

National Vocational Certificate Level 2 in Arts (Dress Making)

CBT Curriculum

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1 INTRODUCTION

A **dressmaker** is a person who makes clothing and is also called a Tailor.

Clothing is one of the basic needs of human being as people are becoming fashion conscious. The sewing of garment changes with the changes in garment industry. Hence keeping in view the market demand and the change in fashion design, courses on dressmaking have been suitably designed in the structure of non-formal education. The beneficiaries are new literates and people with low education levels. Besides in Pakistani tradition girls/women are expected to know tailoring to fulfil the basic sewing requirement at home. Sewing of garments at home is a money saving activity for lower middle income group. Besides tailoring can be a vocation for self-employment.

1.1 Description of the structure of the course

Module #	Title	Theory 0% (Hours)	Practical 0% (Hours)	Total100% (Hour)
1.	Analyse the Design	19	70	89
2.	Prepare for Dress Making Operation	25	102	127
3.	Develop Pattern	23	100	123
4.	Perform Fabric Cutting	30	122	152
5.	Perform Stitching	38	159	197
6.	Finish the Garment	18	69	87
7.	Develop Professionalism	7	18	25
Total:		160	640	800

1.2 Duration of the course:

The proposed curriculum is composed of 07 modules that will be covered in 800 hrs. It is proposed that the course may be delivered in a six months period (six days a week). Training can also be scheduled on part time basis or in the evening classes. The distribution of contact hours is given below:

Total	810 hrs (including assessment guidance)
Theory	hrs (20%)
Practical	hrs (80%)

1.3 Purpose of the training programme:

The purpose of the training is to provide skilled manpower to improve the existing garment industry. This will improve the quality of garments/dresses in terms of consumer's acceptability and willingness. The availability of such quality of garments in the local and international market will ultimately bring economic benefits to the producers and processors.

1.4 Main objectives of the training programme

The Six Months Dress Makers training course is for those trainees who want to work in the garment making sector with the aim to learn, develop and practice required by the market. In this course, the emphasis is put on the trainee to acquire the ability to perform as a confident and competent Dress Maker.

Following are the main objectives of the training programme:

- To acquire the skills and knowledge of Dress Making along with minor maintenance of machine.
- Quality production of the garments.
- Produce skilled manpower for garment/cottage Industry in the field of dress making.
- Improve the level of skills of the workers in cottage industry and contribute towards economic growth.
- Use of tools & equipment used in dress making trade.
- Learn sewing terminologies.
- Taking correct body measurements
- Prepare basic hand & machine stitches
- Designing, drafting, pattern making and fabric estimation
- Cutting, tailoring & finishing of garments.
- Defects and alteration to fitting problems.
- Processes of quality control, packaging, labelling
- Skill to develop presentable professional garments.
- Enhancing employability & entrepreneurial skills.

1.5 Competencies gained after completion of the course

- Identify and take care of the various tools and equipment used in drafting, cutting and tailoring.
- Identify and practice basic (temporary and permanent) and decorative stitches.
- Take body measurements (length, width and circumference) systematically.
- Master the use of sewing machine and take care of the machine.
- Follow precautions while using a machine.

- Make different types of seams using bias, piping and facing and plackets.
- Perform hand stitching Attach hook and eye and attach buttons, button hole etc.
- Follow rules of pattern making, layout and fabric estimation.
- Design, draft, pattern making cutting, sewing and finishing of the garments.
- Fold, iron, pack and cost evaluation of stitched garment.

1.5 Mode of Delivery

This curriculum will be offered at institutions.

1.6 Entry level of trainees

Entry for assessment / training for this qualification is open. However entry into formal training courses based on this qualification may require skills and knowledge equivalent to primary preferably middle

1.7 Minimum qualification for teachers

- Matriculation with 1 year diploma and 3 years' experience Or
- Matriculation with 6 months diploma and 3 years' work experience

The main aim of training providers is to develop work related skills and competency through comprehensive action orientation. This includes the willingness and ability of a student to act appropriately and professionally in different situations at work. The willingness and ability of students depends largely on the teacher's skills to perform goal-oriented tasks. This can be achieved by putting their technical knowledge and skills to use by developing a program of practical assessment that reflects learning outcomes given in the

curriculum. The trainer will also support students in developing personal characteristics such as self-reliance, reliability, responsibility, group sense and the ability to lead.

1.8 Medium of instruction

Urdu or local language

1.9 Laws and Regulations

- Material Good Storage Practices.
- ISO 9001:2008 Including core standards for health.
- Pakistan Standard and Quality Control Authority (PSQCA) Standards.
- Workplace regulations 1992 Ministry of Labour, Govt of Pakistan
- Deal with hazards in accordance with workplace instructions and legal requirements.
- The Management of Health and Safety at Work Regulations 1992 (dermatitis and asthma).
- Hazard Analysis and Critical Control Point(HACCP).
- Environment Protection Agency.

1.10 Job Opportunities available immediately and in the future

After completing the course trainee can get employment in garment manufacturing unit or get self employed by opening a tailoring shop or work at home.

- **Wage employment:** Can get employment as cutter/tailor/checker in garment manufacturing industries/tailoring shops/tailoring units
- **Self-employment:** Can open his/her own tailoring shop or can do tailoring work at his/her own house or can take up orders from factories.

1.11 Personal requirement:

While selecting the trainee for this programme you may consider following characteristics

- Devoted
- Honest
- Attentive
- Punctual
- Organized
- Friendly
- Interpersonal skills
- Creative
- Hard worker
- Collaborative
- Confident
- Competent/Innovative.

