



COUNCIL OF HIGHER SECONDARY EDUCATION, ODISHA
C-2, Prajnapitha, Samantarapur, Bhubaneswar, 751013

Dressmaking

For
Class XI

DRESSMAKING
Job Role- Self-Made Tailor
Class XI
Paper 1
Theory & Practical

Paper I			Full Marks- 50		
Part	Unit & Topic		No. of Theory Classes	No. Of Practical Classes	Max Marks
Part A	Employability Skills				
	Unit 1	Communication Skill-III	08	15	10
	Unit 2	Self-Management Skill-III	05	15	
	Unit 3	Entrepreneur Skill-III	05	12	
		Total	18	39	10
Part B	Vocational Skill				
	Unit 1	Introduction to the subject of dressmaking	12	07	
	Unit 2	Introduction to fabrics	10	12	
	Unit 3	Introduction to sewing techniques	12	22	
	Unit 4	Introduction to the sewing machine (Manual & Machine)	12	14	
	Unit 5	Introduction to Fullness	03	14	
		Theory	54	69	40
Part C	Practical Work				
		Practical Examination		02	25
		Written test		02	10
		Viva Voce		02	05
		Total		06	40
Part D	Project Work/ Field Visit				
		Practical File/ Student Portfolio		02	05
		Viva Voce		02	05
		Total		04	10
		Grand Total	72	118	100

Aim of the subject:

1. To develop professional-level dressmaking skills in students suitable for tailoring units, fashion boutiques, and apparel production units.
2. To develop an understanding of garment approximation, and costing, and understand market trends to run their businesses.
3. To establish micro-enterprises or self-help groups (SHGs) for local production and sales of garments.
4. To explore employment opportunities in tailoring shops, export houses, fashion retail, and uniform manufacturing.

5. To adapt to digital tools, online selling platforms, and sustainable practices in the fashion and textile sector.

PAPER I (Theory & Practical)

Full Marks: 50

Part A: Employability Skill

Unit 1: Communication Skills - I

Theory	Practical
Demonstrate knowledge of communication <ul style="list-style-type: none"> ○ Introduction to communication ○ Importance of communication ○ Elements of communication ○ Perspectives in communication ○ Effective communication 	<ul style="list-style-type: none"> ○ Role-play on the communication process ○ Group discussion on the importance of communication and factors affecting perspectives in communication ○ Charts preparation on elements of communication ○ Classroom discussion on the 7Cs (i.e. Clear, Concise, Concrete, Correct, Coherent, Courteous and Complete) for effective communication
Demonstrate verbal communication <ul style="list-style-type: none"> ○ Verbal communication ○ Public Speaking 	<ul style="list-style-type: none"> ○ Role play of a phone conversation ○ Group activity on delivering a speech and practicing public speaking
Demonstrate non- verbal communication <ul style="list-style-type: none"> ○ Importance of non-verbal communication, ○ Types of non-verbal communication, ○ Visual communication 	<ul style="list-style-type: none"> ○ Role plays on non-verbal communication ○ Group exercise and discussion on Do's and Don'ts to avoid body language mistakes ○ Group activity on methods of communication
Demonstrate speech using correct Pronunciation <ul style="list-style-type: none"> ○ Pronunciation basics, ○ Speaking properly ○ Phonetics, ○ Types of sounds 	<ul style="list-style-type: none"> ○ Group activities on practicing pronunciation
Apply an assertive communication style <ul style="list-style-type: none"> ○ Important communication styles ○ Assertive communication ○ Advantages of assertive communication ○ Practicing assertive communication 	<ul style="list-style-type: none"> ○ Group discussion on communication styles ○ Group discussion on observing and sharing communication styles
Demonstrate the knowledge of saying no <ul style="list-style-type: none"> ○ Steps for saying "No" ○ Connecting words 	<ul style="list-style-type: none"> ○ Group discussion on how to say 'No'

Identify and use parts of speech in writing <ul style="list-style-type: none"> ○ Capitalisation ○ Punctuation ○ Basic parts of speech ○ Supporting parts of speech 	<ul style="list-style-type: none"> ○ Group activity on identifying parts of speech ○ Writing a paragraph with punctuation marks ○ Group activity on constructing sentences ○ Group activity on identifying parts of speech
Write correct sentences and paragraphs <ul style="list-style-type: none"> ○ Parts of a sentence ○ Types of object ○ Types of sentences ○ Paragraph 	<ul style="list-style-type: none"> ○ Activity on framing sentences ○ Activity on active and passive voice ○ Assignment on writing different types of sentences.
Communicate with people <ul style="list-style-type: none"> ○ Greetings ○ Introducing self and others 	<ul style="list-style-type: none"> ○ Role-play on formal and informal greetings ○ Role-play on introducing someone ○ Practice and group discussion on how to greet different people
Introduce yourself to others and write about oneself <ul style="list-style-type: none"> ○ Talking about self ○ Filling a form 	<ul style="list-style-type: none"> ○ Practicing self-introduction and filling up forms ○ Practicing self-introduction to others
Develop questioning skill <ul style="list-style-type: none"> ○ Main types of questions ○ Forming closed and open ended questions 	<ul style="list-style-type: none"> ○ Practice exercise on forming questions ○ Group activity on framing questions.
Communicate information about family to others <ul style="list-style-type: none"> ○ Names of relatives ○ Relations 	<ul style="list-style-type: none"> ○ Practice taking about family ○ Role play on talking about family members
Describe habits and routines <ul style="list-style-type: none"> ○ Concept of habits and routines 	<ul style="list-style-type: none"> ○ Group discussion on habits and routines ○ Group activity on describing routines
Ask or give direction to others <ul style="list-style-type: none"> ○ Asking for directions ○ Using landmarks 	<ul style="list-style-type: none"> ○ Role-play on asking and giving ○ directions ○ Identifying symbols used for giving directions

