

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Even Semester)**

Session 2023-24 (01.01.2024 to 30.04.2024)

Name of Teacher: Dr.Shweta Saini

Subject: Home Science

Day	Date	Class: 3rd year	Class.....
		Semester: 6th	Semester.....
Monday	01.01.2024	Child Psychology: Definition Aims of Child Psychology Subject matter Objectives of studying	Introduction of Syllabus
Tuesday	02.01.2024		
Wednesday	03.01.2024		
Thursday	04.01.2024		
Friday	05.01.2024		
Saturday	06.01.2024		
Monday	08.01.2024		
Tuesday	09.01.2024		
Wednesday	10.01.2024	Learning: Meaning, Importance	
Thursday	11.01.2024	Method of learning	
Friday	12.01.2024	Method of learning	
Saturday	13.01.2024	Method of learning	
Monday	15.01.2024		
Tuesday	16.01.2024		
Wednesday	17.01.2024	Shri Guru Gobind Singh Ji Jayanti	
Thursday	18.01.2024	Method of learning	
Friday	19.01.2024	Factor effecting learning	
Saturday	20.01.2024	Factor effecting learning	
Monday	22.01.2024		
Tuesday	23.01.2024		
Wednesday	24.01.2024	Intelligence: Definition, Importance	
Thursday	25.01.2024	Measurement of intelligence	
Friday	26.01.2024	Republic Day	
Saturday	27.01.2024	Measurement of intelligence	
Monday	29.01.2024		
Tuesday	30.01.2024		
Wednesday	31.01.2024	Measurement of intelligence	
Thursday	01.02.2024	Measurement of intelligence	
Friday	02.02.2024	Personality Development: Definitions, Types	
Saturday	03.02.2024	Factors affecting the development of personality	

Day	Date	Class: 3rd year	Class.....
		Semester: 6th	Semester.....
Monday	05.02.2024		
Tuesday	06.02.2024		
Wednesday	07.02.2024	Factors affecting the development of personality	
Thursday	08.02.2024	Play: Definition, Features of Child Play Types of play Difference between work and play	
Friday	09.02.2024		
Saturday	10.02.2024		
Monday	12.02.2024		
Tuesday	13.02.2024		
Wednesday	14.02.2024	Basant Panchmi/Sir Chhotu Ram Jayanti	
Thursday	15.02.2024	Importance of play on childhood Stages of the development introduction Characteristics of: Infancy	
Friday	16.02.2024		
Saturday	17.02.2024		
Monday	19.02.2024		
Tuesday	20.02.2024		
Wednesday	21.02.2024	Characteristics of: Infancy	
Thursday	22.02.2024	Characteristics of: Infancy Characteristics of: Childhood	
Friday	23.02.2024		
Saturday	24.02.2024	Guru Ravidas Jayanti	
Monday	26.02.2024		
Tuesday	27.02.2024		
Wednesday	28.02.2024	Characteristics of: Childhood Characteristics of: Adolescence Characteristics of: Adolescence Problem of an adolescent child	
Thursday	29.02.2024		
Friday	01.03.2024		
Saturday	02.03.2024		
Monday	04.03.2024		
Tuesday	05.03.2024		
Wednesday	06.03.2024	Role of parents and teacher in solving problem of an adolescentchild	
Thursday	07.03.2024	Role of parents and teacher in solving problem of an adolescentchild	
Friday	08.03.2024	Maha Shivratri	
Saturday	09.03.2024	The Expectant mother: Sign of pregnancy	
Monday	11.03.2024		
Tuesday	12.03.2024		
Wednesday	13.03.2024	Discomforts of pregnancy	
Thursday	14.03.2024	Care of the expectant mother in brief	
Friday	15.03.2024	Ill effects of an early marriage	

