



N K BAGRODIA GLOBAL SCHOOL

SECTOR-17, DWARKA, NEW DELHI

Caring for our bodies and nurturing our planet are intertwined journeys. As we strive for better health, let us tread lightly on the Earth, embracing sustainable choices that honor both ourselves and the world we call home."

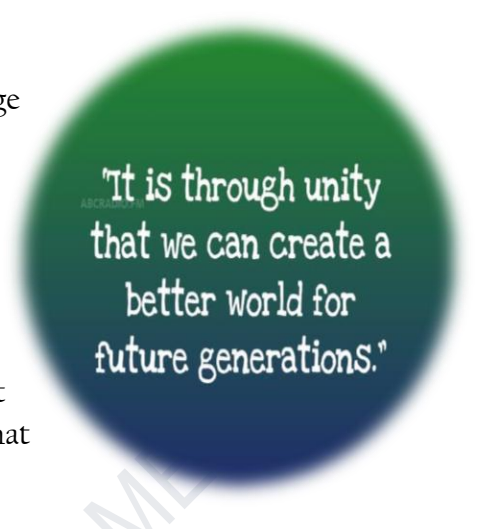


SUMMER VACATION HOMEWORK GRADE- VII

Dear Students,

Summer offers a precious opportunity to unwind, explore, and engage in activities that bring you joy and fulfillment. Whether you are planning to travel, spend time with family and friends, or pursue personal interests and hobbies, make the most of this time. Embrace new experiences, challenge yourself, and take time to reflect on your growth and accomplishments.

Remember while you enjoy your vacations, don't forget to prioritize self-care and mental well-being. Take time to disconnect from screens, spend time in nature, and prioritize activities that nourish your mind, body, and soul.



"It is through unity
that we can create a
better world for
future generations."

Here are some pointers to keep in mind for maintaining good health, and hygiene, and balancing academics with play during the summer break –

- ✚ **Stay hydrated:** Carry a reusable water bottle wherever you go, to ensure you drink enough water throughout the day.
- ✚ **Eat fresh and healthy:** Visit your local farmer's market for seasonal produce, and try incorporating fruits like watermelon and berries into refreshing snacks.
- ✚ **Embrace nature:** Take a digital detox and spend time outdoors without electronic devices, focusing on activities like birdwatching or cloud gazing.
- ✚ **Save Energy:** Use natural cooling methods like cross-ventilation and fans to supplement air conditioning and reduce energy consumption.
- ✚ **Super Mental Health:** Practice mindfulness and relaxation techniques like deep breathing or meditation to reduce stress and promote overall well-being.

- ✚ **Set Academic Goals:** Identify specific academic goals you want to achieve during the summer break. Whether it's mastering a challenging subject, improving your grades, or preparing for upcoming exams, setting clear objectives can help keep you focused and motivated.
- ✚ **Review and Reinforce:** Take some time to review the material covered so far in the new session. This could include going over notes, and textbooks, or reviewing online resources related to your subjects.
- ✚ **Engage in Enrichment Activities:** Explore opportunities for academic enrichment, such as summer camps, workshops, or online courses. These activities can help you deepen your understanding of various subjects and explore new areas of interest.
- ✚ **Practice Regularly:** Keep your academic skills sharp by practicing regularly. Set aside time each day for activities like reading, writing, solving math problems, or practicing language skills.
- ✚ **Stay Organized:** Develop a study schedule or calendar to manage your academic activities effectively. Break down larger goals into smaller, manageable tasks and track your progress regularly.

- ✚ **Balance Work and Play:** While it's essential to prioritize your academic goals, remember to balance your studies with leisure activities and relaxation. Taking breaks and engaging in hobbies can help prevent burnout and keep you motivated to hone new skills.

We hope incorporating these pointers into your summer break, can help you maintain and enhance your academic skills while enjoying a well-deserved vacation.

Sustainable Innovation- Adopt a healthy and sustainable lifestyle for a Brighter Future

Get ready to dive into the world of sustainability this summer with our special holiday homework theme. As stewards of our planet, it's up to us to explore the latest innovations in green technology and discover how they're shaping a brighter, more sustainable future. So, gear up, get creative, and let your passion for sustainability shine! Together, we can make a difference, awareness and adapting green tech innovation can save the Future!

