

**TRAINING OBJECTIVES:**

A comprehensive Dress making course for women has been designed. The basic objective of the course is to train women to make garments with perfection. To impart skills in dress making for all age groups i.e. children, ladies and gents along with standard sizes, designs of traditional and modern classes are also part of the course. This course will enable a trainee to incur their family's income.

**CURRICULUM SALIENT:**

|                          |   |                             |
|--------------------------|---|-----------------------------|
| Entry level.             | : | Middle.                     |
| Duration of course.      | : | 3-Months.                   |
| Total training hours.    | : | 300 hours.                  |
| Training hours per day.  | : | 5 hours.                    |
| Training hours per week. | : | 25 hours                    |
| Training Methodology.    | : | 90% Practical<br>10% Theory |

## **SKILL PROFICIENCY DETAILS**

After completion of the course, the trainee should be able to:-

1. Make children, ladies and boys garments, figures and their body proportion.
2. Make patterns of different sizes according to body needs of boys, ladies and children.
3. Work on sewing machines / automatic sewing machines, etc. and also removing defects while sewing.
4. Take care, care and storage of dresses.
5. Use sewing / electric sewing machines.

## **KNOWLEDGE PROFICIENCY DETAILS**

After completion of this course, the trainee should be able to: -

1. Understand work with required utensils.
2. Explain patterns of different sizes according to body measurements of ladies and children.
3. Describe patterns making and cutting techniques.
4. Express general principles of dress designing and making.
5. Express of fashion designing.

## **SCHEME OF STUDIES**

### Domestic Tailoring (3-Month) Course

| <b>Sr. No</b> | <b>Main Topics</b>      | <b>Theory Hrs.</b> | <b>Practical Hrs.</b> | <b>Total Hrs.</b> |
|---------------|-------------------------|--------------------|-----------------------|-------------------|
| 1.            | Drafting/Pattern Making | 26                 | 83                    | 109               |
| 2.            | Sewing                  | 4                  | 175                   | 179               |
| 3.            | Work Ethics             | 0                  | 12                    | 12                |
| <b>Total</b>  |                         | <b>30</b>          | <b>270</b>            | <b>300</b>        |

## Detail of Course Contents

### Domestic Tailoring (3-Month) Course

| Sr. No    | Subject                          | Detail  | Theory Hrs. | Practical Hrs. |
|-----------|----------------------------------|---|-------------|----------------|
| <b>1.</b> | <b>Drafting / Pattern Making</b> |   |             |                |
|           | <b>1.1</b>                       | <b>Introduction of Pattern Making</b>                           |             |                |
|           | 1.1.1.                           | Tools of Drafting   | 1           | -              |
|           | 1.1.2                            | Scale reading & writing   | 1           | 1              |
|           | 1.1.3                            | Body Measurement  | 2           | 1              |
|           | 1.1.4                            | Terms & Technologies used in Drafting                           | 2           | -              |
|           | <b>1.2</b>                       | <b>Bodice Block</b>   |             |                |
|           | 1.2.1                            | Drafting of basic bodice block                                  | 3           | 6              |
|           | <b>1.3</b>                       | <b>Development of Children Garments from basic bodice block</b> | 2           |                |
|           | 1.3.1                            | Girls Garments  |             |                |
|           | 1.3.1.1                          | A line Frock  | 1           | 5              |
|           | 1.3.1.2                          | Yoke Frock  | 1           | 5              |
|           | 1.3.1.3                          | Body Frock  | 1           | 5              |
|           | 1.3.1.4                          | Umbrella Frock  | 1           | 5              |
|           | 1.3.2                            | Drafting of different pajamas                                   | 1           | 5              |
|           | 1.3.2.1                          | Thaila cut  | 1           | 5              |
|           | 1.3.2.2                          | Simple shallawar  | 1           | 5              |
|           | 1.3.2.3                          | Shalwar with belt   | 1           | 5              |
|           | 1.3.3                            | Boys Garments   |             |                |
|           | 1.3.2.1                          | Knickers  | 1           | 5              |
|           | 1.3.2.2                          | Bushirt   | 1           | 5              |
|           | 1.3.2.3                          | Romper  | 1           | 5              |

|           |  |   |    |
|-----------|--|---|----|
|           | <b>1.4 Ladies Garments</b>                                   |   |    |
|           | 1.4.1 Draft & cut out pattern of ladies shirt (fitted)       | 1 | 8  |
|           | 1.4.2 Draft of ladies Kurta                                  | 1 | 6  |
|           | <b>1.5 Pattern alteration of different figures</b>           | 2 | 6  |
| <b>2.</b> | <b>Sewing</b>  |   |    |
|           | <b>2.1 Introduction and instruction of sewing techniques</b> | 3 |    |
|           | 2.1.1 Introduction of sewing machine                         |   | -  |
|           | 2.1.2 Parts of sewing machine                                |   | -  |
|           | 2.1.3 Lubrication of machine                                 |   | -  |
|           | 2.1.4 Trouble shooting of sewing machine                     |   | -  |
|           | 2.1.5 Care of sewing machine                                 |   | -  |
|           | <b>2.2 Seams</b>   | 1 |    |
|           | 2.2.1 Different kind of seams and finishes                   |   | 8  |
|           | 2.2.2 Button holes and fastened                              |   | 6  |
|           | 2.2.3 Zippers (visible) invisible                            |   | 6  |
|           | 2.2.4 Hand stitches  |   | 2  |
|           | <b>2.3 Sewing of girl garments</b>                           |   |    |
|           | 2.3.1 Sewing of A line frock                                 |   | 15 |
|           | 2.3.2 Yoke frock   |   | 15 |
|           | 2.3.3 Body frock   |   | 15 |
|           | 2.3.4 Umbrella frock   |   | 15 |
|           | 2.3.5 Sewing of pajamas                                      |   |    |
|           | 2.3.5.1 Thaila cut   |   | 6  |
|           | 2.3.5.2 Sqare cut  |   | 6  |
|           | <b>2.4 Sewing of boy garments</b>                            |   |    |
|           | 2.4.1 Knicker  |   | 15 |
|           | 2.4.2 Bushirt  |   | 15 |
|           | 2.4.3 Romper   |   | 9  |

