

# KVA DAV College for Women, Karnal

## Lesson plan for the odd semester (October,2020 to February, 2021)

Name of Teacher : Ms. Jyoti Khanduja  
 Class and Section : B.A. Ist Sem (option-I)  
 Subject : History of Ancient India from Early Period to Gupta Age  
 Section : B  
 Prescribed Textbook : As Per University Syllabus

October,2020 2 <sup>nd</sup> Week 05 - 10 Oct	Introduction of Subject Meaning and Scope of History Multiple choice questions <b>Map:</b> Introduction about Indian Continent
11 Oct, 2020	<b>Sunday</b>
3 <sup>rd</sup> Week 12 -16 Oct	Meaning and Scope of History Multiple choice questions <b>Map:</b> Introduction about Indian Continent
17 Oct, 2020 18 Oct, 2020	<b>Maharaja Agrasen Jayanti</b> <b>Sunday</b>
4 <sup>th</sup> Week 19 Oct-24 Oct	Sources of Ancient Indian History Multiple choice questions <b>Map:</b> Important Sites of Harappan Civilization
25 Oct, 2020	<b>Sunday (Dussehra)</b>
5 <sup>th</sup> Week 26 Oct- 30 Oct	Sources of Ancient Indian History Multiple choice questions <b>Map:</b> Important Sites of Harappan Civilization
31 Oct, 2020 01 Nov, 2020 04 Nov. 2020	<b>Maharishi Valmiki Jayanti</b> <b>Sunday (Haryana Day)</b> <b>Karwa Chauth</b>
November, 2020 1 <sup>st</sup> Week 02 -3 Nov, 05-07 Nov	Pre-Historic Age: Hunter Gatherers, Multiple choice questions
08 Nov, 2020	<b>Sunday</b>
2 <sup>nd</sup> Week 09 Nov- 13 Nov	Pre-Historic Age: Hunter Gatherers, Concept of Neolithic: Origin of the Agriculture System, Multiple choice questions <b>Map:</b> Important Sites of Harappan Civilization Extension Lecture (Tentative)

14 Nov, 2020 15 Nov, 2020	<b>Diwali Sunday</b>
3 <sup>rd</sup> Week 16 Nov-21 Nov	Harappan Civilization: Origins, Extent, Town Planning, Economy, Society, Arts and Political Organization, Multiple choice questions <b>Map:</b> Ports and Urban Centers in Ancient India Class Quiz ( Tentative)
22 Nov, 2020	<b>Sunday</b>
4 <sup>th</sup> Week 23 Nov-28 Nov	Harappan Civilization: Origins, Extent, Town Planning, Economy, Society, Arts and Political Organization, Multiple choice questions <b>Map:</b> Harappan Centers
29 Nov, 2020 30 Nov, 2020	<b>Sunday Guru Nanak's Birthday</b>

December, 2020 1 <sup>st</sup> Week 01-05 Dec	Vedic Culture: Polity, Society, Religion and Literature, Multiple choice questions Revision and notes check <b>Map:</b> Ashoka's Empire: Extent, Pillars and Edicts
06 Dec, 2020	<b>Sunday</b>
2 <sup>nd</sup> Week 07 Dec -12 Dec	Social Institutions: Varna, Caste, Untouchability, and Gender Relations, Multiple choice questions
13 Dec, 2020	<b>Sunday</b>
3 <sup>rd</sup> Week 14 Dec-19 Dec	Emergence of State with special reference to the Rise of Maghada Empire, Multiple choice questions Revision of the topic and problems will be discussed about previous topics
20 Dec, 2020	<b>Sunday</b>
4 <sup>th</sup> Week 21 Dec-24&26 Dec	Religious Movements: Buddhism Jainism, Multiple choice questions <b>Map:</b> Ashoka's Empire: Extent, Pillars and Edicts
25 Dec, 2020 27 Dec, 2020	<b>Christmas Sunday</b>
January, 2021 1 <sup>st</sup> Week 28 Dec-31 Dec, 2020-02 Jan, 2021	Jainism, Multiple choice questions Mauryan Empire: Polity, Administration; Ashoka's Dhamma- Nature and Propagation <b>Map:</b> Extent of Kanishka's Empire
03 Jan, 2021	<b>Sunday</b>
2 <sup>nd</sup> Week 04 Jan -09 Jan	Mauryan Empire: Polity, Administration; Ashoka's Dhamma- Nature and Propagation, Multiple choice questions