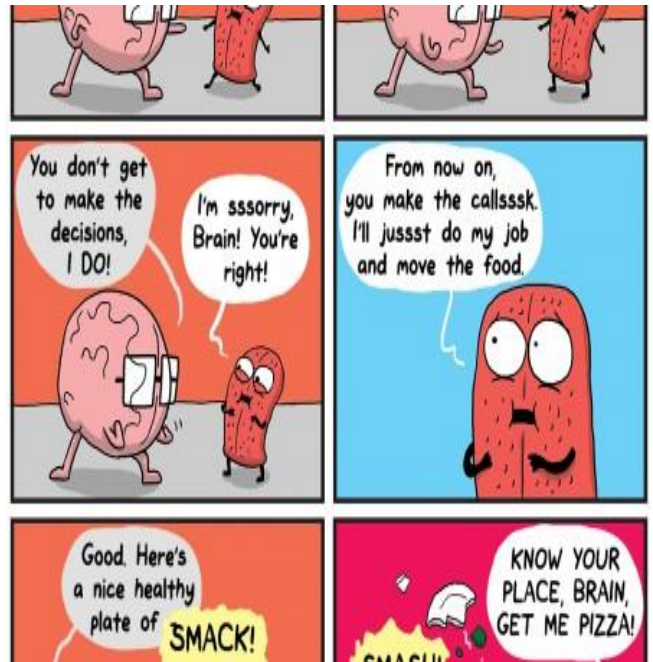
Happy exploring, and have a fantastic summer!

With warm wishes.

**Principal
NKBGS**

ENGLISH

Roll no. 1-18



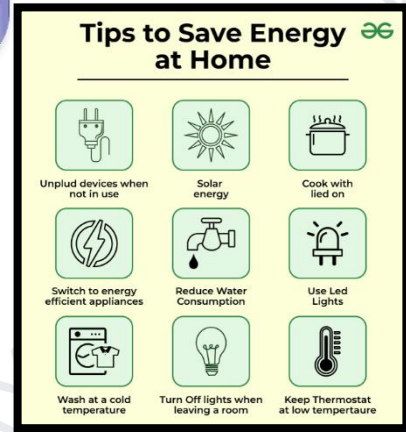
Task 1 - Read any one book out of the following suggestions or Any other

❖ **Make a Comic Strip** highlighting the **'Healthy habits for the brighter future'**, mentioned in the story.

1. *The Adventures of Eco-Kids* by Emily Greenfield
2. *The Magic Treehouse of Green Valley* by Daniel Rivers
3. *Planet Protectors* by Sarah Brightwood
4. *The Secret Garden of Sustainability* by Alex Woodbridge
5. *A Tale of Two Worlds* by Maya Chen
6. *The Recycling Rangers* by Liam Johnson
7. *Guardians of the Blue Planet* by Sophia Ramirez
8. "Oliver's Vegetables" by Vivian French and Alison Bartlett
9. "Gregory, the Terrible Eater" by Mitchell Sharmat and Jose Aruego
10. "The Edible Pyramid: Good Eating Every Day" by Loreen Leedy

Roll no-19 onwards

Task 2- Create a TED Talk video related to sustainable innovation using the following steps and e-mail the video.



You can **choose any Topic**

- ❖ SAVE ENERGY
- ❖ SAVE WATER / GLOBAL WATER CRISIS
- ❖ SAY NO TO SINGLE-USE PLASTICS
- ❖ REDUCE E-WASTE
- ❖ GROW TREES from seeds & REDUCE POLLUTION
- ❖ HEALTHY LIFESTYLE
- ❖ SUSTAINABLE FOOD SYSTEM

For example, **Create seed bank** at your home/society and sow seeds in an open area. Click pictures and **prepare video** presenting how you brought changes in your lifestyle to save resources for future generations.



