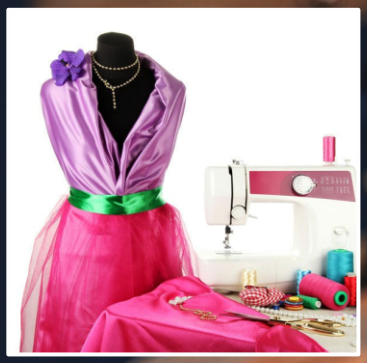
Textbook of

DRESS MAKING

Grade - IX



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NAVTTC

National Vocational & Technical Training Commission
(NAVTTC)

Textbook of

DRESS MAKING

Grade – IX

National Vocational and Technical Training Commission

H-9, Islamabad

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PREFACE

This book has been written to meet the requirements of Matric Tech to train the Students in the trade of Dress Making. Matric Tech in Dress Making has been introduced for the first time in the history of Pakistan. This text book is the first national effort to describe all the topics related to Dress Making in a single book. Key effort has been made to make the book interesting and useful. The chapters here cover the basic details in a manner understandable to the students of Matric Tech. The chapters include assessments in form of MCQs, short questions and long questions. The book covers 40% theoretical and 60% practical content. This content is equally helpful for the students of Fashion Design, Pattern Making, Sewing and Textile Design. Any improvements and suggestions for the betterment of this book will be highly appreciated.

Executive Director
National Vocational & Technical Training Commission
(NAVTTC)

Table of Content

Introduction to Dress Making

1

Is dressmaking similar to fashion design?

Do you know which measurement scale do we use for dressmaking?

Do you make? pattern before sewing?

After studying this unit students must be able to: -

- ✓ define Dress Making
- ✓ explain different steps involved in Dress Making/Garment construction (pattern making, cutting, stitching etc.)
- ✓ categories different tools and equipment used for dress making
- ✓ understand the importance of Dress Making in everyday life
- ✓ define the scope of Dress Making on domestic level
- ✓ recognize the importance of Dress Making in Local Market
- ✓ describe the evolution of Dress Making (mid 80's - till date)
- ✓ understand the development of Garment Industry in Pakistan

Ever since man settled in the communitarian life, they realized the importance of clothing not just as a way of covering up but as a way of ornamentation and a way of expression.

Communities developed a certain uniformity in their dresses to show their cultural affiliations as well as religion. As interest in dresses grew the field of dress making developed. Dress making changed with the industrial revolution as fabric production became cheaper and the sewing machine was invented. Dress making now is a completely different thing from what it started off from. The needle of bone from ancient times has now been replaced by industrial machines in the industry and domestic machines in the home.

Do You Know?

A dressmaker is a person who makes custom clothing such as dresses, blouses, shirts, trousers and etc.

Dress Making

Dressmaking is defined as the craft of sewing clothes and dresses. An example of dressmaking is the art of sewing a beautiful dress from fabric.

Dressmaking shall cover society's need for tailor-made and handmade clothing where form, color and materials are fitted specifically to the individual.

Steps of Dress Making

Sewing a dress might seem like a big task, but even those just starting their sewing journey can accomplish it. Dresses are actually great beginner projects, as long as choose a simple style and an easy-to-use fabric. These tips for beginners will help sew a

dress. The key to sewing a dress is to treat it as a series of components, each component might have several steps.

Step 1: Select your fabric

Selecting fabric is a big task for stitching. Fabric stuffs, texture and drape are important factors for selection of fabric stitching

Step 2:Prepare your pattern

After selecting given pattern, open pattern and find all the pattern pieces required. For example, a simple shift dress, usually includes the dress front, dress back, front and back neck facings and armhole facings or sleeves. Most patterns provide a listing of the pattern pieces, that indicate exactly which pieces needed.

Step 3: Prepare and cut out your fabric

Shrink and press fabric to remove all wrinkles. Then, lay out your fabric on work space, following the pattern instructions may need to fold the fabric in half.

Step 4: Placing the pattern pieces

Place the pattern pieces on the fabric, following the pattern instructions. Make note of the grain line and any pieces that need to be placed on the fold.

Do not forget about directionality: If fabric has a directional print like flowers with stems, all the flowers to face the same direction. Make sure to lay out the pieces so that they all have the same orientation. Pin the pieces to your fabric, then cut!

Step 5: Facings

Your pattern may also includefacings. For example, a sleeveless dress likely includes facings for the neck and armholes, either in one piece or separate pieces for the front and back. In the picture above, a small piece of the dress fabric and cut a similar sized piece of interfacing, which is

fused to the wrong side of the fashion fabric. Then, fold the interfaced fabric in half and cut the facing pieces.

Interestingformation

Always remember to line up the pieces along the grain line, watching for pieces cut on the fold as indicated on the patten pie

Step 6: Mark and sew darts

Pattern will likely have a few darts. For example, this pattern only has bust darts to provide some shaping. Transfer the pattern markings to your cut-out fabric. Darts are indicated by dots in a long triangular configuration, which you fold and stitch from fabric edge to the point. Sew your darts and press downward.

Do You Know?

Dart should always be pressed towards center front/center back of the garment.

Step 7: Sew the back zipper

The zip should always be stitched before joining the backand front together, the given garment has a back zipper.

Interesting Information

Invisible zip, Railroad zip, Metal zip, coil zip, molded plastic zip, separating zip, etc.

Step 8: Sew the shoulder seams

Now that dress front and dress back are both ready, you can sew them together at the shoulder. Like most commercial patterns, pattern has 5/8″ seam allowances, but always check your pattern instructions to verify the indicated seam allowance. Then press the seams open.

Step 9: Prepare the neckline facing

Apply the interfacing to the front and back neckline facings. Stitch the back neck facings to the front neck facing at the shoulder seams. Most likely, you will have one continuous piece for the front facing and two pieces on the back to accommodate the zip.

Press the shoulder seams open, as you did on the dress shoulder seams. Finish the outside edge of the facing by turning under and stitching to finish the edges.

Step 10: Attach neck facings

Pin the neckline facing to the dress neckline, right sides together. Match the shoulder seams of the dress with the shoulder seams on the facing pieces. Note that at the center back the facing will stick out past the dress edge. You should not trim it off or try to get the center back edges to match. The 5/8″ seam allowance on the facing will be folded under later to create a clean finish at the top of the zip.

Step 11: Stitch the dress neckline facing in place.

You need to make small snips around the seam allowance so it can easily turn inside the garment as this is a curved seam. Make small cuts perpendicular to the stitching, ending close to the stitch line, but not through it. Fold the facing toward the inside of the dress. If there are any areas that do not turn or sit well, add another snip to release the fabric in that area.

Do You Know?

Snips are added to turn curved facings. Notches are added to match pattern pieces. Grainlines are always kept in mind while cutting patterns.

Step12: Trim the seam down

You need to trim the seam down to about ¼". This reduces bulk in the neckline. If you prefer, you can first trim to ¼" and then do the perpendicular clipping. However, it is difficult to snip that small seam allowance, so do the snipping first and then trim.

Step 13: Press and under-stitch neck facing

Press the neckline facing up and away from the body of the dress. Make sure that the seam allowance also stays up and does not get flipped down toward the body of the dress. notches.

Step14: Under-stitch the neck facing

Under-stitching is a row of stitching near the seam on the facing that helps the facing turn inside the garment.

Step 15: Press the facing

You need to flip it to the inside of the dress and press around the neckline edge to create a smooth finish.

Step 16: Sew side seams

Sew the side seams of the dress, matching notches along the seam. Remember to follow the seam allowance your pattern indicates. Always use pins to match the

Step 17:Press the side seams open.

The side seams are pressed open before attaching facings to ensure a better finish of the

Step 18:Prepare the armhole facings

The armhole facings are prepared in a similar fashion to the neck facings. These pattern markings are common in most patterns, especially on sleeves and armhole facings. They help you distinguish between the front and back pieces.

Interesting Information

Back armhole facing has a double notch and the front has a single notch.

Step 20: Finish back neckline

To create a clean finish at the top of the zipper, flip the facing end around the top of the zipper and stitch through all layers, following the line of previous stitching. Trim the corner diagonally on both sides.

Step 21:Flip the facings back to the inside

Push the corner out to make a crisp edge. Press the facing down. Finally, stitch a few hand stitches along the edge of the facing where it meets the zipper tape.

Step 22:Secure the facing edges

Tack those facings down by stitching in the existing seams.

Step 23:Hem the dress

You need to hem the dress after giving all finishes of the dress.

Visit to Library:

Visit Library and consult with related books, Magazines and Journals etc.

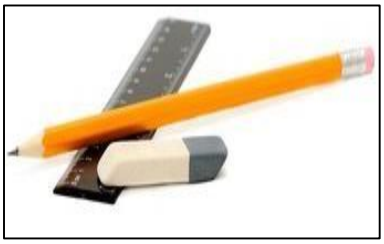
Tools and Equipment used for Dress Making

Dress Making Tools

Tape Measure: Having a tape measure to hand can be indispensable, especially when you're taking measuring or making alterations. Depending on your preferences, you can use a measuring tape with centimeters or inches (or both).

Tailor's Chalk: Tailor's chalk allows you to easily mark your fabric when you're measuring it and preparing to cut it. It will work on most materials and is easily removed, making it a popular tool in the sewing world.

Pencil, Ruler & Rubber: These three tools are essential to any dressmaker's sewing kit as they are helpful when you need to make alterations to your patterns.



Dressmaker's Shears: Also referred to as dressmaker's scissors, these scissors have serrated edges that are ideal for cutting out all types of fabric, including leather and denim

Paper Scissors: As dressmaker's shears should not be used for cutting paper, its best practice to have an ordinary pair of scissors in your dressmaking kit so you are able to cut out patterns.

Warning:

(i.e. cutting patterns), plastic nor other materials, or they will lose their sharpening soon!

