



**VSPK**  
**INTERNATIONAL SCHOOL**  
Sector-13, Rohini, Delhi – 110085



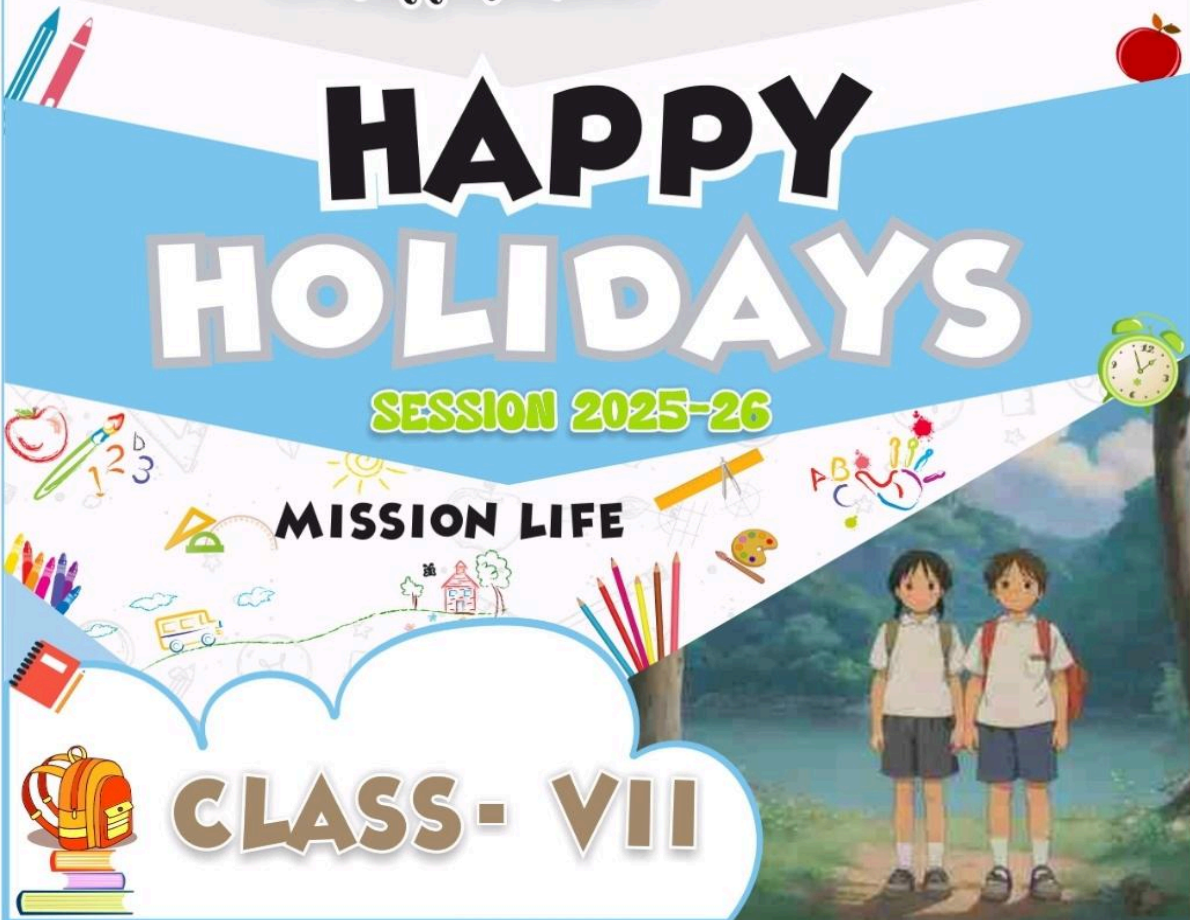
*“Knowledge will bring you  
the opportunity to make  
a difference.”*

**HAPPY  
HOLIDAYS**

**SESSION 2025-26**

**MISSION LIFE**

**CLASS - VII**



Dear Students,

Summer holidays are a wonderful time to relax, explore new interests, and build memories with your loved ones. However, it is equally important to stay connected to your learning journey.

