

Training Schedule
Men's Wear (494)
(Theory -30 hrs, Practical - 90 hrs)

| Session | Lesson | Theory (1 ½ hour) | Practical(3½ Hours) | Self study /Assignment | Learning outcomes |
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| Day 1 | 1. L-1Market profile of Men's wear | 1.3 Importance of market survey 1.3.1 Categories of Men's wear 1.4 Type of Men's wear 1.5 Factors to be considered while buying clothes for Men 1.6 Understanding care labels on readymade garments 1.6.3 Instructions about how to label clothing | <ul style="list-style-type: none"> • Activity 1.1, 1.2 • Group discussion on the following: <ul style="list-style-type: none"> ○ Categories of men's wear <ul style="list-style-type: none"> - Sports were - Casual wear - Formal sear - Winter wear - Groom/wedding wear ○ Type of men's wear <ul style="list-style-type: none"> - Shirts - Pants - Indian outfit and wedding wear - Sleep wear ○ Factors to be considered while buying men's wear ○ Care labels on readymade garments <ul style="list-style-type: none"> - Symbols used on care labels. - How to label clothes | <ul style="list-style-type: none"> • In text Questions 1.1, 1.2 • Undertake a market survey to study the: <ul style="list-style-type: none"> ○ Categories of men's wear ○ Type of men's wear ○ Factors to be considered while buying ○ Care labels on readymade garments • Write a report of the observation made. | <ul style="list-style-type: none"> • Identifies the categories of men's wear. • Differentiates between types of men's wear. • Recognizes and uses the care symbols on care labels while handling readymade garments. |
| Day 2 | L-1 Market profile of Men's wear | 1.7 Fabric and stitching 1.7.1 Checking for other details: 1.8 Normal defects found in garments 1.9 Size and fitting 1.9.1. How to find your size 1.10 Understanding sizes - Some common | Activity 1.3, 1.4, 1.5, 1.6 <ul style="list-style-type: none"> • Design a checklist to assess the following: <ul style="list-style-type: none"> ○ Fabric and stitching ○ Normal defects found in garments ○ Other details • Undertake group discussion on: <ul style="list-style-type: none"> ○ Size and fitting | <ul style="list-style-type: none"> • Terminal Question 1.12 • Conduct a market survey to study; • Some common defects found in readymade garments • Chest measurement • Sleeve measurements • Neck measurements | <ul style="list-style-type: none"> • Identifies some common defects found in readymade men's wear. • Purchases readymade garments using <ul style="list-style-type: none"> ○ Chest measurement |

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| | | charts/formats of men's sizes. | <ul style="list-style-type: none"> ○ Measuring for shirts ○ Measuring for trouser/pants ○ Fitting for suits and jackets ○ Common formats of men's sizes ● Make charts showing standard measurements for Indian men | <ul style="list-style-type: none"> ● Waist measurement ● Write a report of the observations made | <ul style="list-style-type: none"> ○ Sleeve measurements ○ Neck measurements ○ Waist measurement |
| Day 3 | L- 2 Selecting fabrics and trims for men's wear | 2.3 Fibres 2.4 Sources of fibres <ul style="list-style-type: none"> ● Natural fibres ● Synthetic fibres 2.5 Fibre quality Methods 2.6 Methods of fabric production 2.7 Finishes of fabric 2.8 Blends 2.9 Factors influencing choice of fabrics | Activity 2.1 <ul style="list-style-type: none"> ● Undertake a visit to a textile unit to study the following; <ul style="list-style-type: none"> ○ Natural fibres ○ Synthetic fibres ○ Methods of fabric production ○ Finishes of fabric ○ Blends | <ul style="list-style-type: none"> ● In text Question 2.1, 2.2, 2.3, 2.4 ● Small group discussion with family and friends regarding the factors that influence the choice of fabrics for men's wear. | <ul style="list-style-type: none"> ● Differentiates between natural and synthetic fibres. ● Identifies fabrics of different finishes and blends. ● Chooses appropriate fabric for men's wear. |
| Day 4 | L- 2 Selecting fabrics and trims for men's wear | 2.10 Choosing trims 2.11 Trimming Inter lining, inter facing and fusing | <ul style="list-style-type: none"> ● Activity 2.2 ● Conduct a market survey to study the brands available and the cost of the various trims available for men's wear. | <ul style="list-style-type: none"> ● In text Questions 2.5 ● Terminal Question 2.13 <ul style="list-style-type: none"> ○ Paste samples of trims collected during market survey and past in the practical file ○ Write a report on the market survey undertaken | <ul style="list-style-type: none"> ● Chooses and uses appropriate trims for different men's garments |
| Day 5 | L-3 Handling special fabrics | 3.3 Handling some common fabrics. 3.4 Even and uneven plaids and stripes. 3.5 Laying out for plaids, stripes and special prints 3.6 Choosing appropriate sewing needles. 3.7 Choosing threads 3.8 Special stitching | Activity 3.1, 3.2, 3.3, 3.4 <ul style="list-style-type: none"> ● Group discussion on some of the special handling procedures take: <ul style="list-style-type: none"> ○ Pile ○ Napped ○ Fur ○ Satin ○ Slippery ○ Stretch | <ul style="list-style-type: none"> ● In text Question 3.1, 3.2, 3.3, 3.4, 3.5 ● Terminal question 3.13 ● Make a chart to guide one about the handling of special fabrics showing the following details: <ul style="list-style-type: none"> ○ Type | <ul style="list-style-type: none"> ● Identifies fabrics requiring special handling ● Chooses appropriate seams, needles and threads for different special fabrics ● Observes the prescribed precaution while |