|          |                                      |           |            |
|----------|--------------------------------------|-----------|------------|
|          | <b>2.5 Sewing of ladies garments</b> |           | 15         |
|          | 2.5.1 Sewing of ladies kameez        |           | 15         |
|          | 2.5.2 Sewing of ladies kurta         |           |            |
|          | 2.5.3 Sewing of shallwar             |           | 6          |
|          | 2.5.3.1 Simple shallwar              |           | 6          |
|          | 2.5.3.2 Shallwar with belt           |           |            |
| <b>3</b> | <b>Work Ethics</b>                   |           | 12         |
|          | <b>Total</b>                         | <b>30</b> | <b>270</b> |

**LIST OF MACHINERY / EQUIPMENT / TOOLS ETC**  
(For a Class of 25 Students)

|                      |                           |
|----------------------|---------------------------|
| <b>Name of Trade</b> | <b>Domestic Tailoring</b> |
| Duration of Course   | 3-months                  |

**Pattern Making**

| <b>Sr. No.</b> | <b>Equipment / Tools</b>   | <b>Quantity</b> |
|----------------|----------------------------|-----------------|
| 1.             | French Curve               | 25              |
| 2.             | Notcher                    | 01              |
| 3.             | Training wheel             | 25              |
| 4.             | Paper Shears               | 25              |
| 5.             | Japanese Rural             | 25              |
| 6.             | Stapler                    | 02              |
| 7.             | Hand Punch                 | 02              |
| 8.             | Straight Pin and Thumb pin | 25 Pkts.        |
| 9.             | White Board / Marker Board | 01              |
| 10.            | Chairs                     | 25              |
| 11.            | Teachers Table             | 01              |
| 12.            | Teachers Chair             | 01              |



**Sewing**

| <b>Sr. No.</b> | <b>Equipment / Tools</b>   | <b>Quantity</b> |
|----------------|----------------------------|-----------------|
| 1.             | Drafting Tables (6' x 4')  | 06              |
| 2.             | Chairs                     | 25              |
| 3.             | Scissors. (10')            | 10              |
| 4.             | Sewing Machines (Electric) | 25              |
| 5.             | Black Board                | 01              |
| 6.             | Disc-matic Machines        | 02              |
| 7.             | Electric Iron              | 02              |
| 8.             | Teacher Chair              | 01              |
| 9.             | Teacher Table              | 01              |

### **MINIMUM QUALIFICATION OF TEACHERS**

3-year D.D.M from Poly Technic Institute with 2–Years teaching experience.

OR

F.A plus two year Dress making course from technical training institutes plus 3-years experience in dress making.

## **REFERENCE BOOKS**

Magazine related to fashion and dress making

Research through internet magazines etc.

**EMPLOYABILITY OF PASS-OUTS.**

1. Pass-outs may join the education schools as a teacher for Home Economics/Drawings/Designing.
2. They can join garments industry.
3. They can establish their own Boutique and industrial homes.
4. They can work at home at private sector.

**EVALUATION OF SHORT COURSE STUDENTS.**

Following procedure will be followed for the evaluation of students of short courses: -

- 1 Admitted students will be registered with the Punjab Board of Technical Education Lahore within one month after the last date of admission.
- 2 The testing of the students shall be carried out as follows: -

a. Grading System (Theory & Practical).

|    |                           |
|----|---------------------------|
| A+ | Grade from 80% and above. |
| A  | Grade from 70% to 79%.    |

B Grade from 60% to 69%

|      |  |
|------|--|
| C    | Grade from 50% to 59%                  |
| F    | Less than 50%.                         |
| Fail | Below 40% in Theory & 50% in Practical |

- Candidate has to pass both Theory & Practical

b. Attendance.

Students below 80% attendance will not be admissible to appear in examination.

c. Examining Body.

Punjab Board of Technical Education, Lahore will be the Testing and Evaluation Authority.

d. Testing.

1. Conduct. The testing shall be conducted in respective institutions under overall supervision of PBTE.

2. Methodology.

Following testing methodology will be adopted:-

|     |  |   |             |
|-----|--|---|-------------|
| (a) | Class attendance / participation                                       | = | 10%         |
| (b) | Sessional Performance<br>(Practical exercises/ quizzes / assignments). | = | 40%         |
| (c) | Final Exams.   |   |             |
|     | i Theory   | = | 10%         |
|     | ii Practical.  | = | 40%         |
|     | Total  | = | <u>100%</u> |

- 3 The institute concerned will forward the result of students to Punjab Board of Technical Education Lahore on TEV/CURR/F-1 form (Attached) within seven days of termination of course.
- 4 Punjab Board of Technical Education will process the result carrying out its scrutiny / vetting and issue certificate to successful candidates as per specimen attached.
- 5 The secretary PBTE will also coordinate for the endorsement of the said certificate by General Manager (Academic).