This year, we are aligning our Holiday Homework with the MISSION LiFE (Lifestyle for Environment) movement, encouraging all of us to adopt eco-friendly practices and live sustainably.

Let's use this summer to become responsible citizens who care for Mother Earth while enhancing our creativity, knowledge, and skills.

Enjoy, explore, learn — and make a difference!

Do's:

**Follow a Routine:** Balance study, play, and rest every day.

**Stay Hydrated:** Drink plenty of water and healthy drinks.

**Be Eco-friendly:** Plant trees, recycle, and avoid wasting resources.

**Read Daily:** Explore books that inspire you to care for the environment.

**Spend Time Creatively:** Involve yourself in art, music, craft, and eco-projects.

Don'ts:

**Avoid Excess Screen Time:** Limit mobile, TV, and video games.

**Don't Waste Resources:** Save electricity, water, and food.

**Stay Indoors in Peak Heat:** Avoid going out in the afternoon without necessity.

**Avoid Littering:** Keep your home and surroundings clean.

**Don't Be Idle:** Stay active through exercise, hobbies, or helping parents.

### **GENERAL INSTRUCTIONS**

- **Holiday homework to be done in ONE scrap file for all the subjects.**
- **Take printouts of unseen passage and writing skill in Hindi and English and paste in the scrap file.**

### **MATHS**

#### **☆Eco-Math Comic Strip Adventure☆**

##### **■Concept:**

Create a comic strip story where the hero (maybe a character like “Captain Eco” or “MathMan”) solves environmental problems using math concepts.

##### **■Task:**

1. Create a story with 5–8 comic frames

Example plot:

- The city is wasting water.
- Captain Eco uses volume formulas to show how much water is wasted per day.
- He calculates how much money can be saved if everyone reduces usage by 20%.
- He draws a bar graph comparing water saved in different homes.

2. Each frame includes:

- A short dialogue
- A math concept (like area, volume, profit/loss, percentage)
- A solution that links math to environmental action

3. At the end, include a message

### **SCIENCE**

1. Collect 4–6 different packed chips/snack packets (both branded and unbranded/local).

2. Note down:

- Brand mark (like FSSAI, AGMARK)
- Expiry date (is it clear? is the product expired?)

- Signs of adulteration (bad smell, taste, color, oiliness, packaging condition)


3. Fill the table with your findings:



## HOLIDAY HOMEWORK: FOOD AND CHIPS ADULTERATION

S. No.	Product Name	Brand Mark	Expiry Date	Adulteration Signs	Safe/ Unsafe	Remarks
1	Example: ABC Chips	FSSAI /AGMARK	Jan 2026	No	Safe	Sealed, fresh
2	XYZ Chips (Local)	none	Not visible	Looks oily, smells odd		Avoided
3						
4						

4. As you all are aware certification marks are vital for consumers to identify products that meet established safety and quality standards in India.

Complete the given table :

S. no .	Certification Logo	Full form	Relevance
1.			

2.			
3.			

### SOCIAL SCIENCE

#### Activity: Mission LiFE Around India

Suggest some eco-friendly initiatives taken in different states of India to protect environment. Make it creative by using maps, newspaper clippings, and pictures to enhance your work. (e.g., solar villages in Gujarat, plastic bans in Sikkim).

### FRENCH

Make a colourful collage on french speaking countries include facts in french such as maps, capital, flag, famous food etc.

Roll no 1-7 France

8-12 Canada

13-20 Luxembourg

21-28 Switzerland

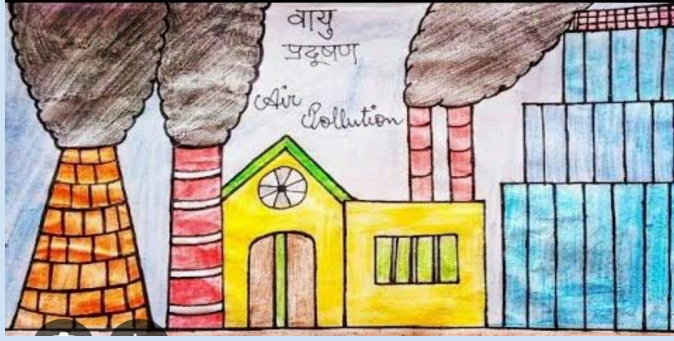
29 onwards Belgium

### SANSKRIT

‘पर्यावरण जीवन शैली’ इस विषय पर आधारित सभी विद्यार्थी संस्कृत में कविता तैयार करेंगे अथवा कक्षा में प्रस्तुत करेंगे।