2: OVERVIEW OF THE CURRICULUM FOR DRESS MAKING

Module Title and Aim	Learning Units	Theory Hrs.	Workplace Hrs	Timeframe of Modules
Module 1: Analyse the Design	LU-1: Take design specifications from client LU-2: Carry out measurement according to design LU-3: Calculate Proportions of the fabric according to design LU-4: Estimate cost of the labour charges and material.	19	70	89
Module 2: Prepare for Dress Making Operations	LU1: Collect materials for dress making LU-2: Perform shrinkage and colour bleeding. LU-3: Perform ironing of cloth LU-4: Prepare work area for dress making LU-5: Clean the sewing machine LU6: Test sewing machine operations LU7: Setup machine according to design	25	102	127

Module Title and Aim	Learning Units	Theory Hrs.	Workplace Hrs	Timeframe of Modules
Module 3: Develop Pattern	LU-1: Arrange pattern making tools LU-2: Construct basic block LU-3: Make pattern according to design variation and requirements LU-4: Finalize the pattern by giving seam allowances LU-5: Cut the pattern	23	100	123
Module 4: Perform Fabric Cutting	LU-1: Arrange tools for cutting the fabric LU-2: Examine grain line of fabric LU-3: Set the pattern on fabric LU-4: Perform cutting LU-5: Apply fussing to the fabric according to design	30	122	152
Module 5: Perform Stitching.	LU-1: Perform basting. LU-2: Perform garment stitching LU-3: Perform Alterations After Checking The Garment (If Required)	38	159	197

Module Title and Aim	Learning Units	Theory Hrs.	Workplace Hrs	Timeframe of Modules
Module 6: Finish garment.	LU-1: Perform hand stitching. LU-2: Perform finishing. LU-3: Perform ironing of the finished garment. LU-4: Finalise the garment.	18	69	87
Module 7: Develop Professionalism	LU-1: Develop professional attitude. LU-2: Follow Environmental, Health and Safety Rules	7	18	25

3: DRESS MAKING CURRICULUM CONTENTS (Teaching and Learning Guide)

3.1: Module 1: Analyze the Design

Duration: 89 hours **Theory:** 19 hours **Practice:** 70 hours

Module Description: This module provide the knowledge and skills and attitude required to take design specifications from the client, Carry out measurements of the subject according to design and Calculate proportions of the fabric for the design. Trainee will be expected to Estimate cost of labour charges and material required for dress making.

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-1: Take design specifications from the client.	Trainee will be able to: <ul style="list-style-type: none"> • Enlist customer’s requirements accurately according to design: size, style, budget etc. • Conduct realistic time frame analysis for completion and delivery of the order according to design. • Develop and maintain sample catalogue of garment design. 	<ul style="list-style-type: none"> • Human Anatomy (identification of human body structure in accordance to dress making: accurate measurements taking procedure). • Market trends for fashion and design. • Development and regular up gradation of sample garment catalogue • Importance of specification. sheet • Components of specification 	Total: 19 hrs Theory: 04 hr Practical: 15hrs	Consumables: <ul style="list-style-type: none"> • Specification sheets. • Stationary items. • Catalogues • Invoice notebooks 	Theory: Class Room

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
		sheet <ul style="list-style-type: none"> • Design elements (variety of collars, sleeves, buttons, trousers, embellishments etc.) • Concept of silhouette 			
LU-2: Carry out measurements of the subject according to design	Trainee will be able to: <ul style="list-style-type: none"> • Conduct conversions and calculations for measurement • Estimate correct measurement according to silhouette of the subject • Perform vertical, horizontal and circumferential measurement • 	<ul style="list-style-type: none"> • Numeracy knowledge and skills. • Industrial standards for taking measurement (including carrure line) • Procedure and technique of measurement 	Total: 29 hrs Theory: 05 hr Practical: 24 hrs	Consumables: <ul style="list-style-type: none"> • Note book • Stationary items. Non Consumables: <ul style="list-style-type: none"> • Measuring Tape • Calculator • Measuring Chart 	Theory: Class Room Practical: Workplace/Lab
LU-3: Calculate proportions of the fabric for the design	Trainee will be able to: <ul style="list-style-type: none"> • Determine the salvage/gain line of the fabric • Determine the grain line of the fabric according to the 	<ul style="list-style-type: none"> • Concept of salvage / grain line (off grain, on grain and cross grain) • Sensible usage (measuring fabric with folds and unfolds 	Total: 23 hrs Theory: 03 hrs Practical:	Consumables: <ul style="list-style-type: none"> • Fabric • Stationery Items Non Consumables:	Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	design and size <ul style="list-style-type: none"> • Carryout the measurements of the fabric using effective measurements. • Assess and calculate the fabric as per design. 	to avoid wastage <ul style="list-style-type: none"> • Importance of calculating the proportions of the fabric 	20 hrs	<ul style="list-style-type: none"> • Measuring Tape 	
LU-4: Estimate cost of labour charges and material	Trainee will be able to: <ul style="list-style-type: none"> • Estimate the required quantity of the material (fabric for trims, fusing, accessories etc.) • Determine labour charges as per design and market rates. 	<ul style="list-style-type: none"> • Estimation of direct and indirect costs • Procedure to calculate the cost of labour according to the market • Calculation of labour cost according to market trends. 	Total: 18 hrs Theory: 7 hrs Practical: 11 hrs	Consumable: <ul style="list-style-type: none"> • Note book • Stationary items. 	Theory: Class Room Practical: Workplace/Lab

