

18

SYLLABUS FOR **DRESS MAKING**

UNDER
CRAFTSMEN TRAINING SCHEME
&
APPRENTICESHIP TRAINING SCHEME

As approved by
GOVERNMENT OF INDIA

In consultation with
THE NATIONAL COUNCIL FOR
VOCATIONAL TRAINING
&
CENTRAL APPRENTICESHIP COUNCIL

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SALT LAKE CITY, CALCUTTA**

- | | | | |
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Fashion Design Dept., NIFT | : | Member |
| 3. | Mrs. D. Jana, Faculty (GMI), NIFT | : | Member |
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Fashion Designer, EKTA Buitique, Kolkata | : | Member |
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| 13. | Mr. T. R. Sarkar
STA, RDAT, Kolkata. | : | Member |
| 14. | Mr. P. K. Dhar
Instructor, ITI, Howrah Homes | : | Member |

**SYLLABUS OF THE TRADE "DRESS MAKING"
UNDER CRAFTSMEN TRAINING SCHEME & APPRENTICESHIP
TRAINING SCHEME**

General Information

1. Name of the trade : Dress Making
2. N.C.O. Code No : 791.20
3. Entry Qualification : Passed 10th class examination of 10 + 2 system or its equivalent
4. Duration :
 - (a) C.T.S. : 1 Year
 - (b) A.T.S. : Two year including One year Basic Training
5. Rebate to ex-ITI Trainees : 1 year for ITI passed trainees in the trade of Dress Making or Cutting & Tailoring
6. Ratio of Apprentice to workers : 1 : 7

Objective of course

The objective of the course is to impart necessary knowledge and skill to the trainees in the trade of Dress Making, so that they become employable as stitching machine operators or cutters or pattern making helper in the Garment Making Industry or Training Establishment or set up down cutting/tailoring shops.

Modular Breakup of Course

The course is broadly divided into two modules.

I. Stitching

II. Drafting

The module I is further divided into three sub modules :

(a) Basic Stitching

(b) Cutting, Stitching and Finishing of Garments

(c) Project

The training shall consist of theory and practical in both modules/sub-modules. In addition, the subject of social studies shall be taught as per syllabus common for all trades.

Trainees Exit Level

On completion of training, the trainees are expected to be able to :

- (d) Handle measuring, drafting, cutting and pressing tools & equipment.

COURSE SCHEDULING

Hours per week*

Week No.	Module	Theory	Practical
01 to 02	Admission/Orientation		
03 to 08	I. (a) Basic Stitching	8	25
	Social Studies	1	---
09 to 44	I. (b) Cutting, Stitching & Finishing of Garments	2	25
	II. Drafting	1	05
45 to 50	I. (c) Project	---	34
	Social Studies	1	
51 to 52	Revision & Examination		

* After taking into consideration the holidays, teacher's leave and other unforeseen events. (net 35 hours/week as against total 40 hours/week on an average)

MM-200

Sl No.	Subject	Exam. Marks	Sessional Marks	Total	Duration of Exam.
1.	Trade Theory (Module No. I, II, III)	30	---	30	3 Hrs.
2.	Practical: (a) Machine Emb. (b) Hand Emb.	50 50	---	100	6 Hrs.
3.	Social Studies	50	---	50	2 Hrs.
4.	Session	---	20	20	
	Total	180	20	200	

Note: For pass a candidate must secure minimum 40% marks in theory, 35% marks in social studies & 60% marks in practical for final & sessional exam. Separately.

MODULE I-STITCHING

I. (a) BASIC STITCHING

THEORY

1. Introduction

Dress Making Trade - Prospects of employment. Importance of Dress. History of dress from ancient age to modern age.

button hole and overlock etc. Hand operated, Treadle operated and motorised sewing machine use and care of above machines. Main parts and their function, special attachment sets and their uses, common machine faults & their remedies.

4. **Sewing Threads and needles**

Different types of sewing threads - their use according to materials and sewing needle. Different grades of sewing needle.

5. **Fibres and Fabrics**

Fibres - their classification, characteristics & identification. Different fabrics used for dress making including lining, interfacing & stiffening. Nature of different fabrics, weaves, texture, colour fastness, durability, etc. Shrinking treatment for different fabrics (cotton, woollen, silk and blended).

