

National Vocational Qualification Curriculum of Dress Making (LEVEL II)



National vocational and Technical Training Commision,
Islamabad

TABLE OF CONTENTS

1. Introduction	
2. Purpose of training programme	
3. Overall objectives of the training course	
4. Competencies to be gained after completion of course	
5. Job opportunities available immediately and in the future	
6. Trainee entry level	
7. Minimum qualification of trainer	
8. Recommended trainer trainee ratio	
9. Medium of instruction.....	
10. Curriculum development committee	
11. Duration of the course (total time, theory & practical)	
12. Summary of competency standards	
13. Summary – overview of the curriculum.....	
14. Cores modules.....	
Module 01-0723DSM1(A): Competency A Analyze the Design:.....	
Module 02 -0723DSM1(B) Competency B Prepare for Dress making operations:	
Module 03 -0723DSM1(C): Competency C Develop pattern.....	
Module 04 -0723DSM1(D): Competency D Perform fabric cutting	
Module 05- 0723DSM1(E): Competency E Perform stitching	
Module 06 -0723DSM1(F): Competency F Finish Garment.	

Module 07 -0723DSM1(G): Competency G Develop Professionalism.	
16. Generic modules.....	
Module 08 -0723DSM1(H): Competency H Develop Entrepreneurship for social media	
Module 09-0723DSM1(I): Competency I Soft Skills -	

1. Introduction

Pakistan is a developing country with the 5th largest population in the world. More than 60% of our population is below 30 years of age which makes it the second youngest populated country in South Asia. The youth bulge provides unique challenges as well as opportunities for the country's social and economic development. To control the increasing unemployment, promote entrepreneurship, alleviate poverty and provide skilled manpower for industrial/economic growth, the Govt. of Pakistan has laid a lot of emphasis on the Technical Vocational Education and Training (TVET) Sector.

A dress maker 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, the courses on dress making has 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 fulfill 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.

2. Purpose of training program

The purpose of this training program is to give a thorough understanding and skill related to Textile sector with special reference to stitch the dresses and operate stitching machines. The Textile industry needs skilled labor to meet the national and international standards. It is, therefore, important to stress the need for a multidisciplinary approach to meet the challenges within the sector. Upon successful completion of this course, the trainee should be able to:

- Understand core elements and the development in the Textile process
- Give an account of essentials Textile industry and the future of this industry
- Demonstrate an understanding of different Textile traits.
- Point out relevant industry stakeholders & their role in driving innovation in management.
- Improve the professional competence of the trainees
- Provide opportunities for recognition of skills attained through non-formal or informal pathways
- Improve the quality and effectiveness of training and assessment for textile industry skilled labor

- Enhance textile industry activities at regional/provincial/national levels through a better approach.

3. Overall objectives of the training course

The primary objective of this training program is to provide the trainees with up-to-date knowledge and skills required by the Textile sector with special reference to Dress Making in 6- months training program in a comprehensive way to cope with the challenges of the Textile Industry (Dress Making). After qualifying for the course at Level-II, the trainees will be able to get job in Textile Industry and able to perform as entrepreneurs. The contents of the course are specifically designed in such a way that it covers all the major contents of stitching/garment manufacturing of the Textile sector in Pakistan.

The overall objectives of developing this qualification are to:

- Improve the overall quality of training, delivery and set National benchmarks for training of Dress Making (Level-II) in the country
- Provide flexible and progressive learning opportunities for trainees to receive relevant and up-to-date skills in the Textile industry.
- Provide basis for competency-based assessment which is recognized and accepted by employers in modern days
- Establish standardized and sustainable training in consultation with the Textile industry.

4. Competencies to be gained after completion of course

After completing this course, the trainee will be capable of performing different activities in textile industry especially supervision effectively. Furthermore, this skilled training program enables the trainee to develop multispectral competencies such as creative thinking, problem solving, research skills, personal and group management, presentation and communication skills, technical and professional negotiations related to Textile industry. The below listed competencies imprinted by this training program are quite prominent to the trainees' profile to enhance their employability in their career in Textile industry:

- Knowledge and concepts of supervision and management in the Textile industry
- Creative thinking and troubleshooting skills in the Textile industry
- Potential to translate theoretical knowledge into practice

- Identify and explore potential areas of opportunities in Textile industry
- Develop strategies to maintain the quality and safety of the workplace
- Time management, working in teams and conflict handling among co-workers
- Safe and secure use of workplace tools, techniques and materials at worksites
- Digital documentation and effective communication skills
- Working on commercial setups and meeting the timelines