3.2 Module 2: Prepare for Dress Making Operations

Module Description: This module covers the knowledge and skills required to collect the materials for Dress Making and prepare work area for Dress Making. Students will be expected to perform shrinkage, colour bleeding and ironing of the cloth

Duration: 127hours **Theory:** 25 hours **Practice:** 102 Hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU:1 Collect Materials for Dress Making	Trainee will be able to: <ul style="list-style-type: none"> • Procure fabrics and accessories at best available prices. • Ensure the quality of the materials. • Evaluate quantity of required material, fabric and accessories 	<ul style="list-style-type: none"> • Types of materials <ol style="list-style-type: none"> a. Fabric: Chiffon, silk, cotton etc. a. Embellishments • Specification of materials. <ol style="list-style-type: none"> b. Fabrics: synthetic, semi synthetic and natural etc. c. Embellishments: buttons, tussles, laces, stones, motifs etc. • Procurement process 	Total: 17 hrs Theory: 05 hr Practical: 12 hrs	Non Consumables: <ul style="list-style-type: none"> • Fabric • Embellishment Consumables: <ul style="list-style-type: none"> • Measuring Tape 	Theory: Class Room Practical: Workplace/Lab
LU:2 Perform shrinkage and colour bleeding	Trainee will be able to: <ul style="list-style-type: none"> • Explain shrinkage procedure and techniques for types of 	<ul style="list-style-type: none"> • Procedure of shrinkage: Types of fabrics and time duration of shrinkage 	Total: 25hrs Theory:	Non Consumables: <ul style="list-style-type: none"> • Measuring tools 	Theory: Class Room

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	fabrics <ul style="list-style-type: none"> • Calculate the fabric length and width before shrinkage • Perform shrinkage of different fabrics. • Measure the colour bleeding tendency of the fabric with respect to time • Calculate the fabric length and width after shrinkage • Apply drying techniques after shrinkage. 	Types of fabrics and water temperature for shrinkage and colour bleeding <ul style="list-style-type: none"> • Impact of shrinkage on different types of fabrics • The procedure/ treatment for the fermentation of colour, if required • Drying techniques for types of fabrics 	05 hr Practical: 20 hrs	Materials Required <ul style="list-style-type: none"> • Utensils Consumables: <ul style="list-style-type: none"> • Fabric • Water • Salt 	Practical: Workplace/Lab
LU:3 Perform ironing of cloth	Trainee will be able to: <ul style="list-style-type: none"> • Determine the accurate thermostat for ironing to the different fabric qualities. • Determine grain in order to iron the fabric. • Differentiate fabric for ironing and steam 	<ul style="list-style-type: none"> • Quality and variety of fabrics in relation to thermostat for ironing • Calibration Techniques on specific fabrics. • Importance of grain before applying ironing to the fabric. 	Total: 20hrs Theory: 4 hr Practical: 16 hrs	Non Consumables: <ul style="list-style-type: none"> • Ironing Table • Iron Consumables: <ul style="list-style-type: none"> • Fabric 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	<p>ironing on the fabric.</p> <ul style="list-style-type: none"> • Perform ironing to the fabric. 				
<p>LU:4</p> <p>Prepare work area for dress Making</p>	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Identify suitable work area. • Arrange adequate light and power outlet. • Utilize space for workstations • Ensure hazard free work area • Use correct tools and equipment • Arrange the required furniture for the various tasks. • Prepare various work stations in work space for different tasks such as drafting, cutting and ironing. <p>Setup storage space in work area.</p>	<ul style="list-style-type: none"> • Suitable work area: space, light workstations, accessibility. • Set of tools and equipment for working area/space • Building storage space for work Space. • Building task specific work stations/ space • Allocation of work space for each task. • Backup plan for potential risks and hazards. 	<p>Total: 16 hrs</p> <p>Theory: 3 hr</p> <p>Practical: 13hrs</p>	<p>Non Consumables:</p> <ul style="list-style-type: none"> • Tables • Sewing machine • Iron <p>Consumables:</p> <ul style="list-style-type: none"> • Lights • Partitions 	<p>Theory: Class Room</p> <p>Practical: Workplace/Lab</p>

