

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2023-24 (04.08.2023 to 24.11.2023)

Name of teacher: Dr. Shweta Saini

Subject: Home Science

	Date	Class: B.A 1st year	Class: B.A3rd year	Class: MDC
		Semester: 1st	Semester:5th	Semester: 1st
Friday	04.08.2023	Orientation		Orientation
Saturday	05.08.2023	Introduction to Syllabus	Foods: Introduction	Introduction of syllabus
Monday	07.08.2023	Introduction and Objectives of Interior Decoration		Concept & Job Opportunities in Home science
Tuesday	08.08.2023	Importance of Elements of Art		Basic Terminology
Wed	09.08.2023	Structural Design & its Application	Function s & Classification of Food	
Thrusday	10.08.2023		Carbohydrates	
Friday	11.08.2023		Carbohydrates	
Saturday	12.08.2023		Protein	
Monday	14.08.2023	Decorative Design & its Application		Classification & Function of Food
Tuesday	15.08.2023	Independence Day		
Wed	16.08.2023	Elements of Art	Protein	
Thrusday	17.08.2023		Fat	
Friday	18.08.2023		Fat	
Saturday	19.08.2023		Vitamin A	
Monday	21.08.2023	Elements of Art		Carbohydrate
Tuesday	22.08.2023	Elements of Art		Carbohydrate
Wed	23.08.2023	Application of Elements of Art in Interior Decoration	Vitamin D	
Thrusday	24.08.2023		Vitamin E	
Friday	25.08.2023		Vitamin K	
Saturday	26.08.2023		Vitamin B1	
Monday	28.08.2023	Principal of Design		Protein
Tuesday	29.08.2023	Principal of Design		Protein
Wed	30.08.2023	Raksha Bandhan		
Thrusday	31.08.2023		Vitamin B ₂	
Friday	01.09.2023		Vitamin B3	
Saturday	02.09.2023		Vitamin B12	
Monday	04.09.2023	Principal of Design		Fat
Tuesday	05.09.2023	Application of Principles of Design in Interior Decoration		Fat
Wed	06.09.2023	Janamashtmi		
Thrusday	07.09.2023		Vitamin C	
Friday	08.09.2023		Folic Acid	
Saturday	09.09.2023		Calcium	
Monday	11.09.2023	Application of Principles of Design in Interior Decoration		Textile Fibers
Tuesday	12.09.2023	Properties of Colour		Textile Fibers
Wed	13.09.2023	Psychological effect of Colour		
Thrusday	14.09.2023		Iron	
Friday	15.09.2023		Iodine	
			Sodium	

	Date	Class: B.A 1st year	Class: B.A3rd year	Class: MDC
		Semester: 1st	Semester:5th	Semester: 1st
Saturday	16.09.2023		Potassium	
Monday	18.09.2023	Colour Scheme		Yarn
Tuesday	19.09.2023	Colour Scheme		Yarn
Wed	20.09.2023	Application of Colour Scheme in Interior of Home	Functions of Water in the Body	
Thrusday	21.09.2023		Role of Dietary Fiber in Human Nutrition	
Friday	22.09.2023		Advantage of Cooking	
Saturday	23.09.2023	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
Monday	25.09.2023	Type and requirement of Light in various Activities		Sewing Machine
Tuesday	26.09.2023	Type and requirement of Light in various Activities		Human Growth & Development
Wed	27.09.2023	Lighting fixtures in the Home	Effect of Cooking on different Nutrients	
Thrusday	28.09.2023		Different cooking Methods: Moist heat	
Friday	29.09.2023		Dry Heat	
Saturday	30.09.2023		Frying	
Monday	02.10.2023	Mahatma Gandhi Jayanti		
Tuesday	03.10.2023	Informal Table Setting		Infancy
Wed	04.10.2023	Formal Table Setting	Radiation	
Thrusday	05.10.2023		Importance of Enhancing Food value of Food Stuff	
Friday	06.10.2023		Sprouting	
Saturday	07.10.2023		Fermentation	
Monday	09.10.2023	Types of Furniture		Infancy
Tuesday	10.10.2023	Types of Furniture		Infancy
Wed	11.10.2023	Factors Affecting Purchase of Furniture	Combination method Supplementation Meal Planning & Principles Concept of Balance Diet & Factors Affecting Meal Planning	
Thrusday	12.10.2023			
Friday	13.10.2023			
Saturday	14.10.2023			
Monday	16.10.2023	Care & Maintenance of Furniture		Childhood
Tuesday	17.10.2023	Types of Flower Management		Childhood
Wed	18.10.2023	Accessories and Points considered in Flower Arrangement	Principles of Meal Planning for School going Children	
Thrusday	19.10.2023		Principles of Meal Planning for School going Children	
Friday	20.10.2023		Principles of Meal Planning for adolescent	
Saturday	21.10.2023		Principles of Meal Planning for adult	
Monday	23.10.2023	Flower Decoration for different Occasions		Resource Management
Tuesday	24.10.2023	Dussehra		
Wed	25.10.2023	Soft Furnishing	Principles of Meal Planning for Pregnant Woman	
Thrusday	26.10.2023		Principles of Meal Planning for Lactating Woman	

