



# Sanskriti KMV SCHOOL

## Summer Break Assignments Grade-VII (2026-27)

"Good habits and strong values nurtured today become the guiding light of a successful and meaningful tomorrow."

*"Learn, Care, Share and Grow"*

Dear Students,

Summer vacation is not merely a time to relax and rejuvenate; it is also a precious opportunity to explore new experiences, develop essential life skills, and grow into thoughtful and responsible individuals. Keeping this in mind, your Summer Break Assignments have been thoughtfully designed to enhance not only your knowledge but also your moral values and social awareness.

During these holidays, engage yourself in meaningful activities that inspire kindness, responsibility, compassion, and discipline. Learn to:

- \* Feed and take care of birds and animals with love and sensitivity.
- \* Keep your surroundings neat, clean, and environmentally friendly.
- \* Help your parents in daily chores and show respect towards elders.
- \* Practice honesty, punctuality, discipline, and responsibility in everyday life.
- \* Develop the values of sharing, gratitude, empathy, and kindness towards others.
- \* Limit screen time and create opportunities for heartfelt conversations and bonding, especially with grandparents.
- \* Maintain a creative journal capturing memorable outings, celebrations, or simple joyful moments, along with the photographs.

Always remember that true education is not confined to books, examinations, and marks alone; it lies in becoming a good human being with a caring heart and noble character. Even the smallest act of kindness can bring a positive change to society and make the world a better place to live in.

We hope you complete these assignments with enthusiasm, creativity, and sincerity. Make this summer truly meaningful by learning new things, helping others, spreading happiness, and creating beautiful memories.

A few essential guidelines to be followed before proceeding towards the tasks assigned:

- ❖ All assignments must be completed with sincerity and submitted promptly after the vacation. Kindly ensure the work is neatly arranged in a well-labelled folder with the student's name, father's name, class, and section.

*Happy Holidays!*

## ENGLISH

Q1. Read the chapter “ The Princess of Mayapur ” and narrate it to your family members. After narration, write:

- \* Main characters
- \* Moral of the story

Q2. Diary Entry- Sample-1

Indian weddings are matchless in grandeur, glamour and luxury. They are matchless in wastage, extravagance and display of money and wealth. Record your experience of such marriages in your diary.

8th June, 2026

Monday, 7:00 pm

Dear Diary,

It is believed that Indian weddings are matchless in glory, grandeur and glamour. In comparison, weddings in Europe and America pale into insignificance. The other side of the story is that Indian marriages are matchless in wastage, extravagance and vulgar display of money and wealth. Recently, I happened to attend one such big marriage. About five thousand guests were invited to the ‘barat’ or the wedding party. A township of stalls serving hundreds of dishes, drinks and sweets had come up on the sprawling lawns of a five star hotel. The ceremony lasted till midnight. Even by a conservative estimate it was a show worth in crores. Surely this amount would have been sufficient to feed all the beggars and orphans of the city for months. It speaks volumes of disparity that has become the main feature of Indian society. A small minority grabs all the riches and wealth of the nation. The extravagance display in Indian marriages is at the cost of the starving millions. Now is the time to join hands and make people aware so that we can set a good example in the society abandoning the old rituals of the society.

Arpit





# **For Practice** , follow the same pattern and writing instructions as in the sample.

**Travel Diary:** Imagine that you visited Konark Sun Temple or Jagannath Temple. Write a travel diary entry (150–200 words) describing:

- \* What you saw
- \* What you learned
- \* Your feelings and experiences

Hands-on Element: Decorate the page with drawings, tickets, or handmade borders inspired by Odisha art.

Q3. Fill in the blanks in the given sentences by adding correct prefixes or suffixes to the given base word.

- a) He cracked the Civils Service Examination, he was \_\_\_\_ (success) for the second time.
  - b) Ria is \_\_\_\_ (child), she was crying a minute ago and suddenly she started laughing.
  - c) They are \_\_\_\_ (practice), perhaps they will win the \_\_\_\_ (champion) trophy.
  - d) My brother's \_\_\_\_ (aim) is to be a \_\_\_\_ (mathematics) when he grows up.
  - e) He is \_\_\_\_ (manners), he does not know how to behave with elders.
  - f) The current \_\_\_\_ (govern) did as promised, the roads of the old city are now \_\_\_\_ (broad).
  - g) A \_\_\_\_ (combine) of motivation and hard work can fulfil your dreams.
  - h) The doctors have advised her to be \_\_\_\_ (stress) only then she can overcome the \_\_\_\_ (weak).
  - i) She \_\_\_\_ (behave) in the class because of which teachers \_\_\_\_ (agree) to let her sit in the class.
  - j) College days are \_\_\_\_ (memory) days because here only we build \_\_\_\_ (relation) that are never \_\_\_\_ (forget).
- 
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## AIL Activity

Learn about the traditional art form Pattachitra.

Make: A simple Pattachitra-style bookmark/card/folder cover.

Materials:

- \* Chart paper
- \* Sketch pens
- \* Natural colours (optional)

## MATHS

- General Instructions: (i) Do your practice questions on loose sheets  
(ii) Submit your work in file /folder with cover page  
(iii) Do your work neatly and creatively.

*LAB-MANUAL: Do activity no. 2,3,4,5*

*PROJECT-WORK: AIL ACTIVITY*



(Roll no.:1-12) Make a project file on summer and winter crops of Punjab and Odisha and also compare the production of crops by drawing Bar Graph(4 crops each)

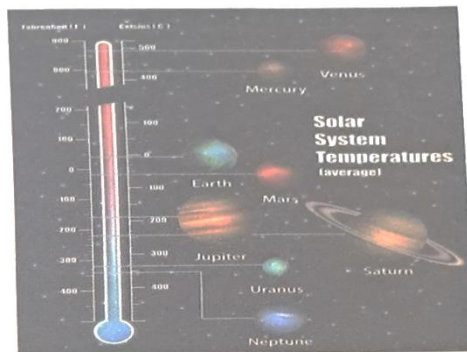
(Rollno.13-24) Make working Model on the topic 'Parallel lines and transversal'

For reference use the link:-<https://youtu.be/EjtowDlo1j0?si=fg8Qx97sTpnZIBpo>

(Roll no.25-onwards) Make working model on the topic "INTEGERS" in a creative way (For reference use the link:-<https://youtu.be/MToYxMKbQic?si=i-Df8mI4QVeOxkVI>)

Case Study: In our solar system different surface temperature .In general ,planets tend to get colder the farther a planet is from the sun. Venuse is the exception ,as its proximity to the sun ,and its dense atmosphere make it our solar system's hottest planet


The table below shows mean temperature of different planets in Fahrenheit .Convert these temperature into Celsius .Use the expression  $\frac{C(F-32)}{9}$  where F represents the number of degrees Fahrenheit , to convert the temperature in degrees Celsius.