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU:5 Clean the sewing Machine	Trainee will be able to: <ul style="list-style-type: none"> Identify the various parts of machine Ensure machine is turned off before cleaning by unplugging the machine. Apply the procedure and technique for cleaning sewing machine using tools appropriate tools. Clean external parts of machines for smooth running during job according to set procedure. Store cleaning tools safely after use 	<ul style="list-style-type: none"> Various parts of machine. Procedure and Techniques for cleaning various parts of Machine. Assembling and disassembling techniques of machine. Functions of different parts of sewing machine. Safety measures that need to be applied during cleaning machine/ equipment. Types of cleaning tools/materials. Preventive maintenance and regular cleaning. Effects of contamination on products i.e. machine oil, dirt etc 	Total: 18 hrs Theory: 3 hr Practical: 15 hrs	Non Consumables: <ul style="list-style-type: none"> Sewing machine Consumables: <ul style="list-style-type: none"> Duster Brush Oil 	Theory: Class Room Practical: Workplace/Lab
LU:6 Test sewing machine operation	Trainee will be able to: <ul style="list-style-type: none"> Set up machine according to production requirements. Select the parts (needle, needle plate and feed 	<ul style="list-style-type: none"> Steps to setup the sewing machine according to production requirements. Level of oil in machine Machine alignment Basic operation procedure of sewing machine Functional and non functional 	Total: 19 hrs Theory: 3hr Practical: 16 hrs	Non Consumables: <ul style="list-style-type: none"> Machine Cloth Bobbin Bobbin winder 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	<p>dog) of sewing machine as per design requirements</p> <ul style="list-style-type: none"> • Thread the needle in the machine and adjust the needle as per the requirements • Set machine controls for the materials being stitched. • Perform a test run to ensure machine is operating correctly • Use correct tools and equipment as per requirement • 	<p>parts of machine</p> <ul style="list-style-type: none"> • Functions of different parts (needle, needle plate and feed dog) of sewing machine. • Different types of needles according to fabric category. • Procedure to fix the needle in needle bar according to gauge • Procedure to set the stitch size • Use of bobbin winder • Importance of adjusting the top tension. 		<ul style="list-style-type: none"> • Bobbin Case <p>Consumables:</p> <ul style="list-style-type: none"> • Thread 	
<p>LU:7</p> <p>Set up machine according to design</p>	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Set Stitch per Inch (SPI) according to design requirements. Adjust tension of thread according to stitch. 	<ul style="list-style-type: none"> • Procedure to set the stitch size. • Top tension adjustment 	<p>Total: 12 hrs</p> <p>Theory: 2 hr</p> <p>Practical:</p>	<p>Non Consumables:</p> <ul style="list-style-type: none"> • Sewing machine 	<p>Theory: Class Room</p> <p>Practical: Workplace/Lab</p>

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	<ul style="list-style-type: none"> Ensure the material used meets the specification matching. 		10 hrs		

3.3 Module 3: Develop Patterns

Module description: This module covers the knowledge, skill and attitude required to Develop Patterns for Dress Making. Students will be expected to Arrange pattern making tools, construct basic blocks, make pattern as per design requirement (sample, measurement), select required blocks, carry out design variation and finalize the pattern by giving seam allowances.

Duration: 123hours **Theory:** 23hours **Practice:** 100hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-1: Arrange Pattern Making Tools	Trainee will be able to: <ul style="list-style-type: none"> • Collect the required pattern making tools • Check the operations and accuracy of the tool • Maintain pattern making tools 	<ul style="list-style-type: none"> • Importance of pattern making in garment industry • List of pattern making tools • Specification of pattern making tools. • Maintenance of pattern making tools 	Total: 06hrs Theory: 03hrs Practical: 03 Hrs	Non Consumables: <ul style="list-style-type: none"> • Measuring tools • Marking tools • Size charts • Specification sheets • Sharpener • Set Square • Card Board sheet • Cutter • Scissor • Steel Ruler • French Curve • Tracing Wheel • Hip Curve 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
				Consumables: <ul style="list-style-type: none"> • Drafting sheets • Drafting pencils • Eraser • Tracing sheets • Masking tape 	
LU-2: Construct basic block	Trainee will be able to: <ul style="list-style-type: none"> • Mark grain line on pattern • Perform numerical calculations • Perform accurate drafting accurately on paper • Construct blocks • Transfer /draft accurately on cardboard. • Perform labelling of blocks 	<ul style="list-style-type: none"> • Basic numerical skills • Importance of grain line on pattern • Types of blocks <ol style="list-style-type: none"> a. Basic bodice block b. Collar block c. Sleeves block d. Basic suspended panel block e. Princess block f. Skirt block g. Trouser block ,etc • Drafting techniques and procedures • Procedure of drafting pattern on card board 	Total: 28 Hrs Theory: 04 Hrs Practical: 24 Hrs	Non Consumables: <ul style="list-style-type: none"> • Measuring tools • Marking tools • Size charts • Specification sheets • Sharpener • Set Square • Card Board sheet • Cutter • Scissor • Steel Ruler • French Curve • Tracing Wheel • Hip Curve Consumables: <ul style="list-style-type: none"> • Drafting sheets • Drafting pencils • Eraser 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
				<ul style="list-style-type: none"> • Tracing sheets • Masking tape 	
LU-3: Make pattern according to design variations and requirement	Trainee will be able to: <ul style="list-style-type: none"> • Mark grain line according to design • Trace basic bodice block for pattern • Perform pattern making • Use tracing paper according to pattern • Carry out design variation • Mark points for design variation • Give allowance for fit/ wearing ease on the pattern 	<ul style="list-style-type: none"> • Importance of Grain Line • Tracing of blocks • Techniques for pattern making • Use of tracing paper while pattern making • Interpretation of relevant techniques to achieve design variation • Pattern making according to customized design • Incorporation of ease while finalizing the pattern • Importance of labelling cutting details • Techniques for use of pattern making tools. • Universal standards of seam allowance. 	Total: 34 hrs Theory: 06 hr Practical: 28 hr	Non Consumables: <ul style="list-style-type: none"> • Measuring tools • Cutting tools • Marking tools • Size charts • Specification sheets • Sharpener • Pearl pins Consumables: <ul style="list-style-type: none"> • Drafting sheets • Pattern making sheets • Drafting pencils • Eraser • Tracing sheets • Thin papers 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
<p>LU-4: Finalize the pattern by giving seam allowance</p>	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Mark the points on pattern for seam allowance. • Give allowance for fit, wearing ease on the pattern. • Apply seam allowances according to requirement. • Make information box • Finalize the pattern for fabric cutting. 	<ul style="list-style-type: none"> • Apply industry standards of seam allowances. • Types of seam allowances. • Recheck the pattern for any mistake/error. • Correct/ adjust pattern and curves as per need. 	<p>Total: 29 hrs</p> <p>Theory: 6 hrs</p> <p>Practical: 23 hrs</p>	<p>Non Consumables:</p> <ul style="list-style-type: none"> • Measuring tools • Cutting tools • Marking tools • Size charts • Specification sheets • Sharpener • Pearl pins <p>Consumables:</p> <ul style="list-style-type: none"> • Drafting sheets • Pattern making sheets • Drafting pencils • Eraser • Tracing sheets • Thin papers 	

