

**Model Curriculum
Assistant Dress Maker**

TARGET GROUP: Non/Neo Literates, school dropouts upto 12th standard in the age group of 15-45

Course/Job Role	Particulars of Duration (in hrs)	
Assistant Dress Maker	Total: 240 Theory: 60 Practical: 120 Employability Skills: 60	2-3 hours per day

COURSE OBJECTIVES

After completion of the course, the trainees should be able to:

1. Demonstrate understanding of basic principles of Cutting, Tailoring and Dress Making
2. Identify different categories of clothing for Men, Women and Children wear/ apparel
3. Use suitable tools and apply techniques for dress/ garment making
4. Develop samples of variations designs of Men's wear, Women's wear and Children's wear apparel as per local market demand and trends; and
5. Gain Employability skills along with Life Enrichment Education

COURSE STRUCTURE

Knowledge Domain

1. Understanding of market segmentation for Men, Women & Children's wear/ apparel
2. Identify and classify Women's & Children wear/ apparel
3. Methodology of taking correct body measurements for customized Cutting, Tailoring and Dress Making
4. Conversant with methodology of creating patterns and making apparel/dress according to standardized sizes
5. Knowledge of design variations and make sample garments

Skill Domain

1. Co-relate fabric characteristics to Dress making
2. Draft patterns as per requirement of basic and variations of design of Men's, Women's & Children's wear/ apparel
3. Sew garments for Men, Women & Children with appropriate techniques and good quality finish

Trainers Qualification: ITI/Certificate course with minimum 2 years of experience in the relevant job role. He/She should have knowledge of equipment, tools, materials, safety, health & hygiene. He/She may also be well versed with the employability skills and Life Enrichment Education issues etc.

MATERIAL AND TOOL REQUIREMENT

- Measuring tape
- Pattern Papers & tracing paper
- Tailors Chalk
- Types of Scales: normal straight big ruler, hipcurve, legshaper, pattern master, French curve
- Fabric Cutting Scissors
- Paper Cutting Scissors
- Cutting Table/Pattern Table
- Fabric, good quality muslin mandatory, other types optional for stitching and embroidery, quantity may vary
- Stools for Sewing
- Machine Needle, various sizes
- Hand Needle, various sizes for embroidery and hemming
- Sewing Threads (Surplus thread is used for stitching. The quantity, thread packaging, variety may vary as per requirement)
- Sewing Kit Includes thread clipper/ thumb trimmer, seam ripper, tracing wheel etc
- Domestic Sewing Machines & Attachments (with & without Padle)
- Embroidery thread - packs
- Trims and Accessories like laces, buttons, zippers, (assortment)
- Dress Maker's Pin, Pins & Safety Pins
- Embroidery frame
- Hanger
- Iron and Iron Table
- Garments, Made Ups and Home Furnishing Articles, each
- Small screwdriver with screws
- Bobbin Case
- Bobbin
- White Board with Marker/ Black Board with Chalk and Duster
- First Aid Box
- Teacher's Table & Chair
- Baskets/ Boxes for Storing
- Basic Stationary
- Book/ Manual
- Other books and Documents samples
- Fabric/ Trims and Accessories/ seams types Swatch File

Assistant Dress Maker

National Occupational Standards

1. Introduction
2. Maintenance of work area, tools and equipment
3. Drafting, Cutting and basic techniques of dress making
4. Sewing of children, women & men wear / apparel
5. Alteration and correction
6. Local Market Exposure
7. Employability Skills including Life Enrichment Education

Course Curriculum and Content aligned with NOS

1. Introduction

Topic	Introduction on Dress Making course and JSS Scheme
Content	<ul style="list-style-type: none"> • Introduction to JSS scheme • Introduction to the course 'Assistant Dress Maker' • Overview of job profiles in the apparel industry • Importance of using suitable methods of making Men'swear, Women's wear and Children's wear
Methodology	Discussion and display of garment pictures/visuals in catalogues etc
Expected Learning Outcomes	<ul style="list-style-type: none"> • Knowledge about the JSS scheme and the course on "Assistant Dress Making" about • Understanding about the relevance of the course "Assistant Dress Maker" in income-generation
Total Hours	2 Hours

2. Identification of tools & equipment and their maintenance

Topic	Identification of tools & equipment and their maintenance
Content	<ul style="list-style-type: none"> • Description of various tools and equipment used in cutting and tailoring – measuring, drafting, cutting tools e.g. Tracing wheel, measuring tape, tracing chalk • Identification of parts of the sewing machine • Safety Measures
Methodology	<ul style="list-style-type: none"> • Identification and familiarization with the use of tools and equipment • Demonstration and practice in operating the hand/foot sewing machine. Assembly, cleaning and maintenance of machine components for proper functioning. • Lecture and Demonstration on various Safety Measures while working
Expected Learning Outcomes	<ul style="list-style-type: none"> • Understands different essential tools and equipment needed for Cutting, Tailoring and Dress Making • Knows about tools and measuring instruments and is able to use them properly. • Adjusts parts of sewing machine for proper construction quality • Understands the importance of taking necessary safety precautions while Cutting, Tailoring and Dress making
Total Hours	10 Hours