Planets	Mean Temperature in Fahrenheit	Mean Temperature in Celsius
Mercury	333 <sup>0</sup> F	
Venus	867 <sup>0</sup> F	
Earth	59 <sup>0</sup> F	
Mars	-85 <sup>0</sup> F	
Jupiter	-166 <sup>0</sup> F	
Saturn	-220 <sup>0</sup> F	
Uranus	-320 <sup>0</sup> F	
Neptune	-330 <sup>0</sup> F	

### Assignment: chapter-1,2,3

1. The distance between the school and the house of a student is 1km875m .Everyday she walks both ways between her school and home .Find the total distance covered by her in a week.
2. Study the following pattern and write the remaining steps  
 $1 \times 8 + 1 = 9$


$$12 \times 8 + 2 = 98$$





$$123 \times 8 + 3 = 987$$

$$1234 \times 8 + 4 = 9876$$

$$12345 \times 8 + \_ = \underline{\hspace{2cm}}$$

$$123456 \times 8 + \_ = \underline{\hspace{2cm}}$$

$$1234567 \times 8 + \_ = \underline{\hspace{2cm}}$$

- 
- 
- 
- 
3. Each side of a regular polygon is 5.6 cm long and the perimeter of the polygon is 67.5 cm. How many sides does the polygon have?
  4. Read and write the number names according to American place value system
    - (i) 40067896
    - (ii) 78943267
    - (iii) 30000403
    - (iv) 50503809
  5. Find the smallest and greatest numbers which are rounded off to the nearest thousand as 6000.
  6. Estimate  $5,673 - 436$  by rounding off the numbers to their greatest places. Also, find the reasonable estimate
  7. Find the difference between the largest number of 4 digits and the smallest number of 7 digit.
  8. Find the product by suitable arrangement
    - (i)  $8 \times 125 \times 40 \times 25$
    - (ii)  $250 \times 60 \times 50 \times 8$
  9. Solve by using suitable properties
    - (i)  $7869 \times 92 + 7869 + 8$
    - (ii)  $67 \times 995$
    - (iii)  $887 \times 461 - 887 \times 361$
  10. Find the value of
    - (i)  $9 + [7 - 14 + (5 - 12)]$
    - (ii)  $-18 - [-3 + \{16 - (12 - 4)\}]$
  11. What will we get, if we add -10 to the product of 40 and -12 and then divide the result by -5?
  12. In a quiz, team A scored -40, 15 and 0 and team B scored 30, -10 and 5 in the three successive rounds which team scored more and by how much?
  13. A staircase has 15 steps. A cat is sitting on the top most step. It jumps 4 steps down and does not reach the ground level. He jumps back 2 steps and repeats this till he reaches the ground. In how many jumps will he reach the ground?
  14. Sunil is 1.6 times taller than his daughter. If his daughter's height is 110cm, find Sunil's height.
  15. How many bottles of mineral water can be filled from a 9000L tank if each bottle holds 750ml?
  16. A labourer whose pay for a day is Rs 220.50 is fined Rs 25.50 if he comes late. At the end of 30 days he receives Rs 6462.00. How often was he late?
  17. I double a number, add 0.043, divide by 0.09 and the result is 0.27. What number did I start with?
  18. The sum of two numbers is 70.4. One of the numbers is 19 times the other. What are the two numbers.

# SCIENCE

**INSTRUCTION: Solve this assignment on loose sheets.**

## **Case Study 1 :**

Rohan is a 13-year-old student studying in Class 7. Over the last few months, he has noticed a sudden increase in his height, and his voice has started becoming hoarse and cracking unexpectedly. He also noticed that his skin has become oily, leading to frequent pimples on his face. Due to these changes, Rohan often feels self-conscious and experiences sudden mood swings. One afternoon, his classmate Amit offered him a small pill, claiming it would magically clear his skin and make him feel energetic and confident. Amit told Rohan not to tell his parents or teachers about it.

Now answer these questions:

1. Identify two physical changes that Rohan is experiencing which indicate he has entered adolescence.
2. What is the biological cause behind the sudden appearance of pimples on Rohan's face during this stage?
3. If you were in Rohan's place, how would you respond to Amit's offer, and why?
4. Suggest two healthy ways Rohan can manage his mood swings and emotional changes without using any substances .

## **Case Study 2 :**

Ananya is a 12-year-old girl who has recently hit her growth spurt. Over the past few months, she has started her menstrual cycle. Lately, she has been feeling constantly tired, weak, and finds it difficult to concentrate during her Class 7 lessons. Her skin looks unusually pale. When her mother checks her daily habits, she realizes that Ananya frequently skips breakfast, dislikes green leafy vegetables, and prefers eating potato chips, burgers, and drinking carbonated sodas with her friends after school.

1. Based on her symptoms and developmental stage, which specific mineral deficiency is Ananya most likely suffering from?
2. Why is the mineral mentioned in Question 1 particularly essential for adolescent girls?
3. Name two healthy, iron-rich foods that Ananya should include in her daily diet to replace her junk food choices.
4. Explain why a balanced diet is more critical during adolescence than during early childhood.

Activity:- Make a 'Healthy, Happy Adolescents' diary in which you have to keep a record of the following:

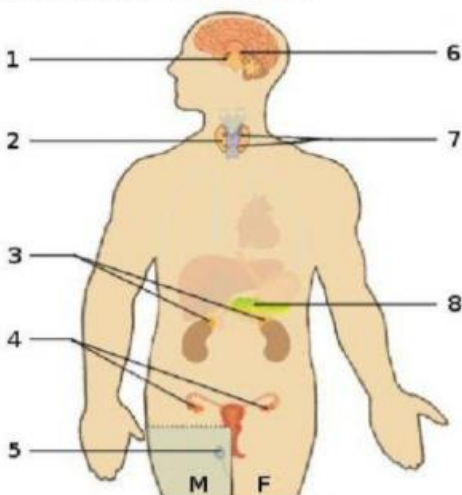
\* A diet plan that includes the balanced diet suitable for your changing body at different times.

- \* Your experience during physical activities like running jogging dancing or yoga.
- \* Your changing emotions over tim, and that the question you may have about your identity.

Worksheet -Label the given figure and complete the table.

## THE ENDOCRINE SYSTEM

Complete the table below by supplying the missing terms. For the name of hormones, choose your answers from Box A; for the name of gland, choose your answers from Box B; and for the location of the gland choose your answers from the illustration below.



