

D.A.V. GIRLS COLLEGE, KOSLI, REWARI, HARYANA
LESSON PLAN FOR THE ODD SEMESTER (2026–2027)

Name of the Teacher	Dr. Priti Dhankhar	Class / Semester	B.A 3rd Year / Sem 5th
Subject	Home Science (Major Course)	Paper Name	Diet Planning
Paper Code	501	Teaching Term	20 July 2026 – 30 November 2026

Sr. No.	Date / Week / Month	Particulars
1	20–24 Jul 2026	Theory – Unit I – Introduction & Principles of Diet Therapy: Introduction; importance; facts about fast/junk foods; objectives and principles; basic concepts; therapeutic modifications; food groups in balanced diet
2	27–31 Jul 2026	Theory – Unit I – Introduction & Principles of Diet Therapy: Introduction; importance; facts about fast/junk foods; objectives and principles; basic concepts; therapeutic modifications; food groups in balanced diet
3	3–7 Aug 2026	Theory – Unit I – Introduction & Principles of Diet Therapy: Introduction; importance; facts about fast/junk foods; objectives and principles; basic concepts; therapeutic modifications; food groups in balanced diet
4	10–14 Aug 2026	Practical – Unit I – Introduction & Principles of Diet Therapy: Diet planning for elderly
5	17–21 Aug 2026	Practical – Unit I – Introduction & Principles of Diet Therapy: Diet/dish planning for common disorders
6	24–28 Aug 2026	Theory – Unit II – Diet Planning & Nutrition During Childhood: Diet planning; nutrition during childhood; growth and development; RDA; sources and healthy food choices for infants, school children and adolescents
7	31 Aug–4 Sep 2026	Theory – Unit II – Diet Planning & Nutrition During Childhood: Diet planning; nutrition during childhood; growth and development; RDA; sources and healthy food choices for infants, school children and adolescents
8	7–11 Sep 2026	Theory – Unit II – Diet Planning & Nutrition During Childhood: Diet planning; nutrition during childhood; growth and development; RDA; sources and healthy food choices for infants, school children and adolescents
9	14–18 Sep 2026	Practical – Unit II – Diet Planning & Nutrition During Childhood: Diet planning for elderly
10	21–25 Sep 2026	Practical – Unit III – Nutrition During Adult Years: Diet/dish planning for common disorders
11	28 Sep–2 Oct 2026	Theory – Unit III – Nutrition During Adult Years: Physiological changes; RDA; nutritional guidelines; concerns and healthy food choices for adults, pregnant women, lactating mothers and elderly
12	5–9 Oct 2026	Theory – Unit III – Nutrition During Adult Years: Physiological changes; RDA; nutritional guidelines; concerns and healthy food choices for adults, pregnant women, lactating mothers and elderly
13	12–16 Oct 2026	Theory – Unit III – Nutrition During Adult Years: Physiological changes; RDA; nutritional guidelines; concerns and healthy food choices for adults, pregnant women, lactating mothers and elderly
14	19–23 Oct 2026	Practical – Unit III – Nutrition During Adult Years: Diet planning for elderly
15	26–30 Oct 2026	Practical – Unit IV – Common Diseases & Nutritional Management: Diet/dish planning for common disorders
16	10–14 Nov 2026	Theory – Unit IV – Common Diseases & Nutritional Management: Diarrhoea; constipation; underweight; overweight/obesity; diabetes; cardiovascular diseases
17	17–21 Nov 2026	Theory – Unit IV – Common Diseases & Nutritional Management: Diarrhoea; constipation; underweight; overweight/obesity; diabetes; cardiovascular diseases
18	24–28 Nov 2026	Theory – Unit IV – Common Diseases & Nutritional Management: Diarrhoea; constipation; underweight; overweight/obesity; diabetes; cardiovascular diseases
—	01–09 Nov 2026	DIWALI VACATION – No teaching classes.

