Training Schedule Basic Stitching Skills (461)

(Theory -30 hrs, Practical - 90 hrs)

Session	Lesson	Theory (1 ½ hour)	Practical (3 ½ Hours)	Self study /Assignment	Learning Outcomes
Day 1	1. History of Clothing, Scope and Opportunity	 1.3 Reasons for wearing clothes 1.4 Garments- growth and development 1.5 Indian Modern fashion design 1.6 History of fashion 1.7 Scope of fashion and design and career 	Activity 1.1 Group discussions on Development of garment Industrial revolution Important inventions History of Indian fashion Scope of fashion design as a career # Visit a fashion house to study the Scope of Fashion Design as a career.	In text Q - 1.1 In text Q - 1.2 Terminal Question-1.9 Collect and paste picture of - Draped garments - Slip-on garments - Stitched or sheath garments - Spinning Jenny, Weaving Machine and Sewing Machine - Undertake small group discussion with family and friends on: - Indian modern design and fashion - History of Indian fashion.	 Appreciates the need for wearing clothes Identifies draped slip on and sheath garments Discusses the history of Indian fashion Aware of the scope of fashion design as a career
Day 2	2. Technical Terminology	2.3 Technical terms used in cutting and tailoring a) Terms for fabric b) Terms for cutting c) Terms for stitching	 Activity 2.1, Activity 2.2, 2.3 Demonstration of warp, filling, selvedge, grain line, bias of a fabric Explain terms used for cutting and stitching Sketch pictures showing the various terms discussed about 	Intext Q- 2.1 Intext Q- 2.2 Terminal Question 2.5 Complete the illustrations and paste them in the practical file. Visit a neighborhood tailor to discuss and understand the terms used in stitching.	 Identifies the different terms used in relation to fabric Differentiates between drafting, paper pattern, layering and layout Appreciates and uses the correct terms to convey information for stitching

Day 3	3. Tools and Equipment	3.3 Tools and Equipment3.4 Measuring tools3.5 Drafting tools3.6 Cutting tools1.4 Sewing tools and other material.	 Identify and practice the correct handling of: Measuring tools Drafting tools Cutting tools Sewing tools Sketch pictures of the above listed tools in the practical file 	In text Q- 3.1 In text Q- 3.2 In text Q- 3.3 Terminal Q-3.9 Activity 3.1 • Undertake a market survey to study the cost and brands of tools and equipments for sewing and write a report your observation.	 Identifies and uses confidently the various tools and equipments of sewing. Assembles sewing kit for self.
Day 4	4.Introductions to sewing machine	4.3 Types of sewing machine 4.4 Main parts of sewing machine.	Undertake a market survey to study different types, brands, and cost of sewing machines.	 Intext Q- 4.1 Continue practice of identification of different parts of a sewing machine Collect and paste picture of different types of sewing machine in the practical field. 	 Identifies the different types of machines. Identifies the different parts of the front, middle, handle and inner sections of the sewing machine.
Day 5		4.5 Working of a sewing machine - fitting needle - threading needle - Winding bobbin - Fixing bobbin - Bringing up bobbin thread - Stitching 4.6 Precautions 4.7 Cleaning and maintenance. 4.7.1 Oiling 4.7.2 Proper maintenance	 Activity 4.1 Practice of Fitting needle Threading needle Binding bobbin Fitting bobbin Bringing bobbin thread Stitching cleaning and maintenance Oiling Proper maintenance 	 In text Q- 4.2, 4.3 Continue practice of all activity done in the class Visit the neighboushood tailor to study the steps taken for Oiling and proper maintenance of machine Practice of sewing on the machine 	Confidently undertakes the following activities: Fitting of needle Threading of needle Winding of bobbin Fixing of the bobbin Bringing up the bobbin thread Stitching Oiling Proper maintenance Observes the prescribed precautions while working on the Sewing Machine.

