



Dr. Virendra Swarup Public School, Kalyanpur

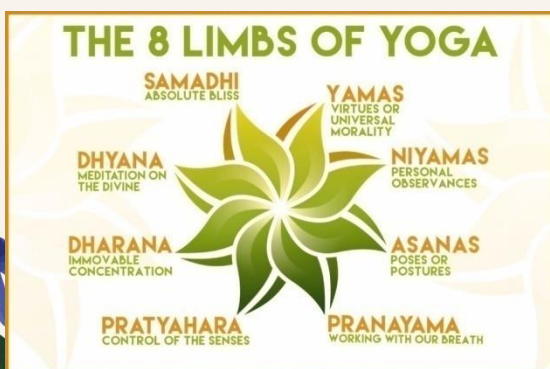
Session 2021-22

Class VII



' BENEFITS OF YOGA '

Yoga is the ultimate act of harmony between one's physical existence and spiritual conscience. The perfect synchronisation between mind and body is known as **yoga**. More than physical form of exercise, it is considered as a spiritual act that makes you aware of yourself. The deep introspection that we do when our mind is relaxed makes us feel connected to our inner selves.



Dear Students,

It is summer vacation time, a time to relax as well as fruitfully occupy yourself in various scholastic and co-scholastic areas. Keeping this in mind, your teachers have painstakingly designed interesting Projects/Assignments for you which need to be completed during summer vacation. This would encourage in-depth learning, strengthen concepts and prepare ground for improved academic output. The parents are requested to motivate and lend support (minimum possible) to their children and ensure that they complete the given work well in time and to do the best of their ability. Your encouragement can actually make a huge difference to the ultimate learning outcomes of these projects. We would be happy if parents encourage their children to work on their own.

We look forward to your co-operation.



Note: Any activity/project assigned should bear the name of the student, class, section, roll number and session.

ENGLISH:

Make a project based on any five Yogasanas which have been named after animals. Also, describe the benefits of each Asana with pictures.

- 1. Use A4 size sheets**
- 2. It should be a hand written project (blue or black pen should be used)**
- 3. You can use newspaper clippings, maps, diagrams and material from the web**
- 4. Each illustration should be supported with a write up/relevance to the topic.**
- 5. The cover page should be written in bold letters with the topic, name and roll number.**

HINDI:

1. 10 दिनों तक योगासन करने के बाद 2.00 - 2.30 मिनट का VIDEO बनाकर बताइए कि आपने अपने स्वास्थ्य और स्वभाव में क्या परिवर्तन महसूस किए।
2. कराए गए पाठ्यक्रम को दोहराइए।

निर्देश: गृहकार्य -1. हिन्दी भाषा की कॉपी में किया जाएगा।

MATHS:

Do the following work on comment sheets :

- ❖ Solve Chapter-1 Integers Mental Maths and Chapter Assessment at page no. 17-18 & Chapter-2 Fractions Mental Maths and Chapter Assessment at page no. 35-36.

SCIENCE:

1. Prepare a card using turmeric paste (a natural acid-base indicator) and detergent solution.
(Refer to Page Number 51, Activity 5.2 of your text book).
2. We have several endocrine glands in our body which release hormones and help us to control and coordinate our body functioning. Mention and write about atleast 5 yogasanas which stimulate and help in the functioning of these endocrine glands.

SOCIAL SCIENCE:

POWEPOINT PROJECT- Create a PowerPoint presentation of 6 slides showing various Yogic Postures and their brief history.

FILE PROJECT- Find prominent people who did immense work in spreading Yoga not only in India but also in the whole world.

Use pictures, graphics, data, statistics, pie charts, graphs etc. to make your presentation attractive.

COMPUTER:

Make a PowerPoint Presentation containing ten slides at least on Benefits of Yoga. You can collect the matter from Internet. The first slide must contain Student's name, Class, Subject and Topic of the presentation. You can include some useful information like Yoga uses breathing techniques, exercises and meditation. It also helps to improve health and happiness, especially during the pandemic. You are also suggested to use default properties of MS PowerPoint (like Paragraph setting, Animation, Transition etc.) to make it impressive.

SANSKRIT:

'योगः कर्म सुकौशलम्'(कर्मों में कुशलता ही योग है।) अस्मिन्
विषये स्वभाषया लेखं लिखत। (10 वाक्यानि)

FRENCH:

Solve the given worksheets.

