Tailoring

45 Hours Training Program - TEVT Sector

Teaching - Learning Material

Project Implementation Unit

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1. Introduction:

This 45-hour Tailoring Training program is designed to equip learners with foundational skills in stitching, garment construction, and finishing techniques. The course combines theoretical understanding with hands-on practice to prepare learners for self-employment or entry-level roles in tailoring and fashion services. The focus is on precision, safety, and the ability to follow basic design specifications for various garments.

2. Training Learning Objectives:

Upon completion, trainees will be able to:

- Understand the fundamentals of garment construction and fashion design.
- Take accurate body Measurements and draft basic patterns.
- Operate a sewing machine and perform essential stitching techniques.
- Construct Basic garments such as skirts, shirts, collars, and shalwar.
- .Apply design elements such as color, texture, and trims to garments.

3. Training Learning Outcomes (TLOs)

TLO 1:

- Understand types of stitches and their usage in garment construction.

TLO 2:

- Apply appropriate safety and hygiene practices during tailoring tasks.

4. Assessment Structure:

Since this training is fast-track & skill-oriented, therefore special mode of assessment is recommended as under:

Component	Marks	Passing Criteria
Theory (MCQs + Short Questions)	30	50% (15 marks)
Practical + Presentation	70	60% (42 marks)
Total	100	To be eligible for the Certificate of Competency in Tailoring, trainees must maintain at least 75% attendance and successfully pass both the theory and practical components of the assessment.

5. Who Should Enroll?

1. Unemployed Youth (Male & Female).

2. Home-Based Workers
3. School Dropouts & Matric Pass Students.
4. Internally Displaced Persons (IDPs) & Refugees
5. People with Limited Access to Formal Employment

6. Training Module and Delivery Plan:

Total Training Hours	45 Hours
Training Methodology	Theory: 9 Hours (20%) Practical: 36 Hours (80%)
Medium of Instruction & Assessment	English & Urdu

Module 1.1: Fundamentals and Introduction to Safety in Tailoring

LU1.1.1: Introduction to Safety

Learning Objectives:

1. Learners will be able to **explain the importance of safety** in tailoring workplaces and how it prevents accidents, injuries, and damage.
2. Learners will be able to **demonstrate responsibility for safety** by following workplace rules, safety signs, and supervisor instructions.
3. Learners will be able to **apply safe practices** in tailoring workshops to maintain a healthy, secure, and productive environment.

Knowledge / Content (Theory)

Safety is the most important aspect in any workplace, including tailoring. Whether working at home, in a training center, or in a tailoring shop, accidents can happen if safety is ignored. Safety ensures that work can be done without injury, stress, or damage to tools and materials.

1. Why safety is important everywhere:
- Safety prevents accidents and injuries.
- It creates a healthy and productive environment.
- It protects both people and property.

2. Everyone is responsible for safety:
- Safety is not just for supervisors but for everyone.
- Every worker must follow rules and help others maintain safety.

3. Follow instructions, signs, and rules:
- Always pay attention to safety signs (e.g., Caution: Wet Floor, Do Not Touch).
- Listen carefully to the trainer/supervisor's instructions.
- Obey workplace rules (e.g., no running, no eating near machines).

Example: If a tailor ignores safety and runs in the workshop, they might trip over tools and injure themselves. If everyone follows safety rules, accidents can be avoided.

LU1.1.2: Personal Safety Practices

Learning Objectives

Learners will be able to **identify appropriate clothing and protective items** required for safe tailoring work (e.g., closed shoes, tied hair, gloves, masks).

1. Learners will be able to **demonstrate good personal hygiene practices** such as handwashing, trimmed nails, and neat appearance to ensure health and professionalism.
2. Learners will be able to **maintain a clean and organized workspace** by storing tools properly and removing hazards like fabric scraps or threads from the floor.
3. Learners will be able to **explain how personal safety, hygiene, and workspace organization** contribute to preventing accidents and improving efficiency in tailoring.

Knowledge / Content (Theory)

Personal safety in tailoring is about protecting yourself while working and being prepared to prevent accidents. Wearing the right clothing is very important because loose clothes, dangling jewelry, or untied hair can get caught in machines and cause injuries. Closed shoes protect the feet from sharp tools like needles or scissors falling on the ground, while protective items such as gloves and masks may be necessary when handling certain materials. Dressing properly ensures that you can work comfortably and safely in the tailoring environment.

Maintaining good personal hygiene is another key part of safety. Washing your hands regularly helps prevent dirt or oils from damaging fabrics and also keeps you healthy. Keeping nails trimmed avoids accidents when handling delicate cloth or using machines. Being neat and clean shows professionalism and prevents small health issues that can affect your ability to work. A tailor with good hygiene is more productive and reliable.

Finally, keeping the workspace clean and organized reduces many risks. Tools like scissors, needles, and cutters should always be placed in proper storage when not in use. Leaving fabric scraps or threads on the floor can cause slips and trips, which are common workplace accidents. Regularly cleaning tables, machines, and the surrounding area keeps the environment safe and also improves efficiency. For example, if scissors are left on the floor, someone may step on them and get hurt, but when everything is organized, work becomes safer and faster.

LU1.1.3: Hazard Awareness

Learning Objectives

Learners will be able to **define what a hazard is** and explain its significance in maintaining a safe tailoring environment.

1. Learners will be able to **identify common tailoring hazards**, including slips and trips, electrical risks, sharp tools, and stress.
2. Learners will be able to **demonstrate safe practices** to prevent slips, trips, and electrical accidents in the tailoring workspace.

3. Learners will be able to **apply correct handling and storage techniques** for tailoring tools (scissors, needles, cutters) to reduce injury risks.
4. Learners will be able to **recognize stress as a workplace hazard** and suggest methods to manage it effectively (breaks, posture, workload balance).
5. Learners will be able to **report and respond to hazards** to maintain a safe, healthy, and efficient tailoring environment.

Knowledge / Content (Theory)

1. Definition and Importance of Hazards

A hazard is anything that has the potential to cause harm to people, property, or the environment. In tailoring, hazards range from sharp tools to unsafe workplace conditions. Understanding hazards and being aware of their presence is the first step in creating a safe and healthy work environment.

2. Common Hazards in Tailoring Workspaces

Slips and Trips

Fabric scraps, threads, and tools scattered on the floor can cause slips and trips. Even small pieces of thread can result in falls and injuries. Regular cleaning and maintaining clear walkways reduce this risk.

Electrical Hazards

Sewing machines, irons, and other electrical equipment are common in tailoring shops. Faulty wiring, damaged sockets, or poorly maintained machines can cause electric shocks or fires. Regular inspections and safe usage practices are essential.

Sharp-Tool Hazards

Scissors, needles, and cutters can cause injuries if handled carelessly. Improper storage, such as leaving tools on chairs or the floor, increases accident risks. Tools should always be used correctly and stored safely.

Stress Hazards

Long working hours, tight deadlines, and poor posture can lead to stress. Stress reduces concentration, causes mistakes, and can harm health. Taking breaks and balancing work with rest is important.

3. Case Examples & Real-Life Incidents

• A tailor tripped over scissors left on the floor and injured their foot.
• A worker received an electric shock from a sewing machine with faulty wiring.
• Stress due to long working hours caused errors in garment stitching.

4. Prevention and Control Measures

- Keep floors clean and free of scraps or tools.
- Check and maintain electrical equipment regularly.
- Use tools properly and store them safely after use.
- Take regular breaks to reduce stress and fatigue.

5. Ergonomics and Health Considerations

Repetitive sewing tasks and poor workstation design can lead to musculoskeletal strain. Proper workstation setup, good posture, and ergonomic chairs help reduce stress on the body.

6. Reporting & Hazard Identification Systems

Workers should be encouraged to report hazards immediately. Using hazard identification checklists and regular inspections ensures risks are managed quickly. Job Safety Analysis (JSA) can help in identifying risks in sewing operations.

7. Standards, Regulations, and Best Practices

International and national safety standards provide guidelines for workplace safety in tailoring. The International Labor Organization (ILO) and Occupational Safety and Health Administration (OSHA) offer best practices for sewing safety and ergonomics. Following these standards ensures compliance and enhances workplace safety.

8. Summary & Key Takeaways

Hazards in tailoring include slips and trips, electrical issues, sharp tools, and stress. By recognizing, reporting, and controlling these risks, tailors can maintain a safe and productive work environment.

LU1.1.4: Emergency Preparedness

Learning Objectives:

1. Learners will be able to **explain the importance of staying calm** during emergencies to avoid panic and confusion.
2. Learners will be able to **identify emergency exits, safe areas, and assembly points** within their workplace or training center.
3. Learners will be able to **demonstrate the ability to follow trainer or supervisor instructions** to ensure safe and organized evacuation.
4. Learners will be able to **recognize and use emergency equipment** (e.g., fire extinguisher, first aid kit, alarms) appropriately if trained.
5. Learners will be able to **apply correct evacuation practices** during fire, injury, or accident scenarios to protect themselves and others.

Knowledge / Content (Theory)

Emergencies can happen at any time—fire, injuries, or accidents. Being prepared helps reduce panic and ensures safety.

1. Stay calm during emergencies

In any emergency situation, such as fire, accidents, or electrical faults, the most important rule is to remain calm. Panic often leads to confusion and mistakes, which can make the situation worse. Staying calm allows you to think clearly and take safe, effective actions. For example, instead of running or shouting in fear, walking quickly but steadily toward the exit reduces the chance of injury and helps others remain calm too.

2. Know exits and safe areas

Before starting work in a tailoring shop or training center, you should familiarize yourself with the layout of the building. This includes knowing where the main doors, emergency exits, and windows are located. Safe assembly points—places outside the building where everyone gathers after evacuation—should also be identified. This ensures that in case of emergencies like fire, people know exactly where to go and can be accounted for safely.

3. Follow trainer/supervisor guidance

During an emergency, it is important to follow the instructions given by your trainer or supervisor. They are usually trained to handle emergencies and know what steps to take to protect everyone. Acting independently, such as running in a different direction or ignoring instructions, can create confusion and put you and others in danger. Listening carefully and cooperating ensures that the evacuation or emergency response is organized and effective.

4. Use emergency equipment if trained

In tailoring environments, emergency equipment such as fire extinguishers, first aid kits, or alarms may be available. These are meant to be used quickly in emergencies, but only by people who know how to operate them correctly. For example, using a fire extinguisher without training can be dangerous and may even spread the fire. If you are trained, you can assist in controlling the situation until professional help arrives. If not, the best step is to alert trained staff or emergency services immediately.

Example: If a fire breaks out, rushing in panic may cause more injuries. Walking calmly to the exit ensures everyone's safety.

LU1.1.5: Basic First Aid Awareness

Learning Objectives:

1. Learners will be able to **locate the first aid kit** in the tailoring shop or training center and explain why its accessibility is important.
2. Learners will be able to **demonstrate simple first aid care** for minor injuries such as cleaning wounds, applying antiseptic, and using bandages.
3. Learners will be able to **recognize situations requiring medical help** (e.g., heavy bleeding, deep wounds, fainting) and take appropriate action.
4. Learners will be able to **communicate effectively with supervisors or trainers** during an emergency to ensure timely assistance.

Knowledge / Content (Theory)

First aid is the immediate care given to an injured person before medical help arrives.

1. Location of first aid kit

It is very important to always know where the first aid kit is kept in the tailoring shop or training center. The kit should be stored in a visible and easily accessible place so that anyone can reach it quickly in case of an emergency. If it is hidden or locked away, valuable time may be wasted when trying to provide urgent care. A clearly marked location ensures that every worker or student can act immediately if someone gets hurt.

2. Simple care for minor injuries

Minor injuries, such as small cuts or scratches, are common in tailoring because of the use of needles, scissors, and cutters. When such an injury occurs, the first step is to clean the wound with antiseptic to remove any dirt and reduce the risk of infection. After cleaning, a bandage should be applied to protect the wound and stop further bleeding. If the person feels weak or dizzy, it is important to allow them to rest before continuing work. These small steps help in preventing minor injuries from becoming serious.

3. When and how to seek medical help

Sometimes an injury may be more serious than it looks. In such cases, it is necessary to seek medical help immediately. For example, if the bleeding is heavy, the wound is deep, or if the injured person feels faint, a doctor should be called at once. It is also very important to inform the trainer or supervisor about the situation, as they can guide what to do next and arrange proper assistance. Quick communication and action can save lives and prevent long-term damage.

Example: If someone cuts their finger with scissors, wash the wound, apply antiseptic, and cover with a bandage. If bleeding is heavy, seek medical help immediately.

Summary of Chapter 1

- Safety is everyone's responsibility.
- Personal safety includes clothing, hygiene, and cleanliness.
- Hazards must be identified and reported.
- Emergencies require calmness and proper guidance.
- First aid knowledge is important to prevent further harm.

Teaching Learning Materials (TLM) Suggestions

1. Charts and Posters: Display safety rules and signs in the tailoring room.
2. Demonstrations: Show how to use tools safely and how to apply first aid.

3. Role Play/Simulation: Practice emergency evacuation drills.
4. Models: First aid kit, sewing machine safety features.
5. Worksheets/Quizzes: For learners to test their understanding.