Learn the nature of different fabrics, weave, texture and show threads of cotton, woollen, & silk fibre by enlarging their sizes on computer.

6. **Trimming Materials**

Different fasteners used in dress making trade. Hooks, eye, zips, buckles, buttons, elastics etc. their materials, sizes & specifications.

7. **Basic Stitches & Seams**

Correct sitting posture while stitching by hand and machine. Definition of stitch. Basic stitches. Application of decorative stitches. Plain and other seams. Disposal of fullness through pleats, darts, tucks, smoking, shirring etc. Different types of button holes.

8. **Components** – Feature and different types of Darts, Pleats, Tucks, Placket.

9. **Sleeve, pockets, cuffs, Bias & collars.**

PRACTICAL

1. **Familiarisation with Dummy and handling of measuring, pinning, marking, drafting, pattern making, cutting tools.**

2. **Introduction to sewing machine**

Safety regulation of Industrial equipment.

- (i) Power machine
- (ii) Treadle machine
- (iii) Pressing equipment
- (iv) Hand tools

3. **Operating the power machine**

- (i) Power and speed control
- (ii) Practice on paper
- (iii) Threading of machine
- (iv) Minor mechanical adjustment
- (v) Stitching technique including stitching posture while working on sewing machine including hand and foot co-ordination

5. **Types of Seam**

- (i) Plain seam (super imposed seam)
- (ii) Pinked seam
- (iii) French seam
- (iv) Bias bound seam
- (v) Hong Kong seam
- (vi) Flat and fell seam

6. **Corner Making**

Practice of corners - turned, trimmed, binded.

7. **Edge Binding**

- (i) Cutting bias strips and joining
- (ii) Practice of binding edges - straight, round, corner, shaped, scallops.

8. **Button holes**

- (i) Making of button holes worked button holes for shirts & pants
- (ii) Bound button holes - one piece, two piece.

9. **Types of placket (Front)**

- (i) Regular placket
- (ii) Top stitch with edge stitch placket
- (iii) Top stitched with one leg of pressure foot distance placket.
- (iv) Concealed placket
- (v) Kurta placket

10. **Types of sleeve placket**

- (i) Faced placket
- (ii) Continuous placket
- (iii) Standard placket
- (iv) Diamond placket

11. **Types of Pockets**

- (i) Patch pocket
- (ii) Patch with lining/flap welt pocket
- (iii) Single lip pocket
- (iv) Double lip pocket
- (v) Slant pocket
- (vi) Set in seam pocket
- (vii) Welt pocket

12. **Shoulder alignment**

- (i) Patch
- (ii) Concealed

13. **Mounting of sleeves**

- (i) Set in sleeve
- (ii) Sleeve with bias finished at bottom, puff sleeve etc.

- (ii) Convertible collar
- (iii) Tie collar
- (iv) Shawl collar
- (v) Roll collar
- (vi) Notch collar
- (vii) Rover collar

16. Types of pleat

- (i) Inverted pleat
- (ii) Box pleat
- (iii) Stitched pleat
- (iv) Side pleat
- (v) Kik pleat

17. Zip Application

- (i) Fly zip
- (ii) Kissing zip
- (iii) Invisible zip
- (iv) Lapped zip

18. Types of facings

- (i) Facing with shape
- (ii) Facing with bias trip
- (iii) Continuous facing

19. Shaping devices

Dart, tucks, gathers, herring, smoking, t y comb.

20. Waist Band finishing

One piece, two piece, tailored waist band.

21. Elastic application

22. Ham finishing

23. Introduction of advanced sewing machine

- (i) Button sewing machine
- (ii) Button hole stitching machine/over lock machine

Note : (1) Each trainee shall prepare a catalogue in respect of exercise numbers (5) to (22) such catalogue shall consist of samples along with their Practical Applications. Two meters of cloth along with accessories may be required By each trainee to prepare the samples.

(2) Each trainee shall prepare two utility articles (for example : hand bags, apron, cushion covers, curtains etc.) to apply the practical skills acquired in this module.

I (b) CUTTING, STITCHING AND FINISHING OF GARMENTS

THEORY

Necessity and characteristic of design in dress. Significant of each colour, choice with designs, time, colour, person, atmosphere and occasion, colour of fashion.