**BOX A**

Melatonin	Calcitonin	Parathormone
Insulin	Glucagon	Thyroxine
Adrenaline	Estrogen	Testosterone
Somatotropin	Luteinizing Hormone	
Follicle-Stimulating Hormone	Vasopressin	
Oxytocin	Prolactin	

**BOX B**

Pituitary	Testes	Ovary	Adrenal
Pancreas	Parathyroid	Thyroid	Pineal

FUNCTION	NAME OF HORMONE	GLAND WHERE IT IS PRODUCED	LOCATION OF THE GLAND
Controls the development of female secondary sex characteristics			
Decreases blood calcium			
Stimulates growth			
Prevents water loss			
Helps regulate sleep-wake cycle			
Increases blood calcium			
Increases blood sugar			
Improves reaction to emergencies			
Stimulates the ovaries and testes to produce sex hormones			
Controls development of female secondary sex characteristics			
Stimulates gamete formation			
Decreases blood sugar			

**Lab Manual:** Do write Experiment No. -1,2,5,6,19 and 20 .

Revise lesson - 2, 3 and 6.

**ALL Activity :** Make a "Folk Art Eco-Textile" Wall Hanging' how plants survive in entirely different environments using regional art styles.

## ✂ Materials Required

Before starting, gather these simple, budget-friendly materials:

\* A rectangular piece of old, light-colored cotton cloth (like an old bedsheet or dupatta) or a large piece of thick ivory chart paper (approx. 2 feet wide by 1.5 feet high).

Students will divide their canvas vertically down the middle using a beautifully painted boundary line.

The Left Side will represent \*\*Punjab's Semi-Arid/Subtropical Ecosystem, using Phulkari-inspired geometry (sharp triangles, diamonds, and vibrant yellows, oranges, and greens).

The Right Side will represent \*\*Odisha's Coastal/Monsoon Ecosystem, using Saura or Pattachitra tribal art styles (earthy tones, stick-figure elements, wavy lines, and intricate borders).

## SOCIAL SCIENCE

### Activity-1

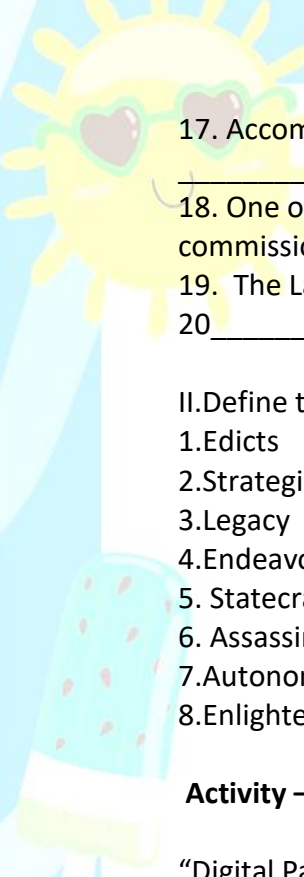
Do the following worksheets on Illustrative Social Science- ACTIVITY ORIENTED WORKSHEETS Booklet

- \* Worksheet-1. Page no. 3
- \* Worksheet-9,10 Page no. 11,12
- \* Worksheet- 15,16. Page no. 17,18
- \* Worksheet-21 Page no. 23

### Activity-2

I.ANSWER THE FOLLOWING

- 1.The National Emblem of India has been taken from the \_\_\_\_\_ at Sarnath.
- 2.The capital of Maurya Empire was \_\_\_\_\_
3. A \_\_\_\_\_ is formed when members of the same family become rulers one after another.
4. Kautilya's famous book \_\_\_\_\_ explains how a kingdom should be organised ,protected and governed.
5. Another name of Chanakya was \_\_\_\_\_.
6. An extensive group of states ruled over by a single Monarch is called \_\_\_\_\_.
7. \_\_\_\_\_, a book written by Megasthenes is an important source of information on the Maurya rule .
- 8.An Empire is larger than a \_\_\_\_\_.
9. \_\_\_\_\_ Maurya founded the Mauryan Empire.
10. The last Nanda ruler was \_\_\_\_\_.
11. \_\_\_\_\_ came to power and established the Nanda dynasty .
12. \_\_\_\_\_ was the grandson of Chandragupta Maurya.
13. Ashoka's edicts and pillar inscriptions show the significance of \_\_\_\_\_.
14. \_\_\_\_\_ religion was embraced by Ashoka after the Kalinga war.
15. \_\_\_\_\_ annexed Kalinga (modern day Odisha )
- 16.Arthshastra means \_\_\_\_\_ or governance .

- 
17. Accompanying the Emblem is the Sanskrit Moto 'Satyamev Jayate' meaning \_\_\_\_\_.
18. One of the finest examples of Mauryan art is the \_\_\_\_\_ from Sarnath, commissioned by emperor Ashoka.
19. The Last Mauryan ruler was \_\_\_\_\_.
- 20 \_\_\_\_\_ river was crucial to Magadha's trade.

II. Define the following terms

1. Edicts
2. Strategist
3. Legacy
4. Endeavour
5. Statecraft
6. Assassinated
7. Autonomy
8. Enlightened

### Activity – 3 : Project Work

“Digital Payments in Everyday Life”

Topic:

How Do Digital Payments Help People in Everyday Life?

In today's modern world, digital payments have made life faster, easier, and smarter! Prepare an informative and creative file showing how digital payment methods are changing the way people shop, save time, and make transactions safely by including the following points:

- \* Online Shopping Payments
- \* Use of digital payments while shopping online through apps and websites.
- \* Mobile Banking
- \* Transfer of money, bills payments, and checking account details anytime and anywhere.
- \* Reducing waiting time and making transactions quick and convenient.
- \* Safe & Cashless Transactions
- \* Benefits and Drawbacks of digital payments in daily life.

Precautionary Measures

Important safety tips people should follow while making online transactions.

Awareness Activity

Paste newspaper cuttings or colourful pictures showing:

#Online frauds

#OTP scams

#Fake payment links

#Cyber crimes related to digital payments

Presentation Ideas

- # Make a beautiful cover page
- # Use colourful headings and borders
- # Add charts, pictures, logos, and diagrams



- #Use neat handwriting and proper labelling
- #Make your file creative, informative, and attractive

#### **Activity – 4** : AIL Activity (Art Integrated Learning)

“Comparative Study of Famous Markets of Punjab and Odisha”

India is known for its colourful markets, rich traditions, and unique handicrafts. Prepare a creative AIL Project comparing the famous markets of Punjab and Odisha using charts, maps, graphs, and pictures.

Compare the Following Points:

- #Basis of Comparison
- #Famous Products
  
- #Types of Markets
  
- #Cultural Importance
  
- #Sightseeing Places
  
- #Widely Practised Profession

Suggested Markets

#### **Punjab**

- Sports Market – Jalandhar
- Cloth Market – Amritsar

#### **Odisha**

- Cuttack Silver Filigree Market
- Pipli Appliqué Market

Creative Presentation Ideas

- #Use Colourful charts
  
- #Maps
  
- #Bar graphs
  
- #Pie charts
  
- #Drawings and photographs

Compare both states in an attractive and easy-to-understand manner.