3. Cutting, Drafting and Basic Techniques of Dress Making

3.1 Drafting and basic techniques of Dress making

Sub Topic 1	Pattern Making and Drafting of various categories of clothing for men, women and children wear
Content	<ul style="list-style-type: none"> • Basic Stitches (Hem& Seam Finishes) • Familiarization with clothing design categories and details size charts for men’s wear, women’s wear and children’s wear/ apparel • Importance of choosing appropriate method of tracing according to fabric • How to take direct measurements • Importance of proper pattern drafting of: <ul style="list-style-type: none"> ▪ Bodice ▪ Collars • Drafting of Pockets Patterns and Collar Variations
Methodology	<ul style="list-style-type: none"> • Choosing suitable finishes for different fabrics • Discussion and identification of garments and design details for men, women, children wear through pictures • Different ways of tracing – carbon paper, tracing chalk, thread tracing, tracing on butter –paper • Demonstration of Drafting methods- both direct drafting and standardized drafting methods • Explanation of importance of proper pattern drafting for fit • Pattern drafting of pockets- Patch pocket with/without flaps, with/without pleats, Cross pockets, Welt/Bound pocket, Shirt collar, Tennis collar, sailors collar
Expected Learning Outcomes	<ul style="list-style-type: none"> • Understands and applies different finishes according to the fabric characteristic • Understands different tracing methods on fabric • Understands and applies pattern making, • Applies principles of drafting to pocket and collar variations • Understands and identifies men’swear, women’swear and children’swear clothing categories

3.2 Cutting of various categories of clothing for men's wear, women's wear and children's wear

Sub Topic 1	Cutting Various categories of clothing for men'swear, women'swear and children'swear
Content	<ul style="list-style-type: none"> • Cutting techniques
Methodology	<ul style="list-style-type: none"> • Precision in cutting • Understands the methods of achieving precision in cutting
Expected Learning Outcomes	<ul style="list-style-type: none"> • Understands different cutting methods on fabric
Total 3.1 and 3.2	75 Hours

4. Sewing of children, women & men's wear

Topic	Sewing of children, women & men's wear
Content	<ul style="list-style-type: none"> • Relating clothing design details as per age • Size charts • Sewing various types of clothes as below: <ul style="list-style-type: none"> ○ Skirt ○ Frock ○ Trouser block ○ Shirt ○ Jacket/ Bundi ○ Sari and Choli/ blouses ○ Torso block ○ Skirt block ○ Nightwear ○ Ladies Kurta ○ Ladies blouses /tops (special ref to Collars, Yokes, Ruffles, Frills), Sleeves • Closures and Surface detailing • Sewing, attachment and finishing of different closures of garments
Methodology	<ul style="list-style-type: none"> • Discussion and identification of garments and design details of various types of clothings through pictures • Sewing, attachment and finishing of different closures of garments
Expected Learning Outcomes	<ul style="list-style-type: none"> • Understands and identifies men'swear, women'swear and children'swear clothing categories • Understands and applies pattern making and sewing techniques to above mentioned clothings • Understands and applies different closures and Surface techniques according to design
Total Hours	80 Hours

5. Alteration and correction

Topic	Alteration and correction
Content	<ul style="list-style-type: none"> • Need for Alteration & Corrections • Methods of Alterations & Corrections
Methodology	<ul style="list-style-type: none"> • Demonstration through videos, photos and carrying out methods of alterations practically
Expected Learning Outcomes	<ul style="list-style-type: none"> • Describe the skills, tools and equipment required for incorporating changes in garments as per alteration needs • Check size and fit of the dress materials from the customers • Describe handling of a seam ripper • Make a record to alter the garment • Carry out alterations as per records • Record required alteration measurements and instructions on tags or labels and attach them to garments
Total Hours	10 Hours

6. **Market Exposure (03 Hours):** A market exposure is intended towards providing an insight about garment industry, local market, demand and supply chain etc. The market exposure also intends towards probable employment self employment opportunities in the local market

Topic	Market Exposure
Content	Visit to market (domestic) for visual survey of men'swear, women'swear and children'swear apparel
Methodology	Market survey/ Visit
Expected Learning Outcomes	Recognizes and co-relates designs available in the market with classroom inputs
Total Hours	3 Hours

7. Employability Skills including Life Enrichment Education : 60 Hours

60 Hours of employability skills including Financial/Digital literacy, e-market places, maintain book of records, record keeping, inculcating national and social values is included in the course curriculum of Assistant Dress Maker. Employability skills enables the beneficiaries in setting up their own small ventures. It also include Life Enrichment Education Component.