Module1. 2: Fundamentals and Introduction to Fashion Design in Tailoring

LU1.2.1: Introduction to Fashion Design Process

Learning Objectives

Learners will be able to **explain the stages of the fashion design process** from inspiration to final presentation.

1. Learners will be able to **gather inspiration and conduct research** to develop creative ideas for fashion collections.
2. Learners will be able to **develop a design concept or theme** and illustrate it through sketches.
3. Learners will be able to **select suitable fabrics and colors** based on design requirements, comfort, and aesthetics.
4. Learners will be able to **apply pattern-making techniques** to create templates for garments.
5. Learners will be able to **demonstrate garment construction skills** by cutting, stitching, and assembling fabrics according to patterns.
6. Learners will be able to **evaluate garment fitting and make necessary adjustments** to ensure style, comfort, and accuracy.
7. Learners will be able to **present completed garments professionally** in shows, displays, or client presentations.

Knowledge / Content (Theory)

Fashion design is the art and science of applying design, aesthetics, and natural beauty to clothing and accessories. The fashion design process involves creativity, research, and technical skills to transform ideas into garments.

1. Inspiration & Research

The first step in the fashion design process is to gather inspiration. Designers often draw ideas from culture, history, nature, environment, and current trends. This stage involves researching fabrics, patterns, and styles that will help in forming the base of new designs. Inspiration can come from art, travel, movies, or even everyday life.

2. Concept Development

After gathering ideas, designers develop a concept or theme. They create rough sketches to visualize how the garments will look. This helps in planning outfits and aligning them with the chosen theme. The concept becomes a guiding direction for the collection.

3. Selection of Fabrics & Colors

Fabric and color selection are one of the most important steps. Designers choose fabrics based on texture, comfort, durability, and suitability for the design. Color selection is guided by color theory to ensure harmony and appeal. The right combination of fabric and color brings life to the designer's concept.

4. Pattern Making

Once the fabric and colors are finalized, pattern making begins. Patterns are templates that guide the cutting of fabric pieces. They are created using measurements and are the blueprint for the garment. Accurate pattern making ensures proper fitting and finishing.

5. Garment Construction

In this step, the fabric is cut according to patterns and stitched together. Sewing techniques and construction details are applied to assemble the garment. Designers and tailors ensure that the garment matches the design specifications during this stage.

6. Fitting & Evaluation

The garment is then tested on a model or mannequin to check its fitting. Adjustments are made if necessary, to improve comfort, style, and accuracy. Evaluation ensures that the garment looks good and functions properly before it is finalized.

7. Final Presentation

The final stage is the presentation of the finished garment. This could be in a fashion show, a display, or directly to clients. The garment is now complete and ready for use, sale, or exhibition. The final presentation highlights the designer's creativity and skill.

Illustration

A diagram can be added here showing the stages of the design process – starting from inspiration and sketching to the finished garment. The flow should be presented step by step in a circular or linear format for easy understanding.

LU1.2.2: Understanding Color Theory and Fashion Figures

Learning Objectives

Color Theory in Fashion Design

1. Learners will be able to **identify primary, secondary, and complementary colors** using the color wheel.

2. Learners will be able to **differentiate between warm and cool colors** and explain their impact on mood and clothing appeal.
3. Learners will be able to **apply principles of color harmony** in creating attractive and balanced fashion designs.

Fashion Figures

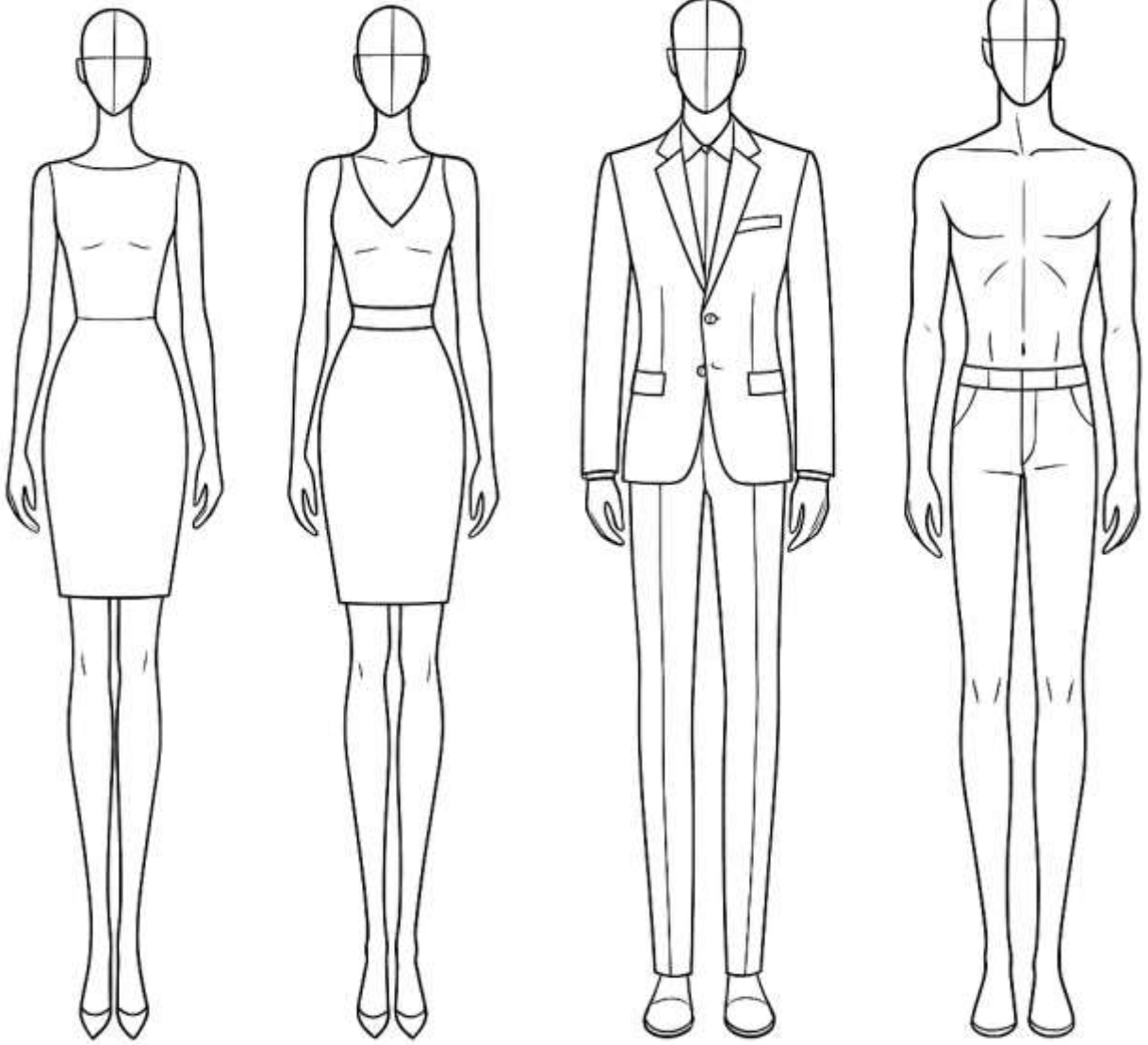
4. Learners will be able to **explain the purpose of fashion figures** in illustrating clothing ideas.
5. Learners will be able to **draw basic fashion figures with correct proportions** to highlight design details.
6. Learners will be able to **use fashion figures effectively** for presenting garment sketches and design concepts.

Knowledge / Content (Theory)

Color theory is important in fashion design because colors affect the look, mood, and appeal of clothing. Designers use the color wheel (primary, secondary, and tertiary colors) to create harmony.

Key points of Color Theory:
- Primary colors: Red, Blue, Yellow.
- Secondary colors: Green, Orange, Violet.
- Complementary colors: Opposite on the wheel (e.g., red and green).
- Warm colors (red, orange, yellow) vs. Cool colors (blue, green, violet).

Fashion Figures:
Fashion figures are stylized sketches of the human body used by designers to illustrate clothing ideas. These figures are usually elongated to highlight design details and proportions.



LU1.2.3: Taking accurate body measurements is essential for tailoring. Different sets of measurements are required for men, women, and babies. Accurate measurements ensure a proper fit and comfort for garments.

Male Measurements

- Chest: Wrap the tape around the fullest part of the chest, just under the arms.
- Waist: Measure around the natural waistline, slightly above the navel.
- Hips: Taken around the fullest part of the hips.
- Shoulder: Distance from the tip of one shoulder to the other.
- Sleeve length: From shoulder tip to wrist bone, with arm slightly bent.
- Inseam: From the crotch to the ankle along the inner leg.

Female Measurements

- Bust: Around the fullest part of the chest, ensuring the tape is straight at the back.
- Waist: Narrowest part of the waistline, usually above the navel.
- Hips: Around the widest part of the hips and buttocks.
- Shoulder: One shoulder tip to the other across the back.
- Armhole: Around the shoulder joint where the arm meets the body.
- Skirt length: From waistline down to the desired hemline.

Baby Measurements

- Chest: Around the fullest part of the chest.
- Waist: Around the tummy, usually above the diaper line.
- Shoulder: Across from one shoulder tip to the other.
- Length: From the top of the head to the feet (for overall size).
- Arm length: From shoulder tip to wrist bone.

Measuring Tips

- Use a flexible measuring tape (not metallic).
- The tape should be snug but not tight to ensure comfort.
- Always record measurements accurately, preferably in both inches and centimeters.
- Take measurements twice to avoid errors.

HOW TO MEASURE: A VISUAL GUIDE

NOTE: KEEP SHOULDERS AT REST FOR ALL MEASUREMENTS & KEEP MEASURING TAPE LEVEL

Upper Bust

Wrap tape around back, underarms, up and over the bust.

Full Bust

Wrap tape around back, underarms, around fullest part of the bust.

Under Bust

Wrap tape around back, underarms, under the bust.

Waist

Wrap tape around the natural waist. Right where the elastic is.

Side Waist Length

Start tape at bottom of armpit and measure down to the natural waistline where the elastic is.

High Hip

Wrap tape back around hip bone and come back around to the front.

Hip

Contrary to the sound, wrap tape around the fullest part of the booty around to the front.

Preferred Waist

Wrap tape around the preferred waist. Usually below the belly button, just above the hip.

Trunk

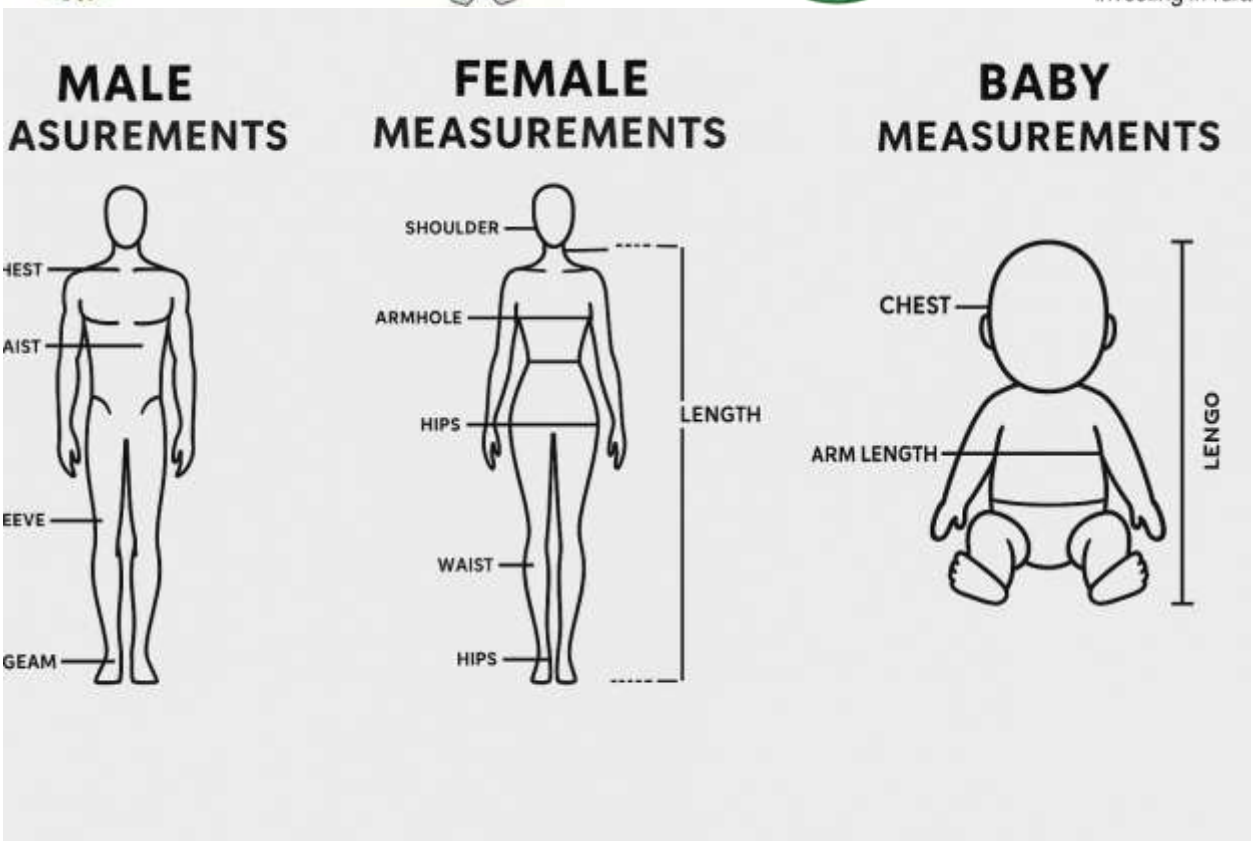
Start tape at top/middle of shoulder, vertically. Wrap tape through the legs comfortably, around the crotch and return tape to starting point.

