

GRADE – VII : SUMMER HOLIDAY HOMEWORK 2020-21

- Parents can share **videos/photos/PPT's** if interested to the given email ID: hhw7pcs@gmail.com
- Please mention child's name along with **class, section and project name** in the subject column of the mail.

Dear Parent,

Pragathi always motivates its students to be global leaders in the acts of sharing and kindness. It is always important for us to instigate a sense of responsibility and humility in our students towards nature and humankind.

PROJECT - 1

Household chores for children

Cleaning is a great activity for children to learn about being responsible and taking care of themselves and others. Being involved in chores also gives children **experience of relationship skills** like communicating clearly, negotiating, cooperating and working as a team.

In the following chores list, your child can choose any two or three activities and do it under your supervision.

Make your bed	Sweep your room	Wash your plates & tumbler
Dust window panes, doors & curtains	Wash your clothes	Fold your clothes
Water plants regularly	Clean your toilet (with an adult's help)	Arrange your books and clothes neatly



Note: Motivate your child to get involved in daily chores by doing the chores together until your child is ready to do it on his/her own. Timely appreciation and appropriate rewards further boost the child's confidence.

PROJECT-2

Knowing your mother tongue (with Non Dominant hand) :- Learning alphabet and simple two letter words of mother tongue with Non-dominant hand (using your less frequently used hand)



Learning objective:

Practice writing two or three letter words of your mother tongue language with Non- dominant hand. Skills learned in the mother tongue will transfer to the other languages learned in school. When you use the non-dominant hand, both hemispheres of the brain are activated, which may result in thinking differently and becoming more creative.

Also minimizes spelling errors. Feelings, which are important for the child's development, are also passed on through the mother tongue.

Write any 2-5 lines per day with the hand that is used less. If you are right- handed, please write with left hand, and vice versa.

Note: This project is for children who do not know how to read and write mother tongue (Practice in rough note book).

PROJECT – 3 : IMMUNITY BOOSTERS WITH 10 SUPER FOODS

Eating a healthy diet is very important during the COVID-19 pandemic. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems.

The wisest way to keep ourselves safe from Covid-19 is to develop immune system with these 10 Super Foods. They are the powerhouses of nutrients.

Sl	'10' Super Foods for Super Kids	Benefits
1	Curd/Yogurt	Strengthens immune system
2	Garlic	Fights harmful viruses and bacteria
3	Almonds	Rich in Vitamins, Minerals, Protein and Fibre
4	Eggs/Fish	A good dietary sources of vitamin D
5	Green Leafy Vegetables	Rich in Vitamin A and Vitamin C
6	Fresh Fruits	Reduce the risk of diseases
7	Turmeric	Keeps away cold and flu
8	Honey	Reduces cough and cold
9	Ginger	Treats muscle and joint pain, cold and flu
10	Pepper	Excellent sources of vitamins A and C, potassium, folic acid, and fibre.



Note:

- Drink up to 8-10 glasses of water every day to stay hydrated.
- Have Lemonade at 11:00 A.M.
- Regular physical activity for 15 – 20 mins can improve your muscle strength and boost your immunity.
- Children please ensure that minimum of 3 super foods/immunity boosters are taken on a day to day basis.

PROJECT – 4 : COVID -19 Terminologies With Meaning

1. **COVID 19** : Disease caused by a new strain of coronavirus
 - * **Co** - **Corona**
 - * **Vi** - **Virus**
 - * **D** - **Disease**
 - ***19** - **Year 2019**
2. **Hand Hygiene** : Cleaning hand that reduces harmful germs on the hands.
3. **Sanitizing** : Proper cleaning.
4. **Social distancing** : Stay away from one another.
5. **Face Mask** : A protective thing covering the nose, mouth and eyes. It protects us from germs and bacteria.
6. **Lockdown** : A situation where people are not allowed to enter/leave a place.
7. **Curfew** : A regulation requiring people to remain indoors.
8. **Zones** :
 - * Red zone – A place where there is no public movement.
 - * Orange zone – A place where there is public movement with restrictions.
 - * Green zone – A place where there are no restrictions for public movement.
9. **Immunity** : Ability to resist any type of infection or virus.
10. **Quarantine** : A place of isolation where people who have arrived from elsewhere are placed.
11. **Self isolation** : Separating oneself from others.
12. **Pandemic** : A disease prevalent over a whole country or the world.
13. **Thermal Scanner** : A machine used in measure the temperature of our body.
14. **IR Scanner** : Infra red radiation equipment used to measure our temperature.
15. **A Symptomatic** : The condition of a person showing no symptoms of the disease.
16. **Community transmission** : The condition where the source of origin of the infection is not known in the community.
17. **Contact tracing** : The process of identification of person who have contact with an infected person.
18. **Incubation period** : The time period between exposure to an infection and the appearance of the first symptoms.
19. **Ventilation** : An appliance for artificial respiration.
20. **Epidemic** : A wide spread occurrence of an infectious disease in a community for a particular time.
21. **Sterilization** : The process of making something free from bacteria (or) other living microorganisms.
22. **Droplet transmission** : Droplets containing micro-organisms can be generated when an infected person coughs, sneezes or talks and land on hands, toys, tables etc for hours. When a normal person hands come in contact with these surfaces, hands become infectious. When infectious hand touches the nose, mouth or eyes, disease get transmitted to new person.
23. **Ethyl alcohol** : A chemical used in sanitizer.
24. **SARS** : Severe Acute Respiratory Syndrome.

