Training Schedule DRESS MAKING (606/706)

(Theory -30 hrs, Practical - 90 hrs)

| Days | Lessons | Theory (1 ½ Hrs) | Practical (3 ½ Hrs) | Self study /Assignments | Learning Outcomes |
|-------|-------------------------|---|--|---|--|
| DAY 1 | 1. Folding and Pressing | 13.3. Need for Pressing13.4. PrecautionsWhile PressingAfter Pressing | Undertake Group discussion on: Pressing Precautions While pressing After Pressing Practice pressing different garment observing all prescribed precautions while and after pressing | Intext Questions 13.1 Activity Continue the practice for pressing various garments observing all prescribed precautions while and after pressing | Sets the right temperature for pressing of garments of different fibres using the thermostat. Observes all prescribed precautions while and after pressing different types of garments. |
| DAY 2 | Folding and Pressing | 13.5 Folding and Packing - Upper Body Garments - Lower Body garments 13.7. Precautions while Folding | Undertake Group discussion on: - Importance and need for Folding and Packing - Upper Body Garments - Lower Body garments Practice of folding and packing of different - Upper Body Garments - Lower Body garments observing all prescribed precautions while folding and packing | Terminal Questions Undertake a visit to your neighbourhood Laundry unit and observe the method of folding and packing of different garments Continue practice of Folding and Packing Upper Body Garments Lower Body garments Practice of folding and packing of different garment observing all prescribed precautions while | Can fold and pack correctly different: Upper Body Garments Lower Body garments Observes all prescribed precautions while folding and packing different garments |

| | | | | folding and packing. | |
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| DAY 3 | 2. Constructi on Skills | 14.3. Use of Velcro 14.4. Use of Elastic | Undertake Group discussion on: Need and role of using Velcro as a fastener Role of elastic in controlling fullness in garments Practice of application of: Elastic Velcro | Visit your neighbourhood tailor and discuss the importance of Velcro and Elastic in garment fabrication and finishing. Visit your neighbourhood store selling readymade garments and study the frequency in the use of Velcro and Elastic Write and submit a report on your observations | Appreciates the importance and role of Velcro and Elastic in finishing of different garments Can effectively sew elastic and Velcro for finishing different garments |
| DAY 4 | 3. Dress Designing | 15.3. Meaning – Dress and Designing - 15.4. Rules of designing according to Occasions - Festive - Mourning - Purpose of the dress - Party Wear - Club Wear - Officer Wear - School Wear - Picnic Wear | Undertake Group discussion on rules of designing according to: Occasions Festive Mourning Purpose of the dress Party Wear Club Wear Officer Wear School Wear Picnic Wear Work Wear Night Wear Clothing Construction | Intext Questions 15.1 Activity Terminal Questions Visit your neighbourhood store selling readymade garments and study the differences with regard to designing of garments for different occasions. Record your observation and write a report Design a dress for | Is aware of the rules of designing according to: - Occasions - Festive - Mourning - Purpose of the dress - Party Wear - Club Wear - Officer Wear - School Wear - Picnic Wear - Work Wear - Night Wear - Clothing |

| | | - Work Wear - Night Wear - Clothing | Style Emphasis Treatment of Major points Prominent Style Points. Undertake Group discussion on Concept of Dress Designing with reference to: Style Weaves Weather Colour Trimming Material Design Advantages Fitting Fashion | yourself to wear for a wedding to be held in winter. | Construction - Style Emphasis - Treatment of Major points - Prominent - Style Points. Undertakes designing with reference to: - Style - Weaves - Weather - Colour - Fitting - Fashion |
|-------|----------------------|--|--|--|---|
| DAY 5 | 4. Pattern Making | 16.3. Basic of Patterns Marking of Patterns Joint Place Fashion Features Direction Procedure Arrows Notches Perforation | Undertake Group discussion on the following: - Marking of patterns - Joint - Place - Fashion Features - Direction - Procedure - Arrows - Notches - Perforation | Intext questions 16.1 Visit a readymade garment manufacturing unit and study the patterns being used and the marking on them. Discuss with the employees how they contribute in the making of quality garments. | Appreciates the contribution of the basics of Patterns with reference to: - Marking of patterns - Joint - Place - Fashion Features - Direction - Procedure - Arrows - Notches |

