

**SYLLABUS OF SEMESTER SYSTEM
FOR THE TRADE OF**

Dress Making

Under

**Craftsmen Training Scheme (CTS)
(One year/Two Semesters)**

**Redesigned in
2014**

By
**Government of India
Ministry of Labour & Employment (DGE&T)**

GENERAL INFORMATION

1. **Name of the Trade** : **Dress Making**
2. **NCO Code** :
3. **Duration of craftsmen Training** : One year (2 Semesters)
4. **Entry Qualification** : Passed 10th class Under 10+2
System of examination
5. **Unit Strength** : 16 trainees
6. **Space Norms** : 64 sq m (4 Sq.m/trainee)
7. **Power Norms** : 05 kw
8. **Instructor's Qualification** : i. NTC/NAC in dress making with three
years Experience in relevant field

Or
ii. Diploma in Dress Making /
Garment fabricating technology /
costume designing from AICTE
With Two years' Experience in relevant field
Or
iii. Degree in Fashion& apparel Technology
With one year experience in relevant
field
9. **Desirable Qualification** : Preference will be given to a candidate
With Craft Instructors Training certificate (CITS) in
Dress Making

Note: Out of two instructors required for the unit 1+1, one must have Degree/Diploma & other must have NTC/NAC qualification

OBJECTIVE OF THE COURSE :

To create skilled work force for Self Employment/Working in garment manufacturing Industry as –

- **Boutique/ Domestic Brands**
- **Designer to a Boutique**
- **Stylist in Boutique**
- **Consultant to a Boutique**
- **Be-Spoke designer**
- **Design Assistant in Export Units**
- **Design services in e -tailing**
- **Assistant Production Merchandiser**

Syllabus for the trade of **“Dress Making”** under craftsmen training scheme

First Semester (Common for Sewing Technology & Dress Designing)

Semester code no. : sewing tech. - 01

Duration : Six months

| Week No. | Trade Practical | Trade Theory |
|-----------------|---|---|
| 1. | Familiarization with the Institute. | Introduction <ul style="list-style-type: none"> • Trade • Job Prospects • Safety precautions • First Aid |
| 2. | Familiarization & handling of tools. Safety Precautions while handling the tools. | Basic Industrial Terminology Trade related Tools, their importance, usage and safety <ul style="list-style-type: none"> • Measuring Tools • Drafting Tools • Marking Tools • Cutting Tools • Sewing Tools • Finishing Tools |
| 3. | <ul style="list-style-type: none"> • Identification of fabrics and texture • Handling of Fabrics • Making weave samples | Fabric Fundamentals <ul style="list-style-type: none"> • Brief idea about fibers • Types of Fabrics • Selection of Needle and thread according to fabric types • Needle Break Policy Fabric Preparation for cutting <ul style="list-style-type: none"> • Fabric Grain • Selvedge • Shrinkage • Straightening the fabric Grains Measurements <ul style="list-style-type: none"> • Units • Measuring Techniques |
| 4. | Practice on Industrial Single needle lock stitch Sewing Machine <ul style="list-style-type: none"> • Sitting posture – Eye, Hand & Foot co- ordination • Speed Control • Practice on paper • Threading of machine • Bobbin winding & loading • Practice on fabric | Basic Sewing Machine <ul style="list-style-type: none"> • Parts and functions • Machine needle • Stitch formation • Sewing machine practice • Care and maintenance • Trouble Shooting • Types of Industrial Sewing Machine |
| 5. | Running on | Over lock machine |

