Training Schedule CUTTING AND TAILORING (605/705)

(Theory -30 hrs, Practical - 90 hrs)

Session/Day	Name of lesson	Theory (1 ¹ / ₂ hour)	Practical (3 ¹ / ₂ hours)	Self study /Assignments	Learning Outcomes			
Module 1 – C	Module 1 – Cutting and Tailoring							
DAY 1	1. Introduction to the Sewing Machine	 1.3 Parts of the Machine and their functions 1.4. Knowing and using the Machine 1.5. Precautions 1.6.Cleaning and maintenance of a Sewing Machine Some Common Defects 	 Sketch a sewing machine and lable the different parts Make a chart showing the precautions to be observed when using a sewing machine Practice using the machine. Undertake group discussion to find out the common sewing defects and their causes. Practice of the removal and fitting of different parts of the machine for oiling and cleaning Practice of identifying the reasons for various 	 Sketch the different parts of the sewing machine in the practical file Intext questions 1.1 Intext questions 1.2 Practice using of sewing machine Terminal Questions Activity1 of Lesson 1 Activity2 of Lesson 1 Undertake small group discussion with family and friend to find out the various defects encountered by them during 	 Identifies the different parts of the sewing machine Can use the machine confidently Observes the prescribed precaution while using the sewing machine Identifies the causes for various defect in sewing Undertakes appropriate steps to rectify the defects in sewing 			

DAY 2	Introduction to the Sewing Machine	- Brands of sewin	defects during sewing and rectifying them survey and gather informat g machines available and th e and cost of various tool of	e cost of each	Write and submit a report of 200 words of your observations
DAY 3.	2.Tools and Equipments 3.Technical Terms	 2.3. Tools and Equipment 2.5. Drafting Tools 2.6. Cutting Tools 2.7 Sewing Equipments 3.3. Technical Terms Need Advantages 3.6. Some Terms You Should Know. 	 Practice of identifying and correct use of Drafting tools Practice of identifying and correct use of cutting tools Practice of identifying and correct use of other sewing tools Records in the practical file the various terms used in sewing. 	Intext questions 2.1 Intext questions 2.2 Activity of lesson 2 Terminal Question of Lesson 3 Visit the local market to study the various brands and their cost of different tools and equipment of sewing. Assemble a sewing kit for self.	 Identifies the various tools used for : Drafting Cutting Sewing Understands and uses the appropriate technical terms used for sewing
DAY 4	4.Body Measurements	 4.3. Using the Inch Tape for Measuring 4.4. Measuring Correctly Chest Measuring System Direct Measuring System 4.5. Precautions while taking Measurements 4.6. Use of L- Scale 	 Practice of the use of inch tape for measuring the different parts of the body for garment construction. Practice of the use of L- scale for measuring the different parts of 	Intext questions 4.1 Activity 1 Activity 2 Terminal questions Visit the local tailor and observe the correct use and handling of	 Confidently uses the different measuring tools like Inch tape and L scale for taking measurements Takes and records the measurements in the prescribed sequence. Takes correct measurements using: Chest measuring

		4.7. Sequence of Taking MeasurementsRound MeasuresWidth Measures	the body for garment construction. • Practice of measuring correctly using the: • Chest Measuring System • Direct Measuring System • Practice of taking measurements in the correct sequence:- • Round Measures • Width Measures	 measuring and drafting tools Continue the practice of the use of inch tape and L- scale for measuring the different parts of the body for garment construction. Design a Measuring chart listing the different measurement in the sequence you are required to follow. 	System - Direct measuring System
DAY 5	5.Drafting and Pattern Making	 5.3. Meaning and Need Need for drafting Types of drafting Need for Paper Pattern 5.4. Drafting and Paper Pattern Making Drafting Making a Paper pattern Cutting the Pattern Abbreviations used 	 Undertake group discussion on: Need for drafting Types of drafting Need for Paper Pattern Practice of : Drafting Making a Paper pattern Cutting the Pattern Record the abbreviations used in the Practical file 	Intext questions 5.1 Activity Continue practice of : - Drafting - Making a Paper pattern - Cutting the Pattern Make chart showing the different abbreviations used in drafting and pattern making	 Appreciates the different types of drafting and the need for drafting and making paper patterns Can make the different types of drafts Can cut correctly the paper patterns Uses the appropriate abbreviations on the drafts and paper patterns to convey the correct information.
DAY 6	Drafting and Pattern Making	5.5. Types Of paper patternsOrdinary Pattern-Individual Pattern- Readymade or Bought	• Practice of identification of different types of Paper Patterns like:	Terminal Questions Identifies the following types of Paper Patterns:	Identifies and uses the following types of Paper patterns: - Ordinary Pattern -Individual Pattern