	Date	Class: B.A 1st year	Class: B.A3rd year	Class: MDC
		Semester: 1st	Semester:5th	Semester: 1st
Friday	27.10.2023		Introduction & Different Therapeutic Diets	
Saturday	28.10.2023	Maharishi Valmiki Jayanti		
Monday	30.10.2023	Soft Furnishing		Time
Tuesday	31.10.2023	Wall Treatment		Energy
Wed	01.11.2023	Haryana Day		
Thrusday	02.11.2023		Diet in Diseases: Typhoid Fever	
Friday	03.11.2023		Diarrhea & Costipation	
Saturday	04.11.2023		Diabetes	
Monday	06.11.2023	Types of Wall Treatment		Money
Tuesday	07.11.2023	Window Treatment		Extension Education
Wed	08.11.2023	Window Decoration	Hypertension	
Thrusday	09.11.2023		Food Preservation & Food spoilage	
	10.11.2023 to 16.11.2023		Diwali Vacations	
Friday	17.11.2023		Principles of Food Preservation	
Saturday	18.11.2023		Household Methods of Food Preservation	
Monday	20.11.2023	Types of Floor Covering		Qualities of Extension Worker
Tuesday	21.11.2023	Revision		Revision
Wed	22.11.2023	Revision	Revision	Revision
Thrusday	23.11.2023			
Friday	24.11.2023			
Saturday	25.11.2023	Examinations Onwards		

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2023-24 (04.08.2023 to 24.11.2023)

Name of teacher: Ms Upasana

Subject : Homescience

Date	Class: B.A. 2nd year Theory	Class: B.A.2nd year Practical	Class:B.A. 1st year Practical Gp1
	Semester:3rd Sem	Semester:3rd Sem	Semester:3rd Sem
04.08.2023	Introduction	Introduction	Introduction
05.08.2023	Animal cell Structure	Study of different parts of sewing machine	Preparation of House plans for different income groups
07.08.2023	Composition	Study of different parts of sewing machine	
08.08.2023	Composition	Study of different parts of sewing machine	
09.08.2023		Study of different parts of sewing machine	
10.08.2023		Study of different parts of sewing machine	
11.08.2023	Mitosis		Preparation of House plans for different income groups
12.08.2023	Meiosis		Preparation of House plans for different income groups
14.08.2023	Skeletal system	Basic stitches -Basting	
15.08.2023	Independence Day		
16.08.2023		Tucking	
17.08.2023		Running stitches	
18.08.2023	Functions		Floor decoration
19.08.2023	Names of bones and joints		Alpana
21.08.2023	Names of bones and joints	Hemming	
22.08.2023	Digestive system	Hemming	
23.08.2023		Button hole stitch	
24.08.2023		Button hole stitch	
25.08.2023	Organs		Rangoli
26.08.2023	Digestion of food		Pottery Painting
28.08.2023	Absorption of food	Plain seams	
29.08.2023	Revision	Run and fell seams	
30.08.2023	Raksha Bandhan		
31.08.2023		Processes and Darts	
01.09.2023	Circulatory System, Blood		Pottery Painting
02.09.2023	Composition, Function, Coagulation of blood		Pottery Painting
04.09.2023	Heart- Structure and Working	Plackets	
05.09.2023	Blood Pressure	Plackets	
06.09.2023	Janamashtmi		
07.09.2023		Pin Tucks	