2. Methods of handling different fabrics

Precautions while handling. Handling techniques for different fabrics in cutting, stitching and pressing according to texture (cotton, woollen, silk, one way one side fabrics) – according to design (floral prints, checks, strips etc.)

3. Finishing and pressing of garments

Correct method of pressing different garments according to fabric and folding of garments. Precautions while pressing and finishing.

4. Fitting of Garments

Principles of fitting. Common fitting problems and how to remedy them, causes of para fitting.

5. Estimates of material

Calculation of fabric and garniture for different garments according to size, style and features of garments and according to width and design of fabrics. Prepare the estimate of material on computer.

6. Removing of stain

Classification of stains. Means of stain removing and stain removing equipment.

7. Mending

Patching and darning principles and precautions. Use of package of mending, patching and darning on computer.

8. Renovation and remodelling of garments.

9. Drawing and Colouring

- (a) Types of characteristic of lines
- (b) Types of forms and its application
- (c) Kinds of design
- (d) Principles of making the design
- (e) Colour – its types and characteristics
- (f) Kinds of colour scheme.

PRACTICAL

Operations

1. Layout and cutting of cloth by use of paper patterns.
2. Cutting of cloth by direct drafting.
3. Drafting – drafting is being done on Milton cloth on computer.
4. After drafting, prepare the estimate of cloth through computer.
5. Practice of different types of seams and stitches on computer.
6. Stitching of components and assembling (using motorised sewing

- (b) Trial of Garments
- (c) Making of alteration
- 10. Drawing & Colouring
 - (a) Lines form and Sketches
 - (b) Drawing of design with pencil
 - (c) Lettering and monogram
 - (d) Geometrical Drawing
 - (e) Drawing and painting of different types of design
 - (f) Drawing tools and equipment
- 11. Practice on Hand stitches
Used in tailoring such as basting, running, over casting, half back stitch, herring bone stitch, padding or quilting, Fine stitch, marking, tacking etc.

Garments

Following garments are suggested to be prepared during this sub modules.

1. Zabla
2. Petticoat (4/6 panels)
3. Janghia
4. Simple Pyjama
5. Pant cut pyjama
6. Aligarhi pyjama
7. Churidar pyjama
8. Yock Frock
9. Simple Frock
10. Smocking Frock
11. Baba
12. Pantisleeve sweater suit
13. Boy's night suit
14. Skirts and tops
15. Blouse (plain and choli-cut) with different types of neck and sleeves according to fashion.
16. Ladies suit (simple)
17. Nighty
18. Bengali kurtha
19. Kalidar kurtha
20. Gents shirt (full open)
21. Gent's night suit
22. Knickers
23. Trousers

I. (c) PROJECT

Preferably the garments produced as a part of project work shall be undertaken on job order basis from local market, industry.

1. Designer Frock
2. Skirts and Tops
3. Blouse
4. Ladies Suit
5. Nighty
6. Bengali Kurta
7. Kalidar Kurta
8. Gent's shirt
9. Knickers
10. Trousers

Items shown at Sl. No. 2 and 4 i.e., Skirts and Tops and Ladies Suit will be treated as a set of lower body and upper body garments.

- (2) 3 to 4 visits to the local industries may also be arranged during the project to express the trainees to the actual working of a garment manufacturing industrial unit.

MODULE II-DRAFTING THEORY

1. Human Figures

- (a) Joints and muscles and their effects on garments.
- (b) Male and female figure, features, differences and their effect on drafting.
- (c) Normal and abnormal figures i.e., erect, stooping, semi-corpulent, corpulent, over corpulent, hunch back, prominent chest, pigeon chest, square shoulder, stooping shoulder etc.
- (d) Importance of core set, use of belt to current figure and changing in proper ratio with this method.
- (e) Show the different types of male and female figure - erect, stooping, corpulent, hunch back etc. on computer.

2. Measuring Techniques

Importance of taking measurements. Correct method of taking and recording measurement for women, abnormal figures and old garments.

3. Paper Patterns

Purpose of making paper pattern and its gradation. Principles and Techniques of making of proper patterns and their uses in dress making and cutting. Layout of paper patterns.

