



# CHILDREN' S ACADEMY

' TRUTH TRIUMPHS'  
SESSION 2025-2026

## Class VII



The time to cheer aloud,

The time when you can play,

On the beach with your loved ones,

And do what your heart say,

There is no one to see here,

There is nothing as such to see,

Only the sunlight passing the home.

And clear blue sky as can be

Summers are finally here,

**So have a good summer time,  
As it' s the most amazing time**

**Happy Summer Time !!!**

## **HOLIDAY ASSIGNMENT**

**‘ The holiday season is a perfect time to reflect on blessings and take out ways to make life better for those around us’ .**

The objective of holiday homework is to enable our children to work independently and improve their skills.

**Here are a few suggestions for parents:-**

- Make sure that you spend quality time with your wards.
- Giving them small responsibilities in household chores like watering plants, arranging the dining table, organising his/her cupboard, filling in of empty water bottles as this will aid them to be independent as well as helpful.
- Teach them the importance of ethics/ values in their life.
- Motivate them to read good books.
- Tell them about our great leaders, philosophers, Freedom fighters and induce a sense of pride in them. This creates a feeling of self-esteem and patriotism in them
- Encourage them to do one handwriting page each of English and Hindi daily.
- Keeping in view the heat, indulge yourself in various indoor Games with them.  
Do take them to a park in the morning/ evening and help them to socialize and appreciate Nature.

Students should do their assignment on A4 /A3 size sheets or Scrap Book as instructed. You may also use handmade Eco friendly files for each assignment.

Make these holidays memorable for them by providing a nurtured and stimulated environment at home which is full of fun, excitement, and learning.

**Wish you all fun filled, safe and healthy holidays ahead!**

Theme: “ **Healthy Us for a Better Tomorrow**”

Sub-theme: “ **Small Steps, Big Impact – Towards a Sustainable & Healthy Life**”

Objective: To help students understand and adopt healthy habits for self and planet through fun and age-appropriate.

### **English (Language & Expression)**

Objective: Develop language skills through expression, analysis, and public speaking.

**1. Prepare a Debate on :**

- **Academics is more important than sports**

Roll No. 1 to 15... ..For the motion

Roll No. 16 onwards... ..Against the motion

Prepare arguments, evidence, and counterarguments (300-400 words).

## 2. Creative Writing (Choose One):

- A diary entry from the perspective of a child in a pollution-free future.
- A short story titled: ' *The Day I became muscular*'

## 3. Poster + Slogan Writing:

- Create an impactful poster with a slogan ' Healthy can be tasty' .

## Hindi (हिंदी)

Objective: Encourage cultural expression and creativity in Hindi.

### 1. निबंध लेखन (Choose One):

- "स्व स्थ जी वन शै ली की आ वश्य क ता "
- "स्व च्छ पर्यावरण, स्व स्थ जी वन"

### 2. लघु नाटक लेखन (Short Script):

- Create a 2– 3 minute street play script on "स्व स्थ आ दर्ते"

### 3. स्वस्थता पर कविता लेखन:

- Write a poem on "स्व स्थ बचपन - उज्ज्व ल भविष्य"

## Mathematics

Objective: Apply math concepts through real-life data and analysis.

## 1. Survey & Data Handling Project:

- Conduct a survey of 10– 15 people aged 20- 25 years on the topics each:
  - Hours of screen time
  - Protein intake per day
- Represent the data using bar graphs/pie charts.
- Write observations and conclusions.

## 2. Budgeting a Healthy Week:

- Prepare a weekly budget plan for meals under ₹ 2500 for the week using balanced diet charts.

## Science

Objective: Understand health and environment through models and experiments.

### 1. Working Model (Choose One):

- DIY water purifier model
- Smart dustbin (using sensors if possible)

### 2. Research + Write-Up: (150-200 words)

- “ Role of Nutrition in Teenage Growth”

- “ How Exercise Affects the Human Body”

### 3. Science Journal:

- Maintain a "Health Diary" for 7 days noting:
  - Water intake
  - Hours of sleep
  - Physical activity
  - Mood tracker

## Social Science

Objective: Build social awareness and research skills.

### 1. Mini Survey Project:

- Survey your neighborhood on ‘ awareness on the toxic/ unhealthy ingredients of food items that they purchase’
- Prepare a report with charts and suggestions

### 2. Map Activity:

- Mark regions in India known for:
  - Ayurvedic health practices
  - Places known for Yoga



■ Cleanest cities

**3. Research project:**

- Research and prepare a chart mapping eating habits of different regions of India and mention the influence of their geography on the staple diet.

**Sanskrit (संस्कृतम्)**

Objective: Blend tradition with relevance to health.

**1. श्लोक लेखन एवं उच्चारण अभ्यासः**

- Write and memorize 5 Sanskrit shlokas related to health/yoga with meanings.

**2. संवाद लेखन (Dialogue Writing):**

- Between two friends discussing daily habits for good health (5–10 lines)

**3. चित्रवर्णनम्:**

- Create a Sanskrit description of a yoga posture (for eg. Surya Namaskar) using Sanskrit nouns, verbs, adjectives.

**Computer Science**

Objective: Integrate technology for promoting health awareness.

## **1. Presentation (PPT/Canva):**

- “ Technology & Health: Friends or Foes?” – A 5-slide presentation.

## **2. Infographic Design:**

- Use tools like Canva/PowerPoint to create an infographic on:
  - "10 Daily Habits for a Healthy Life"

### **Submission Format:**

- All work should be compiled in a presentation folder or display format.
- Include name, class, and subject clearly.