

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: Dr. Shweta Saini

Subject: Home Science

Date	Day	Class: B.A 1st year	Class: B. A 3rd year	Class: MDC 1st year
		Semester: 2nd	Semester: 6th	Semester: 2nd
12.01.2026	Monday	Introduction of Syllabus		
13.01.2026	Tuesday	Definition of Nutrition, nutrients, recommended dietary allowance, balanced diet, health.		
14.01.2026	Wednesday	Reference man & Women, BMR- Factors Affecting BMR	Introduction of Syllabus	Introduction of Syllabus
15.01.2026	Thursday		Meaning, Definition, Scope of Human Development	Micro Nutrients: Definition, Classification of Vitamin & Minerals
16.01.2026	Friday		Stages of Human Development	
17.01.2026	Saturday			
19.01.2026	Monday	Water: Functions, sources of water in human body		
20.01.2026	Tuesday	Carbohydrates: classification, functions, sources & Requirement		
21.01.2026	Wednesday	Effect of excess & deficiency of carbohydrates	Stages of Human Development	Source, Requirement, Deficiency of : Vitamin A, D

22.01.2026	Thursday		Conception, Course of prenatal development	Vitamin B
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday			
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday	Fibers: Types, functions, sources & Requirement		
28.01.2026	Wednesday	Health problems associated with excess and deficiency of fiber	Conception, Course of prenatal development	Vitamin C
29.01.2026	Thursday		Conditions affecting Prenatal Development	Calcium
30.01.2026	Friday		Infancy: Characteristics	
31.01.2026	Saturday			
02.02.2026	Monday	Test		
03.02.2026	Tuesday	Protein: classification, functions, sources & Requirement		
04.02.2026	Wednesday	Protein: classification, functions, sources & Requirement	Infancy: Characteristics	Iron & Iodine
05.02.2026	Thursday		Developmental tasks and Problems in infancy	Sodium & Potassium
06.02.2026	Friday		Test	
07.02.2026	Saturday			
09.02.2026	Monday	Lipids/ Fats: classification, functions, sources & Requirement		
10.02.2026	Tuesday	Lipids/Fats: classification, functions, sources & Requirement		

11.02.2026	Wednesday	Health problems associated with excess and deficiency of Lipids	Early Childhood: Characteristics,	Factors affecting selection of Clothing, Weaving Definition
12.02.2026	Thursday		Developmental Tasks & Behaviour Problems	Different types of weaving
13.02.2026	Friday		Developmental Tasks & Behaviour Problems	
14.02.2026	Saturday			
16.02.2026	Monday	Vitamins: Definition and classification of vitamins, difference between fat soluble & water soluble vitamins		
17.02.2026	Tuesday	Functions, Sources, RDA, Effect of deficiency & Excess of Vitamin A		
18.02.2026	Wednesday	Vitamin A	Middle Childhood: Characteristics	Meaning & Objectives of Application of Finishes
19.02.2026	Thursday		Developmental Tasks & Behaviour Problems	Different types of Finishes
20.02.2026	Friday		Developmental Tasks & Behaviour Problems	
21.02.2026	Saturday			
23.02.2026	Monday	Vitamin D		
24.02.2026	Tuesday	Vitamin D		
25.02.2026	Wednesday	Vitamin E	Adolescence: Characteristics,	Test
26.02.2026	Thursday		Developmental Tasks & Socio emotional Behaviour Problems	Developmental Milestones through Middle School Age
27.02.2026	Friday		Developmental Tasks & Socio emotional Behaviour Problems	

28.02.2026	Saturday			
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday	Vitamin K		
10.03.2026	Tuesday	Vitamin C		
11.03.2026	Wednesday	Vitamin C	Adulthood: Characteristics	Role of Family & Community in Socialisation of Child
12.03.2026	Thursday		Developmental tasks and Problems	Developmental Changes during Adolescence
13.03.2026	Friday		Developmental tasks and Problems	
14.03.2026	Saturday			
16.03.2026	Monday	Vitamin B1		
17.03.2026	Tuesday	Vitamin B1		
18.03.2026	Wednesday	Vitamin B2	Child Psychology: Definition, Subject matter and objectives of studying	Revision
19.03.2026	Thursday		Learning: Meaning, importance	Test
20.03.2026	Friday		Method of learning	
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday	Vitamin B6		
25.03.2026	Wednesday	Vitamin B12	Method of learning	Importance of Interior Decoration
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday		Factors effecting learning	