VII-B and VII-C : preetpri1234@gmail.com

VII- A : vocabulary7c@gmail.com

VII-D and VII-E : pathelakritika@gmail.com

RUBRICS-

Content Relevance & Accuracy - (2)

Engagement & Interaction - (2)

Clarity of Presentation - (1)

- पेड़ पौधों से भरपूर रखना
- प्रदूषण पर नियंत्रण
- अपने प्रयासों अर्थात विचारों को कोलार्ज निर्माण के द्वारा भी दर्शाये ।
(नुक्कड़ नाटक मर्यादित हो तथा किसी की भावनाओं को ठेस न पहुँचायें ।)

रोल नं. - 28 से अंत तक

पौष्टिक आहार का स्वास्थ्य पर प्रभाव



गर्मी में बॉडी को कूल रखने के साथ ही डायबिटीज कंट्रोल करते हैं ये अनाज



● श्री अन्न केल्टिवायन, आयरन, फाटफोटस, मैग्नीशियम और पोटेशियम जैसे खनिजों के समृद्ध स्रोत हैं।
● अधिकांश श्री अन्न गैट-एसिड, ग्लूटिन मुक्त, अत्यधिक पोषिक और सुपाच्य होते हैं।

मोटा अनाज(मिलेट्स) को अपने डाइट में कैसे शामिल करें?

- मोटे अनाज(मिलेट्स) का नाश्ता
- मोटा अनाज(मिलेट्स) का सलाद
- बाजरे की रोटी
- रागी दलिया



आधुनिक युग में भोजन को लेकर सभी की धारणाओं में काफी अंतर आ चुका है ; सभी पाश्चात्य भोजन को अपनाते हुए हमारे प्राचीन भोज्य पदार्थों को भूलते जा रहे हैं ;इसी संदर्भ में एक नुक्कड़ नाटक लिखे जिसमें इन सभी समस्याओं का समावेश हो और हम इस नाटक से सभी को प्राचीन भोज्य पदार्थों का सेवन करने की प्रेरणा दे ।
नाटक का लेखन निम्न बिंदुओं को ध्यान में रखते हुए होना चाहिए:-

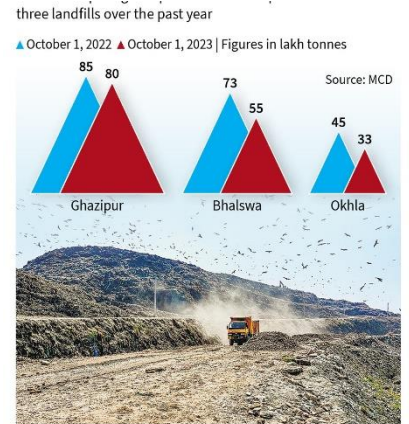
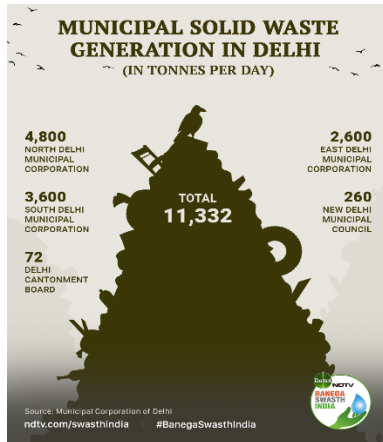
- किसी की भी संस्कृति को नीचा ना दिखाना
- भारतीय भोज्य पदार्थों को प्राथमिकता देना
- स्वास्थ्य से संबंधित पौष्टिक तत्वों की जानकारी देना
- अपने प्रयासों अर्थात विचारों को कोलार्ज निर्माण के द्वारा भी दर्शाये ।
(नुक्कड़ नाटक मर्यादित हो तथा किसी की भावनाओं को ठेस न पहुँचायें ।)

मानदंड (5 अंक)

- विषय से संबंधित - 1 अंक
- रचनात्मक कार्य - 2 अंक
- शुद्ध शब्दावली तथा व्याकरण - 1 अंक
- भावनाओं का समावेश - 1 अंक

MATHS

PREPARE CHART/PRESENTATION on any 1 topic given below



- Collect data about **WASTE GENERATION** in any four areas of New Delhi and represent it in tabular form and through bar graph and mention five reasons to keep our surroundings green and healthy.
- Collect **information on landfills in Delhi** and how much fraction/ percentage of the Delhi's land it cover. Mention five ways to reduce landfill size.
- Survey the members of your family and find out the **amount spent on junk food** from 20th May to 20th June 2024 in the given format:

Family Members	Junk Food Intake	Cost(Rs)	Calories Intake
You	1. 2. 3. 4.		
Father	1. 2. 3. 4.		
Mother	1. 2. 3. 4.		
Siblings(if any)	1. 2. 3. 4.		
		Total Amount Spent:	Total Calories Intake:

- Mention five serious health hazards from consuming junk food and ways to shift to healthy options.

RUBRICS (5 MARKS)

RELEVANCE TO THE TOPIC: 2 MARKS

CREATIVITY: 2 MARKS

CLARITY OF PRESENTATION: 1 MARK

SCIENCE

"Science, Technology and AI: Powering the Sustainable Revolution"



➤ Working/Non-working model using Best out of Waste

Prepare a model with solutions to the challenges warned for Major Climate Challenges. 'Scientific Innovations in Sustainability and Green Future.' Choose any one topic from the following-

a. Model on Resource Management:

- Energy Management and AI-powered solutions for Energy distributions
- Showcase how AI is enhancing the efficiency of renewable energy sources like solar and wind
- Waste management
- Water management
- Traffic management

b. Applications of AI in agriculture for precision farming and reducing resource usage.

c. Smart Cities:

- Achieving sustainability through smart infrastructure and efficient resource management.
- Disaster Resilient homes/Green homes

d. Explore Scientific innovations and AI applications in wildlife conservation, including habitat monitoring and anti-poaching efforts.

e. Role in Environmental Protection and Improvement:

- Role of AI in reducing pollution of various types
- Role of scientific innovations in reducing the effects of climate change, and global warming.

RUBRICS (5 MARKS)

Relevance to the Topic: 1 Mark

Research and Content: 2 Marks

Overall Presentation of model/chart: 2 Mark

SOCIAL SCIENCE

The following activities listed below are your Holiday Homework for your Summer break.

Please carefully read the instructions for each activity and complete them to the best of your ability.



ROLL NO. : 1-18

1. Energy-Efficient Home Design Challenge:

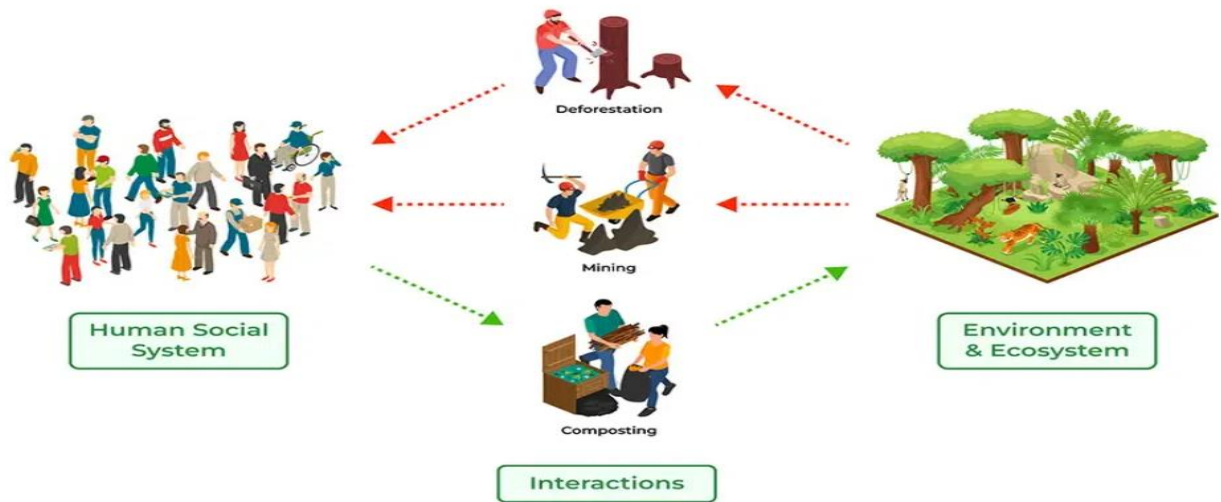
- Your challenge is to design energy-efficient homes using sustainable building materials and renewable energy technologies.
- Consider factors such as insulation, passive heating and cooling, energy-efficient appliances, and renewable energy sources like solar panels or wind turbines.
- Present your designs in a creative format, such as **Drawings, or 3D Models**.
- Be prepared to discuss the environmental benefits of your design choices and how they contribute to energy conservation and sustainability.