Day	Date	Class: 3rd year	Class.....
		Semester: 6th	Semester.....
Saturday	16.03.2024	Ill effects of an early marriage	
Monday	18.03.2024		
Tuesday	19.03.2024		
Wednesday	20.03.2024	Care of newborn infants- Bathing	
Thursday	21.03.2024	Clothing and hygiene during infancy	
Friday	22.03.2024	Feeding of an infant: Breast feeding	
23.03.2024 to 31.03.2024		Holi Vacations	
Monday	01.04.2024		
Tuesday	02.04.2024		
Wednesday	03.04.2024	Feeding of an infant: Breast feeding	
Thursday	04.04.2024	Artificial feeding	
Friday	05.04.2024	Breast feeding verses Artificial feeding	
Saturday	06.04.2024	Weaning: Meaning, Definition	
Monday	08.04.2024		
Tuesday	09.04.2024		
Wednesday	10.04.2024	Importance of Weaning	
Thursday	11.04.2024	Id-Ui-Fitr	
Friday	12.04.2024	Methods of weaning	
Saturday	13.04.2024	Vaisakhi/Chhath Puja	
Monday	15.04.2024		
Tuesday	16.04.2024		
Wednesday	17.04.2024	Ram Navami	
Thursday	18.04.2024	Cold, Cough, Fever	
Friday	19.04.2024	Diarrhea, Constipation, Vomiting	
Saturday	20.04.2024	Prickly heat, Allergy	
Monday	22.04.2024		
Tuesday	23.04.2024		
Wednesday	24.04.2024	Convulsions	
Thursday	25.04.2024	Revision	
Friday	26.04.2024	Revision	
Saturday	27.04.2024	Revision	
Monday	29.04.2024		
Tuesday	30.04.2024		

Shweta Saini

Dayanand Mahila Mahavidyalaya, Kurukshetra
Lesson Plan for UG First Year - NEP (Even Semester)

Session 2023-24 (16.02.2024 to 31.05.2024)

Name of Teacher: Dr. Shweta Saini

Subject: Nutrition Science

Day	Date	Class: B.A 1st year Semester: 2nd Sem
Friday	16.02.2024	
Saturday	17.02.2024	
Monday	19.02.2024	Introduction of Syllabus
Tuesday	20.02.2024	Definition of Nutrition, Nutrient, RDA, Balanced Diet, Health,
Wednesday	21.02.2024	Reference man & reference woman and BMR- Definition and Factors affecting BMR
Thursday	22.02.2024	
Friday	23.02.2024	
Saturday	24.02.2024	Guru Ravidas Jayanti
Monday	26.02.2024	Functions and Sources of water for Human Body
Tuesday	27.02.2024	Classification, functions, Sources & requirements of carbohydrate
Wednesday	28.02.2024	Effect of deficiency and excess of carbohydrate
Thursday	29.02.2024	
Friday	01.03.2024	
Saturday	02.03.2024	
Monday	04.03.2024	Types, functions, Sources & requirements of Fiber
Tuesday	05.03.2024	Health problems associated with excess and deficiency of fiber
Wednesday	06.03.2024	Classification, functions, Sources & requirements of Protein
Thursday	07.03.2024	
Friday	08.03.2024	Maha Shivratri
Saturday	09.03.2024	
Monday	11.03.2024	Classification, functions, Sources & requirements of Lipids
Tuesday	12.03.2024	Health problems associated with excess and deficiency of Lipids
Wednesday	13.03.2024	Definition and Classification of Lipids
Thursday	14.03.2024	
Friday	15.03.2024	
Saturday	16.03.2024	
Monday	18.03.2024	Difference between water and fat soluble vitamins
Tuesday	19.03.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin A
Wednesday	20.03.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin D
Thursday	21.03.2024	
Friday	22.03.2024	
23.03.2024 to 31.03.2024		Holi Vacations
Monday	01.04.2024	Test
Tuesday	02.04.2024	Problems of Students
Wednesday	03.04.2024	Problems of Students
Thursday	04.04.2024	
Friday	05.04.2024	
Saturday	06.04.2024	
Monday	08.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin E
Tuesday	09.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin K
Wednesday	10.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin C
Thursday	11.04.2024	Id-UI-Fitr

