

SUMMER HOLIDAYS HOMEWORK

Session 2025-26

Class -7th

Subject – English

For Roll No. 1-15: Folk Tale Integration

As an integral part of your "travels" through Gujarat and J&K, you've stumbled upon a fascinating local tradition! Research and choose one famous Gujarati folk tale or legend (examples include stories of Birbal and Akbar, tales from the Panchatantra with Gujarati connections, or local legends about temples/historical figures from Gujarat and J&K). Retell this chosen folk tale in your own words, ensuring it captures the essence and moral of the original story. You can present this as a dedicated section within your travelogue or create an illustrated version, including drawings or sketches that depict key scenes or characters from the tale.

For Roll No. 16-30: My Story Puppet Show (Finger Puppets)

Bring a simple folk tale from J & K and Gujarati folk tale to life! Choose a very simple Gujarati folk tale or a short story (you can find these online, in children's books, or by asking elders, then translate it into simple English if needed).

- * Rewrite the story in your own words, making it concise and easy to understand.
- * Create finger puppets or stick puppets for the main characters of your chosen story. Be creative using materials like paper, old socks, felt, or other craft supplies.
- * Practice narrating your rewritten story using your puppets, imagining you are putting on a small show for your family. Focus on clear narration and making the puppets interact with the story.

For Roll No. 31 onwards: A Comic to a Penfriend

Imagine you have a new penfriend who lives in Gujarat, and you want to tell them about your life or share a fun experience with them, but in a creative way! Create a short comic strip (at least 6-8 panels) that depicts a conversation or an interaction between two main characters: yourself and your Gujarati penfriend. Design your own characters for both yourself and your penfriend. The dialogue and visual

elements of the comic should convey a friendly exchange, perhaps sharing cultural insights, describing a daily routine, or discussing a hobby. Ensure your comic has clear speech bubbles and expressive illustrations for the characters and their actions.

SUMMER HOLIDAYS HOMEWORK

Session 2025-26

Class -7th

Subject – Hindi

1. चार्ट बनाइए: "दो राज्यों की विशेषताएँ"

एक चार्ट पेपर पर गुजरात और जम्मू-कश्मीर की विशेषताओं की तुलना कीजिए। आप नीचे दिए गए शीर्षकों का उपयोग कर सकते हैं:

विषय	गुजरात	जम्मू-कश्मीर
मुख्य भाषा		
प्रमुख भोजन		
प्रमुख पोशाक		
प्रमुख त्योहार		
लोकनृत्य		
हस्तशिल्प		
पर्यटन स्थल		

(इसे रंगीन चित्रों और सजावट से आकर्षक बना सकते हैं।)

क) जम्मू कश्मीर और गुजरात के प्रसिद्ध उद्यान(park) के बारे में लिखिए।

ख) गुजरात के सोमनाथ मंदिर अथवा जम्मू कश्मीर के वैष्णो देवी मंदिर पर 80 से 100 शब्दों में एक अनुच्छेद लिखें।

SUMMER HOLIDAYS HOMEWORK

Class -7th

Subject – Social Science

INTEGRATED PROJECT

Theme: “J&K & Gujarat: Deep Down and Democratically Alive!”

Introduction

India is a land of breathtaking diversity – from the snowy peaks of Jammu & Kashmir to the vibrant coasts of Gujarat. But have you ever wondered what lies beneath the ground we walk on or behind the leaders we vote for? This holiday homework invites you to become a young explorer and journalist from the year 2050, embarking on a journey through both the natural layers of the Earth and the institutional layers of democracy.

Through this project, you will dig deep—literally and politically! You’ll explore how the interior of the Earth shapes our landscapes and how democratic institutions shape our societies. By travelling (through imagination and research) from the mountains of Jammu & Kashmir to the salt plains of Gujarat, you’ll witness how geography and governance come together to build India’s rich identity.

So grab your notebook, wear your explorer’s cap, and get ready to document your discoveries in the form of a Travel Journal and News Report Booklet—where science meets civics in the most exciting way!

Part A: Travel Journal – Geologist’s Diary (Interior of the Earth)

HINT POINTS:

- Create a travel diary entry where you visit the mountains of J&K and the plains/coasts of Gujarat.
- Describe what you discover beneath the land – the layers of the Earth (crust, mantle, core) and how these might have created earthquakes, volcanoes, or landforms in each state.
- Use 3D models, flaps, or cutouts to show layers of the Earth and physical features.

- Add an “Earthquake Alert News” page showing recent tremors in both states and their causes (research-based).

Part B: News Report – Democracy from Ground Zero (Institutional Representation of Democracy)

HINT POINTS:

- Write a mock news report or TV script as a journalist visiting a village in J&K and a town in Gujarat.
- Report how local democratic institutions (like panchayats, municipalities, or state assemblies) work and how people participate in democracy.
- Create a comparison chart of democratic institutions in both states.
- Add a creative segment: “Democracy Talks” – write a fictional or real interview with a student, teacher, or local leader about how democracy touches their daily life.