<b>10 Jan, 2021</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>11 Jan-16 Jan</b>	Mauryan Empire: Polity, Administration; Ashoka's Dhamma- Nature and Propagation, Multiple choice questions
<b>17 Jan, 2021</b> <b>20 Jan, 2021</b>	<b>Sunday</b> <b>Guru Gobind Singh's Birthday</b>
4 <sup>th</sup> Week <b>18 Jan, 19,21-23 Jan</b>	<b>Sessional Exams</b>
<b>24 Jan, 2021</b> <b>26 Jan. 2021</b>	<b>Sunday</b> <b>Republic Day</b>
5 <sup>th</sup> Week <b>25 Jan, 27-30 Jan</b>	Post-Mauryan Empires: Kushanas and Satvahanas , Multiple choice questions <b>Map:</b> Extent of Kanishka's Empire
<b>31 Jan, 2021</b>	<b>Sunday</b>
<b>February, 2021</b> 1 <sup>st</sup> Week <b>01 Feb, 04-06 Feb</b>	Gupta Empire: State Administration, Society, Economy, Urban Centers, Art and Architecture, Multiple choice questions <b>Map:</b> Extent of Samudragupta's Empire
<b>07 Feb, 2021</b>	<b>Sunday</b>
2 <sup>nd</sup> Week <b>08 Feb, 11-13 Feb</b>	Gupta Empire: State Administration, Society, Economy, Urban Centers, Art and Architecture, Multiple choice questions <b>Map:</b> Extent of Samudragupta's Empire
<b>14 Feb, 2021</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>15 Feb-18-20 Feb</b>	Gupta Empire: State Administration, Society, Economy, Urban Centers, Art and Architecture <b>Map:</b> Extent of Samudragupta's Empire
<b>16 Feb, 2021</b> <b>21 Feb, 2021</b>	<b>Vasant Panchmi</b> <b>Sunday</b>
4 <sup>th</sup> Week <b>22-23 Feb, 2021</b>	Revision of Syllabus and Class Tests

## Lesson plan for the odd semester (October,2020 to February, 2021)

### KVA DAV College for Women, Karnal

**Name of Teacher** : Ms. Jyoti Khanduja  
**Class and Section** : B.A. III - Vth Sem (option-I)  
**Subject** : Rise of Modern World  
**Section** : A, B  
**Prescribed Textbook** : As Per University Syllabus

<b>October,2020</b>  2 <sup>nd</sup> Week <b>05 - 10 Oct</b>	Introduction of Subject, Transition from Feudalism to Capitalism in Europe, Multiple choice questions <b>Map:</b> Introduction of World Map to the students
<b>11 Oct, 2020</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>12 -16 Oct</b>	Capitalism Renaissance: Origins, Emergence and Results Multiple choice questions <b>Map:</b> Important Centers of Reformation
<b>17 Oct, 2020</b> <b>18 Oct, 2020</b>	<b>Maharaja Agrasen Jayanti</b> <b>Sunday</b>
4 <sup>th</sup> Week <b>19 Oct-24 Oct</b>	Renaissance: Origins, Emergence and Result Multiple choice questions <b>Map:</b> Important Centers of Reformation
<b>25 Oct, 2020</b>	<b>Sunday (Dussehra)</b>
5 <sup>th</sup> Week <b>26 Oct- 30 Oct</b>	Result of Renaissance Multiple choice questions <b>Map:</b> Important Mercantile Centers
<b>31 Oct, 2020</b> <b>01 Nov, 2020</b> <b>04 Nov. 2020</b>	<b>Maharishi Valmiki Jayanti</b> <b>Sunday (Haryana Day)</b> <b>Karwa Chauth</b>
<b>November, 2020</b>  1 <sup>st</sup> Week <b>02 -3 Nov, 05-07 Nov</b>	World formation, Role of Italy and Other European nation Multiple choice questions
<b>08 Nov, 2020</b>	<b>Sunday</b>
2 <sup>nd</sup> Week	Religious changes in Europe, Church and its role ,Extension Lecture (Tentative)

