Training Schedule DRESS MAKING (606/706)
(Theory - $\mathbf{3 0} \mathrm{hrs}$, Practical - 90 hrs )

| Days | Lessons | $\begin{aligned} & \text { Theory } \\ & (1 \text { 1/2 Hrs) } \end{aligned}$ | Practical (3 ½ Hrs ) | Self study /Assignments | Learning Outcomes |
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| DAY 1 | 1. Folding and Pressing | 13.3. Need for Pressing <br> 13.4. Precautions <br> - While Pressing <br> - After Pressing | Undertake Group discussion on: <br> - Pressing <br> - Precautions <br> - While pressing <br> - After Pressing <br> - Practice pressing different garment observing all prescribed precautions while and after pressing | - Intext Questions 13.1 <br> - Activity <br> - 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. <br> - Observes all prescribed precautions while and after pressing different types of garments. |
| DAY 2 | ...Folding and Pressing | 13.5 Folding and Packing <br> - Upper Body Garments <br> - Lower Body garments <br> 13.7. Precautions while Folding | Undertake Group discussion on: - <br> Importance and need for Folding and Packing <br> - Upper Body Garments <br> - Lower Body garments <br> - Practice of folding and packing of different <br> - Upper Body Garments <br> - Lower Body garments observing all prescribed precautions while folding and packing | - Terminal Questions <br> - Undertake a visit to your neighbourhood Laundry unit and observe the method of folding and packing of different garments <br> - Continue practice of Folding and Packing <br> - Upper Body Garments <br> - Lower Body garments <br> - Practice of folding and packing of different garment observing all prescribed precautions while | - Can fold and pack correctly different: <br> - Upper Body Garments <br> - Lower Body garments <br> - 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 <br> 14.4. Use of Elastic | - Undertake Group discussion on: <br> - Need and role of using Velcro as a fastener Role of elastic in controlling fullness in garments <br> - Practice of application of : <br> - Elastic <br> - Velcro | - Visit your neighbourhood tailor and discuss the importance of Velcro and Elastic in garment fabrication and finishing. <br> - Visit your neighbourhood store selling readymade garments and study the frequency in the use of Velcro and Elastic <br> - Write and submit a report on your observations | - Appreciates the importance and role of Velcro and Elastic in finishing of different garments <br> - Can effectively sew elastic and Velcro for finishing different garments |
| DAY 4 | 3. Dress Designing | 15.3. Meaning - Dress and Designing <br> - 15.4. Rules of designing according to Occasions <br> - Festive <br> - Mourning <br> - Purpose of the dress <br> - Party Wear <br> - Club Wear <br> - Officer Wear <br> - School Wear <br> - Picnic Wear | - Undertake Group discussion on rules of designing according to : <br> - Occasions <br> - Festive <br> - Mourning <br> - Purpose of the dress <br> - Party Wear <br> - Club Wear <br> - Officer Wear <br> - School Wear <br> - Picnic Wear <br> - Work Wear <br> - Night Wear <br> - Clothing Construction | - Intext Questions 15.1 <br> - Activity <br> - Terminal Questions <br> - Visit your neighbourhood store selling readymade garments and study the differences with regard to designing of garments for different occasions. <br> - Record your observation and write a report <br> - Design a dress for | Is aware of the rules of designing according to: <br> - Occasions <br> - Festive <br> - Mourning <br> - Purpose of the dress <br> - Party Wear <br> - Club Wear <br> - Officer Wear <br> - School Wear <br> - Picnic Wear <br> - Work Wear <br> - Night Wear <br> - Clothing |


|  |  | - Work Wear <br> - Night Wear <br> - Clothing Construction <br> - Style Emphasis <br> - Treatment of Major points <br> - Prominent Style Points <br> 15.5. Concept of Dress <br> Designing <br> - Style <br> - Weaves <br> - Weather <br> - Colour <br> - Trimming material <br> - Design <br> - Advantages <br> - Fitting <br> - Fashion <br> - Attractive | - Style Emphasis <br> - Treatment of Major points <br> - Prominent Style Points. <br> - Undertake Group discussion on Concept of Dress Designing with reference to: <br> - Style <br> - Weaves <br> - Weather <br> - Colour <br> - Trimming Material <br> - Design <br> - Advantages <br> - Fitting <br> - Fashion | yourself to wear for a wedding to be held in winter. | Construction <br> - Style Emphasis <br> - Treatment of Major points <br> - Prominent <br> - Style Points. <br> Undertakes designing with reference to: <br> - Style <br> - Weaves <br> - Weather <br> - Colour <br> - Fitting <br> - Fashion |
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| DAY 5 | 4. Pattern Making | 16.3. Basic of Patterns <br> - Marking of Patterns <br> - Joint <br> - Place <br> - Fashion Features <br> - Direction <br> - Procedure <br> - Arrows <br> - Notches <br> - Perforation | Undertake Group discussion on the following: <br> - Marking of patterns <br> - Joint <br> - Place <br> - Fashion Features <br> - Direction <br> - Procedure <br> - Arrows <br> - Notches <br> - Perforation | - Intext questions <br> 16.1 <br> - 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 ofthe basics of Patterns with reference to: <br> - Marking of patterns <br> - Joint <br> - Place <br> - Fashion Features <br> - Direction <br> - Procedure <br> - Arrows <br> - Notches |