Inseam

Start tape at crotch standing feet hip's width apart. Follow down to where the hem is intended to lie.

Bicep

Wrap tape around the top part of the bicep, just below the underarm.



LU1.2.4: Safety Precautions in Cutting and Stitching

Learning Objectives

Learners will be able to **demonstrate safe handling of sharp tools** such as scissors, cutters, and pins to prevent injuries.

1. Learners will be able to **apply proper storage practices** for needles, pins, and sharp tools to maintain safety and protect fabrics.
2. Learners will be able to **explain the importance of proper lighting** when operating sewing machines to avoid mistakes and injuries.
3. Learners will be able to **practice safe machine use** by switching off and unplugging sewing machines when not in use.
4. Learners will be able to **maintain correct posture** while working at sewing machines to prevent strain and long-term health issues.
5. Learners will be able to **organize and maintain a clutter-free workspace** to reduce hazards and improve efficiency.

Knowledge / Content (Theory)

Cutting and stitching involve sharp tools and machines, so safety is very important.

Safety Precautions:

1. Handle scissors and cutters carefully – never run with them

Scissors, cutters, and rotary blades are sharp tools that can cause serious injuries if mishandled. They should always be carried with the blades closed and pointed down. Running while holding them increases the risk of tripping and accidentally stabbing yourself or others. Always pass scissors by holding the closed blades and offering the handle to the other person. This ensures safe handling in the tailoring workspace.

2. Keep needles, pins, and sharp tools in proper storage

Needles, pins, and small sharp objects should never be left scattered on tables, chairs, or floors. They should be stored in pin cushions, magnetic holders, or small boxes designed for sewing tools. If left unattended, they can prick hands, injure feet, or damage fabrics. Proper storage not only prevents accidents but also helps you quickly find the tools when needed. This practice keeps both people and garments safe.

3. Use machines with proper lighting

Adequate lighting is essential when working with sewing machines because it allows clear visibility of stitches, needles, and fabric. Poor lighting can cause mistakes such as uneven stitches or fabric damage and also increases the risk of finger injuries near the needle. Natural light or bright artificial lamps should be used to illuminate the workspace. Good lighting also reduces eye strain and helps maintain accuracy in sewing tasks.

4. Switch off sewing machines when not in use

Whenever a sewing machine is not being used, it should be switched off and unplugged if possible. This prevents accidents like an accidental press of the foot pedal, which could cause the needle to move suddenly and injure hands. Switching off machines also conserves electricity and protects the equipment from damage due to power surges. Making this a habit ensures both personal and machine safety.

5. Maintain correct posture to avoid strain

Tailors often work long hours at sewing machines, so maintaining proper posture is very important. Sitting with a straight back, relaxed shoulders, and feet flat on the ground reduces back and neck pain. The machine should be placed at a comfortable height to avoid leaning too much. Good posture prevents long-term health issues like spinal strain and ensures efficiency while working.

6. Keep workspace organized and free from clutter

A cluttered workspace with fabrics, threads, and tools lying around can cause slips, trips, or accidents. Keeping everything in its designated place improves safety and makes work faster and more efficient. Regular cleaning of tables, floors, and machines reduces the chance of hazards. An organized tailoring environment reflects professionalism and creates a safe and pleasant space for work.

LU1.2.5: Introduction to Tie & Dye; Techniques and Tools

Learning Objectives

Learners will be able to **explain the concept of tie and dye** as a fabric designing technique that creates colorful and unique patterns.

1. Learners will be able to **differentiate between tie and dye techniques** such as spiral, folding, binding, and crumpling.
2. Learners will be able to **demonstrate the use of specific tie and dye methods** to create varied fabric designs.
3. Learners will be able to **identify and use essential tools** (dyes, containers, rubber bands/strings, gloves, aprons, plastic sheets) safely and effectively.
4. Learners will be able to **apply safety measures** like wearing gloves and using protective sheets to maintain a clean and hazard-free workspace.
5. Learners will be able to **create original tie and dye samples** by experimenting with different techniques and color combinations.

Knowledge / Content (Theory)

Tie and Dye is a fabric designing technique where cloth is tied, folded, or twisted before applying dye. This creates colorful and unique patterns on fabric. Below are the main techniques and tools used in tie and dye.

Techniques

1. Spiral

In the spiral method, the fabric is pinched at the center and twisted into a circular swirl. Once the spiral shape is formed, it is secured with rubber bands into wedge-like sections. Each section can be dyed with a different color to create a vibrant spiral effect. This method is popular for making t-shirts with rainbow-style designs.

2. Folding

Folding involves folding the fabric in various ways, such as accordion folds, squares, or triangles. The folded fabric is then dyed in layers or sections. This produces geometric and symmetrical patterns, often resembling pleats or stripes. Folding is an easy way to achieve neat and repeated designs on large fabrics.

3. Binding

In this method, fabric is tightly tied with strings, threads, or rubber bands before dyeing. The tied areas resist the dye, creating unique circular or striped designs. The tighter the binding, the stronger the contrast between dyed and undyed parts. This technique is commonly used to create ring shapes or linear patterns.

4. Crumpling

Crumpling is the simplest tie and dye method. The fabric is scrunched randomly into a ball and tied loosely before applying dye. Dye is sprinkled or poured unevenly, giving a marbled or cloudy effect. This method produces abstract patterns and no two fabrics look exactly the same.

Tools

1. Dyes (fabric colours)

Special fabric dyes are used to add permanent, vibrant colors to the cloth. These dyes penetrate the fibers and do not wash away easily, ensuring long-lasting designs.

2. Buckets or Containers

Buckets and containers are essential for mixing dye solutions and soaking the fabric. They keep the dyeing process neat and help avoid spills on the floor or tables.

3. Rubber Bands or Strings

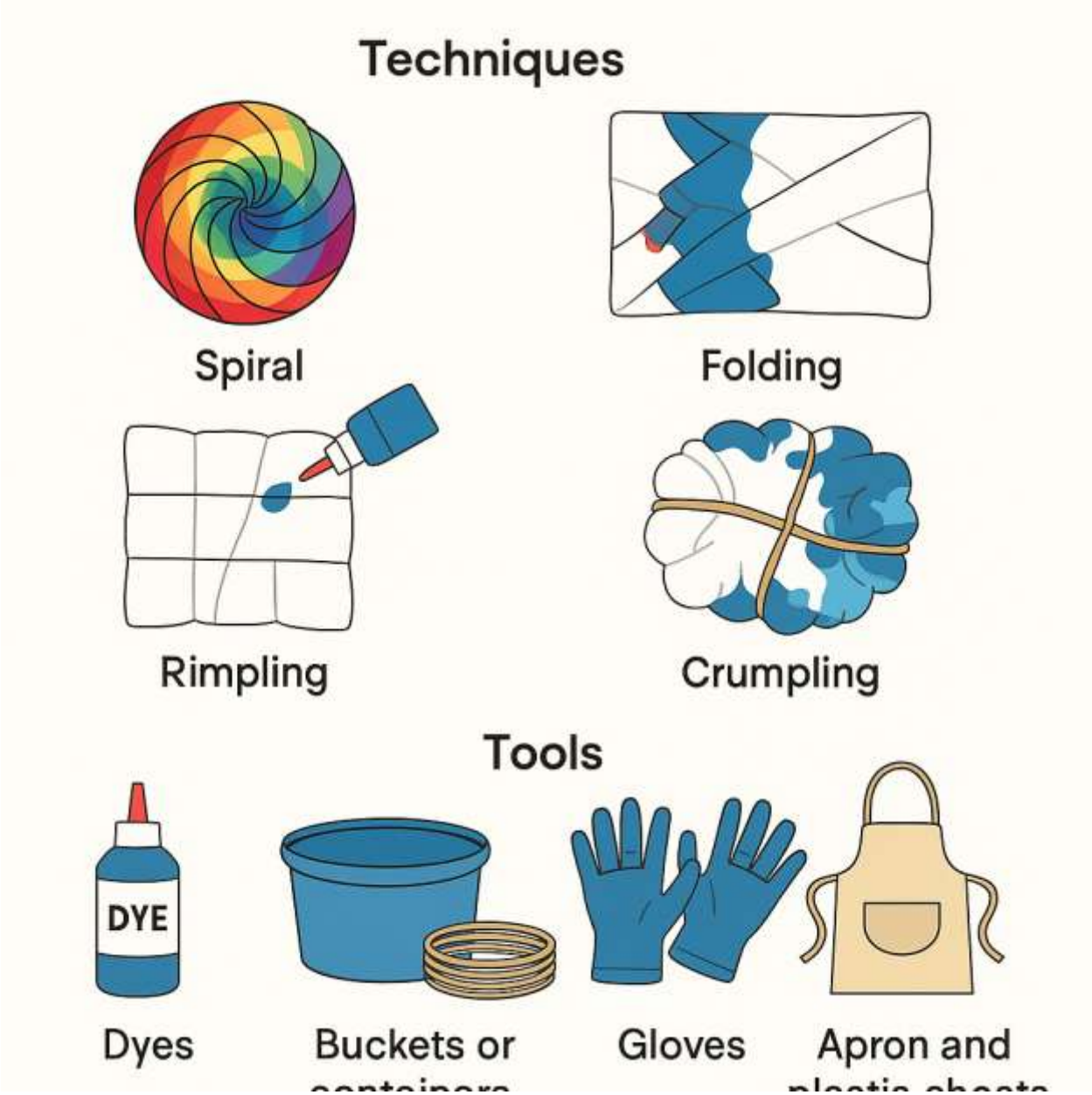
Rubber bands and strings are used to tie and hold the fabric in different positions. The tied sections resist the dye, creating the characteristic patterns of tie and dye.

4. Gloves for Protection

Gloves protect hands from coming into direct contact with the dyes, which may cause skin irritation or staining. They also allow you to handle wet fabric more easily.

5. Apron and Plastic Sheets

Aprons protect clothing from accidental splashes of dye. Plastic sheets are spread on the work area to prevent stains on tables, floors, or walls, keeping the workspace clean.



Summary of Chapter 2

- Fashion design is a step-by-step process from idea to garment.
- Color theory and fashion figures are important in designing.
- Accurate body measurements are essential for tailoring.
- Safety in cutting and stitching prevents accidents.
- Tie and dye is a creative fabric decoration method using different techniques and tools.

Teaching learning Material (TLM) Suggestions

1. Charts and Posters

- Flowchart of the fashion design process (idea → sketch → pattern → garment).
- Color wheel poster showing primary, secondary, and complementary colors.
- Body measurement charts (male, female, baby) displayed in the classroom.
- Safety posters for cutting and stitching (e.g., “Switch off machine when not in use”).
- Tie & Dye technique chart with step-by-step visuals.

2. Demonstrations and Models

- Live demonstration of taking body measurements using a tape measure.
- Model demonstration of tie & dye folding and dyeing techniques.
- Hands-on practice with sewing machines under supervision, focusing on safety.

3. Practical Activities

- Sketching fashion figures on paper using proper proportions.
- Students create color combination charts to understand harmony and contrast.
- Practice activity where students cut fabric safely following safety guidelines.
- Group activity: tie & dye project to make scarves or small fabric samples.

4. Visual and Digital Aids

- PowerPoint slides or videos showing fashion shows and design processes.
- Short videos on color theory applications in fashion.
- Interactive worksheets where students match colors, tools, and techniques.

5. Assessment Tools

- Worksheets and quizzes on color theory and body measurements.
- Small project: Students design a mini fashion sketchbook with 3–5 outfits.
- Practical test: Students demonstrate safe cutting and stitching methods.
- Tie & dye fabric sample submission for evaluation.

Summary

These TLM suggestions make the lesson interactive, visual, and hands-on, helping learners connect theory with practice. They also provide opportunities for assessment and creativity, ensuring that students understand and apply the concepts of fashion design effectively.

Chapter: Practical Units in Tailoring

PU1.3.1: Using Paper Patterns: Basic & Importance

Paper patterns are templates made from paper that act as guides for cutting fabric pieces. They are essential in tailoring because they ensure accuracy, uniformity, and efficiency in garment making.

Basics of Paper Patterns:

- Paper patterns represent the flat shapes of garment parts.
- Each pattern piece corresponds to a section of the garment (front, back, sleeve, collar, etc.).
- They are used to trace outlines on fabric before cutting.
- Serve as a ‘roadmap’ for assembling garments.

Importance of Paper Patterns:

- Ensures that garments fit accurately.
- Saves time by avoiding repeated measurement taking.
- Can be reused multiple times for similar designs.
- Provides consistency in mass production.
- Very helpful for beginners as guides.