5. Job opportunities available immediately and in the future

The successful pass out of this course may avail entrepreneurial opportunities and/ or fetch job/ employment in Textile sectors as operator (Level-II)

6. Trainee entry level

Entry requirement for this qualification is Middle or equivalent

7. Minimum qualification of trainer

DAE (DDM) 3-years diploma and 5-years relevant experience

BS/B.Sc. in Garment Manufacturing with 3-years Relevant Experience

BS/B.Sc. (Home Economics) with 3-year Relevant Experience

8. Recommended trainer trainee ratio

The recommended trainer and trainee ratio per class is 1:25

9. Medium of instruction

Urdu, English or Local Language

10. Curriculum development committee

The following members participated in the Curriculum development workshop from 03 Sep. to 07 Sep. 2024, in Lahore:

Sr. No	Name	Designation & Organization
1.	Muhammad Aasim	Deputy Director, NAVTTC Coordinator, Islamabad
2.	Engr. Muhammad Irfan	DACUM Facilitator/Asst. Director P-TEVTA
3.	Aatika Imran	Chief Instructor GSTC Dev Samaj road Lhr. P-TEVTA
4.	Hudah Zaman	Instructor Fashion designing GTTI(W), Kamal Gunj Lahore, P-TEVTA
5.	Ali Shahzad	Lecturer, National University of Technology (NUTECH) University, Islamabad
6.	Safia Bibi	CBT & Lead Assessor, KPK-TEVTA
7.	Mehrun Nisa	Lecturer, S-TEVTA/ National Assessor
8.	Dr. Tayyab Naveed	Associate Professor, School of Design and Textile, UMT, Lahore
9.	Qurbat Zahra	Director Adamji Enterprises, Lahore
10.	Anum Ejaz	Textile Designer, Rang Ja, Lahore
11.	Lubna Mehmood	Zara Collection, Lahore (Entrepreneurship)
12.	Razia Zafar	Fashion Trends, Lahore

11. Duration of the course (total time, theory & practical)

Module.	Competency Standards	Theory Hours	Practical Hours	Total Contact Hours	Credit Hours
Module 01	Analyze the Design	12	58	70	7
Module 02	Prepare for Dress Making Operations	26	84	110	11
Module 03	Develop Pattern	17	123	140	14
Module 04	Perform Fabric Cutting	13	117	130	13
Module 05	Perform Stitching	22	168	190	19
Module 06	Finish the Garment	20	30	50	5
Module 07	Develop Professionalism	15	15	30	3
Module 08	Develop Entrepreneurship for social media	20	30	50	5
Module 09	Soft Skills	15	15	30	3
	Total	160	650	800	80

Module A: Analyze the Design

Objective: This module covers the knowledge and skills required to carry out human body measurements, measurement of the designed garment, calculate fabric utilization for a garment and estimate cost of labor charges and material.

Duration: 70 Hours

Theory: 12 Hours

Practice: 58 Hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. Carry out Human Body Measurements	Trainee will be able to: <ul style="list-style-type: none">• Perform the vertical landmarks of the human body• Perform the horizontal landmarks of the human body	<ul style="list-style-type: none">• Neck measurement• Shoulder• Chest• Waist• Hip• Thigh• Knee• Full length• Sleeve• Arm length Activity: <ul style="list-style-type: none">• Prepare Two pairs of students perform the body measurements of each other.	Theory- 3Hrs Practice-13 Hrs Total- 16 Hrs	Non-Consumables: Measuring Tape.	Class Room and workshop

<p>LU2. Carry out measurement of the designed garment</p>	<p>Trainee will be able to:</p> <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 <p>Activity:</p> <ul style="list-style-type: none"> • Measure any given garment (shirt, trouser, sleeves, skirt, etc.) Find the exact size of the garment. 	<p>Theory-3 Hrs Practice-15Hrs Total- 18Hrs</p>	<p>Consumables:</p> <ul style="list-style-type: none"> • Note book • Stationary items. <p>Non-Consumables:</p> <ul style="list-style-type: none"> • Measuring Tape • Calculator • Measuring Chart 	<p>Class Room and workshop</p>
<p>LU3. Calculate fabric utilization for a garment</p>	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Understand selvage and grain line of the fabric. • Use proper grain line for the cut-able garment components according to the design and size 	<ul style="list-style-type: none"> • Concept of selvage / grain line (off grain, on grain and cross grain) • Sensible usage (measuring fabric with folds and unfolds to avoid wastage) 	<p>Theory-3 Hrs. Practical-15Hrs Total- 18Hrs</p>	<p>Consumables:</p> <ul style="list-style-type: none"> • Fabric • Stationery Items <p>Non-Consumables:</p>	<p>Class Room and workshop</p>

