

KUMARI VIDYAVATI ANAND D.A.V College for Women, Karnal

Lesson Plan for the Even Semester (January to April, 2025)

Name of the Teacher– Ms Lakhwinder Kaur

Class- BA (Home Science) Semester VI

Subject- Human Development (Practical)

Paper- 302

January, 2025 1 st Week 1 Jan – 4 Jan	Introduction Of Practical Syllabus Discussion of various dishes using different method of cooking.
5 Jan, 2025 6 Jan, 2025	Sunday Shri Guru Gobind Singh Ji Jayanti
2 nd Week 6 Jan – 11 Jan	Preparation of various dishes under following heads using different method of cooking Using the methods of baking - Desserts - Snacks
12 Jan, 2025	Sunday
3 rd Week 13 Jan – 18 Jan	Preparation of various dishes under following heads using different method of cooking. - Desserts - Snacks Practice sessions
19 Jan, 2025	Sunday
January, 2025 4 th Week 20 Jan-25 Jan	Preparation of various dishes under following heads using different method of cooking using the methods of frying - Desserts - Snacks
26 Jan, 2025	Sunday, Republic Day
5 th Week 27 Jan– 31 Jan	Preparation of various dishes under following heads using different method of cooking using the methods of grilling - Desserts - Snacks
February, 2025 1 st Week 1 Feb, 2025	Preparation of various dishes under following heads using different method of cooking. - Salad and salad dressing
2 Feb, 2025	Sunday, Basant Panchmi

2ndWeek 3 Feb – 8 Aug	Preparation of various dishes under following heads using different method of cooking. - Salad and salad dressing Practice session
9 Feb, 2025	Sunday
3rd Week 10Feb -15 Feb	Preparation of various dishes under following heads using different method of cooking. - Indian and continental
12 Feb, 2025 16 Feb, 2025	Guru RavidasJayanti Sunday
4th Week 17 Feb-22 Feb	Preparation of various dishes under following heads using different method of cooking. - Indian and continental Practice session
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Preparation of various dishes under following heads using different method of cooking. - Packed lunch and picnic lunch.
26 Feb,2025	MahaShivratri

March,2025 1st Week 1March, 2025	Preparation of various dishes under following heads using different method of cooking. - Packed lunch and picnic lunch. Practice session
2 March,2025	Sunday
2ndWeek 3 March– 8 March	Food preservation – Pickle, Chutney
3rd Week 9 March - 16 March	Holi Vacations
4thWeek 17 March–22 March	Food preservation –Jam, Squash, Morrbbba
23 March,2025	Sunday, ShaheediDiwas/Martyrdom Day of Bhagat Singh, Rajguru& Sukhdev

5 th Week 24 March–29 March	Sessional Exams
30 March,2025	Sunday
6 th Week 31 March, 2025	Id-ul- Fitr
April,2025 1 st Week 1April –5April	Party Dishes and their presentation with table setting
6April,2024	Sunday
2 nd Week 7April-12April	Party Dishes and their presentation with table setting
10 April, 2025 13April,2025 14April,2025	MahavirJayanti Sunday Dr. B.R.AmbedkarJayanti
3 rd Week 15April -19April	Micro wave cookery
20April,2025	Sunday
4 th Week 21April -26April	Micro wave cookery, Practice sessions, File checking and submission
27April,2025	Sunday
5 th Week 28April, 2025	Practice sessions, File checking and submission
29 April, 2025 30 April, 2025	ParshuramJayanti AkshyaTritya

KUMARI VIDYAVATI ANAND D.A.V College for Women, Karnal

Lesson Plan for the Even Semester (January to May, 2025)

Name of the Teacher– Ms Apoorva Sarwal

Class- BA (Home Science) Semester II

Subject- Nutrition Science (Theory)

