

Training Schedule
Ladies Wear (463)
(Theory -30 hrs, Practical - 90 hrs)

Session	Lesson	Theory (1 ½ hour)	Practical (3½ Hours)	Self study/Assignment	Learning outcomes
Day 1	1. Market profile of Ladies wear	1.3 Categories of Women's wear 1.3.1 Indian Wear 1.3.2 Western Wear 1.3.3 Indo Western Wear 1.4 Price ranges of women's wear 1.5 Sizing System in women's wear	<ul style="list-style-type: none"> • Activity 1.1, 1.2 • Undertake a market survey to study the brands and cost of different <ul style="list-style-type: none"> ○ Indian Wear ○ Western Wear ○ Indo western Wear ○ Sizing system being followed in women's wear 	In text Question 1.1, 1.2 Terminal Question 1.7 Collect picture of the following <ul style="list-style-type: none"> ○ Indian Wear ○ Western War ○ Indo western Wear ○ Indo western wear Paste these pictures in the practical file.	Differentiates between <ul style="list-style-type: none"> ○ Indian Wear ○ Western Wear ○ Indo Western Wear
Day 2	L-2 Selecting fabrics and trims for Ladies wear	2.3 Understanding Fabrics <ul style="list-style-type: none"> • Woven fabrics • Knitted fabrics • Non-woven fabrics 2.4 Types of trims <ul style="list-style-type: none"> • Zippers • Buttons • Grommets • Buckles • Ribbon's Elastic • Braids and Cords • Lace • Lacing • Velcro • Inter facing 	Activity 2.1, 2.2 <ul style="list-style-type: none"> • Undertake a market survey to study • Types of fabrics used in women's wear • Types of trims used in women's wear 	<ul style="list-style-type: none"> • In text Questions 2.1, 2.2 • Terminal Question • Collects Samples of different types of fabrics being used in readymade women wear. • Paste the samples in the practical file 	<ul style="list-style-type: none"> • Identifies woven knitted and non-woven fabrics available. • Purchases and uses appropriate trims for ladies wear.

		<ul style="list-style-type: none"> • Fusing • Threads 			
Day 3	L- 3 Handling of special fabrics	<p>3.3 Types of special fabrics and their handling</p> <p>3.4 Sewing and finishing of different types</p> <p>3.4.1 Selecting the thread</p> <p>3.4.2 Selecting of needle</p> <p>3.4.3 Selection of seams</p> <p>3.4.4 Selection of seam finishes</p>	<p>Activity 3.1, 3.2</p> <ul style="list-style-type: none"> • Demonstrate and practice the methods of layout, cutting and stitching of special fabrics like. <ul style="list-style-type: none"> ○ Sheer fabrics ○ Knits ○ Printed fabrics ○ Synthetics ○ Plaids and stripes • Use of appropriate threads and needle • Selection of correct seams and seam finishes. 	<ul style="list-style-type: none"> • In text Question 3.1, 3.2 • Terminal question 3.7 • Continue practice of the following <ul style="list-style-type: none"> ○ Sheer fabrics ○ Knits ○ Printed fabrics ○ Plaids and stripes • Use of appropriate threads and needle • Selection of correct seams and seam finishes. 	<ul style="list-style-type: none"> • Identifies special fabrics and undertake requisite precautions in their handling • Selects and uses appropriate tools in relation to the types of fabrics. • Selects and use appropriate seam to finish garments of special fabrics. • Selects suitable design features for ladies wear.
Day 4	L-4 Body Types and measurements	<p>4.3 Figures analysis</p> <p>4.3.1 Body types</p> <p>4.3.2 Body shapes</p> <p>4.4 Body landmark and measurements</p> <p>4.5 Taking correct measurements</p>	<ul style="list-style-type: none"> • Activity 4.1, 4.2 • Demonstrate and practice of <ul style="list-style-type: none"> ○ Identifying body types ○ Identifying body shapes ○ Identifying body land marks ○ Taking correct measurements 	<ul style="list-style-type: none"> • In text Questions 4.1 • Terminal Question 4.6 • Continue practices of following <ul style="list-style-type: none"> ○ Identifying body types ○ Identifying body shapes ○ Identifying body land marks ○ Taking correct measurements 	<ul style="list-style-type: none"> • Identifies different Body types, Body shapes and Body land marks. • Takes and records body measurements in the correct sequence.

