

SESSION PLAN 2025-26 (STANDARD XII) FASHION STUDIES			
MONTH	UNITS	TOPICS COVERED	
		THEORY	PRACTICAL
Apr-25	UNIT-1: HISTORY OF FASHION - PART:1	1. Introduction to Fashion History: Studying the evolution of clothing and adornment. 2. Sources of Information: Art, written records, photographs, and oral traditions. 3. Factors Affecting Clothing: Protection, ritualistic, identification, and adornment. 4. Draped Costume: Exploring ancient civilizations like Indian, Egyptian, Greek, and Roman. 5. Evolution of Costume: Understanding how clothing reflects cultural, social, and economic contexts.	1. Timeline: Create a simple timeline on the board or paper, marking key eras (Egyptian, Greek, Roman, etc.) and adding images or sketches of characteristic clothing. 2. Costume Sketching: Students sketch and design a draped costume inspired by ancient styles, using paper, pencils, and colors.
	Part A: Employability Skills / Unit 1: Communication Skills-IV	#Writing skills to the following: •Sentence •Phrase •Kinds of Sentences •Parts of Sentence •Parts of Speech •Articles •Construction of a Paragraph	Demonstration and practice of writing sentences and paragraphs on topics related to the subject
May-25	UNIT-1: HISTORY OF FASHION - PART:2	Industrial Revolution – mechanical inventions, influence on India ☐ Evolution of 20th century Indian fashion. ☐ Films and fashion	1. Case Study: Research and present a case study on how the Industrial Revolution influenced Indian textile industry and fashion, highlighting key mechanical inventions and their impact. 2. Design Project: Design a collection of garments inspired by 20th-century Indian fashion, incorporating traditional elements with modern twists, and create a visual presentation showcasing the designs.
	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jun-25	SUMMER VACATION (11TH MAY- 30TH JUNE)		
Jul-25	UNIT-2: BASIC PATTERN DEVELOPMENT (PART:1)	☐ Pattern Making ☐ Terminology, symbols and abbreviations ☐ Methods of measuring body and dress form ☐ sizes and measurements	1. Body Measurement Exercise: Students take body measurements using measuring tapes, recording sizes and calculating garment patterns. 2. Pattern Drafting: Students create basic garment patterns (e.g., skirt, top) using measurement charts and drafting techniques. 3. Symbol and Abbreviation Practice: Students practice reading and writing pattern symbols and abbreviations used in garment construction.
	Part A: Employability Skills / Unit 2: SELFMANAGEMENT SKILLS-IV	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
Aug-25	UNIT – 2: BASIC PATTERN DEVELOPMENT (PART:2)	☐ Tools of pattern making ☐ Fit- Element of fits, evaluating fits, need to fit and methods of fit ☐ Pattern development- Basic Bodice: How to develop a bodice from the standard measurement chart and test fitted on the dress form.	1. Pattern Tool Familiarization: Students match pattern making tools with their uses. 2. Fit Discussion: Students discuss what makes a good fit in garments and how to achieve it. 3. Bodice Pattern Exercise: Students follow a simple guide to draft a basic bodice pattern using measurements.
	Part A: Employability Skills / Unit 2: SELFMANAGEMENT SKILLS-IV	1. Stress Management: Understanding and managing stress, including techniques for coping with pressure and maintaining well-being. 2. Time Management: Prioritizing tasks, setting goals, and managing time effectively to increase productivity and efficiency.	1. Stress Management Role-Play: Students role-play different scenarios, practicing stress management techniques and discussing effective coping strategies. 2. Time Management Challenge: Students participate in a timed task, prioritizing activities and managing their time to complete tasks efficiently, followed by a discussion on effective time management techniques.
Sep-25	UNIT – 3: ELEMENTS OF FASHION (Part:1)	☐ Understanding Fashion - definition and overview ☐ Haute couture, High Fashion, Ready to Wear, Mass produced garments ☐ Fashion Menswear - Introduction, Categories, Elements of Design, shirts, pants and shorts, suits ☐ Women's wear Capitals	1. Fashion Terminology Match: Students match fashion terms (haute couture, ready-to-wear, etc.) with their definitions. 2. Fashion Capital Collage: Students create a collage or presentation showcasing different fashion capitals (Paris, Milan, New York, etc.) and their iconic fashion styles.