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-5: Cut the Pattern	Trainee will be able to: <ul style="list-style-type: none"> • Collect the required tools and equipment • Cut the pattern according to the marked line • Cut the notches according to the marked areas. 	<ul style="list-style-type: none"> • Tools and equipment used for pattern cutting. • Procedure of pattern cutting. • Procedure of applying notches to the pattern. • Corrective Measures in pattern cutting such as paper tearing ,paper dampening etc 	Total: 26 hrs Theory: 04 hrs Practical: 22 hrs	Non Consumables: <ul style="list-style-type: none"> • Measuring tools • Cutting tools • Cutter • Scissor • Sharpener 	

3.4 Module 4: Perform Fabric Cutting

Module Description: This module covers the knowledge, skills and attitudes required to Fabric Cutting for Dress Making. Students will be expected to Arrange the required tools and work place for cutting, Examine grain line of fabric, set the pattern on fabric and perform cutting and apply fusing to the fabric according to the design.

Duration: 152hours **Theory:** 30 hours **Practice:** 122hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-1: Handle tools for cutting the fabric.	Trainee will be able to: <ul style="list-style-type: none"> Identify tools for cutting the fabric Check the tools and accuracy of the tools. 	<ul style="list-style-type: none"> Types of tools for cutting the fabric. Specification and tools Measurement of tools Precautions of tools 	Total: 9hrs Theory: 06hrs Practical: 03hrs	Non Consumables: <ul style="list-style-type: none"> Cutting tools Measuring tools Common pins Fabric cutting scissors Sewing Box Consumables: <ul style="list-style-type: none"> Tailor's chalk 	Theory: Class Room Practical: Workplace/Lab
LU-2: Examine grain line of fabric.	Trainee will be able to: <ul style="list-style-type: none"> Analyze the direction of grain line/selvedge before cutting the fabric of the 	<ul style="list-style-type: none"> Importance of grain line for cutting the fabric 	Total: 15 hrs Theory:	Consumables: <ul style="list-style-type: none"> Different types of fabrics 	Theory: Workplace/Lab

	grain. <ul style="list-style-type: none"> Identify the warp and weft of the fabric. 	<ul style="list-style-type: none"> Importance of warp and weft in the fabric 	03 hrs Practical: 12hrs		
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LU-3: Set pattern on fabric	Trainee will be able to: <ul style="list-style-type: none"> Iron fabric for proper cutting Pin pattern on the fabric Mark the fabric with <i>tailors chalk</i> Mark notches according to pattern with the tailors chalk. 	<ul style="list-style-type: none"> Ironing the fabric prior to pinning. Lying the pattern straight on fabric Pinning the pattern on the fabric prior to cutting Importance of setting the fabric 	Total: 28 hrs Theory: 08 hrs Practical: 20hrs	Non Consumables: <ul style="list-style-type: none"> Iron Pins Measuring Tape Pin Cushion Ironing Board Consumables: <ul style="list-style-type: none"> Tailors' Chalk 	
LU-4: Perform cutting	Trainee will be able to: <ul style="list-style-type: none"> Perform cutting Cut notches according to pattern 	<ul style="list-style-type: none"> Procedure of fabric cutting Procedure of applying notches on fabric after cutting 	Total: 72 hrs Theory: 09hrs Practical: 63 hrs	Non Consumables: <ul style="list-style-type: none"> Cutting Table. Fabric Cutting Scissor Iron Ironing Board Steel ruler Common Pins 	Theory: Class Room Practical: Workplace/Lab

				<ul style="list-style-type: none"> • Steam Iron • Pin Cushion • Sleeve Board/ HAM 	
L5. Apply fusing on fabric according to design.	Trainee will be able to: <ul style="list-style-type: none"> • Collect required fusing • Paste fusing on required area of the fabric. 	<ul style="list-style-type: none"> • Types of fabrics • Types of fusing • Procedure of pasting fusing onto fabrics. • Setting of accurate thermostat to paste fusing. • Correct colour selection of fusing as per fabrics. 	Total: 28 hrs Theory: 04 hrs Practical: 24hrs	Consumables: <ul style="list-style-type: none"> • Different types of fusing Non Consumables: <ul style="list-style-type: none"> • Cutting Table. • Fabric Cutting Scissor • Iron • Ironing Board • Steel ruler • Common Pins • Steam Iron • Pin Cushion • Sleeve Board/ 	Theory: Class Room Practical: Workplace/Lab

3.5 Module 5: Perform stitching

Objective of the Module: This module covers the knowledge and skills required to stitch the garment. Students will be expected to perform basting and recheck the stitched garment and perform alteration.