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| | | <p>3.9 Ironing</p> <p>3.10 General precautions</p> <p>3.11 Guide to fabrics and sewing techniques</p> | <ul style="list-style-type: none"> ○ Sheer or fine ○ Fragile ○ Twill ○ One way design ○ Plaids and stripes ● Demonstration and practice of the layouts of the following : <ul style="list-style-type: none"> ○ Plaids and stripes ○ Even and uneven plaids ○ Special prints ○ Special stitching | <ul style="list-style-type: none"> ○ Fabric ○ Special seams ○ Machine needle size ○ Thread | <p>handling special types of fabrics.</p> |
| Day 6 | L-4 Body types and measurements | <p>4.3 Locating body land marks</p> <p>4.3.1 Using body land mark</p> <p>4.4 Taking measurements</p> <p>4.5 Precautions while taking measurements</p> <p>4.6 Measuring tools</p> <p>4.6.1 Some common Measuring and Drafting tools</p> | <ul style="list-style-type: none"> ● Activity 4.1 ● Demonstrate and practice of: <ul style="list-style-type: none"> ○ Identifying body land marks ○ Taking different measurements ○ Identifying and correct handling of measuring and drafting tools | <ul style="list-style-type: none"> ● In text Questions 4.1, 4.2 ● Continue practice of: <ul style="list-style-type: none"> ○ Locating body land marks ○ Taking different measurements ○ Identifying and correct handling of measuring and drafting tools ● Market survey of different brands and cost of measuring and drafting tools available in the market and write a report | <ul style="list-style-type: none"> ● Identifies body landmarks. ● Takes measurement accurately ● Identifies and correctly handles measuring and drafting tools ● Observes prescribed precautions while taking measurements. |
| Day 7 | L-4 Body types and measurements | <p>4.7 Standard sizes</p> <p>4.8 Body shapes and types</p> <p>4.9 Designing for different body shapes</p> <p>4.10 Recording measurements</p> <p>4.10.2 Measurements required for specific garments</p> | <ul style="list-style-type: none"> ● Activity 4.2, 4.3 ● Practice of using standard sizes for fabrication of different garments ● Sketching of different ● Body types and shapes ● Group discussion on signs suitable for different body shapes <ul style="list-style-type: none"> ○ Designing a measurement recording chart | <ul style="list-style-type: none"> ● In text Questions 4.4, 4.5 ● Terminal Question 4.11 ● Paste the sketches made in the practical file with comments ● Collect pictures of garments suitable for different body shapes and paste in practical | <ul style="list-style-type: none"> ● Identifies different body types and shapes. ● Designs garments for different body shapes. ● Takes measurements accurately and records them in the measurement charts. |

