



Swaraj Public School, Damla  
Aff. No :531727 School Code:41704  
Website :www.spsdamla.edu.in  
Session 2023-24  
**Summer Enrichment Programme**  
**Class - VII**

**SUMMER TIME, SUMMER TIME**

**LET'S GO OUT AND PLAY**

**TIME FOR FUN AND LOTS OF SUN**

**I LOVE THESE KIND OF DAYS**

**SUMMER TIME, SUMMER TIME**

**SWIMMING TO STAY COOL**

**PILLOW FIGHTS,**

**AND LATE NIGHT FIGHTS**

**AN AWESOME BREAK FROM  
SCHOOL**

**:) APPRECIATE NATURE** - GO FOR LONG WALKS IN A PARK OR GARDEN WITH YOUR FAMILY AND FRIENDS. GROW A PLANT AND NURTURE IT.

**:) UNRAVEL THE ARTIST IN YOU** - CREATE A NEW STORY, TRY A NEW RECIPE WITH YOUR MOM, LEARN A NEW SONG, PLAY A NEW INSTRUMENT.

**:) GOOD MANNERS ARE THE KEY-** RESPECT YOUR PARENT, GRANDPARENTS AND ALL ELDERS.

**:) USE THREE MAGICAL WORDS** (SORRY, PLEASE AND THANK YOU) OFTEN. 'A LITTLE MORE COURTESY GOES A LONG WAY.'

**:) STAY FIT, STAY HEALTHY** - PLAY YOUR FAVOURITE GAME/SPORT REGULARLY.

**:) DEVELOP IN YOURSELF** THE SPIRIT OF SPORTSMANSHIP & SENSE OF HEALTHY COMPETITION.

**:) LEARN ABOUT OUR HERITAGE** – FIND SOME TIME TO VISIT MUSEUM AND MONUMENTS. READ ABOUT THEM.

**:) LEARN NEW THINGS RELATED TO YOUR COUNTRY.**

**:) SAVE NATURE** – CONTRIBUTE TO SAVE OUR PRECIOUS ENVIRONMENT. MINIMIZE THE WASTAGE OF RESOURCES LIKE WATER AND FUEL



## SUMMER ENRICHMENT PROGRAMME

Class-7 (2023-2024)

### SCIENCE

- **Roll no-( 1 to 3)**-Make a beautiful working model on the topic “ Solar power plant ” with the use of waste material.

<https://youtu.be/9Jl0-AX8V9o>

[https://youtu.be/vbwk\\_ThlS48](https://youtu.be/vbwk_ThlS48)

**Answer the following questions based on the project:-**

- What is the principle of a solar power plant?
- What are the four basic components of a solar power plant?
- What is the basic concept behind the working of solar power plant?
- Write the name of India’ s largest solar power plant and its capacity.

### SOCIAL STUDIES

#### Social sustainability

- **Make a report in scrap book on social sustainability including human rights, fair labor practices, living conditions, health safety, wellness, diversity, equity, work life balance, empowerment etc**

### SCIENCE

- **Roll no- ( 4to 6)**- Make a beautiful working model on the topic “Wind power plant ” with the use of waste material.

<https://youtu.be/-3uPJV2GCBI>

<https://youtu.be/A5xb3d9RL7I>

**Answer the following questions based on the project:-**

- What is wind power called?
- What type of energy does a wind turbine use?
- Which turbine is used in wind power plant?
- What are the factors of a wind turbine?

### SOCIAL SCIENCE

#### Equality

- Take chart and show how the inequalities have been reduced overtime and write about show the inequalities that still exist and suggest some remedial actions to be taken to abolish these inequalities

### SCIENCE

**Roll no- ( 7 to 9 )** - Make a beautiful working model of domestic Hydroelectric generator with the use of waste material. <https://youtu.be/aD8ut50QMx8>

<https://youtu.be/CxXiueBzqYk>

**Answer the following questions based on the project:-**

- What is the main source of energy in hydroelectric power plant?
- What are the two important components of a hydroelectric power plant?
- Which cycle is used in hydroelectric power plant?
- Which is the largest hydro electric power plant in India?

### SOCIAL SCIENCE

#### Climate change

- Make a suitable chart on climate change showing long term shifts in temperature and weather patterns etc mainly caused by human activities

## • SCIENCE

- Roll no-(10 to 12) - Make a beautiful working model of Green building / environment building.  
<https://youtu.be/x9bNEG2tazA>

**Answer the following questions based on the project:-**

- What are the four elements of green building?
- What are principles of green building?
- Is green building ecofriendly?
- What are the three benefits of green building?