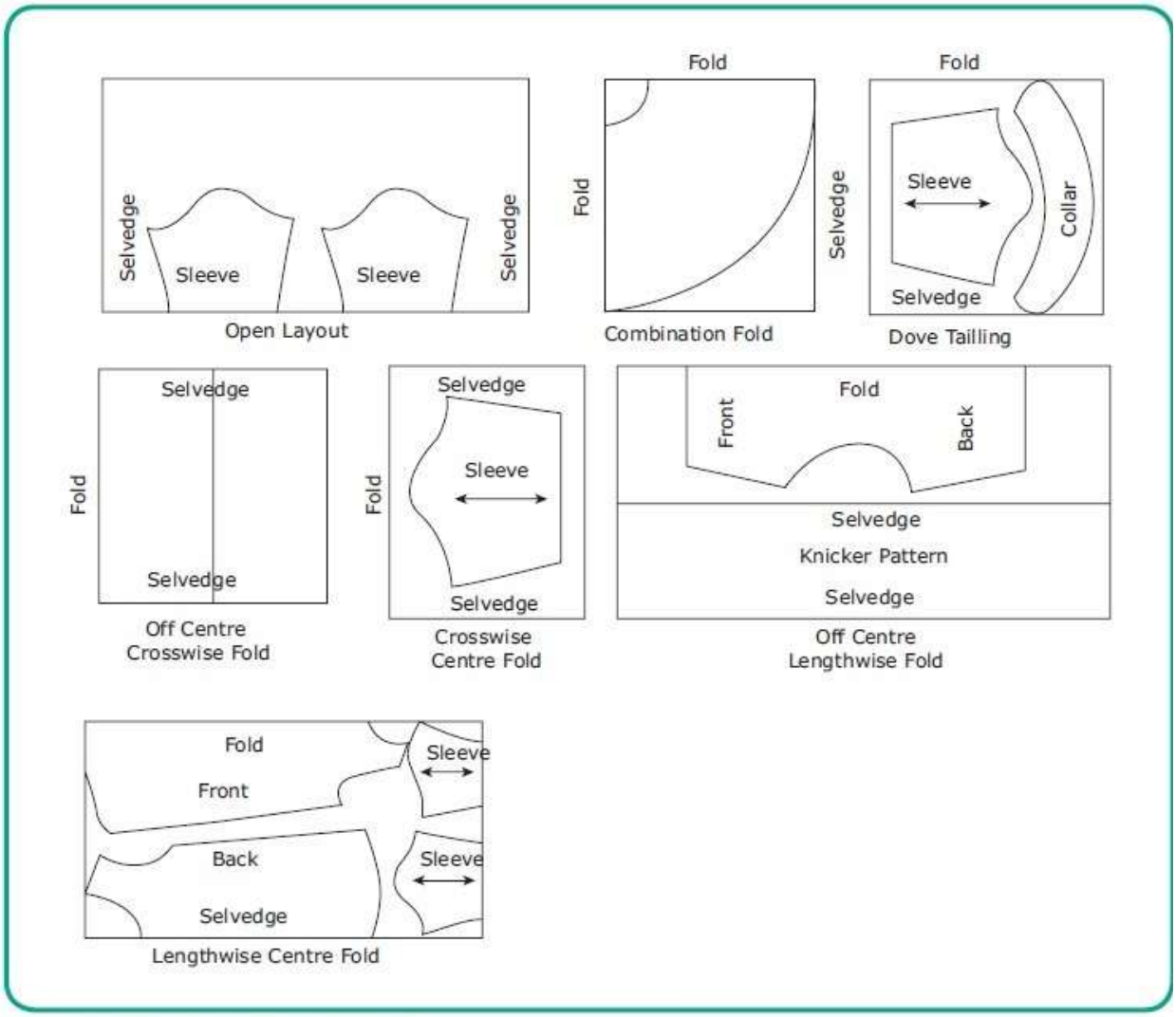


Illustration: Diagram showing different paper pattern pieces and their placement on fabric.

PU1.3.2: Drafting Sleeves & Collars

Drafting sleeves and collars is an important skill in tailoring because these parts affect both style and fit. Drafting means creating the outline and pattern for these garment components using measurements and design principles.

Drafting Sleeves:

- Types: Basic sleeve, puff sleeve, bell sleeve, raglan sleeve.
- Process: Mark armhole depth, draw cap height, extend sleeve length, and shape wrist opening.
- Importance: Ensures comfort and movement while maintaining style.

Drafting Collars:

- Types: Shirt collar, mandarin collar, peter pan collar.
- Process: Measure neckline, draft collar stand and fall, and adjust according to design.
- Importance: Enhances the neckline design and overall appearance.

Illustration: Diagrams of sleeve and collar drafts with measurements.

PU1.3.3: Drafting Skirts (Straight, A-Line, Circular)

Skirts are basic garments in tailoring, and drafting involves drawing their patterns using waist, hip, and length measurements.

1. Straight Skirt:
- Drafted with waist, hip, and skirt length measurements.
- Shape is narrow and straight from hip to hemline.
- Simple and commonly used in professional wear.

2. A-Line Skirt:
- Wider at the hemline than at the waist.
- Creates a triangular ‘A’ shape.
- Popular because of its comfort and flattering fit.

3. Circular Skirt:
- Drafted as a circle or semi-circle with waist as center point.
- Provides maximum flare and movement.
- Often used for dresses and festive wear.

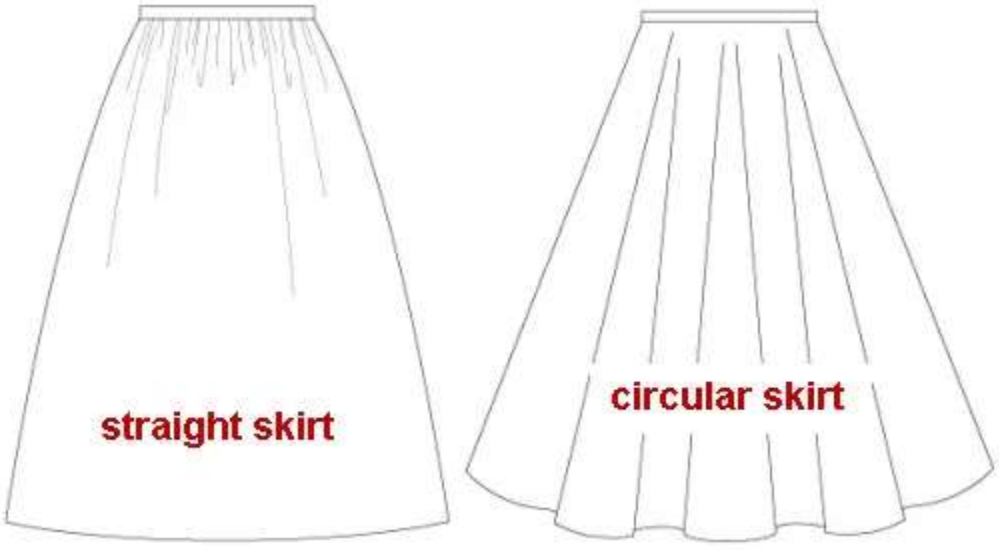


Illustration: Drafting diagrams for straight and circular skirts.

PU1.3.4: Tie & Dye & Fabric Painting Samples

Tie and Dye is a decorative method of fabric designing where cloth is tied, folded, or crumpled before dying, creating unique patterns. Fabric painting involves applying paints directly onto cloth to create decorative designs.

Tie & Dye Techniques:

- Spiral: Twisting cloth into a swirl and dyeing sections.
- Folding: Folding into geometric shapes before dying.
- Binding: Tying areas with string/rubber bands to resist dye.
- Crumpling: Scrunching cloth and dyeing for random patterns.

TIE & DYE TECHNIQUES

SPIRAL

FOLDING

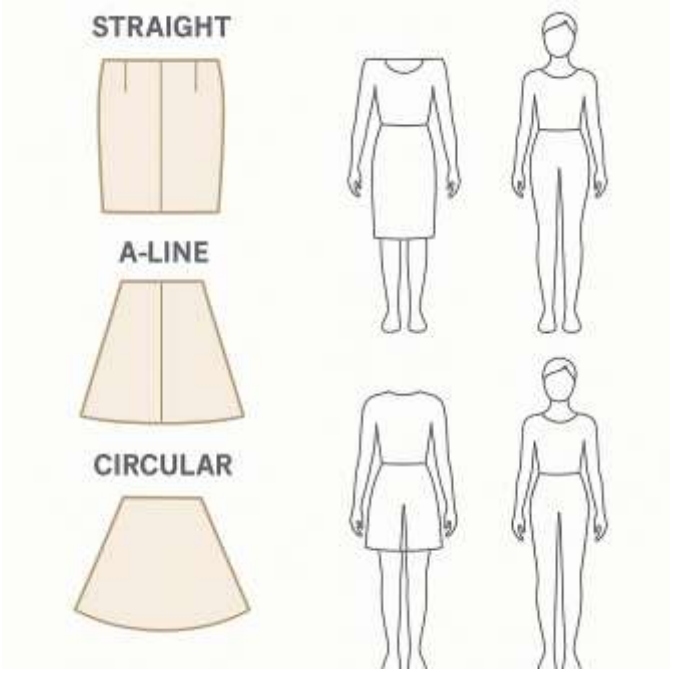
BINDING

CRUMPLING

Fabric Painting:
- Tools: Brushes, fabric paints, stencils.
- Methods: Freehand painting, stencil designs, block painting.
- Importance: Provides colorful, creative finishes to garments and household fabrics.

Practical Application:
- Students can prepare fabric samples using tie & dye techniques.
- Practice fabric painting with floral or geometric designs.
- Helps learners develop creativity and fabric designing skills.

Illustration: Fabric samples showing tie & dye patterns and fabric painted designs.



Module2: Babies & Ladies Garment

LU2.1 Designing and Drafting Baby Garments (Frock and Romper)

Learning Objectives

1. Learners will be able to **explain the importance of comfort, safety, and ease of movement** in designing baby garments.
2. Learners will be able to **take accurate baby measurements** and transfer them to drafting paper before cutting fabric.

Baby Frock

3. Learners will be able to **draft bodice, skirt, and sleeves** for a baby frock using correct measurements and allowances.
4. Learners will be able to **demonstrate the step-by-step stitching order** for constructing a baby frock, including neckline finishing, sleeve attachment, and hem finishing.
5. Learners will be able to **apply fastening techniques** (snaps or buttons) for safe and convenient garment openings.

Baby Romper

6. Learners will be able to **draft front and back body patterns** of a baby romper with crotch depth and diaper ease adjustments.
7. Learners will be able to **construct inseam plackets with snaps or fastenings** for easy wearing and diaper changes.

8. Learners will be able to **stitch a baby romper step by step**, including neckline finishing, sleeve or armhole finishing, leg openings, and closures.

Practical Skills

9. Learners will be able to **choose appropriate fabrics, finishes, and closures** for baby frocks and rompers.
10. Learners will be able to **assemble and evaluate the final garments** for comfort, safety, and durability.

LU2.2: Drafting and Stitching Baby Garments: Frock and Romper

Baby garments such as frocks and rompers are designed with comfort, safety, and ease of movement in mind. These garments need to be soft, non-irritating, and easy to wear or remove. Drafting involves taking proper baby measurements and transferring them to paper before cutting fabric.

A) Baby Frock

Measurements

• Chest
• Waist
• Shoulder
• Length

B) Drafting the Bodice

1. Draft the back bodice on fold: Width = 1/4 chest + ease; Height = bodice length.
2. Mark neckline (shallow for back, deeper for front), shoulder slope, and armhole curve.
3. Side seams shaped slightly at the waist.
4. Front bodice mirrors the back, but with deeper neckline and armhole shaping.

C) Drafting the Skirt

• Skirt can be a gathered rectangle (1.5–2.5 times waist width) or a circle/half-circle.
• Length = frock length – bodice height – seam allowances.

D) Drafting Sleeves

• Sleeve length depends on style (short/long).
• Cap height ~2–2.5 cm for infants.
• Add notches for front/back and center.

E) Stitching Order

1. Join bodice shoulders.
2. Finish neckline with facing or binding.
3. Attach sleeves (or finish armholes for sleeveless).
4. Sew bodice side seams.
5. Join skirt side seams, gather, and attach to bodice.
6. Finish hems.
7. Add back opening fastenings (snaps/buttons).

F) Baby Romper

Measurements

- Chest
- Waist
- Length
- Shoulder
- Crotch depth/length

Drafting the Body

1. Draft front and back body on fold: Width = 1/4 chest + ease; Height = total length.
2. Mark neckline, shoulder slope, and armhole depth.
3. Add crotch depth line and extensions for diaper ease.
4. Shape leg openings with slight flare.
5. Front neck deeper, front crotch extension shorter than back.

Drafting Sleeves/Facings

- Draft sleeves like frock sleeves or finish with knit bands.
- Neckline options: envelope shoulder, Henley placket, or back keyhole.

Inseam Openings

- Add 2.5–3 cm extensions along inseams for plackets or snap tape.
- Reinforce with facings or fusible strips.
- Snaps should be spaced 3–4 cm apart.

Stitching Order

1. Join shoulders, finish neckline (binding/bands).
2. Attach sleeves or finish armholes.
3. Sew side seams.
4. Construct inseam plackets, attach snaps.
5. Finish leg openings with hems or elastic casings.
6. Add closures (snaps/zippers/buttons) at neckline/placket.

