

Training Schedule
LAUNDRY SERVICES (255)

(Theory -30 hrs, Practical - 90 hrs)

Session / Day	Lesson	Theory (1 ½ hrs)	Practical (3 ½ hrs)	Self study /assignment	Learning Outcomes
DAY 1	1. Fabrics in the market	1.3 Fabrics Specific Fabrics 1.4 Cellulosic fabrics 1. Cottons - General Characteristics 2. Rayons - Characteristics 1.5 Protein Fabrics a. Wool - Characteristics b. Silk - Characteristics 1.6 Synthetics - Melt Spinning - Dry Spinning - Heat Spinning - Characteristics	Undertake a market Survey and collect Samples of different types of Fabrics Paste the samples in the practical file and list the characteristics of each. With regard to Strength, Appearance, Absorbency, and resistance to damage, make a chart showing the Behavioral characteristics of the following fabrics: - Cottons - Rayons - Wool - Silk - Synthetics - Blended - Knitted	<ul style="list-style-type: none"> • Intext Questions 1.1, 1.2, • Undertake small group discussions with friends and family members regarding the properties and care required for different fabrics • Intext Questions 1.3, 1.4, • Undertake small group discussions with friends and family members regarding the properties and care of different fabrics. 	<ul style="list-style-type: none"> • Identifies and lists special characteristics of the following fabrics: - Cottons - Rayons - Wool - Silk - Synthetics - Blended - Knitted • Differentiates between the characteristics of the different Synthetics fabrics. • Exhibits awareness of the behavioral characteristics of different fibres.
DAY 2	<u>PROJECT 1.</u> Collect as many samples of fabric as possible from home, tailors shop, cloth shop or from friends (at least 25 samples). Paste the samples in the practical file. Identify and label each sample.				
DAY 3	<u>PROJECT 2</u> Undertake a visit to a textile mill to study the following: - Manufacturing process of as many fabrics possible				

				<ul style="list-style-type: none"> - Collect samples of the fabrics being manufactured and paste them in the practical file - Record the procedure being adopted by the mill in the practical file. 	
DAY 4	Fabrics in the market	1.7. Blended Fabrics 1.8. Comparison of Properties/ characteristics 1.9. Special Fabrics <ul style="list-style-type: none"> - Knitted Fabrics - Snagging - Moth Proofing 1.10. Behavioral Characteristics of different fibres	Undertake Group discussion on the differences between the following: <ul style="list-style-type: none"> - Blended Fabrics - Knitted Fabrics - Polyester - Nylon - Acrylics Resistance to damage from the following: <ul style="list-style-type: none"> o Fungi o Insects o Sunlight o Acids o Alkalies o Bleaches 	<ul style="list-style-type: none"> • Intext Questions 1.5, 1.6 • Undertake small group discussions with friends and family members regarding the effect of the following on different fabrics <ul style="list-style-type: none"> o Fungi o Insects o Sunlight o Acids o Alkalies o Bleaches 	Compares the properties of Nylon, Polyester and Acrylic with regard to : <ul style="list-style-type: none"> - Burning - Resiliency - Resistance to damage from: <ul style="list-style-type: none"> o Fungi o Insects o Sunlight o Acids o Alkalies o Bleaches
DAY 5	2. Preparation before laundering	2.7. Examining the Articles 2.8. Preparation before Laundering <ul style="list-style-type: none"> - Mending - Stains - Sorting - Steeping/Soaking 	<ul style="list-style-type: none"> • Activity – 1, 2. • Demonstration and practice of the various activities of preparation for Laundering : 	Intext Questions 2.1, Visit the neighborhood Laundry and study the different preparatory activities being carried out by it. Write a report on your observation.	Undertakes the following activities as part of preparation for laundering: <ul style="list-style-type: none"> - Examining - Mending - Stains - Sorting - Steeping/Soaking
DAY 6	...Preparation before laundering	2.5 Stain Removal <ul style="list-style-type: none"> - Primary Rules of Stain Removal - How to Recognize a Stain - Classification of Stains <ul style="list-style-type: none"> o Animal o Vegetable 	<ul style="list-style-type: none"> • Demonstration and practice of methods of recognizing of different stains • Practice of identifying and classifying of stains as: 	Undertake small group discussions with friends and family members regarding the reagents and tools and aids used by them for stain	Observes the primary rules of Stain Removal. Identifies and classifies stains as: <ul style="list-style-type: none"> - Animal - Vegetable - Grease