Unit 2: Self-Management Skills - I

Theory	Practical
Identify and analyse your strengths and weaknesses <ul style="list-style-type: none"> ○ Understanding self-techniques for identifying strengths and weaknesses ○ Difference between interests and abilities 	<ul style="list-style-type: none"> ○ Activity on writing aims in life ○ Prepare a worksheet on interests and abilities
Demonstrate personal grooming skills	<ul style="list-style-type: none"> ○ Role-play on dressing and grooming standards ○ Self-reflection activity on various aspects of

<ul style="list-style-type: none"> ○ Guidelines for dressing and grooming ○ Preparing a personal grooming checklist 	personal grooming
Maintain personal hygiene <ul style="list-style-type: none"> ○ Importance of personal hygiene ○ Three steps to personal hygiene ○ Essential steps of hand washing 	<ul style="list-style-type: none"> ○ Role-play on personal hygiene ○ Assignment on personal hygiene
Demonstrate the knowledge of working in a team and participating in group activities <ul style="list-style-type: none"> ○ Describe the benefits of teamwork ○ Working in a team 	<ul style="list-style-type: none"> ○ Assignment on working in a team, ○ Self-reflection on teamwork
Develop networking skills <ul style="list-style-type: none"> ○ Benefits of networking skills, ○ Steps to build networking skills 	<ul style="list-style-type: none"> ○ Group activity on networking in action ○ Assignment on networking skills
Describe the meaning and importance of self-motivation <ul style="list-style-type: none"> ○ Meaning of self-motivation, ○ Types of motivation, ○ Steps to building self-motivation 	<ul style="list-style-type: none"> ○ Activity on staying motivated ○ Assignment on reasons hindering motivation
Set goals <ul style="list-style-type: none"> ○ Meaning of goals and purpose of goal-setting ○ Setting SMART goals 	<ul style="list-style-type: none"> ○ Assignment on setting SMART goals ○ Activity on developing long- term and short-term goals using SMART method
Apply time management strategies and techniques <ul style="list-style-type: none"> ○ Meaning and importance of time management ○ Steps for effective time management 	<ul style="list-style-type: none"> ○ Preparing checklist of daily activities

Unit 3: Information and Communication Technology Skills - I

Theory	Practical
Create a document on the word processor <ul style="list-style-type: none"> ○ Introduction to ICT ○ Advantages of using a word processor ○ Work with Libre Office Writer 	<ul style="list-style-type: none"> ○ Demonstration and practice of the following: ○ Creating a new document ○ Typing text ○ Saving the text ○ Opening and saving files in Microsoft word/Libre Office Writer
Identify icons on the toolbar <ul style="list-style-type: none"> ○ Status bar ○ Menu bar ○ Icons on the Menu bar 	<ul style="list-style-type: none"> ○ Group activity on using basic user interface of LibreOffice writer ○ Group activity on working with Microsoft Word

<ul style="list-style-type: none"> ○ Multiple ways to perform a function 	
Save, close, open and print document <ul style="list-style-type: none"> ○ Save a document, ○ Close a document, ○ Open an existing document, ○ Print a document 	<ul style="list-style-type: none"> ○ Group activity on performing the functions for saving, closing and printing documents in LibreOffice Writer, ○ Group activity on performing the functions to save, close and print documents
Format text in a document <ul style="list-style-type: none"> ○ Change style and size of text ○ Align text ○ Cut, Copy, Paste ○ Find and replace 	<ul style="list-style-type: none"> ○ Group activity on formatting text in LibreOffice Writer, ○ Group activity on formatting text in Microsoft Word
Check spelling and grammar in a word document <ul style="list-style-type: none"> ○ Use of spell checker ○ Autocorrect 	<ul style="list-style-type: none"> ○ Group activity on checking spellings and grammar using LibreOffice Writer ○ Group activity on checking spellings and grammar using Microsoft Word
Insert lists, tables, pictures, and shapes in a word document <ul style="list-style-type: none"> ○ Insert bullet list ○ Number list ○ Tables ○ Pictures ○ Shapes 	<ul style="list-style-type: none"> ○ Practical exercise of inserting lists and tables using LibreOffice Writer
Insert header, footer and page number in a word document <ul style="list-style-type: none"> ○ Insert header ○ Insert footer ○ Insert page number ○ Page count 	<ul style="list-style-type: none"> ○ Practical exercise of inserting header, footer and page numbers in LibreOffice Writer ○ Practical exercise of inserting header, footer and page numbers in Microsoft Word
Make changes by using the track change options in a word document <ul style="list-style-type: none"> ○ Tracking option ○ Manage option ○ Compare documents 	<ul style="list-style-type: none"> ○ Group activity on performing track changes in LibreOffice Writer ○ Group activity on performing track changes in Microsoft Word

Part B- Vocational Skills

Unit I: Introduction to the subject of dressmaking (Theory) (12hrs)

- **Job Prospects**
 - Safety precautions, first Aid
- **Basic Industrial Terminology:**
 - Trade-related Tools: - their importance
 - Usage and safety
 - Measuring Tools
 - Drafting Tools
 - Marking Tools
 - Cutting Tools
 - Sewing Tools
 - Finishing Tools
- **Practical (7hrs)**
 - The Importance of Dressmaking (A Step-by-Step Journey to Garment Creation)
 - Familiarization & handling of tools.
 - Safety Precautions while handling the tools.