	<ul style="list-style-type: none"> Place the components in a way to minimize the fabric utilization. 	<ul style="list-style-type: none"> Calculate the proportions of the fabric <p>Activity:</p> <ul style="list-style-type: none"> Calculate fabric Consumption as per given stitched sample 		<ul style="list-style-type: none"> Measuring Tape 	
LU4. Estimate Cost of labor charges and material	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> Estimate the required quantity of the material to stitch the garment (fabric, fusing, accessories etc.). Determine labor charges as per design and market rates 	<ul style="list-style-type: none"> Estimation of direct and indirect costs Calculation of labor cost according to market trends/rates <p>Activity:</p> <ul style="list-style-type: none"> Conduct a Survey of local Textile material market to get raw material rates (Group Activity). 	<p>Theory-3 Hrs. Practice-15Hrs Total- 18Hrs</p>	<p>Consumable:</p> <ul style="list-style-type: none"> Note book Stationary items. 	

Module B: Prepare for Dress Making Operations

Objective: 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, color bleeding and ironing of the cloth.

Duration: 110 Hours

Theory: 26 Hours

Practice: 84 Hour

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. Collect materials for Kids (Yolk frock)	Trainee will be able to: <ul style="list-style-type: none"> Collect fabrics and accessories as per requirement Ensure the quality of the materials as per requirement Evaluate quantity of required material, fabric and accessories as per requirement 	<ul style="list-style-type: none"> Types of fabrics (Cotton, Chiffon, silk, Denim etc. Accessories/Embellishments as buttons, tussles, laces, stones, motifs etc. Procurement process Activity: <ul style="list-style-type: none"> Survey of local market trends and prices and collect the samples for yolk frock 	Theory-3 Hrs. Practice-8Hrs Total- 11 Hrs.	Consumables: <ul style="list-style-type: none"> Fabric Embellishment Items Non-Consumables: <ul style="list-style-type: none"> Measuring Tape 	Class Room and workshop
LU2. Perform shrinkage and color bleeding	Trainee will be able to: <ul style="list-style-type: none"> Understand & Explain shrinkage procedure 	<ul style="list-style-type: none"> Procedure of shrinkage. Types of fabrics 	Theory-5Hrs Practice15 Hrs.	Non-Consumables:	Class Room

	<p>for different types of fabrics</p> <ul style="list-style-type: none"> • Calculate the fabric length and width before shrinkage • Perform shrinkage of different fabrics. • Measure the color bleeding tendency of the fabric with respect to time • Calculate the fabric length and width after shrinkage • Apply drying techniques after shrinkage 	<ul style="list-style-type: none"> • Concept of shrinkage and color bleeding • Impact of shrinkage on different types of fabrics • Drying techniques for types of fabrics <p>Activity:</p> <ul style="list-style-type: none"> • Perform shrinkage of the given fabric and dry the fabric used according to fabric type. 	Total- 20 Hrs.	<ul style="list-style-type: none"> • Measuring tools <p>Utensils</p> <p>Consumables:</p> <ul style="list-style-type: none"> • Fabric • Water • Salt 	and workshop
LU3. Perform ironing of fabric	<p>Trainee will be able to:</p> <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/steam ironing. 	<ul style="list-style-type: none"> • Quality and variety of fabrics in relation to thermostat for ironing • Importance of grain before applying ironing to the fabric. <p>Activity:</p>	<p>Theory-6 Hrs.</p> <p>Practice-13Hrs</p> <p>Total- 19 Hrs.</p>	<p>Non-Consumables:</p> <ul style="list-style-type: none"> • Ironing Table <p>Consumables:</p> <ul style="list-style-type: none"> • Iron • Fabric 	

	<ul style="list-style-type: none"> Control the thermostat of iron to change temperature as per fabric type 	<ul style="list-style-type: none"> Perform ironing for given project. 			
LU4. Prepare work area for dress making	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> Identify suitable work area. Arrange adequate light and Electricity power/switch board Utilize space for workstations Ensure hazard free work area Use correct tools and equipment Prepare various work stations in work space for different tasks such as drafting, cutting and ironing. Setup storage space in work area. 	<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>Activity:</p> <ul style="list-style-type: none"> Setup appropriate lighting at suggested 	<p>Theory 3 Hrs. Practical-13Hrs Total- 16 Hrs.</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 	