|  |  |  |  |  | - Perforation |
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| DAY 6 | ..Pattern Making | 16.4. Types of Paper Patterns <br> - Ordinary Patterns <br> -Individual Patterns <br> - Readymade Patterns <br> - Final Pattern <br> - Block Pattern <br> - Trade Block Pattern <br> - Block Pattern Layout <br> - Graded Pattern <br> - Fitting Pattern | Undertake Group discussion on the following types of Patterns: <br> - Ordinary Patterns <br> -Individual Patterns <br> - Readymade Patterns <br> - Final Pattern <br> - Block Pattern <br> - Trade Block Pattern <br> - Block Pattern Layout <br> - Graded Pattern <br> - Fitting Pattern <br> - Visit 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 <br> - Terminal questions <br> - Visit a readymade garment manufacturing unit and study the patterns | - Can recognise and differentiate between the different types of patterns <br> - Explain the specific use of the different types of patterns |
| DAY 7 | 5. Basic Bodice Block | 17.3. Bodice Block 17.4. Types of Blocks <br> - Childs Basic Blocks <br> - Basic Bodice Block | - Undertake Group discussion on the types of blocks, their need and importance in garment fabrication. <br> - Discuss adaptation of Basic Bodice Block to create Practice making | - Continue the practice of making of Basic Bodice Block <br> - 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. <br> - 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 <br> - Basic Skirt Block | - Undertake Group discussion on the adaptation of Basic Sleeve Block to create different types of sleeves <br> - Practice of making Basic Sleeve block for a child <br> - 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 <br> - Record the procedure of each along with draft (1/4 Scale) in the practical file | - Makes the Childs basic sleeve block with measurements provided. <br> - Adapts the Basic Sleeve Block to create different types of sleeves <br> - Makes the Childs basic skirt block with measurements provided. <br> - Adapts the Basic Skirt Block to create different types of skirts |
| DAY 9 | $\begin{aligned} & \text {...Basic } \\ & \text { Bodice Block } \end{aligned}$ | - Basic Bodice Block for ladies | - Undertake Group discussion on the adaptation of Basic Bodice Block to create different types of Yokes and necklines <br> - 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 <br> - Record the procedure along with draft ( $1 / 4$ Scale) in the practical file | - Makes the ladies basic bodice block with measurements provided. <br> - Adapts the Basic Bodice Block to create different types of yokes and necklines |


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


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


|  |  | Neck Dart Shoulder Dart to Centre, Armhole or Side Dart | Dart <br> - Shoulder dart to Neck Dart <br> - Shoulder Dart to Centre, Armhole or Side Dart | - Shoulder dart to Neck Dart Shoulder Dart to Centre, Armhole or Side Dart |  |
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| DAY 16 | 7. Fitting | 19.3. Fitting <br> 19.5. Reasons for Fitting Defects <br> - Poor Cutting <br> - Poor Stitching <br> - Wrong Marking <br> - Cutting with Wrong Layout <br> - Customers Preferences <br> - Fabric <br> - Inferior Trimmings <br> - Fussy Customer <br> - Differences between cutter and Tailor <br> - Poor Workmanship <br> - Un-shrunk Fabric <br> - Disregard of Allowances for growth | - Undertake Group discussion on the types of fitting problems in garments and the reasons for them. <br> - Demonstration of Fitting problems of a garment for the following reasons: <br> - Poor Cutting <br> - Poor Stitching <br> - Wrong Marking <br> - Cutting with Wrong Layout <br> - Customers Preferences <br> - Fabric <br> - Inferior Trimmings <br> - Fussy Customer <br> - Differences between cutter and Tailor <br> - Poor Workmanship <br> - Un-shrunk Fabric <br> - 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. <br> - 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: <br> - Poor Cutting <br> - Poor Stitching <br> - Wrong Marking <br> - Cutting with Wrong <br> Layout <br> - Customers Preferences <br> - Fabric <br> - Inferior Trimmings <br> - Fussy Customer <br> - Differences between cutter and Tailor <br> - Poor Workmanship <br> - Un-shrunk Fabric <br> - Disregard of Allowances for growth |
| DAY 17 | 8.Garment Construction and Colour Combination | 20.3. Importance of colour combination 20.4. Factors affecting Selection of colours - Colour of hair,eyes and complexion | - Undertake Group discussion on the importance of colour and the factors impacting choice of colour for garments. <br> - Study of the impact of | - Design 4 frock for a five year old using colours to denote: <br> - Warmth and Activeness | - When purchasing or designing garments chooses and uses colours according to the following factors: <br> - Colour of hair,eyes and |


|  |  | - Age <br> - Personality <br> - Profession and Status | the following on our choice of colour for our clothes: <br> - Colour of hair,eyes and complexion <br> - Age <br> - Personality <br> - Profession and Status | - Strength <br> - Happiness and Lightness <br> - Festive Spirit | complexion <br> - Age <br> - Personality <br> - Profession and Status |
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| DAY 18 | ...Garment Construction and Colour Combination | - Characteristics of different Colours <br> - Suitability of colours <br> 20.5. Influence of colour and design on Personality, practical application and according to season | - Group discussion on the characteristics of different colours. <br> - Practicing the art of choosing colour according to: <br> - Ones Personality <br> - Season <br> - Occasion <br> - Profession <br> - Age <br> - Status | - Undertake small group discussions with family and friends to find out what factor impact their choice of colour for their clothes. <br> - Write a report of your observations | - Choose garment keeping in mind the following factors: <br> - Personality <br> - Season <br> - Occasion <br> - Profession <br> - Age <br> - Status <br> - Design clothes appropriately |
| DAY 19 | 9.Personality Development | 21.1. Appropriate Behavior with customers <br> 21.2. Obtaining Loans | - Group discussion on appropriate and ethical behavior at workplace <br> - Demonstration of effective communication skills <br> - 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 <br> Discussion on : <br> 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: <br> - Site <br> - Labour | - Aware of the different factors to be considered for setting oe extending ones unit <br> - Designs and creates a |


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