प्रश्न2. नीचे दिए गए चित्र को देखकर संस्कृत में वाक्य लिखिए।





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मंजूषा- धूम्र, कारखाना, अस्ति, इदम्, चित्रम्, इमारत वायु , प्रदूषण  
ENGLISH

**Instructions:** Take a printout of this holiday homework and do it on the printed sheets itself.

## 1. READING COMPREHENSION

*Read the below given passage and answer the questions that follow:*

The Sundarbans, located in the delta region of the Padma, Meghna, and Brahmaputra river basins, is the largest mangrove forest in the world. Spread across India and Bangladesh, it is famous for its unique ecosystem and rich biodiversity. The name "Sundarbans" means "beautiful forest," and it truly lives up to its name with its wide variety of flora and fauna.

The Sundarbans is home to the majestic Royal Bengal Tiger, which is well-adapted to the saline environment. Apart from tigers, the forest shelters spotted deer, crocodiles, wild boars, and many species of birds and fish. The mangrove trees, with their complex root systems, protect the coastline from erosion and storms.

Despite its beauty and importance, the Sundarbans faces many challenges. Rising sea levels, due to climate change, threaten to submerge large parts of the forest. Human activities like illegal fishing, deforestation, and pollution also harm its delicate balance.

The local communities, who depend on the forest for their livelihood, are trying to protect it through various conservation programs. Many international organizations have also joined hands

to save this precious treasure. The Sundarbans is not just a forest; it is a shield, a provider, and a symbol of nature's resilience.

*After reading the above given passage, answer the following questions:*

**Q1. Give the meanings of the following words as used in the passage:**

- |                        |                        |
|------------------------|------------------------|
| 1. Biodiversity: _____ | 4. Conservation: _____ |
| 2. Majestic: _____     | 5. Resilience: _____   |
| 3. Erosion: _____      |                        |

**Q2. The Sunderbans are located -**

- |  |                                 |
|--|---------------------------------|
| A) In the Himalayan region                               | C) Along the Indian Ocean coast |
| B) In the delta of Padma, Meghna, and Brahmaputra rivers | D) Near the Thar Desert         |

**Q3. The most famous feature of the Sundarbans are-**

- |                  |  |
|------------------|--|
| A) Its mountains | C) Its unique ecosystem and biodiversity |
| B) Its deserts   | D) Its ancient temples                   |

**Q4. Sunderbans is known for this animal-**

- |                       |               |
|-----------------------|---------------|
| A) African Elephant   | C) Kangaroo   |
| B) Royal Bengal Tiger | D) Polar Bear |

**Q5. The coastline of the Sundarbans is protected by-**

- |                |                   |
|----------------|-------------------|
| A) Sand dunes  | C) Mangrove trees |
| B) Coral reefs | D) Concrete walls |

**Q6. Out of the following, which poses the greatest threat to the Sundarbans-**

- |                      |                   |
|----------------------|-------------------|
| A) Earthquakes       | C) Heavy snowfall |
| B) Rising sea levels | D) Volcanoes      |

**Q7. Which human activity is harmful to the Sundarbans?**

- |                    |                         |
|--------------------|-------------------------|
| A) Planting trees  | C) Wildlife photography |
| B) Illegal fishing | D) Rainwater harvesting |

**Q8. What role do international organizations play regarding the Sundarbans?**

- A) They visit for tourism  
B) They organize cultural programs  
C) They help in conservation efforts  
D) They build roads through the forest

**Q9. According to the passage, the Sundarbans is a symbol of:**

- A) Wealth and luxury  
B) Nature's resilience  
C) Historical power  
D) Scientific advancement