Unit II: Introduction to fabrics (Theory) (10hrs)

- **Fabric Fundamentals**
 - Brief idea about fibres
 - Types of Fabrics
 - Selection of Needle and thread according to fabric types
 - Needle Break Policy Fabric Preparation for cutting
 - Fabric Grain
 - Selvedge
 - Shrinkage
 - Straightening the fabric Grains
 - Measurements
 - Units
 - Measuring Techniques
- **Practical (12hrs)**
 - Identification of fabrics and texture.
 - Handling of Fabrics.
 - Making weave samples.

Unit III: Introduction to sewing techniques (Theory) (12hrs)

- **Hand stitches**
 - Hand needles -Size & types
 - Sewing Thread
 - Types
 - Applications
 - Hand stitches
 - Temporary stitches
 - Even basting
 - Uneven basting

- Diagonal basting
 - Padding stitches
 - Tailor's track/thread marking
- Permanent stitches
 - Running stitch
 - Hem stitch
 - Slip stitch
 - Back stitch
 - Overcasting
 - Whip stitching
- Decorative stitches
 - Chain stitch
 - Stem stitch
 - Knotted stitch
 - Filling stitch (satin stitch, long & short satin stitch)
 - Blanket stitch
 - Cross stitch
 - Looped stitch
 - Buttonhole stitch
 - Fishbone stitch
 - Feather stitch
 - Lazy daisy stitch
 - Herring bone stitch
- **Trimmings**
 - Types & Applications
 - Fixing of Buttons, Hooks etc.
 - Making of Buttonhole
- **Mending**
 - Darning
 - Patching
- **Practical (22hrs)**
 - Practice of Hand stitches & Making Samples of them.
 - Practice of fixing fasteners as Buttons, Hooks, Eyes, and Press Studs.
 - Practice of making Button holes by Hand.
 - Practicing Darning and Patching.

Unit IV: Introduction to sewing machine (Manual & Machine) (Theory) (12hrs)

- **Basic Sewing Machine**
 - Parts and functions
 - Machine needle
 - Stitch formation
 - Sewing machine practice
 - Care and maintenance
 - Trouble Shooting
 - Types of Industrial Sewing Machine
- **Overlock machine**

- Parts and functions
- Machine practice
- Care and maintenance
- Trouble Shooting
- **Basic Garment Analysis**
- **Practical (14hrs)**
 - Practice on Industrial Single Needle Lock Stitch Sewing Machine
 - Sitting posture — Eye, Hand & Foot coordination.
 - Speed Control.
 - Practice on paper.
 - Threading of machine.
 - Bobbin winding & loading.
 - Practice on fabric.
 - Running on straight lines, Square, Zigzag lines, Circle, Semi-circle, Spiral
 - Practice on overlock machine, Threading, Running, Minor adjustments
- **Unit V: Introduction to Fullness (Theory)(8hrs)**
- **Seams**
 - Classification
 - Uses
 - Properties of Seams
 - Seam Finishes
 - Sewing Aids
 - Presser Foot
 - Folders
 - Guides
- **Darts**
 - Necessity
 - Type & precautions during stitching
- **Pleats**
 - Necessity
 - Type & uses

Practical (14hrs)

- Practice of making Seams
 - Plain Seam (Straight & Curved) with seam finishes
 - Self-Enclosed seams
 - Top stitched seams
 - Corded Seam
 - Decorative seams Practicing with Sewing Aids
- Prototype development of Darts
- Prototype development of Pleats

Class 11		Paper II		Full Marks- 100
Part A	Employability Skills	No. of Theory Classes	No. Of Practical Classes	Max Marks
Unit 1	Entrepreneurial Skills – I	5	10	10
Unit 2	Green Skills and Sustainability - I	5	10	
	Total	18	39	10
Part B	Vocational Skill			
Unit 1	Introduction to design stitches	10	14	
Unit 2	Introduction to edge finishing techniques	10	12	
Unit 3	Introduction to finished opening	12	14	
Unit 4	Depending on the design of the garment & cuff band at the bottom of the sleeve and pocket is a small bag	10	12	
Unit 5	Pattern Making Techniques	12	17	
	Theory	54	69	40
Part C	Practical Work			
	Practical Examination		02	25
	Written test		02	10
	Viva Voce		02	05
	Total		06	40
Part D	Project Work/ Field Visit			
	Practical File/ Student Port			
	folio		02	05
	Viva Voce		02	05
	Total		04	10
	Grand Total	72	118	100

