

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2024-25 (22.07.2024 to 22.11.2024)

Name of teacher: Dr. Shweta Saini

Subject: Home Science

Day	Date	Class: B.A 3rd year	Class: B.A 1st year	Class: MDC 2nd year	Class: MDC 1st year
		Semester: 5th Sem	Semester: 1st Sem	Semester: 3rd Sem	Semester: 1st Sem
Monday	22.07.2024	Introduction to Syllabus	Oreintation	Introduction to Syllabus	Oreintation
Tuesday	23.07.2024	Introduction to Syllabus	Oreintation	Introduction to Syllabus	Oreintation
Wednesday	24.07.2024	Function s & Classification of Food	Objectives of Interior Decoration		
Thursday	25.07.2024	Function s & Classification of Food	Objectives of Interior Decoration		
Friday	26.07.2024	Carbohydrates	Importance of Elements of Arts in Interior Decoration		
Saturday	27.07.2024	Carbohydrates	Importance of Elements of Arts in Interior Decoration		
Monday	29.07.2024	Carbohydrates	Importance of Elements of Arts in Interior Decoration	Meal Planning	Introduction & Concept of Home Science
Tuesday	30.07.2024	Fats	Importance of Elements of Arts in Interior Decoration	Principles of Meal Planning	Job Opportunities in Home Science
	31.07.2024	Shaheed Udham Singh's Martyrdom Day			
Thursday	01.08.2024	Fats	Structural Design & Its Application		
Friday	02.08.2024	Protein	Structural Design & Its Application		
Saturday	03.08.2024	Protein	Decorative Design & Its Application		
Monday	05.08.2024	Protein	Decorative Design & Its Application	Principles of Meal Planning	Food, Nutrients
Tuesday	06.08.2024	Revision	Line & Its Application	Diet Plan for School Going Child	Nutrition, Health, Balanced Diet

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Wednesday	07.08.2024	Test	Line & Its Application	Diet Plan for School Going Child	Malnutrition
Thursday	08.08.2024	Vitamin A	Form & Its Application		
Friday	09.08.2024	Vitamin D	Texture & Its Application		
Saturday	10.08.2024	Vitamin E	Texture & Its Application		
Monday	12.08.2024	Vitamin K	Light & Its Application	Food Preservation	Classification of Food
Tuesday	13.08.2024	Vitamin B ₁	Light & Its Application	Principles of Food Preservation & Home scale methods	Carbohydrates
Wednesday	14.08.2024	Vitamin B ₂	Pattern & Its Application	Principles of Food Preservation & Home scale methods	Fats
	15.08.2024	Independence Day			
Friday	16.08.2024	Vitamin B ₅	Pattern & Its Application		
Saturday	17.08.2024	Vitamin B12	Colour & Its Application		
	19.08.2024	Raksha Bandhan			
Tuesday	20.08.2024	Vitamin C	Colour & Its Application	Chikankari	Protein
Wednesday	21.08.2024	Folic Acid	Space & Its Application	Phulkari	Definition & Classification of Textile Fibers
Thursday	22.08.2024	Calcium	Space & Its Application		
Friday	23.08.2024	Calcium	Rhythm & Its Application		
Saturday	24.08.2024	Iron	Rhythm & Its Application		
	26.08.2024	Janamashtami			
Tuesday	27.08.2024	Iron	Balance & Its Application	Kantha	Uses of Cotton, Jute, Wool
Wednesday	28.08.2024	Iodine	Balance & Its Application	Chamba	Silk, Rayon, Nylon & Polyester
Thursday	29.08.2024	Sodium	Proportion & Its Application		
Friday	30.08.2024	Potassium	Proportion & Its Application		

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Saturday	31.08.2024	Functions of Water in the Body	Emphasis & Its Application		
Monday	02.09.2024	Role of Dietary Fiber in Human Nutrition	Emphasis & Its Application	Kasuti	Definition & Classification Yarn
Tuesday	03.09.2024	Advantage of Cooking	Harmony & Its Application	Soaps	Definition & Classification Yarn
Wednesday	04.09.2024	Effect of Cooking on different Nutrients	Harmony & Its Application		
Thursday	05.09.2024	Different cooking Methods: Moist heat	Revision		
Friday	06.09.2024	Dry Heat	Test		
Saturday	07.09.2024	Frying	Properties of Colour		
Monday	09.09.2024	Radiation	Psychological Effect of Colour	Detergants	Parts & Functions of Sewing Machine
Tuesday	10.09.2024	Revision	Psychological Effect of Colour	Starches	Care & Maintenance
Wednesday	11.09.2024	Test	Colour Scheme & Its Application	Blues	Meaning & Concept of Human Development
Thursday	12.09.2024	Importance of Enhancing Food value of Food Stuff	Colour Scheme & Its Application		
Friday	13.09.2024	Sprouting	Types of Light		
Saturday	14.09.2024	Fermentation	Requirement of Light for Various Activities		
Monday	16.09.2024	Combination method	Requirement of Light for Various Activities	Bleaches	Factors Affecting Human Development
Tuesday	17.09.2024	Supplementation	Light Fixtures in the Home	Classification of Stains	Physical & Motor Development in Infancy & Early Childhood
Wednesday	18.09.2024	Meal Planning	Light Fixtures in the Home	Classification of Stains	Physical & Motor Development in Infancy & Early Childhood
Thursday	19.09.2024	Meal Planning	Revision		