| | | |
|-----------|---|---|
| | <ul style="list-style-type: none"> • Straight lines • Square • Zig zag lines • Circle • Semi circle • Spiral Practice on Over lock machine <ul style="list-style-type: none"> • Threading • Running • Minor adjustments | <ul style="list-style-type: none"> • Parts and functions • Machine practice • Care and maintenance • Trouble Shooting Basic Garment Analysis |
| 6. | Practice of making Seams <ul style="list-style-type: none"> • Plain Seam (Straight & Curved) with seam finishes • Self Enclosed seams • Top stitched seams • Corded Seam • Decorative seams Practicing with Sewing Aids | Seams <ul style="list-style-type: none"> • Classification • Uses • Properties of Seams • Seam finishes Sewing Aids <ul style="list-style-type: none"> • Presser foots • Folders • Guides |
| 7. | Making Samples of <ul style="list-style-type: none"> • Darts • Pleats | Introducing Fullness <ul style="list-style-type: none"> • Darts – Necessity, type & precautions during stitching • Pleats – Necessity, type & uses |
| 8. | Making Samples of <ul style="list-style-type: none"> • Tucks • Gathers and Shirrs • Frills | Introducing Fullness <ul style="list-style-type: none"> • Tucks – Types & use • Gathering and Shirring • Flare • Ruffles/Frills – Types (Straight & Circular) & uses |
| 9. & 10. | Practice of Hand stitches & Making Samples of them | Hand stitches <ul style="list-style-type: none"> • Hand needles – Size & types • Sewing Thread • Types & Applications of hand stitches |
| 11. | Making samples of <ul style="list-style-type: none"> • Faced Hem • Edge stitched hem • Double stitched hem • Band hem • Ease in a hem • Mitered hem Practice of the corner makings <ul style="list-style-type: none"> • Self turned • With additional strip | Hems <ul style="list-style-type: none"> • Types • Uses Corner Makings <ul style="list-style-type: none"> • Types • Uses |
| 12. & 13. | Making samples of <ul style="list-style-type: none"> • Casing with Drawstring • Casing with elastic | Casing <ul style="list-style-type: none"> • Introduction • use |

| | | |
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| | <ul style="list-style-type: none"> • Casing with heading • Inside applied casing • Outside applied casing <p>Making samples of edge finishing</p> <ul style="list-style-type: none"> • Bias facing • Combination shaped facing • Outside facing • Self facing • Shaped facing • Binding • Piping | <p>Edge Finishing</p> <ul style="list-style-type: none"> • Facings • Bindings • Piping |
| 14. | Making samples of different shaped necklines | <p>Necklines</p> <ul style="list-style-type: none"> • Different shapes of neckline |
| 15. | <p>Samples of making samples of Plackets</p> <ul style="list-style-type: none"> • Faced Placket • Continuous Placket • One Piece Placket • Two Piece Placket • Two piece Placket with pleat • Zippered Placket <ul style="list-style-type: none"> ○ Lapped ○ Fly Front ○ Open End ○ Invisible ○ Visible | <p>Plackets</p> <ul style="list-style-type: none"> • Types • Sample makings |
| 16. | <p>Samples of making different Pockets</p> <ul style="list-style-type: none"> • Patch • Inseam • Cut/slash | <p>Pockets</p> <ul style="list-style-type: none"> • Types • Design variations |
| 17. | Samples of making Collars | <p>Collars</p> <ul style="list-style-type: none"> • Classification • Collar terms |
| 18. | Samples of making Sleeves | <p>Sleeves</p> <ul style="list-style-type: none"> • Classification • Sleeve length variation • Sample making of Sleeves with and without cuff. |
| 19. | <p>Practice of fixing fasteners as Buttons, Hooks, Eyes, Press Studs</p> <p>Practice of making Button holes by Hand</p> <p>Practicing Darning and Patching</p> | <p>Trimmings</p> <ul style="list-style-type: none"> • Types • Applications • Fixing of Buttons, hooks etc. • Making of Buttonhole <p>Mending</p> <ul style="list-style-type: none"> • Darning • Patching |
| 20. | Stitching of Ladies suit | Drafting & developing Pattern for Ladies suit |

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| 21. & 22. | Industrial Training (2 weeks). |
| 23. | Project Work Prepare Minimum three Basic Dresses using the skills learned like Apron, Baby set, A-Line Frock etc. |
| 24& 25. | Employability skill |
| 26. | Examination |

Syllabus for the trade of “**Dress Designing**” under craftsmen training scheme

Second Semester

Semester code no. : DD - 02

Duration: Six months

| Week No. | Trade Practical | Trade Theory |
|----------|---|---|
| 1. | <ul style="list-style-type: none"> Revision of work done in Semester I Practice of taking Body Measurements | <p>Human Figures</p> <ul style="list-style-type: none"> Eight Head Theory Brief introduction about Joints and Muscles Types of Figures <p>Body Measurements</p> <ul style="list-style-type: none"> Importance Types & Measuring Techniques Precautions Size Charts (National & International) for Children, Ladies and Gent’s wear Importance of Size Charts |
| 2. | <ul style="list-style-type: none"> Practicing Different types of spreading using different types of fabrics Practicing different types of layout using the given patterns using | <p>Patterns</p> <ul style="list-style-type: none"> Importance Types <p>Spreading</p> <ul style="list-style-type: none"> Types of Spreading Methods Types of Lay <p>Pattern Layout</p> <ul style="list-style-type: none"> Importance Types of layout <p>Pattern Drafting</p> <ul style="list-style-type: none"> Drafting/Pattern Terminology Principles of Pattern drafting |
| 3. | <p>Kids wear</p> <p>Pattern Making using adaptation technique, Fabric Estimation, Cutting and Sewing of the garments for the following groups -</p> <ul style="list-style-type: none"> Children Teenager | <p>Drafting of Children’s Block Pattern Set (Bodice , Sleeve, Skirt and Trousers)</p> <p>Adaptation & Pattern Development</p> |
| 4. | | |
| 5. | | |