| DAY 6 | Pattern Making | 16.4. Types of Paper Patterns - Ordinary Patterns - Individual Patterns - Readymade Patterns - Final Pattern - Block Pattern - Trade Block Pattern - Block Pattern - Block Pattern - Block Pattern - Fitting Pattern | Undertake Group discussion on the following types of Patterns: - Ordinary Patterns - Individual Patterns - Readymade Patterns - Final Pattern - Block Pattern - Trade Block Pattern - Block Pattern - Block Pattern - Wisit a unit manufacturing readymade garments and study the different types of Patterns being used by them. Discuss the reasons for the choice of the specific type of pattern used. | Activity Terminal questions Visit a readymade garment manufacturing unit and study the patterns | Can recognise and differentiate between the different types of patterns Explain the specific use of the different types of patterns |
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| DAY 7 | 5. Basic Bodice Block | 17.3. Bodice Block 17.4. Types of Blocks • Childs Basic Blocks • Basic Bodice Block | Undertake Group discussion on the types of blocks, their need and importance in garment fabrication. Discuss adaptation of Basic Bodice Block to create Practice making | Continue the practice of making of Basic Bodice Block Record the procedure along with draft (1/4 Scale) in the practical file | Appreciates the need for making Basic blocks for creating well fitted garments. Makes the Childs basic bodice block with measurements provided. |

| | | | of Basic Bodice Block | | Adapts the Basic Bodice Block to create different types of yokes and necklines |
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| DAY 8 | Basic Bodice Block | Basic Sleeve Block Basic Skirt Block | Undertake Group discussion on the adaptation of Basic Sleeve Block to create different types of sleeves Practice of making Basic Sleeve block for a child Practice of making Basic Skirt block for a child and adapt it to make different styles of skirts | Continue the practice of making of Basic Sleeve and Skirt Block and adapt it to create different types of sleeves and skirts Record the procedure of each along with draft (1/4 Scale) in the practical file | Makes the Childs basic sleeve block with measurements provided. Adapts the Basic Sleeve Block to create different types of sleeves Makes the Childs basic skirt block with measurements provided. Adapts the Basic Skirt Block to create different types of skirts |
| DAY 9 | Basic Bodice Block | Basic Bodice Block for ladies | Undertake Group discussion on the adaptation of Basic Bodice Block to create different types of Yokes and necklines Practice of making Basic Bodice block for Ladies and adapt to create different types of yokes and necklines | Continue the practice of making of Basic Bodice Block and its adaptation to create different types of yokes and necklines Record the procedure along with draft (1/4 Scale) in the practical file | Makes the ladies basic bodice block with measurements provided. Adapts the Basic Bodice Block to create different types of yokes and necklines |

| DAY 10 | Basic Bodice Block | Basic Sleeve Block for Ladies Basic Pyjama Block for Ladies | Undertake Group discussion on the adaptation of Basic Sleeve Block to create different types of sleeves Practice of making Basic Sleeve block Practice of making Basic Pyjama block Adapt sleeve and pyjama block to create different types of sleeves and lower garments for ladies | Activity Terminal Questions Continue the practice of making of Basic Sleeve and Pyjama Block and adapt it to create different types of sleeves and lower garments for ladies Record the procedure along with draft (1/4 Scale) in the practical file | Makes the ladies basic sleeve block with measurements provided. Adapts the Basic sleeve and pyjama Block to create different types of sleeves and lower garments for ladies |
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| DAY 11 | Basic Bodice Block | PROJECT: For a six year old girl, using the Standard Measurement Chart make the following Trade Blocks: 1. Bodice 2. Sleeve 3. Skirt | Show all required Markings on the blocks Create a pattern for garment fabrication | | |
| DAY 12 | Basic Bodice Block | PROJECT: Using the Childs Basic Bodice Block adapt to make a pattern for: - Short waist frock - Low waist frock | Using the Ladies Basic Sleeve Block adapt to make a pattern for: - Short Sleeve - Half Sleeve - Full Sleeve | | |