		Pattern -Final Pattern - Block Pattern - Graded Pattern - Dress Pattern	 Ordinary Pattern Individual Pattern Readymade or Bought Pattern Final Pattern Block Pattern Graded Pattern Dress Pattern 	 Ordinary Pattern Individual Pattern Readymade or Bought Pattern Final Pattern Block Pattern Graded Pattern Dress Pattern 	 Readymade or Bought Pattern Final Pattern Block Pattern Graded Pattern Dress Pattern
DAY 7	6. Basic Stitches	 6.3.Meaning of Stitches 6.5. Types, use and method of making Stitches Permanent Stitches Quilting Back Stitch Fine Stitch Hemming Stitch Hemming Stitch Buttonhole Stitch Hook and eye Temporary Stitches Basting Stitch Diagonal Basting Stitch Running Stitch Thread Mark 	 Practice the methods of making of the following Permanent stitches: Quilting Back Stitch Fine Stitch Hemming Stitch Buttonhole Stitch Hook and eye Practice the methods of making of the following Temporary stitches: Basting Stitch Diagonal Basting Stitch Running Stitch Thread Mark 	Intext Questions 6.1 Continue the practice and record the methods of making of the following Permanent stitches: - Quilting - Back Stitch - Fine Stitch - Hemming Stitch - Buttonhole Stitch - Hook and eye Paste samples made in the practical file Activity Continue the practice and record the methods of making of the following Temporary stitches: - Basting Stitch - Diagonal Basting Stitch - Thread Mark	 Differentiates between Permanent and temporary stitches Can neatly make the following Permanent stitches: Quilting Back Stitch Fine Stitch Hemming Stitch Henming Stitch Hook and eye Can neatly make the following Temporary stitches: Basting Stitch Diagonal Basting Stitch Running Stitch Thread Mark

DAY 8	Basic Stitches	temporary and permane waistline	and hand stitch an apron fo ent stitches learnt . Attach a	a pocket and a belt at the	-Do-
DAY 9	Basic Stitches	 6.6 Decorative Stitches Blanket Stitch Herring Bone Stitch Fish Bone Stitch Feather Stitch Stem Stitch Chain Stitch Lazy Daisy Stitch Satin Stitch Cross Stitch Smocking Stitch Eyelet Stitch 	 Practice the making of the following Decorative Stitches Blanket Stitch Herring Bone Stitch Fish Bone Stitch Feather Stitch Feather Stitch Stem Stitch Practice the making of the following Decorative Stitches: Chain Stitch Lazy Daisy Stitch Satin Stitch Cross Stitch Smocking Stitch Eyelet Stitch 	Continue the practice of making of the following Decorative Stitches - Blanket Stitch - Herring Bone Stitch - Fish Bone Stitch - Feather Stitch - Stem Stitch Terminal Questions Continue the practice the making of the following Decorative Stitches: - Chain Stitch - Lazy Daisy Stitch - Satin Stitch - Satin Stitch - Cross Stitch - Smocking Stitch - Eyelet Stitch	 Can make the following Decorative Stitches Blanket Stitch Herring Bone Stitch Fish Bone Stitch Feather Stitch Stem Stitch Chain Stitch Lazy Daisy Stitch Satin Stitch Cross Stitch Smocking Stitch Eyelet Stitch