Paper- B23- HSE-201

2nd Week 3 Feb – 8 Feb	Definition of Nutrition, nutrients, Recommended dietary allowance, Balanced diet, Health Reference man & reference woman, BMR
9 Feb, 2025	Sunday
3rd Week 10 Feb -15 Feb	Carbohydrates: Classification, functions, sources & requirement, effects of deficiency and excess, Water: Functions and sources of water for human body
12 Feb, 2025 16 Feb, 2025	Guru Ravidas Jayanti Sunday
4th Week 17 Feb-22 Feb	Fibre: Types, functions, sources, Requirement and health problems associated with excess and deficiency of fiber
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Protein: Classification. functions, sources & requirement , Fats/ Lipids: Classification, functions, sources and requirements and health problems
26 Feb, 2025	MahaShivratri
March, 2025 1st Week 1 March, 2025	Vitamins: Definition and classification of vitamins, , Fat soluble Vitamins: Functions, sources, recommended dietary allowances, effects of excess & deficiency of Vitamin A, D, E & K
2 March, 2025	Sunday
2nd Week 3 March– 8 March	Vitamins: Definition and classification of vitamins, , Fat soluble Vitamins: Functions, sources, recommended dietary allowances, effects of excess & deficiency of Vitamin A, D, E & K

3rd Week 9 March - 16 March	Holi Vacations
4thWeek 17 March–22 March	Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of various water soluble vitamins : Vitamin C, Vitamin B1 (Thiamine), Vitamin B2, (Riboflavin)
23 March,2025	Sunday, ShaheediDiwas/ Martyrdom Day of Bhagat Singh, Rajguru&Sukhdev
5thWeek 24 March–29 March	Functions, sources, recommended dietary allowances, effects of excess & deficiency (in brief) of various water soluble vitamins : Vitamin B6 (Pyridoxine), Vitamin B12 (Cyanocobalamin), Niacin and Folic acid.
30 March,2025	Sunday
6thWeek 31 March, 2025	Id-ul- Fitr
April,2025 1st Week 1April –5April	Definition and Classification of Minerals
6April,2024	Sunday, Ram Navmi
2ndWeek 7April-12April	Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus
10 April, 2025 13April,2025 14April,2025	MahavirJayanti Sunday, Vaisakhi Dr. B.R.AmbedkarJayanti
3rdWeek 15April -19April	Revision of topics
20April,2025	Sunday
4thWeek 21April -28April	Sessional Exams
27 April, 2025 29 April, 2025 30 April, 2025	Sunday ParshuramJayanti AkshyaTritya

KUMARI VIDYAVATI ANAND D.A.V College for Women, Karnal

Lesson Plan for the Even Semester (January to May, 2025)

Name of the Teacher– Ms Apoorva Sarwal

Class- BA (Home Science) Semester II

Subject- Nutrition Science (Theory)

Paper- B23- HSE-201

May,2025 1stWeek 1 May -3 May	Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Magnesium, Sodium and Potassium
4May ,2025	Sunday
2ndWeek 5May–10 May	Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Calcium, Phosphorus, Magnesium
11May,2025	Sunday
3rdWeek 12May-17May	Macro minerals: Functions, Sources, RDA, Effect of Excess and low intake of Sodium and Potassium
18May ,2025	Sunday
4thWeek 19 May - 24 May	Revision of topics
25May ,2025	Sunday
5thWeek 26 May - 31 May	Revision of topics
29May ,2025	MaharanaPartapJayanti
1 June,2025 Onwards	UniversityExaminations
January, 2025 4thWeek 20 Jan-25Jan	Introduction of the subject, Fabric finishes: Definition and Objectives
26 Jan,2025	Sunday, Republic Day

5thWeek 27Jan– 31 Jan	Introduction of the subject, Fabric finishes: Definition and Objectives, Classification of Finishes: Physical
2ndWeek 3 Feb – 8 Feb	Introduction of the subject, Fabric finishes: Definition and Objectives, Classification of Finishes: Physical, Chemical, Special Purpose
9 Feb, 2025	Sunday
3rd Week 10Feb -15 Feb	Bleaching & its Types.
12 Feb, 2025 16 Feb, 2025	Guru RavidasJayanti Sunday
4th Week 17 Feb-22 Feb	Dyeing: Definition Classification of Dyes
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Natural: Vegetable, Animal & Mineral ; Synthetic Dye: Basic, Acidic & Neutral Dye
26 Feb, 2025	MahaShivratri
March,2025 1st Week 1March, 2025	On the Basis of Method of Dyeing: Sulphur Dyes, Direct Dyes, Vat Dyes, Mordant Dyes & Developed Dyes
2 March,2025	Sunday
2ndWeek 3 March– 8 March	On the Basis of Method of Dyeing: Sulphur Dyes, Direct Dyes, Vat Dyes, Mordant Dyes & Developed Dyes
3rd Week 9 March - 16 March	Holi Vacations