Part A: Employability Skills**Unit 1: Communication Skills - I**

Theory	Practical
Demonstrate knowledge of communication <ul style="list-style-type: none"> ○ Introduction to communication ○ Importance of communication ○ Elements of communication ○ Perspectives in communication ○ Effective communication 	<ul style="list-style-type: none"> ○ Role-play on the communication process ○ Group discussion on the importance of communication and factors affecting perspectives in communication ○ Charts preparation on elements of communication ○ Classroom discussion on the 7Cs (i.e. Clear, Concise, Concrete, Correct, Coherent, Courteous and Complete) for effective communication
Demonstrate verbal communication <ul style="list-style-type: none"> ○ Verbal communication ○ Public Speaking 	<ul style="list-style-type: none"> ○ Role play of a phone conversation ○ Group activity on delivering a speech and practicing public speaking
Demonstrate non- verbal communication <ul style="list-style-type: none"> ○ Importance of non-verbal communication, ○ Types of non-verbal communication, ○ Visual communication 	<ul style="list-style-type: none"> ○ Role plays on non-verbal communication ○ Group exercise and discussion on Do's and Don'ts to avoid body language mistakes ○ Group activity on methods of communication
Demonstrate speech using correct Pronunciation <ul style="list-style-type: none"> ○ Pronunciation basics, ○ Speaking properly ○ Phonetics, ○ Types of sounds 	<ul style="list-style-type: none"> ○ Group activities on practicing pronunciation
Apply an assertive communication style <ul style="list-style-type: none"> ○ Important communication styles ○ Assertive communication ○ Advantages of assertive communication ○ Practicing assertive communication 	<ul style="list-style-type: none"> ○ Group discussion on communication styles ○ Group discussion on observing and sharing communication styles
Demonstrate the knowledge of saying no <ul style="list-style-type: none"> ○ Steps for saying "No" ○ Connecting words 	<ul style="list-style-type: none"> ○ Group discussion on how to say 'No'
Identify and use parts of speech in writing <ul style="list-style-type: none"> ○ Capitalisation ○ Punctuation ○ Basic parts of speech ○ Supporting parts of speech 	<ul style="list-style-type: none"> ○ Group activity on identifying parts of speech ○ Writing a paragraph with punctuation marks ○ Group activity on constructing sentences ○ Group activity on identifying parts of speech

Write correct sentences and paragraphs <ul style="list-style-type: none"> ○ Parts of a sentence ○ Types of object ○ Types of sentences ○ Paragraph 	<ul style="list-style-type: none"> ○ Activity on framing sentences ○ Activity on active and passive voice ○ Assignment on writing different types of sentences.
Communicate with people <ul style="list-style-type: none"> ○ Greetings ○ Introducing self and others 	<ul style="list-style-type: none"> ○ Role-play on formal and informal greetings ○ Role-play on introducing someone ○ Practice and group discussion on how to greet different people
Introduce yourself to others and write about oneself <ul style="list-style-type: none"> ○ Talking about self ○ Filling a form 	<ul style="list-style-type: none"> ○ Practicing self-introduction and filling up forms ○ Practicing self-introduction to others
Develop questioning skill <ul style="list-style-type: none"> ○ Main types of questions ○ Forming closed and open ended questions 	<ul style="list-style-type: none"> ○ Practice exercise on forming questions ○ Group activity on framing questions.
Communicate information about family to others <ul style="list-style-type: none"> ○ Names of relatives ○ Relations 	<ul style="list-style-type: none"> ○ Practice taking about family ○ Role play on talking about family members
Describe habits and routines <ul style="list-style-type: none"> ○ Concept of habits and routines 	<ul style="list-style-type: none"> ○ Group discussion on habits and routines ○ Group activity on describing routines
Ask or give direction to others <ul style="list-style-type: none"> ○ Asking for directions ○ Using landmarks 	<ul style="list-style-type: none"> ○ Role-play on asking and giving directions ○ directions ○ Identifying symbols used for giving directions

Unit 2: Self-Management Skills - I

Theory	Practical
Identify and analyze own strengths and weaknesses <ul style="list-style-type: none"> ○ Understanding self-techniques for identifying strengths and weaknesses ○ Difference between interests and abilities 	<ul style="list-style-type: none"> ○ Activity on writing aims in life ○ Prepare a worksheet on interests and abilities
Demonstrate personal grooming skills <ul style="list-style-type: none"> ○ Guidelines for dressing and grooming ○ Preparing a personal grooming checklist 	<ul style="list-style-type: none"> ○ Role-play on dressing and grooming standards ○ Self-reflection activity on various aspects of personal grooming
Maintain personal hygiene <ul style="list-style-type: none"> ○ Importance of personal hygiene 	<ul style="list-style-type: none"> ○ Role-play on personal hygiene ○ Assignment on personal hygiene

<ul style="list-style-type: none"> ○ Three steps to personal hygiene ○ Essential steps of hand washing 	
Demonstrate the knowledge of working in a team and participating in group activities <ul style="list-style-type: none"> ○ Describe the benefits of teamwork ○ Working in a team 	<ul style="list-style-type: none"> ○ Assignment on working in a team, ○ Self-reflection on teamwork
Develop networking skills <ul style="list-style-type: none"> ○ Benefits of networking skills, ○ Steps to build networking skills 	<ul style="list-style-type: none"> ○ Group activity on networking in action ○ Assignment on networking skills
Describe the meaning and importance of self-motivation <ul style="list-style-type: none"> ○ Meaning of self-motivation, ○ Types of motivation, ○ Steps to building self-motivation 	<ul style="list-style-type: none"> ○ Activity on staying motivated ○ Assignment on reasons hindering motivation
Set goals <ul style="list-style-type: none"> ○ Meaning of goals and purpose of goal-setting ○ Setting SMART goals 	<ul style="list-style-type: none"> ○ Assignment on setting SMART goals ○ Activity on developing long- term and short-term goals using SMART method
Apply time management strategies and techniques <ul style="list-style-type: none"> ○ Meaning and importance of time management ○ Steps for effective time management 	<ul style="list-style-type: none"> ○ Preparing checklist of daily activities