Day 5	L-5 Drafting of Basic Slopers	5.3 Meaning and need for drafting 5.4 Tools of Drafting 5.5 Basic Terminology of pattern making 5.6 Symbols and abbreviations used to mark a pattern 5.7 Type of Basic block 5.7.1 Adults Bodice block	Activity 5.1 <ul style="list-style-type: none"> • Make a chart of abbreviations and symbols used in drafting and pattern making • Demonstrate and practice of making basic bodice block 	<ul style="list-style-type: none"> • In text Question 5.1 • Continue practice of making basic bodice block • Paste the pattern and write the procedure in the practical file. 	<ul style="list-style-type: none"> • List and explains the basic terminology of pattern making • Appreciates the importance of drafting using appropriate tools abbreviations and symbols. • Drafts the basic bodice block • Drafts the basic sleeve block • Drafts the basic shirt block
Day 6	L-5 Drafting of Basic Slopers	5.7.2 Adults sleeve block 5.7.3 Adults skirts block	<ul style="list-style-type: none"> • Activity 5.2 • Demonstrate and practice of making <ul style="list-style-type: none"> ○ Sleeve block ○ Skirt block 	<ul style="list-style-type: none"> • In text Questions 5.2 • Continue practice of making <ul style="list-style-type: none"> ○ Sleeve block ○ Skirt block • Paste the pattern and write the procedure in practical file. 	<ul style="list-style-type: none"> • Drafts the basic sleeve block • Drafts the basic shirt block
Day 7	L-5 Drafting of Basic Slopers	5.7.4 Adults Trouser block 5.8 Importance of paper pattern 5.9 Precaution in drafting	<ul style="list-style-type: none"> • Activity 5.3 • Demonstrate and practice the making of trouser block 	<ul style="list-style-type: none"> • Terminal Question 5.1 • In text Question 5.3 • Continue practice of making of trouser block • Paste the pattern and write procedure in practical file. 	<ul style="list-style-type: none"> • Drafts the basic trouser block. • Observes the prescribed precautions in drafting and pattern making.

Day 8	L-6 Design elements for Ladies Wear	6.3 Overview of design elements of ladies wear 6.4 Necklines 6.4.1 Types of Neckline <ul style="list-style-type: none"> • V Neckline • U Neckline • Round Neckline • Square Neckline • Sweetheart Neckline • Glass Neckline 6.4.2 Do's and don'ts of making Neckline	<ul style="list-style-type: none"> • Activity 6.1 • Various types of Neckline <ul style="list-style-type: none"> ○ Sketching ○ Drafting ○ Construction ○ Finishing 	<ul style="list-style-type: none"> • In text Question 6.1 • Continue practice of type of Neckline <ul style="list-style-type: none"> ○ Sketching ○ Drafting ○ Construction • Finishing • Paste the pattern and write procedure in practical file 	<ul style="list-style-type: none"> • Can sketch, draft, construct and finish necklines • Observes the prescribed do's and don'ts in making Neckline
Day 9	L-6 Design elements for Ladies Wear	6.5 Collars 6.5.1 Collars terms 6.5.2 Collars classifications 6.5.3 Basic shirt collar foundation <ul style="list-style-type: none"> ○ Straight collar ○ Folded basic collar ○ Collar variations 6.5.4 Pater pan collar 6.5.5 Sailor collar 6.5.6 Mandarin collar 6.5.7 collar with stand 6.5.8 All-in-one collar and stand 6.5.9 Roll collar	<ul style="list-style-type: none"> • Activity 6.2 • Various types of collars <ul style="list-style-type: none"> ○ Sketching ○ Drafting ○ Construction ○ Finishing 	<ul style="list-style-type: none"> • In text Question 6.1 • Continue practice of type of collars <ul style="list-style-type: none"> ○ Sketching ○ Drafting ○ Construction ○ Finishing • Paste the pattern and write procedure in practical file 	Can Sketch, draft construct and finish various collars.