4thWeek 17 March–22 March	On the Basis of Stages of Dyeing: Raw Stock Dyeing, Skein Dyeing, Cloth Dyeing
23 March,2025	Sunday, ShaheediDiwas/ Martyrdom Day of Bhagat Singh, Rajguru&Sukhdev
5thWeek 24 March–29 March	Simple Dyeing: Principles and Methods of Dyeing, Faults in Dyeing and Remedies
30 March,2025	Sunday
6thWeek 31 March, 2025	Id-ul- Fitr
April,2025 1st Week 1April –5April	Resist Dyeing: Tie and Dye, Batik and Screen
6April,2024	Sunday, Ram Navmi
2ndWeek 7April-12April	Printing: Definition, Classification, Hand Printing: Block, Stencil, Screen • Machine Printing: Roller, Screen, Discharge, Resist and Duplex Printing
10 April, 2025 13April,2025 14April,2025	MahavirJayanti Sunday, Vaisakhi Dr. B.R.AmbedkarJayanti
3rdWeek 15April -19April	Revision of topics
20April,2025	Sunday
4thWeek 21April -28April	Sessional Exams
27 April, 2025 29 April, 2025 30 April, 2025	Sunday ParshuramJayanti AkshyaTritiya

KUMARI VIDYAVATI ANAND D.A.V College for Women, Karnal

Lesson Plan for the Even Semester (January to May, 2025)

Name of the Teacher– Ms Apoorva Sarwal

Class- BA (Home Science) Semester IV

Subject- Advance Apparel and Textile Designing (Theory)

Paper- B23-HSE-401

May, 2025 1st Week 1 May - 3 May	Care and Storage of Fabrics, Dry Cleaning: Principle, Process and Advantages
4 May, 2025	Sunday
2nd Week 5 May – 10 May	Laundry: Process of Laundry, Laundry Equipment and their Uses, Stain Removal Types of Stains & Methods of Removing Stains(Solvent, Absorbent & Chemical Methods)
11 May, 2025	Sunday
3rd Week 12 May - 17 May	Stain Removal Types of Stains & Methods of Removing Stains(Solvent, Absorbent & Chemical Methods)
18 May, 2025	Sunday
4th Week 19 May - 24 May	Soaps and Detergents: Types and Manufacture of Soap and Detergents, Stiffening Agent and Blueing Agent.
25 May, 2025	Sunday
5th Week 26 May - 31 May	Revision of topics
29 May, 2025	Maharana Partap Jayanti
1 June, 2025 Onwards	University Examinations
January, 2025 1st Week 1 Jan – 4 Jan	Introduction of the subject, Child psychology: Definition, aims
5 Jan, 2025 6 Jan, 2025	Sunday Shri Guru Gobind Singh Ji Jayanti

2nd Week 6 Jan – 11 Jan	Child psychology: Definition, aims, subject matter, objectives
12 Jan,2025	Sunday
3rd Week 13 Jan – 18 Jan	Learning: Meaning, Importance, Factors affecting learning
19 Jan,2025	Sunday
January,2025 4thWeek 20 Jan-25Jan	Factors affecting learning , Intelligence: Definition, measurement
26Jan,2025	Sunday, Republic Day
5thWeek 27Jan– 31 Jan	Intelligence: Definition, measurement
February,2025 1stWeek 1 Feb, 2025	Personality development : Definition, types, factors affecting personality development
2 Feb, 2025	Sunday, BasantPanchmi
2ndWeek 3 Feb – 8 Aug	Personality development : Definition, types, factors affecting personality development
9 Feb, 2025	Sunday
3rd Week 10Feb -15 Feb	Play: Definition, features, types of play
12 Feb, 2025 16 Feb, 2025	Guru RavidasJayanti Sunday

4th Week 17 Feb-22 Feb	Stages of the development of the child: Infancy, childhood, adolescence
23 Feb, 2025	Sunday
5th Week 24 Feb- 28 Feb	Stages of the development of the child: Infancy, childhood, adolescence
26 Feb,2025	MahaShivratri
March,2025 1st Week 1March, 2025	Expectant mother: signs, discomforts
2 March,2025	Sunday
2ndWeek 3 March– 8 March	Care of expectant mother, Effects of early marriage
3rd Week 9 March - 16 March	Holi Vacations
4thWeek 17 March–22 March	Care of new born: Bathing, clothing, hygiene
23 March,2025	Sunday, ShaheediDiwas/Martyrdom Day of Bhagat Singh, Rajguru& Sukhdev
5thWeek 24 March–29 March	Sessional Exams
30 March,2025	Sunday
6thWeek 31 March, 2025	Id-ul- Fitr
April,2025 1st Week 1April –5April	Care of new born, feeding, weaning
6April,2024	Sunday

