

SESSION PLAN (2025-26)			
Class-10th		Subject-APPAREL (Code-414)	
MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT 1- Elements and principles of Design	<ul style="list-style-type: none"> Session 1- Identify elements and principles of design 	<ul style="list-style-type: none"> Develop sheets for elements and principles with example. Collect pictures of elements and principle in practice file.
	Employability Module UNIT 1- Communications Skills	<ul style="list-style-type: none"> Methods of communication Communication cycle and importance of feedback Meaning and importance of feedback Descriptive feedback- written comments or conversations Specific and non-specific feedback Barriers to effective communication – types and factors Measures to overcome barriers in effective communication Principles of effective communication 7 Cs of effective communication Writing skills to the following: Sentence, Phrase, Kinds of Sentences, Parts of Sentence, Parts of Speech, Articles, Construction of a Paragraph 	<ul style="list-style-type: none"> Writing pros and cons of written, verbal and non-verbal communication Listing do's and don'ts for avoiding common body language mistakes Demonstration and practice of writing sentences and paragraphs on topics related to the subject <p>Activities:</p> <ul style="list-style-type: none"> Self Introduction Role Play Group Discussions Debates Art & Craft Word Games Story Telling Brain Teasers Mindfulness Quiz
May-25	UNIT 1- Elements and principles of Design	<ul style="list-style-type: none"> Session 2-Different type of colours/ colour wheel and application of colour schemes 	<ul style="list-style-type: none"> Demonstrate the primary, secondary and tertiary colour through colour wheel Prepare sheets of related and contrasting colour schemes
		SUMMER VACATION (11th MAY- 30th JUNE)	
Jun-25		SUMMER VACATION (11th MAY- 30th JUNE)	
Jul-25	UNIT 2- Advanced hand embroidery stitches	<ul style="list-style-type: none"> Session 1- Flat embroidery stitches Session 2- Loop and knot stitches 	<ul style="list-style-type: none"> Prepare samples of all flat filling stitches and paste in practical file. Prepare samples of all loop and knotted stitches and paste in practical file. Also Prepare an article using any three hand embroidery stitches.
	Employability Module UNIT 2- Self Management Skills	<ul style="list-style-type: none"> Meaning and importance of stress management Stress management techniques – physical exercise, yoga, meditation Enjoying, going to vacations and holidays with family and friends Taking nature walks Importance of the ability to work independently Describe the types of self-awareness Describe the meaning of self-motivation and self-regulation 	<ul style="list-style-type: none"> Exercises on stress management techniques – yoga, meditation, physical exercises Preparing a write-up on an essay on experiences during a holiday trip Demonstration on working independently Goals Planning of an activity Executing tasks in a specific period, with no help or directives Demonstration on the qualities required for working independently <p>Activities/O&A</p>
Aug-25	UNIT-3 Traditional Indian embroidery	<ul style="list-style-type: none"> Session 1-Indian traditional embroidery -1 	<ul style="list-style-type: none"> Prepare samples of Gujarati embroidery, Phulkari of Punjab, Chikankari of Lucknow, Manipuri work and paste in practical file. Identification of task bar, icons, menu, etc. Demonstration and practicing of creating, renaming and deleting files and folders, saving files in folders and sub-folders, restoring files and folders from recycle bin Demonstration of the procedures to be followed for cleaning, care and maintenance of hardware and software
	Employability Module UNIT 3- ICT Skills	<ul style="list-style-type: none"> Classes of operating systems Menu, icons and task bar on the desktop File concept, file operations, file organization, directory structures, and file-system structures Creating and managing files and folders Importance and need of care and maintenance of computer, Cleaning computer components, preparing maintenance schedule, protecting computer against viruses, Scanning and cleaning viruses and removing SPAM files, temporary files and folders 	
Sep-25	UNIT-3 Traditional Indian embroidery	<ul style="list-style-type: none"> Session 2-Indian traditional embroidery -2 	<ul style="list-style-type: none"> Prepare samples of Kasuti of Karnataka, Kantha of Bengal, Kashmiri kashida work, Chambarumal of Himachal Pradesh and paste in practical file. 2. Prepare an article using any traditional embroidery
		MID TERM EXAMINATION (16th SEPTEMBER 2025-1st OCTOBER 2025)	
Oct-25	UNIT-4 Application of embroideries	<ul style="list-style-type: none"> Session 1- steps of applying combination of embroidery on a design 	<ul style="list-style-type: none"> Prepare a sample by using a combination of embroidery stitches on any design and paste in practical file
	Employability Module UNIT 4- Entrepreneurial Skills	<ul style="list-style-type: none"> Entrepreneurship and society Qualities and functions of an entrepreneur Role and importance of an entrepreneur Myth about entrepreneurship Entrepreneurship as a career option 	<ul style="list-style-type: none"> Writing a note on entrepreneurship as career option Collecting success stories of first generation and local entrepreneurs Listing the entrepreneurial qualities – analysis of strength and weaknesses Group discussion of self-qualities that students feel are needed to become successful entrepreneur Collect information and related data for a business Make a plan in team for setting up a business
Nov-25	UNIT-4 Application of embroideries	<ul style="list-style-type: none"> Session 2- Specification sheet and application of design on different garment area 	<ul style="list-style-type: none"> Search an embroidery specification sheet from internet and practice interpreting the details given in it. Prepare a sample by placing a same design in different styles and paste in practical file
	UNIT-5 Finishing of embroidered garment	<ul style="list-style-type: none"> Session 1- Finishing process and quality check and inspection process followed in unit 	<ul style="list-style-type: none"> Write process of finishing of embroidered garments in practice file. Write importance of quality check and inspection in file.
	Employability Module UNIT 5- Green Skills	<ul style="list-style-type: none"> Definition of sustainable development Importance of sustainable development Problems related to sustainable development 	<ul style="list-style-type: none"> Identify the problem related to sustainable development in the community Group discussion on the importance of respecting and conserving indigenous knowledge and cultural heritage Discussion on the responsibilities and benefits of environmental citizenship, including the conservation and protection of environmental values Preparing models on rain water harvesting, drip / sprinkler irrigation, vermin-compost, solar energy, solar cooker, etc.
Jan-26		WINTER BREAK (1st JAN 2026-15th JAN 2026)	
Feb-26		Pre Board/Revision/Mock Tests	
		REVISION	
Mar-26		CBSE/ANNUAL EXAMINATION 2026	