PROJECT – 5 : Do's and Don'ts of COVID – 19 once you get back to school

Do's

- ❖ Maintain social distancing. Keep a safe distance of at least 1.5 metres.

*This keeps us safe from getting into contact with the virus from others.



- ❖ Wash your hands with water and soap often for at least 20 seconds or use hand sanitizers whenever required.

*This kills the virus, if any, on our hands.



- ❖ Cough & sneeze into your elbow.

*This prevents the spread of infectious germs.



- ❖ Routinely clean frequently touched spaces in your home.

*This will kill any possible disease causing germs.



- ❖ Do wear a mask while going out (Go out only if necessary).

*This protects us from getting infected.



- ❖ Do have a balanced diet and foods with lots of Vitamin D (Cereals, whole milk, orange juice, etc.) & Vitamin C (Lemon, papaya, tomato, cauliflower, etc.).

*This keeps us healthy and boosts our immune system.



- ❖ Do exercise and meditate every day.

*This keeps us fit physically and mentally.



Don'ts

- ❖ Don't shake hands.

*This prevents spread of virus from one to another.



- ❖ Don't touch your face often.

*This prevents the virus from getting inside the body through the mouth, nose or eyes.



- ❖ Don't wear a mask when you are at home.

*Wearing mask always, may not allow inhaling of fresh air.



- ❖ Don't touch surfaces like elevator buttons that many people use often, with bare hands. Instead use gloves or tissue paper.

*This prevents spread of virus from one to another.



- ❖ Don't travel unnecessarily and don't go to crowded places.

*This prevents spread of virus from one to another.



PROJECT - 6 :

*“Time has taught us that we must make ‘local’ the mantra of our lives. Global brands that are there today were once local too, but when people there started supporting them, they became global. That is why from today, every Indian must become **vocal for our local**” .*

These were the lines said by our prime minister Mr. Narendra Modi while he was addressing the whole country in his speech on 11/05/2020 . The clear intention behind his words is that we as Indians should start using ONLY those products which are manufactured (produced) by our Indian companies. In India we have ample number of industries which are producing essential commodities like cosmetic, health drinks, batteries ,fruit juices and etc .

So , as responsible citizens of India let's encourage our own products by respecting the effort and labour of our manufactures and use only local made products to help Indian economic growth .

In connection with this , we are providing an index of local products and foreign products in the following link

<http://greatofindia.com/list-of-swadeshi-or-indian-products/>

PROJECT :

- Jot down all the products that are being used at your home and check accordingly .
- Segregate them into local and foreign products.
- Till now unknowingly you all might have used more of foreign products. Henceforth, plan with your parents to buy only local Indian products.

**Be a true INDIAN
Buy local
Make it Global**

PRACTICE – 7 : PRACTICE OF ACTIVITIES WHICH ARE TAUGHT

<https://youtu.be/lRaINtFtpBc>

https://youtu.be/MLhlaA0r_jl

<https://youtu.be/MjmUaWkzF-l>

<https://youtu.be/VahUvvRWRVo>

<https://youtu.be/wu5dBxXV2zA>

<https://youtu.be/2hTXVKttYMw>

<https://youtu.be/N9tws80LXDc>

<https://youtu.be/4L9luGNx-b8>

<https://youtu.be/blfLXfi5cTI>

PROJECT – 8 : ENRICH YOURSELF ABOUT CURRENT AFFAIRS

The economic impact of 2019-20 Corona Virus Pandemic in India has been largely disruptive. It has been told that India should prepare for a negative growth rate in Fiscal year 21 (EY21). To know about current affairs and economical growth of our nation and worldwide GDP growth, students are recommended to watch CNBC news for 1 hour daily (Morning – ½ hr and evening ½ hr)