Day	Date	Class: B.A 1st year Semester: 2nd Sem
Friday	12.04.2024	
Saturday	13.04.2024	Vaisakhi/Chhath Puja
Monday	15.04.2024	Revision
Tuesday	16.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin B1
Wednesday	17.04.2024	Ram Navami
Thursday	18.04.2024	
Friday	19.04.2024	
Saturday	20.04.2024	
Monday	22.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin B2
Tuesday	23.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin B6 & B12
Wednesday	24.04.2024	Function, sources, RDA, effect of excess and deficiency of Vitamin Niacin & Folic acid
Thursday	25.04.2024	
Friday	26.04.2024	
Saturday	27.04.2024	
Monday	29.04.2024	Definition & Classification of Minerals
Tuesday	30.04.2024	Function, Sources, RDA, effect of excess and deficiency of Calcium
Wednesday	01.05.2024	Function, Sources, RDA, effect of excess and deficiency of Phosphorus
Thursday	02.05.2024	
Friday	03.05.2024	
Saturday	04.05.2024	
Monday	06.05.2024	Function, Sources, RDA, effect of excess and deficiency of Magnesium
Tuesday	07.05.2024	Function, Sources, RDA, effect of excess and deficiency of Sodium & Potassium
Wednesday	08.05.2024	Function, Sources, RDA, effect of excess and deficiency of Iron
Thursday	09.05.2024	
Friday	10.05.2024	Parshuram Jayanti/Akshay Tritiya
Saturday	11.05.2024	
Monday	13.05.2024	Function, Sources, RDA, effect of excess and deficiency of Iodine
Tuesday	14.05.2024	Function, Sources, RDA, effect of excess and deficiency of Fluorine
Wednesday	15.05.2024	Function, Sources, RDA, effect of excess and deficiency of Zinc
Thursday	16.05.2024	
Friday	17.05.2024	
Saturday	18.05.2024	
Monday	20.05.2024	Revision
Tuesday	21.05.2024	Revision
Wednesday	22.05.2024	Revision
Thursday	23.05.2024	
Friday	24.05.2024	
Saturday	25.05.2024	
Monday	27.05.2024	Revision
Tuesday	28.05.2024	Revision
Wednesday	29.05.2024	Revision
Thursday	30.05.2024	
Friday	31.05.2024	

Shweta Sam

Dayanand Mahila Mahavidyalaya, Kurukshetra**Lesson Plan (Even Semester)**

Session 2023-24 (01.01.2024 to 30.04.2024)

Name of Teacher: Ms Upasana

Subject : Homescience

Day	Date	Class: B.a 2nd year Theory	Class: B.a 2nd year Practical	Class : B.a 1st year Practical MDC
		Semester :4th Sem	Semester: 4th Sem	Semester: 2 Sem
Monday	01.01.2024	Introduction	Introduction	
Tuesday	02.01.2024	Introduction of traditional textile	Types of Measuring equipments	
Wednesday	03.01.2024			
Thursday	04.01.2024			
Friday	05.01.2024	Traditional textile	Taking body measurements	
Saturday	06.01.2024	Traditional textile	Taking body measurements	
Monday	08.01.2024	Origin	Taking body measurements	
Tuesday	09.01.2024	Definition of Fiber	Taking body measurements	
Wednesday	10.01.2024			
Thursday	11.01.2024			
Friday	12.01.2024	Classification of fiber	File work	
Saturday	13.01.2024	Classification of fiber	File work	
Monday	15.01.2024	Revision	File checking	
Tuesday	16.01.2024	Manufacturing of Cotton	File checking	
Wednesday	17.01.2024	Shri Guru Gobind Singh Ji Jayanti		
Thursday	18.01.2024			
Friday	19.01.2024	Properties of cotton	Drafting	
Saturday	20.01.2024	Manufacturing of silk	Drafting	
Monday	22.01.2024	Properties of Silk	Child's Bodice block	
Tuesday	23.01.2024	Manufacturing of Polyester	Child's bodice block	
Wednesday	24.01.2024			
Thursday	25.01.2024			
Friday	26.01.2024	Republic Day		
Saturday	27.01.2024	Properties of Polyester	File work	
Monday	29.01.2024	Revision	File checking	
Tuesday	30.01.2024	Test	File checking	
Wednesday	31.01.2024			
Thursday	01.02.2024			
Friday	02.02.2024	Properties of Rayon	Adaptation to gathered frock	
Saturday	03.02.2024	Properties of Rayon	Adaptation to gathered frock	
Monday	05.02.2024	Revision	File work	
Tuesday	06.02.2024	Revision	File checking	
Wednesday	07.02.2024			
Thursday	08.02.2024			
Friday	09.02.2024	Soaps	Adults Bodice block	
Saturday	10.02.2024	Soaps	Adults Bodice block	
Monday	12.02.2024	Detergents		
Tuesday	13.02.2024	Starches	File work	