| | 6.Alteration | 18.3. Explain Alteration | Undertake Group | Activity | Appreciates the |
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| DAY 13 | | Ways of Alteration | discussion on the types of | Practice of | need for |
| | | - Extending Pattern | fitting problems in garments | alteration of | undertaking |
| | | - Decreasing Pattern | and the need for mastering | garments by the | alterations of |
| | | - Dart Manipulation | the different techniques of | following | garments to |
| | | - Yoke Style | Alterations | techniques: | provide better |
| | | Alteration | Demonstration of | Extending Pattern | fitting garment |
| | | - Collar and Laple | alteration of a garment | - Decreasing Pattern | and save money. |
| | | Alteration | using the following | - Dart Manipulation | Undertakes |
| | | - Sleeve Manipulation | methods: | - Yoke Style Alteration | alteration of |
| | | - Trouser | - Extending Pattern | - Collar and Laple | garments by |
| | | Manipulation | - Decreasing Pattern | Alteration | adopting |
| | | • 18.4. The Art of | - Dart Manipulation | - Sleeve Manipulation | appropriate |
| | | Alteration | - Yoke Style Alteration | - Trouser Manipulation | method of |
| | | - Sleeve Alterations | - Collar and Laple | - Dart Alteration | alterations |
| | | - Dart Alteration | Alteration | - Collar Alteration | |
| | | Trouser Alteration | - Sleeve Manipulation | Visit your neighborhood | |
| | | Collar Alteration | - Trouser Manipulation | tailor and discuss the | |
| | | | - Dart Alteration | types of alterations that | |
| | | | - Collar Alteration | people approach him for. | |
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| DAY 14 | Alteration | Manipulation of Darts Shoulder dart to Armhole Dart Shoulder Dart to Centre Front Dart Shoulder Dart to Waist Dart Shoulder Dart to Side Dart Shoulder dart to Neck Dart Shoulder Dart to Centre, Armhole or Side Dart | Demonstration of alteration of a garment using the following Dart Manipulation methods: Shoulder dart to Armhole Dart Shoulder Dart to Centre Front Dart Shoulder Dart to Waist Dart Shoulder Dart to Side Dart Shoulder Dart to Neck Dart Shoulder Dart to Neck Dart Shoulder Dart to Side Dart Shoulder Dart to Side Dart | Practice of the methods of using Dart Manipulations to ensure better fitting garments. Practice the following dart manipulations: Shoulder dart to Armhole Dart Shoulder Dart to Centre Front Dart Shoulder Dart to Waist Dart Shoulder Dart to Side Dart Shoulder Dart to Neck Dart Shoulder Dart to Neck Dart Shoulder Dart to Side Dart Shoulder Dart to Side Dart Shoulder Dart to Side Dart | Undertakes the different types of dart manipulations Can use dart manipulations to ensure better fitting garments Uses dart manipulations to alter garments |
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| DAY 15 | Alteration | Manipulation of Darts Shoulder dart to Armhole Dart Shoulder Dart to Centre Front Dart Shoulder Dart to Waist Dart Shoulder Dart to Side Dart Shoulder Dart to Side Dart Shoulder dart to | Demonstration of alteration of a garment using the following Dart Manipulation methods: Shoulder dart to Armhole Dart Shoulder Dart to Centre Front Dart Shoulder Dart to Waist Dart Shoulder Dart to Side | Continue practice of the following dart manipulations: - Shoulder dart to Armhole Dart - Shoulder Dart to Centre Front Dart - Shoulder Dart to Waist Dart - Shoulder Dart to Side Dart | Undertakes the different types of dart manipulation |