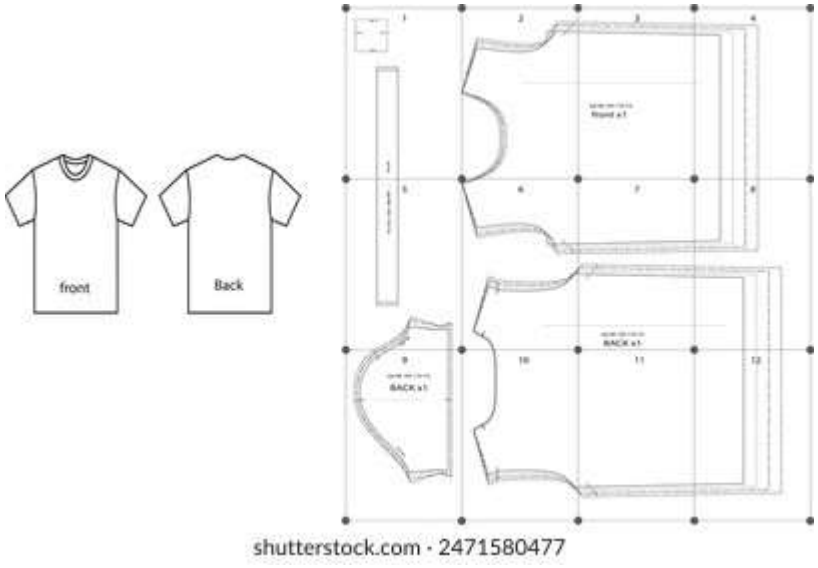


Illustration: Drafting layout of dress patterns on paper.

PU2.3 Pattern Making on Brown Paper

Pattern making on brown paper (kraft) is a fundamental step in tailoring and dressmaking. Brown paper is affordable, durable, and easy to mark and cut, making it ideal for drafting, testing, and reusing patterns. This guide explains tools, measurements, step-by-step drafting on brown paper, how to transfer patterns to fabric, and best practices to maximize accuracy and minimize fabric wastage.

Why Brown Paper?

• **Affordable:** Inexpensive and widely available in rolls or sheets.
• **Durable:** Tears less easily than tissue; suitable for repeated use.
• **Easy to Mark & Cut:** Accepts pencil, pen, and markers; clean cuts with shears/rotary cutter.
• **Eco-friendly Option:** Often recyclable; offcuts can be reused as facings or test pieces.

Tools & Setup

- Measuring tape (soft), L-square/Set square, long ruler/yardstick, hip/French curves
- Sharp pencils (HB/2H), fine marker for final lines, eraser, masking tape
- Paper shears (separate from fabric shears), craft knife + cutting mat (optional)
- Pattern notcher or scissors for notches; awl or pin for drill holes (dart points)
- Pattern weights or canned goods; or pins for temporary anchoring
- Transparent tape for adjustments; hole punch & string for hanging storage

1) Take Accurate Body Measurements

Measure over close-fitting garments. Record all values clearly. Typical measurements include:

- Neck, shoulder length, across chest/back, bust/chest, high bust (optional)
- Waist (natural waist), high hip (optional), full hip
- Back waist length, front waist length, armhole depth
- Upper arm/bicep, sleeve length, wrist
- Skirt length, trouser outseam/inseam, crotch depth/length (for pants)

Tip: Add wearing ease (garment allowance for comfort) to measurements before drafting or during pattern development.

2) Draft Outlines on Brown Paper

Work on a flat surface. Use light pencil for construction lines; ink/fine marker for final cut lines.

1. Square a baseline and a perpendicular center line using the L-square to keep the pattern on grain.
2. Plot key lengths and widths from your measurements (bust/chest, waist, hip, lengths).
3. Use hip/French curves to shape armholes, necklines, crotch curves, and side seams smoothly.
4. Add balance points: CF (Center Front), CB (Center Back), bust/hip lines, knee line, grainlines (long arrows).
5. For symmetrical pieces, draft half the piece and place it on the fold; otherwise draft full pieces if asymmetrical.

3) Mark Darts, Seams, and Allowances

Use clear conventions so every piece is self-explanatory and easy to reuse:

- Darts: Mark legs from apex/waist to dart point. Drill a small hole (awl) at dart point; label intake (e.g., 2 cm). True dart legs so they meet smoothly at the seam.
- Seam allowances (SA): Add consistent SAs to every edge (recommended amounts in table below). Draw the original seamline and a separate cut line.
- Hems: Add hem allowance (HA) separately, typically deeper than SAs; notch fold line if helpful.
- Notches: Single notch on front seams, double on back seams; extra notches at match points (e.g., sleeve front/back, knee, pocket placement).
- Labels: Piece name (e.g., FRONT BODICE), cut qty (e.g., CUT 1 ON FOLD / CUT 2 MIRROR), fabric/grain direction, size, date/version, and any interfacing/lining notes.
- Ease & balance checks: Walk seams (e.g., sleeve cap to armscye, side seams, waistbands) so lengths match appropriately with ease where required.
- Special edges: Add extra SA at zipper plackets or fitting seams to allow future alterations.

Recommended Seam & Hem Allowances

Area / Seam	Wovens (SA)	Knits (SA)	Notes
Side seams	1–1.5 cm	0.8–1 cm	Use larger SA if fitting expected
Center back with zipper	2–3 cm	—	Extra for zipper insertion/alteration
Shoulders	1–1.2 cm	0.8–1 cm	Reinforce if needed
Armhole / sleeve cap	1 cm	0.6–0.8 cm	Smaller SA eases curves better
Neckline (with facing/binding)	0.6–1 cm	0.6–0.8 cm	Understitch facing
Waistband attachment	1 cm	1 cm	Grade bulk after stitching
Hems (narrow/regular/deep)	1/2/3–5 cm	1–2 cm	Choose based on style/fabric
Princess seams/curves	1 cm	0.8–1 cm	Clip/notch curves as needed

Typical Wearing Ease (Guide)

Garment Type	Bust/Chest Ease	Hip Ease

Fitted bodice	2.5–5 cm	—
Semi-fitted top/dress	5–7.5 cm	4–6 cm
Loose top/tunic	8–12 cm	6–10 cm
Skirt/trousers	—	4–6 cm (hips)
Outerwear/coat	12–20+ cm	12–20+ cm

4) Cut Out the Paper Pattern

- Cut on the final cut line (not the seamline). Keep cuts smooth and accurate—avoid choppy edges.
- Clip V-notches outward; alternatively mark with short snips if the paper is sturdy.
- Re-draw any lines distorted by cutting and re-verify labels and grainlines.

5) Place Pattern on Fabric for Tracing/Cutting

6. Pre-wash and press fabric to remove shrinkage and distortions.
7. Lay fabric on grain (lengthwise grain parallel to selvedge). Respect nap/one-way prints and mirror pieces as needed.
8. Position pieces following grainlines; use weights or fine pins. Plan for fabric economy while keeping grain accuracy.
9. Transfer marks: notches, darts, drill holes, pocket placements using tailor's chalk, tracing wheel & carbon, or tailor's tacks.
10. Cut fabric with fabric shears or a rotary cutter. Keep the paper pattern flat and stable while cutting.

Advantages of Brown-Paper Pattern Making

- Accuracy: Clear lines, true curves, and consistent seam allowances improve fit and construction.
- Fabric Efficiency: Plan the layout and correct errors on paper first to prevent fabric wastage.
- Reusability: Patterns can be stored, traced, graded, and reused for multiple garments or sizes.
- Version Control: Date and label changes to keep track of iterations for future reference.

Best Practices & Quality Checks

- Walk and true seams (side seams, armholes/sleeve caps, collars/stands, waistbands) so stitch lines match.
- Blend curves smoothly—no kinks at joins. Use the French curve to true armhole/neck transitions.
- Add balance notches at quarter/half points on curved seams (e.g., sleeve cap, waist to skirt).
- Test fit with a muslin/toile before cutting the final fabric; transfer adjustments back to paper.
- Reinforce high-wear paper edges (plackets, corners) with tape for longevity.
- Store patterns flat in envelopes or hang via a punched hole; include a sketch on the envelope for quick ID.

Troubleshooting

- Twisting side seams: Check grainlines; ensure CF/CB are perpendicular to key balance lines.
- Sleeve not fitting armscye: Re-measure seamlines; adjust sleeve cap ease or armscye depth.

- Neckline gapes: Reduce neckline width/depth or add shaping (darts/princess lines) where appropriate.
- Hem flares or tunnels: True side seams at hem; adjust hem allowance; press with appropriate heat.
- Pattern curls: Reverse-roll the paper or weigh it down; store flat to prevent memory curl.

Final Checklist (Before Cutting Fabric)

- All pieces labeled with name, cut qty, on-fold status, grainline, SA/HA, and version/date.
- Darts, notches, drill holes, and placements clearly marked.
- Seamlines walked and trued; corresponding lengths verified.
- Ease confirmed for comfort and movement; hem and special allowances added.
- Layout plan considered for grain, print direction, nap, and fabric yield.

Illustration: Paper pattern drafts for frock and shalwar.

PU2.4 Ladies Shalwar Cutting & Stitching (on Brown Paper)

Shalwar is a traditional garment that requires precision in cutting and stitching. Drafting on brown paper ensures that the final product is accurate and symmetrical.

Measurements:
- Waist, hip, length, ankle width, crotch depth.

Drafting Process:
1. Mark length and width according to measurements.
2. Draw crotch curve and pleats.
3. Add seam allowances.
4. Cut the brown paper draft.

Stitching:
- Sew side seams and crotch seams.
- Attach waistband and drawstring/elastic.
- Hem the ankle openings.

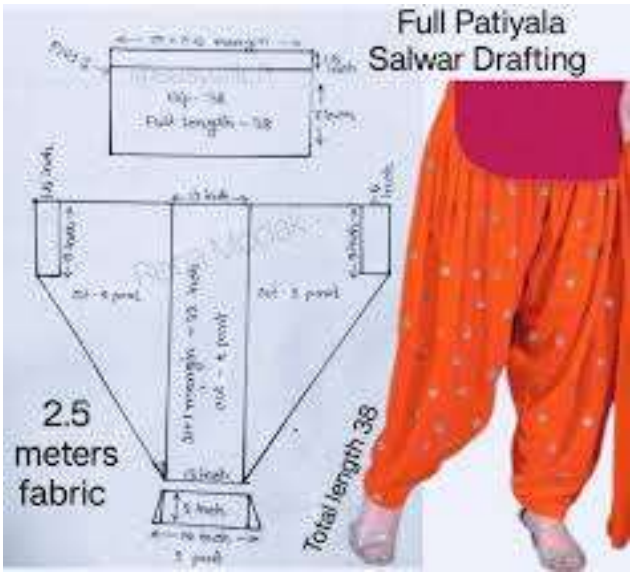


Illustration: Draft of straight shalwar and Patiala shalwar.

PU2.5 Ladies Shirt Cutting & Stitching (on Brown Paper)

Ladies shirts are versatile garments requiring precise cutting and stitching. Drafting on brown paper helps maintain uniformity.

Measurements:
- Bust, waist, hip, shoulder, armhole, sleeve length, shirt length.

Drafting:
1. Draw bodice front and back.
2. Mark neckline, shoulder slope, and armhole curves.
3. Add seam allowances and darts.
4. Draft sleeves separately.

Stitching:
- Sew shoulder and side seams.
- Attach sleeves to armholes.
- Finish neckline with facing or collar.
- Add buttons, placket, or decorative elements.

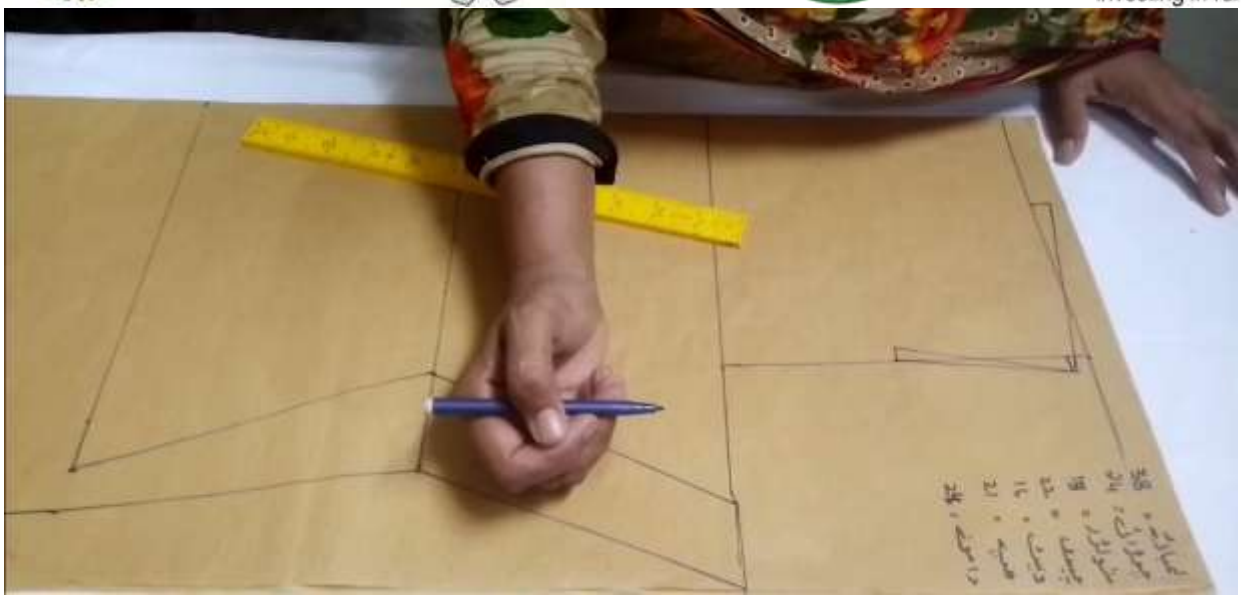


Illustration: Draft of a lady's shirt on brown paper.