**Note-** Do the Activity-3 & 4 in the same file.

### ACTIVITY- 5

\*Do the following pages on Map Skill - 10,12 to 16

\* Revise all the Chapters done in class.

## HINDI

**निर्देश :** \*प्रश्न १- ६ तक के सभी प्रश्न वर्कशीट पर करें ।

\* प्रश्न ७ - ९० तक के कार्य सुंदर और आकर्षक होने चाहिए।

**प्रश्न १** निम्नलिखित अपठित गद्यांश को पढ़कर पूछे गए प्रश्नों के उत्तर लिखिए-

डॉ. कलाम दृढ़ इच्छाशक्ति वाले वैज्ञानिक थे। उन्होंने भारत को विकसित देश बनाने का सपना देखा हुआ था। उनका मानना था कि भारतवासियों को व्यापक दृष्टि से सोचना चाहिए। हमें सपने देखकर उन्हें विचारों में बदलने की कोशिश करनी चाहिए। विचारों को कार्यवाही के माध्यम से हकीकत में बदलना चाहिए। डॉ.कलाम तीसरे ऐसे वैज्ञानिक थे, जिन्हें भारत का सर्वोच्च सम्मान 'भारत रत्न' दिया गया। उन्हें 'पद्मभूषण' तथा 'पद्मविभूषण' से भी सम्मानित किया गया। भारत को उन पर गर्व है। इतनी उपलब्धियाँ प्राप्त करने के बावजूद अहंकार कलाम जी को छू तक नहीं पाया। वे सहज स्वभाव और भावुक प्रवृत्ति के व्यक्ति थे। उन्हें कविताएँ लिखना, वीणा बजाना तथा बच्चों के साथ बातचीत करना पसंद था। वे सादा जीवन उच्च विचार में विश्वास रखते थे। कलाम साहब का जीवन हम सभी के लिए प्रेरणादायक है। कलाम जी तपस्या और कर्मठता की साक्षात् प्रतिमूर्ति हैं। राष्ट्रपति पद की शपथ लेते समय दिए गए भाषण में उन्होंने कबीरदास जी के इस दोहे का उल्लेख किया था 'काल करे सो आज कर, आज करे सो अब'। हम उनके जीवन से प्रेरणा लेकर अपने देश को प्रगति के मार्ग पर ले जाने के लिए अथक परिश्रम करेंगे ।

क) डॉ.कलाम किस प्रवृत्ति के व्यक्ति थे?

.....  
..... ।

ख) डॉ. कलाम ने भारत को क्या बनाने का सपना देखा था?

.....  
.....।

ग) डॉ. कलाम को क्या - क्या बेहद पसंद था?

.....  
..... ।

घ) डॉ.कलाम को किन-किन सम्मानों से सम्मानित किया गया?

..... ।

ड)डॉंकलाम की तरह आप भारत को आगे बढ़ाने का क्या प्रयास करेंगे ?

..... ।

**प्रश्न २. निम्न शब्दों का वर्ण-विच्छेद कीजिए –**

i) विद्यालय = \_\_\_\_\_      iii) पुस्तकालय = \_\_\_\_\_

ii) स्वतंत्र = \_\_\_\_\_      iv) संस्कार = \_\_\_\_\_

**प्रश्न ३. नीचे दिए गए वाक्यों में से संज्ञा रेखांकित कर भेद का नाम लिखिए –**

i) राधा बाज़ार से फल लाई।

ii) हिमालय भारत का प्रसिद्ध पर्वत है।

iii) विद्यार्थी पुस्तक पढ़ रहे हैं।

iv) मोर हमारा राष्ट्रीय पक्षी है।

v) किसान खेत में काम कर रहा है।

**प्रश्न ४. नीचे दिए गए शब्दों में से उपसर्ग पहचानकर लिखिए –**

i) अनुशासन \_\_\_\_\_      iii) उपवन \_\_\_\_\_

ii) निराश \_\_\_\_\_      iv) दुर्व्यवहार \_\_\_\_\_

**प्रश्न ५. सही उपसर्ग लगाकर नए शब्द बनाइए –**

i) \_\_विश्वास      iii) \_\_संगठित

ii) \_\_लाभ      iv) \_\_शिक्षित

६. दिए गए लिंक पर क्लिक कर ' घीसा ' पाठ को ध्यान से सुनकर एवं देखकर समझिए एवं पूछे गए मूल्यपरक प्रश्न का उत्तर अपने शब्दों में उत्तरपुस्तिका में लिखें :

'गुरु ' का एक शिष्य के जीवन में क्या महत्व है ?

<https://share.google/9PRU8Pn8J1drAnBtR>

७. निम्न चित्र को देखकर ऐतिहासिक पात्र अकबर एवं पंछी के मध्य हुई बातचीत को संवाद के रूप में कार्यपुस्तिका में लिखें ।



८. पोस्टर मेंकिंग



९. संज्ञा एवं उसके भेद पर आधारित दिए गए चित्र की सहायता से एक आकर्षक मॉडल तैयार करें ।



१०. कला एकीकृत गतिविधि -

विशेष निर्देश : i) प्रयोजन कार्य के प्रस्तुतिकरण में आकर्षण, सृजनात्मकता और कलात्मकता का होना अनिवार्य है।

ii) आप अपनी रुचि अनुरूप कार्य को आकर्षक बनाने के लिए सामग्री का प्रयोग कर सकते हैं।

### कक्षा सातवीं

## कला एकीकृत गतिविधि

i) पंजाब एवं ओडिशा के ऐतिहासिक एवं पर्यटक स्थलों से संबंधित जानकारी एकत्र कर सचित्र एक आकर्षक एलबम तैयार करें ।  
(रोल नं: १ से २०)

ii) पंजाब एवं ओडिशा की लोक भाषा, पहनावे और रहन-सहन से संबंधित जानकारी को सचित्र दिए गए लिंक की सहायता लेते हुए फ्लिप बुक पर वर्णित करें ।  
रोल नं: २१ से ४०

**एलबम का प्रारूप (उदाहरण)**

**फ्लिप बुक का प्रारूप (उदाहरण)**

पंजाब	ओडिशा
<p>1. कहानी का चयन</p>	<p>1. पृष्ठभूमि का चित्रण</p>
<p>2. पात्रों का रेखांकन</p>	<p>2. रंगों का समायोजन</p>
<p>3. निरंतर चित्रों की तैयारी</p>	<p>3. अंतिम संयोजन</p>

दिए गए लिंक की सहायता से आकर्षक फ्लिपबुक तैयार करें ।

<https://youtu.be/kUgnUh3kF0A?si=T1lclm2ZBP13xNM8>

# PUNJABI

" ਆਪ ਕਾਜ ਮਹਾਂ ਕਾਜ "