		workspace for dress making.			
LU5. Clean the sewing machine	<ul style="list-style-type: none"> Identify the various parts of machine Ensure machine Power is turned off before cleaning by unplugging the machine. Apply the procedure and technique for cleaning sewing machine using appropriate tools. Clean external parts of machines for smooth running during job according to set procedure. Store cleaning tools properly after use 	<ul style="list-style-type: none"> Parts of sewing machine. Procedure and Techniques for cleaning various parts of Machine. Assembling and disassembling of sewing machine. Functions of different parts of sewing machine. Safety measures that need to be applied during cleaning the machine/ equipment. Types of cleaning tools/materials. Preventive and corrective maintenance <p>Activity:</p>	<p>Theory-3 Hrs. Practice-13 Hrs Total- 16 Hrs.</p>	<p>Non-Consumables:</p> <ul style="list-style-type: none"> Sewing machine <p>Consumables:</p> <ul style="list-style-type: none"> Duster/fabric Brush Oil 	

		<ul style="list-style-type: none"> • Identify and label any five machine parts. • Clean and Oil the single needle lock stitch machine. 			
LU6. Test sewing machine operations	Trainee will be able to: <ul style="list-style-type: none"> • Set up machine according to production requirements. • Select appropriate machine changeable parts (needle, needle plate, feed Dog etc.) of sewing machine as per design requirements • Perform threading in machine and adjust the needle as per the requirements 	<ul style="list-style-type: none"> • Steps to setup the sewing machine according to production requirements. • Selection of machine oil type and number • Machine control • Basic sitting posture to operate machine • Functions of different machine parts (needle, needle plate, 	Theory-3 Hrs. Practical-13Hrs Total- 16 Hrs.	Non-Consumables: <ul style="list-style-type: none"> • Machine • Cloth • Bobbin • Bobbin winder • Bobbin Case Consumables: <ul style="list-style-type: none"> • Thread 	

	<ul style="list-style-type: none"> • Adjust Stitches per Inch (SPI) as per requirement • Set thread tension as per fabric type • Adjust machine speed as per production requirement and machine control • Perform a test run to ensure machine is operating correctly 	<p>Throat Plate, feed dog etc.</p> <ul style="list-style-type: none"> • Different types of needles according to fabric type • Parts of Sewing machine needle • 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 thread tension. <p>Activity:</p> <ul style="list-style-type: none"> • Perform sew exercises without thread on Paper and fabric as: <ul style="list-style-type: none"> ○ Straight ○ Curved ○ Diagonal ○ Zigzag 			
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		<ul style="list-style-type: none"> ○ Spiral • Perform sew exercises with thread on Paper and fabric as: <ul style="list-style-type: none"> ○ Straight ○ Curved ○ Diagonal ○ Zigzag ○ spiral 			
LU7. Setup of SPI and machine Thread Tension	Trainee will be able to: <ul style="list-style-type: none"> • Set Stitch per Inch (SPI) according to design requirements. • Adjust Thread tension according to stitch. 	<ul style="list-style-type: none"> • Concept of SPI • Tension wheel • Thread guides Activity: <ul style="list-style-type: none"> • Adjust given stitches per inch (SPI) on sewing machine as per design requirements • Adjust thread tension on sewing machine as per given thread and fabric being stitched 	Theory- 3Hrs Practice- 9 Hrs. Total- 12 Hrs.	Non-Consumables: <ul style="list-style-type: none"> • Sewing machine 	

Module C: Develop Pattern

Objective: :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: **140** **Hours** **Theory:** **17 Hours** **Practice:** **123 Hours**

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. 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 patterns making tools • Specification of pattern making tools. • Maintenance of pattern making tools. Activity: <ul style="list-style-type: none"> • Demonstrate arrangement of pattern making tools. 	Theory-4 Hrs. Practical-24Hrs Total- 28 Hrs.	Non-Consumables: <ul style="list-style-type: none"> • Measuring tools • Marking tools • Size charts • Specification sheets • • Set Square • Cutter • Scissor • Steel Ruler • French Curve 	Class Room and workshop

				<ul style="list-style-type: none"> • Tracing Wheel • Hip Curve <p>Consumables:</p> <ul style="list-style-type: none"> • Sharpener • Drafting pencils • Eraser • Masking tape • Tracing sheets <ul style="list-style-type: none"> • Card Board sheet • Drafting sheets 	
LU2. Construct basic block	<p>Trainee will be able to:</p> <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 block 	<ul style="list-style-type: none"> • Basic numerical skills • Importance of grain line on pattern • Types of blocks <ul style="list-style-type: none"> a. Basic bodice block (Infant, Ladies, Men) b. Sleeves block 	<p>Theory-4 Hrs</p> <p>Practical-24Hrs</p> <p>Total- 28 Hrs</p>	<p>Non-Consumables:</p> <ul style="list-style-type: none"> • Measuring tools • Marking tools • Size charts • Specification sheets 	Class Room and workshop