4. Adjustment of cutting method for individuals

- (a) Alteration of paper patterns in respect of individual figure height and girth proportion/disproportion, normal/abnormal/development, body constitution lines and fitting

Principle of making draft on fabrics. Matching fabrics of specific and different characteristics.

PRACTICAL

1. Practice of taking of measurements
2. Drafting of garments on reduced scale
3. Drafting of garments on Milton cloth on full scale
4. Drafting of garments on paper on full scale and cutting of paper patterns.

NOTE : The above exercises shall be carried out on garments listed in module 1. (b)

LIST OF TOOLS AND EQUIPMENT FOR THE TRADE OF "DRESS MAKING" UNDER CRAFTSMEN TRAINING SCHEME FOR A BATCH OF 16 TRAINEES

Sl. No.	Name and description of articles	Quantity (Number)
(A) Hand Tools		
1	Scissors 25 cm	17
2	Tailors Square – wooden/plastic	17
3	Leg shaper wooden/plastic	17
4	Cloth brush	17
5	Measuring wheel	1
6	Measuring tape 150 cm	16
7	Thread Ripper	16
8	Thimbles	16
9	Tailor's card triangle	16
10	Tailor's Art Curve – Wooden/Plastic	16
11	French curve set of 3 (Plastic)	16

Note : (1) The quantities of hand tools may be suitably increased as per the number of supernumeraries admitted in a unit in the institution.

(2) One No. each of item Nos. 5 to 11 in respect of trainees actually completing the course of one year duration may be treated as consumables.

Sl. No.	Name and description of articles	Quantity (Number)
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(B) SHOP TOOLS, EQUIPMENT, MACHINERY AND FURNITURE

12	Commercial type sewing machine with treadle and motor mounted suitably on a table having a drawer	20
13	Fashion maker machine	02
14	Over lock machine – single needle 3 thread	02
15	Button hole machine	

	(k) Ruffler attachment	
	(l) Suam Gauge	
17	Stools with adjustable height stool frame and added seat (One for each machine)	16
18	Button hole Scissors	05
19	Sinking Scissors	05
20	Left Handed Scissors 25 cm	04
21	Shear 30 cm	02
22	Table sharpner	02
23	Gun Tape Dispenser	01
24	Steel frame pressing table 150 cm × 90 cm × 90 cm	04
25	Blanket of size 5' × 8' for padding as pressing table	04
26	Rubber mat 30 cm × 125 cm	04
27	Sprayer	04
28	Electric press (ordinary)	04
29	Electric steam press	02
30	Electric Automatic press	02
31	Duplex Board	04
32	Miltton Cloth double width × 2 mts.	08
33	Waste paper basket – Tin/Plastic	08
34	Steel Frame drafting table with sun mica top 150 cm × 80 cm × 90 cm	08
35	Pattern Punch	02
36	Pattern Notcher	02
37	Pattern Hanging Hooks	72
38	Pattern Hanging Angle steel	02
39	Water tub 60 cm dia for sinking	01
40	Stand wooden T shaped for hanging dress	04
41	Hangers steel/Wooden	20
42	Glass covered show case size 120 cm × 60 cm for hanging dresses	02
43	Dummies Gent's	02
44	Dummies Ladies	02
45	Dummies Children	02
46	Trial room with 3 mirrors of size 150 cm × 60 cm each with arrangement for hanging dress	01
47	Steel table of size 120 cm × 75 cm × 75 cm with sun mica top and 3 drawers	01
48	Steel chair with arm	02
49	Steel almirah size 195 cm × 90 cm × 60 cm with 5	

Sl. No.	Name and description of articles	Quantity (Number)
52	Locks for above	24
53	Wall Clock	01
54	Black board (fixed on wall) size 120 cm × 120cm	01
55	Overhead projector with trolley and screen	01
56	Latest P.C. Pentium with multimedia and software like photoshop, fashion studio and other software	01

Note: Item no. 55 (O. H. P.) to be shared between 3 to 4 units of same/ different trades.