1 ਵਰਨਮਾਲਾ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਟੋਲੀਆਂ ਨਾਲ ਸੰਬੰਧਿਤ ਅੱਖਰ/ ਵਰਨ ਲਿਖਦੇ ਹੋਏ ਵਰਨਮਾਲਾ ਪੂਰੀ ਕਰੋ:-

ਲੜੀ ਨੰਬਰ	ਵਰਗ ਦਾ ਨਾਮ	ਅੱਖਰ
1		
2		
3		
4		
5		
6		
7		
8		

2. ਲਗਾਂ - ਮਾਤਰਾਵਾਂ ਦੇ ਨਾਮ ਲਿਖਦੇ ਹੋਏ ਅਤੇ ਉਹਨਾਂ ਦੇ ਚਿੰਨ੍ਹ ਬਣਾਉਂਦੇ ਹੋਏ ਦੋ - ਦੋ ਉਦਾਹਰਨਾਂ ਲਿਖੋ:-

ਲੜੀ ਨੰਬਰ	ਲਗਾਂ ਦੇ ਨਾਮ	ਚਿੰਨ੍ਹ	ਸ਼ਬਦ
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

3. ਵਰਕਸ਼ੀਟ (ਮਾਂ ਦਾ ਪਿਆਰ, ਵਿਆਕਰਨ ਅਤੇ ਲਿਪੀ)

(i) ਸ਼ਬਦ ਅਰਥ

(ੳ) ਡੇਬੂ ਪੈਣੇ

(ਅ) ਸਦਕੜੇ ਜਾਣਾ

(ii) ਵਾਕ ਬਣਾਓ :-

ਮੰਨਤਾ

(iii) ਖਾਲੀ ਥਾਵਾਂ ਭਰੋ :-

(ੳ) ਵਾਕ ਰਚਨਾ, ਵਾਕ ਵਟਾਂਦਰਾ ਬਾਰੇ ਜਾਣਕਾਰੀ ਵਾਕ ਦੇ \_\_\_\_\_ ਭਾਗ ਵਿੱਚੋਂ ਮਿਲਦੀ ਹੈ।

(ਅ) ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਲਿਪੀ \_\_\_\_\_ ਹੈ।

(ੲ) ਮਾਂ ਬਹੁਤ ਸਾਰੀਆਂ ਮੁਸੀਬਤਾਂ ਦਾ ਸਾਹਮਣਾ ਕਰਕੇ ਆਪਣੇ ਬੱਚੇ ਦਾ \_\_\_\_\_ ਕਰਦੀ ਹੈ।

(ਸ) ਮਾਂ ਦਾ ਪਿਆਰ \_\_\_\_\_ ਅਤੇ \_\_\_\_\_ ਹੁੰਦਾ ਹੈ।

(iv) ਹੇਠਾਂ ਲਿਖੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਲਿਖੋ :-

(ੳ) ਵਿਆਕਰਨ ਦੀ ਪਰਿਭਾਸ਼ਾ ਲਿਖੋ।

(ਅ) ਜੇਕਰ ਬੱਚਾ ਬਿਮਾਰ ਹੋ ਜਾਵੇ ਤਾਂ ਮਾਂ ਉਸਦੇ ਸਿਰ ਉਪਰੋਂ ਕੀ ਵਾਰਦੀ ਹੈ ?

(ੲ) ਮਾਂ ਬੱਚੇ ਨੂੰ ਕਿਵੇਂ ਸੁਲਾਉਂਦੀ ਹੈ ?

(ਸ) ਮਨੁੱਖੀ ਰਿਸ਼ਤਿਆਂ ਵਿੱਚੋਂ ਸਭ ਤੋਂ ਅਨਮੋਲ ਰਿਸ਼ਤਾ ਕਿਹੜਾ ਹੈ ?

4. ਮਹਾਰਾਜਾ ਰਣਜੀਤ ਸਿੰਘ ਜੀ ਨੇ ਪੰਜਾਬ ਦੀ ਧਰਤੀ ਉੱਤੇ ਚਾਲੀ ਸਾਲ ਤੱਕ ਰਾਜ ਕੀਤਾ। ਇਸ ਸਮੇਂ ਦੌਰਾਨ ਉਹਨਾਂ ਨੇ ਕਈ ਰਾਜਾਂ ਨੂੰ ਆਪਣੇ ਰਾਜ ਵਿੱਚ ਮਿਲਾਇਆ, ਉਹਨਾਂ ਰਾਜਾਂ ਦੇ ਨਾਮ ਲਿਖੋ ਅਤੇ ਉਹਨਾਂ ਨਾਲ ਸੰਬੰਧਿਤ ਜਾਣਕਾਰੀ ਦਿਓ।

5. ਨਿੱਜੀ ਪੱਤਰ

ਆਪਣੇ ਮਿੱਤਰ ਨੂੰ ਪੱਤਰ ਰਾਹੀਂ ਦੱਸੋ ਕਿ ਅੱਜ ਤੁਹਾਡੇ ਅਧਿਆਪਕ ਨੇ ਤੁਹਾਨੂੰ ਸਮਾਜ ਵਿੱਚ ਫੈਲੇ ਵਹਿਮਾਂ- ਭਰਮਾਂ ਬਾਰੇ ਦੱਸਦੇ ਹੋਏ, ਉਹਨਾਂ ਤੋਂ ਦੂਰ ਰਹਿਣ ਸੰਬੰਧੀ ਕਿਹੋ-ਜਿਹੀ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਹੈ।

6. 'ਸੱਚ ਦੀ ਲੋਅ' ਪਾਠ ਪੜ੍ਹ ਕੇ ਦਸ ਪ੍ਰਸ਼ਨ- ਉੱਤਰ ਆਪ ਬਣਾ ਕੇ ਲਿਖੋ।

7. ਪਾਣੀ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿੱਚ ਕੀ ਮਹੱਤਵ ਹੈ, ਇਸ ਤੇ ਪ੍ਰਮੁੱਖ ਸਰੋਤ ਕਿਹੜੇ- ਕਿਹੜੇ ਹਨ ਅਤੇ ਅਸੀਂ ਪਾਣੀ ਦੀ ਸੰਭਾਲ ਕਿਸ ਤਰ੍ਹਾਂ ਕਰ ਸਕਦੇ ਹਾਂ। ( ਦੋ - ਤਿੰਨ ਮਿੰਟ ਦਾ ਭਾਸ਼ਣ ਤਿਆਰ ਕਰੋ।)

8. ਪੰਜਾਬ ਅਤੇ ਉੜੀਸਾ (AII)