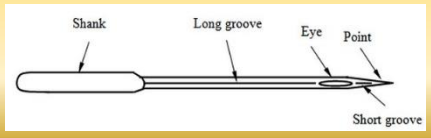
Seam Ripper

Especially if you're just starting out, you are bound to make mistakes, so you'll a seam ripper to un-pick stitches.

Hand Sewing Needles: You need some hand -sewing needles for elements such as intricate detailing. Standard handsewing needles will do the job perfectly

Interesting Information

For sewing machine need to invest in a range of different sewing machine needles depending on what fabricand weight.



Pin Cushion Keep your work station tidy with a pin cushion. Most sewing kits will come with a traditional fabric pin cushion, however alternative is a magnetic pin cushion,as it means you no longer need to worry about finding pins lying about on the floor.

Thimble: Protect your thumb with a thimble, when you're hand sewing. Make sure you purchase one that is non-slip to prevent it from moving about as you sew.

Ironing Board: You need to make sure that your ironing board is sturdy and the height can be adjusted.

Iron: The best iron for dressmaking is one that is heavier than you'd choose for your household chores. The plate should have plenty of holes to let out steam and should have a non-stick surface. A narrower tip is also useful for pressing those hard to reach areas.

Domestic Sewing Machine: Domestic machines are typically made for personal and home use.

Industrial sewing Machine: An industrial sewing machine is specifically built for long term, professional sewing tasks and is therefore constructed with superior durability, parts, and motors.

Importance of dress making in everyday life

Clothing is an important part of our society. People practice self-expression by the clothes they wear. They also make careers out of studying clothing and fashion. And tailors and dressmakers are the people who make articles of clothing for others to wear. Dressmaking is a skill that can generate revenue for the skilled person.

Scope of Dress Making on Domestic Level

All over the world, the making of dress has a very significant role in Garment Industry. All kinds of dresses are designed and sewed as per need of the area, culture, persons & their demand. Domestic Tailoring is an art which plays a fundamental role for making the dress.

Sewing not only enables you to create beautiful and heirloom items that can be passed down, they are the same skills needed to mend and alter clothes. Knowing how to make necklines and fittings in shirts and shalwars as well as how to sew a button back on a garment is extremely important and can be very expensive to have done from market.

Interesting Information

Sewing helps you develop fine motor skills, improves your focus and concentration and teaches the importance of patience and self-control.

Importance Of Dress Making In Local Market

Clothing is an important part of our society. People practice self-expression by the clothes they wear. People make careers out of studying clothing and fashion. Almost every individual is a direct consumer of fashion, frequenting retailers or buying from flea markets. It generates job opportunities for qualified and unqualified, skilled or unskilled people all over the world. The clothing industry contributes a lot to the global economy.

Activity:

- Make a sketch of a dress that you would like to wear using the knowledge you have learnt. Keep in mind the closure and dart placements.

Evolution of dress making

Mid 80's till date

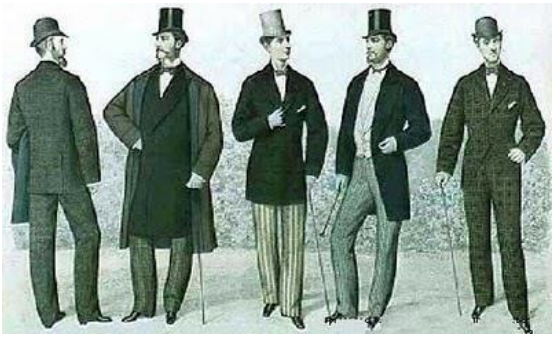
In the early 18th century women wore a dress known as a mantua for formal occasions. The mantua was an open-

fronted silk or fine wool gown with a train and matching petticoat. The train was worn looped up over the hips to reveal the petticoat.

The bodice had loose elbow-length sleeves finished with wide turned-back cuffs. A hoop petticoat and several under-petticoats were worn beneath the outer petticoat.

At the beginning of the 18th century the male silhouette differed greatly from that of today. A typical outfit consisted of a full-skirted knee-length coat, knee breeches, a vest or long waistcoat (which could be sleeved), a linen shirt with frills and linen under drawers. Lower legs showed and were an important part of the silhouette.

Men wore silk stockings and leather shoes with stacked heels of low or medium height.



Women's fashions changed considerably between 1900 and 1910. The fashion of 1900 was characterized by an S-shaped silhouette that was achieved mainly by a boned corset that was long and rigid in front and shorter at the rear. The costume was extremely feminine, over decorated with flounces andlace, frills and embroidery.

The neckline was high, and the skirt reached the ground.

There were dramatic changes in women's dress during the first decade of the 20th century. Men, however, continued to wear a black frock coat with gray stripedtro users for formal day wear and

a black tailcoat and trousers with a white waistcoat for evening wear if ladies were present. In America, the tuxedo, or dinner, jacket was beginning to provide a more comfortable alternative. As the decade went on, 2000s fashion began to take cues from 1960s bohemian looks. Cowl-neck shirts, peasant tops, Capri pants, cropped jackets, and dresses over jeans were popular outfit choices for women.

Activity:

- Make a catalogue book by pasting images on fashion styling of 18 -20th century women's wears
- Make a catalogue book on fashion styling of 18-20th century men's wears

Development of garment Industry in Pakistan

The garment industry in Pakistan is experiencing accelerated growth and youth. It comprises approximately

32 percent of Pakistan's population that appears to be the guiding force behind it.

In recent years, the apparel sector has witnessed entry of some of the biggest textile groups of the country. These textile groups availed opportunities by introducing separate brands, lawns and other fashion related products in the market. Moreover, the talented designers with innovative ideas and internationally competitive designs are projecting the cultural heritage of Pakistan. There are more than 40 high-end fashion brands in the country and their annual sales volume runs in billions of rupees. In an extremely competitive market, these brands endeavor to come up with the most creative designs. These brands are targeting the youth and catering to their demands. Fashion products and garment industry is showing dynamism and diversity in

Pakistan. Most of the sales of branded clothing taking place through franchises that have bought the right to sell these products to consumers. The online sale of the clothes is also gaining grounds, mostly youth prefers to buy online.

Key Points

Dress making is the art of sewing clothes.

Several steps are involved in making a dress.

It is very important to sew a dress with the help of a pattern to get accurate stitching.

Fabric manufacturing and dress cutting tools help a lot in sewing a dress precisely.

People make careers in the fields of fashion and dress making.

Fashion has evolved through decades until it attained its present form. Garment industry of Pakistan has made its place in international market in recent years.

Web Links

https://www.britannica.com/art/fashion-industryhttps://medium.com/@catherinewatts/10-fashion-tools-every-aspiring-designerneeds-to-succeed-9027366bd37bhttps://sewguide.com/pret-a-porter/

https://sewguide.com/evolution-of-history-of-fashion/

Exercises

1. **Tick the correct answer**.

I. The earliest form of sewing tool is:

a) Sewing machine

b) Bone needle

c) Fabric scissors

d) Seam ripper.

II. _____ is the first step to prepare fabric for the pattern.

a) Shrink and press.

b) Press and cut.

c) Place patterns.

d) Attach facings.

III. _____ are important to match patterns.

a) Notches and grainlines.

b) Snips.

c) Darts

d) Neckline.

IV. The correct order for stitching is:

a) Stitch shoulders, attaching zip and stitch side seams.

b) Attaching zip, stitching side seams and stitching shoulders.

c) Attaching facing, attaching zip and close side seams.

d) Attaching zip and attach facings.

V. What kinds of garments were worn in the ancient times?

a) Silk stockings, jeans and linen shirt with frills.

b) Mantua, bodice and yoga pants.

c) S-shaped silhouette, petticoat and silk stockings.

d) Capri pants, long skirts, knee breeches and vest.

Write Short Answers:

1. Define dress making.
2. What is the key to sewing?
3. How do you prepare the fabric for sewing?
4. Name the parts of the garment where facing is sewn.
5. How is dress making important in local market?

Write Long Answers:

1. Write down a note on the development of local garment industry in recent years.
2. Specify the importance of snips and notches in sewing a garment. Explain with examples.
3. Analyse how fashion evolved from mid 80's till date.

Constructed Response Question:

1. Given below are the examples of 80's as well as present day fashion. Can between both types of fashion?

80's Fashion

Present Day Fashion

Practical Activities

1. Identify any two Pakistani and international fashion designers and collect images of their garment designs in a scrap book. Compare these designs and write reasons why do you like them.

2. Make a sketch of a dress of your favorite personality. List down the facings, finishes, closures etc. for their design.

Basics of Textile Design

2

Do you know how story board looks alike?

Have you ever did brainstorming?

Have you ever observed design repeats in your dress?

Students Learning Outcomes:

After studying this unit students must be able to: -

- ✓ define the importance of brainstorming
- ✓ understand research board/theme board
- ✓ identify the difference between Mood board and Colour board
- ✓ understand Story board/ Concept board
- ✓ recognize motifs
- ✓ Explain different types of textile repeats.

Brainstorming

Brainstorming is a method of generating ideas and sharing knowledge to solve a particular commercial or technical problem, in which participants are encouraged to think without interruption. Brainstorming is a group activity where each participant shares their ideas as soon as they come to mind.