Unit-wise Coverage	Period
Unit I – Introduction & Principles of Diet Therapy	20 Jul – 21 Aug 2026
Unit II – Diet Planning & Nutrition During Childhood	24 Aug – 18 Sep 2026
Unit III – Nutrition During Adult Years	21 Sep – 23 Oct 2026
Unit IV – Common Diseases & Nutritional Management	26 Oct – 30 Nov 2026
Diwali Vacation	01–09 Nov 2026

Signature of Teacher: _____ Dr. Priti Dhankhar

D.A.V. GIRLS COLLEGE, KOSLI, REWARI, HARYANA
LESSON PLAN FOR THE ODD SEMESTER (2026-2027)

Name of the Teacher	Dr. Priti Dhankhar	Class / Semester	B.A 1st Year / Sem 1st
Subject	Home Science (Major Course)	Paper Name	Home and Interior Decor
Paper Code	101	Teaching Term	20 July 2026 – 30 November 2026

Sr. No.	Date / Week / Month	Particulars
1	20–24 Jul 2026	Theory – Unit I – Elements of Art & Interior Decoration: Introduction; objectives and importance; structural/decorative design; elements of art: line, form, texture, light, pattern, colour and space
2	27–31 Jul 2026	Theory – Unit I – Elements of Art & Interior Decoration: Introduction; objectives and importance; structural/decorative design; elements of art: line, form, texture, light, pattern, colour and space
3	3–7 Aug 2026	Theory – Unit I – Elements of Art & Interior Decoration: Introduction; objectives and importance; structural/decorative design; elements of art: line, form, texture, light, pattern, colour and space
4	10–14 Aug 2026	Practical – Unit I – Elements of Art & Interior Decoration: Paper cutting/collage/gift wrapping
5	17–21 Aug 2026	Practical – Unit I – Elements of Art & Interior Decoration: Table setting and napkin folding
6	24–28 Aug 2026	Theory – Unit II – Principles, Colour & Lighting: Rhythm, balance, proportion, emphasis, harmony; colour properties and schemes; lighting types, requirements and fixtures
7	31 Aug–4 Sep 2026	Theory – Unit II – Principles, Colour & Lighting: Rhythm, balance, proportion, emphasis, harmony; colour properties and schemes; lighting types, requirements and fixtures
8	7–11 Sep 2026	Theory – Unit II – Principles, Colour & Lighting: Rhythm, balance, proportion, emphasis, harmony; colour properties and schemes; lighting types, requirements and fixtures
9	14–18 Sep 2026	Practical – Unit II – Principles, Colour & Lighting: Alpana and Rangoli
10	21–25 Sep 2026	Practical – Unit III – Table Setting & Furniture: Pottery painting and decoration
11	28 Sep–2 Oct 2026	Theory – Unit III – Table Setting & Furniture: Table manners; informal/formal table setting; buffet, Indian, cafe styles; furniture types, arrangement, selection, purchase, care and maintenance
12	5–9 Oct 2026	Theory – Unit III – Table Setting & Furniture: Table manners; informal/formal table setting; buffet, Indian, cafe styles; furniture types, arrangement, selection, purchase, care and maintenance
13	12–16 Oct 2026	Theory – Unit III – Table Setting & Furniture: Table manners; informal/formal table setting; buffet, Indian, cafe styles; furniture types, arrangement, selection, purchase, care and maintenance
14	19–23 Oct 2026	Practical – Unit III – Table Setting & Furniture: Colour schemes for rooms
15	26–30 Oct 2026	Practical – Unit IV – Flower Arrangement & Furnishings: House plan for income groups
16	10–14 Nov 2026	Theory – Unit IV – Flower Arrangement & Furnishings: Types and principles of flower arrangement; accessories and occasions; curtains, cushions, pillows; wall/window treatment; floor coverings
17	17–21 Nov 2026	Theory – Unit IV – Flower Arrangement & Furnishings: Types and principles of flower arrangement; accessories and occasions; curtains, cushions, pillows; wall/window treatment; floor coverings
18	24–28 Nov 2026	Theory – Unit IV – Flower Arrangement & Furnishings: Types and principles of flower arrangement; accessories and occasions; curtains, cushions, pillows; wall/window treatment; floor coverings
—	01–09 Nov 2026	DIWALI VACATION – No teaching classes.