		<p>c. Basic Skirt block</p> <p>d. Basic Trouser block</p> <ul style="list-style-type: none"> • Drafting techniques and procedures • Procedure of drafting pattern on card board/Pattern sheet <p>Activity:</p> <ul style="list-style-type: none"> • Draw a pattern of basic bodice block and label the grain line & all information of block. 		<ul style="list-style-type: none"> • Sharpener • Set Square • Card Board sheet • Cutter • Scissor • Steel Ruler • French Curve • Tracing Wheel • Hip Curve <p>Consumables:</p> <ul style="list-style-type: none"> • Drafting sheets • Drafting pencils • Eraser <p>Tracing sheets</p> <ul style="list-style-type: none"> • Masking tape 	
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<p>LU3. Make pattern according to design variations and requirement</p>	<p>Trainee will be able to:</p> <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. 	<p>Theory-3 Hrs Practical-27Hrs Total- 30 Hrs</p>	<p>Non-Consumables:</p> <ul style="list-style-type: none"> • Measuring tools • Cutting tools • Marking tools • Size charts • Specification sheets <p>Consumables:</p> <ul style="list-style-type: none"> • Drafting sheets • Pattern making sheets • Drafting pencils • Eraser • Tracing sheets • Thin papers • Sharpener • Pearl pins 	<p>Class Room and workshop</p>
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		Activity: <ul style="list-style-type: none"> • Make a suspended shirt pattern with the help of basic bodice block. 			
LU4. Give Seam Allowance and Finalize the Pattern	Trainee will be able to: <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. Activity: <ul style="list-style-type: none"> • Make a suspended shirt pattern with the help of basic bodice block. Mark the seam Allowance and Notches. 	Theory-3 Hrs Practical-24Hrs Total- 27 Hrs	Non-Consumables: <ul style="list-style-type: none"> • Measuring tools • Cutting tools • Marking tools • Size charts • Specification sheets Consumables: <ul style="list-style-type: none"> • Drafting sheets • Pattern making sheets • Drafting pencils • Eraser 	

				<ul style="list-style-type: none"> • Tracing sheets • Thin papers <ul style="list-style-type: none"> • Sharpener • Pearl pins 	
LU5. 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. Activity: <ul style="list-style-type: none"> • Cut the pattern with scissor at 90-degree angle. 	Theory-3 Hrs Practical-24Hrs Total- 27 Hrs	Non-Consumables: <ul style="list-style-type: none"> • Measuring tools • Cutting tools • Marking tools • Size charts • Specification sheets Consumables: <ul style="list-style-type: none"> • Sharpener • Pearl pins • Drafting sheets • Pattern making sheets 	

				<ul style="list-style-type: none"> • Drafting pencils • Eraser • Tracing sheets • Thin papers 	
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Module D: Perform Fabric Cutting

Objective: 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: 130Hours **Theory:** 13 Hours **Practice:** 117 Hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. 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 Activity: <ul style="list-style-type: none"> Reorganizing all cutting tools involved in Qualification (Dress making). 	Theory-4 Hrs. Practical-21 Hrs. Total- 25 Hrs.	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 	Class Room and workshop
LU2. Inspect nature of fabric and its construction	Trainee will be able to: <ul style="list-style-type: none"> Analyze the direction of grain line/selvedge before cutting the fabric. Find Construction of the fabric using Pick Glass 	<ul style="list-style-type: none"> Importance of grain line for cutting the fabric Importance of warp and weft in the fabric. Activity:	Theory-4 Hrs. Practical-21Hrs Total- 25 Hrs.	Consumables: • Different types of fabrics	Class Room and workshop