Day 6		4.8 Common defects and their remedies - Machine working heavily - Irregular stitch - Thread breaking - Material puckering - Looping - Stitch missing	Activity 4.2 • Demonstration and practice of correcting common defects in sewing	 Terminal Question- 4.10 Continues practice of correcting defects in sewing Small group discussion with family and friends about common defects 	 Identifies the common defects encountered while sewing. Enumerates the causes for these defects. Rectifies these defects
Day 7	5. Basic Hand Stitches	5.3 Need for Stitches 5.5 Types of stitches 5.1 temporary stitches - Basting -Diagonal stitch - Running stitch - Thread mark 5.6 Permanent stitches - back stitches - Time stitches - Henning - Over casting	 Demonstration and practice of following stitches Temporary stitches Permanent stitches Activity 5.1	 Continue practice of the stitches and pastes samples in the practical file of the following: Temporary stitches Permanent stitches Record the procedure of making the stitches in the practical file Intext Questions- 5.1 Small group discussion with family and friends to study where these stitches can be used. 	 Neatly constructs all temporary stitches. Neatly constructs all permanent stitches. Appreciates the need for mastering the technique of making stitches. Classifies the different types of stitches.
Day 8	Basic Hand Stitches	5.7 Decorative Stitches - stem stitch - chain stitch - Lazy- Daisy Stitch - Blanket stitch - Hearing bone stitch - Fish bone stitch - Button hole stitch - Shade work - Chevron stitch	 Demonstration and practice of following stitches Stem stitch Chain stitch Lasy-daisy stitch Blanket stitch Hearing bone stitch Fish bone stitch Button hole stitch Shade work and Chevron stitch 	 Continues practice of following decorative stitches and paste sample in the practical file Record the procedure of making the stitches in the practical file. 	 Neatly constructs the following decorative stitches: Stem stitch Chain stitch Lazy- Daisy stitch Blanket stitch Herring bone stitch Fish- bone stitch Button hole stitch Shade work Chevron stitch

Day 9	Basic Hand Stitches	 Satin stitch Shadow stitch French Knots Bullion stitch Cross stitch Smocking Honey comb stitch Feather stitch Eyelet Stitch 	Activity 5.3 Demonstration and practices of following stitches Satin stitch French knot stitch Bullion stitch Cross stitch Smocking Honey comb stitch Feather stitch Eyelet stitch	 Continue practice of the decorative stitches and paste sample in the practical file. Record the procedure of making the stitches in the practical file 	 Neatly constructs the following decorative stitches: Satin stitch Shadow stitch French knot Bullion stitch Cross stitch Smocking stitch Honey comb stitch Feather stitch Eyelet stitch
Day 10	L-6 Body Measurement	 6.3 Measuring correctly Chest measuring system Direct measuring system. Types of measurements: Length Width Circumferen ce 8 head theory 6.4 Precautions while taking measurements 6.5 Essential measurement of different garments. 	 Activity 6.1 Demonstration and practice of taking different types of measurements for different types of garments. Sketching of the figure using the 8 head principle Designing a measurement recording chart 	 In text Question 6.1, 6.2 Activity 6.2 Continue practice of taking measurements of different people in the family and neighborhood in the correct sequences. 	 Takes measurements correctly for different garments. Takes measurements in correct sequences. Records the measurements accurately in the measurement charts. Can convert yards into meter, inches into centimeters.
Day 11	Body Measurement	 6.6 Sequence of taking measurements Round measurements Width measurement Length measurement Standard measurement chart 6.8 conversation chart 6.9 Fabric estimation for 	 Making a chart for showing the standard measurements for children age (1-12), for ladies and gents. Practice of length estimation for different garments using the 8 head theory 	 Terminal question 6.11 Continue practice of length estimation of different garments for different people using 8 head theory Practice fabric estimation for buying fabric of different width (30", 38" 42" 45") for different 	 Uses standard measurement charts for making garments in the absence of actual measurements Estimate fabric required for different garments using different widths of fabric.

		different garmentsLength of garments as per 8 head theory.	• Activity 6.3	garments.	Observes the prescribed precautions while taking measurements.
Day 12	7. Garments constructions skills	 7.3 Seams Meaning Need Types of seams Plain seams Pinked Edge Seam Top stitched plain Pressed open seam French seam Crossed seam Bound seam Self – bound seam Flat felled seam 7.4 Facing Narrow facing Wide or broad facing 7.5 Binding Bias piping Corded piping Roller piping Elastic 	 Demonstration and practice of the following: Plain seam Pinked edge seam Top stitched plain Pressed open seam French seam Crossed seam Bound seam Self – bound seam Flat felled seam Facing Narrow facing Wide or broad facing Binding Bias piping Corded piping Roller piping Elastic 	 In text Question 7.1 Continue practice of the seams, facing, binding and elastic done in the class. Paste the samples in the practical file. Record the procedure of each in the practical file. 	Neatly constructs the different types of seams, facings and binding.
Day 13	7. Garments constructions skills	7.7 Darts O Meaning O Needs O Types Types of darts O Singles pointed O Double pointed 7.8 Tucks O Meaning	 Demonstration and practice of the following; Types of darts Singles pointed Double pointed Single pointed dart Waist dart Side dart Armhole dart Center dart 	 In text Question 7.2 Continue practice of the darts, tucks, pleats and gathers. Paste the sample made in the practical file. Record the procedure of 	Neatly constructs the different types of darts, Tucks and Pleats learnt.