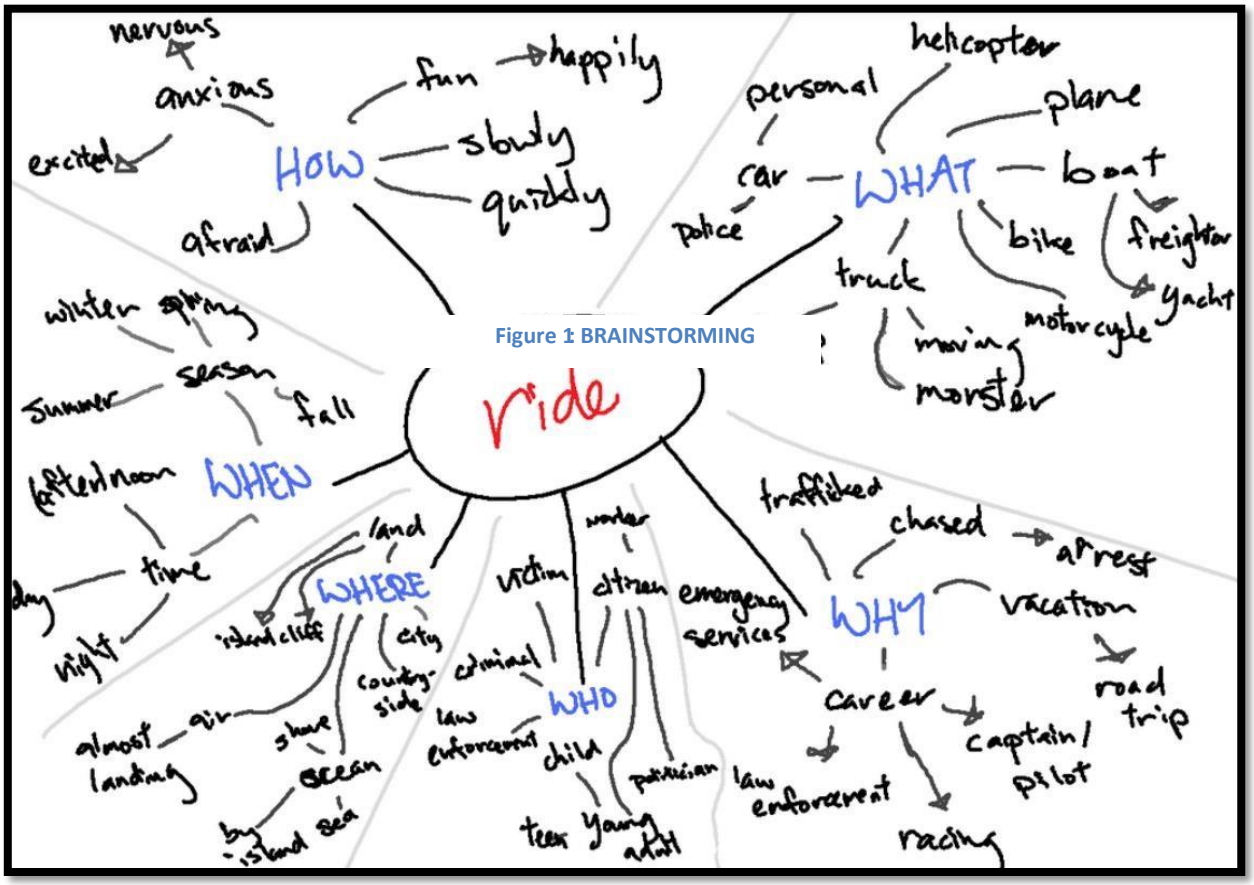


Figure 1 BRAINSTORMING

Basic rules of Brainstorming:

There are four basic rules of Brainstorming which are intended to reduce the social inhibitions that occur in groups and stimulate the generation of new ideas

1. Focus on quantity
2. No criticism
3. Encourage wild ideas
4. Combine and improve ideas

Let's put into practice your learnt material

Brainstorming Activities for Textile design

How can you be more creative? You can use these brainstorming activities to tickle your creative juices.

Group Activity

Activity-2.1:

Step 1: Prepare the Group

Step 2: Present the Problem/ ideas

Step 3: Guide the Discussion/ implement the ideas on

Step 4: Taking Action/final product

The expected result is a dynamic synergy that will dramatically increase the creativity of the group.

Research Board

Research is an important part of the Textile Design process. Research Board shows your thoughts and creativity behind a single piece of designrelaying the colour influences and design area.

ResearchBoard Example

Creating a Research Boardis Innovative way

Good to Know

Steps fordevelopinga research board

1. Choose an interesting generaltopic. Most professionalresearchersfocus on topics they are genuinely interested in studying
2. Do some preliminaryresearchon your generaltopic
3. Narrow down your topic
4. Collect images on your topic
5. Collages the images

Activity-2.2:

- Create a Research board on a specific topic
- The collage of the images should be arranged randomly or overlapping way

Mood Board

A mood board is a visual tool that communicates our concepts and visual ideas. It is a well thought out and planned arrangement of images, materials, pieces of text, etc. that is intended to evoke or project a particular style or concept.

Mood Board Examples

Example

Good to Know

Why Do We Use mood board!

- To give us a process to build a clear design story that we want to use in the space.
- Using a mood board helps you to express the vision you have in mind for the project.
- Sometimes it's very complicated to express your visual ideas to others. A mood board is a very efficient visual communication tool.
- A mood board is a good starting point to get things done. It will help you collate and focus your ideas, and help to define the project.

Activity-2.3:

- Create a Mood Board on a given topic
- The collage of the images should be arranged randomly or in overlapping way

Colour Board

A **color board** or design **board** is a tool used by designers to create a **color** palette and try different elements together before putting them in a design. Making your own sample **board** is easy.

Creating a color board will help you to create aesthetic sense of the design

Colour Board Examples

Good to Know

Why do designers use Color Board?

Creating color boards allows you to collect thoughts, ideas, color schemes and moods in one place and define a coherent design concept without risk of losing sight of the bigger picture. Visual concepts are a constant source of inspiration, the huge motivators that make you feel empowered.

Activity-2.4:

- Select one strong picture/image/visual/painting of the theme given by your teacher.
- Paste it on A/3 sheet
- Extract maximum colors from the same image
- Apply all chosen colors on the same sheet to complete color board

Story Board

The storyboard "tells the story"of the designer's idea. The storyboard includes original illustrations and flats, as well as additional materials (such as photos from the Internet or magazines, paper, fabric swatches, patterns, etc.) that have influenced the unique design Purpose.

Story Board Examples

Good to Know

What is the difference between a storyboard and a mood board?

Unlike storyboards, which are always ordered in narrative or sub-narrative flows, mood boards are only loosely organized. Mood boards are used to capture and cluster creative ideas very quickly. These ideas can range over many topics, but may include: Actual screenshots and wireframes.

Activity-2.5: Creating a Story Board

Planning is essential to create a professional Story B oard. The list below is a general planning to help in the creation of your storyboard:

Purpose: The purpose is to create a storyboard of your original design based on the design brief given by your teacher

- Focus Who would you market this design to?
- What age?
- What are their likes and interests?
- How much would they (or their parents) be willing to spend?
- How would you promote this product?

Creating an Original Design

- Where did you get the idea for your design?
- What was your inspiration?
- What makes your design different from others on the market?
- Think about the design elements and principles used in the design. How do you use those elements and principles to enhance the design?
- What is your marketing plan?

Quantity: A single board.

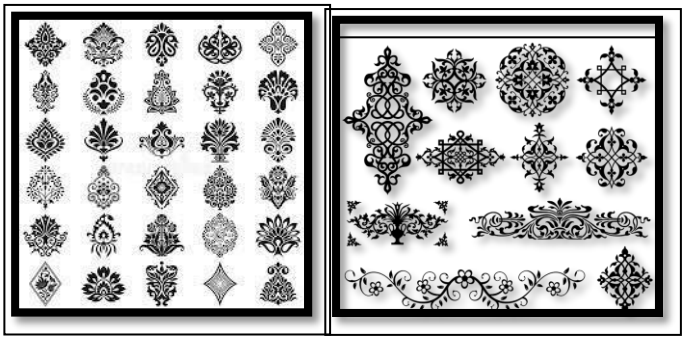
Visual Elements: The visual elements that make up a professional board presentation fall into three basic categories: photographs/photocopies, fabric/trims, and figure/flat sketches.

The Techniques and Technologies: used for creating story boards can vary on accessibility. Techniques can vary from cutting and pasting, handwork/sketching and rendering, color copying, or computer-aided graphics.

Motifs

A motif is an element of an image. The term can be used both of figurative and narrative art, and ornament and geometrical art. A motif may be repeated in a pattern or design, often many times, or may just occur once in a work.

Ornamental or decorative art can usually be analyzed into a number of different elements, which can be called motifs. These may often, as in textile art, be repeated many times in a pattern. Important examples in Western art include a can thus ,egg and dart, and various types of scroll work.



Motifs Design Example

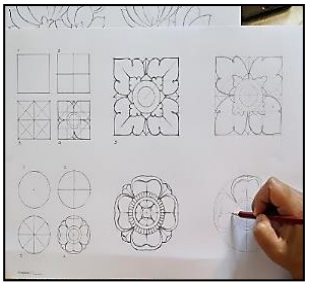
Activity-2.6: Develop Motifs according to the Research board

Motifs Making

- Create a research board of any topic given by teacher
- Develop 6 Motifs extracted from Research Board on 3/3 inches squares individually

Types of Motif

1. Plant Motifs



Plant motifs and patterns were used to decorate architecture and objects from the earliest Islamic period. Patterns were created using a range of techniques, including repetition of a **motif** within various grids, reflective and rotational symmetry, and freehand design.

2. Floral Motif

A shape or pattern that is repeated in a design or decoration. Wallpaper with a pink **floral motif**. Bold patterns based upon cultural themes and **motifs**. Synonyms and related words. Patterns and arrangements.

A pattern is a design in which lines, shapes, forms or colors are repeated Patterns can be regular or irregular.

3. Traditional Motif

A motif is the most basic unit from which a design is formed. It is generally developed from different combination of geometrical shapes. Motifs are repeated in different ways to create a pattern where as

patterns are repeated to create designs. Most of the traditional motifs are often inspired from nature

4. Geometrical Motif

A motif, pattern, or design depicting abstract, nonrepresentational shape ssuch as lines, circles, ellipses, triangles, rectangles, and polygons.