Day 10	L-6 Design elements for Ladies Wear	6.6 Sleeves 6.6.1 Terminology 6.6.2 Plain Sleeve 6.6.3 Cap sleeve 6.6.4 Puff Sleeve 6.6.5 Bell Sleeves 6.6.6 Petal Sleeves 6.6.7 Leg of Mutton sleeves 6.6.8 Bishop Sleeves 6.6.9 Basic kimono Sleeves 6.6.10 Basic Dolman Sleeves 6.6.11 Raglan Sleeve	<ul style="list-style-type: none"> • Activity 6.3 • Various types of sleeves <ul style="list-style-type: none"> ○ Sketching ○ Drafting ○ Construction ○ Finishing 	<ul style="list-style-type: none"> • In text Question 6.3 • Continue practice of sleeves <ul style="list-style-type: none"> ○ Sketching ○ Drafting ○ Construction ○ Finishing • Paste the sample and write the procedure in practical file 	<ul style="list-style-type: none"> • Can Sketch, draft construct and finish various sleeves.
Day 11	L-6 Design elements for Ladies Wear	6.7 Yokes for Bodice 6.7.1 Basic Yoke <ul style="list-style-type: none"> • Yoke variation <ul style="list-style-type: none"> ○ Square Yoke ○ V Shaped ○ U Shaped ○ Round ○ Matka Round ○ Glass shaped yoke 	<ul style="list-style-type: none"> • Activity 6.4 • Demonstration and practice of sketching, drafting, construction and finishing of following yokes. <ul style="list-style-type: none"> ○ Basic Yoke ○ Square Yoke ○ V Shaped ○ U Shaped ○ Round ○ Matka Round ○ Glass shaped yoke 	<ul style="list-style-type: none"> • Continue practice of sketching, drafting, construction and finishing of <ul style="list-style-type: none"> ○ Basic yoke ○ Square yoke 	<ul style="list-style-type: none"> • Can sketch, draft, construct and finish various yokes.
Day 12	L-6 Design elements for Ladies Wear	6.8 Pockets 6.8.1 Pocket classification <ul style="list-style-type: none"> • Outside pockets • Patch pocket 	<ul style="list-style-type: none"> • Activity 6.5 • Demonstration and practice of sketching, drafting, construction and finishing of 	<ul style="list-style-type: none"> • In text Question 6.4 • Continue practice of sketching drafting, construction and finishing of 	<ul style="list-style-type: none"> • Can sketch, draft, construct and finish different types of pockets <ul style="list-style-type: none"> ○ Outside

		6.8.2 Inserted seam pocket 6.8.3 Welt Pockets	following pockets. ○ Outside pocket ○ Patch pocket ○ Inserted pocket ○ Welt pockets	following pockets. ○ Outside pocket ○ Patch pocket ○ Inserted pocket ○ Welt pockets Paste the pattern and write the procedure in the practical file.	pockets ○ Patch pocket ○ Inserted ○ Welt
Day 13	L-6 Design elements for Ladies Wear	6.9 Plackets 6.9.1 Even hem placket 6.9.2 Kurta Placket 6.9.3 Warp over 6.9.4 Continuous warp placket	<ul style="list-style-type: none"> • Activity 6.6 • Demonstration and practice of sketching drafting, construction and finishing of following plackets; <ul style="list-style-type: none"> ○ Even hem ○ Kurta ○ Warp over projection ○ Continuous warp placket 	<ul style="list-style-type: none"> • In text Question 6.5 • Terminal 6.11 • Continue practice of sketching, drafting, construction and finishing of plackets. • Paste the sample and write the procedure in practical file 	<ul style="list-style-type: none"> • Can sketch, draft, construct and finish various plackets.
Day 14	L-7 Ladies Indian Wear : Upper Garments	7.3 Sari blouse 7.3.1 Choli Cut blouse 7.3.2 Choli cut blouse – matka style	<ul style="list-style-type: none"> • Activity 7.1 • Demonstration and practice of : <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing ○ Choli cut blouse ○ Choli cut blouse with band ○ Choli cut blouse – matka style 	<ul style="list-style-type: none"> • In text Question 7.1 <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing ○ Choli cut blouse ○ Choli cut blouse with band. ○ Choli cut blouse – matka style <p>Paste the patterns and write the procedures in</p>	Can drafts, cut, sew and finish the following blouses : <ul style="list-style-type: none"> • Choli Cut blouse • Choli cut blouse with band • Choli cut blouse – matka style