### Q10. What do the local communities do to protect the Sundarbans?

- A) Move to cities  
B) Stop using forest products  
C) Run conservation programs  
D) Hunt animals

**2. Write a letter to the future generation about the importance of a sustainable lifestyle.**

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## HINDI

## पठन कौशल

**प्रश्न 1** निम्नलिखित अपठित गद्यांश को ध्यानपूर्वक पढ़कर दिए गए बहुविकल्पीक प्रश्नों में से सही विकल्प का चयन करें:-

वृक्षारोपण का उद्देश्य है पेड़ों को लगाना और उनका संरक्षण करना। यह न केवल पर्यावरण को सुंदर बनाता है, बल्कि जीवन के लिए भी अत्यंत आवश्यक है। वृक्षों से हमें ऑक्सीजन मिलती है, जो जीवित प्राणियों के लिए आवश्यक है। पेड़ कार्बन डाइऑक्साइड को अवशोषित करते हैं और वायुमंडल को शुद्ध बनाते हैं। साथ ही, वे वर्षा लाने में सहायक होते हैं और भूमि के कटाव को रोकते हैं। वृक्ष अनेक प्रकार से मानव जीवन को लाभ पहुँचाते हैं। वे फल, फूल, लकड़ी और छाया प्रदान करते हैं। पशु-पक्षियों के लिए वृक्ष एक सुरक्षित आवास होते हैं। वृक्ष जल संरक्षण में भी सहायक होते हैं क्योंकि उनकी जड़ें पानी को भूमि में रोककर भूजल स्तर को बनाए रखती हैं। आजकल वनों की अंधाधुंध कटाई के कारण पर्यावरण असंतुलित हो रहा है। वायु प्रदूषण, भूमि कटाव, सूखा और बाढ़ जैसी समस्याएँ बढ़ती जा रही हैं। ऐसे में वृक्षारोपण आवश्यक हो गया है। प्रत्येक व्यक्ति को वर्ष में कम से कम एक वृक्ष अवश्य लगाना चाहिए। विद्यालयों, कार्यालयों और सार्वजनिक स्थलों पर वृक्षारोपण कार्यक्रम आयोजित किए जाने चाहिए। वृक्षारोपण न केवल वर्तमान पीढ़ी के लिए, बल्कि आने वाली पीढ़ियों के लिए भी आवश्यक है। यह एक छोटा-सा कदम होते हुए भी पृथ्वी को हरा-भरा और जीवनदायक बनाने की दिशा में बड़ा योगदान देता है।

### 1: वृक्षारोपण का मुख्य उद्देश्य क्या है?

## 2: वृक्ष किस गैस को वायुमंडल से अवशोषित करते हैं?

- (क) ऑक्सीजन  
(ख) नाइट्रोजन  
(ग) कार्बन डाइऑक्साइड  
(घ) हाइड्रोजन

(क) फल दे कर

(ख) जड़ों द्वारा मिट्टी को बाँधकर

(ग) छाया दे कर

(घ) जल छोड़ कर

#### 4: वृक्ष किसके लिए आवास प्रदान करते हैं?

(क) मनुष्यों के लिए

(ख) मशीनों के लिए

(ग) पशु-पक्षियों के लिए

(घ) जलचरों के लिए

5: वृक्षारोपण एक छोटा सा काम होते हुए भी पृथ्वी को कैसा बनाने की दिशा में बड़ा योगदान देता है?

(क) हरा भरा और जीवनदायक

(ख) बंजर भूमि

(ग) प्रदूषण

(घ) बेजान

## लेखन कौशल

### પ્રશ્ન 2.અનુચ્છેદ લેખન

“स्वच्छ पर्यावरण और स्वस्थ जीवन”विषय पर अपने विचारों को व्यक्त करते हुए 100 शब्दों में अनुच्छेद लिखिए।

**'संकेत बिंदु: -\*स्वास्थ्य पर पर्यावरण पर प्रभाव**

\*प्रदूषण का दुष्प्रभाव\*मानव का योगदान\*सरकारी व सामाजिक प्रयास

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**VEDIC MATHS**

Kindly complete 3Dx3D pages in book- 1.



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**THANK YOU**



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