Activity-2.7:

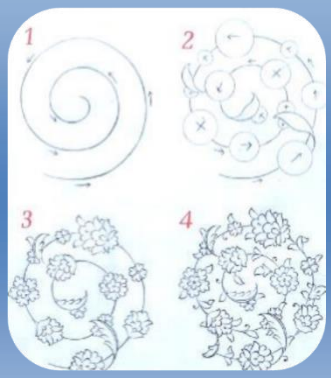
- Draw 3/6 inches rectangle
- Divide it in to two parts
- Draw ornamental pattern on half side of the Box
- Repeat the block it will make pattern

Material:

Pencil, Eraser, Sharpener, Sketch File, Pointer and Pencil Colors

Activity-2.8:

- Draw a spiral on 3/3 inches square
- Divide it into different parts with marking equal distance
- Draw ornamental pattern on the marked area
- Repeat the pattern to complete the spiral



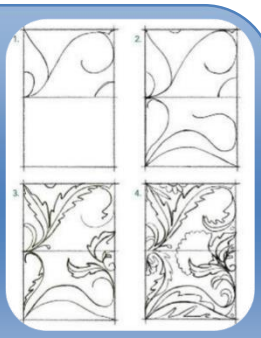
Material:

Pencil, Eraser, Sharpener, Sketch File, Pointer and Pencil Colors

2-

Activity-2.9:

- Draw 4 squares of 2/2 inches
- Develop Plant, Floral, Traditional, Geometrical motif in each square



Material:

Pencil, Eraser, Sharpener, Sketch File, Pointer and Pencil Colors

Textile Repeat

A repeat on a textile is where an identical motif or pattern begins again. The term also means the distance or number of inches between the replicated motifs. Repeats can be vertical or horizontal.

A random repeat places the figure across the fabric surface without using an underlying geometric pattern.

Design repeats

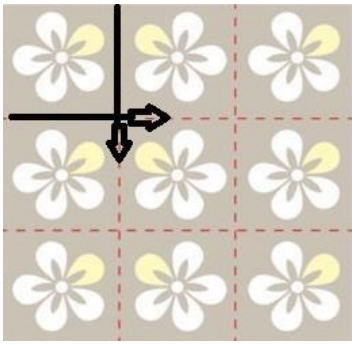
Design repeat is used to obtain a motif that repeats without boundaries, break or interruption, with a regular or irregular visual rhythm. The sides of the motif correspond perfectly when the motif is duplicated and juxtaposed. The motif can thus be printed on any surface size in an unlimited way. There are several types of textile motifs: all-over patterns, semi-engineered patterns and engineered patterns.

Interesting Information

The repeat is designated depending on the direction of the repeat:

- ✓ Along the height of the fabric is called Vertical Repeat
- ✓ Along the width of the fabric is called Horizontal Repeat

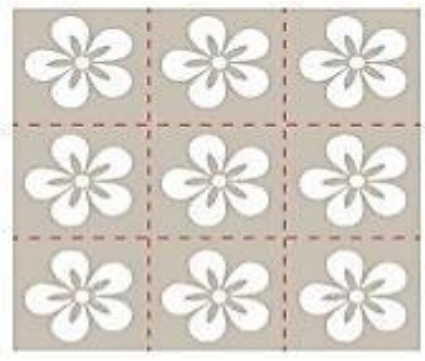
Types of Repeats



There are many ways to repeat a motif, including:

1. Block Repeat

The most basic way of creating pattern is to block repeat. This is where the motif is repeated in exactly the same way in horizontal and vertical lines. The tiles are arranged in a block repeat creating a regular pattern.



Activity – 2.10:

- Draw a pattern in a box
- Repeat pattern in same order and same direction
- Similarly repeat set continuously which make a pattern
- This is one of the most common and simplest forms of pattern repeat often
- known as block pattern repeat. This repeat is created by placing original motif

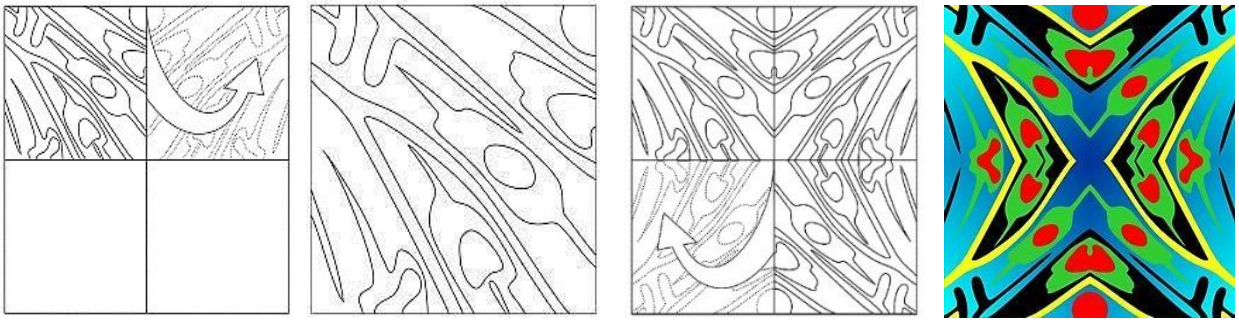
Do You Know?

The Block Repeat is also named as Square Repeat, Side Repeat and Dot Repeat.

2. Mirror Repeat

A mirror repeat can provide quite an interesting look if done right. Depending on the motif, you can sometimes end up with odd bits that have mirrored, creating a new object and now look a little out of place.To create a mirror repeat, you duplicate your motif horizontally by inverting the motif.

Repeat this process vertically and you will have an allover mirrored repeat.



Activity-2.11: Develop a mirror repeat design in

Purpose:

- To get the better understanding mirror repeat
- To get the knowledge of how tobuild the design skills by turning the work into a repeating pattern by hand.

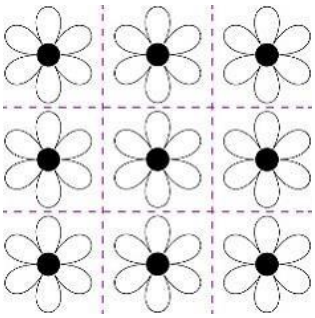
Material:

Pencil, Eraser, Sharpener, Sketch File, Pointer, Water Colour and Colour Marker

Procedure

- Before making a complete design, a small key is first drawn.
- To make the key of the design, draw a box of size 4/4".
- Draw any design in the key in such a way so that the right side walls of the design connect each other with one design.
- After making design in the key, make a box of size 8/8".
- Trace the key template in the first box and then flip the design in the second box next to it.
- Now again flip the design in the box just below the 2nd box and flip the design for the last time again in the last remaining box just below the 1st box.
- The desired mirror repeat is achieved.

2.Half Drop Repeat



In a half drop repeat, the motif is repeated along horizontal and vertical lines. The horizontal repeat is staggered. The motif repeats perfectly on the vertical line but it drops exactly half of the vertical repeat along the horizontal line. A half drop repeat is often desired to break up the uniform look that a block repeat can often give.

Activity-2.12:

- Draw a pattern in a box
- Repeat pattern in same order and same direction
- Similarly repeat set continuously which make a pattern
- The half drop repeat consists of the repeat unit stacked vertically in columns which is then offset by the half of original unit in the next vertical row. This makes design patterns to look less formal.

What is a repeat pattern?

A Repeat Pattern is the repetition of lines, shapes, tones, colors, textures and forms. Artists and designers explore patterns to discover their decorative elegance, to understand their structural form and to communicate their intrinsic beauty.

Key Points

Brain storming is basically the exercise to burst out ideas as they occurred to you.

Moods board helps you to express the vision and moods of the theme selected

Textile design is an essential aspect of manufacturing process

The betterment of motifs creation depends upon the quality of research done on the theme selected

Plants motifs were used to decorate architecture and objects from earliest Islamic period

Half drop repeat of is often desired to break up a uniform look

A mirror repeat can some time end up with odd bytes that have mirror depending motifs

Web Links

https://sewguide.com/fabric-design-pattern-repeat/

https://www.designpoolpatterns.com/common-pattern-repeats/

https://patternobserver.com/2019/07/03/half-drop-repeats-vs-full-drop-repeatswhats-the-difference/

EXERCISE

Tick (√) the Suitable Option:

1. **Brainstorming is a method of generating:**
   - **a)** Problems
   - **b)** Interpretation
   - **c)** Ideas
   - **d)** Techniques
2. **Color board consists of:**
   - **a)** Single colour
   - **b)** Multiple colours
   - **c)** Primary colours
   - **d)** Secondary colours
3. **A motif is an element of:**
   - **a)** Idea
   - **b)** Strategy
   - **c)** Design
   - **d)** Creation
4. **Which one of the following is a type of textile repeat?**
   - **a)** Motif
   - **b)** Design
   - **c)** Half- drop
   - **d)** Repeat
5. **Textile Repeat is done:**
   - **a)** Vertically and perpendicularly
   - **b)** Horizontally and perpendicularly
   - **c)** Horizontally and diagonally
   - **d)** Vertically and horizontally

Write Short Answers:

1. Define brainstorming.

2. What are different types of motifs?
3. What is the basic difference between floral and traditional motifs?
4. Wat are textile repeats?
5. Enlist basic types of textile repeats.

Extended Response Questions:

1. Differentiate between research board and storyboard.
2. Can you explain different types of motifs?
3. Describe with illustration the process of creating a half drop repeat/

Constructed Response Question:

Can you identify the following image? From which area of Pakistan does it belong? You also need to identify a traditional motif out of the following image and draw it in a 4/4” box.

Final Project

- Make a design key of size 2/2” using geometric and floral design.
- Use this key to create a textile repeat of size 8/8”.

Basics of Hand Embroidery

3

How can you trace your design on fabric?

Why hand embroidery is important in Pakistan culture?

Have you ever made any embellished product?

Students Learning Outcomes:

After studying this unit students must be able to:-

- ✓ Define the basics of Hand Embroidery
- ✓ Recognise the Tools used for hand embroidery (frames, needles, scissor, thimble, etc.
- ✓ Identify the Material for embroidery (Thread, fabric, etc.)
- ✓ Understand the Tracing techniques
- ✓ Apply the tracing techniques
- ✓ Enlist different types of embroidery stitches
- ✓ Enlist about the variations/Types of basic hand embroidery and their techniques
- ✓ Apply different Types of basic hand embroidery and their techniques for creation of motif

Hand Embroidery

Hand Embroidery is a form of handicraft which involves decorating fabric or other materials with a needle, thread and yarn. Today, hand embroidery is considered both a craft and an art. Wall hangings, table runners, and quilts are good examples of hand embroidered products.