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Subject	Project work
English	<p>Activity :</p> <ul style="list-style-type: none">• COVID-19, is a pandemic that has shaken the world and has turned everything upside-down and changed the face of the world. It taught us many new lessons. Amidst all this chaos, panic and introspection, human transformation is one of the best outcomes we have seen. <p>A. Describe your emotional journey during this pandemic - how you could manage to win over it in the form of an article in about 90 words.</p> <p>B. What was the world before COVID-19? What are the pleasant/unpleasant changes that have come up? Reflect upon this, with respect to our attitude towards the following in the form of a diary speech in about 100-120 words.</p> <ul style="list-style-type: none">• Domestic helpers• Delivery agents• Farmers• Hygiene staff and• Small-time vendors
2 nd Language Hindi	<p>लिखित :</p> <ul style="list-style-type: none">• निम्नलिखित शब्दों के आधार पर दो-दो मुहावरे लिखकर वाक्यों में प्रयोग कीजिए । कुल्हाड़ी, जीभ, दाल, दाँत, सिर, चाँद, उँगली• जैसे : कुल्हाड़ी - अपने पैरों पर कुल्हाड़ी मारना ।• वाक्य : पढ़ाई का समय बरबाद कर के क्षात्र अपने पैरों पर कुल्हाड़ी मारते हैं ।• करोना लाकडाउन से होनेवाले फ़ायदे और नुकसान या अपना अनुभव 10-15 वाक्यों में लिखिए ।

2nd Lang
Telugu

1) సృజనాత్మకత :

ప్రకృతి అందచందాలు అమూల్య సంపదలు. గలగలపారే సెలయేరు, ఉదయించే అరుణ కిరణాల సూర్యుడు, పక్షుల కిలకారావాలు, ఇలా ఎన్నో ఎన్నెన్న అందాలతో విలసిల్లే పల్లెలు ఆనందానికి నెలవులు. అలాంటి పల్లెటూర్లు ఆప్యాయతకు, అనురాగానికి, అద్భుతమైన రమణీయతకూ నిలయాలు. అలాంటి గ్రామం గూర్చి లేదా మీ గ్రామం గూర్చి 10 వాక్యాలు వ్రాయుము.

2) లేఖ :

నీ పేరు భార్గవ్. నీవు 7వ తరగతి ప్రగతి పాఠశాలలో చదువుతున్నావు. ఈ మధ్యనే ప్రజలను అతిగా భయభ్రాంతులకు గురిచేస్తున్న కరోనా వైరస్ (కోవిడ్ - 19) గూర్చి మీ ఇంట్లో మరియు మీ చుట్టు ప్రక్కల ఎలాంటి జాగ్రత్తలు తీసుకుంటున్నారో ఖమ్మంలో నివసిస్తున్న నీ స్నేహితుడు శ్రీనివాస్ కు వివరంగా లేఖను వ్రాయుము.

Without Mathematics there's nothing you can do. Everything around you is Mathematics. Everything around you is numbers. - Shakuntala Devi

Number rules the Universe – Pythagoras

Hi children

Here are some riddles for you. Can you solve these?

- 1) A rabbit fell into a hole that was 14 feet deep. It could jump 3 feet, but slid a foot back each time it jumped. How many jumps does it take the rabbit to get out of the hole?
- 2) A truck driver ends up in front of a tunnel. Tunnel height is 15 feet. Truck height is 15 feet + 1 inch. What is the most economic solution possible to make the truck pass through the tunnel safely?
- 3) I am a three digit number. My ten's place is 5 more than my one's digit. My hundred's digit is 8 less than my ten's digit. What number am I ?
- 4) Write a short note about the Mathematicians Srinivasa Ramanujan, Shakuntala Devi and their contributions to the field of Mathematics.

<p>Science</p>	<p>Project :</p> <ul style="list-style-type: none"> • Learning science is fun. Science helps children to develop observational skills. This requires hands-on activity and learning. Here we are sharing a few experiments / activities that kids can do at home with minimum available materials. All these activities to be done under the supervision of parents / elders. Links are shared. • https://youtu.be/FH-izUQ3xdc • https://youtu.be/8Ft5l8mO11Q • https://youtu.be/ZVsGRwDzsZc
<p>Social Science</p>	<p>Topic: “Be Indian and Buy Indian”</p> <p>Learning outcome: ‘Self-reliance’ by promoting local brands</p> <p>USE MS Word.</p> <p>List International and Indian brands of the products given below.</p> <ul style="list-style-type: none"> • Tooth Paste • Shoes • Soaps • Cosmetics • Tea powder • Make a questionnaire to conduct a survey among householders (minimum five Qs) to identify their usage of brands. • Survey to be conducted for five people over phone/email/Social Media portals linking individuals. • Write your suggestions to become ‘vocal for local’.