## SOCIAL SCIENCE

### **Good health and well being**

- Make a chart on how good health and well being can be achieved sustainably for example by discarding junk food, smoking and by adopting healthy eating habits

## • SCIENCE

- Roll no- ( 13 to 15)- Make a beautiful working model on the topic “ Waste water treatment plant “ with the use of waste material. <https://youtu.be/rFtHBPJz5j0>

<https://youtu.be/z1gDr7hMN8k>

<https://youtu.be/Cx2jH58s4mo>

- **Answer the following questions based on the project:-**

- What are the four stages of waste water treatment plant?
- Which water is called waste water?
- Which is the largest waste water treatment plant in India?
- What are the three main factors treated in waste water treatment plant?

## SOCIAL SCIENCE

### **Social sustainability**

- Make a report in scrap book on social sustainability including human rights, fair labor practices, living conditions, health safety, wellness, diversity, equity, work life balance, empowerment etc

## SCIENCE

- Roll no- (16 to 18)- Make an innovative design of bio gas plant using the waste material.

<https://youtu.be/M4V7BWnQutM>

<https://youtu.be/fprDluy5VFc>

**Answer the following questions based on the project:-**

- What is the principle of biogas power plant?
- What is the function of biogas plant?
- What are the components of bio gas plant?
- Which is the main useful gas in bio gas plant?

## SOCIAL SCIENCE

### **Equality**

- Take chart and show how the inequalities have been reduced overtime and write about show the inequalities that still exist and suggest some remedial actions to be taken to abolish these inequalities

## **SCIENCE**

- **Roll no-(19 to 23 )** - Make an innovative design of a thermal power plant showing the generation of power from thermal energy. <https://youtu.be/nigxniFppFA>  
<https://youtu.be/K-aNZCLr8Fc>

**Answer the following questions based on the project:-**

- i) Which power is used in thermal power plant?
- ii) Which fuel is used in thermal power plant?
- iii) Which factor is important for the thermal power plant?
- iv) Name largest thermal power plant in India?

## **SOCIAL SCIENCE**

### **Climate Change**

- Make a suitable chart on climate change showing long term shifts in temperature and weather patterns etc mainly caused by human activities

### **Project work**

Roll no-(24 to 25 ) –VII A

Working Model to represent angle sum property of a triangle

<https://youtu.be/etXepqjVXQ8>

## **SOCIAL SCIENCE**

### **Good health and well being**

- Make a chart on how good health and well being can be achieved sustainably for example by discarding junk food, smoking and by adopting healthy eating habits

### **Project work**

Roll no-(24 to 27 ) –VII B

Working model to represent equivalent ratios

<https://youtu.be/1-J-d18qXA>

## **SOCIAL SCIENCE**

### **Good health and well being**

- Make a chart on how good health and well being can be achieved sustainably for example by discarding junk food, smoking and by adopting healthy eating habits

## **MATHS**

Instructions :

- Do the given questions on A4 size sheets

Q1 Who consumes more energy :  $\frac{3}{4}$  of 36 or  $\frac{4}{5}$  of 35



Q2 An electric heater of  $-1000\text{ W}$  is used for two hours in a day ? What is the cost of using it for a month of 28 days,if one unit costs 3.00 rs .

Q3 In the factory four bulbs of  $1000/4\text{ W}$  each and five fans of  $110/3\text{ W}$  each operate for 12 hours daily. Calculate the units of electricity consumed.

Q4 Which uses more energy a  $250\text{ W}$  TV set in 1 hour,  $1200\text{ W}$  toaster in 10 minutes?

Q5 The engine of  $-54000\text{ J} + 45000\text{ J} + 45000\text{ J} + 64000\text{ J}$  .How much energy is there give answer by using suitable identity.

Q6 A lamp used 21 J of energy. If  $2/3$  of it has been used how much energy is left?

Q7 Find the value of energy units:

a)  $12 \div 3/4$

b)  $7/9 \times 5/4$

c)  $(-7) \div 7$

d)  $2/9 + 2/3$

Q8 A rectangular field is having turbine of length  $2/3\text{ m}$  and  $5/6\text{ m}$  width. Find its perimeter.

Q9 Convert the following units :

a)  $2/3$  of an hour

b)  $7/25$  of a kg

c)  $3/4$  of day

Q10 If the energy consumed by a 17 m long motor is  $57/5\text{ J}$  . Calculate the energy consumed by 1m long motor .