2 nd Week 7April-12April	Common ailments of Childhood
10 April, 2025 13April,2025 14April,2025	MahavirJayanti Sunday Dr. B.R.AmbedkarJayanti
3 rd Week 15April -19April	Skin infections, convulsions
20April,2025	Sunday
4 th Week 21April -26April	Revision of topics
27April,2025	Sunday
5 th Week 28April, 2025	Revision of topics
29 April, 2025 30 April, 2025	ParshuramJayanti AkshyaTritya

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4thWeek 21April -28April	Sessional Exams
27 April, 2025 29 April, 2025 30 April, 2025	Sunday ParshuramJayanti AkshyaTritya
May,2025 1stWeek 1 May -3 May	Prepare Samples of Darning , Mending (Patching) And Renovation.
4May ,2025	Sunday
2ndWeek 5May–10 May	Practice
11May,2025	Sunday
3rdWeek 12May-17May	Removal of Different Types of Stains: Tea , Coffee, Lipstick, Nail Paint.
18May ,2025	Sunday
4thWeek 19 May - 24 May	REVISION
25May ,2025	Sunday
5thWeek 26 May - 31 May	Removal of Different Types of Stains : Oil/Ghee,Curry,Blood,Ink,Rust.
29May ,2025	MaharanaPartapJayanti
1 June,2025 Onwards	UniversityExaminations

4 th Week 21April -28April	Sessional Exams
27 April, 2025 29 April, 2025 30 April, 2025	Sunday ParshuramJayanti AkshyaTritya
May,2025 1 st Week 1 May -3 May	Development changes during adolescence: cognitive and moral Development.
4May ,2025	Sunday
2 nd Week 5May–10 May	Importance of interior decoration.
11May,2025	Sunday
3 rd Week 12May-17May	Elements of art and principles of designs.
18May ,2025	Sunday
4 th Week 19 May - 24 May	Consumer protection Act & Consumer rights.
25May ,2025	Sunday
5 th Week 26 May - 31 May	Standardized marks { AGMARK, FPO, WOOL, MARK, ECOMARK, ISI }
29May ,2025	MaharanaPartapJayanti
1 June,2025 Onwards	UniversityExaminations

KUMARI VIDYAVATI ANAND D.A.V College for Women, Karnal

LessonPlanfortheEvenSemester (JanuarytoMay,2025)

Name of the Teacher– Ms. Simran

Class- Bachelor of Fashion Designing II sem

Subject- MDC (Basics of Home Science) - Theory

Paper-B23- HSC-205

KUMARI VIDYAVATI ANAND D.A.V College for Women, Karnal

Lesson Plan for the Even Semester (January to May, 2025)

Name of the Teacher– Ms. Simran

Class- B.Voc. Fashion Technology II sem.

Subject- MDC (Basics of Home Science) - Practical

Paper- B23- HSC-205

3 rd Week 10 Feb - 15 Feb	Introduction about Vitamin rich recipes and sponge cake.
12 Feb, 2025 16 Feb, 2025	Guru Ravidas Jayanti Sunday
4 th Week 17 Feb - 22 Feb	Preparation of Vitamin Rich recipes- Demonstration
23 Feb, 2025	Sunday
5 th Week 24 Feb - 28 Feb	Preparation of Vitamin rich recipes - Practice
26 Feb, 2025	MahaShivratri
March, 2025 1 st Week 1 March, 2025	Preparation of Sponge cake – Demonstration
2 March, 2025	Sunday
2 nd Week 3 March – 8 March	Preparation of Sponge cake – Practice
3 rd Week 9 March - 16 March	Holi Vacations
4 th Week 17 March – 22 March	Submission
23 March, 2025	Sunday, Shaheedi Diwas/ Martyrdom Day of Bhagat Singh, Rajguru & Sukhdev
5 th Week 24 March – 29 March	Preparation of sample of basic weaves – Demonstration
30 March, 2025	Sunday
6 th Week 31 March, 2025	Id-ul- Fitr
April, 2025 1 st Week 1 April – 5 April	Preparation sample of basic weaves - Practice

