

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2025-26 (22.07.2025 to 24.11.2025)

Name of teacher: Dr.Shweta Saini

Subject: Home Science

Date	Day	Class: B.A 1st	Class: B.A 3rd	Class: MDC 1st	Class: MDC 2nd
		Semester: 1st	Semester: 5th	Semester: 1st	Semester:3rd sem
22.07.2025	Tuesday	Orientation		Orientation	
23.07.2025	Wednesday	Orientation	Introduction of Syllabus	Orientation	Introduction of Syllabus
24.07.2025	Thursday		Meal Planning		Meal Planning
25.07.2025	Friday		Factors affecting Meal Planning	Introduction to Home Science Concept	
26.07.2025	Saturday			Job Opportunities	
28.07.2025	Monday	Interior Decoration			
29.07.2025	Tuesday	Interior Decoration			
30.07.2025	Wednesday	Types of design	Nutritional Requirements during infancy		Principles of Meal Planning
31.07.2025	Thursday	Shaheed Udham Singh's Martyrdom Day			
01.08.2025	Friday		Nutritional Requirements during infancy	Basic terminology	
02.08.2025	Saturday			Basic terminology	
04.08.2025	Monday	Element of Design			
05.08.2025	Tuesday	Elements of Design			
06.08.2025	Wednesday	Element of Design	Nutritional Requirements during Pre School Age		Diet for School going Children
07.08.2025	Thursday		Nutritional Requirements during Pre School Age		Diet for Adolescents
08.08.2025	Friday		Revision	Basic terminology	
09.08.2025	Saturday	Raksha Bandhan			
11.08.2025	Monday	Principles of Design			
12.08.2025	Tuesday	Principles of Design			
13.08.2025	Wednesday	Colour	Nutritional Requirements Among School Age children		Food Preservation Principles
14.08.2025	Thursday		Nutritional Requirements Among School Age children		Home Scale methods of Food Preservation
15.08.2025	Friday	Independence Day			
16.08.2025	Saturday	Janamashtami			
18.08.2025	Monday	Colour			
19.08.2025	Tuesday	Colour			
20.08.2025	Wednesday	Colour	Nutritional Requirements Among Adolescents		Traditional Embroideries

Date	Day	Class: B.A 1st	Class: B.A 3rd	Class: MDC 1st	Class: MDC 2nd
		Semester: 1st	Semester: 5th	Semester: 1st	Semester: 3rd sem
21.08.2025	Thursday		Nutritional Requirements Among Adolescents		Traditional Embroideries
22.08.2025	Friday		Nutritional Requirements Among Adults	Classification & Functions of food	
23.08.2025	Saturday			Carbohydrates	
25.08.2025	Monday	Test			
26.08.2025	Tuesday	Lighting			
27.08.2025	Wednesday	Lighting	Nutritional Requirements Among Adults		Soaps & detergents
28.08.2025	Thursday		Nutritional Requirements during Pregnancy		Starches , Blues, Bleaches
29.08.2025	Friday		Nutritional Requirements during Pregnancy	Protein	
30.08.2025	Saturday			Fat	
01.09.2025	Monday	Lighting Fixtures			
02.09.2025	Tuesday	Table Setting: Informal			
03.09.2025	Wednesday	Table Setting: Formal	Nutritional Requirements during Lactation		Stain Removal: Classification of Stains
04.09.2025	Thursday		Nutritional Requirements during Lactation		Methods of Removing different stains
05.09.2025	Friday		Revision	Definition, Classification & Uses of fibers	
06.09.2025	Saturday			Definition, Classification & Uses of fibers	
08.09.2025	Monday	Table Setting: Formal			
09.09.2025	Tuesday	Table Manner			
10.09.2025	Wednesday	Types of Furniture	Test		Revision
11.09.2025	Thursday		Nutritional Requirements during Old Age		Test
12.09.2025	Friday		Nutritional Requirements during Old Age	Definition & Classification of yarn	
13.09.2025	Saturday			Definition & Classification of yarn	
15.09.2025	Monday	Furniture Arrangement			
16.09.2025	Tuesday	Furniture Arrangement			
17.09.2025	Wednesday	Furniture Arrangement	Diet Therapy		Physical Changes during Old Age
18.09.2025	Thursday		Diet Therapy		Physical Changes during Old Age
19.09.2025	Friday		Clear Fluid & Full Fluid Diet	Sewing Machine	
20.09.2025	Saturday			Sewing Machine	