Duration: 197hours **Theory:** 34hours **Practice:** 159hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-1. Perform basting	Trainee will be able to: <ul style="list-style-type: none"> • Collect tools for basting. • Perform over lock of all the pieces of fabric. • Perform basting on required pieces of the fabric. 	<ul style="list-style-type: none"> • List of tools used for basting. • Procedure of over locking the fabric. • Demonstrate the operations of over locking machine. • Procedure of basting. 	Total: 45 hrs Theory: 08 hrs Practical: 37 hrs	Non Consumables: <ul style="list-style-type: none"> • Hand needle • Over lock Machine Consumables: <ul style="list-style-type: none"> • Taylor’s chalk • Fabric 	Theory: Class Room Practical: Workplace/Lab
LU-2. Perform garment stitching.	Trainee will be able to: <ul style="list-style-type: none"> • Assemble all the pieces of fabric for stitching • Stitch all assembled pieces following the marked lines. 	<ul style="list-style-type: none"> • Arrangement of fabric pieces prior to stitching • Procedure of stitching different pieces of fabrics 	Total: 106 hrs Theory: 16 hrs Practical:	Non Consumables: <ul style="list-style-type: none"> • Sewing machine • Over lock machine • Screw Driver • Hand Spray 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	<ul style="list-style-type: none"> • Apply stitching elements while stitching the fabric. • Perform Ironing during stitching 	<ul style="list-style-type: none"> • Procedure of applying top stitches and variation in stitch lengths. • Importance of ironing during stitching • Types of stitching elements (top stitch, hem stitch ,French stitch etc) 	90 hrs	<ul style="list-style-type: none"> • Steam iron • Iron table • Pearl pins • Machine needles • Measuring tape • Bobbin and bobbin case • Zipper • Zipper foot invisible • Clipper 	
LU-3. Perform alteration (if needed)after checking the garment	Trainee will be able to: <ul style="list-style-type: none"> • Compare the stitched garment with design specifications. • Measure stitched garment for differences • Perform alterations, if required 	<ul style="list-style-type: none"> • Comparison procedure of stitched garment with design specifications. • Importance of accurate sizing 	Total: 42 hrs Theory: 10 hrs Practical: 32 hrs	Non Consumables: <ul style="list-style-type: none"> • Sewing machine • Measuring Tape • Seam ripper • Size Chart • Clipper Consumables: <ul style="list-style-type: none"> • Thread • Stitched garment 	Theory: Class Room Practical: Workplace/Lab

3.6 Module 6: Finish the garment

Module description: This module covers knowledge skills and attitude required to finish the garment. Students will be expected to perform hand stitching, finishing and perform ironing the garment before its packing.

Duration: 87hours **Theory:** 18hours **Practice:** 69hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-1. Perform hand stitching	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Collect tools and equipment for hand stitching. • Collect accessories for hand stitching • Perform hand stitching on the stitched garment. 	<ul style="list-style-type: none"> • Tools and Equipment required for hand stitching • Accessories used for hand stitching(Velcro, press buttons, etc) • Techniques for hand stitching • Types of hand stitches. 	<p>Total: 26 hrs</p> <p>Theory: 08 hrs</p> <p>Practical: 18 hrs</p>	<p>Non Consumables:</p> <ul style="list-style-type: none"> • Clipper • Measuring tape, • Steam iron • Hand needle • Hook and eye button • Press Button 	<p>Theory: Class Room</p> <p>Practical: Workplace/Lab</p>
LU 2:Perform finishing	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> •Remove unwanted threads from the stitched garment. •Diagnose stitch faults •Remove stitch faults •Perform finishing elements 	<ul style="list-style-type: none"> • Importance of finishing in stitched garment. • Process of finding stitch faults (thread breakage, over lapping, fabric tempering, puckering, etc.) 	<p>Total: 28 hrs</p> <p>Theory: 04 hrs</p> <p>Practical: 24 hrs</p>	<p>Non Consumables:</p> <ul style="list-style-type: none"> • Clipper • Measuring tape, • Steam iron • Hand needle • Hook and eye button 	<p>Theory: Class Room</p> <p>Practical: Workplace/Lab</p>

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
				<ul style="list-style-type: none"> • Press Button • Clipper • Seam ripper • Sewing Machine • Threads • Steam Iron 	
LU 3: Perform ironing of the finished garment	<ul style="list-style-type: none"> • Trainee will be able to: • Analyse the type of ironing • Perform ironing on the overall garment. • Apply starch (if required). • Perform opening of seam allowances of the garment through ironing. 	<ul style="list-style-type: none"> • Types of ironing • Procedure of flat and steam ironing • Variations in ironing while finishing a garment • Importance of applying starch to the garment. • Importance of opening seam allowances of the garment. • Applying ironing to the details of the garment. 	Total: 17 hrs Theory: 02 hrs Practical: 15 hrs	Non Consumable <ul style="list-style-type: none"> • Flat iron • Steam press • Iron Board • Sleeve Board/ Ham Consumable <ul style="list-style-type: none"> • Hand spray • Starch 	Theory: Class Room Practical: Workplace/Lab
LU 4: Finalize the Garment	<ul style="list-style-type: none"> • You will be able to: • Perform labelling and tagging of the stitched garment. • Perform packaging of the stitched garment. 	<ul style="list-style-type: none"> • Process of labelling and tagging the garment. • Process of performing packaging to the garment. 	Total: 16 hrs Theory: 04 hrs Practical:	Non Consumable <ul style="list-style-type: none"> • Tag machine Consumable <ul style="list-style-type: none"> • Hangers 	Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	<ul style="list-style-type: none"> • Perform hanging, wrapping or folding of the garment as per instructions. 		12 hrs	<ul style="list-style-type: none"> • Labels • Tag • Packing Bag • Marker/ Pen 	

3.7 MODULE 7: DEVELOP PROFESSIONALISM:

Module description: This Module covers the knowledge, skills and attitude required to develop professionalism. Students will be expected to Follow Environmental, Health and Safety Rules.