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SESSION-2021-22

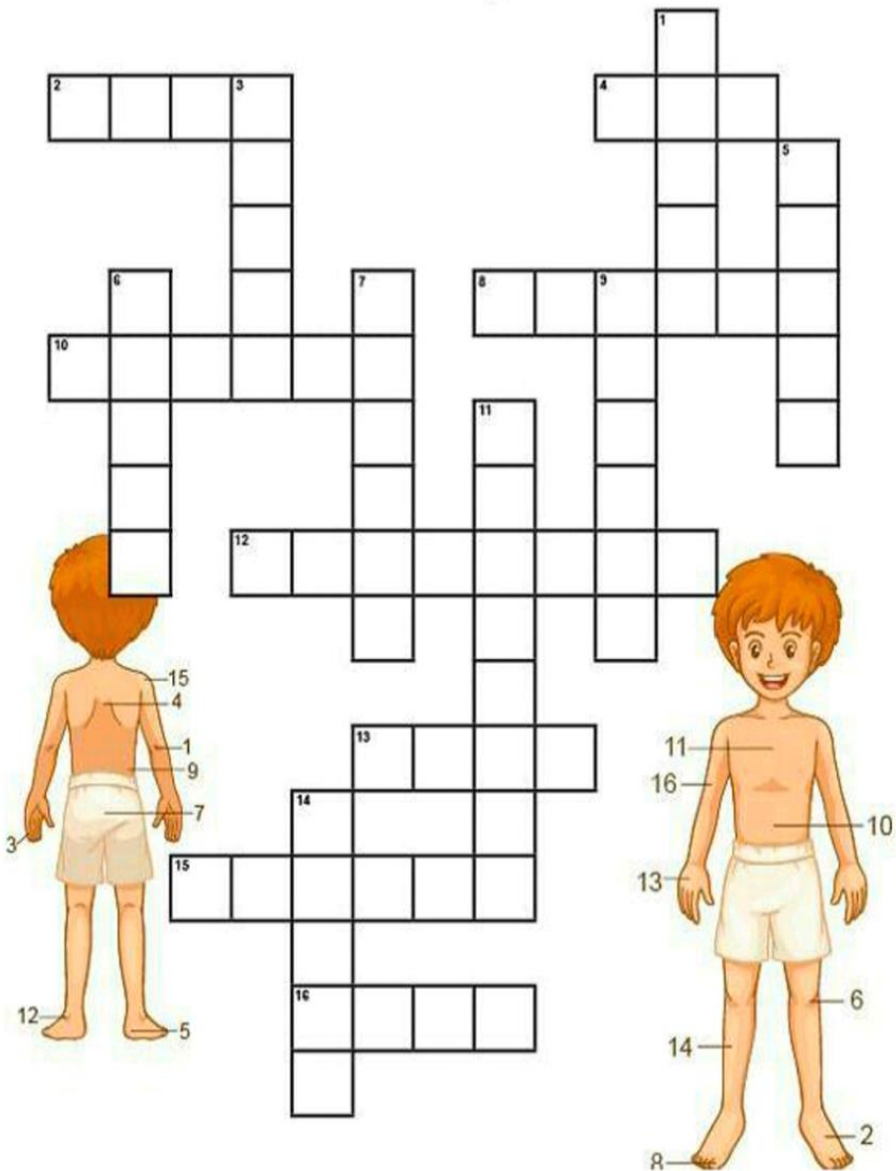
WORKSHEET-FRENCH

CLASS-VII

COMPLETEZ LE PUZZLE DE MOTS CROISES AVEC LES BONNES PARTIES DU CORPS.










COMPLETE THE CROSSWORD PUZZLE WITH THE CORRECT BODY PARTS










Le Corps









REPLISSEZ LES BLANCS A L'AIDE DES INDICES

FILL IN THE BLANKS WITH THE HELP OF THE CLUES

Salut ! Je m'appelle Julien. J'habite en  Au petit déjeuner, je mange de la  avec du  ou de la  Je mange aussi des  Le week-end, je mange des  Je bois du  et du  