(i) ਚਿੱਤਰ ਵਰਨਣ



ਜਾਂ

(ii) ਘਰ ਵਿੱਚ ਪਈਆਂ ਪੁਰਾਣੀਆਂ ਚੀਜ਼ਾਂ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਇੱਕ ਸਜਾਵਟੀ ਤੋਹਫ਼ਾ ਬਣਾਓ। (ਪੰਜਾਬ- ਉੜੀਸਾ)

ਜਾਂ

9. (i) ਵਿਆਕਰਨ ਦੀ ਪੁਸਤਕ ਸੰਬੰਧੀ ਲੇਖ (ਵਿਗਿਆਨ ਦੇ ਚਮਤਕਾਰ, ਮੇਰਾ ਪੰਜਾਬ, ਖੇਡਾਂ ਦੇ ਲਾਭ, ਇੱਕ ਆਦਰਸ਼ ਅਧਿਆਪਕ, ਵਿਦਿਆਰਥੀ ਅਤੇ ਫੈਸ਼ਨ), ਕਹਾਣੀਆਂ (1 ਤੋਂ 4 ਤੱਕ) ਪੜ੍ਹੋ।

(ii) ਜਮਾਤ ਵਿੱਚ ਕੀਤੇ ਕੰਮ ਦੀ ਦੁਹਰਾਈ ਕਰੋ।

ਨੋਟ :- ਸਾਰਾ ਕੰਮ ਸਕਰੈਪ ਕਾਪੀ ਉੱਤੇ ਲਿਖੋ।

## COMPUTER

- I. Carefully read the chapter PDF given below, watch the video through the provided link, and answer the questions that follow.

Link: <https://www.youtube.com/watch?v=rUI3r5inwz4>

### AI in Industries

Imagine waking up in the morning and asking your phone to check the weather. It answers right away. A navigation app tells you which route to take to go to school to avoid traffic. A learning app can assist you in solving a difficult math problem. A doctor uses a smart machine to monitor a patient's health. Artificial Intelligence (AI) makes all of these things possible.

AI is not just a technology idea; it is a powerful tool that changes how things work in the world. AI is helping people make better decisions and live better lives in many places, such as at home, in schools, on the road, and on their phones.

#### AI and Healthcare

When someone is sick, we depend on hospitals and doctors to help them get better. Today, AI is working with medical professionals to improve healthcare by making it faster, safer, and more accurate.

#### Use of AI in Hospitals and Medicine

AI-powered machines and devices in modern hospitals help doctors examine patients more closely. AI models can look at X-ray or MRI images and quickly point out areas that show problems. Doctors may be able to find infections and tumours much earlier than they have been able to in the past, which could save thousands of lives.

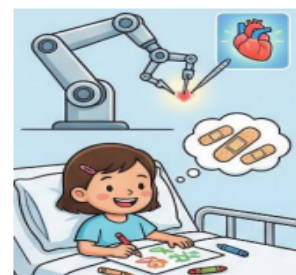
Some patients have smart devices like fitness bands and health apps that record heart rate, steps, and sleep. These devices monitor health information and alert the user if something appears abnormal.

If a user's heart rate becomes irregular, the device could recommend visiting the doctor right away. Robotic surgeries make complex surgeries safer and shorten the time it takes for patients to heal.



#### Case Study: Precision in Heart Surgery

A young girl had to undergo heart surgery. Usually, this kind of surgery would need large incisions and a long time to heal. Instead, doctors used an AI-assisted robotic system. The AI helped steady the surgeon's hands by removing even the smallest natural shaking. Three small cuts were used to perform the surgery. A few days later, the girl was sitting up and drawing with crayons. **AI did not do the surgery by itself; it helped the doctor do it in a safer and gentler way.**



#### Improving Accuracy and Decision-Making

AI can read thousands of medical reports in just a few seconds. A medical professional could spend hours or days examining so much data. AI can quickly compare the symptoms of a patient with global medical data and recommend treatment options.

If a patient somewhere has an unusual illness, AI systems will be able to go through the medical records of patients in the world to find others with similar illnesses and see what worked best. This leads to better decision-making and fewer errors. Support from AI enables doctors to spend more of their time on patient care and less time searching out potentially unknown research findings.

### **AI in Education**

AI is making education smarter and more engaging. Today students no longer limit themselves to textbooks and traditional classroom settings. They can have access to innovative ideas through a digital medium, which is interactive in nature and conducive to learning.

### **AI in Teaching and Learning**

AI is powering many educational apps and websites that are now available to students in new and engaging ways. These sites teach through videos, quizzes, and games. When a student responds to a question, the system immediately checks it and provides feedback.

Teachers also use the tools to keep track of how students are doing and grade their work. Teachers do not have to spend as much time grading papers, which means they can spend more time helping students learn concepts better.

For example, web-based applications such as digital learning platforms make it easy for teachers to share notes, assign homework, and interact with students.



### **Learning Support**

AI-powered learning apps help students who find subjects like mathematics difficult by providing simpler explanations and additional practice problems. Students who learn the concepts quickly are given more challenging and customised tasks to keep them engaged and motivated. This approach helps students develop a greater self-confidence and love of learning.

### **Case Study: AI-based online class reminders.**

Meet Aisha, a 10-year-old girl who often forgot to attend her online classes on time and missed important lessons. To solve this problem, her school introduced an AI-based reminder system.

The system learned her class schedule and sent timely reminders before each session. It also adjusted the notifications based on her daily routine. As a result, Aisha began attending classes regularly and showed improvement in her learning and overall performance.



**AI did not just send reminders, but it built a regular learning habit for Aisha.**

## The Role of AI in Transport Sector

AI is used by traffic control systems to keep busy roads safe. Sensors and cameras keep track of how many cars are on the road. AI looks at this data and then controls the traffic lights to make traffic flow better, reduce congestion and prevent sudden braking.

AI helps navigation apps find the quickest way to get to your destination. If there is traffic or an accident, the app instantly recommends a new way. This feature saves time and fuel. For example, self-driving car companies have developed vehicles that can see obstacles, read traffic signs, and help drivers.



## Improving Safety and Efficiency

The AI technology also helps to prevent accidents by minimizing the chances of human error. The cars can alert and slow down if the driver is distracted. Public transport systems also use AI to maintain schedules. Buses and trains run on time because AI helps plot routes and track delays. This kind of technology takes people off crowded roads with grinding traffic and lets them travel in peace to their destinations.

## Case Study: Smarter Traffic During Monsoon

During the monsoon season, heavy rains in Mumbai frequently cause traffic congestion. An AI traffic system analysed weather information and traffic patterns. Drivers use navigation devices to find other routes before heavy rain begins. AI began adjusting traffic patterns in anticipation of heavy rain. As a result, traffic during heavy rains improved significantly. **AI used historical and real-time data to anticipate congestion and optimise the system.**



## AI in Communication

Communication is an important part of our daily life. With the help of Artificial Intelligence, it has become faster, easier, and more efficient.