Unit 3: Information and Communication Technology Skills - I

Theory	Practical
Create a document on the word processor <ul style="list-style-type: none"> ○ Introduction to ICT ○ Advantages of using a word processor ○ Work with LibreOffice Writer 	<ul style="list-style-type: none"> ○ Demonstration and practice of the following: ○ Creating a new document ○ Typing text ○ Saving the text ○ Opening and saving file in Microsoft word/Libre Office Writer
Identify icons on the toolbar <ul style="list-style-type: none"> ○ Status bar ○ Menu bar ○ Icons on the Menu bar ○ Multiple ways to perform a function 	<ul style="list-style-type: none"> ○ Group activity on using basic user interface of LibreOffice writer ○ Group activity on working with Microsoft Word
Save, close, open and print document <ul style="list-style-type: none"> ○ Save a document, 	<ul style="list-style-type: none"> ○ Group activity on performing the functions for saving, closing and printing documents in

<ul style="list-style-type: none"> ○ Close a document, ○ Open an existing document, ○ Print a document 	<p>LibreOffice Writer,</p> <ul style="list-style-type: none"> ○ Group activity on performing the functions to save, close and print documents
<p>Format text in a document</p> <ul style="list-style-type: none"> ○ Change style and size of text ○ Align text ○ Cut, Copy, Paste ○ Find and replace 	<ul style="list-style-type: none"> ○ Group activity on formatting text in LibreOffice Writer, ○ Group activity on formatting text in Microsoft Word
<p>Check spelling and grammar in a word document</p> <ul style="list-style-type: none"> ○ Use of spell checker ○ Autocorrect 	<ul style="list-style-type: none"> ○ Group activity on checking spellings and grammar using LibreOffice Writer ○ Group activity on checking spellings and grammar using Microsoft Word
<p>Insert lists, tables, pictures, and shapes in a word document</p> <ul style="list-style-type: none"> ○ Insert bullet list ○ Number list ○ Tables ○ Pictures ○ Shapes 	<ul style="list-style-type: none"> ○ Practical exercise of inserting lists and tables using LibreOffice Writer
<p>Insert header, footer and page number in a word document</p> <ul style="list-style-type: none"> ○ Insert header ○ Insert footer ○ Insert page number ○ Page count 	<ul style="list-style-type: none"> ○ Practical exercise of inserting header, footer and page numbers in LibreOffice Writer ○ Practical exercise of inserting header, footer and page numbers in Microsoft Word
<p>Make changes by using the track change options in a word document</p> <ul style="list-style-type: none"> ○ Tracking option ○ Manage option ○ Compare documents 	<ul style="list-style-type: none"> ○ Group activity on performing track changes in LibreOffice Writer ○ Group activity on performing track changes in Microsoft Word

Vocational Skill

Unit I: Introduction to design stitches (Theory) (10hrs)

- **Tucks**
 - Types & use
- **Gathering and Shirring, Flare**
 - Types & use
- **Ruffles/Frills**
 - Types (Straight & Circular) & uses
- **Hems**
 - Types, Uses
- **Corner Making**
 - Types, Uses

Practical (14hrs)

- Prototype development of Tucks
- Prototype development of Gathers and Shirrs
- Prototype development of Frills
- Prototype development of
 - Faced Hem
 - Edge stitched hem
 - Double stitched hem
 - Band hem
 - Ease in a hem
 - Mitered hem
- Studio Practice for corner makings
 - Self-turned
 - With additional strip
 - Making pillow cover

Unit II: Introduction to edge finishing techniques (Theory) (10hrs)

- **Casing**
 - Introduction
 - Use
 - Edge Finishing
 - Facings
 - Bindings
 - Piping
- **Necklines**
 - Different shapes of neckline

Practical (12hrs)

- Prototype development of
 - Casing with Drawstring
 - Casing with elastic
 - Casing with heading

- Inside-applied casing
- Outside-applied casing
- Prototype development of edge finishing
 - Bias facing
 - Combination-shaped facing
 - Outside facing
 - Self-facing
 - Shaped facing
 - Binding
 - Piping
- Prototype development of different shaped neckline
 - Crew Neckline
 - V Neckline
 - Scoop Neckline
 - Boat Neckline
 - Square Neckline
 - Sweetheart Neckline

Unit III: Introduction to finished opening (Theory)(12hrs)

- **Plackets**
 - Types
 - Prototype development
- **Collars**
 - Classification
 - Collar terms.

Practical (14hrs)

- Prototype development of Placket
 - Faced Placket
 - Continuous Placket
 - One Piece Placket
 - Two Piece Placket
 - Two-piece Placket with pleat
 - Zippered Placket
 - Lapped
 - Fly Front
 - Open End
 - Invisible
 - Visible Placket
- Prototype development of Collars
 - Peter-Pan collar
 - One-piece collar
 - Stand/mandarin collar
 - Flat collar
 - Rolled collar
 - Shawl collar
 - Sailor collar

Unit IV: Depending on the design of the garment & cuff band at the bottom of the sleeve and pocket is a small bag (Theory) (10hrs)

- **Sleeves**
 - Classification
 - Sleeve length variation
 - Prototype development of Sleeves with and without cuff. (05 hrs.)
- **Cuffs**
 - Prototype development of sleeves with cuff (2 hrs)
- **Pockets**
 - Types of Pockets
 - Design variation Pockets

Practical (12hrs)

- Prototype development of Sleeves
 - Plain Sleeve
 - 1/3 Sleeve
 - Full Sleeve
 - Bell Sleeve
 - Circular Sleeve
 - Cap Sleeve
- Prototype development of cuff
 - 1/3 sleeve with cuff
 - Full sleeve with cuff
- Prototype development of
 - Patch Pocket
 - Inseam Pocket
 - Cut/slash Pocket

Unit V: Pattern Making Techniques (Theory) (12hrs)

- **Patterns**
 - Importance
 - Types
- **Spreading**
 - Types of Spreading
 - Methods
 - Types of Lay Pattern Layout
 - Importance
 - Types of layout Pattern Drafting
 - Drafting/Pattern
- **Terminology**
 - Principles of Pattern drafting. (06 hrs.)
 - Drafting & developing Patterns for petticoat. (6hrs.)