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Friday	20.09.2024	Concept of Balance Diet	Revision		
Saturday	21.09.2024	Concept of Balance Diet	Test		
	23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day			
Tuesday	24.09.2024	Principles of Meal Planning	Informal Table Setting	Methods of Stain Removal	Social & Motor Development in Infancy & Early Childhood
Wednesday	25.09.2024	Factors Affecting Meal Planning	Formal Table Setting	Methods of Stain Removal	Social & Motor Development in Infancy & Early Childhood
Thursday	26.09.2024	Principles of Meal Planning for School going Children	Table Manners		
Friday	27.09.2024	Principles of Meal Planning for School going Children	Buffet Style		
Saturday	28.09.2024	Principles of Meal Planning for School going Children	Indian Style		
Monday	30.09.2024	Principles of Meal Planning for adolescent	Restaurant Style	Physical Changes	Cognitive & Language Development in Infancy & Early Childhood
Tuesday	01.10.2024	Principles of Meal Planning for adolescent	Café Style		
	02.10.2024	Mahatma Gandhi Jayanti			
	03.10.2024	Maharaja Aggarwal Jayanti			
Friday	04.10.2024	Principles of Meal Planning for Adult	Types of Furniture		
Saturday	05.10.2024	Principles of Meal Planning for Adult	Furniture Arrangement for Bedroom		
Tuesday	07.10.2024	Revision	Furniture Arrangement for Drawing Room	Physical Changes	Cognitive & Language Development in Infancy & Early Childhood
Wednesday	08.10.2024	Test	Furniture Arrangement for Dining Room	Health Problems	Resource Management

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Thursday	09.10.2024	Pregnant Women	Furniture Arrangement for Kitchen		
Friday	10.10.2024	Pregnant Women	Types of Kitchen		
Saturday	11.10.2024	Lactating Women	Revision		
	12.10.2024	Dussehra			
Monday	14.10.2024	Lactating Women	Factors Affecting Selection of Furniture	Health Problems	Importance of Resource Management
Tuesday	15.10.2024	Revision	Factors Affecting Selection of Furniture	Adjustments in Old Age	Process of Time Management
Wednesday	16.10.2024	Introduction to Therapeutic Diet	Purchase of Furniture	Guidance & its Meaning	Process of Energy Management
	17.10.2024	Maharishi Valmiki Jayanti			
Friday	18.10.2024	Normal Diet	Care & Maintanance of Furniture		
Saturday	19.10.2024	Soft Diet	Revision		
Monday	21.10.2024	Fluid Diet	Different Types of Flower Arrangement	Guidance Types	Process of Money Management
Tuesday	22.10.2024	Revision	Accessories used for Flower Arrangement	Skills of Effective Counseling	Extension Education
Wednesday	23.10.2024	Diet in Diseases: Typhoid Fever	Point to be consider for Flower Arrangement	Skills of Effective Counseling	Importance of Extension Education
Thursday	24.10.2024	Diarrhea	Flower Decoration for different occasion		
Friday	25.10.2024	Constipation	Revision		
Saturday	26.10.2024	Diabetes	Test		
	27.10.2024 to 03.11.2024	Diwali Vacations			
Monday	04.11.2024	Diabetes	Soft Furniting	Characteristics of Effective Counseling	Qualities of an Extension Worker
Tuesday	05.11.2024	High Blood Pressure	Material used for upholstered furniture	Characteristics of Effective Counseling	Qualities of an Extension Worker
Wednesday	06.11.2024	High Blood Pressure	Wall Treatment & Its Types	Colour Scheme	Test

