliness Drive. Select a nearby Park, Bus, Metro-Station. Take 'Before & After' photos to be displayed on School Bulletin Board.
- Revise for the PT1 as per schedule shared.
- Help your parents in small household chores like cleaning the cupboards, watering the plants, making the bed, etc. It is an opportunity for you to show your love concern and support to your parents who had been taking care of you during the course of the Academic Year.
- Click photos while performing yogasanas and preparing the special dish with your mom and share it with your Class Teacher.

Subjects	Home Work
English 	<ol style="list-style-type: none">1. Cultural A-Z Dictionary Make a mini-A-Z dictionary where each letter represents something from Rajasthan or West Bengal. (Each page should have a word and a sentence about it. Eg A- Ajmer. Add some relevant pictures also)(Do it in a scrap book)2. Design a creative and powerful slogan on the theme "Say No to Plastic" that encourages people to stop using plastic.3. Learn a poem of your choice, based on any of the following themes:- Cultural diversity, bravery, friendship, festivals, seasons or moral values.4. Make a gratitude diary (Count Your blessings) List at least five blessings daily that made you smile.(Maintain a scrapbook for writing your gratitude daily.)

Hindi



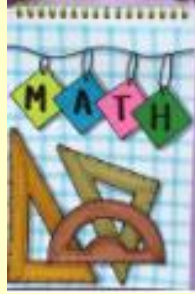
1. बंगाल के प्रसिद्ध साहित्यकार रबीन्द्रनाथ टैगोर का जीवन परिचय देते हुए उनकी प्रमुख रचनाओं पर विवरणिका (brochure) तैयार कीजिए।

अथवा

राजस्थान की प्रसिद्ध भक्तिकालीन कवयित्री मीराबाई का जीवन परिचय देते हुए उनकी प्रमुख रचनाओं पर विवरणिका तैयार कीजिए

2. देशभक्ति अथवा प्रकृति पर आधारित एक कविता याद कीजिए।

Maths



1. Form a group of 5 students and choose one traditional Rajasthani art form—Mandana or Meenakari. Recreate a design from it neatly on A3 or chart paper using only geometric shapes like triangles, circles, squares, and parallelograms. Clearly label the shapes used and mark lines of symmetry and any rotational symmetry in the design. Add a brief 4–5 line explanation of how symmetry is shown. Use traditional colors to decorate the design and ensure that the work is neat, accurate, and a collaborative effort.

2. Learn all properties of Integers

3. Go through the link below and Solve this worksheet in Maths copy

https://drive.google.com/file/d/1Mh9s73_CT7IU-sL7S6dzG08Ifmt9bEr/view?usp=drivesdk

Science



1. STEAM: Demonstrate that a current-carrying wire produces a magnetic field using a wire, simple dry cell and a compass needle. Reference pg-157 of your Science Book

2. Draw well labelled and coloured diagram of the following: (Use half A-4 size sheet for each diagram)

Photosynthesis, human digestive system, nutrition in amoeba, and ruminant, types of teeth, conduction, convection, Land breeze, Sea breeze

Social Science



1. Prepare a collage on Handicrafts of Bengal in A3 sheet.

OR

Prepare a collage on Dances of Rajasthan in A3 sheet.

2. Map work

Neatly mark & label oceans and continents on the world physical map and paste in your Geography notebooks.

Sanskrit



1. राजस्थानस्य वैभवम्" अथवा "पश्चिमबङ्गस्य संस्कृति" सरल संस्कृतभाषायाम् चित्रैः सह A4 साइज पत्रे लिखन्तु

2. गीतायाः १५ अध्यायस्य १ तः १८ पर्यन्तं श्लोकं कण्ठस्थं कुर्वन्तु.

Computer



1. Design a logo of any of the given following organisations. Also download the file in a given format as (.jpg, .png) and submit a soft copy. (organization name:- Amazon, Flipkart, Mc Donald, Adidas, Google).

Links- [Canva](https://www.canva.com/), www.brandcrowd.com

Art



1. Make a Poster in the Art file on the topic Say 'No' to Single Use Plastic

Meal planning



1. Cook with Fun : Prepare a famous dish of Rajasthan or West Bengal at your home. Take help of your parents. Take a picture or make a video. Write your special recipe on A4 sheet and paste pictures. Also, share pictures/videos with meal planning teacher.
2. Make Your Apron and Chef Cap With used or left over cotton fabric. Decorate it with fabric colour or stitching. (Apron size - 50cm*70cm) Write your school name and your name on Apron.

Yoga



1. Make a Diet plan for yourself to increase/enhance immunity
2. Do the exercises regularly that improve immunity and body resistance capacity like...
 - a) Suryanamaskar (sun salutations)
 - b) Breathing exercises (pranayam)
i.e Anulom Vilom pranayam(alternate breathing),kapal bhati pranayam (instant energy pranayam), Bhastrika pranayam (slow silent deep breathing),Bhramari pranayam (bee sound breathing).



happy
Holidays