



DELHI PUBLIC SCHOOL, PAKUR (JH)

















Dear Students,

Vacations are the most attractive and desirable part of school life! It is time again for a fun filled and relaxing summer break. However, during the scorching summer month, when you are locked up inside your homes, time must be spent meaningfully and interestingly. Keeping this in view, we have assigned Holiday Homework for you so that you remain connected with your studies. Also have lots of fun by pursuing your hobbies and enjoying yourselves with the family.







SUGGESTED DO'S IN SUMMER BREAK:

✓ Do's:

-  • Have Fun with your family at home.
-  • Try to engage yourself with some indoor games.
-  • Try to develop a kitchen garden on your own with the help of your parents.
-  • Try to indulge in your hobby like music, dance, painting, collection of leaves, making kites, etc.
-  • Eat healthy and nutritious food and drink lots of water and hydrating liquids.
-  • Eat Vegetables and one Fruit minimum every day.
-  • Wash your hands with soap, before and after taking food.
-  • Give some time to your grandparents. Find out about your family tree, roots and culture from them.
-  • Get up early and go for jogging everyday with your Papa and Mummy or Grand Parents.
-  • Help your parents in doing their house hold work.
-  • Read Newspaper if possible in English every day.
-  • Learn how to make minimum 3 dishes at your home from your mummy (Not for Nur To class II).
-  • Make a rough N.B. Learn and write 5 typical words of English their meaning and their usages.
-  • To improve your handwriting kindly write one page of English and Hindi cursive Handwriting.
-  • Complete your holiday Home work in a very neat and clean Handwriting.
-  • Trim your Hair and Nails at regular Interval.



✗ Don'ts:

-  • Consume oily and junk food.
-  • Spend too much time with computer and mobile games.
-  • Lend your note books/books to others.
-  • Waste your time roaming here and there in scorching heat.



Note:-

- This Holiday Home Work will be taken into consideration as a subjective enrichment activity. Hence, everyone is mandatory to submit the assignments after the reopening of the school.
- The summer vacation commences from **15th May 2026** to **14th June 2026**. The School will re-open on **15th June 2026** with summer timings i.e. **7:00 a.m. to 1:00 pm** till further notifications.



HAPPY HOLIDAYS

J.K.Sharma
Principal
Delhi Public School,
Pakur-816107
(Jharkhand)

SUBJECT ENRICHMENT ACTIVITY 2026-27

CLASS - 7

Subject	No	Activity/Project
ENGLISH	1	<p>Important Notice for English Project Submission*</p> <p>*Note:*</p> <ol style="list-style-type: none"> 1. It is *mandatory* for all students to complete and submit *any 3 projects/assignments* from the given choices. 2. *Homework 01 is compulsory* for all students and must be prepared with *utmost attention, creativity, and effort*. <p>Students are expected to demonstrate originality, neat presentation, and sincere research in their work.</p> <p>Submit all completed projects on or before the given deadline.</p> <p>*HOMEWORK 01*</p> <p>Prepare a project file / mini dissertation (printed) on any one of the following topics-</p> <ol style="list-style-type: none"> 1. Critical analysis of *Life and the works of Sudha Murty and her contributions to shaping India.* 2. Appreciation of the poem *Where the Mind is Without Fear* by Rabindranath Tagore.
	2	<p>HOMEWORK 2*</p> <p>Prepare an advertisement poster / banner displaying The Story of Food – Love Food, Hate</p>

	<p>Wastage.</p> <p>*</p>
3	<p>HOMEWORK 3*</p> <p>Prepare a poster along with quotations on any of the following topics-</p> <ol style="list-style-type: none">1. Food conservation2. Balanced diet3. Hunger and malnutrition4. Reduce food wastage <p>Include short captions or quotes in English.</p> <p>*</p>
4	<p>HOMEWORK 4*</p> <p>*Recipe Writing Activity*</p> <p>Make a scrap book and write the recipes of the following:</p> <ol style="list-style-type: none">*1. A healthy traditional dish reflecting your rich culture and regional taste.**2. A no-fire recipe from your mom's kitchen.**3. A leftover-food recipe reflecting the idea of avoiding the wastage of food.* <p>Prepare a healthy dish at home with the help of your family members. Write a detailed report on the activity and include the following: Ingredients: List all the ingredients used with their quantities.</p>