09 Nov- 13 Nov	<b>Map:</b> Major Places Connected with Industrial Revolution
14 Nov, 2020 15 Nov, 2020	<b>Diwali</b> <b>Sunday</b>
3 <sup>rd</sup> Week 16 Nov-21 Nov	Reformation: Origins, Emergence and Results Impact Class Test
22 Nov, 2020	<b>Sunday</b>
4 <sup>th</sup> Week 23 Nov-28 Nov	Reformation: Origins, Emergence and Results <b>Map:</b> Important Centers of Reformation
29 Nov, 2020 30 Nov, 2020	<b>Sunday</b> <b>Guru Nanak's Birthday</b>

December, 2020 1 <sup>st</sup> Week 01-05 Dec	Early Colonial System: Motives, Process and Consequences of Colonization of Americas
06 Dec, 2020	<b>Sunday</b>
2 <sup>nd</sup> Week 07 Dec -12 Dec	Early Colonial System: Motives, Process and Consequences of Colonization of Americas, Multiple choice questions
13 Dec, 2020	<b>Sunday</b>
3 <sup>rd</sup> Week 14 Dec-19 Dec	Early Colonial System: Motives, Process and Consequences of Colonization, Shift of Economic Balance from the Mediterranean to Atlantic Region, of Americas, Multiple choice questions
20 Dec, 2020	<b>Sunday</b>
4 <sup>th</sup> Week 21 Dec-24&26 Dec	Shift of Economic Balance from the Mediterranean to Atlantic Region, <b>Map:</b> Important Mercantile Centers
25 Dec, 2020 27 Dec, 2020	<b>Christmas</b> <b>Sunday</b>
January, 2021 1 <sup>st</sup> Week 28 Dec-31 Dec, 2020-02 Jan, 2021	Mercantile Revolution: Origins and Results <b>Map:</b> Important Mercantile Centers
03 Jan, 2021	<b>Sunday</b>
2 <sup>nd</sup> Week	Mercantile Revolution: Origins and Results <b>Map:</b> Important Mercantile Centers

<b>04 Jan -09 Jan</b>	
<b>10 Jan, 2021</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>11 Jan-16 Jan</b>	Scientific Revolution: Origins and Impact Class Quiz ( Tentative) <b>Map:</b> Major Places Connected with Industrial Revolution
<b>17 Jan, 2021</b> <b>20 Jan, 2021</b>	<b>Sunday</b> <b>Guru Gobind Singh's Birthday</b>
4 <sup>th</sup> Week <b>18 Jan, 19,21-23 Jan</b>	<b>Sessional Exams</b>
<b>24 Jan, 2021</b> <b>26 Jan. 2021</b>	<b>Sunday</b> <b>Republic Day</b>
5 <sup>th</sup> Week <b>25 Jan, 27-30 Jan</b>	Scientific Revolution: Origins and Impact, Multiple choice questions
<b>31 Jan, 2021</b>	<b>Sunday</b>
<b>February, 2021</b> 1 <sup>st</sup> Week <b>01 Feb, 04-06 Feb</b>	Industrial Revolution: Origins, Progress and Impact, Multiple choice questions <b>Map:</b> Revision test
<b>07 Feb, 2021</b>	<b>Sunday</b>
2 <sup>nd</sup> Week <b>08 Feb, 11-13 Feb</b>	Agricultural Revolution: Origins, Progress and Impact, Multiple choice questions <b>Map:</b> Capitalist Powers of Europe
<b>14 Feb, 2021</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>15 Feb-18-20 Feb</b>	Agricultural Revolution: Origins, Progress and Impact <b>Map:</b> Capitalist Powers of Europe
<b>16 Feb, 2021</b> <b>21 Feb, 2021</b>	<b>Vasant Panchmi</b> <b>Sunday</b>
4 <sup>th</sup> Week <b>22-23 Feb, 2021</b>	Revision of Syllabus and Class Tests

# KVA DAV College for Women, Karnal

## Lesson plan for the odd semester

(October, 2020 to February, 2021)