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| | | | <ul style="list-style-type: none"> ○ Measurement required for specific garments | <ul style="list-style-type: none"> file ● Practice of taking measurements and recording measurement in the measurement chart | |
| Day 8 | L-5 Drafting of Basic slopers | <p>5.4 Meaning and need for drafting and pattern making</p> <p>5.4 Understanding abbreviations and symbols used in drafting and pattern making</p> <p>5.5 Tools for drafting</p> <p>5.6 Creating basic slopers/blocks</p> <p>5.6.1 Types of blocks</p> <p>5.6.2 Drafting of basic bodice block</p> | <ul style="list-style-type: none"> ● Activity 5.1, 5.2 ● Group discussion on meaning and need for drafting and pattern making ● Demonstration and practice of drafting and cutting of basic bodice block. | <ul style="list-style-type: none"> ● In text Question 5.1, 5.2 ● Make a chart showing the symbols and abbreviations used in drafting and pattern making ● Continue practice of drafting a bodice block ● Paste the pattern piece and records the procedure of drafting in the practical file | <ul style="list-style-type: none"> ● Identifies and uses appropriate symbols and abbreviations to convey specific information in drafts and patterns ● Drafts and cuts the basic bodice block of given size. |
| Day 9 | L-5 Drafting of Basic slopers | <p>5.6.3 Drafting of sleeve block</p> <p>5.6.4 Drafting of Pyjama block</p> | <ul style="list-style-type: none"> ● Activity 5.3 ● Demonstration and practice of drafting and cutting of: <ul style="list-style-type: none"> ○ Sleeve block ○ Pyjama block | <ul style="list-style-type: none"> ● Continue Practice of drafting and cutting of: <ul style="list-style-type: none"> ○ Sleeve block ○ Pyjama block ● Paste the pattern pieces and record the procedure of drafting in the practical file | Drafts and cuts the sleeve and pyjama block of given size. |
| Day 10 | L-5 Drafting of Basic slopers | <p>5.6.5 Drafting of Trousers/pant block</p> <p>5.7 Pattern making</p> <p>5.7.1 kinds of patterns</p> <p>5.8 Importance of paper patterns</p> <p>5.8.1 Pattern and adaptation</p> <p>5.9 Precautions in drafting</p> | <ul style="list-style-type: none"> ● Demonstration and practice of drafting and cutting of Trouser/pant block. ● Group discussion on kinds of pattern ● Importance of people patterns ● Pattern and adaptation | <ul style="list-style-type: none"> ● Terminal Question 5.11 ● In text Question 5.3, 5.4 ● Continue practice of drafting and cutting of trousers/pant block ● Paste the patterns pieces and record the | <ul style="list-style-type: none"> ● Identifies different types of patterns ● Appreciates the need and importance of pattern making. ● Undertakes pattern adaptation for different designs ● Drafts and cuts the |

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| | | | | procedure of drafting in the practical file | trouser/pant block of given sizes <ul style="list-style-type: none"> • Observes prescribed precautions in drafting |
| Day 11 | L-6 Design elements for Men's Wear | 6.3 Elements and principle of design 6.4 Collars 6.4.1 Drafting of shirt collar <ul style="list-style-type: none"> • Variations of attached collar (with stand) 6.4.2 Drafting of convertible collar 6.4.3 Drafting of lapel collar 6.4.4 Drafting of roll collar 6.5 Cuffs 6.5.1 Drafting of shirt sleeve cuff 6.6. Sleeves | <ul style="list-style-type: none"> • Activity 6.1, 6.2, 6.3 • Group discussion on elements and principle of design • Demonstration and practice of drafting of: <ul style="list-style-type: none"> ○ Shirt collar ○ Convertible collar ○ Lapel Collar ○ Roll Collar ○ Sleeve cuff | <ul style="list-style-type: none"> • In text Question 6.1, 6.2 • Continue practice of drafting of: • Paste pattern and write procedure in the practical file. <ul style="list-style-type: none"> ○ Shirt collar ○ Convertible collar ○ Lapel Collar ○ Roll Collar ○ Sleeve cuff • Collect pictures of different collars, cuffs and sleeves. Paste them in the practical file. | <ul style="list-style-type: none"> • Identifies and effectively uses various elements and principle of design for designing men's clothes. • Drafts the following : <ul style="list-style-type: none"> ○ Shirt collar ○ Convertible collar ○ Lapel Collar ○ Roll Collar ○ Sleeve cuff |
| Day 12 | L-6 Design elements for Ladies Wear | 6.7 Shirt back 6.8 yokes 6.9 Bottom cut 6.10 Pockets 6.10.1 Decorative top stitching 6.11 Plackets 6.11.1 French fly 6.12 Pants, trousers and suits | <ul style="list-style-type: none"> • Activity 6.5 • Practice sketching of: <ul style="list-style-type: none"> ○ Shirt back ○ Yokes ○ Bottom cut ○ Pockets ○ Plackets ○ French fly ○ Pants, trousers ○ Suits | <ul style="list-style-type: none"> • In text Question 6.5 • Terminal Question 6.14 • Collect pictures and paste of following: <ul style="list-style-type: none"> ○ Shirt back ○ Yokes ○ Bottom cut ○ Pockets ○ Plackets ○ French fly ○ Pants, trousers ○ Suits | <ul style="list-style-type: none"> • Designs different types of: <ul style="list-style-type: none"> ○ Shirt back ○ Yokes ○ Bottom cut ○ Pockets ○ Plackets ○ French fly ○ Pants ○ Trousers ○ Suits |
| Day 13 | L-7 Men's Western Wear : Shirt | 7.3 Features of shirts 7.4 Types of Shirt 7.5 Drafting of a shirt | <ul style="list-style-type: none"> • Activity 7.1 , 7.2 • Demonstration and practice of drafting and pattern making of | <ul style="list-style-type: none"> • In text Question 7.1 • Terminal Question 7.8 • Continue practice of | <ul style="list-style-type: none"> • Can draft and make patterns of : <ul style="list-style-type: none"> ○ Full sleeve shirt |