| DAVIC | Trans. | Neck Dart - Shoulder Dart to Centre, Armhole or Side Dart | Dart - Shoulder dart to Neck Dart - Shoulder Dart to Centre, Armhole or Side Dart | - Shoulder dart to Neck Dart - Shoulder Dart to Centre, Armhole or Side Dart | Anni la Civi |
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| DAY 16 | 7. Fitting | 19.3. Fitting 19.5. Reasons for Fitting Defects - Poor Cutting - Poor Stitching - Wrong Marking - Cutting with Wrong Layout - Customers Preferences - Fabric - Inferior Trimmings - Fussy Customer - Differences between cutter and Tailor - Poor Workmanship - Un-shrunk Fabric - Disregard of Allowances for growth | Undertake Group discussion on the types of fitting problems in garments and the reasons for them. Demonstration of Fitting problems of a garment for the following reasons: Poor Cutting Poor Stitching Wrong Marking Cutting with Wrong Layout Customers Preferences Fabric Inferior Trimmings Fussy Customer Differences between cutter and Tailor Poor Workmanship Un-shrunk Fabric Disregard of Allowances for growth | Undertake small group discussions with family and friends to find out the fitting problems being faced by them and the steps adopted by them to solve them. Visit a readymade garment shop and study the faults occurring in the garments being sol. Write a report of your observations | Avoids fitting defects occurring due to: Poor Cutting Poor Stitching Wrong Marking Cutting with Wrong Layout Customers Preferences Fabric Inferior Trimmings Fussy Customer Differences between cutter and Tailor Poor Workmanship Un-shrunk Fabric Disregard of Allowances for growth |
| | 8.Garment Construction | 20.3. Importance of colour combination | Undertake Group discussion on the | Design 4 frock for five year old | When purchasing or designing comments. |
| DAY 17 | and Colour | 20.4. Factors affecting | importance of colour and | a five year old using colours to | designing garments chooses and uses |
| | Combination | Selection of colours | the factors impacting choice | denote: | colours according to |
| | | - Colour of hair, eyes | of colour for garments. | Warmth and | the following factors: |
| | | and complexion | Study of the impact of | Activeness | - Colour of hair, eyes and |

| | | - Age - Personality - Profession and Status | the following on our choice of colour for our clothes: - Colour of hair,eyes and complexion - Age - Personality - Profession and Status | Strength Happiness and Lightness Festive Spirit | complexion - Age - Personality - Profession and Status |
|--------|---|--|---|---|---|
| DAY 18 | Garment Construction and Colour Combination | Characteristics of different Colours Suitability of colours 20.5. Influence of colour and design on Personality, practical application and according to season | Group discussion on the characteristics of different colours. Practicing the art of choosing colour according to: Ones Personality Season Occasion Profession Age | Undertake small group discussions with family and friends to find out what factor impact their choice of colour for their clothes. Write a report of your observations | Choose garment keeping in mind the following factors: Personality Season Occasion Profession Age Status Design clothes appropriately |
| DAY 19 | 9.Personality Development | 21.1. Appropriate Behavior with customers 21.2. Obtaining Loans | Group discussion on appropriate and ethical behavior at workplace Demonstration of effective communication skills Practice of the skill of Marketing, and obtaining loans from Financial institutions. | Undertake small group discussions with family and friends to find out the behaviors that upset and irritate them. | |
| DAY 21 | Project for Ready Made Casual Frocks | Developing a Project report for starting a Readymade Unit for Casual Frocks for a starter | Undertake Group Discussion on: Factors to be considered for starting a Readymade Unit for Casual Frocks for a | Study the neighborhood for the following to set up your enterprise: Site Labour | Aware of the different factors to be considered for setting oe extending ones unit Designs and creates a |

| | | Creating a Project report for extending the existing Readymade Unit for Casual Frocks Casual Frocks Casual Frocks Readymade Unit for Casual Frocks Casual Frocks Project report Raw material Availability Electricity Loans | | |
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| DAY 22 | PROJECT | Undertake the alteration for the following defects in the readymade garments: • Increasing Length • Decreasing Sleeve Length • Loosening of Waist • Increasing Crotch Area | | |
| DAY 23 | PROJECT | Transfer the following darts: • Shoulder Dart to Centre Front Dart • Shoulder Dart to Waist Dart • Shoulder Dart to Side Dart • Shoulder dart to Neck Dart | | |
| DAY24 | PROJECT | Create a project report for starting a unit for the manufacturing of saree Petticoats. | | |