Part C : Topic: “Plastic Packaging – Friend or Foe?”

Question:

Design a Poster to explore the role of plastic in food packaging. Your task is to become a young food safety scientist investigating how plastic packaging helps keep food fresh and safe, and at the same time, whether it harms our planet.

Your Poster should include the following:

Creative Title: Example – “The Secret Life of Food Wrappers” or “Sealed Fresh!”

Science Behind Freshness: How does plastic keep food fresh? Role of airtight sealing, hygiene, and moisture control.

Types of Packaging Plastic: Which plastics are food-safe? Real-life examples: Milk pouches, chip packets, fruit trays, etc.

Flip Side – The Plastic Problem: What happens when plastic is thrown away? Pollution and its impact on soil, animals, and oceans.

Green Solutions: What are eco-friendly alternatives? Biodegradable wraps, cloth bags, etc.

Fun Zone: Add a quiz or fun fact corner. Example: “Would your lunch stay fresh without plastic?”

Instructions:

Use drawings, images, or collage work.

Keep the content informative and neat.

Be original and creative!

Bonus (for Extra Stars!)

- Include cultural elements: Local attire, symbols of unity, maps, food, or traditions of J&K and Gujarat.
- Present your project in a scrapbook, digital presentation (if allowed), or foldable booklet.

Important Notes

- Use pictures, drawings, and colored diagrams.
- Handwriting must be neat and original work is appreciated.
- Add a creative cover page titled "J&K & Gujarat: Deep Down and Democratically Alive!"

Submission Deadline:

After summer vacations.

SUMMER HOLIDAYS HOMEWORK

Class -7th

Subject – Science

1. "Science in the kitchen: Change in Cooking " (ROLL NO. 1-20)

Activity: Choose two dishes each from J&K and Gujarat. Create a recipe book with illustrated steps,

Task: Identify physical (Cutting, mixing etc.) and chemical (cooking, baking, fermentation) changes during preparation.

Example: Kashmiri Kehwa: Boiling = Physical change

Flavour change = Chemical change

Gujarat's Dhokla: Mixing flour = Physical change

Steaming = Chemical change

2. "Farms of the region - Autotrophs at work" (ROLL NO. 21-40)

Task: Make a comparison on the scrap book of the following:

a) Crops grown in Gujarat.

b) Crops in J&K.

also paste pictures of various agricultural practices that they follow.

SUMMER HOLIDAYS HOMEWORK

Class -7th

Subject – Mathematics

Theme: "India in Numbers – Gujarat & Jammu & Kashmir"

1. Integers: "Temperature Tales from North to West"

Activity:

Compare winter and summer temperatures of 5 cities in Gujarat and 5 in Jammu & Kashmir.

Instructions:

Find approximate temperature data (e.g., Ahmedabad: 45°C in summer, 10°C in winter; Gulmarg: 25°C in summer, -5°C in winter).

Plot the temperatures on a vertical number line showing both positive and negative integers.

Answer the following questions:

1. Which region has the lowest winter temperature?
2. What is the temperature difference between the coldest and hottest city?
3. Fractions: "Recipe Ratios from the Kitchens of India"

Activity:

Explore 2 dishes from each region (e.g. Dhokla from Gujarat; Rogan Josh and Kashmiri Kahwa from Jammu & Kashmir).

Instructions:

1. Write down ingredients in fractions ($\frac{1}{2}$ tsp, $\frac{3}{4}$ cup, etc.).
2. Double or triple the recipe using multiplication of fractions.
Write word problems such as:
If one recipe serves 4, how much of each ingredient is needed for 12 people?

3. "Decimal Dhamaka in the Dandiya Mela" – Understanding Decimals

Activity Name: "Shopping at Navratri Fair"

Create a Navratri shopping list with at least 6 items (chaniya choli, bangles, dandiya sticks, snacks, etc.) with prices in decimals.

Prepare a bill:

Add totals

Apply 10% discount (use decimals)

Instruction-

* Do the above work on scrap book / A4 size sheets.

SUMMER HOLIDAYS HOMEWORK

Session 2025-26

Subject : urdu

Class : 7th

Q 1 ; What are the differences between the traditional clothing of j&k and gujarat.? Explain in detail.

۱۔ جموں و کشمیر اور گجرات کے لوگوں کے کپڑوں میں کیا فرق ہے تفصیل سے لکھیں۔

Q 2 ; Paste pictures of three poets from J&K and Gujarat and write their lives in detail .

۲۔ جموں و کشمیر اور گجرات کے تین شاعروں کی تصویریں لگا کر اُن کی زندگی کے بارے میں لکھیں۔