	<ul style="list-style-type: none"> Find fabric nature using by hand feel technique Enlist results on existing chart/ Performa 	<ul style="list-style-type: none"> Spread the fabric on table and identify fabric Quality by using pick glass. 			
LU3. Set pattern on fabric.	Trainee will be able to: Iron fabric for proper cutting <ul style="list-style-type: none"> Pin pattern on the fabric Mark the fabric with tailors' chalk Mark notches according to pattern with the tailors' chalk. 	Ironing the fabric prior to pinning. <ul style="list-style-type: none"> Lying the pattern straight on fabric Pinning the pattern on the fabric prior to cutting Importance of setting the fabric Activity: <ul style="list-style-type: none"> Perform pattern pinning on fabric and trace it. 	Theory-2 Hrs. Practical-23 Hrs. Total- 25 Hrs.	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 	
LU4. Perform fabric 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. Activity: <ul style="list-style-type: none"> Perform fabric cutting as per 	Theory-3 Hrs Practical-25Hrs Total- 28 Hrs	Non-Consumables: <ul style="list-style-type: none"> Cutting Table Fabric Cutting Scissor Iron 	

		design with electric cutter.		<ul style="list-style-type: none"> • Ironing Board • Steel ruler • Common Pins Steam Iron • Pin Cushion • Sleeve Board/ HAM 	
LU5. Apply Fusing to the 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 thermostats to paste fusing • Correct color selection of fusing as per fabrics. Activity: <ul style="list-style-type: none"> • Draw the pattern for fusing (Collar, Cuff, Placket). Trace it on the fusing fabric and cut it. 	Theory-2 Hrs Practical-27Hrs Total- 30 Hrs	Consumables: <ul style="list-style-type: none"> • Different types of fusing. <ul style="list-style-type: none"> • Pins Non-Consumables: <ul style="list-style-type: none"> • Cutting Table. • Fabric Cutting Scissor • Iron/Steam Iron • Ironing Board • Pin Cushion • Sleeve Board 	

Module E: Perform Stitching

Objective: 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: 190Hours

Theory: 22 Hours

Practice: 168Hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. Perform basting stitch	Trainee will be able to: <ul style="list-style-type: none"> • Collect tools for basting. • 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. Activity: <ul style="list-style-type: none"> • Join 2 panels with Super imposed seam. 	Theory-5 Hrs. Practical-15 Hrs. Total- 20 Hrs.	Non-Consumables: <ul style="list-style-type: none"> • Over lock Machine Consumables: <ul style="list-style-type: none"> • Taylor's chalk • Fabric • Hand Needle 	Class Room and workshop

<p>LU2.Perform garment stitching</p>	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Stitch all the components of garment (shirt, trouser, skirt, sleeve), Trim. • Perform Ironing during stitching 	<ul style="list-style-type: none"> • Arrangement of fabric pieces prior to stitching • Procedure of stitching different pieces of fabrics • 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.) <p>Activity:</p>	<p>Theory-6 Hrs. Practical-120 Hrs. Total- 126 Hrs.</p>	<p>Non-Consumables:</p> <ul style="list-style-type: none"> • Sewing machine • Over lock machine • Screw Driver <p>Steam iron</p> <ul style="list-style-type: none"> • Iron table • Machine needles • Measuring tape • Bobbin and bobbin case • Zipper • Zipper foot invisible <p>Consumables:</p> <ul style="list-style-type: none"> • Pearl pins • Clipper 	<p>Class Room and workshop</p>
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		<ul style="list-style-type: none"> • Stitch a straight shirt as per given design 			
LU3. Use Scrap Fabric to make different items	Trainee will be able to: <ul style="list-style-type: none"> • Understand the concept of conservation of environment. • Arrange the tools and equipment used for scrap fabric • Assemble the pieces of fabric for make a new product • Stitch the assembled pieces • Dispose-of waste material. 	<ul style="list-style-type: none"> • Make a design/sketch on paper. • Gather different waste fabric according to design • Stitch these fabrics together to form a Product Activity: <ul style="list-style-type: none"> • Make bags, wall panel, Valet, Ralli mats, etc.). using 	Theory-6 Hrs. Practical-15 Hrs. Total- 21 Hrs.	Consumables: Fabric wastage Threads Bobbin & case Hand needle Machine needle Non consumables: Machine	

		scrap/waste fabrics			
LU4. 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. Activity: <ul style="list-style-type: none"> • Inspect the quality of the garment and rectify the sewing faults. 	Theory-6 Hrs. Practical-18 Hrs. Total- 24 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 	

Module F: Finish the garment

Objective: 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: 50 Hours **Theory:** 20 Hours **Practice:** 30 Hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. Perform finishing	Trainee will be able to: <ul style="list-style-type: none"> • Remove unwanted threads from the stitched garment. • Diagnose stitching faults • Remove stitching faults • Perform thread clipping 	<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.). Activity: Crop extra threads from the stitched garment and mend the mendable stitching faults.	Theory-5 Hrs. Practical-10Hrs Total- 15 Hrs.	Non-Consumables: <ul style="list-style-type: none"> • Clipper • Measuring tape, • Steam iron • Hand needle • Hook and eye button • Press Button Consumables: <ul style="list-style-type: none"> • Clipper • Seam ripper 	Class Room and workshop