Duration: 25 hours **Theory:** 7 hours **Practice:** 18 hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU-1: Develop Professional Attitude	Trainee will be able to: <ul style="list-style-type: none"> • Analyse upcoming market trends. • Develop professionalism • Networking. • Demonstrate behavioural skills. <ol style="list-style-type: none"> 1 Greeting clients with respect. 2 Being honest with customers regarding timeline. • Develop sound interpersonal skills 	<ul style="list-style-type: none"> • Define professionalism (meaning, attitude, output, timely delivery, networking) • Define Behavioural skills (meaning, respect, patience, honesty, accountability communication. • Describe the importance of trends and market research. • Describe interpersonal skills (manners, stress management and social awareness) • Describe communication skills 	Total: 19 hrs Theory: 4 hrs Practical: 15 hrs		Theory: Class Room Practical: Workplace/Lab

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
	<ul style="list-style-type: none"> Develop communication skills 	<ul style="list-style-type: none"> Market norms. 			
LU 2: Follow Environmental, Health and Safety Rules	Trainee will be able to: <ul style="list-style-type: none"> Follow Health and Safety Rules Ensure Personal Safety Ensure Machine Safety Ensure Work Place Safety Ensure safety while operating irons. <p>Store all flammables in a safe area.</p>	<ul style="list-style-type: none"> Significance of personal hygiene Types of Hazards in the Workplace Knowledge of Various Parts of Machine while troubleshooting. Handling of Sewing Machines. Significance of workplace cleanliness. Handling of Electric Supply and Appliances Organizational Health and Safety Rules Recognize emergency situations. Identify the materials which can catch fire 	Total: 6 hrs Theory: 3 hrs Practical: 3 hrs		Theory: Class Room Practical: Workplace/Lab

- **ASSESSMENT GUIDANCE:**

Good assessment practices should be adopted for Sessional and final assessments. Such practices by vocational training providers during Sessional and final assessments will form the basis of qualifying the trainees.

4.1 Differences between Sessional and final assessments:

Sessional assessment shall be on an all-time basis. Its purpose is to provide feedback on what students are learning:

- To the student: It will identify achievement and areas for further teaching and its level.
- To the teacher: It will evaluate the effectiveness of teaching, and guide to determine the future plan.

Assessors need to devise Sessional assessments for both theoretical and practical work. Guidance is provided in the assessment strategy.

Final assessment is the assessment, usually carried out on completion of a course or module. This determines whether or not the student has "passed". It is - or should be - undertaken with reference to all the objectives or outcomes of the course, and is often fairly formal. Considerations of security - ensuring that the student who gets the credit is the person who did the work - assume considerable importance in final assessment.

4.2 Methods of assessment:

For lessons with a high quantity of theory, written or oral tests related to learning outcomes and/ or learning content can be conducted. For work place lessons, assessment will focus on the quality of planning and executing the related process along with the quality of the product and/or evaluation of the process.

Methods will include direct assessment, as the most desirable form of assessment. For this, evidence shall be obtained by directly observing the student's performance.

Examples for direct assessment of Dress Making will include:

- Work performances, for example Develop patterns for different garments
- Demonstrations, for example demonstrating the cutting procedure of different dresses
- Direct questioning, where the assessor will ask the student how many types and techniques of Pattern making
- Paper-based tests, such as multiple choice or short answer questions at entrepreneurship development, tools used for dress making, pattern making and fabric terms, procedure of dyeing, steps of fabric cutting etc
- **Indirect assessment** shall be used where the performance could not be watched and evidence is gained indirectly.

Examples for indirect assessment of dress maker trade will include:

- Drafting and pattern making
- Demonstration of different surface ornamentation techniques such as: making colour wheel, tie and dye, patch work, smocking, screen printing, seam finishing etc.
- Installation of machines
- Demonstration of different hand stitches
- Storage of tools, equipment and material, the methods adopted to store products.

Indirect assessment should only be a second choice. (In some cases, it may not even be guaranteed that the work products were produced by the person being assessed).

4.3 Principles of assessment

All assessments should be valid, reliable, fair and flexible and shall be based on multi evidences:

Fairness means that there should be no advantages or disadvantages for any assessed person. For example, it should not happen that one student gets prior information about the type of work performance that will be assessed, while another candidate does not get any prior information.

Validity means that a valid assessment assesses what it claims to assess. For example, if the ability to develop patterns for dresses is to be assessed and certified, the assessment should involve performance criteria that are directly related to pattern making.

Reliability means that the assessment is consistent. For example, if work performance of demonstrating garment sewing and method adapted to stitched garment assessed, another assessor (e.g., the future employer) should be able to see the same work performance and witness the same level of achievement.

Flexibility means that the assessor has to be flexible concerning the assessment approach. For example, if there is a power failure during the assessment, the assessor should modify the arrangements to accommodate the students' needs.

4.4 Assessment strategy for the Dress Making Curriculum

This curriculum consists of 07 modules:

Module-1: Analyse the design
Module-2: Prepare for Dress Making Operations
Module-3: Develop Pattern
Module-4: Perform Fabric Cutting
Module-5: Perform Sewing

Module-6:Finish the Garment

Module-7:Develop Professionalism

4.5 Suggestions for Sessional assessment

The Sessional assessment for all modules shall be in two parts: theoretical assessment and practical assessment. The Sessional marks shall contribute to the final qualification. Theoretical assessment for all learning modules must consist of a written paper lasting at least one hour per module. This can be a combination of multiple choice and short answer questions. For practical assessment, all procedures and methods for the modules must be assessed on a Sessional basis Guidance is provided under the title planning for assessment.

