Summers Here!

SUMMER HOLIDAYS HOMEWORK

ARMY PUBLIC SCHOOL
TRUTH IS GOD
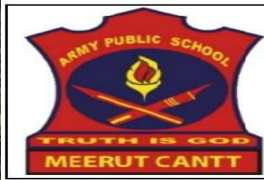**MEERUT CANTT**

We wish you and your child a very happy summer holiday. It's time to enjoy and create a bond with family, friends and relatives. To utilize this time in the most constructive way . Please take out time from your schedule , accompany your ward & spend a wonderful day together.

All the best !!!

SUMMER HOLIDAYS HOMEWORK

MULTIDISCIPLINARY PROJECT

India's Wealth, Millets for Health

CLASS VII
2023-2024

PERSONAL DETAILS

NAME OF THE STUDENT	
ROLL NO.	
CLASS & SECTION	
SESSION	
TOPIC	
SUBMITTED TO	

ENGLISH	● Write the recipe of any one dish prepared using millets mentioning its health benefits.
HINDI	● श्री अन्न की आपके दैनिक जीवन में क्या उपयोगिता है ? 40 शब्दों में अपने विचार प्रकट कीजिए। ● श्री अन्न योजना के प्रचार-प्रसार के लिए देशव्यापी व अंतरराष्ट्रीय स्तर पर अपने सुझाव 40 या 50 शब्दों में प्रस्तुत कीजिए।
MATHS	● Write the nutritional value of any millet in a tabular form and represent protein, calcium, dietary fiber, carbohydrates and iron in rational numbers per 100 grams

MATHS	● Represent the calories of any five millets through a bar graph.
SCIENCE	● Germinate 5-6 different kinds of millets in different disposal containers. Record the growth by taking pictures on different days and paste them in file. ● Make a table detailing the nutritional values of different millets and their potential health benefits
SOCIAL SCIENCE	● Locate on the physical map of India 6 different varieties of millets grown and the region associated with by pasting kinds of millets on the map of India.

SOCIAL SCIENCE	● Introduce millets to consumers and educate them through a write up of stating health benefits of including millets in their diet.
SANSKRIT	● विभिन्नानाम् अन्नानाम् नामानि संस्कृत भाषायां लिखन्तु।(विभिन्न अनाजों के नाम संस्कृत भाषा में लिखो।) ● कोऽपि एकं श्लोकं लिखतु यः अन्नस्य महत्वं प्रतिपादयति।(कोई भी एक श्लोक लिखो जो अन्न के महत्व को प्रतिपादित करता हो।)

RUBRICS

LANGUAGES (ENGLISH, HINDI & SANSKRIT)	MATHEMATICS	SCIENCE & SOCIAL SCIENCE
VOCABULARY (3)	APPLICATION OF KNOWLEDGE (3)	APPLICATION OF KNOWLEDGE (3)
COHERENCE (2)	NEATNESS (2)	NEATNESS (2)
PRESENTATION (2)	PRESENTATION (2)	PRESENTATION (2)
ACCURACY (3)	ANALYSIS AND INTERPRETATION (3)	OBSERVATIONAL SKILL (3)

- **A synopsis of the project needs to be submitted by 04 July 2023 to the respective subject teachers.**

- **The project must be spiral bound.**

- **It must have a cover page. The title of your project should be written on the top in large font. Write "MULTI-DISCIPLINARY PROJECT" above the title. You may use sketches, photographs, cartoons etc. to make the cover page attractive. Do remember to mention your personal details.**

- **The pages should be in coloured A4 size cartridge sheets only. Use different colours for each subject.**

  COLOUR CODE FOR SUBJECTS:

ENGLISH	HINDI / SANSKRIT	MATHS	SCIENCE	SOCIAL SCIENCE
YELLOW	BLUE	GREEN	ORANGE	PINK

- **Page 1 –** should be titled "**PERSONAL DETAILS" and "Index",** which would contain the page-wise breakup of the content of the project in the following pattern:

SERIAL NO.	SUBJECT	PAGE NO.
1	PERSONAL DETAILS and INDEX	PAGE 1
2	INTRODUCTION	PAGE 2
3.	ACKNOWLEDGEMENTS	PAGE 3

- **Page 2-** Write an **introduction** of your project in 100-150 words with pictures .