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| | | 7.6 Drafting of Manila shirt with open collar | full sleeve shirt and Manila shirt: <ul style="list-style-type: none"> ○ Shirt front ○ Shirt black ○ Back Yoke ○ Collar ○ Sleeve ○ Cuff ○ Patch pocket ○ Fabric estimation | drafting and making of full sleeve and Manila Shirt. <ul style="list-style-type: none"> ● Paste the pattern and write the procedure in practical file | ○ Manila Shirt |
| Day 14 | Project : 1 Fabrication of Full Sleeve shirt and Manila shirt <ul style="list-style-type: none"> ○ Layout ○ Cutting ○ Stitching ○ Finishing | | | | |
| Day 15 | L-8 Men's Western Wear : Trouser | 8.3 Types of Trouser 8.4 Suit Pant 8.5 How to choose and design Men's pant 8.6 Drafting of pleated pant 8.7 Drafting of one-piece pant | <ul style="list-style-type: none"> ● Activity 8.1, 8.2 ● Demonstration and practice of drafting and pattern making of pleated pants. <ul style="list-style-type: none"> ○ Front and back ○ Waist bank ○ Fly ○ Pocket ● Demonstration and practice of drafting and pattern making of one piece pant : <ul style="list-style-type: none"> ○ Front ○ Back ○ Pocket ○ Side pocket ○ Fly ● Fabric estimation for both | <ul style="list-style-type: none"> ● In text Question 8.1, 8.2 ● Continue practice of drafting and pattern making of <ul style="list-style-type: none"> ○ Plated pant ○ One piece pant ● Paste the patterns of both pants and write the procedures in the practical file | Drafts and make patterns of – <ul style="list-style-type: none"> ○ Pleated pant ○ One – piece pant |
| Day 16 | Project : 2 Fabrication of pleated pant: <ul style="list-style-type: none"> ○ Layout ○ Cutting ○ Stitching | | | | |

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| | <ul style="list-style-type: none"> ○ Finishing | | | | |
| Day 17 | Project : 3 Fabrication of one piece pant <ul style="list-style-type: none"> ○ Layout ○ Cutting ○ Stitching ○ Finishing | | | | |
| Day 18 | L-9 Men's Indian Wear : Kurta | 9.3 Types of Kurta 9.4 Drafting of Nehru Kurta 9.5 Drafting of Kalidar Kurta | <ul style="list-style-type: none"> ● Activity 9.1 ● Demonstration and practice of drafting and pattern making of Nehru Kurta: <ul style="list-style-type: none"> ○ Front ○ Back ○ Chest pocket ○ Side pocket ○ Sleeve ○ Stand collar ● Demonstration and practice of drafting and pattern making of Kalidar Kurta: <ul style="list-style-type: none"> ○ Center panel back ○ Kali front and back ○ Gusset ○ Sleeve ○ Side pocket pouch ● Fabric Estimation for both Kurta | <ul style="list-style-type: none"> ● In text Question 9.1 ● Terminal Question 9.7 ● Continue practice of drafting and pattern making of Nehru Kurta and Kalidar Kurta ● Paste the Pattern and write the procedure of each in the practical file. | Drafts and make patterns of <ul style="list-style-type: none"> ○ Nehru Kurta ○ Kalidar Kurta |
| Day 19 | Project : 4 Fabrication of Nehru Kurta and Kalidar Kurta <ul style="list-style-type: none"> ○ Layout ○ Cutting ○ Stitching ○ Finishing | | | | |