		<ul style="list-style-type: none"> ○ Grease ○ Mineral ○ Dye <p>2.6 Techniques of application of Stain Removal</p> <ul style="list-style-type: none"> - Dropping - List of Reagents - Equipment and Aids 	<ul style="list-style-type: none"> - Animal/Vegetable/Grease - Mineral/Dye ● Practice of Identifying and learning the proper handling of Reagents and Equipments and Aids required for Stain Removal <p>Activity – 3.</p>	<p>removal. Write a report of your observations</p> <p>Continue practice of identifying different types of stains and different techniques of stain removal</p>	<ul style="list-style-type: none"> - Mineral - Dye <p>Assembles and carefully uses the various Reagents, tools and aids of Stain Removal.</p>
DAY 7	...Preparation before laundering	Stain Removal to be continued	<p>Activity 4</p> <p>Practices of the removal of some common stains</p> <p>Practice of removal of Fresh Stains</p> <p>Practice of removal of old Stains</p>	<p>Continue the practice of the removal of fresh and old common stains:</p> <p>Tea, Coffee, Fruit Juice Wine, Blue/Red Ink, Ball pen mark, Lipstick, Blood, Rust, Nail Polish Grass, Milk, Carbon Paper, Dye, Butter, Paint/Varnish, Mildew</p> <p>Intext questions 2.2 Terminal questions</p>	<p>Identifies and uses appropriate Reagents for the removal of different stains</p> <p>Assembles the appropriate materials for stain removal</p> <p>Demonstrates the removal of different stains.</p>
DAY 8	<p><u>PROJECT 3</u></p> <p>Remove the following stains from:</p> <ol style="list-style-type: none"> a. Coloured cottons b. White cottons <ul style="list-style-type: none"> - Tea/coffee/Milk - Fruit Juice - Ink – blue, black and red - Blood - Curry <p>Record the procedure and paste the samples in the practical file.</p>				

DAY 9	PROJECT 4. Remove the following stains – Lipstick, Icecream/chocolate, Butter, Ball Point Ink, Grass from: a. Coloured silk b. White silk Record the procedure and paste the samples in the practical file.				
DAY 10.	PROJECT 5. Remove the following stains - Egg, Mildew, Nail paint, Henna, Iron Rust from: a. Woolen b. Synthetic Record the procedure and paste the samples in the practical file				
DAY 11	3. Principles of Laundering	3.3 Cleansing <ul style="list-style-type: none"> • Application of Friction • Hand Friction <ul style="list-style-type: none"> ○ Kneading ○ Squeezing • Friction with Brush • Application of Suction/ Suction Washing <ul style="list-style-type: none"> • Washing Machine 	Demonstration and practice of : <ul style="list-style-type: none"> - Application of Friction - Hand Friction - Kneading - Squeezing Friction with Brush Application of Suction/ Suction Washing Practice of washing clothes using a Washing Machine	<ul style="list-style-type: none"> • Intext Questions 3.1 • Undertake a market survey to study the various brands and costs of tools and equipment required for washing clothes. • Write a report on your observations • Assemble a washing Kit for self • Practice of washing clothes using the different methods. 	Differentiates between Kneading and squeezing Washes clothes using hand friction and friction with brush Uses Suction washing for cleansing clothes Demonstrates washing clothes using a washing machine
DAY 12.	PROJECT 6. Undertake the appropriate cleansing procedures for the following: a. Garments are dirty all over but some parts are dirtier than the others. E.g. Cuff, collar, hem, elbow etc. b. Dirt is on the garment either in the loose form or fixed form. The dirt on the cuff and collar is fixed with perspiration and grease released from the body c. There may be some stains like grease, tea, coffee or ink which are also fixed on the fabric				
DAY 13	...Principles of Laundering	4 Finishing <ul style="list-style-type: none"> - Applying Starch - Applying Blue - Applying OBAs (Optical Brightening Agents) 	<ul style="list-style-type: none"> • Demonstration and practice of finishing clothes by: <ul style="list-style-type: none"> - Applying Starch - Applying Blue 	<ul style="list-style-type: none"> • Intext Questions 3.2, 3.3 • Undertake small group discussions with friends and 	Uses the correct procedure and finishes after washing by the following methods: <ul style="list-style-type: none"> - Applying Starch - Applying Blue