Unit-wise Coverage	Period
Unit I – Elements of Art & Interior Decoration	20 Jul – 21 Aug 2026
Unit II – Principles, Colour & Lighting	24 Aug – 18 Sep 2026
Unit III – Table Setting & Furniture	21 Sep – 23 Oct 2026
Unit IV – Flower Arrangement & Furnishings	26 Oct – 30 Nov 2026
Diwali Vacation	01–09 Nov 2026

Signature of Teacher: _____ Dr. Priti Dhankhar

D.A.V. GIRLS COLLEGE, KOSLI, REWARI, HARYANA
LESSON PLAN FOR THE ODD SEMESTER (2026–2027)

Name of the Teacher	Dr. Priti Dhankhar	Class / Semester	B.A 1st Year / Sem 1st
Subject	Home Science (Minor Course)	Paper Name	Elementary Home Science
Paper Code	102	Teaching Term	20 July 2026 – 30 November 2026

Sr. No.	Date / Week / Month	Particulars
1	20–24 Jul 2026	Theory – Unit I – Introduction to Home Science & Art: Concept and scope of Home Science; elements of art; principles of art
2	27–31 Jul 2026	Theory – Unit I – Introduction to Home Science & Art: Concept and scope of Home Science; elements of art; principles of art
3	3–7 Aug 2026	Practical – Unit I – Introduction to Home Science & Art: Rangoli of different types
4	10–14 Aug 2026	Theory – Unit I – Introduction to Home Science & Art: Concept and scope of Home Science; elements of art; principles of art
5	17–21 Aug 2026	Theory – Unit I – Introduction to Home Science & Art: Concept and scope of Home Science; elements of art; principles of art
6	24–28 Aug 2026	Practical – Unit II – Food & Nutrition: Sewing machine and basic stitches
7	31 Aug–4 Sep 2026	Theory – Unit II – Food & Nutrition: Classification and function of food; balanced diet; macronutrients—definition, classification, sources, functions, daily requirement and deficiency of carbohydrate, protein and fat
8	7–11 Sep 2026	Theory – Unit II – Food & Nutrition: Classification and function of food; balanced diet; macronutrients—definition, classification, sources, functions, daily requirement and deficiency of carbohydrate, protein and fat
9	14–18 Sep 2026	Practical – Unit II – Food & Nutrition: Rangoli of different types
10	21–25 Sep 2026	Theory – Unit III – Textile Fibres & Weaving: Textile fibres: definition and classification; yarn: definition, properties and types; weaving: definition, types and variations
11	28 Sep–2 Oct 2026	Theory – Unit III – Textile Fibres & Weaving: Textile fibres: definition and classification; yarn: definition, properties and types; weaving: definition, types and variations
12	5–9 Oct 2026	Practical – Unit III – Textile Fibres & Weaving: Sewing machine and basic stitches
13	12–16 Oct 2026	Theory – Unit III – Textile Fibres & Weaving: Textile fibres: definition and classification; yarn: definition, properties and types; weaving: definition, types and variations
14	19–23 Oct 2026	Theory – Unit III – Textile Fibres & Weaving: Textile fibres: definition and classification; yarn: definition, properties and types; weaving: definition, types and variations
15	26–30 Oct 2026	Practical – Unit IV – Human Development: Rangoli of different types
16	10–14 Nov 2026	Theory – Unit IV – Human Development: Meaning, definition, scope and stages of human development; prenatal development: conception and course of prenatal development
17	17–21 Nov 2026	Theory – Unit IV – Human Development: Meaning, definition, scope and stages of human development; prenatal development: conception and course of prenatal development
18	24–28 Nov 2026	Practical – Unit IV – Human Development: Sewing machine and basic stitches
—	01–09 Nov 2026	DIWALI VACATION – No teaching classes.

Unit-wise Coverage	Period
Unit I – Introduction to Home Science & Art	20 Jul – 21 Aug 2026
Unit II – Food & Nutrition	24 Aug – 18 Sep 2026
Unit III – Textile Fibres & Weaving	21 Sep – 23 Oct 2026
Unit IV – Human Development	26 Oct – 30 Nov 2026
Diwali Vacation	01–09 Nov 2026

Signature of Teacher: _____ Dr. Priti Dhankhar