28.03.2026	Saturday			
30.03.2026	Monday	Niacin		
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday	Folic Acid	Intelligence: Definition, Measurement o f intelligence	Elements of Arts
02.04.2026	Thursday		Intelligence: Definition, Measurement o f intelligence	Principles of Design
03.04.2026	Friday		Personality Development: Definitions, Types	
04.04.2026	Saturday			
06.04.2026	Monday	Test		
07.04.2026	Tuesday	Definition and Classification o f Minerals		
08.04.2026	Wednesday	Functions, Sources, RDA, Effect of deficiency & Excess of Calcium	Factors affecting Development of the Personality	Consumer Protection Act & Human Rights
09.04.2026	Thursday		The Expectant mother: Sign and Discomforts o f Pregnancy	Consumer Protection Act & Human Rights
10.04.2026	Friday		Care of the expectant mother in brief	
11.04.2026	Saturday			
13.04.2026	Monday	Calcium		
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday	Phosphorus	Ill effects of an early marriage	Standardized Marks

16.04.2026	Thursday		Feeding of an infant: Breast feeding verses Artificial feeding	Revision
17.04.2026	Friday		Revision	
18.04.2026	Saturday			
20.04.2026	Monday	Magnesium		
21.04.2026	Tuesday	Sodium & Potassium		
22.04.2026	Wednesday	Iron	Revision	Revision
23.04.2026	Thursday		Revision	Test
24.04.2026	Friday		Revision	
25.04.2026	Saturday			
27.04.2026	Monday	Iodine		
28.04.2026	Tuesday	Flourine & Zinc		
29.04.2026	Wednesday	Revision	Test	Test
30.04.2026	Thursday		Test	Test
01.05.2026	Friday		Test	
02.05.2026	Saturday			
04.05.2026	Monday	Test		
05.05.2026	Tuesday	Test		
06.05.2026	Wednesday	Examination onwards		

Shweta Saini

Dayanand Mahila Mahavidyalaya, Kurukshetra

Lesson Plan (Even Semester)

Session 2025-26 (12.01.2026 to 05.05.2026)

Name of teacher: Ms. Archana

Subject:- 1. Advanced apparel and Textile Designing,2.Chocolate Crafts ,3.Emotional Intelligence.

Date	Day	Class:- B.a 2nd year Advanced Apparel & Textile Designing	Class:- VOC Chocolate Crafts	Class:- B.a,BCA Emotional Intelligence.
		Semester:- 4th	Semester :- 4th	Semester-4th
12.01.2026	Monday		Top Chocolate Brands.	Emotional Intelligence (brief)
13.01.2026	Tuesday		Top Chocolate Brands.	Emotional Intelligence (brief)
14.01.2026	Wednesday			
15.01.2026	Thursday	Fabric finishes:- definition,objectives		
16.01.2026	Friday	Fabric finishes:- definition,objectives		Emotional Intelligence (brief)
17.01.2026	Saturday	classification of finishes		Emotional Intelligence (brief)
19.01.2026	Monday		Top Chocolate Brands.	Emotional Intelligence: Models
20.01.2026	Tuesday		Types of Chocolate.	Emotional Intelligence :- Models
21.01.2026	Wednesday			
22.01.2026	Thursday	Classifications of finishes		
23.01.2026	Friday	Sir Chhotu Ram Jayanti/Basant Panchmi		
24.01.2026	Saturday	Classifications of finishes		Emotional Intelligence: Models
26.01.2026	Monday	Republic Day		
27.01.2026	Tuesday		Types of Chocolate.	Personal Competence
28.01.2026	Wednesday			
29.01.2026	Thursday	Classification of finishes		
30.01.2026	Friday	Classification of finishes		Emotional Intelligence: Models
31.01.2026	Saturday	Classification of finishes		Personal Competence
02.02.2026	Monday		Types of Chocolate.	Personal Competence strength
03.02.2026	Tuesday		Processing of Cocoa Beans:	Personal Competence
04.02.2026	Wednesday			

