

# SESSION PLAN 2025-26 (STANDARD XI) FASHION STUDIES

MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
		<b>SUMMER VACATION (11TH MAY- 30TH JUNE)</b>	
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Jul-25	UNIT-1: OVERVIEW OF FASHION	Understanding fashion: Introduction and definition Factors influencing fashion Key Concepts and Terminology Movement and Direction of fashion – Fashion forecasting, pendulum swing and fashion cycles. Theories of fashion movement Consumers – innovators, Motivators, Followers, Victims	1. Fashion Collage: Create a collage of different fashion styles and trends. 2. Trend Analysis: Analyze current fashion trends and identify factors influencing them. 3. Fashion Forecasting: Predict future fashion trends based on current trends and industry reports. 4. Case Study: Analyze a specific fashion trend using one of the theories of fashion movement. 5. Fashion Show: Host a fashion show featuring different styles and trends and discuss the inspirations behind each look.
	Part A: Employability Skills / Unit 1: Communication Skills-III	1. Verbal communication (speaking, listening, presentations) 2. Nonverbal communication (body language, tone) 3. Written communication (email, report writing) 4. Interpersonal communication (rapport-building, conflict resolution) 5. Cultural sensitivity and feedback techniques.	# Writing pros and cons of written, verbal and non-verbal communication # Listing do's and don'ts for avoiding common body language mistakes
Aug-25	UNIT-2: INTRODUCTION TO FABRICS, DYEING & PRINTING	Textile fibers– natural and manmade Yarns Weaving Dyeing and printing Identify and differentiate fabric varieties Explain the various processes of fabric manufacturing, dyeing & printing	Practical Activities 1. Fabric Sorting: Identify natural and manmade fibers. 2. Weaving Demo: Create simple weaves. 3. Dyeing Experiment: Apply different dyeing techniques. 4. Printing Project: Design and print fabric. 5. Fabric Analysis: Compare different fabric varieties.
	Part A: Employability Skills / Unit 2: SELFMANAGEMENT SKILLS-III	1. Goal Setting: Setting clear, achievable goals and prioritizing tasks. 2. Time Management: Managing time effectively to meet deadlines and achieve goals. 3. Self-Motivation: Developing strategies to stay motivated and focused. 4. Stress Management: Managing stress and emotions in a healthy way. 5. Self-Reflection and Evaluation: Regularly reflecting on progress, identifying areas for improvement, and adjusting strategies accordingly.	1. Goal Setting Worksheet 2. Time Management Exercise 3. Prioritization Activity 4. Mindfulness Meditation 5. Reflective Journaling
Sep-25	UNIT-3: DESIGN FUNDAMENTALS	Design, Designers and Design process Basic Elements of Design – Point, line, shape and texture Colour Theory – Hue, tint, shade, tone, colour schemes Colour Psychology Principles of Design – rhythm, balance, emphasis and contrast Silhouette and proportion in apparel	1. Design a Garment 2. Colour Wheel Exercise 3. Balance and Emphasis Exercise 4. Silhouette and Proportion Challenge 5. Fashion Illustration
	Part A: Employability Skills / Unit 3 : ICT Skills-III	Demonstration and practice of the following: • Listing the features of word processing • Listing the software packages for word processing • Opening and exit the word processor • Creating a document	Practical Activities 1. Word Processing Features Listing: Create a list of key features of word processing software. 2. Word Processing Software Comparison: Research and compare different word processing software packages (e.g. Microsoft Word, Google Docs). 3. Word Processor Navigation: Practice opening and exiting a word processor. 4. Document Creation: Create a new document using a word processor and format it according to specific requirements. 5. Document Editing Exercise: Edit a sample document to practice basic word processing skills (e.g. formatting, inserting images).
	<b>MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025</b>		
Oct-25	UNIT – 4: MATERIALS, TOOLS AND PROCESSES OF PRODUCT MAKING	Introduction to sewing machine- component parts and functions. Sewing tools , Safety rules and Sewing Aids Home Fashion Products Leather Fashion Products	1. Sewing Machine Parts Identification 2. Sewing Tool Kit Assembly 3. Safety Rules Demonstration 4. Simple Sewing Project 5. Sewing Aids Experimentation
	Part A: Employability Skills/UNIT 4: ENTREPRENEURIAL SKILLS- III	1. Business Planning: Creating a business plan, defining mission and vision statements. 2. Market Analysis: Conducting market research, analyzing competition, and identifying target audience. 3. Financial Planning: Estimating startup costs, projecting revenue, and managing finances. 4. Marketing Strategies: Developing marketing plans, branding, and promotional activities. 5. Risk Management: Identifying potential risks, developing mitigation strategies.	1. Entrepreneurial Story Analysis: Read and analyze stories of successful entrepreneurs to identify key values. 2. Value Identification Group Discussion: Discuss and list entrepreneurial values exhibited by successful entrepreneurs. 3. Ice Breaking Activity: Participate in ice-breaking activities that demonstrate entrepreneurial values (e.g. risk-taking, creativity). 4. Group Project: Work in groups to complete a project that requires exhibiting entrepreneurial values (e.g. teamwork, innovation). 5. Reflective Journaling: Write a reflective journal on how entrepreneurial values can be applied in personal and professional life.
Nov-25	PRACTICALS	1. Relating fashion cycle theories to fashion trends 2. Application of textile swatch on any product 3. Burning test for fibre identification 4. Constructing basic weaves	
Dec-25	PRACTICALS	1. Value chart- Tints and Shades 2. Nature as inspiration for design 3. Application of colour psychology to colour schemes 4. Development of eight-head fashion croquis- Block Figure	

Jan-26	Part A: Employability Skills /UNIT 5: GREEN SKILLS -- III	Stakeholders in green economy Role of government and private agencies in greening cities, buildings, tourism, industry, transport, renewable energy, waste management, agriculture, water, forests and fisheries	Preparing posters on green Sectors/Areas: cities, buildings, tourism, industry, transport, renewable energy, waste management, agriculture, water, forests and fisheries
Feb-26	REVISION		
Mar-26	ANNUAL EXAMINATION 2026		