		o Need	Fish dart	each in the practical file	
				each in the practical file	
		o Types	Double pointed dart Franch dort		
		7.9 Types of Pleats	o French dart		
			o Press open dart		
			Types of tucks		
			Pin tucks, Square tucks, Cross		
			tucks, Corded tucks, Shell		
			tucks, Graduated tucks,		
			Release tuck		
			Types of Pleats		
			Straight pleats, Box pleats,		
			Inverted pleats, knife pleats,		
			Accordion pleats, Kick pleats,		
			Summary pleats, Unpressed		
			pleats, Double pleats, False		
			pleats		
			Activity 7.1		
Day 14		7.10 Buttonhole	Activity 7.2	• Continue practice of the	Neatly construct the
		Worked buttonhole	• Demonstration and	button hole, buttons, hook	following;
		• One side worked	practice of the following	and eye, tick or press	Worked buttonhole
		button hole	Worked buttonhole	buttons, zip, plackets and	One side worked button
		Bound buttonhole	One side worked button	pockets	hole
		7.11 Buttons	hole	7.18 Terminal Question	Bound buttonhole
		7.12 Hook and eye	Bound buttonhole		Simple buttons
		•	Simple buttons		Fancy buttons
		7.13 Tick or Press buttons	Fancy buttons		Linen buttons
	7. Garments	7.14 Zip	Linen buttons		Blouse hook
	constructions	7.15 Plackets	Blouse hook		Pant hook
	skills	7.16 Pockets	Pant hook		Press hook
			Press hook		• Tich or Zip
			1 1055 HOOK		Two piece placket
			7.13 Tich or Press buttons		 Two piece placket One piece placket
			Zip/Plackets, Two piece		Kurta placket
			placket, One piece placket,		Shirt placket
			Kurta placket, Shirt placket		Outer pocket
			Outer pocket, Inner pocket		Inner pocket
					Half inner pocket
			Half outer pocket, Patch		• пан ишег роскег

			pocket, Pant pocket, Welt pocket		Half outer pocketPatch pocketPant pocketWelt pocket
Day 15	L-8 Finishing and accessories	 8.3 Selection of fabric according to use 8.4 Factors affecting selection of cloth 8.5 Blends 8.6 Method of identification of fibres Origin Burning test 	 Activity 8.1 Group discussion on Selecting fabric according to use Factor affecting Source of purchase Selection of cloth for different age groups Occasion and season Demonstration and practice of the identification of fibre by burning test 	Intext Question 8.1 Small group discussion with family and friends on -Selecting fabric according to use - Factors affecting source of purchase - Selection of cloth for different age groups, occasion and season.	 Selects fabric according to use, age, occasion, season and profession /occupation. Identifies the fibres using burning test
Day 16	L-8 Finishing and accessories	8.7 Textile finishes 8.8 Classification of finishes; • Routine • Special 8.7 Some common finishes • Basic • Scouring /cleaning • Bleaching • Stiffening • Calendaring • Special finishes • Mercerization • Shrinkage Control or Anti Shrink • Water proofing 8.8 Dyeing and Printing 8.9 Accessories 8.12 Advantages of using	 Activity 8.2, 8.3 Undertake the visit to a textile finishing unit to study the procedure adopted for finishing fabrics for specific end use. Group discussion on the advantages of using fabrics finished using: Scouring/Cleaning Bleaching Stiffening Calendering Mercerization Shrinkage control or Anti-shrink Water Proofing 	 Visit your neighborhood market and collect samples of readymade accessories with their cost. Paste the samples collected in your practical file along with cost of each. Small group discussion with family and friends to assess the advantages of suing accessories. 	 Identifies finishes used on different fabrics. Selects appropriate accessories for garment fabrication. Resources fabric and accessories according to end use.