Date	Day	Class: B.A 1st	Class: B.A 3rd	Class: MDC 1st	Class: MDC 2nd
		Semester: 1st	Semester: 5th	Semester: 1st	Semester: 3rd sem
22.09.2025	Monday	Maharaja Aggarsen Jayanti			
23.09.2025	Tuesday	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day			
24.09.2025	Wednesday	Selection of Furniture	Soft & Band Diet		Health problems during Old Age
25.09.2025	Thursday		Diet in Dirrhoea		Adjustments during Old Age
26.09.2025	Friday		Diet in Dirrhoea	Meaming & Concept of Human Development	
27.09.2025	Saturday			Factors Affecting Growth & Development	
29.09.2025	Monday	Care & Maintanance of Furniture			
30.09.2025	Tuesday	Flower Arrangement: Types			
01.10.2025	Wednesday	Accessories & Consideration while doing Flower Arrangement	Diet in Constipation		Guidance
02.10.2025	Thursday	Mahatma Gandhi Jayanti/Dusshera			
03.10.2025	Friday		Diet in Constipation	Developmental Milestones During Infancy	
04.10.2025	Saturday			Developmental Milestones During Infancy	
06.10.2025	Monday	Flower Decoration on different Occassions			
07.10.2025	Tuesday	Maharishi Valmiki Jayanti/Maharaja Ajamidh Jayanti			
08.10.2025	Wednesday	Test	Revision		Skills & Characteristics of Effecting Counselling
09.10.2025	Thursday		Diet in Typhoid Fever		Colour Scheme & its Application
10.10.2025	Friday		Diet in Typhoid Fever	Developmental Milestones During Infancy	
11.10.2025	Saturday			Developmental Milestones During Early Childhood	
13.10.2025	Monday	Soft Furnishing			
14.10.2025	Tuesday	Soft Furnishing			
15.10.2025	Wednesday	Wall Treatment	Diet in Peptic Ulcer		Table Etiquettes & Table Settings
16.10.2025	Thursday		Diet in Peptic Ulcer		Table Setting
17.10.2025	Friday		Revision	Developmental Milestones During Early Childhood	

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		Semester: 1st	Semester: 5th	Semester: 1st	Semester: 3rd sem
18.10.2025	Saturday			Revision	
19.10.2025 to 26.10.2025			Diwali Vacations		
27.10.2025	Monday	Wall Treatment			
28.10.2025	Tuesday	Window Treatment			
29.10.2025	Wednesday	Window Treatment	Diet in Obesity		Communication
30.10.2025	Thursday		Diet in Obesity		PEM
31.10.2025	Friday		Diet in Obesity	Resource Management	
01.11.2025	Saturday	Haryana Day			
03.11.2025	Monday	Types of Floor Covering			
04.11.2025	Tuesday	Types of Floor Covering			
05.11.2025	Wednesday	Guru Nanak Jayanti			
06.11.2025	Thursday		Diet in Diabetes		IDD
07.11.2025	Friday		Diet in Diabetes	Process of Time Management	
08.11.2025	Saturday			Process of Energy Management	
10.11.2025	Monday	Revision			
11.11.2025	Tuesday	Revision			
12.11.2025	Wednesday	Revision	Diet in Hypertension		Anemia
13.11.2025	Thursday		Diet in Hypertension		Revision
14.11.2025	Friday		Revision	Process of Money Management	
15.11.2025	Saturday			Extension Education, Qualities of an Extension Worker	
17.11.2025	Monday	Revision			
18.11.2025	Tuesday	Revision			
19.11.2025	Wednesday	Test	Test		Revision
20.11.2025	Thursday		Test		Test
21.11.2025	Friday		Test	Test	
22.11.2025	Saturday			Test	
24.11.2025	Monday	Test			
25.11.2025	Tuesday	Examination Onwards			

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Odd Semester)

Session 2025-26 (22.07.2025 to 24.11.2025)

Name of teacher:MS. Anjana...

Subject: Basics of Clothing Construction & Apparel designing
2) Human ethics & Values

Date	Day	Class...B.A.2nd year	Class...VAC...	Class.....
		Semester...3rd Sem (Codd)	Semester...1st Sem,	Semester.....
22.07.2025	Tuesday			
23.07.2025	Wednesday			
24.07.2025	Thursday	Introduction of Syllabus		
25.07.2025	Friday	Importance of Apparel Design		
26.07.2025	Saturday	Role in Personality Development		
28.07.2025	Monday		Introduction of Syllabus	
29.07.2025	Tuesday		Understanding the need, content & process Value Edu.	
30.07.2025	Wednesday			
31.07.2025	Thursday	Shaheed Udham Singh's Martyrdom Day		
01.08.2025	Friday	Application of Element of ART		
02.08.2025	Saturday	Principles in Clothing Construction		
04.08.2025	Monday		Understanding the need, content & process for Value Edu.	
05.08.2025	Tuesday		Classification of Value Education	
06.08.2025	Wednesday			
07.08.2025	Thursday	REVISION		
08.08.2025	Friday	Types of Design		
09.08.2025	Saturday	Raksha Bandhan		
11.08.2025	Monday		Moral Values & Spiritual Values	
12.08.2025	Tuesday		Moral Values & Spiritual Values	
13.08.2025	Wednesday			
14.08.2025	Thursday	Wardrobe Planning		
15.08.2025	Friday	Independence Day		
16.08.2025	Saturday	Janamashtami		
18.08.2025	Monday		Understanding Harmony with self, Society & Nature	
19.08.2025	Tuesday		Meaning & Nature of Human Values.	