Embroidery is appreciated as an ancient art that has been a part of cultural development of all nations. The embroideries of Pakistan are among the richest in south Asia. Traditional costumes and accessories are embroidered by women for their families are still in use.

Do You Know?

Embroidery was a very important art in the Medieval Islamic world. One of the most interesting accounts of embroidery was given by the 17th century Turkish, who calledit "the craft of the two hands".

Tools and Materials used for Hand Embroidery

Choosing the right tools are crucial to avoid any kind of mistake in hand embroidery. One must be sure to get all the needed tools and materials before beginning the hand Embroidery.

Scissors: This is the basic fabric cutting scissors which most probably you already have. It is absolutely essential to have a sharp pair of scissors before attempting a hand embroidery project. Ideally, scissors should be small and extremely sharp.

Pinking Shears: cut fabric so that it has a jagged edge.

This keeps the edges of your fabric from unraveling as you work with it.

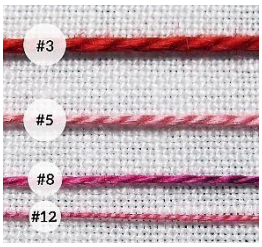
Embroidery Hoop and Frames: Embroidery hoops are used to secure the fabric that is to be embroidered in a taut position. These hoops come in many sizes, and they are available in wood, metal, and plastic. Many people choose to use frames instead of hoops to embroider items because they find them to be easier to handle.

Embroidery Needles: are available in many sizes. Different stitches and kind of fabric require different sized needles so you should buy a pack of needles with various sizes.

Notebook: is for jotting down design ideas, layouts and other creative stuff.

Embroidery Thread: Quality embroidery thread should be used to get the best possible result from a hand embroidery project. There are many types of threads available from silks to cotton and the use of each type depends upon the desired look of the project.

Make sure to use threads that are colour fast whether you are using machine embroidery reels or hand embroidery bundles.



Do You Know?

DMC is a famous brand of hand embroidery threads

Embroidery Fabric: can be of any type. However, linen, quilting cotton and muslin are all great beginner embroidery fabrics because it is easy to work with.

Floor Stand Frames: A floor stand frame is an excellent item that will ensure that both hands are free to embroider. They come in different materials and many of these stands feature storage areas for embroidery supplies.

Iron: is extremely important to press fabric before starting the embroidery but a steam iron with multiple temperature settings is best for good results.

Light Table/Light Pad: is preferred method of transferring embroidery patterns.

They allow for much more accurate drawing than you get from a sunny window or homemade light box.

Thimble: For keeping your fingers safe from the pricking needles and prevent blood staining on embroidery.

Tracing Techniques for Hand Embroidery

There are a variety of techniques to transfer embroidery or needlepoint design to fabric. Select the one that will work the best for the complexity of your design and the color and texture of your fabric.

Application of Tracing Techniques

Here are 3 important ways to trace your embroidery design on fabric

1.Tracing Table/Light box Method

Step 1. Have your pattern on a piece of paper. The paper should be firm. Fix the pattern on a Light Table in your working area.

Step 2. Bring your fabric to the pattern on the table. Fix the fabric directly on top of the pattern. You can use masking tape to fix both the pattern and the fabric.

Step 3. Use a sharp pencil and trace the pattern onto the fabric. Through the light table you have a clear view of the pattern you are transferring to the fabric.

Step 4. Take your fabric from the table and the pattern. Confirm that the pattern is clear on the fabric. When you confirm that the pattern is clear, you can now take down the pattern from the table and start working on your pattern.

Note: If your pattern is not clear on the fabric, you will have to trace it again. You can use a different colored pen to do it this time for better clarity.

How it works:

Draw the embroidery design directly onto the a light-weight, light- fabric. This is a simple, direct method that coloured fabric that is semi- does not reverse the image. transparent when held up to a light source.

When to use this method:
This works well when using

2.Carbon Paper Method

To transfer embroidery design using carbon paper:

Step 1. You will need to transfer the embroidery design to tracing paper.

Step 2. Press the carbon paper with the clear side on the fabric. **Step 3.** Place the tracing paper with the embroidery design on the carbon paper and trace it firmly with a pencil or ball pen.

Step 4. When you are through tracing, lift the tracing paper and the carbon paper and you will find your design on the fabric.

When to use this method

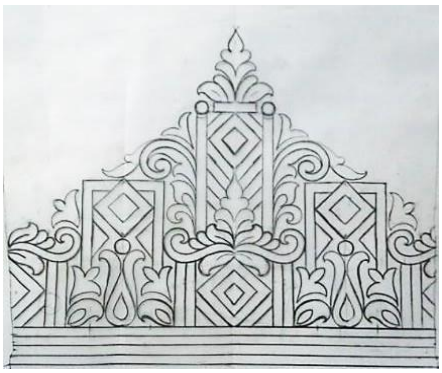
Carbon paper is a good choice for copying patterns onto a variety of colors or thicknesses of fabric with a flat surface - it doesn't work well for fabrics with a fuzzy surface, like wool. Transfer paper produces a light, fine line. Light-colored paper (such as white or yellow) is a good option for transferring designs onto dark-colored fabric.

Interesting Information

- Dressmaking carbon paper is also known as embroidery tracing paper. It is similar to office carbon paper and applies the same concept to transfer embroidery designs to fabric.
- • Dark-colored carbon paper is best used with dark-colored fabrics while light-colored carbon paper is best for light-colored fabrics. This is because carbon paper can leave stains on the fabric.

3.Punching Method

Step 1: Trace the complete design on a plastic base tracing sheet **Step2:** Make holes on each and every line of the design, either manually or using an electric pen, once the punching is complete, next prepare a mixture.



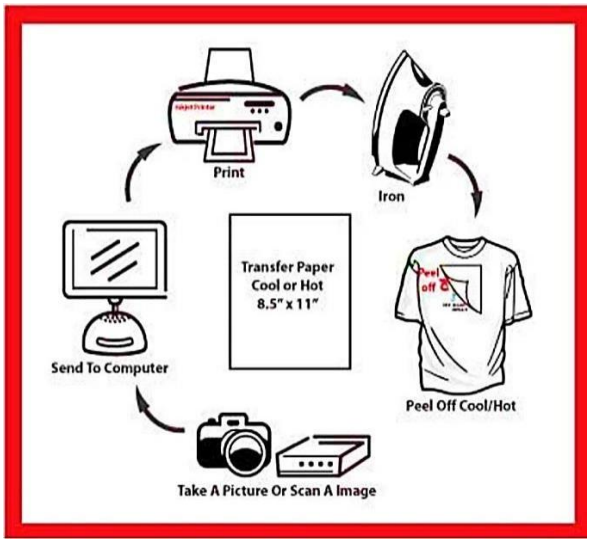
Step3: Prepare mixture for embroidery. For the mixture you will need tracing powder and very little kerosene. Mix these together and make a paste neither too thick nor too thin. Next you will need some cotton or some waste fabric.

Step4: Now place the perforated design sheet on the fabric where you want the design to be transferred.

Step5: Dip the waste cloth in the mixture and then rub it on the holes. Do this step at least 2 times so that the mixture passes through the holes neatly and the design is clearly visible.

Step6: Do not lift the tracing sheet until you finish this step, once you are sure you have rubbed it everywhere you can lift it.

Immediately the design will not be visible so do not panic, after 2 minutes the kerosene will evaporate and white dots will be visible



Easiest way of Tracing

Iron-On Transfer Paper:

The great thing about laser jet printers is that you can transfer their ink on to fabric with a hot iron. After printing a mirrored design onto the iron-on transfer paper, simply place it face down onto the fabric and iron the design on to the fabric. There's less chance of your design disappearing, however, the design can sometimes be light and it's best to test this method on a scrap piece of fabric first. One of the drawbacks of this method, is that it requires a lot of materials (paper, computer, printer, and iron).

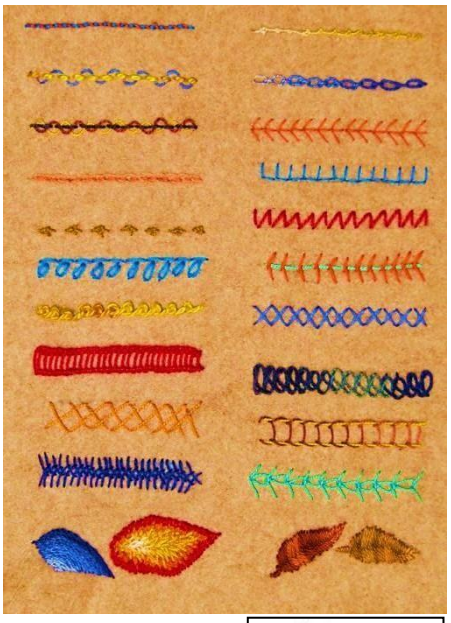
Activity-3.1:

- Trace a design for embroidery on tracing paper using following techniques:
  - Punching
  - Tracing
  - Carbon paper

Material required:

Scissors, eraser, Sharpener, butter paper, carbon paper and tracer.

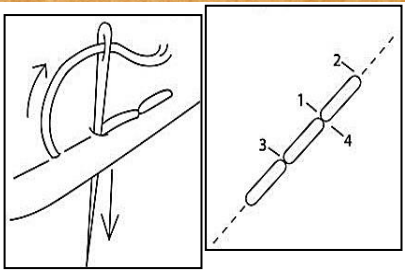
Types of Embroidery Stitches

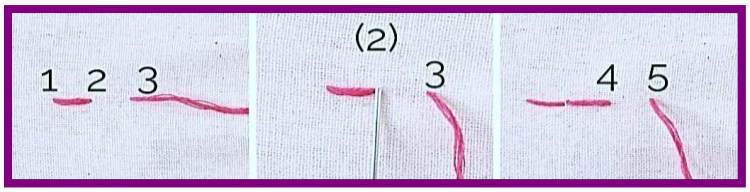


Embroidery is an art form where the fabric or alternative materials are decorated using needle and thread (or yarn). There are multiple different types of hand embroidery stitches that are used when embroidering art onto a chosen fabric. Here is a list of 8 different types of embroidery stitches you need to know.