Email services and messaging apps are leveraging AI to sort through messages, including blocking spam mails. This prevents the loss of important messages. Voice assistants respond to voice commands by answering questions and sending messages. Translation tools help people understand different languages quickly. This makes it easy for people from different countries to communicate.

Video platforms use AI to recommend videos that viewers are likely to watch, based on the kinds of videos they already prefer. This helps users find useful and interesting content.



## **Faster and Better Information Exchange**

AI enables the rapid flow of information around the world. It enhances sound and video quality during online classes or meetings. Background noise is reduced, and the voice becomes much clearer. For example, if students are taking an online class at home, then Artificial Intelligence can help reduce background noise so they can hear the teacher clearly. AI enhances communication tools to keep people constantly connected and informed.

### **Case Study: AI in a Rescue Mission**

A rescue ship in the sea got distress calls in various languages all within minutes during an emergency. The rescue team did not know how to speak all of these languages. The messages were quickly translated by an AI system. It even detected the speakers' fear and urgency. The system warned that one person sounded extremely distressed. The rescue team saved the boat by reaching in time.



**AI did more than translate words; it helped save lives.**

## **Advantages of Using AI in Different Industries**

Several Industries have been benefitted by Artificial Intelligence as it helps them improve their efficiency. AI is not taking away the jobs, it is helping in increasing productivity. Hospitals, banks, factories etc., are improving their quality of work by using AI



### **Saves Time and Increases Work Speed**

AI is remarkably good at carrying out repetitive tasks. AI systems can also work nonstop without getting exhausted or bored to complete any task in time.

### **Reduces Costs**

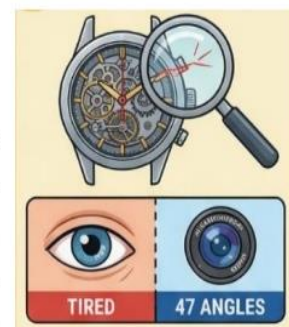
Efficient planning of work for any business saves money and AI assists in that. It can help in avoiding costly machine breakdowns by identifying issues in time. It also helps control stock and energy use, which diminishes waste.

### **Improves Quality**

Artificial Intelligence is supportive in improving the quality of product and services. It helps in checking items carefully and in detecting even small imperfections, leading to more reliable results.

### **Case Study: Ensuring Perfect Quality**

Human eyes may get tired using magnifying glasses to look at small gears in a watch factory. Human inspectors missed about 3% of defects. An AI high-resolution vision system now checks each gear from 47 different angles and compares it to millions of perfect samples. It once found a scratch so small that it was only one-hundredth the width of a human hair! For an athlete who needs to be on time, even seconds matter.



**AI makes sure that things are right when they need to be perfect.**

### **Helps in Better Decision Making**

Artificial intelligence can quickly process large amounts of data. It will find patterns and make relevant suggestions. AI helps businesses and other organisations make informed decisions and plan for the future.

### **Better customer service**

Many organizations are developing AI chatbots and virtual assistants. Customers receive quick responses from AI, allowing them to get help without waiting in long lines. In addition, AI recommends products that customers may need, providing a more convenient shopping experience.

### **Improves safety**

AI monitors workplace environments and alerts personnel to potential hazards. It also helps secure information online by detecting fraud and identifying hacking attempts. This helps protect businesses.

### **Case Study: AI Inspires New Designs**

An AI system, while studying thousands of patents noticed something unusual. The shape of bird wings and certain ship designs had similar patterns. A new ship design with tender wing-like curves is suggested by AI. This reduced water resistance by 18%. It has helped in supplying medical equipment and medicines to remote islands faster and with less fuel in these ships.

**AI connects ideas from different fields and helps humans develop better solutions.**



### Points to remember:

- ✓ Artificial Intelligence (AI) is a powerful tool that helps industries work quicker, smarter, and more proficiently.
- ✓ AI is used in many areas such as healthcare, education, transport, communication, and business.
- ✓ In education, AI provides personalised learning by adjusting lessons according to a student's learning pace and ability.
- ✓ AI improves transport systems by managing traffic lights, predicting congestion and suggesting faster routes.
- ✓ AI improves communication by filtering spam emails, translating languages and enhancing audio and video quality.

### A. Multiple Choice Questions.

- Artificial Intelligence mainly helps industries to become:
  - Traditional
  - Efficient
  - Slow
  - Manual
- In healthcare, AI mainly helps in:
  - Diagnosis
  - Advertising
  - Packaging
  - Decoration
- In education, AI provides:
  - Cancelling classes
  - Personalised learning
  - Reducing learning
  - Extra homework
- In transport systems, AI is used to:
  - Manage traffic
  - Increase traffic congestion
  - Stop route planning
  - Remove public transport
- AI supports better decision-making by:
  - Ignoring available data
  - Analysing large amounts of data
  - Making random guesses
  - Avoiding pattern recognition

### B. Fill in the blanks.

- AI-powered machines help doctors detect diseases at an \_\_\_\_\_ stage.
- Robotic surgery can make complex operations \_\_\_\_\_ and reduce recovery time.
- AI learning programs can understand how each student \_\_\_\_\_ best.
- Traffic control systems use \_\_\_\_\_ and cameras to monitor vehicles on roads.
- AI translation tools help people understand different \_\_\_\_\_.

### True or False:

- AI can help doctors detect diseases at an early stage.
- AI completely replaces teachers in classrooms.
- AI helps traffic systems manage congestion.
- AI cannot analyse large amounts of data quickly.
- AI improves communication by reducing background noise in online meetings.

AI APPLICATION	FIELD
Analysing MRI scans	
Giving instant quiz feedback	
Controlling traffic lights	
Blocking spam emails	
Managing inventory and energy use	

II. AI around Indian states.

1. An AI cultural museum is being designed where students can explore Indian states using art, music, and technology. The museum has two interactive rooms:

Room A shows Punjab's culture through Bhangra dance videos, Phulkari embroidery patterns, wheat field paintings, and Golden Temple sketches.

Room B shows Odisha's culture through Odissi dance animations, Pattachitra art, Konark Sun Temple models, and coastal scenery paintings.

*As a student designer, you are asked to create a digital poster or collage using AI tools*

*Choose two art forms from Punjab and two from Odisha shown in the museum.*

*Design a creative poster showing these art forms.*

2. An AI language app is learning different Indian cultures.

When students type "Sat Sri Akal," the app connects it with one state. When students search for "Jagannath Rath Yatra," the app connects it with another state.

Identify both states and explain how AI apps help students learn about different cultures.