Date	Class: B.A. 2nd year Theory	Class: B.A.2nd year Practical	Class:B.A. 1st year Practical Gp1
	Semester:3rd Sem	Semester:3rd Sem	Semester:3rd Sem
08.09.2023	Normal values of Hb, Cholesterol ,Urea ,Uric acid, Glucose		Pottery decoration
09.09.2023	Revision		Paper cutting
11.09.2023	Revision	Pin Tucks	
12.09.2023	Excretory System	Cross Tucks	
13.09.2023		Cross Tucks	
14.09.2023		Embroidery stitches	
15.09.2023	Functions of kidney		Collage Making
16.09.2023	Functions of skin		Candle Making
18.09.2023	Function of lungs	Embroidery samples	
19.09.2023	Revision	Embroidery samples	
20.09.2023		Embroidery samples	
21.09.2023		Embroidery samples	
22.09.2023	Test		Stone Painting
23.09.2023	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
25.09.2023	Reproductive System	Embroidery Samples	
26.09.2023	Reproductive organs	Embroidery article	
27.09.2023		Embroidery article	
28.09.2023		Embroidery article	
29.09.2023	Functioning of male and female sex glands		Gift wrapping
30.09.2023	Menstruation		Greeting Cards
02.10.2023	Mahatma Gandhi Jayanti		
03.10.2023	Fertilization	Embroidery article	
04.10.2023		Embroidery article	
05.10.2023		Embroidery article	
06.10.2023	Revision		Shopping bags
07.10.2023	Test		Accessories
09.10.2023	Endocrine glands, Function	Embroidery article	
10.10.2023	Pituitary,Thyroid	Embroidery article	
11.10.2023		Embroidery article	
12.10.2023		Knitting	
13.10.2023	Adrenal,Islets of langerhans	Knitting	Table setting and Napkin folding
14.10.2023	Revision		Flower Arrangement
16.10.2023	Test	Knitting	
17.10.2023	Nervous System	Knitting Samples	

Date	Class: B.A. 2nd year Theory	Class: B.A.2nd year Practical	Class:B.A. 1st year Practical Gp1
	Semester:3rd Sem	Semester:3rd Sem	Semester:3rd Sem
18.10.2023		Knitting Samples	
19.10.2023		Knitting Samples	
20.10.2023	Parts(Brain and spinal cord)		Flower Arrangement
21.10.2023	Functions		Color Schemes
23.10.2023	Reflex Action	Knitting Samples	
24.10.2023	Dussehra		
25.10.2023		Knitting Samples	
26.10.2023		Tie and dye	
27.10.2023	Reflex Action		Color Schemes
28.10.2023	Maharishi Valmiki Jayanti		
30.10.2023	Revision	Tie and dye	
31.10.2023	Test	Tie and dye	
01.11.2023	Haryana Day		
02.11.2023		Tie and dye samples	
03.11.2023	Revision		Color Schemes
04.11.2023	Revision		Color Schemes
06.11.2023	Revision	Tie and dye samples	
07.11.2023	Revision	Tie and dye samples	
08.11.2023		Tie and dye samples	
09.11.2023		Tie and dye article	
10.11.2023 to 16.11.2023	Diwali Vacations		
17.11.2023	Test	Tie and dye article	File checking
18.11.2023	Revision	Tie and dye article	File checking
20.11.2023	Revision	Tie and dye article	
21.11.2023	Revision	File checking	
22.11.2023	Revision	File checking	
23.11.2023	Revision	File checking	
24.11.2023	Revision	File checking	File checking
25.11.2023	Examinations Onwards		