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Thursday	07.11.2024	Revision	Wall Treatment & Its Types		
Friday	08.11.2024	Importance of Food Preservation	Window Treatment & Decoration		
Saturday	09.11.2024	Cause of Food Spoilage	Window Treatment & Decoration		
Monday	11.11.2024	Principles of Food Preservation	Types of Floor Treatment	Colour Scheme Application	Revision
Tuesday	12.11.2024	Household Methods of	Types of Floor Treatment	Colour Scheme Application	Revision
Wednesday	13.11.2024	Food Preservation	Revision	Table Etiquettes & Table Setting	Test
Thursday	14.11.2024	Revision	Revision		
	15.11.2024	Guru Nanak Jayanti			
Saturday	16.11.2024	Revision	Test		
Monday	18.11.2024	Revision	Test	Communication Importance & Types	Test
Tuesday	19.11.2024	Revision	Test	PEM, IDD	Test
Wednesday	20.11.2024	Test	Test	Anemia	Test
Thursday	21.11.2024	Test	Test		
Friday	22.11.2024	Test	Test		

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2024-25 (22.07.2024 to 22.11.2024)

Name of teacher: Mrs. Akanksha

Subject: Home Science

Date	Class... B.A. 2nd year	Class.....	Class.....
	Semester... 3rd Sem	Semester.....	Semester.....
22.07.2024	Introduction to Syllabus		
23.07.2024	Introduction to Syllabus		
24.07.2024	Importance of Apparel		
25.07.2024	Importance of Apparel Designing		
26.07.2024	Role in Personality Development		
27.07.2024	Role in Personality Development		
29.07.2024	Elements of Art		
30.07.2024	Elements of Art		
31.07.2024	Shaheed Udham Singh's Martyrdom Day		
01.08.2024	Principles of Art		
02.08.2024	Types of Design		
03.08.2024	Structural & Decorative		
05.08.2024	Structural & Decorative		
06.08.2024	Fabric construction		
07.08.2024	Weaving (Plain)		
08.08.2024	Twill and variation		
09.08.2024	Satin and Sateen Weave		
10.08.2024	Knitting, Types		
12.08.2024	characteristics,		
13.08.2024	Stiches are used		
14.08.2024	Revision		
15.08.2024	Independence Day		

16.08.2024	Test		
17.08.2024	Non Wovens fabric		
19.08.2024	Raksha Bandhan		
20.08.2024	Felting, Bonding		
21.08.2024	Netting, Braiding		
22.08.2024	laces, Reversion		
23.08.2024	Anthropometry		
24.08.2024	Definition, Importance		
26.08.2024	Janamashtami		
27.08.2024	Equipment Required		
28.08.2024	Types of Measurements		
29.08.2024	Care to be taken		
30.08.2024	Methods of developing ^{Design}		
31.08.2024	Pattern		
02.09.2024	Drafting, Tools		
03.09.2024	Techniques		
04.09.2024	Advantages		
05.09.2024	Disadvantages		
06.09.2024	Revision		
07.09.2024	Test		
09.09.2024	Draping, Tools		
10.09.2024	Techniques		
11.09.2024	Advantages		
12.09.2024	Disadvantages		
13.09.2024	Preparation of fabric		
14.09.2024	Preshrinking		
16.09.2024	Straightening ^{Grain}		
17.09.2024	Pressing		
18.09.2024	face & Back Identify		

19.09.2024	Square up, Marking		
20.09.2024	Binning		
21.09.2024	Types of Markings.		
23.09.2024	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		
24.09.2024	Methods of cutting		
25.09.2024	Sewing, finishing		
26.09.2024	Precautions of		
27.09.2024	cutting, Sewing		
28.09.2024	finishing		
30.09.2024	Revision		
01.10.2024	Test		
02.10.2024	Mahatma Gandhi Jayanti		
03.10.2024	Maharaja Aggarsen Jayanti		
04.10.2024	Fashion Concept		
05.10.2024	Importance		
07.10.2024	Terminology		
08.10.2024	Fad, Style, Classic		
09.10.2024	Vogue, Haute Couture		
10.10.2024	Niche, Brand		
11.10.2024	Fashion cycle		
12.10.2024	Dussehra		
14.10.2024	Fashion cycle		
15.10.2024	favoring		
16.10.2024	Retarding factors		
17.10.2024	Maharishi Valmiki Jayanti		
18.10.2024	Retarding factors		
19.10.2024	Revision		
21.10.2024	Test		
22.10.2024	Figure Analysis		

23.10.2024	Figure Types,		
24.10.2024	Common Problems		
25.10.2024	Poor fitting Reason		
26.10.2024	Poor fitting Reasons		
27.10.2024 to 03.11.2024		Diwali Vacations	
04.11.2024	Fitting Problems		
05.11.2024	Remedies		
06.11.2024	Remedies		
07.11.2024	Revision		
08.11.2024	Test		
09.11.2024	Revision		
11.11.2024	Revision		
12.11.2024	Test		
13.11.2024	Revision		
14.11.2024	Test		
15.11.2024	Guru Nanak Jayanti		
16.11.2024	Revision		
18.11.2024	Revision		
19.11.2024	Test		
20.11.2024	Test		
21.11.2024	Revision		
22.11.2024	Test		

Mr. Akanksha