**हिंदी**

ग्रीष्मकालीन गृह कार्य-

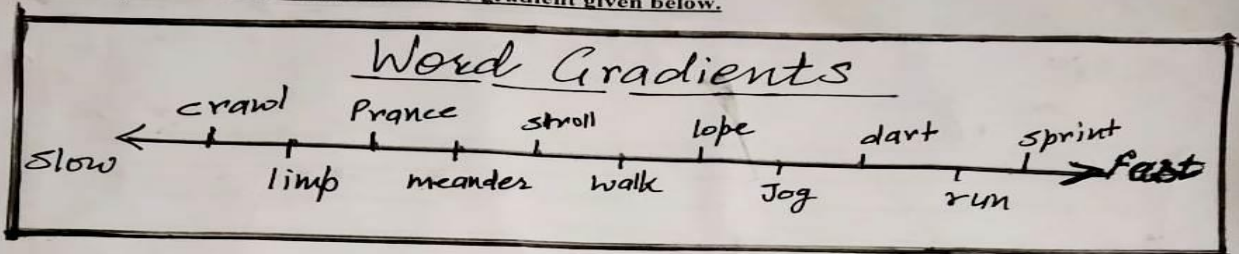
- जीवन और भूमि में अंतर स्पष्ट करते हुए इसे चार्ट के माध्यम से दर्शाइए?
- गुणवत्ता शिक्षा क्या है? इसके प्रमुख आयामों का वर्णन करो और शिक्षा की गुणवत्ता बढ़ाने के लिए ग्रेडिंग भी लिखिए?
- शून्य भूख कार्यक्रम क्या है? भारत में इसके लक्ष्य और विकास के प्रयास के उपाय लिखिए?

### **ENGLISH HOMEWORK**

- Observe and write the ways in which you can contribute to Sustainable Social Development in your surroundings.
- Compose a poem on 'No Poverty' or 'Literacy'
- Solve the given worksheet on a A4 Sheet.

Semantic Gradients

Look at the semantic gradient given below.



Now fill in the following semantic gradients with the list of words given below.

-----|-----|-----|-----|-----|-----|-----|

hot    cold    tepid    warm    boiling    scorching    sizzling

-----|-----|-----|-----|-----|-----|-----|

tiny    small    average    petite    microscopic    enormous    big    gigantic    large

-----|-----|-----|-----|-----|-----|-----|

good

awesome

nice    pleasant    magnificent    wonderful    great    splendid    fantastic

## **ART & CRAFT**

### **Drawing Homework**

- 1. Pick any object and draw it in your notebook using a single light Source to practice shading  
(Objects can be anything like apples, jug, box, beat, etc.)**
- 2. Draw five different types of flowers in your Drawing note book and colour them.**
- 3. Collect a few waste electric bulbs. Paint and decorate them and create a hanging decor.**

## **COMPUTER**

**Make a PowerPoint Presentation on Go Carbon Free/Global Warming.**

**Research the effect of increasing population on increasing pollution , present it in the form of Bar graph / Pie chart since 1981**

## **EBSB**

\*Title page

**SWARAJ PUBLIC SCHOOL DAMLA, YAMUNANAGAR**

**‘EK BHARAT SHRESHTHA BHARAT’**

**Project**

**Session 2023-24**

**Name of class incharge Ms. \_\_\_\_\_**

**Name of project \_\_\_\_\_**

**Name of student \_\_\_\_\_**

**Roll no: \_\_\_\_\_**

**Class & Section : \_\_\_\_\_**

**Signature of class incharge \_\_\_\_\_**

### **1<sup>st</sup>Page**

**Make a colourful & beautiful map of state Manipur.**

### **2<sup>nd</sup>Page**

<b>Name of the state</b>	<b>:</b>	<b>Manipur</b>
<b>Symbols of Manipur</b>	<b>:</b>	
<b>Capital</b>	<b>:</b>	
<b>Fruit</b>	<b>:</b>	
<b>Emblem</b>	<b>:</b>	
<b>No. of Districts</b>	<b>:</b>	
<b>Mammal</b>	<b>:</b>	
<b>Language</b>	<b>:</b>	
<b>Bird</b>	<b>:</b>	
<b>Chief Minister</b>	<b>:</b>	

Flower :  
Governor :  
Tree :  
Area :  
Sport :

3<sup>rd</sup>Page:- Learn and write 5-10 alphabets of Manipuri.

4th page :- History of Haryana and Manipur

5th page :- Culture of Haryana and Manipur

6th page :- Crops grown in Haryana and Manipur

### **SPECIAL DAYS ACTIVITIES:**

➤ **World Environment Day:**

Plantation Drive- Grow Plants in a Vertical Garden and send the Pictures to the class teacher till 2<sup>nd</sup> June.

➤ **FATHER'S DAY ACTIVITY:(To be submitted till 15 June )**

Make a Beautiful collage/album of your childhood pictures with your father and present that to him on fathers day also send the picture to the class teacher by 15<sup>th</sup> June.