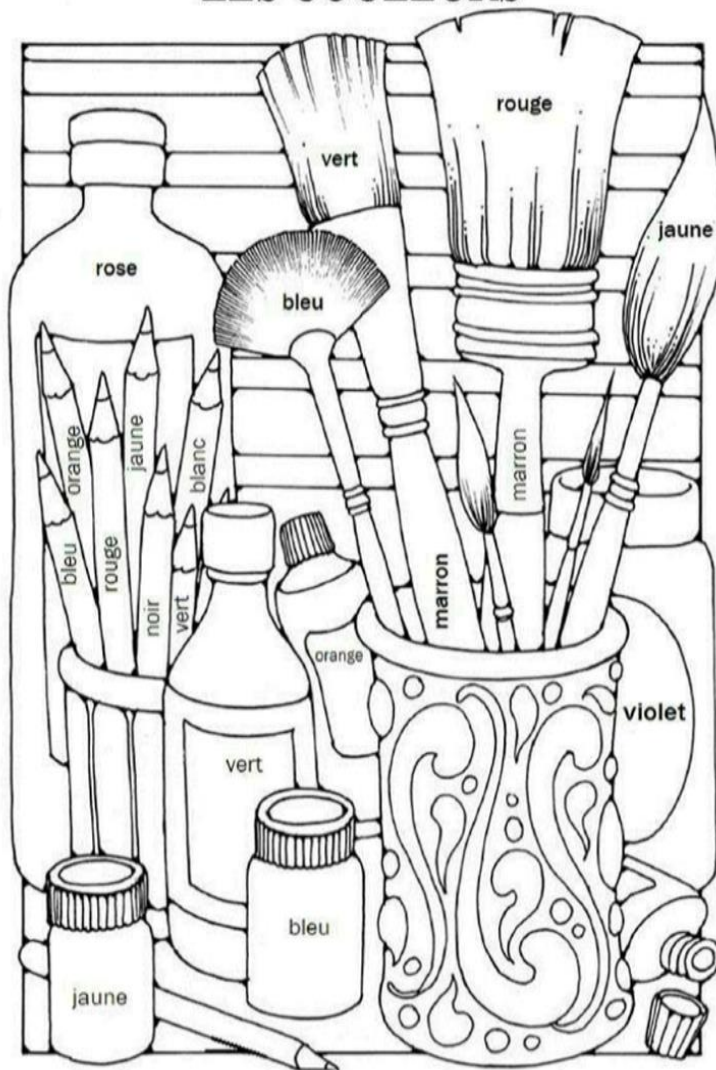
Bonjour ! Moi, je m'appelle Kasia. J'habite en  Au petit déjeuner, je mange du  avec du  du  ou du  Je mange aussi un  Je bois du  ou du  

Salut ! Moi, c'est Emma. J'habite en  Au petit déjeuner, je mange des  avec du  Je mange aussi du  avec de la  Je bois du  ou du  

COLOREZ L'IMAGE

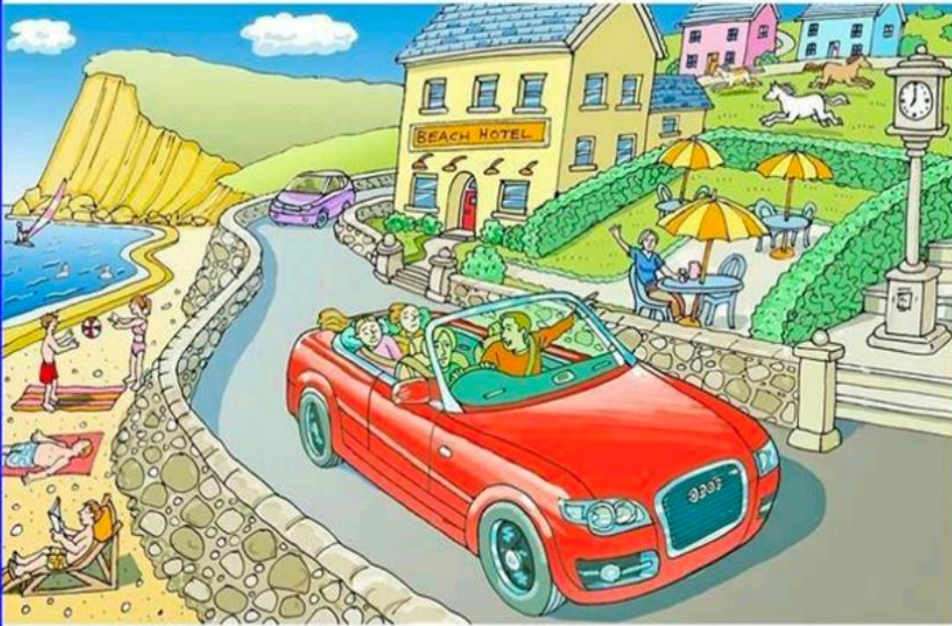
COLOUR THE PICTURE

LES COULEURS



Vacances à la mer

Écris vrai (V), faux (F) ou on ne sait pas (?). Corrige les phrases fausses oralement.



1. C'est l'hiver. ()
2. Il fait beau. ()
3. Il est neuf heures ()
4. La voiture rouge va à Paris. ()
5. L'hôtel est situé au milieu de la forêt. ()
6. Il fait chaud. ()
7. Il y a beaucoup de gens au restaurant. ()
8. L'homme sur la chaise longue lit le Figaro. ()
9. Deux enfants jouent au ballon. ()
10. L'homme au restaurant est le propriétaire du voilier. ()
11. La voiture rouge est très chère. ()
12. L'hôtel est très vieux. ()
13. Il y a des requins dans l'eau. ()
14. Un homme est en train de prendre un bain de soleil. ()
15. Il n'y a pas d'animaux dans l'image. ()