		<ul style="list-style-type: none"> - Applying Gum Arabic <p>3.5 Drying</p> <ul style="list-style-type: none"> - Indoor Drying - Out Door Drying 	<ul style="list-style-type: none"> - Applying OBAs (Optical Brightening Agents) - Applying Gum Arabic <ul style="list-style-type: none"> • Demonstration and practice of drying clothes indoors and outdoors using appropriate equipment <p>Practice of making and applying Starch</p>	<p>family members regarding the methods of finishing used in their homes and in commercial Laundry Shops.</p> <ul style="list-style-type: none"> • Write a report on your observations • Study the finishing agents available in your neighborhood and their costs. • Undertake small group discussions with friends and family members regarding the advantages and disadvantages of indoor and outdoor drying. 	<ul style="list-style-type: none"> - Applying OBAs (Optical Brightening Agents) - Applying Gum Arabic <p>Appreciates the need to dry clothes indoors and outdoors.</p> <p>Prepares and uses starch and Gum Arabic for stiffening of washed clothes</p>
DAY 14.	...Principles of Laundering	<p>1.5 Ironing</p> <p>Pressing</p> <p>Steaming</p> <p>3.8 Folding</p>	<ul style="list-style-type: none"> • Demonstration and practice of ironing, Pressing and Steaming of different types of clothes • Practice of folding of different types of clothes after Ironing and Pressing 	<p>Continue practice of :</p> <ul style="list-style-type: none"> - Ironing - Pressing - Folding 	<p>Differentiates between Ironing, Steaming and Pressing</p> <p>Sets the iron at the right temperature for different types of fibers.</p> <p>Folds different garments appropriately.</p>
DAY 15	<p><u>PROJECT 7</u> Demonstrate the finishing of white cotton shirt by the use of : - Brightening Agents(OBA)</p>				

	<ul style="list-style-type: none"> - Starch - Ironing and Folding <p>Record the procedure of making the OBA and starch used in the practical file Sketch the folding procedure adopted in the practical file.</p>				
DAY 16	<p><u>PROJECT 8</u> Demonstrate the finishing of Ladies Silk shirt by the use of :</p> <ul style="list-style-type: none"> - Brightening Agents(OBA) - Starch - Ironing and Folding <p>Record the procedure of making the OBA and starch used in the practical file Sketch the folding procedure adopted in the practical file</p>				
DAY 17	<p><u>PROJECT 9</u> Laundering and finishing of the following white cotton garments:</p> <ul style="list-style-type: none"> - Gents Kurta - Gents Pyjama - Ladies Salwar <p>Record the procedure adopted in the practical file Sketch the folding procedure of each adopted in the practical file.</p>				
DAY 18	4.Laundering of Cottons	.4 Laundering of Dark coloured clothes	<ul style="list-style-type: none"> • Demonstration and practice of laundering Dark coloured clothes: <ul style="list-style-type: none"> - Testing for colour fastness - Washing - Drying - Ironing - Folding 	<p>Intext questions 4.3</p> <p>Continue practice of laundering of Dark coloured cotton clothes</p> <p>Observe and record the procedure followed at home and by the commercial laundry service unit.</p> <p>Write a report of your observations.</p>	<p>Washes, dries, irons and folds dark coloured cotton clothes using the correct procedures</p> <p>Observes all prescribed precautions while washing and finishing dark coloured cotton clothes</p>
DAY 19	<p><u>PROJECT 10</u> Laundering and finishing of the following coloured cotton garments and Articles:</p> <ul style="list-style-type: none"> - Ladies Kurta 				