				• Threads	
LU2. Perform ironing of the finished garment	<ul style="list-style-type: none"> • Analyze the type of ironing • Perform ironing on the overall garment. • Apply starch (if required). • Perform opening of seam allowances of the garment through ironing 	<p>Types of ironing</p> <ul style="list-style-type: none"> • 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. <p>Activity:</p> <ul style="list-style-type: none"> • Check the temperature of the Iron and set it according to the fabric. • Iron the Stitched Garments. 	<p>Theory-6 Hrs. Practical-10 Hrs. Total- 16 Hrs.</p>	<p>Non-Consumable</p> <ul style="list-style-type: none"> • Flat iron • Steam press • Iron Board • Sleeve Board/ Ham <p>Consumable</p> <ul style="list-style-type: none"> • Hand spray • Starch 	
LU3. Finalize the garment	Trainee will be able to:	<ul style="list-style-type: none"> • Process of labeling and tagging the garment. 	<p>Theory-6 Hrs. Practical-10Hrs</p>	Non-Consumable	

	<ul style="list-style-type: none"> • Perform labeling and tagging of the stitched garment. • Perform packaging of the stitched garment. • Perform hanging, wrapping or folding of the garment as per instructions. 	<ul style="list-style-type: none"> • Process of performing packaging to the garment. <p>Activity:</p> <ul style="list-style-type: none"> • Tag and label the stitched garment, iron, fold and pack it according to the customer requirements 	Total- 16 Hrs.	<ul style="list-style-type: none"> • Tag machine Consumable • Hangers • Labels • Tag • Packing Bag • Marker/ Pen 	
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Module G: Develop Professionalism

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

Duration: 20Hours **Theory:** 15Hours **Practice:** 15 Hours

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. Develop professional attitude	Trainee will be able to: <ul style="list-style-type: none"> Analyze upcoming market trends. Develop professionalism Networking. Demonstrate behavioral skills. <ol style="list-style-type: none"> Greeting clients with respect. Being honest with customers regarding timeline. Develop sound interpersonal skills Develop communication skills 	<ul style="list-style-type: none"> Define professionalism (meaning, attitude, output, timely delivery, networking) Define Behavioral 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 Market norms. 	Theory-7 Hrs Practical-7 Hrs Total- 14 Hrs		Class Room and workshop

		Activity: <ul style="list-style-type: none"> Conduct mock interview. 			
LU2. 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. Store all flammables in a safe area. 	Significance of personal hygiene <ul style="list-style-type: none"> 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 	Theory-8 Hrs Practical-8 Hrs Total- 16 Hrs		Class Room and workshop

		Activity: <ul style="list-style-type: none"> • Provide first aid to a machine operator in case when needle is passes through his finger during stitching • Conduct firefighting mock drill in case your work station has caught fire 			
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Module H: Develop Entrepreneurial Skills Using Social Media

Objective: This module covers the knowledge and skills required to develop a business plan, collect information regarding funding sources, develop a marketing plan and develop basic business communication skills. Your underpinning knowledge regarding entrepreneurial skills will be enough to provide you the basis for your work.

Duration Hours:50

Theory Hours:20

Practice Hours: 30

Learning Unit	Learning Outcomes	Learning Elements	Duration	Materials Required	Learning Place
LU1. Make Business Plan	<p>Trainee will be able to:</p> <ul style="list-style-type: none"> • Conduct market survey to collect following information <ul style="list-style-type: none"> ○ Customer /demand ○ Tools, equipment and machinery with rates ○ Raw material ○ Supplier ○ Credit / funding sources ○ Marketing strategy ○ Market trends ○ Overall expenses ○ Profit margin • Compile information collected through market survey, in business plan format 	<ul style="list-style-type: none"> • Specific business terms used in the industry • Market survey and its tools e.g., questionnaire, interview, observation etc. • Main elements of business plan • Enlist the available funding sources <p>Activity:</p> <ul style="list-style-type: none"> • Develop 3 different business plans for same newly 	<p>Theory-4 Hrs. Practical-6 Hrs. Total- 10 Hrs.</p>	<p>Consumables:</p> <ul style="list-style-type: none"> • Pencil • Notebook • Erasers • Ruler • Sharpener <p>Non consumables:</p> <ul style="list-style-type: none"> • White board • White board marker • Tables • Chairs 	Class Room and available Computer Lab