ROLL NO. : 19 onwards

2. Social and Environmental Interaction:

- Investigate the social and environmental factors of health that influence wellness outcomes.
-

Human Environment Interaction



HOW THE ENVIRONMENT IMPACTS OUR HEALTH

People are exposed to risk factors in their homes, work places and communities through:

AIR POLLUTION
including indoors and outdoors

INADEQUATE WATER, SANITATION and hygiene

CHEMICALS
and biological agents

RADIATION
ultraviolet and ionizing

COMMUNITY NOISE

OCCUPATIONAL RISKS

CLIMATE CHANGE

BUILT ENVIRONMENTS
including housing and roads

AGRICULTURAL PRACTICES
including pesticide-use, waste-water reuse

 World Health Organization
#EnvironmentalHealth

-Explore factors such as socioeconomic status, education, employment, housing, neighborhood conditions, access to healthy food, and exposure to environmental hazards.

- Analyze how these determinants impact individual and community well-being and identify potential strategies for addressing them.
- Present your findings in a **Research Paper, Infographic, or Multimedia Presentation**, outlining the connections between social and environmental factors and overall health and wellness.


RUBRICS- 5 MARK

1. Creativity and Originality - 2 Marks
2. Presentation - 1 Mark
3. Clearance and Relevance to topic - 2 Marks

SANSKRIT

अनुक्रमांक 1 तः 19 पर्यन्तम्

Re संस्कृत™



**पर्यावरणदिनस्य
शुभाशयाः**

The same way our environment,
our earth is very rare.
Let's preseve it together
for the generations to come.
[#WorldEnvironmentDay](#)

**शैले शैले न माणिक्यं मौक्तिकं न गजे गजे ।
साधवो नहि सर्वत्र चन्दनं न वने वने ॥**

resanskrit.com

Rubies are not found in every mountain; nor is a pearl to be met with every elephant.
Good people are not found everywhere. A sandal wood tree does not exist in every forest.

Chanakya Neetisaar 2.9

हर पर्वत पर माणिक्य नहीं होता, हर हाथी में मोती नहीं होता ।
सज्जन सब जगह नहीं मिलते । चन्दन का पेड़ हर जंगल में नहीं होता ।

पर्यावरणस्य महिमागानाय कोऽपि पञ्चश्लोकान् अथवा एकाम् संस्कृतकवितां सचित्रम् लिखत ।

अनुक्रमांक 19 तः अन्तिमानुक्रमांक पर्यन्तम्



गोपालः - कृष्ण ! त्वं प्रातः काले कुत्र गच्छसि ?
कृष्णः - गोपाल ! अहं प्रातः काले उद्यानं प्रति गच्छामि ।
गोपालः - कृष्ण ! उद्याने कति वृक्षाः सन्ति ?
कृष्णः - गोपाल ! उद्याने अनेके वृक्षाः सन्ति ।
गोपालः - कृष्ण ! केषाञ्चित् वृक्षाणां नामानि वद ।
कृष्णः - गोपाल ! अशोकवृक्षाः, वटवृक्षाः, निम्बवृक्षाः
इत्यादयः बहवः वृक्षाः सन्ति।
गोपालः - कृष्ण ! त्वम् उपवने कथम् अनुभवसि ?
कृष्णः - गोपाल ! अहम् उपवने मनोहरम् अनुभवामि ।

पर्यावरण - संरक्षणाय अब्यानां प्रयोगेण एकम् लघुसमवादम् अष्ट-दश लघुवाक्येषु संस्कृते लिखत ।

निर्धारित-देयाङ्काः -

शुद्धता - 2

स्वच्छता- 2

समये - 1