		<ul style="list-style-type: none"> - Ladies Shirt - Bed Pillow cover <p>Record the procedure adopted in the practical file Sketch the folding procedure of each in the practical file.</p>			
DAY 20		<p>3.6 Laundering of special Textured Fabrics:</p> <ul style="list-style-type: none"> - Cretonne - Organdie - Velveteen - Flannelette - Lace <p>4.6. Treatment of Special Articles – Lace, Borders, rugs etc</p>	<p>Demonstration and practice of washing, Drying, Ironing and Folding of Special textured fabrics like Cretonne, Organdie, Velveteen, Flannelette, Lace</p> <p>Demonstration and practice of Treatment of Special Articles like Lace, Borders, rugs etc</p>	<p>Continue practice of laundering of Special textured fabrics like :</p> <ul style="list-style-type: none"> • Cretonne • Organdie • Velveteen • Flannelette • Lace <p>Continue practice of treatment of Special Articles like Lace, Borders, rugs etc.</p>	<p>Appreciates the need for using special and specific procedures for the washing, Drying, Ironing and Folding of Special textured fabrics.</p> <p>Demonstrates knowledge of Treatment of Special Articles like Lace, Borders, rugs etc</p>
DAY 21	5.Laundering of Silk and Wool	<p>5.3 To wash and finish Silk articles</p> <ul style="list-style-type: none"> • Precautions to be observed in washing and finishing Silk articles 	<p>Demonstration and Practice of washing and finishing Silk articles using the following procedures:</p> <ul style="list-style-type: none"> - Testing for colour - Kneading - Squeezing - Rinsing correctly - Using Vinegar, for sheen - Using gum for imparting stiffness - Drying in shade on rollers - Stretching of Crepe, Georgette and Chiffon - Light ironing at moderate temperature. 	<p>Intext questions 5.1</p> <p>Continue Practice of washing and finishing Silk articles</p>	<p>Washes and finishes Silk articles observing all prescribed procedures and precautions</p>
DAY 22		<p>Washing of woolens</p> <ul style="list-style-type: none"> - Precautions 	<ul style="list-style-type: none"> • Demonstrate and practice of washing and finishing 	<p>Intext questions 5.2</p> <ul style="list-style-type: none"> • Continue practice 	<p>Washes and finishes woolen articles.</p>

		5.5.To launder woolen items - Blanket and other Heavy Articles	woolen articles. • Demonstrate and practice of washing and finishing of Blanket and other Heavy Articles	of washing and finishing woolen articles. • Continue practice of washing and finishing of Blanket and other Heavy Articles.	Washes and finishes Blanket and other Heavy Articles. Observes all the dos and don'ts of washing and finishing Woolen items
DAY 23	6.Laundrying of Synthetics	6.3 Washing of Synthetic Articles Procedure Precautions 6.4 Laundrying of Rayon (Satin, Georgette. Taffeta etc.)	Demonstration and practice of Washing, Drying, Ironing, Folding of the following fabrics: - Satin, - Georgette. - Tafetta	Intext Questions 6.1 Demonstration and practice of Washing, Drying, Ironing, Folding of Satin, Georgette, Tafetta.	Washes, dries, Irons and folds items of the following Synthetic fibres: - Satin, - Georgette - Tafetta
DAY 24	7.Setting up of Laundry Services	7.3.Why Laundry Services 7.4. Small Unit 7.5 Medium Unit 7.6 Large Unit 7.7 Setting up of a Small Unit	Undertake a visit to a Small, Medium and Large Unit Study them on the following aspects for each category: ○ Characteristics ○ Items laundered ○ Charges levied ○ Advertising methods adopted ○ Tools and Equipment used ○ Procedure of actual working.	• Intext Questions 7.1, 7.2 • Write a detailed report on the visits made to: - Small - Medium Unit - Large Unit	Differentiates between the following categories of laundry services units: - Small - Medium Unit - Large Unit • Lists the basic requirements for a good laundry unit. • Can prepare a Proposal for setting up a small Laundry unit