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III. Solve the following:

1. Do Binary calculations

a.  $11001+10001$

b.  $1111-0010$

c.  $111 \times 10$

d.  $101010+100001$

b.  $10001-01100$

c.  $101 \times 11$

2. Do the following conversions: (Solve this question on a loose sheet of paper)

- a.  $(110111)_2 = (?)_{10}$
- b.  $(326)_{10} = (?)_2$
- c.  $(55)_{10} = (?)_2$
- d.  $(A24)_{16} = (?)_{10}$
- e.  $(D3A)_{16} = (?)_{10}$
- f.  $(442)_8 = (?)_{10}$

IV. Answer the following

- 1. Which number system uses only 0 and 1?  
\_\_\_\_\_
- 2. What is the base of the Decimal Number System?  
\_\_\_\_\_
- 3. Which number system is commonly used by computers?  
\_\_\_\_\_
- 4. What is the base of the Binary Number System?  
\_\_\_\_\_
- 5. Which number system uses digits from 0 to 7?  
\_\_\_\_\_
- 6. Which number system uses digits from 0 to 9 and A to F?  
\_\_\_\_\_
- 7. What is the base of the Octal Number System?  
\_\_\_\_\_
- 8. What is the base of the Hexadecimal Number System?  
\_\_\_\_\_
- 9. Which number system do humans use in daily life?  
\_\_\_\_\_
- 10. What is the smallest digit in the Decimal Number System?  
\_\_\_\_\_
- 11. Which hexadecimal digit comes after 9?

\_\_\_\_\_

12. Which number system has base 16?

\_\_\_\_\_

13. What is the full form of ASCII?

\_\_\_\_\_

## PHYSICAL EDUCATION

(Practical Manual)

(A) Choose Any two Game

Kho- kho, hand ball, Basketball, Badminton, Volleyball and

1. History

2. Latest rule of the game

3. Terminology Only 5

4. Fundamental skills only 5

5. Important tournament

6. Playing field and equipments

(B) YOGA (page no.101 to 107).

History , Standing asanas, Sitting asanas, Lying asanas paste pictures related with asanas

## G.K

1. Young Achiever & Personality Profiles

Research and write a short biography (100–150 words) on inspiring Indian figures. Profile a young Indian sportsperson who has achieved international success recently. Create a mini-profile of a notable historical or scientific personality (e.g., Dr. A.P.J. Abdul Kalam).

\* Write down in general knowledge notebook.

2. Write down an editorial on recent issue.

i. Reasons behind the war between Iran and America.

ii. What are the consequences of war on world economy.

iii. Impact on Asian countries like India, Sri Lanka , Bangladesh, Pakistan and other third world countries.

iv. Assume you are the General Secretary of UNO General Assembly , give solution on this clashes and conflicts between America and Iran.

\* Editorial should be of 250 words, paste picture also.

\* Write down on ruled sheets.

3. Write down the current affairs of month May and June 2026.

\* Current affairs should be date wise.

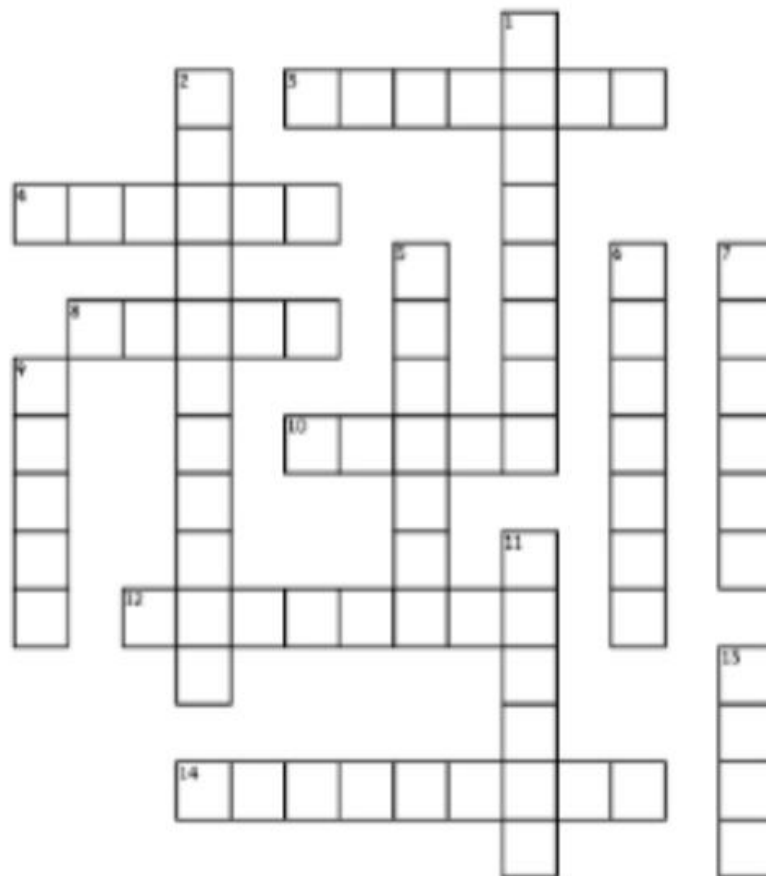
\* Related to the national and international issues

\* Politics, Environmental issues, important summits and incidents etc.

\* Write down in your Gk notebook.

4. Solve the following crossword puzzle.

## General Knowledge



### Across

3. Winner of the FIFA World Cup in 1930

4. 'White whale'

8. Elsewhere (Latin)

10. French for yellow

12. Capital of the Democratic Republic of the Congo

14. Third oldest university in the UK

### Down

1. Country in South America

2. Largest oil exporter in the world

5. Type of coffee bean

6. Longest river in Asia

7. Highest mountain peak of the United States and North America

9. Wading bird

11. Type of cheese

13. Location of the last European Formula 1 Grand Prix

# ART & CRAFT

## Creative Hanging Craft

### Few Guidelines-

The width should not be more than 8 inches and the height should not be more than 16 inches

Use only pastel sheet and ivory sheet for Tri colour

Students can use waste material or craft materials for the decoration of the hangings







# ❁ Eco Club Summer Green Mission ❁

## Theme for the Session

*“Small Green Steps, Big Future Changes”*

## Eco Club Slogan

*“Save Nature Today, Secure Tomorrow.”*

## Event Name



## ❁ “My Kitchen Garden Mission” ❁

## Activity Details

Students will create a small kitchen garden at home using any one of the following:

- Pots
- Recycled bottles
- Trays
- Balcony space
- Terrace area
- Backyard soil

Students may select and grow:


- Coriander
- Mint
- Spinach
- Tomatoes
- Chillies
- Fenugreek
- Basil
- Any other seasonal vegetables/herbs

## Student Tasks

**Students Will Submit an Observation Report on an A4 Sheet:**

📷 Paste 1–2 photographs while planting.

📝 Write about:

- Weekly growth record
  - Plant grown
  - Duration taken for growth
  - Challenges faced during gardening
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