		<p>Method: Describe the step-by-step cooking procedure clearly.</p> <p>Nutritional Value: Mention the key nutrients present in the dish and their benefits.</p> <p>Picture Documentation: Paste pictures of the dish being prepared.</p> <p>Paste pictures showing the cooking procedure. Paste a picture of the entire family sitting together and eating the meal.</p> <p>Present your work neatly in a project file with proper headings and captions for all pictures.</p> <p>*NOTE*</p> <p>Students are advised to stick to the books allotted against the roll numbers and not to copy from anywhere. The review report should contain your own thoughts, images and ideas.</p>
<p>HINDI (Any Three)</p>	1	हिंदी महीनों के नाम लिखिए।
	2	सुमित्रा नंदन पंथ के जीवन का संक्षिप्त 'परिचय' देते हुए उनकी लिखी एक रचना ग्राम श्री लिखें।
	3	अपने हिंदी व्याकरण की पुस्तक से पृष्ठ संख्या 22 (प्रश्न संख्या - ख और ग) हिंदी कॉपी में करें.
	4	सौरमंडल का चार्ट बनाकर उसमें तारों, ग्रहों और उपग्रहों को भी दर्शाएँ।
<p>MATHS (</p>	1	Do practice Lesson -1
		Take any ten decimal numbers of your choice and write them in a place value chart.
<p>SCIENCE</p>	1	<p>Make different projects on the following topics:</p> <p>Investigation of Natural Indicators</p>
	2	Healthy Life with Vitamins
	3	Growing Sweet Potato in Water

		Revise Ch-1,2,3
SOCIAL (Any Three)	1	Journey of Food from Farm to Plate* - Prepare a flow chart or scrapbook showing how food reaches our homes from farms and markets.
	2	Save Food, Save Future* Create posters, slogans, or a collage on the importance of avoiding food wastage and helping hungry people
	3	Traditional Foods of Different States - Collect information and pictures of famous dishes from different Indian states and explain their cultural importance.
	4	Food Wastage Survey* - Conduct a small survey at home or school on food wastage and suggest ways to reduce it.
	5	Healthy Food vs Junk Food* - Make a comparison chart showing the benefits of healthy food and the harmful effects of junk food.
SANSKRIT (Any Three)	1	Write a five line dialogue In sanskrit between a food loving boy and a friend who waste food.
	2	From Farm to Plate" Project - Explain the journey of food from: Farmer → Market→ Home → Plate (Write:8-10 sentences in Sanskrit)
	3	Prepare a chart/poster showing: - "Foods you love" and "Foods you dislike" Write their Sanskrit names with pictures.
	4	Write 5 Sanskrit sentences on: "Food should not be wasted." (अन्नस्य अपव्ययः न कर्तव्यः)
Physical education	1	1. The “Legacy” Goal : How Host Citie” Benefit Long – Term : Choose an upcoming event and research the “Legacy Plan”.What happens to the stadiums and facilities after the event ends”
	2	2. Proprioception and Agility in Kho - Kho : Discuss the neurological basis of spatial awarness and rapid reflex arcs required for the “ chasing” and “defending” roles in traditional Indian sports. 3. The Biomechanics of Core Stability In Yoga and Athletics : Evaluate how yog’c core engagement provides a stable platform for power transfer.

	<p>4. Comparative Analysis of Throwball and Volleyball : Conduct a structural analysis of the rules and court dimensions to determine why these two seemingly similar sports require different practical approaches and physical conditioning</p>
<p>Art</p> <p>Any two</p>	<p>Theme: Love Food, Hate Wastage</p> <p>Make any two of the following projects -</p> <ol style="list-style-type: none"> 1. Creative slogan posters against food wastage. 2. Create a *Healthy Plate* Clay Model - Make balanced diet food items using clay. 3. Kitchen Waste Craft - Create decorative items using vegetable peels, pulses, seeds, grain art etc.

NOTE: Complete all the Term- I SEA Activities in classwork notebook neatly and submit it to the class teacher on the school re-opening day. Each activity carries 5 marks which will be included in term- I assessment.