PU2.6 Common Sewing Machine Problems and Troubleshooting

A good tailor must know how to identify and fix common sewing machine problems. Troubleshooting saves time and ensures smooth work.

Common Problems and Solutions:
- Thread breaking: Check thread tension, needle, and threading path.
- Skipped stitches: Replace bent or blunt needles; check needle size.
- Fabric jamming: Clean bobbin area; ensure fabric is properly placed.
- Uneven stitches: Adjust thread tension.
- Machine not running: Check power supply, foot pedal, and motor belt.

Maintenance Tips:
- Regularly clean lint and dust.
- Oil moving parts as recommended.
- Replace needles after prolonged use.

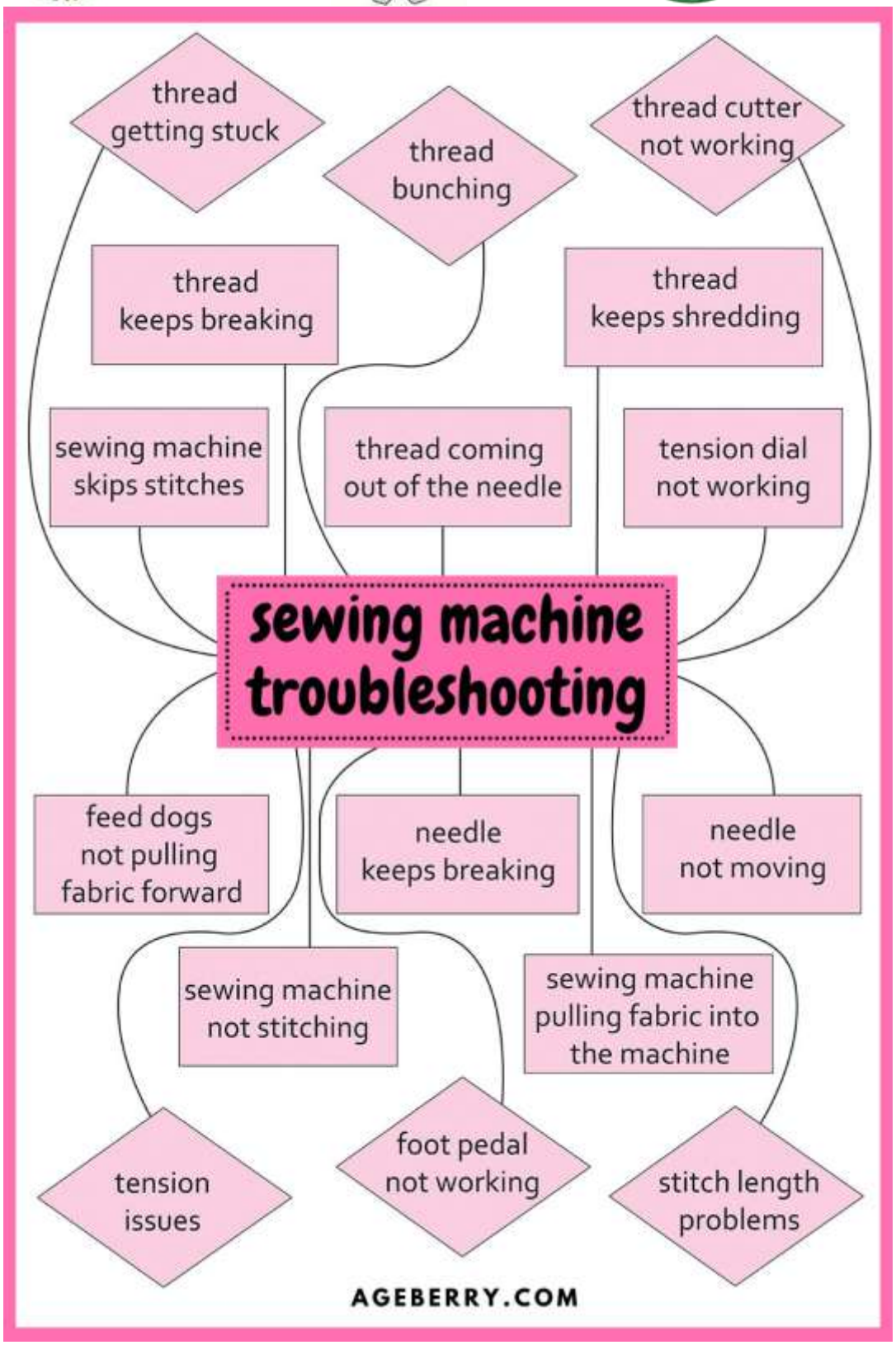


Illustration: Troubleshooting chart for sewing machine problems.

Summary of Chapter

This chapter covers essential tailoring practices for babies and ladies garments:
- Drafting frocks and rompers for babies.

- Pattern making on brown paper.
- Cutting and stitching ladies shalwar and shirts.
- Identifying and solving common sewing machine problems.

By mastering these units, learners gain practical skills in designing, drafting, cutting, and troubleshooting.

Module 3: Fabric Cutting & Stitching (Ladies' Garments)

This course focuses on the essential skills and knowledge required for fabric cutting and stitching of ladies' garments, including shalwar and shirt making. It combines theory and practical work to ensure learners develop precision, safety awareness, and professional finishing techniques. Each learning unit (LU) and practice unit (PU) is explained below.

LU3.1: Fabric Cutting for Ladies' Shalwar

Learning Objectives

Learners will be able to **take accurate body measurements** (waist, hip, crotch depth, and length) required for drafting a shalwar.

1. Learners will be able to **draft the basic shalwar block on paper** with correct proportions and markings.
2. Learners will be able to **mark seam allowances, notches, and grainlines** accurately on fabric before cutting.
3. Learners will be able to **apply efficient fabric layout and cutting techniques** to minimize fabric wastage.
4. Learners will be able to **identify common cutting mistakes** and suggest or perform corrective actions to ensure proper fit and drape.

Knowledge / Content (Theory)

This module teaches the fundamentals of fabric cutting specifically for ladies' shalwar. Learners will practice laying out patterns on fabric, measuring accurately, and cutting along the correct grainline to maintain drape and fit. Special focus will be given to:

• Taking waist, hip, crotch depth, and length measurements.
• Drafting the basic shalwar block on paper.
• Marking seam allowances and notches.
• Techniques to minimize fabric wastage while cutting.
• Identifying cutting mistakes and corrective actions.

LU3.2: Safety Precautions (Reinforced) – 2 Hrs (Theory)

Learning Objectives

Learners will be able to **explain proper handling and storage practices** for scissors, rotary cutters, and needles to avoid injuries.

1. Learners will be able to **identify the role of cutting mats and protective gear** in ensuring safe cutting practices.
2. Learners will be able to **demonstrate correct posture** while cutting and stitching to prevent strain and long-term health issues.
3. Learners will be able to **apply electrical safety measures** when using sewing machines.
4. Learners will be able to **organize the workplace effectively** to reduce hazards and create a safe working environment.

Knowledge / Content (Theory)

This theory-based module emphasizes the importance of safety when handling cutting and stitching tools. It reinforces best practices to avoid accidents during garment construction. Learners will study:
• Proper handling and storage of scissors, rotary cutters, and needles.
• Use of cutting mats and protective gear where required.
• Maintaining correct posture while cutting and stitching.
• Electrical safety when operating sewing machines.
• Workplace organization to prevent hazards.

PU3.2: Stitching Process for Ladies' Shalwar

This practical module provides hands-on training in stitching a ladies' shalwar. The focus will be on assembling the pre-cut pieces using various sewing techniques. Learners will practice:
• Joining front and back panels of the shalwar.
• Constructing crotch seams for durability.
• Adding waistbands or drawstring casings.
• Hemming the shalwar legs neatly.
• Using appropriate stitch types and seam finishes for comfort and strength.

PU3.3: Fabric Cutting for Ladies' Shirt

In this unit, learners will apply their fabric cutting skills to the ladies' shirt. The training includes understanding shirt design variations, selecting fabric, and cutting with precision. Topics include:
• Measuring bust, waist, shoulder, armhole, and shirt length.
• Drafting shirt front, back, and sleeve patterns.
• Cutting collars, cuffs, and facings accurately.
• Techniques to align prints, checks, or stripes.
• Avoiding stretching and distortion during cutting.

PU3.4: Stitching Process for Ladies' Shirt

This practical module introduces the stitching process for ladies' shirts. It emphasizes professional construction methods and durability. Key learning areas include:
• Joining shoulder and side seams.
• Attaching sleeves (set-in or raglan methods).
• Constructing collars and cuffs with precision.
• Applying facings or plackets for button stands.
• Finishing with neat topstitching and reinforcement where required.

PU3.5: Finishing Techniques: Seams, Hems, Necklines, Fasteners

This module focuses on garment finishing, ensuring professional quality and durability. Learners will practice advanced techniques to refine their garments, including:

- Seam finishing methods (French seams, overlocked seams, bound seams).
- Different hemming techniques (narrow hem, blind hem, double-fold hem).
- Finishing neckline with facings, bias binding, or bands.
- Attaching fasteners such as buttons, hooks, snaps, and zippers.
- Pressing and final garment inspection for neat presentation.

PU3.6: Q&A and Hands-on Review

The final module is an interactive session where learners consolidate their knowledge through Q&A and hands-on review. The purpose is to clarify doubts, reinforce skills, and review completed garments. Activities include:

- Reviewing completed shalwar and shirt garments.
- Discussing common challenges faced during cutting and stitching.
- Problem-solving exercises guided by the instructor.
- Assessment of individual practical skills.
- Feedback and suggestions for improvement.

Module 4: Men's Garment Drafting on Brown Paper

This chapter focuses on the systematic process of drafting, cutting, and stitching men's garments using brown paper. Brown paper serves as a durable and economical medium for creating garment patterns before fabric cutting. Learners will review measurements, practice drafting, and simulate stitching to gain confidence in garment construction. Both theory and practical sessions are included to ensure accuracy, efficiency, and collaborative learning.

LU4.1: Marking and Measurement Review

Learning Objectives

1. Learners will be able to **identify and take standard body measurements for men** including chest, waist, hip, shoulder, sleeve length, shirt length, and shalwar length.
2. Learners will be able to **transfer body measurements accurately onto brown paper** using proper drafting tools.
3. Learners will be able to **apply marking techniques** for straight lines, curves, and balance points with set squares and French curves.
4. Learners will be able to **explain the purpose of grainlines** and use them correctly to maintain garment drape and fall.
5. Learners will be able to **record and apply seam, hem, and ease allowances** to ensure proper fit and finishing in men's garments.