4.6 Suggestions of final assessment

Final assessment shall be in two parts: theoretical assessment and practical assessment. The final assessment marks shall contribute to the final qualification. The final theoretical assessment shall consist of multiple choice and short answer questions, covering all modules. For practical assessment, the method of pattern making shall be selected to assess the competencies of student expected to be gained after this training course. It is also proposed that the assessment may take place in such a way that covers each of the modules. Time and markings may be distributed according to the importance of module that is reflected from the time invested during teaching

Few examples that trainer may use for the assessment are given below:

1.1 Sessional and Summative Assessment

Module 1: Analyse the Design

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Take design specifications from client.	10 min		• Observation	• Direct observation of	

LU2: Carry out measurements of the subject according to the design	05 min	10 min	<ul style="list-style-type: none"> • Activity sheets • Oral and written questions • Demonstration 	<ul style="list-style-type: none"> • work activities • Written questions 	
LU3: Calculate Proportions for the fabric according to the design		10 min			
LU 4: Estimate cost of the labour charges and material	10 min	10 min			

Module 2: Prepare for Dress Making Operations

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Collect materials for Dress making		15 min	<ul style="list-style-type: none"> • Observation • Activity sheets • Simulation • Oral and written questions • Demonstration 	<ul style="list-style-type: none"> • Direct observation of work activities • Final project • Written questions 	
LU2: Perform shrinkage and colour bleeding	10 min	10 min			
LU3: Perform ironing of cloth.		10 min			
LU4: Prepare work area for dress making		10 min			
LU5: Clean the sewing machine.		10 min	•	•	
LU6: Test sewing machine operation.		15 min	•	•	

LU7: Setup machine according to design.		15 min			
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Module 3: Develop Pattern

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Arrange pattern making tools			<ul style="list-style-type: none"> • Observation • Activity sheets • Oral questions • Demonstration • Discussion 	<ul style="list-style-type: none"> • Direct observation of work activities • Written questions 	
LU2: Construct basic block	10 min	50 min			
LU3: Make pattern according to design variations and requirement.	10 min	35 min			
LU4: Give seam allowances and finalize the pattern.		10 min			
LU5: Cut the Pattern		15 min			

Module 4: Perform Fabric Cutting.

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Arrange tools for cutting the fabric			<ul style="list-style-type: none"> • Observation • Activity sheets • Oral and written questions 	<ul style="list-style-type: none"> • Direct observation of work activities • Written questions 	
LU2: Examine grain line of fabric.		05 min			

LU3: Set the pattern on fabric		10 min	<ul style="list-style-type: none"> • Demonstration • 		
LU4: Perform cutting.		30 min			
LU5: Apply fusing to the fabric according to design		10 min			

Module 5: Perform Stitching.

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Perform basting.		10 min	<ul style="list-style-type: none"> • Observation • Activity sheets • Oral and written questions • Demonstration • Class Participation 	<ul style="list-style-type: none"> • Direct observation of work activities • Final project 	
LU2: Perform garment stitching.		30 min			
LU3: Perform Alterations After Checking The Garment (If Required)	10 min	15 min			

Module 6: Finish Garment.

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Perform hand stitching	15 min	30 min	<ul style="list-style-type: none"> • Observation • Activity sheets 	<ul style="list-style-type: none"> • Direct observation of work activities 	

LU2: Perform finishing	15 min	30 min	<ul style="list-style-type: none"> • Oral and written questions • Demonstration • Class Participation 	<ul style="list-style-type: none"> • Final project • Written questions 	
LU3: Perform ironing of the finished garment	15 min	15 min			
LU4: Finalize the garment	5 min	10 min			

Module 7: Develop professionalism

Learning Units	Theory hours	Workplace hours	Recommended form of assessment	Recommended Methodology	Scheduled dates
LU1: Develop Professional Attitude	15 min	20 min	<ul style="list-style-type: none"> • Observation • Activity sheets • Oral and written questions • Demonstration/ Role Play 	<ul style="list-style-type: none"> • Direct observation of work activities • Written questions 	
LU2: Follow Environmental, Health and Safety Rules	20 min	25 min			

5. List of tools and equipment for the class of 25 to 30 students

Sr.#	Item Description	Quantity

1.	Industrial/Domestic lock stitch machine	25
2.	Button making machine	02
3.	Over loc machine	02
4.	Fabric cutting scissor	25
5.	Finishing clipper	25
6.	Seam ripper	25
7.	Hand sewing needles packets	25
8.	Thimbles	25
9.	Simple scissor	25
10.	Measuring tape	25
11.	French curve	25
12.	Hip curve	25
13.	Steel scale	25
14.	L-Shape scale	25
15.	Set square	25
16.	Tracing wheel	25
17.	Tracing papers	25

18.	Tailoring chalk (box)	25
19.	Iron	04
20.	Loop turner	25
21.	Paper cutter	25
22.	Thumb pins (boxes)	25
23.	Pin cushion	25

6. List of Consumables for Dress Making

7.

Sr.#	Item Description
1.	Fabrics of different types
2.	Sewing threads
3.	Fusing of different types
4.	Marking pencils
5.	Fancy threads
6.	Ribbons of different types, colours and sizes
7.	Elastic of different types and sizes
8.	Embellishment items (Stones, beads, pearls, fancy buttons etc)
9.	Laces (fancy and simple, according to dress design)
10.	Zips
11.	Hooks
12.	Pattern sheets
13.	Drafting pencils
14.	Stationery items



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