Back Stitch

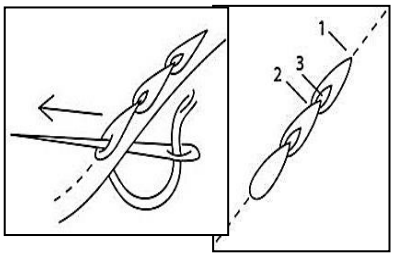
A backstitch is one of the easiest stitches to master. Mostly used for outlining as it creates a beautiful solid line. This stitch is created when the needle is pulled up and through the fabric creating a stitch forward, then from underneath you space the needle out the desired length, pull up through, and bring the needle back through the end of the previous stitch.



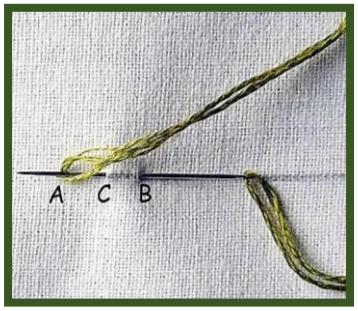


Split Stitch

A split stitch is similar to a backstitch as it is a solid line; however, it has an almost braided texture. Another option that is popular for texts and outlines, whilst also working well for filling in designs. This stitch is created when the needle is pulled through the fabric and one straight stitch is created. With the Needle and thread on the underside, the thread is brought up through the center of the stitch just created.

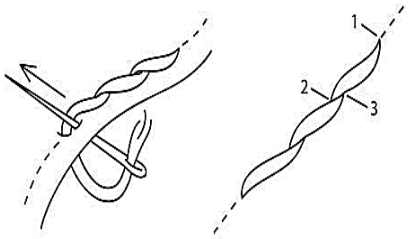


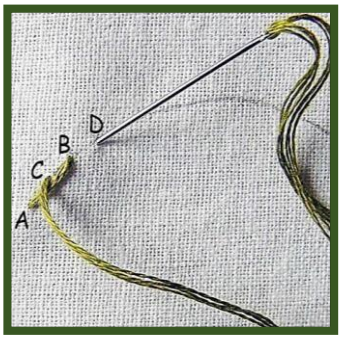
It is then stitched forward the same length as the initial stitch.



Stem Stitch

This stitch is popular when creating flower stems and vines. It is a beautiful option when creating designs that have curves. Like the split stitch start by creating a straight stitch forward. Then bring the needle up underneath the fabric, but instead of threading it through the center of the first stitch, go to the side of the stitch.



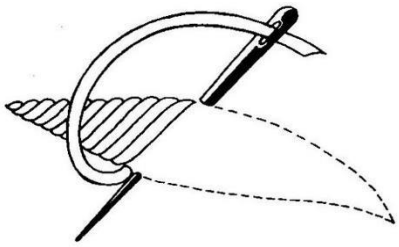


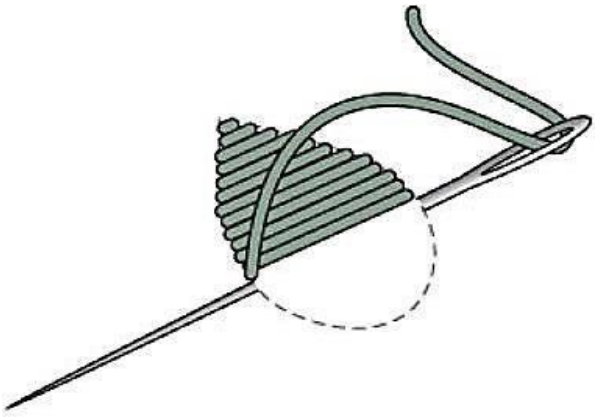
Do You Know?

Fabrics for embroidery: As a rule, natural woven fabrics are usually best for hand embroidery techniques. Choose from cotton, wool, linen or silk for your background and select the appropriate thread-count for your technique and threads you are using.

Satin Stitch

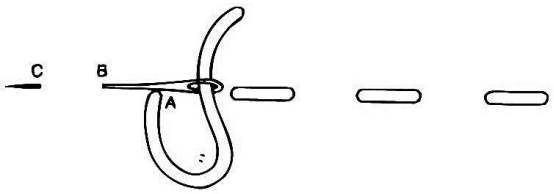
Satin stitch creates a smooth appearance out of all the different types of embroidery stitches this is the perfect stitch. With the needle create one stitch that extends from one end of the chosen shape to the other. Ten the needle is brought up again just next to the opposite side of the initial stitch. The stitches are kept close to one another in order to fill the pattern seamlessly.

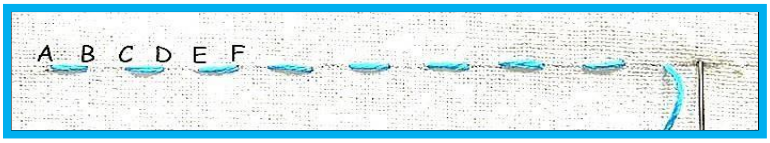


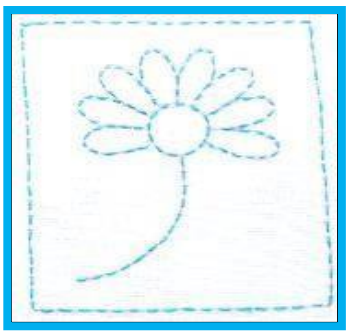


Running Stitch

A running stitch is a simple stitch that is perfect for making dashed outlines as well as small details. The length and spacing of these stitches can be adjusted as required. The needle is brought through the fabric and a single straight stitch is created. Then a gap is made and the needle is brought back through the fabric again to create a separate stitch. This stitch is along the same line but they are not attached.

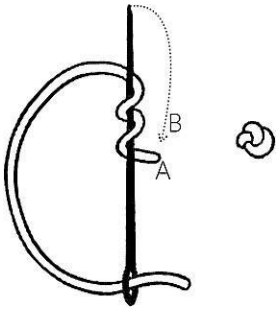






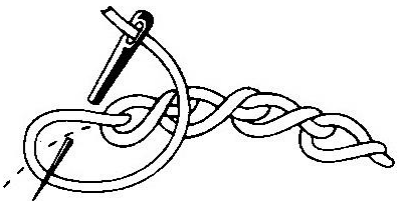
French Knots

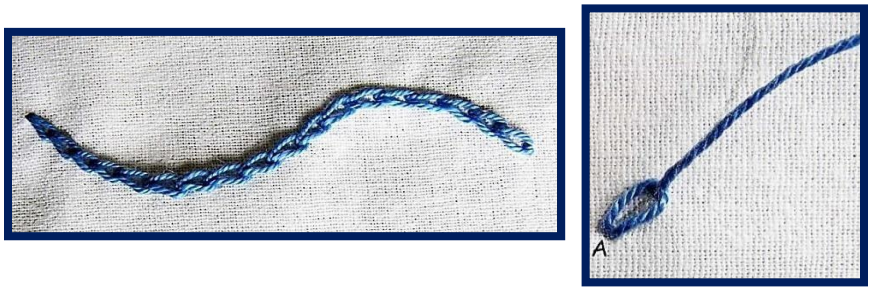
Out of all the different types of embroidery stitches, the French knots are one of the more intricate of stitches. This creates a pretty accent design throughout. With the thread held taught at one end and bring the needle down next to the space where it came through the fabric. You must ensure that the thread is taut as the needle is pulled through. The size can be varied by wrapping the floss around the needle anywhere between one to three times.



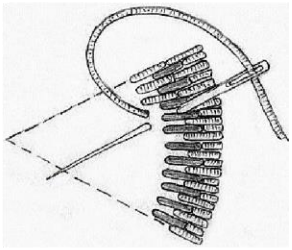
Chain Stitch

One of the most complicated stitches. It is great for outlining as well as framing around a specific pattern or design. Firstly, the needle is pulled through the fabric then brought down beside where it was first brought up. It is important that the thread is not pulled all the way through so that a loop can be formed. Then the needle needs to be brought through that loop and pulled. In order to continue the stitch, the needle should be placed in the whole just stitched or very close to it, then simply pull through to create an additional loop. This process is repeated to continue the chain.

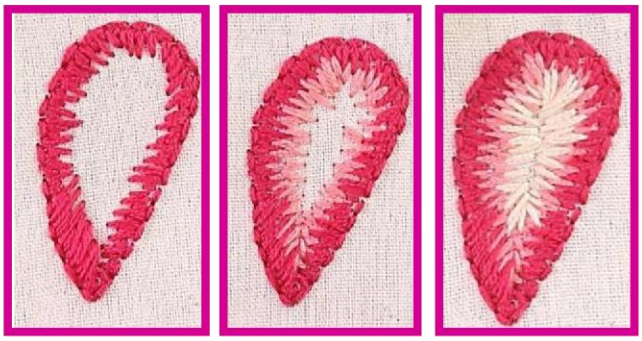




- **Long and Short Stitch**



Bring up the needle from the bottom left of the design. Stitch the first row with long and short stitches. Start stitching the next row with stitches of the same length. These stitches will fit into the gaps in the previously mad e stitches. When ending the design you can end with only short stitches or long and short stitches depending on the design and area.



Activity-3.2:

- ❖ Create embroidery samples of 5/5 inches using following hand embroidery stitches:
  - Running/skip stitch
  - Chain stitch
  - Back stitch
  - Split Stitch
  - Stem stitch
  - Filling stitch
  - Feather stitch
  - French knots
  - Short & long stitch

Objectives:

- With this assignment you would be able to learn different types of embroidery stitches.
- You can make different variations of design with these stitches.
- To learn all these stitches you can create different projects in hand embroidery

Basic Hand Embroidery Techniques

➢Open Work

This involves work in which thread is drawn from the fabric and the remaining thread is tied in many different patterns leaving open spaces in the fabric which form a pattern/ design of its own. Drawn thread embroidery, pulled thread embroidery are all this kind of work.