Knowledge / Content (Theory)

Accurate marking and measurement are critical for drafting men's garments. This module reviews fundamental measurement techniques and their transfer onto brown paper. Learners will:

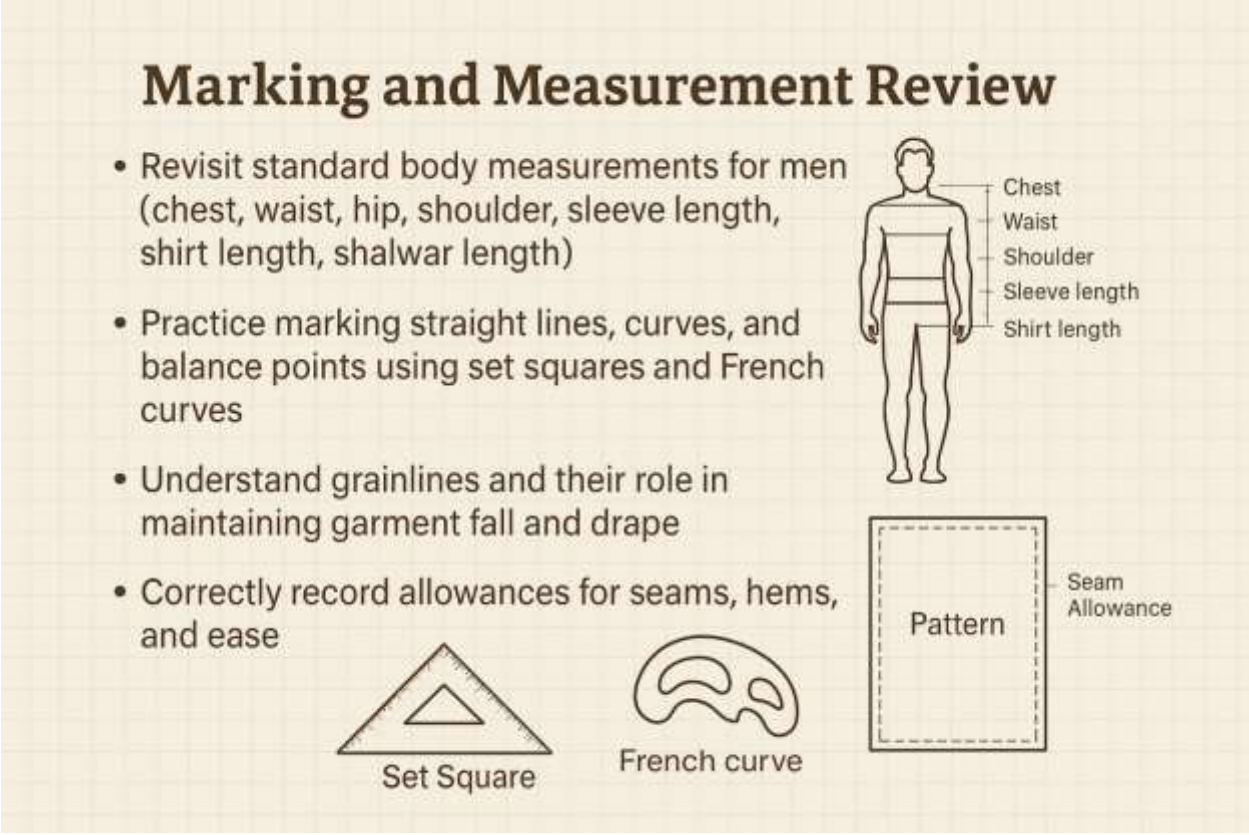
• Revisit standard body measurements for men (chest, waist, hip, shoulder, sleeve length, shirt length, shalwar length).

• Practice marking straight lines, curves, and balance points using set squares and French curves.

• Understand grainlines and their role in maintaining garment fall and drape.

• Correctly record allowances for seams, hems, and ease.

This ensures that all drafting begins with a precise foundation.



LU4.2: Troubleshooting Common Drafting Issues

Learning Objectives

Learners will be able to **identify common drafting errors** such as off-grain lines, incorrect seam allowances, misplaced darts/pleats, uneven sleeve caps, and inaccurate crotch curves.

1. Learners will be able to **explain how drafting errors affect garment fit, drape, comfort, and symmetry.**
2. Learners will be able to **analyze drafted patterns** to detect potential mistakes before fabric cutting.
3. Learners will be able to **apply corrective techniques** to adjust errors and improve the accuracy of garment patterns.

4. Learners will be able to **develop safe and efficient drafting practices** that ensure garments fit well and maintain professional finishing standards.

Knowledge / Content (Theory)

Drafting errors can affect the fit and finish of garments. This theory session highlights common issues and how to fix them:

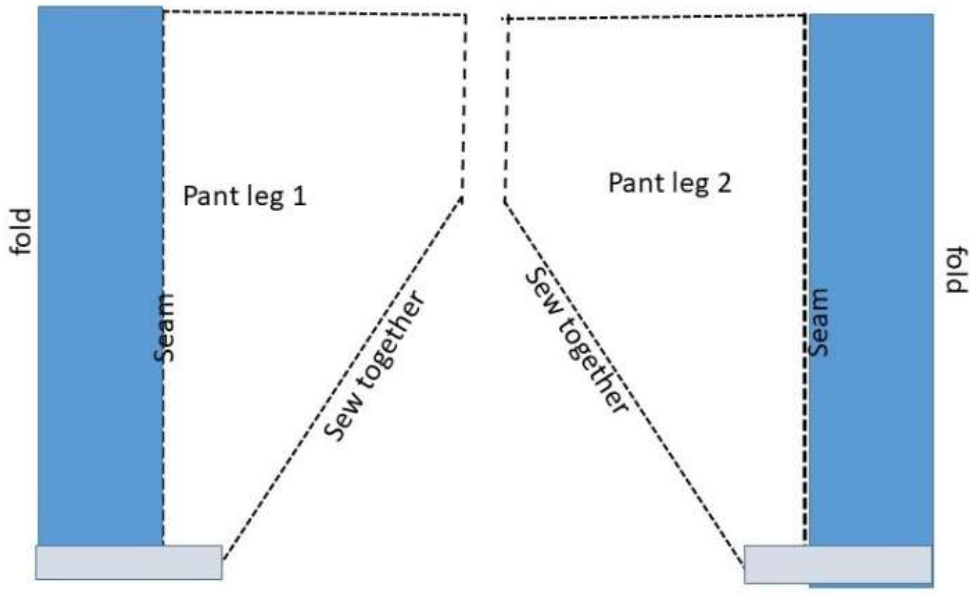
• Off-grain lines causing imbalance in drape.
• Incorrect seam allowances leading to tight or loose fits.
• Misplaced darts or pleats affecting symmetry.
• Uneven sleeve cap or armhole curves.
• Inaccurate crotch curves causing discomfort in shalwar.

Through illustrations and examples, learners will learn how to identify and correct these mistakes before fabric cutting.

PU4.3: Men's Shalwar Cutting & Stitching (on Brown Paper)

This practical unit trains learners in drafting and stitching men's shalwar patterns on brown paper. Key practices include:

• Taking waist, hip, crotch depth, and length measurements accurately.
• Drafting the shalwar block, including front and back crotch extensions.
• Adding seam allowances, hems, and drawstring casing allowance.
• Practicing stitching guidelines on paper to visualize construction.
• Reviewing paper prototypes for balance, symmetry, and accuracy.



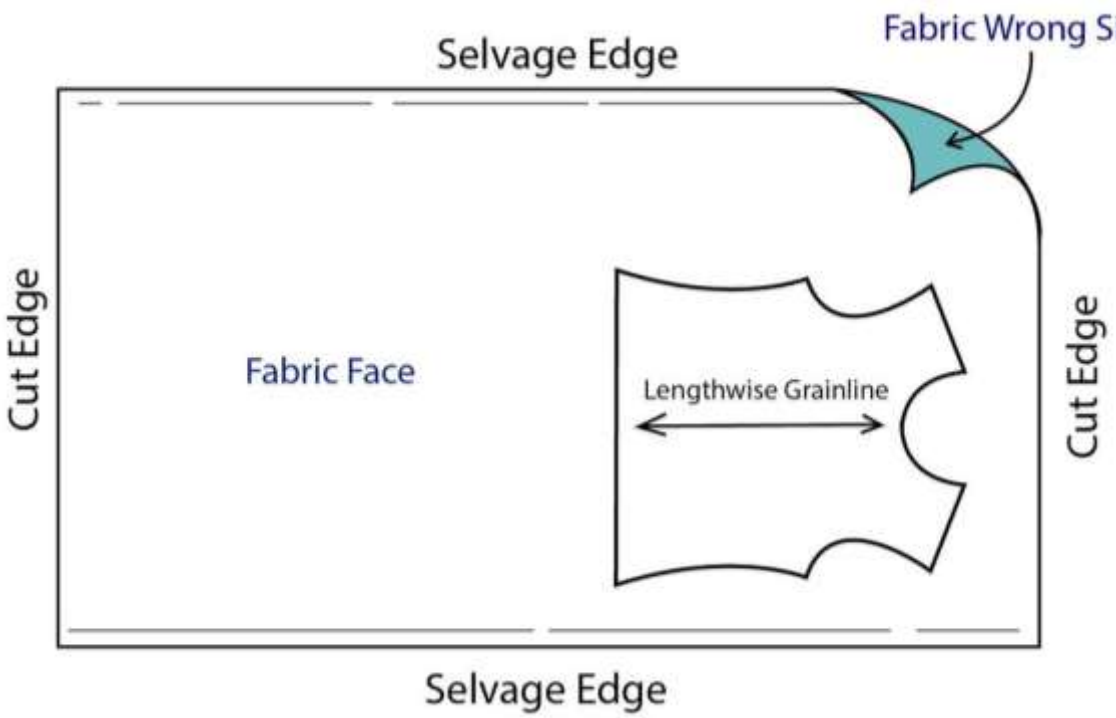
PU4.4: Men's Shirt Cutting & Stitching (on Brown Paper)

This module introduces the cutting and stitching process for men's shirts using brown paper prototypes. Learners will:

• Measure chest, waist, shoulder, neck, sleeve, and shirt length.
• Draft shirt front, back, collar, cuff, and sleeve blocks on brown paper.
• Add seam allowances, button plackets, and hem folds.
• Assemble paper patterns to simulate stitching order (shoulder seams, side seams, sleeves, collars, cuffs).
• Evaluate the draft for accuracy and functionality before moving to fabric.

PU4.5: Placement of Patterns on Fabric

This module demonstrates how to efficiently transfer paper patterns onto fabric. Learners will:
• Learn the importance of aligning patterns along the fabric grainline.
• Place large and small pieces to minimize fabric wastage.
• Match stripes, checks, or prints correctly for professional appearance.
• Anchor patterns with pins or weights for stability during cutting.
• Practice tracing outlines and transferring notches, darts, and balance points.



PU4.6: Final Pattern Adjustments

This unit teaches learners how to refine their paper patterns after initial drafting and placement. Adjustments include:

- Correcting seam mismatches and ensuring true curves.
- Re-checking allowances for hems, plackets, and fasteners.
- Grading patterns for different sizes if required.
- Reinforcing patterns with tape at stress points for reuse.
- Final labeling of pieces with name, size, cut quantity, and date.

LU4.7: Team-Based Practice Drafting (Peer Review)

Learning Objectives

Learners will be able to **work effectively in pairs or teams** to draft garment patterns collaboratively.

1. Learners will be able to **conduct peer reviews** to identify drafting errors and provide constructive feedback for improvement.
2. Learners will be able to **apply consistent labeling and marking practices** during collaborative drafting exercises.
3. Learners will be able to **demonstrate teamwork, communication, and problem-solving skills** in the context of garment drafting.

Knowledge / Content (Theory)

Collaborative drafting helps learners identify and resolve mistakes while sharing ideas. In this unit:
• Learners work in pairs or small teams to draft garments.
• Peer reviews highlight drafting errors and suggest improvements.
• Teams practice consistency in labeling and marking.
• The exercise promotes teamwork, communication, and problem-solving skills.

LU4.8: Stitching Simulation on Scrap Fabric

Learning Objectives

Learners will be able to **cut fabric pieces accurately** using paper patterns as a guide.

1. Learners will be able to **practice and construct different seam types** to improve stitching skills.
2. Learners will be able to **test garment components** such as collars, cuffs, and waistbands on scrap fabric.
3. Learners will be able to **identify and correct stitching or construction errors** to reinforce knowledge from earlier modules.
4. Learners will be able to **apply drafting and stitching skills in a simulated environment** to build confidence for actual garment construction.

Knowledge / Content (Theory)

The final module provides practical simulation by stitching on scrap fabric. This helps learners translate their brown paper drafts into fabric-based practice. Activities include:
• Cutting fabric pieces based on paper patterns.
• Practicing seam construction with different stitch types.
• Testing collar, cuff, and waistband construction on scraps.
• Correcting errors and reinforcing learning from earlier modules.
• Preparing learners for actual garment construction with confidence.

Conclusion

By completing this chapter, learners will have gained confidence in drafting men's garments on brown paper, identifying and correcting drafting errors, practicing efficient placement on fabric, and simulating stitching. These skills build the foundation for professional garment making with accuracy and efficiency.

Module 5: Men’s Garment Cutting and Stitching on Fabric

Introduction

Men’s traditional garments such as shalwar and shirt (kameez) are staples of South Asian attire. Mastering the cutting and stitching of these garments requires both technical skill and artistic precision. This chapter provides a step-by-step guide covering cutting, stitching, and finishing techniques, enabling learners to confidently prepare and present men’s garments.

PU5.1: Cutting Men’s Shalwar on Fabric

Tools and Materials

• Measuring tape
• Fabric (cotton, wash-and-wear, or khaddar)
• Tailor’s chalk/marker
• Scissors
• Scale or ruler

Measurement Points

1. Length of shalwar
2. Waist round
3. Seat/hip round
4. Bottom round
5. Belt width

Procedure

1. Spread fabric on a flat surface.
2. Mark measurements for the two legs, ensuring allowance for seams.
3. Mark the crotch curve with slight depth for comfort.
4. Add seam allowances (½ inch to 1 inch).

5. Cut along the marked lines carefully.
6. Prepare the belt piece separately, allowing extra width for elastic or drawstring.

PU5.2: Stitching Men's Shalwar – Step-by-Step Practice

Step 1: Joining the Legs – Stitch the inner seams of both legs separately. Ensure neat finishing with overlock or zigzag stitching.

Step 2: Crotch Seam – Join both legs together at the crotch seam. Reinforce with double stitching for durability.

Step 3: Belt Attachment – Prepare the belt (double fold if needed). Attach it evenly to the waist opening. Leave an opening for inserting elastic or a drawstring.

Step 4: Bottom Hemming – Fold the bottom edges of both legs. Secure with straight stitch or blind hem.

Step 5: Final Pressing – Press the shalwar to set seams and achieve a clean finish.