	Part A: Employability Skills / Unit 3: ICT Skills-IV	1. Introduction to ICT: Understanding the basics of Information and Communication Technology. 2. Internet and Browsing: Understanding internet basics, browsing, and search engines. 3. Email and Communication: Using email for personal and professional communication. 4. Microsoft Office Suite: Familiarity with Word, Excel, PowerPoint, and other productivity tools. 5. Digital Security: Awareness of online safety, security threats, and best practice.	1. Email Composition: Students compose and send emails using proper formatting and etiquette. 2. Microsoft Office Tutorial: Students complete a tutorial or project using Microsoft Office applications (Word, Excel, PowerPoint). 3. Online Research: Students conduct online research on a given topic, using search engines and evaluating online sources.
	MID TERM EXAMINATION 16 SEPTEMBER 2025-1 OCTOBER 2025		
Oct-25	UNIT – 3: ELEMENTS OF FASHION (Part:2)	☐ Introduction to Indian women's wear, Elements of design, categories of ☐ Women's wear-dresses, blouses/skirts, trousers, kameezes, saris & blouses. ☐ Children wear – Introduction, garments for different ages - New born, Infants Toddlers, Pre-teens and Teens, dungarees ☐ Trims used for the fashion apparel	1. Traditional Garment Collage: Students create a collage showcasing different types of Indian women's wear (saris, salwar kameez, etc.) and identify their design elements. 2. Designing Children's Wear: Students design and sketch a garment for a specific age group (newborn, toddler, teen) incorporating suitable fabrics, colors, and trims.
	Part A: Employability Skills / Unit 3: ICT Skills-IV	1. Basic Computer Operations: Understanding computer hardware, software, and basic operations. 2. Typing and Keyboard Skills: Developing typing skills and familiarity with keyboard layout. 3. Basic Internet Use: Understanding internet basics, browsing, and search engines. 4. Email Basics: Sending and receiving emails, email etiquette. 5. Basic Software Applications: Familiarity with word processing, spreadsheets, and presentations.	1. Typing Practice: Students practice typing using online tools or software. 2. Basic Email Exercise: Students compose and send a simple email to a peer or instructor. 3. Basic Computer Terminology Match: Students match basic computer terms (hardware, software, etc.) with their definitions.
Nov-25	UNIT – 4: BASICS OF GARMENT MAKING (Part:1)	☐ Understanding fabric types. ☐ selection of underlining, interfacing, lining and inter-lining ☐ Cutting preliminaries, fabric preparation, fabric cutting, grain line, preshrinking, identifying the right side of fabric, pinning and marking methods	1. Fabric Swatch Identification: Students identify and label different fabric types (cotton, silk, polyester, etc.). 2. Fabric Preparation Demonstration: Students observe or participate in a demonstration of fabric preparation techniques (preshrinking, identifying right side, etc.). 3. Grain Line and Pattern Cutting: Students practice identifying grain lines and cutting fabric using basic patterns or templates.
	Part A: Employability Skills/UNIT 4: ENTREPRENEURIAL SKILLS- IV	1. Introduction to Entrepreneurship: Understanding the concept and benefits of entrepreneurship. 2. Identifying Business Opportunities: Recognizing market needs and opportunities. 3. Business Planning: Creating a basic business plan and setting goals. 4. Market Research and Analysis: Understanding target markets and customer needs. 5. Financial Planning and Management: Managing finances, budgeting, and forecasting.	1. Business Idea Brainstorming: Students brainstorm and list potential business ideas. 2. Simple Business Plan Template: Students fill out a basic business plan template, outlining goals and strategies. 3. Market Needs Discussion: Students discuss and identify market needs and opportunities in small groups.
Dec-25	UNIT – 4: BASICS OF GARMENT MAKING (Part:2)	☐ Types of plackets- continuous, simple shirt placket and shirt placket with facing. ☐ Neckline facing, bias strip and preparation of bias strip. ☐ Appropriate neckline finishes with piping, bias facing and shaped facing (only practical)	1. Placket Construction: Students practice constructing a simple shirt placket or continuous placket on a garment sample. 2. Neckline Finish with Bias Facing: Students apply a bias facing to a garment sample, practicing neckline finish techniques.
	UNIT 5: GREEN SKILLS – IV	Role of green jobs minimizing waste and pollution of green jobs in protecting and restoring ecosystems	Role Listing of green jobs and preparation of posters on green job profiles Prepare posters on green jobs.
WINTER BREAK 1 JAN 2026-15 JAN 2026			
Jan-26	WINTER BREAK (1st JAN 2026-15th JAN 2026) Pre Board/Revision/Mock Tests		
Feb-26	REVISION		
Mar-26	CBSE/ANNUAL EXAMINATION 2026		