- **Page 3-** This page should be titled **"Acknowledgment",** to express your gratitude for the help and co-

  operation given to you by any individual or organization.

- **The project will have the subjects arranged in this order. For each subject you have to work on 3-4 pages.**
1. **English**
2. **Hindi**
3. **Mathematics**
4. **Science**
5. **Social science**
6. **Sanskrit**

- **The project will have the subjects arranged in this or The last page will contain a "Bibliography" or "Sources" from where you have gathered information for your project.**

ART INTEGRATED PROJECT

ENGLISH	**Make a Mother's Day Card and write a 'Thank You' message in it to show your gratitude towards your mother.**
MATHS	**Represent the image of mother using tangrams.** **Write HAPPY MOTHER'S DAY by pasting different kinds of millets (millets of Arunachal Pradesh)** **Make it beautiful by adding creativity.** **Dimensions of card 10" x 7"**
ART	

HEART TANGRAM

Make a card for mom or anyone special using tangrams!

Print, color, and cut! Glue the shapes onto a homemade card! Print several templates, and create a scene.

Engineer your own heart or use the guide above. Make people too!

MOTHER'S DAY PUZZLE

ART INTEGRATED PROJECT

हिंदी	अरुणाचल प्रदेश व उत्तर प्रदेश में पाए जाने वाले किन्ही चार प्रकार के श्री अन्न (मोटे अनाज) का नाम चित्र सहित हिंदी में लिखिए।
कला	
SCIENCE	With the help of millet seeds do the seed art to make a flower on A4 drawing sheet. Few images are given below for reference, you can take help from the given images.
ART	

ART INTEGRATED PROJECT

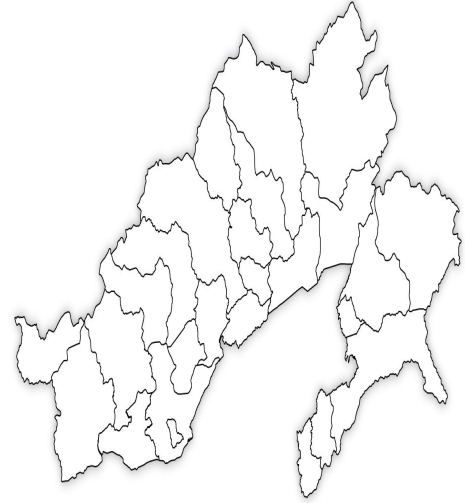|	
THEME -MILLETS OF UTTAR PRADESH AND ARUNACHAL PRADESH	
SOCIAL SCIENCE	**Poster Making**: Design a **Marketing Campaign** to create awareness about the inclusion of millets in our diet. **Instructions For Poster Making** • Layout and format must be organised and concise. • Present your message in a clear and logical way. • Be creative. • Catchy tagline.
ENGLISH	
ART	

ART INTEGRATED PROJECT

THEME -MILLETS OF UTTAR PRADESH AND ARUNACHAL PRADESH	
SANSKRIT	अरुणाचलप्रदेशे उत्पादितानां विभिन्नानां अन्नानाम् सहाय्येन अरुणाचलप्रदेश प्रान्तस्य मानचित्रनिर्माणं करोतु। मानचित्रे अरुणाचलप्रदेशे उत्पादितानाम् अनेकानाम् अन्नानाम् संग्रहणं कृत्वा तेषां संश्लेषणं करोतु।
ART	(अरुणाचलप्रदेश में उत्पादित विभिन्न अनाजों की सहायता से अरुणाचल प्रदेश राज्य के मानचित्र का निर्माण कीजिए। मानचित्र में उन उत्पादित अनाजों का संग्रहण करके चिपकाइए । सभी अनाजों के नाम संस्कृत में लिखिएं।)

RUBRICS{ART INTEGRATION}

CREATIVITY	3
NEATNESS	2
EXPRESSION	2
PRESENTATION	3

IMPORTANT INSTRUCTIONS

❖ Complete all written work done in class.
❖ Learn all topic covered in all subjects as your 1st Term Exam will commence in month of july.
❖ Read English and Hindi newspaper/magazine/storybooks daily to enhance your LSRW(Listening,Speaking,Reading,Writing) skills.
❖ Learn tables to improve basic Mathematics.
❖ Practise cursive writing to enhance your writing skills.

"HAVE A HAPPY AND HEALTHY HOLIDAY."