Practical (17hrs)

- Studio Practice for different types of spreading using various fabrics. **(3hrs.)**
- Studio Practice for various layout types using the provided patterns. **(5 hrs.)**
- Stitching of Petticoat. **(16 hrs.)**

LEARNING AND TEACHING METHODS:

- Live demonstrations in class
- Self-developed video tutorials
- Group discussions, and self-assessment
- Industry visits and sharing work experiences
- Industry interaction
- Self-explorations

NATURE OF ASSIGNMENTS:

- Task-based assignments
- Portfolio of supportive material
- Fabric Swatch Book-Collection

REFERENCE MATERIAL FOR TEACHERS/INSTRUCTORS

- Tate, S. L., & Edwards, M. S. (1982). *The complete book of fashion design*. Harper & Row.
- Ghosh, A. (2000). *Fundamentals of textiles and their care*. New Age International.
- Dantyagi, S. (2004). *Fundamentals of textiles and their care* (5th Ed.). Orient Longman.
- Kaur, S. (2005). *Textbook of clothing and textiles*. Kalyani Publishers.
- NCERT. (2006). *Clothing and textiles*. National Council of Educational Research and Training.
- Bhatia, A., & Gupta, S. (2007). *Dress designing and pattern making*. A. Mittal Publications.
- Kadolph, S. J. (2010). *Textiles* (11th Ed.). Pearson.
- Jindal, R. (2011). *Basic of dress designing*. Kalyani Publishers.
- Naik, S. D. (2013). *Traditional embroideries of India*. APH Publishing.
- Joseph-Armstrong, H. (2013). *Draping for apparel design* (3rd Ed.). Fairchild Books.
- Gupta, S., & Garg, R. (2013). *Textbook of clothing and textiles*. Kalyani Publishers.
- Chattopadhyay, K. D. (2014). *Handicrafts of India*. Wiley Eastern Ltd.
- Shaeffer, C. (2021). *Couture sewing techniques* (Rev. Ed.). Taunton Press.



COUNCIL OF HIGHER SECONDARY EDUCATION, ODISHA
C-2, Prajnapitha, Samantarapur, Bhubaneswar, 751013

SYLLABUS FOR
DRESSMAKING
CLASS- XII

DRESSMAKING
Job Role- Self-Made Tailor
Class XII
Paper 1
Theory & Practical

Paper I		Full Marks- 50		
Part A	Employability Skills	No. of Theory Classes	No. Of Practical Classes	Max Marks
Unit 1	Entrepreneurial Skills – I	5	10	10
Unit 2	Green Skills and Sustainability - I	5	10	
	Total	10	20	10
Part B	Vocational Skill			
Unit 1	Introduction to human figures	11	14	
Unit 2	Introduction to Lectra software	11	14	
Unit 3	Introduction to Children's Garment	11	21	
Unit 4	Introduction to Draping & Manipulation	10	08	
Unit 5	Introduction to Mass Production Process	11	12	
	Theory	54	69	40
Part C	Practical Work			
	Practical Examination		02	25
	Written test		02	10
	Viva Voce		02	05
	Total		06	40
Part D	Project Work/ Field Visit			
	Practical File/ Student Port folio		02	05
	Viva Voce		02	05
	Total		04	10
	Grand Total	72	118	100

Aim of the subject:

1. To familiarize the students with the use of industrial sewing machines, garment pressing, and quality control measures used in production units.
2. To develop an understanding of technical competencies in drafting, pattern making, draping, fitting, and finishing of women's, men's, and children's wear.
3. To encourage independent design thinking and product development for micro-enterprise or boutique set-ups.
4. Introduce fashion forecasting, design interpretation, and adaptation of commercial patterns for contemporary markets.
5. To develop professional ethics, discipline, and readiness for employment in export houses, apparel brands, or tailoring establishments.

Paper 2 (Theory and Practical)

Part A: Employability Skills

Unit 1: Entrepreneurial Skills - I

Theory	Practical
Differentiate between different kinds of businesses <ul style="list-style-type: none">• Introduction to entrepreneurship• Types of business activities	Role play on different kinds of business around us
Describe the significance of entrepreneurial Values <ul style="list-style-type: none">• Meaning of value• Values of an Entrepreneur• Case study on qualities of an entrepreneur	Role play on qualities of an Entrepreneur
Demonstrate the attitudinal changes required to become an entrepreneur <ul style="list-style-type: none">• Difference between the attitude of entrepreneur and employee	Interviewing employees and entrepreneurs
Develop thinking skills like an entrepreneur <ul style="list-style-type: none">• Problems of entrepreneurs• Problem-solving,• Ways to think like an entrepreneur	Group activity on identifying and solving problems
Generate business ideas <ul style="list-style-type: none">• The business cycle• Principles of idea creation• Generating a business idea• Case studies	Brainstorming on generating business ideas