Name of Teacher : Dr. Renu Baliyan  
Class and Section : B.A. Ist Sem (option-I)  
Subject : History of Ancient India from Early Period to Gupta Age  
Section : A  
Prescribed Textbook : As Per University Syllabus

October,2020 2 <sup>nd</sup> Week 05 - 10 Oct	Introduction of Subject Meaning and Scope of History Multiple choice questions <b>Map:</b> Introduction about Indian Continent
11 Oct, 2020	<b>Sunday</b>
3 <sup>rd</sup> Week 12 -16 Oct	Meaning and Scope of History Multiple choice questions <b>Map:</b> Introduction about Indian Continent
17 Oct, 2020 18 Oct, 2020	<b>Maharaja Agrasen Jayanti</b> <b>Sunday</b>
4 <sup>th</sup> Week 19 Oct-24 Oct	Sources of Ancient Indian History Multiple choice questions <b>Map:</b> Important Sites of Harappan Civilization
25 Oct, 2020	<b>Sunday (Dussehra)</b>
5 <sup>th</sup> Week 26 Oct- 30 Oct	Sources of Ancient Indian History Multiple choice questions <b>Map:</b> Important Sites of Harappan Civilization
31 Oct, 2020 01 Nov, 2020 04 Nov. 2020	<b>Maharishi Valmiki Jayanti</b> <b>Sunday (Haryana Day)</b> <b>Karwa Chauth</b>
November, 2020 1 <sup>st</sup> Week 02 -3 Nov, 05-07 Nov	Pre-Historic Age: Hunter Gatherers Multiple choice questions
08 Nov, 2020	<b>Sunday</b>
2 <sup>nd</sup> Week 09 Nov- 13 Nov	Pre-Historic Age: Hunter Gatherers, Concept of Neolithic: Origin of the Agriculture System Multiple choice questions <b>Map:</b> Important Sites of Harappan Civilization Extension Lecture (Tentative)

<b>14 Nov, 2020</b> <b>15 Nov, 2020</b>	<b>Diwali</b> <b>Sunday</b>
3 <sup>rd</sup> Week <b>16 Nov-21 Nov</b>	Harappan Civilization: Origins, Extent, Town Planning, Economy, Society, Arts and Political Organization <b>Map:</b> Ports and Urban Centers in Ancient India Multiple choice questions Class Quiz ( Tentative)
<b>22 Nov, 2020</b>	<b>Sunday</b>
4 <sup>th</sup> Week <b>23 Nov-28 Nov</b>	Harappan Civilization: Origins, Extent, Town Planning, Economy, Society, Arts and Political Organization <b>Map:</b> Harappan Centers Assignments
<b>29 Nov, 2020</b> <b>30 Nov, 2020</b>	<b>Sunday</b> <b>Guru Nanak's Birthday</b>

<b>December, 2020</b> 1 <sup>st</sup> Week <b>01-05 Dec</b>	Vedic Culture: Polity, Society, Religion and Literature Revision Multiple choice questions <b>Map:</b> Ashoka's Empire: Extent, Pillars and Edicts
<b>06 Dec, 2020</b>	<b>Sunday</b>
2 <sup>nd</sup> Week <b>07 Dec -12 Dec</b>	Social Institutions: Varna, Caste, Untouchability, and Gender Relations Multiple choice questions
<b>13 Dec, 2020</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>14 Dec-19 Dec</b>	Emergence of State with special reference to the Rise of Maghada Empire Multiple choice questions Revision of the topic and problems will be discussed about previous topics
<b>20 Dec, 2020</b>	<b>Sunday</b>
4 <sup>th</sup> Week <b>21 Dec-24&amp;26 Dec</b>	Religious Movements: Buddhism Jainism Multiple choice questions <b>Map:</b> Ashoka's Empire: Extent, Pillars and Edicts
<b>25 Dec, 2020</b> <b>27 Dec, 2020</b>	<b>Christmas</b> <b>Sunday</b>
<b>January, 2021</b> 1 <sup>st</sup> Week <b>28 Dec-31 Dec, 2020-02 Jan, 2021</b>	Jainism Mauryan Empire: Polity, Administration; Ashoka's Dhamma- Nature and Propagation Multiple choice questions <b>Map:</b> Extent of Kanishka's Empire
<b>03 Jan, 2021</b>	<b>Sunday</b>