Day	Date	Class: B.a 2nd year Theory	Class: B.a 2nd year Practical	Class : B.a 1st year Practical MDC
		Semester :4th Sem	Semester: 4th Sem	Semester: 2 Sem
Wednesday	14.02.2024	Basant Panchmi/Sir Chhotu Ram Jayanti		
Thursday	15.02.2024			
Friday	16.02.2024	Starches	File checking	Cooking Terminologies
Saturday	17.02.2024	Blues and bleaches	Drafting of botton wear	Cooking Terminologies
Monday	19.02.2024	Revision	Drafting of botton wear	
Tuesday	20.02.2024	Test	File work	
Wednesday	21.02.2024			
Thursday	22.02.2024			
Friday	23.02.2024	Finishes	File checking	File work
Saturday	24.02.2024	Guru Ravidas Jayanti		
Monday	26.02.2024	Objectives of Finishes	Frock gathered with sleeves	
Tuesday	27.02.2024	Application of finishes	Frock gathered with sleeves	
Wednesday	28.02.2024			
Thursday	29.02.2024			
Friday	01.03.2024	Types of finishes	File work	Cooking recipes
Saturday	02.03.2024	Types of finishes	File checking	Cooking recipes
Monday	04.03.2024	Revision	Stitching of botton wear	
Tuesday	05.03.2024	Test	Stitching of botton wear	
Wednesday	06.03.2024			
Thursday	07.03.2024			
Friday	08.03.2024	Maha Shivratri		
Saturday	09.03.2024	Calendaring	Stitching of Kameez	Cooking Recipes
Monday	11.03.2024	Bleaching	Stitching of Kameez	
Tuesday	12.03.2024	Sizing	Stitching of Kameez	
Wednesday	13.03.2024			
Thursday	14.03.2024			
Friday	15.03.2024	Preshrinking	Stitching of Kameez	Basic Stitches
Saturday	16.03.2024	Crease Resistant	Stitching of Kameez	Basic Stitches
Monday	18.03.2024	Dyeing	stitching of Kameez	
Tuesday	19.03.2024	Printing	Stitching of Kameez	
Wednesday	20.03.2024			
Thursday	21.03.2024			
Friday	22.03.2024	Revision	File work	File work
23.03.2024 to 31.03.2024		Holi Vacations		
Monday	01.04.2024	Test	File work	
Tuesday	02.04.2024	Basic weaves	File work	
Wednesday	03.04.2024			
Thursday	04.04.2024			
Friday	05.04.2024	Plain weaves	File checking	File checking
Saturday	06.04.2024	Twill weaves	File checking	Preparation of play material
Monday	08.04.2024	Satin weaves	File checking	
Tuesday	09.04.2024	Variation of satin weave	File checking	
Wednesday	10.04.2024			
Thursday	11.04.2024	Id-Ul-Fitr		
Friday	12.04.2024	Laundry and reagents	File checking	Immunization chart
Saturday	13.04.2024	Vaisakhi/Chhath Puja		
Monday	15.04.2024	Acid , Alkalis , Solvents	File checking	
Tuesday	16.04.2024	Absorbents	File checking	
Wednesday	17.04.2024	Ram Navami		

Day	Date	Class: B.a 2nd year Theory	Class: B.a 2nd year Practical	Class : B.a 1st year Practical MDC
		Semester :4th Sem	Semester: 4th Sem	Semester: 2 Sem
Thursday	18.04.2024			
Friday	19.04.2024	Stain Removal	File checking	File work
Saturday	20.04.2024	Methods and types	File checking	File checking
Monday	22.04.2024	Revision	File checking	
Tuesday	23.04.2024	Test	File checking	
Wednesday	24.04.2024	Revision	File checking	
Thursday	25.04.2024	Test	File checking	
Friday	26.04.2024	Revision	File checking	File checking
Saturday	27.04.2024	Test	File checking	File checking
Monday	29.04.2024	Revision	File checking	
Tuesday	30.04.2024	Test	File checking	