Describe customer needs and importance of conducting a customer survey <ul style="list-style-type: none"> • Understanding customer needs • Conducting a customer survey 	Group activity to conduct a customer survey
Create a business plan <ul style="list-style-type: none"> • Importance of business planning • Preparing a business plan • Principles to follow for growing a business • Case studies 	Group activity on developing a business plan

Unit 2: Introduction to Green Skills & Sustainability - I

Theory	Practical
Describe the importance of the main sector of the green economy <ul style="list-style-type: none"> • Meaning of ecosystem, food chain and sustainable development • Main sectors of the green economy- E-waste management, green transportation, renewal energy, green construction, and water management 	<ul style="list-style-type: none"> • Group discussion on sectors of green economy • Poster making on various sectors for promoting green economy
Describe the main recommendations of policies for the green economy <ul style="list-style-type: none"> • Policies for a green economy 	<ul style="list-style-type: none"> • Group discussion on initiatives for promoting the green economy, • Writing an essay or a short note on the important initiatives for promoting green economy.
Describe the major green sector/area and the role of various stakeholders in the green economy <ul style="list-style-type: none"> • Stakeholders in the green economy 	<ul style="list-style-type: none"> • Group discussion on the role of stakeholders in green economy. • Preparation of posters on green sectors and their stakeholders. • Making solar bulbs.
Identify the role of government and private agencies in the green economy <ul style="list-style-type: none"> • Role of the government in promoting a green economy • Role of private agencies in promoting green economy 	<ul style="list-style-type: none"> • Group discussion on the role of Government and Private Agencies in promoting a green economy. • Posters making on green sectors.

Part B: Vocational Skill

Unit I: Introduction to human figures (Theory)(11hrs)

- **Human Figures**
 - Eight Head Theory
 - Brief introduction about Joints and Muscles
 - Types of Figures Body Measurements
 - Importance
 - Types & Measuring Techniques
 - Precautions
 - Size Charts (National & International) for Children, Ladies and Gent's wear
 - Importance of Size Charts

Practical (14hrs)

- Practice of taking Body Measurement
 - Record measurement with style features

Unit II: Introduction to Lectra software (Theory) (11hrs)

- Study of Lectra software for
 - Pattern making
 - 3D prototyping
 - Fabric simulation
 - Optimizing cutting room operations
- Elements & Principles of Designs Brief Idea of Garment Sketching Design Development
- Market Survey Boutique Management using Lectra

Practical (14hrs)

- Draw different lines and develop designs with geometric shapes and free hands.
- Develop a colour wheel and design with various colour schemes.
- Sketching of
 - Indian Dresses
 - Western Dresses

Unit III: Introduction to Children's Garment (Theory) (11hrs)

- Drafting of Children's Block Pattern Complete Set (Bodice, frock, skirts)
- Adaptation & Pattern Development

Practical(21hrs)

- Kids wear
 - Pattern making using adaptation technique
 - Fabric Estimation
 - Cutting and Sewing of the garments for the following groups

- Bloomer
 - Jhabla
 - Baba suit
- Yoke Frock
- Frocks
 - A line frock
 - Simple pleated frock
 - Flared frock
 - Circular frock

Unit IV: Introduction to Draping & Manipulation (Theory) (10hrs)

- **Draping**
 - Introduction
 - Process & Techniques
 - Importance
- **Manipulation**
 - Principles
 - Methods
 - Types

Practical(8hrs)

- Practice of developing dress Pattern from Draping Technique
 - Basic Bodies (Darts, Princess line)
 - Basic Skirt (Straight, Circular)
- **Manipulation**
 - Dart Manipulation
 - Collar Manipulation
 - Sleeve Manipulation

Unit V: Introduction to Mass Production Process (Theory) (11hrs)

- Mass Production Process -
 - Sequence of operations
 - Types of cutting machines
 - Fusing Technology
 - Types of Industrial Machines Used in sewing section.
 - Finishing
- **Practical(12hrs)**
 - Practice on special industrial sewing machines
 - Double Needle Machine
 - Button Hole Machine
 - Button Sewing Machine
 - Multipurpose Machine (Zig-zag)

Class 12		Paper II	Full Marks- 100	
Part A	Employability Skills	No. of Theory Classes	No. Of Practical Classes	Max Marks
Unit 1	Entrepreneurial Skills – II			10
Unit 2	Green Skills and Sustainability - II			
	Total			10
Part B	Vocational Skill			
Unit 1	Introduction to design & sketching	11	17	
Unit 2	Introduction to Gents Wear Kurta & Pyjama	11	20	
Unit 3	Introduction to Gents Wear Shirts & Pattern Grading	11	16	
Unit 4	Introduction to marker	10	08	
Unit 5	Introduction to stains & Quality aspects	11	08	
	Theory	54	69	40
Part C	Practical Work			
	Practical Examination		02	25
	Written test		02	10
	Viva Voce		02	05
	Total		06	40
Part D	Project Work/ Field Visit			
	Practical File/ Student Port			
	folio		02	05
	Viva Voce		02	05
	Total		04	10
	Grand Total	72	118	100