PU5.3: Cutting a Men's Shirt (Kameez) on Fabric

Measurement Points

1. Length
2. Chest round
3. Waist round
4. Hip round
5. Shoulder width
6. Armhole
7. Sleeve length & cuff round
8. Neck round & depth

Procedure

1. Spread the fabric lengthwise and fold in half.
2. Mark and cut the front and back body panels.
3. Mark the armholes, shoulder slope, and neckline.
4. Cut sleeves, collar band, and cuff pieces separately.
5. Add seam allowances around all parts.

PU5.4: Stitching Men's Shirt – Cuffs, Collar, Buttons

Step 1: Shoulder and Side Seams – Join front and back pieces at shoulders. Stitch the side seams neatly.

Step 2: Sleeves – Attach sleeves to armholes. Stitch underarm seams.

Step 3: Cuffs – Fold and prepare cuff pieces. Attach to sleeve ends, ensuring symmetry.

Step 4: Collar – Prepare collar and collar band. Attach evenly around neckline. Press for sharp edges.

Step 5: Button Placket and Finishing – Fold placket on front opening. Mark and sew buttonholes. Stitch buttons on the opposite side.

PU5.5: Presentation of Garments

• Pressing: Iron all seams and folds.
• Finishing: Trim loose threads and ensure neat hems.
• Display: Present garments on a hanger or mannequin.
• Fit Check: Ensure comfort and correct sizing on a model.

Conclusion

Cutting and stitching men's garments such as shalwar and shirt demand precision, practice, and patience. By following step-by-step methods, learners can develop the ability to create well-fitted, professional-quality garments suitable for both casual and formal wear.

Module 6: Project Completion, Portfolio, & Assessment

LU6.1: Finalize Group Task/Project

Learning Objectives

Learners will be able to **collaborate effectively in teams** by allocating tasks according to individual strengths.

1. Learners will be able to **review progress systematically** by checking pattern accuracy, fabric selection, and garment construction.
2. Learners will be able to **identify and correct flaws** in garment fit, finish, and symmetry to improve overall quality.
3. Learners will be able to **prepare professional project presentations** by compiling sketches, drafts, and finished garments.
4. Learners will be able to **reflect on teamwork and project outcomes** to evaluate skills gained and areas for improvement.

Knowledge / Content (Theory)

Collaborative projects allow learners to apply their acquired skills in real-world contexts.

Steps in Finalizing the Group Project:

Task Allocation – Ensure each member contributes according to strengths (designing, stitching, documentation, presentation).
Progress Review – Cross-check pattern accuracy, fabric selection, and garment construction.
Corrections & Refinements – Identify flaws (fit, finish, symmetry) and rectify them.
Presentation Preparation – Compile sketches, drafts, and finished garments for display.
Group Reflection – Discuss learning outcomes, teamwork experience, and improvements.

Outcome: A complete garment or set of garments showcasing teamwork, creativity, and technical skills.

LU6.2: Portfolio Compilation

Learning Objectives

Learners will be able to **explain the purpose of a portfolio** as evidence of skills, creativity, and professional readiness.

1. Learners will be able to **identify and compile key components** of a portfolio, including sketches, drafts, garment samples, reports, and certificates.
2. Learners will be able to **organize portfolio content effectively** by category or chronology for clarity and professionalism.
3. Learners will be able to **apply neat labeling and presentation techniques** to enhance the visual appeal and readability of their portfolio.
4. Learners will be able to **demonstrate problem-solving skills** by including before-and-after corrections in their portfolio documentation.

Knowledge / Content (Theory)

A portfolio serves as evidence of skills and achievements. It is a collection of works demonstrating technical competence, creativity, and professional readiness.

Key Components of a Portfolio:

- Cover Page & Personal Profile – Name, contact info, career objectives.
- Design Sketches – Hand-drawn or digital illustrations.
- Pattern Drafts – Brown paper drafts with labels.
- Garment Samples – Photographs of finished garments.
- Process Documentation – Step-by-step evidence (drafting, cutting, stitching).
- Project Reports – Description of group and individual projects.
- Certificates & Achievements – Training, workshops, or competitions attended.

Tips for Effective Compilation:

- Organize chronologically or by category (baby garments, ladies' wear, embroidery, etc.).
- Use clear labeling and neat presentation.
- Include before-and-after corrections for problem-solving evidence.

LU6.3: Preparing Portfolio for Job/Freelance Market

Learning Objectives

1. Learners will be able to **highlight technical strengths and showcase completed projects** in a portfolio suitable for job applications.
2. Learners will be able to **design a portfolio for freelance opportunities** by including customized designs, client feedback, and diverse garment categories.
3. Learners will be able to **maintain both physical and digital portfolios** for professional use in interviews, exhibitions, and online platforms.

4. Learners will be able to **demonstrate effective presentation skills** by explaining and justifying their work clearly and confidently.
5. Learners will be able to **participate in fair assessments** through practical garment construction, portfolio evaluation, and group collaboration.
6. Learners will be able to **apply assessment criteria** (accuracy, stitching, creativity, portfolio quality, professionalism) to self-evaluate and improve their performance.

Knowledge / Content (Theory)

A well-prepared portfolio enhances employability and freelance opportunities.

For Job Market:

- Highlight technical strengths (pattern making, stitching, embroidery).
- Showcase completed projects with clear photographs.
- Emphasize teamwork and problem-solving in group tasks.
- Keep portfolio concise, professional, and easy to navigate.

For Freelance Market:

- Add creative and customized designs appealing to clients.
- Include testimonials or feedback from clients/mentors.
- Present variety (children's wear, women's wear, casuals, traditional wear).
- Maintain both physical portfolio (for interviews/exhibitions) and digital portfolio (social media, freelance platforms, personal website).

Assessment

Assessment ensures learners are evaluated fairly on knowledge, skills, and creativity.

Assessment Methods:

- Practical Assessment – Quality of garments (accuracy, neatness, finishing).
- Portfolio Assessment – Organization, presentation, and completeness.
- Presentation Skills – Ability to explain work, justify choices, and respond to feedback.
- Peer & Group Evaluation – Team contribution and collaboration.

Assessment Criteria (Sample Rubric):

- Accuracy of Drafting & Cutting – 20%
- Stitching Quality – 20%
- Creativity & Design – 20%
- Portfolio Compilation – 20%
- Presentation & Professionalism – 20%

Module 6.1: Entrepreneurship

Introduction to Entrepreneurship

Entrepreneurship is the act of identifying opportunities, developing ideas, and creating businesses that deliver value to society. Entrepreneurs are innovators who take risks, build enterprises, and contribute to economic development.

Key Traits of Entrepreneurs:

- Creativity and innovation.
- Risk-taking ability.
- Leadership and problem-solving.
- Persistence and adaptability.

Types of Entrepreneurship

- Small Business Entrepreneurship – Local shops, tailoring, food stalls.
- Scalable Start-up Entrepreneurship – High-growth businesses built on innovation.
- Social Entrepreneurship – Solving social or environmental problems.
- Corporate Entrepreneurship (Intrapreneurship) – Innovating within existing organizations.
- Freelance/Micro-Entrepreneurship – Independent professionals offering services.

Business Idea Generation

Sources of Ideas:

- Skills and hobbies (fashion, stitching, crafts).
- Market gaps and unmet needs.
- Trends (eco-friendly, online services).
- Customer feedback.

Screening Criteria:

- Feasibility.
- Profitability.
- Demand.
- Sustainability.

Business Planning and Strategy

A business plan acts as a roadmap.

Elements of a Business Plan:

- Executive Summary.
- Business Description.
- Market Research.
- Products & Services.
- Marketing Strategy.
- Operational Plan.
- Financial Plan.

Strategies for Growth:

- Start small, expand gradually.
- Focus on quality and customer trust.
- Use digital platforms for marketing.
- Manage resources wisely.

Financing Business

Sources of Finance:

- Personal savings.
- Family & friends.
- Bank loans/microfinance.
- Government schemes or grants.
- Angel investors and crowdfunding.

Financial Tips:

- Keep records of expenses/income.
- Separate business and personal funds.
- Reinvest profits for growth.

Entrepreneurship Challenges & Solutions

Challenges:

- Lack of capital.
- Limited market access.
- Strong competition.
- Lack of experience.
- Uncertainty and risks.

Solutions:

- Start lean and scale up.
- Network and market online.
- Keep learning and training.
- Focus on niche products.
- Stay flexible and resilient.

Chapter Outcome

Learners will:
- Understand entrepreneurship and its types.
- Learn methods for generating business ideas.
- Gain skills in planning, financing, and strategy.
- Identify common challenges and solutions.
- Develop confidence to pursue entrepreneurship.

Module 6.3: Environmental Studies

Introduction to Environmental Issues

The environment provides air, water, food, and resources essential for survival. However, human activities often disturb the balance of nature, creating problems such as pollution, resource depletion, and biodiversity loss. Environmental issues affect health, ecosystems, and the quality of life.

Major Environmental Issues:

- Air, water, and soil pollution.
- Deforestation and habitat destruction.
- Overuse of natural resources.
- Global warming and climate change.
- Waste management challenges.

Types of Environmental Hazards

- Natural Hazards – Earthquakes, floods, droughts, hurricanes.
- Biological Hazards – Diseases, pests, harmful microorganisms.
- Chemical Hazards – Industrial waste, pesticides, toxic gases.
- Physical Hazards – Radiation, noise, extreme temperatures.
- Human-Made Hazards – Deforestation, oil spills, improper waste disposal.

The Impact of Human Activity on the Environment

- Deforestation – Loss of forests causes soil erosion, reduced oxygen, and loss of wildlife.
- Industrialization – Factories release pollutants into air and water.
- Urbanization – Expanding cities increase waste and reduce green spaces.
- Agricultural Practices – Excessive use of chemicals damages soil and water.
- Overconsumption of Resources – Leads to depletion of minerals, water scarcity, and energy crises.

Conservation and Sustainability

Conservation means using resources wisely to protect them for future generations. Sustainability is balancing development with environmental protection.

Methods of Conservation and Sustainable Practices:

- Planting trees and preventing deforestation.
- Recycling and reducing waste.
- Using renewable energy (solar, wind).
- Conserving water and electricity.
- Promoting eco-friendly industries.
- Protecting wildlife and natural habitats.

Climate Change and Its Effects

Climate change is the long-term alteration of Earth’s temperature and weather patterns due to greenhouse gas emissions.

Causes:

- Burning fossil fuels.
- Deforestation.

- Industrial emissions.
- Agricultural methane.

Effects:

- Rising global temperatures.
- Melting ice caps and rising sea levels.
- Extreme weather events (heatwaves, floods).
- Loss of biodiversity.
- Food insecurity due to changing rainfall patterns.

How to Contribute to Environmental Protection

- Reduce, Reuse, Recycle.
- Avoid single-use plastics.
- Use public transport, cycle, or walk instead of private vehicles.
- Save energy by switching off unused appliances.
- Plant trees and support green initiatives.
- Spread awareness about environmental conservation.

Chapter Outcome

By the end of this chapter, learners will:
- Understand key environmental issues and hazards.
- Recognize the impact of human activities on nature.
- Learn methods of conservation and sustainability.
- Understand the causes and effects of climate change.
- Take personal steps to contribute to environmental protection.

KP-RETP Component 2: Classroom SECAP Evaluation Checklist

Purpose:

To ensure that classroom-based skills and entrepreneurship trainings under KP-RETP are conducted in an environmentally safe, socially inclusive, and climate-resilient manner, in line with the Social, Environmental, and Climate Assessment Procedures (SECAP).

Evaluator:_____

Training Centre / Location:_____

Trainer:_____

Date: _____

Category	Evaluation Points	Status		Remarks /Recommendation
		Yes	NO	
Social Safeguards	Is the training inclusive (equal access for women, youth, and vulnerable groups)?			
	Does the classroom environment ensure safety and dignity for all participants (no harassment, discrimination, or child Labor)?			

	Are Gender considerations integrated into examples, discussions, and materials?			
	Is the Grievance Redress Mechanism (GRM) process, along with the relevant contact number, clearly displayed in the classroom			
	Are the Facilities and activities being accessible and inclusive for specially-abled (persons with disabilities)			

Environmental Safeguards	Is the classroom clean, ventilated, and free from pollution or hazardous materials?			
	Is there proper waste management (bins, no littering)			
	Are materials used in practical sessions environmentally safe (non-toxic paints, safe disposal of wastes)?			
	Are lights, fans, and equipment turned off when not in use			

	(energy conservation)?			
Climate Resilience	Are trainees oriented on how their skills link with climate-friendly practices (e.g., renewable energy, efficient production, recycling)?			
	Are trainers integrating climate-smart examples in teaching content?			
	Are basic health and safety measures available (first aid kit, safe exits, fire safety)?			

	Is the trainer using protective gear or demonstrating safe tool use (where relevant)?			
Institutional Aspects	Is SECAP awareness shared with trainees (via short briefing, posters, or examples)?			
	Are trainees encouraged to report unsafe, unfair, or environmentally harmful practices?			
Overall Compliance	Overall SECAP compliance observed	☐ High ☐ Medium ☐ Low		

Overall remarks/ recommendations			
Name	**Designation**	**Signature**	**Date**