05.02.2026	Thursday	Revision		
06.02.2026	Friday	Dyeing (Brief)		Revision
07.02.2026	Saturday	Dying (brief)		Test
09.02.2026	Monday		Processing of Cocoa Beans:	Relationship Management
10.02.2026	Tuesday		Processing of Cocoa Beans:	Relationship Management
11.02.2026	Wednesday			
12.02.2026	Thursday	On the basis of source of dye		
13.02.2026	Friday	On the basis of source of dye		Relationship Management
14.02.2026	Saturday	On the basis of source of dye		Relationship Management
16.02.2026	Monday		Processing of Cocoa Beans:	Revision
17.02.2026	Tuesday		Revision	Test
18.02.2026	Wednesday			
19.02.2026	Thursday	On the basis of method of dying		
20.02.2026	Friday	On the basis of method of dying.		Effective communication
21.02.2026	Saturday	On the basis of method of dying		Effective communication
23.02.2026	Monday		Products of cocoa	Effective communication
24.02.2026	Tuesday		Products of cocoa	Effective communication
25.02.2026	Wednesday	Chocolate manufacturing Process		
26.02.2026	Thursday	On the basis of stage of dying		
27.02.2026	Friday	On the basis of stage of dying		collaboration, Teamwork
28.02.2026	Saturday	On the basis of stage of dying		Collaboration, Teamwork
01.03.2026 to 8.03.2026		Holi Vacations		
09.03.2026	Monday		Chocolate manufacturing Process	Collaboration, Teamwork
10.03.2026	Tuesday		Chocolate manufacturing Process	Collaboration, Teamwork
11.03.2026	Wednesday			
12.03.2026	Thursday	On the basis of stage of dying		
13.03.2026	Friday	Revision		Conflict Management
14.03.2026	Saturday	Printing (brief)		conflict Management

16.03.2026	Monday		Types of chocolate moulds, their care	Conflict Management
17.03.2026	Tuesday		Types of chocolate moulds, their care	Conflict Management
18.03.2026	Wednesday			
19.03.2026	Thursday	Printing (brief)		
20.03.2026	Friday	Hand printing		Test
21.03.2026	Saturday	Id-ul-Fitr		
23.03.2026	Monday	Shaheedi Diwas		
24.03.2026	Tuesday		Defects in Chocolates	Emotional Intelligence strategies
25.03.2026	Wednesday			
26.03.2026	Thursday	Ram Navami		
27.03.2026	Friday	Machine printing		Emotional Intelligence strategies
28.03.2026	Saturday	Machine printing		Emotional Intelligence strategies
30.03.2026	Monday		Defects in Chocolates	Emotional Intelligence strategies
31.03.2026	Tuesday	Mahavir Jayanti		
01.04.2026	Wednesday			
02.04.2026	Thursday	Machine printing		
03.04.2026	Friday	Revision		Revision
04.04.2026	Saturday	Laundry (brief)		Enhanced Emotional Intelligence
06.04.2026	Monday		Precautions and hygiene practices	Enhanced Emotional Intelligence
07.04.2026	Tuesday		Precautions and hygiene practices	Revision
08.04.2026	Wednesday			
09.04.2026	Thursday	Laundry (brief)		
10.04.2026	Friday	Types of stains		Enhanced Emotional Intelligence
11.04.2026	Saturday	Types of stains		Enhanced Emotional Intelligence
13.04.2026	Monday		Packaging of Chocolate	Enhanced Emotional Intelligence
14.04.2026	Tuesday	Dr. B.R. Ambedkar Jayanti/Vaisakhi		
15.04.2026	Wednesday			
16.04.2026	Thursday	Removal of stains		

17.04.2026	Friday	Removal of stains		Revision
18.04.2026	Saturday	Removal of stains		Test
20.04.2026	Monday		Packaging of Chocolate	Test
21.04.2026	Tuesday		Packaging of Chocolate	Test
22.04.2026	Wednesday			
23.04.2026	Thursday	Revision		
24.04.2026	Friday	Test		Test
25.04.2026	Saturday	Revision		Test
27.04.2026	Monday		Revision	Revision
28.04.2026	Tuesday		Test	Revision
29.04.2026	Wednesday			
30.04.2026	Thursday	Revision		
01.05.2026	Friday	Test		Test
02.05.2026	Saturday	Test		Revision
04.05.2026	Monday		Test	Revision
05.05.2026	Tuesday		Revision	Test
06.05.2026	Wednesday	Examination onwards		

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