				the practical file.	
Day 15	L-7 Ladies Indian Wear : Upper Garments	7.4 Ladies shirt /kurta 7.4.1 Kameez with darts 7.4.2 Kurta with princess line 7.4.3 A-line kurta	<ul style="list-style-type: none"> • Demonstration and practice of : <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing • Kurta with darts • Kurta with princess line • A-line kurta 	<ul style="list-style-type: none"> • Continue practice of- <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing • Kurta with darts • Kurta with princess line • A-line kurta • Paste the patterns and write the procedures in the practical file 	Can Design, Draft, cut, sew and finish the following garments – <ul style="list-style-type: none"> ○ Kurta with dart ○ Kurta with princess line ○ A-line kurta
Day 16	L-7 Ladies Indian Wear : Upper Garments	7.4.4 Kalidar Kurta 7.5 Nighties	<ul style="list-style-type: none"> • Activity 7.2 • Demonstration and practice of : <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing • Kalidar Kurta • Nightie 	<ul style="list-style-type: none"> • In text Question 7.2 • Terminal Question 7.6 • Continue practice of: <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing • Kalidar Kurta • Nightie • Paste the patterns and write the 	Can Design, draft, cut, sew and finish the following garments <ul style="list-style-type: none"> • Kalidar kurta • Nightie

				procedure in the practical file	
Day 17	L-8 Ladies Indian Wear : Lower Garments	8.3 Petticoat 8.4 Gored 8.6 Gored 8.4 Salwar 8.4.1 Salwar with belt	<ul style="list-style-type: none"> • Activity 8.1 • Demonstration and practice of : <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing for 4 gored petticoat ○ Finishing for 6 gored petticoat ○ Salwar ○ Salwar with belt 	<ul style="list-style-type: none"> • Continue practice of the work done in class. • Paste the patterns and write the procedure in the practical file 	Can Design, draft, cut, sew and finish the following garments; <ul style="list-style-type: none"> ○ 4 gored petticoat ○ 6 gored petticoat ○ Salwar ○ Salwar with belt
Day 18	L-8 Ladies Indian Wear : Lower Garments	8.5 Patiala Salwar 8.6 Churidar Pyjama 8.6.1 Churidar with belt	<ul style="list-style-type: none"> • Activity 8.2, 8.3 • Demonstration and practice of <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing for patiala salwar ○ Churidar pyjama ○ Churidar with belt 	<ul style="list-style-type: none"> • Terminal Question 8.8 • Continue practice of work done in practical class. • Paste the patterns and write the procedure in the practical file 	Can design, draft, cut sews and finish the following garments: <ul style="list-style-type: none"> ○ Patiala salwar ○ Churidar pyjama ○ Churidar with belt
Day 19	L- 9 Ladies Western Wear	9.3 Skirts 9.3.1 A-line skirts 9.3.2 Basic Flared skirt 9.3.3 Full circular skirt	<ul style="list-style-type: none"> • Activity 9.1 Demonstration and practice of Drafting, Pattern making, Layout, Cutting, Stitching,	Continue practice of work done in practical class.	Can Design, draft, cut sew and finish the following garments; <ul style="list-style-type: none"> ○ A-line skirts ○ Basic Flared skirt

		9.3.4 Half circular skirt	Finishing for <ul style="list-style-type: none"> ○ A-line skirts ○ Basic Flared skirt ○ Full circular skirt ○ Half circular skirt 		<ul style="list-style-type: none"> ○ Full circular skirt ○ Half circular skirt
Day 20	L- 9 Ladies Western Wear	9.4 Ladies shirt 9.5 Trouser block 9.6 Parallels	<ul style="list-style-type: none"> • Activity 9.2, 9.3 • Demonstration and practice of – <ul style="list-style-type: none"> ○ Drafting ○ Pattern making ○ Layout ○ Cutting ○ Stitching ○ Finishing for Ladies shirt ○ Trouser block ○ Parallels 	<ul style="list-style-type: none"> • In text Question 9.1 • Terminal Question 9.8 • Continue practice of the work done in practical class. • Paste the patterns and write the procedures in the practical file 	Can design, draft, cut sew and finish the following garments; <ul style="list-style-type: none"> ○ Ladies shirt ○ Trouser block ○ Parallels
Day 21	Project - 1 Sketch, draft, make pattern, cut, sew and finish a choli cut blouse with puff sleeves (with gathers or the top only)				
Day 22	Project 2 Sketch, draft, make pattern, cut sew and finish a ladies sleeve less A-line Kameez with – Roll Collar, Continuous wrap placket at the back .				
Day 23	Project 3 Sketch , draft, make pattern, cut and sew a finish a nighte with – glass shapes yoke, Bishop sleeves				
Day 24	Project 4 Sketch, draft, make pattern, cut and sew and finish a ladies shirt with – Sailor Collar, Leg of mutton sleeves.				