2. Counted Thread Work

This embroidery technique involves counting thread in the fabric for each stitch so that symmetrical stitches are formed. Cross stitch is one of the most popular counted thread embroideries; black work is another one.

1.Outline work

This is a type of embroidery work in which just the outline of the design is worked with stitches like back stitch, chain stitch, outline stitch and stem stitch

2.Void Work

`This technique of embroidery fills the background of the design instead of the design. This creates a negative design which is striking. Assisi work is a void work embroidery technique.

3.Raised Work

This refers to a raised /padded embroidery done to from a dimensional effect; zardosi work, laid work are examples.

4.White work

White work embroidery tech nique refers to all work done on white fabric with white embroidery floss. This is also known as

French laid work. This encompasses many types of embroidery techniques like the shadow work, border anglesite etc.

5.Needle Weaving

This embroidery technique is also called Persian open work. This work involved drawing thread from the fabric (either weft or warp thread) info box of and then warp and weft the remaining thread with daring or re-weaving patterns. The open thread is overcast with decorative stitches.

6.Candle Wicking Embroidery

This is a type of embroidery done with heavy thread on muslin; it is a white work embroidery technique which uses white threads to embroider. A series of colonial knot are done on the lines of the design. This work is almost always done on unbleached muslin with white floss.

7.Crazy Patchwork Embroidery

In this embroidery technique small fabric pieces are assembled on another base fabric. They are arranged as per your aesthetics and then the seams are worked with decorative hand or machine stitches. Applique techniques are used along with the decorative stitching for a greater effect. You can use any stitch you want t embellish your design-that is the beauty of crazy patchwork. It is used mainly to embellish.

8.Shadow Work

This embroidery involves mostly herringbone stitch used on the back of transparent or semitransparent fabrics so that the shadow of the work is visible on the face of the fabric in a subtle but beautiful manner.

Activity-3.3:

Make an Embroidery sample of 10/10 inches using Motifs and stitches of your own choice. Please note you are required to use minimum 5 Embroidery stitches in this sample

Objectives:

- To get the knowledge of tracing the design on Fabric.
- To apply different Embroidery Stitches in one sample

Material required:

Pencil, Eraser, Sharpener, Paper, Carbon Paper, Fabric for embroidery, Embroidery Threads, Hoop and Scissor **Procedure:**

1. Make 1 box of 10/10 inches on blank Paper
2. Draw a design of your own choice in the middle of the box.
3. Trace the design/Motif on Fabric
4. Apply minimum five embroidery stitches in design

Sample Embroidery Stitches

Key Points

- Hand Embroidery is a form of handicraft which involves decorating fabric or other materials with a needle, thread and yarn.
- One of the most interesting accounts of embroidery was given by the 17th century Turkish, who called it "the craft of the two hands".
- Choosing the right tools are crucial to avoid any kind of mistake in hand embroidery.
- DMC is a famous brand of hand embroidery threads
- Here are 3 important ways to trace your embroidery design on fabric;
- Tracing table/Light Box Method, Carbon Paper Method, Punching Method
- In punching tracing method you will need tracing powder and very little kerosene for the mixture.
- Chain stitch is great for outlining as well as framing around a specific pattern or design.
- Needle weaving is also called Persian open work.
- In crazy patch work you can use any stitch you want to embellish your design.

Web Links

- https://sublimestitching.com/pages/tutorialshttps://www.thesprucecrafts.com/stitches-every-
- embroiderer-should-know-4122123http://www.videa.ca/wp-content/uploads/2015/07/Hand-
- embroidery.pdf

Exercises

Tick (√) the Suitable Option

1. What is the most important tool that an embroider needs?

a) A needle **b)** An embroidery hoop **c)** An embroidery machine **d)** A scissor

2. Hand embroidery is considered both a craft and an _____

a) painting **b)** art **c)** technique **d)** drawing

3. Embroidery floss are available in a few _____

a) weight **b)** volumes **c)** colors **d)** quality

4. _____ is For keeping your fingers safe from the pricking needles

a) Thimble **b)** hoop **c)** floss **d)** needle

5. The simplest stitch and quickest to do. Used as outline or as filling to make texture.

a) bullion stitch **b)** running stitch **c)** seed stitch **d)** cross stitch

6. A kind of filling stitch which is ideal for making leaves or feathers.

a) fish bone stitch **b)** satin stitch **c)** lazy daisy stitch **d)** cross stitch

7. A popular stitch among embroiderers that can be used to create the eyes on an embroidered face or the center face or the center of a flower.

a) bullion stitch **b)** French knot stitch **c)** running stitch **d)** chain stitch

8. What kind of stitch most often used to outline a design?

a) back stitch **b)** bullion stitch **c)** chain stitch **d)** running stitch

Write Short Answers

1. Write a list of five embroidery tool.

2. How many tracing methods do you have?

3. How white work is different from shadow work?

4. Write a list of outline stitches.

5. What is embroidery?

Extended Response Questions

1. Write a detailed note on embroidery tools.
2. Explain any 3 embroidery stitches with steps.
3. How light table tracing method is easier than punching method? Explain

Constructed Response Question

1. In punching tracing method for the mixture you will need tracing powder and very little kerosene oil. Why you use kerosene oil instead of water? Explain

2. Which tracing techniques are shown in the following figure?

a)

b)

3. look carefully at the pictures given below and identify the following embroidery stitches:

1. Running stitch **2.** Back stitch **3.** Chain stitch

TEXTILE SURFACE TECHNIQUES

4

Are natural fibers different from manmade fibers?

Have you ever observed textures visually?

Can you classify different textile surfaces?

Students Learning Outcomes:

After studying this unit students must be able to:

- Identify various types of Textures
- differentiate between Natural and Man-made/synthetic materials
- Understand compatibility of Natural and man-made/synthetic material with fabric.
- apply Natural and Man-made/synthetic materials or the creation of textile textures.
- recognize the basics of weaving
- enlist different types of weaves
- explain the different processes of weaving
- understand the process Apply the design created on graph sheet to make a sample on card sheet.
- apply the design created on graph sheet to make a sample on card sheet.

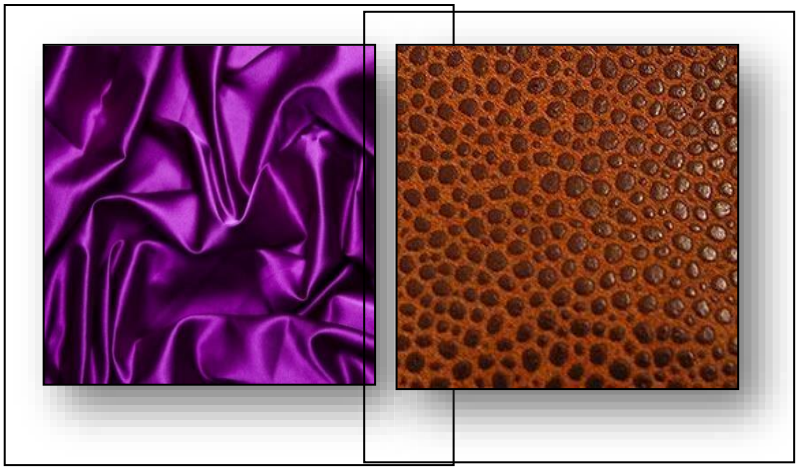
Textile Surface Techniques-I

The word texture means the feel, appearance, or consistency of a surface or a substance. Texture may be rough, smooth, soft or fussy, stiff or coarse. For example, texture of a fabric, texture of wall etc. Texture engages our sense of touch as well as our vision, and it can enhance the visual surface and conceptual meaning of a design.

Do You Know?

Everything has a texture or a surface. Texture can be: Rough, Bumpy, Slick, Scratchy, Smooth, Silky Soft, Wool fabric, Prickly, etc. The list is endless!!

Design Creation Using Textile Textures



Types of Textures

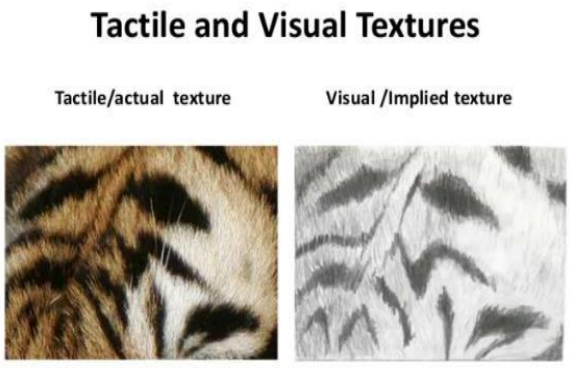
Textures might be divided into two categories:

1. Tactile Textures
2. Visual/ Optical Textures

1.Tactile textures:

Tactiletexturereferstothe immediate tangible feel of a surface that can be physically felt. Physical textures are the actual variations in a surface:

- The woventextureof canvas.
- The bumpy textureof thickly applied paint.
- The rough texture of wood grain.



Activity-4.1:

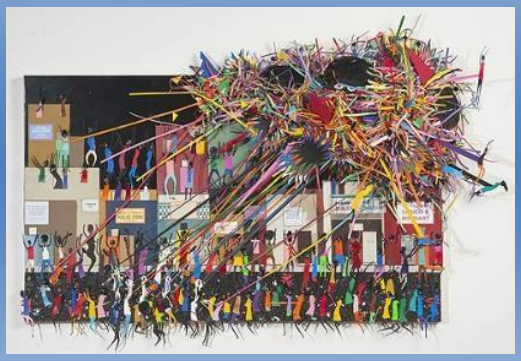
- Create a tactile texture using natural material (vegetables, leaves and flowers, tree bark, fruits, etc.) and manmade material (carpet, foam, tissue, toothbrush, thread, etc.) on paper and fabric.