Date	Day	Class.....	Class.....	Class.....
		Semester.....	Semester.....	Semester.....
20.08.2025	Wednesday			
21.08.2025	Thursday	Wardrobe planning		
22.08.2025	Friday	TEST		
23.08.2025	Saturday	Fabric Construction		
25.08.2025	Monday		Meaning & Nature of Human Values	
26.08.2025	Tuesday		Relationship Values & Ethics	
27.08.2025	Wednesday			
28.08.2025	Thursday	Weaving (Introduction)		
29.08.2025	Friday	Weaving (Parts)		
30.08.2025	Saturday	Function of Loom		
01.09.2025	Monday		Theory of Naya (Jainism)	
02.09.2025	Tuesday		Theory of Naya (Jainism)	
03.09.2025	Wednesday			
04.09.2025	Thursday	REVISION		
05.09.2025	Friday	Knitting		
06.09.2025	Saturday	Knitting		
08.09.2025	Monday		Relevance of Human Values	
09.09.2025	Tuesday		Relevance of Human Values	
10.09.2025	Wednesday			
11.09.2025	Thursday	Non-woven fabrics		
12.09.2025	Friday	REVISION		
13.09.2025	Saturday			
15.09.2025	Monday		TEST	
16.09.2025	Tuesday		Understanding the relationship among	
17.09.2025	Wednesday			
18.09.2025	Thursday	Anthropometry		
19.09.2025	Friday	Anthropometry		
20.09.2025	Saturday	TEST		
22.09.2025	Monday	Maharaja Aggarasen Jayanti		
23.09.2025	Tuesday	Shaheedi Diwas/Haryana War Heroes' Martyrdom Day		

Date	Day	Class.....	Class.....	Class.....
		Semester.....	Semester.....	Semester.....
24.09.2025	Wednesday			
25.09.2025	Thursday			
26.09.2025	Friday	Methods of Developing (design) Methods of Developing Design		
27.09.2025	Saturday	methods of Developing Design/Pattern		
29.09.2025	Monday		Understanding Integrated Personality.	
30.09.2025	Tuesday		Understanding Integrated Personality	
01.10.2025	Wednesday			
02.10.2025	Thursday	Mahatma Gandhi Jayanti/Dussehra		
03.10.2025	Friday	Preparation of fabrics		
04.10.2025	Saturday	Preparation of fabrics		
06.10.2025	Monday		Antah-Karanas in yoga, Panchkasha in Upanishad	
07.10.2025	Tuesday	Maharishi Valmiki Jayanti/Maharaja Ajamidh Jayanti		
08.10.2025	Wednesday			
09.10.2025	Thursday	REVISION		
10.10.2025	Friday	Methods of Precautions		
11.10.2025	Saturday	Methods of Precautions		
13.10.2025	Monday		Antah-Karanas in yoga, Panchkasha in Upanishad	
14.10.2025	Tuesday		Approaching Comprehensive Understanding	
15.10.2025	Wednesday			
16.10.2025	Thursday	TEST		
17.10.2025	Friday	Fashion Concept		
18.10.2025	Saturday	Fashion Cycle & Factors		
19.10.2025 to 26.10.2025			Diwali Vacations	
27.10.2025	Monday		Nature, Characteristic & scope of professional ethics	
28.10.2025	Tuesday		Professional Values, Value for Global Citizenship	
29.10.2025	Wednesday			
30.10.2025	Thursday	Figure analysis & fitting.		
31.10.2025	Friday	Figure analysis & fitting.		
01.11.2025	Saturday	Haryana Day		
03.11.2025	Monday		Nature & need of competency based Education, Competency	

Date	Day	Class.....	Class.....	Class.....
		Semester.....	Semester.....	Semester.....
04.11.2025	Tuesday		Competencies.	
05.11.2025	Wednesday	Guru Nanak Jayanti		
06.11.2025	Thursday	REVISION		
07.11.2025	Friday	REVISION		
08.11.2025	Saturday	REVISION		
10.11.2025	Monday		TEST	
11.11.2025	Tuesday		REVISION	
12.11.2025	Wednesday			
13.11.2025	Thursday	REVISION		
14.11.2025	Friday	TEST		
15.11.2025	Saturday	TEST		
17.11.2025	Monday		REVISION	
18.11.2025	Tuesday		TEST	
19.11.2025	Wednesday			
20.11.2025	Thursday	Revision		
21.11.2025	Friday	TEST		
22.11.2025	Saturday	REVISION		
24.11.2025	Monday		TEST	
25.11.2025	Tuesday	Examination Onwards		

Archan