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| 6. | Draw different lines & develop designs with geometrical shapes & free hands Develop colour wheel & design with different colour schemes. | Drawing & Colouring <ul style="list-style-type: none"> • Type & characteristics of lines • Geometrical shapes & its application • Color, its type & application • Color Scheme |
| 7. | Sketching of <ul style="list-style-type: none"> • Indian Dresses • Western Dresses | Elements & Principles of Designs Brief Idea of Garment Sketching Design Development Market Survey Boutique Management |
| 8. | Drafting of Ladies' Block Pattern Set (Bodice , Sleeve, Skirt and Trousers) | Block Pattern <ul style="list-style-type: none"> • Introduction • Importance |
| 9. | Practice of developing dress Pattern from Draping Technique <ul style="list-style-type: none"> • Basic Bodies (Darts, Princess line) • Basic Skirt (Straight, Circular) | Draping <ul style="list-style-type: none"> • Introduction • Process • Importance |
| 10. | Dart Manipulation Collar Manipulation Sleeve Manipulation | Manipulation <ul style="list-style-type: none"> • Principles • Methods • Types |
| 11. | Practice on special industrial sewing machines – <ul style="list-style-type: none"> • Double Needle Machine • Button Hole Machine • Button Sewing Machine • Multi purpose Machine (Zig zag) | Mass Production Process – <ul style="list-style-type: none"> • Sequence of operations • Types of cutting machines • Fusing Technology • Types of Industrial Machines Used in sewing section • Finishing |
| 12. | Ladies wear | Designing, Sketching and drafting of the following garments <ul style="list-style-type: none"> • Ladies Dresses • Ladies Suits • Night wears • Blouses |
| 13. | Pattern Making using Draping/adaptation, | |
| 14. | Fabric Estimation, Cutting and Sewing of the following garments <ul style="list-style-type: none"> • Ladies Dress • Ladies Suits • Night wears • Blouses Pressing & Folding Checking the fitting of the garment | |
| 15. | Gents wear | Designing, Sketching and drafting of Ladies' Suit with variation of Angarkha, Flared, Yoked etc. |
| 16. | Pattern Making using adaptation, Fabric | |
| 17. | Estimation, Cutting and Sewing of the following garments <ul style="list-style-type: none"> • Shirts & Trousers Pressing & Folding Checking the fitting of the garment | |
| 18. | Pattern Grading of Gent's Shirt Pattern Grading of Gent's Trousers | Pattern Grading <ul style="list-style-type: none"> • Types |

| | | |
|-----|--|---|
| | | <ul style="list-style-type: none"> • Methods |
| 19. | Practice of developing designs with coral draw tools | Study on Coral Draw Software |
| 20. | | |
| 21. | <p>Methods of removing different kinds of stains in fabrics</p> <p>Checking of garments in respects of –</p> <ul style="list-style-type: none"> • Measurements • Stitching • Stains • Defects • Correcting measures | <p>Stains</p> <ul style="list-style-type: none"> • Classification • Removing techniques <p>Selection of dresses according to Occasion, occupation, Climate, Personality, Age & Sex.</p> <p>Quality aspects</p> <ul style="list-style-type: none"> • Definition • Factors affecting the Quality • Benefits of Quality Control • Indian and International Standard • Types of Inspection- • AQL |
| 22. | Making Marker on different Width, Texture & Design for Frocks, Blouses, Shirts, Trousers | <p>Marker</p> <ul style="list-style-type: none"> • Necessity • Types • Preparing markers according to the fabric designs |
| 23. | Industrial Training (2 Weeks) | |
| 24. | | |
| 25. | Choose any four garments mentioned above, design and develop in the form of stitched garment and present the same. | |
| 26. | Revision & Examination | |

