

हंसो नयतु नः प्रज्ञाम्



LOVELY SUMMER HOLIDAYS





Bal Bharati PUBLIC SCHOOL

Gangaram Hospital Marg, New Delhi-110060

(An Institution of the Child Education Society (Regd.))

Website : bbpsgr.balbharati.org ; e-mail : bbpsgrh@balbharati.org

SUMMER HOLIDAYS ASSIGNMENT

Session 2024-25

Middle Department

CLASS VII

THEME: Stepping Ahead with Skills



“Proficiency in 21st century skills is the new passport to opportunity. Equip yourself for the future.”

GENERAL OBJECTIVE:

The world is like a giant puzzle, and 21st century skills are the pieces you need to fit in and make a difference. Learning these skills helps you understand the world around you and create something incredible!

Summer break is a well-deserved time for students to relax and recharge. However, holiday homework is given with the intention of preventing learning from completely stalling. These summer activities combine different subjects in a fun way, helping you develop problem-solving, critical and computational thinking, creativity – all skills that rock in the 21st century! These assignments will help students retain key concepts learned throughout the year, bridge the gap to upcoming topics, and encourage independent learning and time management skills – all of which contribute to a smoother transition back into the school year.

INSTRUCTIONS:

1. The activities planned are interdisciplinary and skill based. Each activity is mandatory for each student. The students must do all the project work individually.
2. The activities are to be submitted when the school reopens in July. The submission will be assessed for each student individually and **marks will be allotted out of 10 for PBA (Project Based Activity)** for internal assessment. The same marks will be reflected in the Annual Report Card.
3. The submissions must be made in physical/ hard copy format. **Online submissions will NOT BE ACCEPTED.** Students should make a separate presentable file for submission of projects of all the subjects.

HEALTH



NUTRITION

THEME: HEALTH AND NUTRITION

Subjects: General Science, Hindi, III Language

GENERAL SCIENCE

Create a Healthy Eating Plan for a Fictional Character: Students must create a healthy eating plan for a fictional character from a book, movie, or TV show. They should consider the character's age, gender, activity level, and dietary preferences when designing the plan.

SKILLS INVOLVED

1. Critical thinking
2. Research Skills
3. Problem Solving

हिंदी (Hindi)

अनुच्छेद लेखन:

विषय: भोजन का मानसिक स्वास्थ्य पर प्रभाव

"आपका आहार आपके स्वास्थ्य की झलक है।"
कहते हैं "जो हम खाते हैं, वैसा ही हम सोचते हैं।" अतः
अच्छा भोजन ही हमें अच्छे विचार एवं अच्छी सोच
प्रदान करता है।

कौशल:

रचनात्मकता (Creativity)
कल्पनाशक्ति (Imagination)
लेखन (Writing)
वैचारिक (Ideological)

ध्यान देने योग्य बातें:

- * अनुच्छेद लेखन A-4 size शीट पर लिखिए।
- *दिए गए विषय पर कम- से- कम 100 -150 शब्दों में अपने विचार अनुच्छेद के रूप में अभिव्यक्त कीजिए।
- *गृहकार्य को आकर्षक बनाना आपका दायित्व है।
- *यह एकल गतिविधि है। प्रत्येक छात्र के लिए यह अनिवार्य है।

संस्कृतम् Sanskrit

Menu card making

आहारपत्रम् निर्माणं

विद्यार्थी किन्हीं पांच श्री अन्न (मोटा अनाज)का चयन करके उनका संस्कृत नाम क्या है? यह कहां पाया जाता है ?इसके औषधीय गुण क्या है? उससे क्या-क्या व्यंजन उपलब्ध है! AIऔर Canva सॉफ्टवेयर का का प्रयोग करते पर हुए चित्र सहित एक रंग बिरंगा आहार पत्र ए4 पर तैयार करें।
आहार पत्र पर अपना नाम कक्षा और वर्ग अवश्य लिखें।

कौशल:-

- 1 रचनात्मकता
- 2 तकनीकी ज्ञान का विस्तार
- 3 आहार पत्र लेखन
- 4 शोध और विश्लेषण
- 5 मोटा अनाज के प्रति जागरूकता

GERMAN

Healthy nutrition is understood differently in different nations and among different cultures.

- Make a lapbook on food items commonly eaten in German households and list them as Healthy or unhealthy.
- Search a popular German dish and write a recipe along with the nutritional value of each ingredient.

FRENCH

You go to France and live with a host family during an exchange program.

While preparing dinner, as a starter, Salade Niçoise is on the menu. Since you are a vegetarian and are not comfortable with some of the ingredients in the salad, you suggest some changes to the family. Transform the recipe as per your taste and things available on an A4 size sheet.

The Constitution of India



Dr. B. R. Ambedkar

M.A., Ph.D., D.Sc., LL.D., D.LITT., BARRISTER-AT-LAW, J.P.

THEME: INDIAN CONSTITUTION

Subjects: English, Mathematics, Social Science

ENGLISH

Read about Dr B R Ambedkar, the Father of Indian Constitution and on the basis of your research write a Bio Sketch on him on an A3 size sheet. Support your sketch with a few pictures related to Dr Ambedkar.

The Bio Sketch must include the following:

- Birth: 14 April 1891
- Place of Birth: Mhow in Central Provinces (currently Madhya Pradesh)
- Parents: Ramji Maloji Sakpal (Father) and Bhimabai Murbadkar Sakpal
- Wife: Ramabai Ambedkar
- Education: Elphinstone High School, University of Bombay, Columbia University, London School of Economics
- Associations: Samata Sainik Dal, Independent labour party, scheduled casts Federation
- Political Ideology: right winged; equalism
- Religious Beliefs: Hindu by words; Buddhism in later years of his life
- Books written: Essay on Untouchable and Untouchability, The Annihilation of Caste, Waiting for a Visa
- Death: 6 December 1956

SOCIAL SCIENCE

Imagine and create a new political party. On an A3 size sheet design its manifesto and a symbol justifying the essence of the party.

MATHEMATICS

Prepare a bar graph about the Lok Sabha Elections' result to be released on 4 June 2024. The graph should represent the total number of seats occupied by different parties of Uttar Pradesh. Paste the graph paper on an A4 sheet .Make the work visually appealing.

We can't wait to see the explosion of creativity these activities spark in you! Embrace the adventure of shaping and selecting your ideas. With unwavering dedication, relentless perseverance, and a positive spirit, there's no doubt you'll conquer your goals!

*******HAPPY HOLIDAYS*******