		developed kitchen item/product			
LU2. Create a Facebook account and Page Basic Configuration	Trainee will be able to: <ul style="list-style-type: none"> • Fill up the signup form and submit to complete the profile account • Create a page using a prescribed process according to the procedure • Select Page Category according to your job/ service • Write the Page Name and description to meet job description/services • Upload profile image, cover image, and submit profile 	<ul style="list-style-type: none"> • Types of accounts in Facebook • Uses of business account • Use of Page category • Identifying target audience Activity: <ul style="list-style-type: none"> • Design basic social media post for selected product. 	Theory-4 Hrs. Practical-6 Hrs. Total- 10 Hrs.	Consumables: <ul style="list-style-type: none"> • Pencil • Notebook • Erasers • Ruler • Sharpener • White board marker Non consumables: <ul style="list-style-type: none"> • White board • Internet • Tablets/sm art phones • Tables • Chairs 	Class Room and available Computer Lab
LU3. Manage Facebook posts and page settings.	Trainee will be able to <ul style="list-style-type: none"> • Create & publish Facebook Page Posts using meta business suite 	<ul style="list-style-type: none"> • Explain the basics of Facebook page posting with URL and mobile app 	Theory-4 Hrs. Practical-6 Hrs. Total- 10 Hrs.	Consumables: <ul style="list-style-type: none"> • Pencil • Notebook • Erasers • Ruler 	Class Room and available Computer Lab

	<ul style="list-style-type: none"> • Edit Facebook Page Post • Delete Facebook Page Post • Demonstrate the functions of Like, Post Comment & Share Facebook Page Post • Set Facebook page visibility • Set Facebook page post and story sharing controls • Set Facebook page country and age restrictions 	<ul style="list-style-type: none"> • Explain the basic types of Facebook posting • Explain the basic Facebook page editing with profile/cover image and page visibility • Explain the basic Facebook setting <p>Activity:</p> <ul style="list-style-type: none"> • Demonstrate about readily available types of Facebook page post at page wall, Edit and delete Facebook page post 		<ul style="list-style-type: none"> • Sharpener • White board marker <p>Non consumables:</p> <ul style="list-style-type: none"> • White board • Tables • Chairs • Internet • Tablets/sm art phones 	
LU4. Create an Instagram account	<ul style="list-style-type: none"> • Open Instagram signup page • Fill up the signup form and submit • Configure the account setting • Select account category 	<ul style="list-style-type: none"> • Sign up on the Instagram page • Fill up the signup form and submit • Configure the account setting • Select account category 	<p>Theory-4 Hrs.</p> <p>Practical-6 Hrs.</p> <p>Total- 10 Hrs.</p>	<p>Consumables:</p> <ul style="list-style-type: none"> • Pencil • Notebook • Erasers • Ruler • Sharpener • White board marker 	Class Room and available Computer Lab

	<ul style="list-style-type: none"> • Write page name, and description • Upload profile image and submit 	<ul style="list-style-type: none"> • Write page name, and description • Upload profile image and submit <p>Activity:</p> <ul style="list-style-type: none"> • Create single image and multiple image Instagram post • Compose a description on the Instagram post, Edit and delete the Instagram post 		<p>Non consumables:</p> <ul style="list-style-type: none"> • White board • Tables • Chairs • Internet • Tablets/sm art phones 	
LU5. Manage Instagram Posts	<ul style="list-style-type: none"> • Publish post • Edit Instagram post • Delete Instagram Post 	<ul style="list-style-type: none"> • Demonstrate basic posting standards of Instagram post from URL and mobile app • Create single image and multiple image Instagram post • Compose description on the Instagram post • Edit and delete the Instagram post 	<p>Theory-4 Hrs. Practical-6 Hrs. Total- 10 Hrs.</p>	<p>Consumables:</p> <ul style="list-style-type: none"> • Pencil • Notebook • Erasers • Ruler • Sharpener <p>Non consumables:</p> <ul style="list-style-type: none"> • White board 	Class Room and available Computer Lab

		<ul style="list-style-type: none"> • Explain the basics of tweeting (post) with URL and mobile app • Describe the basic types tweet (text, image, links) explain Retweet and Retweet with comment <p>Activity:</p> <ul style="list-style-type: none"> • generate an Instagram post from your Instagram account 		<ul style="list-style-type: none"> • White board marker • Tables • Chairs • Internet • Tablets/sm art phones 	
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Module I: Soft Skills

Duration Hours:30

Theory Hours:15

Practice Hours: 15

Annexure of soft skill is attached.