TRADE : Dress Making

LIST OF TOOLS & EQUIPMENT

| Sl. No. | Name of the Article | Quantity (Number) |
|---|---|----------------------|
| A. TRAINEES' TOOL KIT FOR 16 TRAINEES + 1 Instructor | | |
| 1. | Measuring Tape 150 cm | 17 |
| 2. | Seam Ripper | 17 |
| 3. | Thimble | 17 |
| 4. | Tailor's Card Scale Triangular | 17 |
| 5. | Tailors Square – Plastic | 17 |
| 6. | French Curve Set of three | 17 sets |
| 7. | Thread Cutter | 17 |
| 8. | Scale plastic 24" | 17 |
| B. Drafting/Cutting /Sewing Room Tools & Equipment | | |
| 1. | Scissors 25 cm | 17 |
| 2. | Pinking Shears | 05 |
| 3. | Leg Shaper – Plastic | 17 |
| 4. | Garment Hangers | 17 |
| 5. | Screw Driver Set | 04 sets |
| 6. | Table Sharpener | 04 |
| 7. | Pressing Table | 05 |
| 8. | Blanket for padding of Pressing Table | 05 |
| 9. | Rubber mat (Size as per requirement) | 05 |
| 10. | Sprayer | 05 |
| 11. | Waste Bin Big / Small | 10 |
| 12. | Pattern Punch | 05 |
| 13. | Pattern Notcher | 05 |
| 14. | Pattern Hanging Stand | 04 |
| 15. | Water Tub 60 cm dia | 01 |
| 16. | Stand for hanging dresses | 05 |
| 17. | Trial room with 3 side mirrors of size 150 cm X 60 cm each with arrangements of hanging Dresses | 01 |
| 18. | Electric Automatic steam press | 05 |
| 19. | Sewing Machine – Single Needle Lock stitch Industrial model | 16 |
| 20. | Over Lock Machine 3 Thread | 01 |
| 21. | Zig Zag Multi Purpose Machine | 01 |
| 22. | Double Needle Machine | 01 |
| 23. | Button Hole machine | 01 |
| 24. | Button Sewing Machine | 01 |
| 25. | Machine attachments | As per requirem |

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| | | ent |
| 26. | Chairs with low back rest or stools for the machines | 16 |
| 27. | Drafting Table | 8 |
| 28. | Display Board Covered with glass or Acrylic Sheet 120 X 90 cm | 02 |
| 29. | Instructor Table | 01 |
| 30. | Instructor Chair | 02 |
| 31. | Steel Almirah 195 X 90 X 60 cm | 02 |
| 32. | Pigeon hole Almirah 10 lockers & separate locking arrangements for trainees | 02 |
| 33. | Locks for above pigeon hole | 16 |
| 34. | Wall Clock | 03 |
| 35. | Calculator Desk Type | 01 |
| 36. | White Board with accessories (size as per requirement) | 02 |
| 37. | Dummy Lady , men ,kid(different size) | 02 each |
| 38. | Computer system with latest configuration | 05 |
| 39. | Printer Color laser | 01 |
| 40. | Work station with chair | 05 |
| | C. Theory Room | |
| 41. | Single desks for trainees with arrangements of keeping Books etc. | 16 |
| 42. | Revolving Chairs without arms | 16 |
| 43. | Faculty Table & Chair set | 01 |
| 44. | Computer set with UPS & multimedia projector | 01 |
| 45. | White Magnetic Board with Felt board & accessories | 01 |
| 46. | Display Board | 02 |
| 47. | Storage Almirah | 01 |
| 48. | Book Shelf | 01 |
| 49. | A/C unit split type 2 TR capacity with Stabilizer | As per requirement |

Note:

- The quantity of hand Tools may be suitably increased as per the number of supernumeraries admitted in a unit.
- Trainees Tool kit may be treated as consumables in respect of trainees actually completing the course of one year (both the semesters) duration.

Note:

1. Due to the rapid changes in the technologies frequent Modernization of equipments and technologies is necessary.
2. Training Programme for Staff should be organized in the new fields added in the curriculum for the proper implementation of the same.
3. Experts from the Industry may be called for special lectures and demo's as and when required.

Trade testing and certification:

After Completion of the course a trainee will be awarded NCVT certificate of Dress Making under CTS .

Further Learning Pathways:

On successful completion of the course trainees can opt for -

- An additional NCVT certificate in the Sewing Technology by doing the second semester since the first semester is common with Dress Making.
- higher qualification under CITS.
- Following MES courses to improve their skill areas –
 - Apparel Production Supervisor
 - Fashion Accessories Designer
 - Apparel quality & compliance
 - Software application in Pattern Making
 - Export Merchandising