SYLLABUS FOR THE TRADE DRESS MAKING UNDER APPRENTICESHIP TRAINING SCHEME

Period of Training : 2 Years

The period of training for this trade is two years consisting of:

Basic Training + Related Instructions : One year (First Year)

Shop Floor Training + Related Instructions : One Year (Second Year)

Note :

1. All freshers should undergo one year basic training followed by one year training on the shop floor. The apprentices should have more practice on the shop floor on those operations /skills which have already been learnt during basic training.
2. The Ex-Industrial Training Institute trainees i.e. those who, after completion of one year training in ITI would be engaged for undergoing Apprenticeship Training for the remaining period of one year in this trade, should learn the remaining operation/skills if any on the shop floor during Apprenticeship to develop his method of work, speed, accuracy and finishing which would normally consist of operations/skills already learnt by him earlier

FIRST YEAR BASIC TRAINING

The content of the syllabus both practical and theory for the apprentices during first year is same as the content of the course for the ITI training in the trade.

SECOND YEAR

General Safety factor regarding fire etc.

SHOP FLOOR TRAINING (PRACTICAL)

1. Correct handling

3. Identification of different types of fabrics and correct handling of the sewing machine.
4. Pressing (use of heat, damp and special equipment e.g., pin cushion, etc.)
5. Threading of and tension adjustment of sewing machines.
6. Making of stitches e.g., basting, Run stitch, diagonal cross, fine etc. Making different kind of seams, pleats, darts, tucks. Making different smoking and worked and bound button holes.
7. Making of tailored trimming e.g., Flower, applique, quilting, smocked piece, cords etc.
8. Making of saree petticoat- (4 and 6 panels). Main skills involved : Panels joining, placket, waist and a hem.
9. Making a saree blouses of different style. Main skills involved : Fixing of placket different neck finishes e.g., false hem, binding, facing, collar etc., fixing of fashion belt, choli pieces etc.
10. Making of Boy's shirts (half and full sleeves, half and full open). Main skill involved : making fixing different types collar, cuffs, yokes, pockets etc.
11. Making of Boy's shorts. Main skill involved : Different top finishing e.g., Belted and one piece, different types of pockets e.g., set in seam breaches, slant, cut pockets with bone and welt. Fly making, seat seam finishing etc.

NOTE : On the completion of the basic Skills involved in the above mentioned garments the following items may be manufactured to reinforce the acquired skills. Items should be chosen from each group.

- (a) Skirts, Salwar suits, Nighty
- (b) Frock, Combination suit (Baba Suit)
- (c) Bushirt, Full shirt, T-Shirt, Kurta (kalisar), Pajama and Churidar pajama
- (d) Trouser, night suit (Gents), Boll suit.

RELATED THEORY

Measuring, Drafting Cutting and pressing, tools and equipment (identify and use and maintain)

Different type of sewing machine i.e., Single needle, double needle button holder and tacker, over lock etc. uses and care these machines (including oiling /cleaning) Main parts and their function. Minor adjustment while operating sewing machine special attachments and their uses.

Different fastener used in dress making trade, various part of hook, zips buckles buttons.

Stitches for making and decoration of dress, seams, pleats, darts, tucks, smocking, sheering and different type of button holes.

Different figure *i.e.*, erect stooping, semi-corpulent, hunchback, prominent chest, pigeon hunchback, prominent chest, pigeon chest, square shoulder and stooping etc.

Correct method of taking measurements for normal and abnormal figures and how to record them.

According to garments for male, female and children, according to purpose of use and suitable trimmings.

Purpose of making paper pattern. Principles and techniques of making of paper pattern and uses in dress and cutting *i.e.*, lay out etc.

Precaution and handling techniques of different fabrics cotton, artificial fur and pile, woolen, printed in cutting, stitching, ironing and pressing.

Trade terms used as applied in cutting room. pattern and drafting and stitching garments.

Alteration of paper pattern in respect of individual figure, height and girth proportion/disproportion normal/abnormal/development average shape, construction lines and fitting.

Checking, strain removing, lacking etc., correct method of pressing, different garments according to fabric and folding of garment.

Method of fitting on dummy or person, observation and remarking calculation in accordance to size and width of fabrics.

Appraisal in production and marketing.

NOTE: In addition to the above operations/skills the apprentices should also have more practice on the shop floor on those operations/skills which already learnt during first year training.

NOTE: Subject of Social Studies being common for all Trade is not incorporated in this syllabus.