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| Day 20 | L- 10 Men's Wear: Pyjama | 10.3 Types of Pyjama 10.4 Drafting, cutting, sewing of plain pyjama | <ul style="list-style-type: none"> • Activity 10.1 • Demonstration and practice of – <ul style="list-style-type: none"> • Drafting • Paper Pattern • Layout • Cutting • Stitching • Finishing • Fabric estimation | <ul style="list-style-type: none"> • In text Question 10.1 • Continue practice and complete fabrication of plain pyjama • Paste the patterns and write the procedures in the practical file | Drafts, cuts, sews and finishes plain pyjama. |
| Day 21 | L- 10 Men's Wear: Pyjama | 10.5 Drafting, cutting, sewing of Churidar pyjama | <ul style="list-style-type: none"> • Activity 10.2 • Demonstration and practice of Drafting, cutting, sewing of Churidar pyjama | <ul style="list-style-type: none"> • Terminal Question 10.7 • Continue practice and complete fabrication of Churidar pyjama | Drafts, cuts sew and finishes Churidar pyjama. |
| Day 22 | L- 11 Men's Wear: Jacket | 11.3 Features of a Nehru Jacket 11.4 Drafting, cutting sewing of Nehru Jacket | <ul style="list-style-type: none"> • Activity 11.1, 11.2 • Demonstration and practice of drafting, cutting sewing of Nehru Jacket | <ul style="list-style-type: none"> • In text Question 11.1 • Terminal Question 11.6 • Continue practice and complete fabrication of Jacket with lining • Paste the patterns and write the procedures in the practical file | Drafts, cuts, sew and finishes Nehru jacket. |
| Day 23 | L- 12 Alteration and Fitting | 12.3 Clothing alteration 12.4 Reasons for fitting defects 12.5 basic of patterns alteration and fitting 12.6 Solving fitting problems 12.7 Clothing alteration for men 12.8 Specific alteration - sleeve alteration | <ul style="list-style-type: none"> • Activity 12.1 • Group discussion on the following; <ul style="list-style-type: none"> ○ Reasons for fitting defects ○ Basics of pattern alteration and fitting ○ Solving fitting problems ○ Clothing alteration specific alteration • Demonstration and practice of sleeve alteration: <ul style="list-style-type: none"> ○ Widen sleeve ○ Shorten sleeve | <ul style="list-style-type: none"> • In text Question 12.1, 12.2 • Collect picture of fitting defective garments and paste in the practical file • Visit neighborhood tailor and discuss the different type of alteration and fitting problems being handed. • Continue practice of sleeve alteration | Differentiates between alteration and fitting. Successfully undertakes the following alterations: <ul style="list-style-type: none"> ○ Widen sleeves ○ Shorten sleeve |

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| Day 24 | L- 12 Alternation and Fitting | <p>12.8 Specific alteration - altering trouser</p> <p>12.9 Alteration of it different body types</p> <ul style="list-style-type: none"> • For large hips • For large slouch • For top heavy thighs • Pant front adjustment • Waist caves on at abdomen • Side seams • Pants back adjustment <p>12.10 fitting of jackets Precautions</p> | <ul style="list-style-type: none"> • Activity 12.2., 12.3, 12.4, 12.5 • Demonstration and practice of altering trousers for the following problems; <ul style="list-style-type: none"> ○ Making pants longer ○ Shorting the pants ○ Reducing circumference of pant leg ○ Adjusting pant crotch ○ Alteration for large stomach ○ For top heavy things ○ Front adjustment ○ Hips higher or larger than other ○ Pant back adjustment ○ Pant let adjustment ○ Fitting of jackets | <p>In text Question 12.3 , 12.4</p> <p>Terminal Questions 12.13</p> <p>Continue practice of :</p> <ul style="list-style-type: none"> ○ Making pants longer ○ Shortening the pants ○ Reducing circumference of pant leg ○ Adjusting pant crotch ○ Alteration for large stomach ○ For top heavy Front adjustment ○ Pant back adjustment ○ Fitting of jackets | <p>Carries out alteration to rectify different fitting problems of :</p> <ul style="list-style-type: none"> ○ Shirts ○ Pants/trouser ○ Jacket <p>Observes prescribed precautions while carrying out alteration</p> |
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