				the practical file	
DAY 10	Basic Stitches	PROJECT: Embroider decorative stitches learr	a set of 2 cushion covers. Cl nt	hoose a design in which you	ı can use at least six
DAY 11	7.Construction skills	 7.3. Seams – Their Meaning, need and types Plain Seam Pinked edge Seam Flat Seam Top Seam French Seam Tacking Plain Seam Pressed open Seam Self Bound Seam 	 Undertake Group discussion on : Seams – Their Meaning, need and types Practice the making of : Plain Seam Pinked edge Seam Flat Seam Top Seam French Seam Tacking Plain Seam Pressed open Seam Self Bound Seam 	Intext Questions 7.1 Continue the Practice of making the following - Plain Seam - Pinked edge Seam - Flat Seam - Top Seam - French Seam - Tacking Plain Seam - Pressed open Seam - Self Bound Seam Paste samples made in the practical file	Can neatly work the following: - Plain Seam - Pinked edge Seam - Flat Seam - Top Seam - French Seam - Tacking Plain Seam - Pressed open Seam - Self Bound Seam
DAY 12	Construction skills	 7.4. Darts - Meaning, need and types Single Point Dart Waist Dart Side dart Armhole Dart Centre Dart Fish Dart Double Point Dart French Dart Press Open Dart 	 Undertake Group discussion on Darts – Their Meaning, need and types Practice the making of : Single Point Dart Waist Dart Side dart Armhole Dart Centre Dart Fish Dart Double Point Dart French Dart Press Open Dart 	Intext Questions 7.2 Paste samples made in the practical file Continue the Practice the making of : -Single Point Dart - Waist Dart - Waist Dart - Side dart - Armhole Dart - Centre Dart - Fish Dart - Double Point Dart - French Dart - Press Open Dart	Can neatly work the following: - Single Point Dart - Waist Dart - Side dart - Armhole Dart - Centre Dart - Centre Dart - Fish Dart - Double Point Dart - French Dart - Press Open Dart

DAY 13	Construction skills	 7.5.Tucks – meaning , need and types Pin Tucks Square Tucks Cross Tucks Corded Tucks Shell Tucks Graduated Tucks 	 Undertake Group discussion on Tucks – Their Meaning, need and types Practice the making of : Pin Tucks Square Tucks Cross Tucks Corded Tucks Shell Tucks Graduated Tucks 	Paste samples made in the practical file Activity Continue practice making of : - Pin Tucks - Square Tucks - Cross Tucks - Corded Tucks - Shell Tucks - Graduated Tucks - Paste samples made in the practical file	 Can neatly work the following tucks: Pin Tucks Square Tucks Cross Tucks Corded Tucks Shell Tucks Graduated Tucks
DAY 14	Construction skills	 7.6. Pleats – meaning, need and types Straight Pleat Box Pleat Inverted Pleat Meet Pleat Knife pleat False Pleat 	 Undertake Group discussion on Pleats – Their Meaning, need and types Practice the making of the following types of pleats: Straight Pleat Box Pleat Inverted Pleat Meet Pleat Knife pleat False Pleat 	Continue practice of making the following pleats: - Straight Pleat - Box Pleat - Inverted Pleat - Meet Pleat - Knife pleat - False Pleat - Paste samples made in the practical file	 Can neatly make the following Pleats: Straight Pleat Box Pleat Inverted Pleat Meet Pleat Knife pleat False Pleat