2 <sup>nd</sup> Week <b>04 Jan -09 Jan</b>	Mauryan Empire: Polity, Administration; Ashoka's Dhamma- Nature and Propagation Multiple choice questions
<b>10 Jan, 2021</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>11 Jan-16 Jan</b>	Mauryan Empire: Polity, Administration; Ashoka's Dhamma- Nature and Propagation Multiple choice questions
<b>17 Jan, 2021</b> <b>20 Jan, 2021</b>	<b>Sunday</b> <b>Guru Gobind Singh's Birthday</b>
4 <sup>th</sup> Week <b>18 Jan, 19,21-23 Jan</b>	<b>Sessional Exams</b>
<b>24 Jan, 2021</b> <b>26 Jan. 2021</b>	<b>Sunday</b> <b>Republic Day</b>
5 <sup>th</sup> Week <b>25 Jan, 27-30 Jan</b>	Post-Mauryan Empires: Kushanas and Satvahanas Multiple choice questions <b>Map:</b> Extent of Kanishka's Empire
<b>31 Jan, 2021</b>	<b>Sunday</b>
<b>February, 2021</b>  1 <sup>st</sup> Week <b>01 Feb, 04-06 Feb</b>	Gupta Empire: State Administration, Society, Economy, Urban Centers, Art and Architecture Multiple choice questions <b>Map:</b> Extent of Samudragupta's Empire
<b>07 Feb, 2021</b>	<b>Sunday</b>
2 <sup>nd</sup> Week <b>08 Feb, 11-13 Feb</b>	Gupta Empire: State Administration, Society, Economy, Urban Centers, Art and Architecture Multiple choice questions <b>Map:</b> Extent of Samudragupta's Empire
<b>14 Feb, 2021</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>15 Feb-18-20 Feb</b>	Gupta Empire: State Administration, Society, Economy, Urban Centers, Art and Architecture Multiple choice questions <b>Map:</b> Extent of Samudragupta's Empire
<b>16 Feb, 2021</b> <b>21 Feb, 2021</b>	<b>Vasant Panchmi</b> <b>Sunday</b>
4 <sup>th</sup> Week <b>22-23 Feb, 2021</b>	Revision of Syllabus and Class Tests

# KVA DAV College for Women, Karnal

## Lesson plan for the odd semester (October,2020 to February, 2021)

**Name of Teacher** : Dr.Renu Baliyan  
**Class and Section** : B.A. 3<sup>rd</sup> Sem (option-I)  
**Section** : A, B  
**Subject** : Political History of India(1526-1857)  
**Prescribed Textbook** : As Per University Syllabus

<b>October,2020</b>  2 <sup>nd</sup> Week <b>05 - 10 Oct</b>	Introduction of Subject Establishment of the Mughal Empire: Babur (Formation of Mughal Empire) Multiple choice questions <b>Map:</b> Introduction of Mughal Territory
<b>11 Oct, 2020</b>	<b>Sunday</b>
3 <sup>rd</sup> Week <b>12 -16 Oct</b>	Humayun, Sher Shah Suri and His Administration Multiple choice questions <b>Map:</b> Political Conditions of India in 1526
<b>17 Oct, 2020</b> <b>18 Oct, 2020</b>	<b>Maharaja Agrasen Jayanti</b> <b>Sunday</b>
4 <sup>th</sup> Week <b>19 Oct-24 Oct</b>	Akbar: Expansion of Empire, Religious Policy <b>Map:</b> Political Conditions of India in 1526 Multiple choice questions Assignment on Sher Shah Suri and His Administration & Political Conditions of India in 1526
<b>25 Oct, 2020</b>	<b>Sunday (Dussehra)</b>
5 <sup>th</sup> Week <b>26 Oct- 30 Oct</b>	Rajput Policy of Akbar Aurangzeb: Expansion of Empire, and Rajput Policy Multiple choice questions <b>Map:</b> Mughal Empire at the Death of Akbar (1605)
<b>31 Oct, 2020</b> <b>01 Nov, 2020</b> <b>04 Nov. 2020</b>	<b>Maharishi Valmiki Jayanti</b> <b>Sunday (Haryana Day)</b> <b>Karwa Chauth</b>
<b>November, 2020</b>  1 <sup>st</sup> Week <b>02 -3 Nov, 05-07 Nov</b>	Religious Policy of Aurangzeb Deccan Policy of the Mughals : Marathas and Deccan States Revision and notes check <b>Map:</b> Mughal Empire at the Death of Akbar (1605) Multiple choice questions Assignments
<b>08 Nov, 2020</b>	<b>Sunday</b>
	Mughal Administration: Central and Provincial