Day 17	L-9 Quality Control in Garments	accessories. 8.13 Basics of selection of finishes 9.3 Malfunctions 9.4 Stain removal - identifying stain 9.4.1 Classification of stain 9.4.2 Method of stain removal Dipping- sponging 9.4.3 Stain removing agents 9.4.4 Precautions while removing stain 9.5 Methods of stain removal.	 Demonstration and practice the removal of some common stains. Practice the methods of dipping and sponging for stain removal. Activity 9.1, 9.2 	 Intext Question 9.2, 9.1 Continue practice of stain removal and record the procedure in the practical file. Small group discussion with family and friends to study the methods of removal of some common stains 	precautions while removing stains
Day 18	L-9 Quality Control in Garments	 9.6 Pressing 9.6.1 Need for pressing 9.6.2 Precautions while pressing 9.7 Folding and packing of garment Upper body garments Lower body garments Precautions while folding 9.8 Labeling standard 9.9Storage of garments Care symbol for machine wash 	 Demonstrate and practice the pressing folding and packing procedure for different garments. Activity 9.2 Group discussion on labeling standard and storage of garments. Study of labels for care symbol 	 Visit a fashion house or garment manufacturing unit to study the procedure of pressing, folding, packing and storage. 9.10 Terminal Question. 9.3 Intext Question 	 Presses garments neatly using appropriate pressure and temperature Folds correctly both upper and lower garments Packs and stores press and folded garments correctly. Identifies the symbol or care label Observes prescribed precautions while pressing and folding garments.

Day 19	L-10 Personality communication and enterprise	10.3 personality development 10.4 code of ethics 10.5 communication 10.6 Types of communication - Verbal - Written • Factors affecting choice of mode of communication	Activity 10.1 Group discussion on methods of personality development, Qualities expected of a professionals and code of ethics Design a code of ethics to be followed by the learner Group discussion on Different type of communication Choosing appropriate mode of communication Types of written communication	 In text Question 10.1, 10.2, 10.3 Small group discussion with family and friends an Personality Code of ethics Communication Write a report of the outcome of the discussion in the practical file 	Adopts methods and procedures to enhance Personality Follows the prescribed code of ethics of work place and homes. Effectively communicates with people Uses effective communication to promote enterprise /products
Day 20	L-10 Personality communication and enterprise	10.7 Commercial enterprise Self analysis Project analysis Stages of project Organizational structure Selection of location and site Assessment of machinery and equipment Arrangement for finance How material procurements Marketing/sales Standard of quality registration Effective use of	 Undertake self analysis to assess the weakness and strength of self Group discussion the points keep in mind while setting up once own enterprise Prepare a project report for setting up an enterprise elaborating on: Organizational structure Selection of location and site. Assessment of machinery and equipment. Arrangement for finance. Raw material procurements. Marketing/Sales 	 In text Questions 10.4,10.5 Visit to nearby enterprises to study organizational structure Selection of location and site Assessment of machinery and equipment Arrangement for finance. Raw material procurements Marketing/sales Standard of quality Registration Effective use of waste Terminal question 10.11 Discuss with friends about the preparation that need to be made to be made for an interview Study the bio-datas of family and friends and assess their quality 	 Effectively undertakes self analysis and enumerates strength and weakness of self. Designs a project report keeping in mind the following points: Organizational structure Selection of location and site Assessment of machinery and equipment Arrangement for finance How material procurements Marketing/sales Standard of quality registration Effective use of

	waste 10.8 Preparing for wage employment 10.8.1 Preparation for an interview 10.9 Format of a Bio-Data The properties of the properties o	waste Confident to appear for an interview. Develops effective bio-data for self. Differentiates between wage and self employment Designs a good proposal for setting up an enterprise.
Day 21	Project -1 Visit a fashion house and study the following: I) Number of employees II) Designation of each employees III) Job profile of each designation giving details about role and responsibilities IV) Vertical and horizontal movement of employees of different designation Submit all information required along with a report of 200 words in the form of portfolio.	
Day 22	Project 2 Embroider a table cover with the following- I) Central motif with four corner motif II) Embroider the motifs using at least six decorative stitches you have learnt III) Finish the edges of the table cover using a permanent stitch.	
Day 23	Project 3 Construct a skirt for 3 years old child. Follow the direction given below Length = 30 cm Width = 35 Embroidery – smocking /honey comb Fold the lower hem edge 5 cm wide and finished it with hemming stitch.	
Day 24	Project 4 As owner of boutique you want to promote the sale of the casual frock being fabricated in your enterprithe following: i. Poster ii. Advertisement for insertion in the newspaper iii. Pamphlet to be distributed.	ise. For this promotion design