DAY 15	Construction	7.7. Button Hole	Undertake Group	Terminal Questions	Can neatly work the
	skills	- Worked Button Hole	discussion on		following:
		- Bound Button Hole	Buttons and	Continue practice of	- Worked Button Hole
		7.8. Buttons	button holes –	making the following:	- Bound Button Hole
		- Simple Button	Their Meaning,	- Worked Button Hole	- Simple Button
		- Fancy Buttons	need and types	- Bound Button Hole	- Fancy Buttons
		- Linen Button	 Practice the 	- Simple Button	- Linen Button
		7.9. Hook and Eye	making of the	- Fancy Buttons	- Blouse Hook
		- Blouse Hook	following:	- Linen Button	- Pant Hook
		- Pant Hook	- Worked Button Hole	- Blouse Hook	- Press Hook
		- Press Hook	- Bound Button Hole	- Pant Hook	- Press Button
		7.10. Press Buttons	- Simple Button	- Press Hook	
			- Fancy Buttons	- Press Buttons	
			- Linen Button		
			- Blouse Hook	Paste samples made in	
			- Pant Hook	the practical file	
			- Press Hook	F	
			- Press Buttons		
DAY 16	8.Selection of	8.3. Selection of Fabric	Undertake a Group	Activity	Wisely selects
2111 10	Fabric	for garments	Discussion on the factors		fabrics with
		- Colour and Texture	affecting selection of	Terminal Questions	reference to:
		- Design	fabric with reference to:		- Colour and Texture
		- Age of Wearer	- Colour and Texture	Discuss with your family	- Design
		- Occupation	- Design	and friends about the	- Age of Wearer
		- Occasions	- Age of Wearer	factors affecting the	- Occupation
		8.4. Selection of Fabric	- Occupation	choice of fabric for :	- Occasions
		for different Garments	- Occasions	- Frock	Wisely selects
		- Frock	- Different garments like :	- Night Suit	fabrics with
		- Night Suit	- Frock	- Skirt	reference to
		- Skirt	- Night Suit	- Pant (Jeans)	different types of
		- Pant (Jeans)	- Skirt	- Gents Shirt	garments like:
		- Gents Shirt	- Pant (Jeans)	- Gents Kurta Pyjama	- Frock
		- Gents Kurta Pyjama	- Gents Shirt	- Blouse	- Night Suit
		- Blouse	- Gents Kurta Pyjama	- Ladies Suit	- Skirt
		- Ladies Suit	- Blouse	- Nighty/ Gown	- Pant (Jeans)
		- Nighty/ Gown	- Ladies Suit	Record you outcomes of	- Gents Shirt

			- Nighty/ Gown	the discussion in the practical file.	- Gents Kurta Pyjama - Blouse - Ladies Suit - Nighty/ Gown
DAY 17.	9.Cloth Estimation	 9.3. Cloth Requirement Good Fitting Good design Saves Money Save Time Ease Of Work 9.4. Cloth Estimation for Garments Childrens Garments Jangia Frock- Plain, yoke and Umbrella. Baba Suit Sun suit Ladies Garments Blouse Ladies Shirt Salwar Nighty Gents Garments Gents Shirt Kurta Pyjama Knicker 	 Undertake a Group Discussion on the importance and need for fabric estimation. Practice the method of fabric estimation for the following garments with reference the different widths of fabric available in the market: Childrens Garments Jangia Frock- Plain, yoke and Umbrella. Baba Suit Sun suit Ladies Garments Blouse Ladies Shirt Salwar Nighty Gents Garments Shirt Kurta Pyjama Knicker 	 Terminal Questions Childrens Garments Continue practice of fabric estimation for the Jangia Frock- Plain, yoke and Umbrella. Baba Suit Sun suit Ladies Garments Blouse Ladies Shirt Salwar Nighty Gents Garments -Gents Shirt Kurta Pyjama Knicker 	 Appreciates the need and importance of fabric requirement Can confidently estimate the fabric required for the following: Childrens Garments Jangia Frock- Plain, yoke and Umbrella. Baba Suit Sun suit Ladies Garments Blouse Ladies Shirt Salwar Nighty Gents Garments Gents Shirt Kurta Pyjama Knicker