2 <sup>nd</sup> Week 09 Nov- 13 Nov	<b>Map:</b> Mughal Empire at the Death of Aurangzeb (1707) Extension Lecture (Tentative)
14 Nov, 2020 15 Nov, 2020	<b>Diwali</b> <b>Sunday</b>
3 <sup>rd</sup> Week 16 Nov-21 Nov	Revenue System, Revision of the topic and problems will be discussed about previous topics Class Quiz (Tentative)
22 Nov, 2020	<b>Sunday</b>
4 <sup>th</sup> Week 23 Nov-28 Nov	Institutions: Mansabdari Jagirdari system <b>Map:</b> Mughal Empire at the Death of Aurangzeb (1707)
29 Nov, 2020 30 Nov, 2020	<b>Sunday</b> <b>Guru Nanak's Birthday</b>

December, 2020 1 <sup>st</sup> Week 01-05 Dec	Jagirdari system Map: Revision Multiple choice questions Assignments
06 Dec, 2020	<b>Sunday</b>
2 <sup>nd</sup> Week 07 Dec -12 Dec	Decline and disintegration of Mughal Empire, Multiple choice questions <b>Map:</b> Expansion of British Empire up to 1856
13 Dec, 2020	<b>Sunday</b>
3 <sup>rd</sup> Week 14 Dec-19 Dec	Introduction of Colonial period, Multiple choice questions Map: Expansion of British Empire up to 1856
20 Dec, 2020	<b>Sunday</b>
4 <sup>th</sup> Week 21 Dec-24&26 Dec	Rivalry between the French and the British in India, Multiple choice questions
25 Dec, 2020 27 Dec, 2020	<b>Christmas</b> <b>Sunday</b>
January, 2021 1 <sup>st</sup> Week 28 Dec-31 Dec, 2020-02 Jan, 2021	Battles of Karnataka Map: Revision
03 Jan, 2021	<b>Sunday</b>
	Founding of the British Empire: Battles of Plessey

2 <sup>nd</sup> Week 04 Jan -09 Jan	Multiple choice questions
10 Jan, 2021	<b>Sunday</b>
3 <sup>rd</sup> Week 11 Jan-16 Jan	Consolidation of the British Empire Multiple choice questions
17 Jan, 2021 20 Jan, 2021	<b>Sunday</b> <b>Guru Gobind Singh's Birthday</b>
4 <sup>th</sup> Week 18 Jan, 19,21-23 Jan	<b>Sessional Exams</b>
24 Jan, 2021 26 Jan. 2021	<b>Sunday</b> <b>Republic Day</b>
5 <sup>th</sup> Week 25 Jan, 27-30 Jan	Subsidiary Alliance System and Annexation of Punjab and Awadh Multiple choice questions
31 Jan, 2021	<b>Sunday</b>
February, 2021 1 <sup>st</sup> Week 01 Feb, 04-06 Feb	Doctrine of Lapse, Multiple choice questions <b>Map:</b> 1857 Revolt and major centers
07 Feb, 2021	<b>Sunday</b>
2 <sup>nd</sup> Week 08 Feb, 11-13 Feb	Uprising of 1857: Causes , Multiple choice questions <b>Map:</b> 1857 Revolt and major centers Multiple choice questions
14 Feb, 2021	<b>Sunday</b>
3 <sup>rd</sup> Week 15 Feb-18-20 Feb	Uprising of 1857: Impact, Consequences Multiple choice questions Assignments on Doctrine of Lapse & Causes and impact of 1857 Revolt
16 Feb, 2021 21 Feb, 2021	<b>Vasant Panchmi</b> <b>Sunday</b>
4 <sup>th</sup> Week 22-23 Feb, 2021	Revision of Syllabus and Class Tests