Part A: Employability Skills

Unit 1: Entrepreneurial Skills – II

Theory	Practical
<p>Describe the concept of entrepreneurship and the types roles and functions entrepreneur</p> <ul style="list-style-type: none"> • Entrepreneurship and entrepreneur • Characteristics of entrepreneurship • Entrepreneurship-art and science • Qualities of a successful entrepreneur • Types of entrepreneurs • Roles and functions of an entrepreneur • What motivates an entrepreneur • Identifying opportunities and risk-taking Startups 	<ul style="list-style-type: none"> • Group discussion on the topic “An entrepreneur is not born but created”. • Conducting a classroom quiz on various aspects of entrepreneurship. • Chart preparation on types of entrepreneurs • Brainstorming activity on What motivates an entrepreneur
<p>Identify the barriers to entrepreneurship</p> <ul style="list-style-type: none"> • Barriers to entrepreneurship • Environmental barriers • No or faulty business plan • Personal barriers 	<ul style="list-style-type: none"> • Group discussion about “What we fear about entrepreneurship” • Activity on taking an interview of an entrepreneur.
<p>Identify the attitude that makes entrepreneur Successful</p> <ul style="list-style-type: none"> • Entrepreneurial attitude 	<ul style="list-style-type: none"> • Group activity on identifying entrepreneurial attitude.
<p>Demonstrate the knowledge of entrepreneurial attitude and competencies</p> <ul style="list-style-type: none"> • Entrepreneurial competencies • Decisiveness • Initiative • Interpersonal skills-positive attitude, stress management • Perseverance • Organisational skills- time management, goal setting, efficiency, managing quality. 	<ul style="list-style-type: none"> • Playing games, such as “Who am I”. • Brainstorming a business ideas • Group practice on “Best out of Waste” • Group discussion on the topic of “Let’s grow together” • Group activity on listing stress and methods to deal with it like Yoga, deep breathing exercise.

PAPER II

(Theory & Practical)

Full Marks: 50

Unit I: Introduction to design & sketching (Theory) (11hrs)

- Designing, Sketching and drafting of the following garments
 - Ladies Dresses
 - Ladies Suits
 - Night wears
 - Blouses
- Designing, Sketching and drafting of Ladies' Suit with variation of
 - Angarkha
 - Flared
 - Yoked

Practical (17hrs)

- Ladies wear
 - Pattern Making using Draping/adaptation.
- Fabric Estimation, Cutting and Sewing of the following garments
 - Ladies Dress
 - Ladies Suits
 - Night wears
 - Blouses
- Pressing & Folding checking the fitting of the garment.

Unit II: Introduction to Gents Wear Kurta & Pyjama (Theory) (11hrs)

- Drafting, Cutting & stitching of gents' wear
 - Kurta
 - Neheru Kurta
 - Kalidar Kurta
 - Pyjama
 - Aligarh
 - Churidar
 - Pant cut

Practical (20hrs)

Gents wear

- Estimation, Cutting and Sewing of the following Garments-Kurta & Pyjama
- Pressing & Folding checking the fitting of the garment.

Unit III: Introduction to Gents Wear Shirts & Pattern Grading (Theory) (11hrs)

- Drafting, Cutting & stitching of gents' wear
 - Shirt
 - Full Shirt
 - Half Shirt
- Pattern Grading
 - Types
 - Methods

Practical (16hrs)

- Gents wear Estimation, Cutting and Sewing of the shirts
- Pattern Grading of Gent's shirt
- Pattern Grading of Gents Pyjama

Unit IV: Introduction to marker (Theory) (10hrs)

- **Marker –**
 - Necessity
 - Types
 - Preparing markers according to the fabric designs.

Practical (8hrs)

- Making marker on different width, texture & design for Frocks, Blouses, Shirts and Trousers

Unit V: Introduction to stains & Quality aspects (Theory) (11hrs)

- **Stains**
 - Classification
 - Removing techniques Selection of dresses according to Occasion
 - Occupation
 - Climate
 - Personality
 - Age & Sex
- **Quality aspects**
 - Definition
 - Factors affecting the Quality
 - Benefits of Quality Control
 - Indian and International Standard
 - Types of Inspection- AQL

Practical (8hrs)

- Methods of removing different kinds of stains in fabrics.
- Checking of garments concerning its
 - Measurements
 - Stitching
 - Stains
 - Defects
 - Correcting measures

LEARNING AND TEACHING METHODS:

- Live demonstrations in class
- Self-developed video tutorials
- Group discussions, and self-assessment
- Industry visits and sharing work experiences
- Industry interaction
- Self-explorations

NATURE OF ASSIGNMENTS:

- Task-based assignments
- Portfolio of supportive material
- Fabric Swatch Book-Collection

REFERENCE MATERIAL FOR TEACHERS/INSTRUCTORS

- Tate, S. L., & Edwards, M. S. (1982). *The complete book of fashion design*. Harper & Row.
- Ghosh, A. (2000). *Fundamentals of textiles and their care*. New Age International.
- Dantyagi, S. (2004). *Fundamentals of textiles and their care* (5th Ed.). Orient Longman.
- Kaur, S. (2005). *Textbook of clothing and textiles*. Kalyani Publishers.
- NCERT. (2006). *Clothing and textiles*. National Council of Educational Research and Training.
- Bhatia, A., & Gupta, S. (2007). *Dress designing and pattern making*. A. Mittal Publications.
- Kadolph, S. J. (2010). *Textiles* (11th Ed.). Pearson.
- Jindal, R. (2011). *Basic of dress designing*. Kalyani Publishers.
- Naik, S. D. (2013). *Traditional embroideries of India*. APH Publishing.
- Joseph-Armstrong, H. (2013). *Draping for apparel design* (3rd Ed.). Fairchild Books.
- Gupta, S., & Garg, R. (2013). *Textbook of clothing and textiles*. Kalyani Publishers.
- Chattopadhyay, K. D. (2014). *Handicrafts of India*. Wiley Eastern Ltd.

- Shaeffer, C. (2021). *Couture sewing techniques* (Rev. Ed.). Taunton Press.