			 Monochromatic Harmony Complementary Harmony Dominant Harmony Related Harmony 		
Day 19	Colour Consideration for Garments	PROJECT: Make a composition sh - Analogous Harm - Monochromatic I - Complementary I - Dominant Harmony - Related Harmony - Cool and Warm of	Harmony Harmony ony	chemes:	
DAY 20	11.Basic Cutting and Tailoring	 11.3. What is Layout 11.4. Need 11.5. Markings 11.6. Precautions while Laying out Precautions for laying out on different fabrics 11.7. Principles of Layout 11.8. Margins Inlays Turning Margin Seam Allowance 11.9. Finishing 	 Group discussion on: What is Layout Need for layout Markings on layout Precautions while laying out Precautions for laying out on different fabrics Principles of layout Margins with reference to - Finishing 	Intext Questions 11.1 Terminal Questions Visit to the local/Boutique to study the procedures followed by them with regard to: - Markings on layout - Precautions while laying out - Precautions for laying out on different fabrics - Margins with reference to - *Inlays *Turning *Margin *Seam Allowance	 Appreciates the need for a correct layout and marking on the layout. Observes the required precautions in making layouts. Incorporates the required Margins with regard to: *Inlays *Turning *Margin *Seam Allowance Ensures correct and neat finishing

DAY 21	12. Construction Skills	12.4. Facing – Types 12.6. Types of binding - Bias Piping - Corded Piping - Rolled Piping 12.7. Zip 12.8. Elastic	 Group discussion on types of facing and binding for finishing raw edges of garments Practice of Bias Piping Corded Piping Rolled Piping Practice of attaching zips and elastic 	 Finishing Write a report on your observations in the practical file. Intext Questions 12.1 Continue the practice of: Bias Piping Corded Piping Corded Piping Rolled Piping Attaching zips Attaching elastic Paste the samples made in the practical file and record the procedure/method observed. 	 Constructs neatly the following : Bias Piping Corded Piping Rolled Piping Undertakes Zip attaching Elastic attachment
DAY 22	Construction Skills	 12.9. Design Dart Single Pointed Dart Double pointed Dart French Dart Fish dart Panel Dart 	 Group discussion on the need and importance of darts Make chart showing the different types of darts. Practice the construction of the following types of darts: Single Pointed Dart Double pointed Dart French Dart Fish dart Panel Dart 	Continue the practice of the construction of the following types of darts: - Single Pointed Dart - Double pointed Dart - French Dart - Fish dart - Panel Dart Paste samples made in the practical file and record the procedure of each.	 Confidently constructs the following: Single Pointed Dart Double pointed Dart French Dart Fish dart Panel Dart

DAY 23	Construction Skills	 12.10. Yoke and Midriff Yoke Round yoke V- yoke Square Yoke Straight Yoke Peak Pointed Yoke Midriff Box pleat Inverted Pleat 	 Group discussion on the different types of yokes and Midriff Practice the making of: Yoke Round yoke V- yoke Square Yoke Square Yoke Straight Yoke Peak Pointed Yoke Midriff Box pleat Inverted Pleat 	Continue practice of making samples of making the following: - Yoke - Round yoke - V- yoke - Square Yoke - Straight Yoke - Peak Pointed Yoke Midriff Box pleat Inverted Pleat Paste sample made in the practical file and record the procedure of making them.	
DAY 24	Construction Skills	12.11. Belt - Frock Belt - Pant, Knicker, Skirt Belt 12.12. Notch Collar/ roll Collar	 Practice the making of : Frock Belt Pant, Knicker, Skirt Belt Notch Collar/ roll Collar 	Terminal Questions Continue practice the making of : - Frock Belt - Pant, Knicker, Skirt Belt - Notch Collar/ roll Collar Paste samples made in the practical file. Record the procedures in the file	 Confidently makes the following: Frock Belt Pant, Knicker, Skirt Belt Notch Collar/ roll Collar