2. Visual Textures:

Visual texture is a visual quality of a surface. It is the result from painting or drawing as the real texture. Visual texture is an illusion of texture created by an artist. Paint can be manipulated to give the impression of texture, while the paper surface remains smooth and flat.

Activity-4.2:

- Explore different types of physical textures and combine them to develop a design



Material required:
Pencil, Eraser, Sharpener, Poster colors, Pencil colors, Black pointers

Procedure:

- Make a box of 12/12
- Explore different textures
- Make a collage using different materials

Difference between Natural and Man-made/Synthetic Textures

Natural Textures

You rather find an infinite variety of textures in nature: tree bark, mountain rocks, the surfaces of leaves etc.

Figure 1: Leaf Texture

Figure 2: Honeycomb Texture

Manmade/Synthetic Textures

These textures are made by human for example furniture made from wood, tyres made from rubber, etc.

Figure 4: Tyre Texture

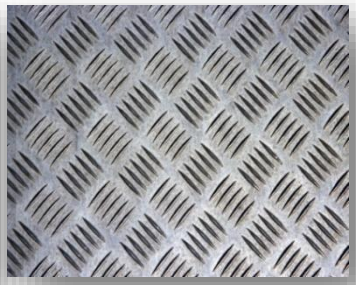


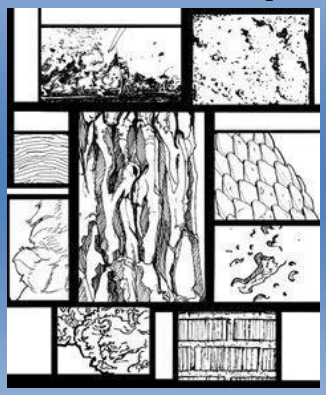
Figure 3: Corrugated Sheet Texture

Activity-4.3:

- Explore different types of visual textures and combine them to develop design of size 12/12”

Material required:

Pencil, Eraser, Sharpener, Poster colors, Pencil colors, Black pointers

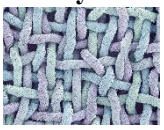


Procedure:

- Make a box of 12/12 inches
- Make small boxes of 3/3 inches
- Explore different textures
- Draw these textures in the specified boxes with the use of pointers

Compatibility of Natural and Man-Made/Synthetic material with fabric

Natural materials are fundamentally different from man-made materials. Different types of materials have different applications and uses. All kinds of natural and manmade materials encountered on daily basis. Some of those are given below:

Natural and Man-Made Materials			
Natural Materials		**Man-Made Materials**	
Chalk 	**Gold** 	**Concrete** 	**Glass** 
Sand 	**Cotton** 	**Nylon** 	**Paper** 
Organic Oil 	**Coal** 	**Synthetic Rubber** 	**Steel** 
Leather 	**Organic**  **Wool**	**Plastic** 	**Rayon** 
Iron 	**Wood** 	**Polyester** 	**Chipboard** 

Although all materials are derived from nature. Natural materials are subjected to less treatment and processing than man-made materials. Natural materials are sourced directly from nature e.g. cotton is picked from cotton plants, corn harvested from corn fields and granite is mined from quarries. Man-made materials, on the other hand, go through rigorous processing to alter the material so that it suits its intended purpose.

Common man-made materials include plastics, Rayon, polyester etc.

Creation of Textile textures

Point to Ponder!

How can we get Textures?

- Using drawing materials and Art procedures

- Also using any type of material

Techniques to Create Textures

Many techniques can be used to create textures. Few are mentioned here:

I. Painting and drawing

- ✓ Using dots, lines and shapes and changing materials.
- ✓ Spattering the painting using a toothbrush ✓Using the photocopier.

II. Stenciling

- ✓ Stencil can be made by cutting the design on thick stencil sheet, card board etc.
- ✓ Different types of paints are used to transfer this design over a surface.

III. Stamping

- ✓ Different types of materials like pins, large buttons, fabrics, rocks, shells etc. can be used for stamping.
- ✓ Apply paint over a selected material and stamp it over a surface.
- ✓ Thicker paint provides better result.

Do You Know?

You can use multiple techniques and media to achieve many interesting textures

Activity-4.4:

- Create a design on Paper/fabric using natural material, procedure is given below:

1. Gather some fruits and veggies.

2. Prepare the fruits and veggies.

3. Prepare the paint and paper

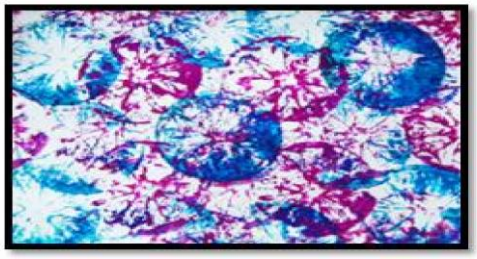
4. Dip a fruit or veggie in paint

5. Shake off any excess paint

6. Press the veggie onto the paper.

7. Lift the veggie from the paper

8. Make random fruit/veggie prints

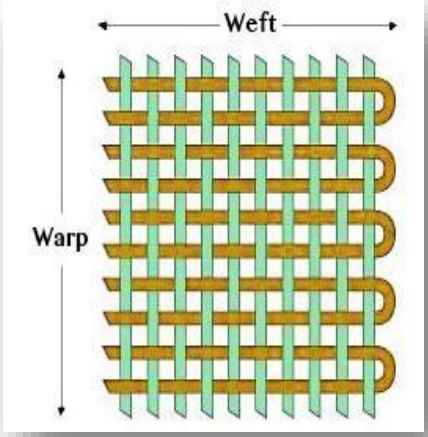


9. Create overlapping print

1.Weaving

Basics of Weaving

Weaving is a method of textile pro duction in which two distinct sets of yarns or threads are interlaced at right angles to form a fabric or cloth. The longitudinal threads are called the warp threads and the lateral threads are the weft or filling threads. It is actually a series of processes which convert yarn into fabric that is suitable for tailoring.



Interesting information

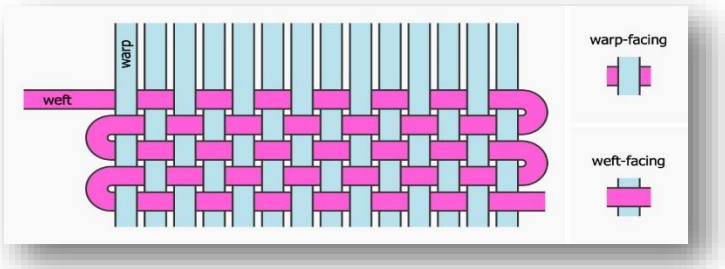
Weaving can be off loom and on loom. A loom is the basic equipment used for making cloth. In Pakistan various areas of south Punjab and Interior Sindh are famous for the production of high quality hand woven cloth that is liked by masses within the country as well as abroad.

Types of Weaving

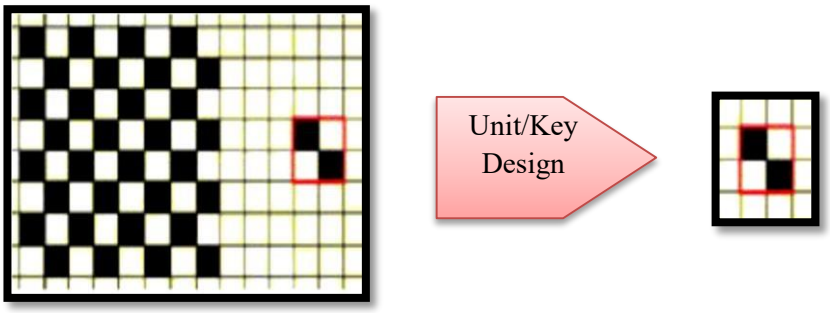
Different types of weaving employ different methods in which yarns are inter-woven. These methods affect the characteristics of the cloth.

1.Plain weave

It is the most fundamental type of textile weave which forms a strong, durable, and versatile cloth. In plain weave, the warp and weft are interlaced in a basic crisscross pattern, following an "over and under" pattern in alternate rows.



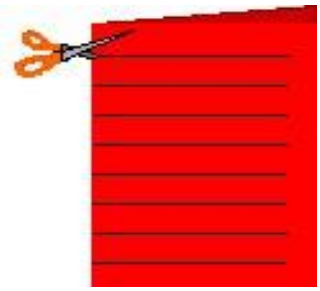
Plain Weave



Plain Weave on Graph

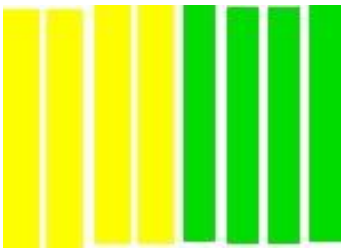
Plain Weaving using Paper

Procedure:



1. Folded Card for the warp stripes

2. Slits cut in card for weaving



3. Colored stripes of card for weaving

4. Weaving with the strips

Activity-4.5:

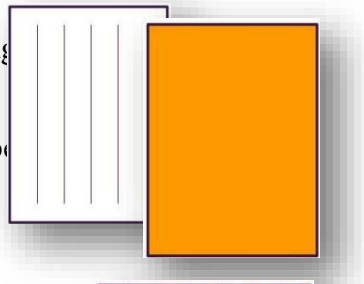
- Createplain weave of 8x8 inches by drafting on graph sheet

Material required

Scissors, ruler, pencil/brush, manila cards, poster color, white wood glue and tape measure.

Procedure:

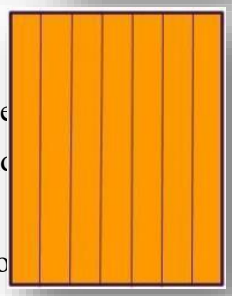
- Find one sheet of graph paper to use as your base. Make evenly spaced cuts into it, stopping before you reach the edges so the perimeter of the paper remains intact.
- Find other sheets of paper to cut into strips.
- Weave the strips into the base paper, making a pattern as you go.



Follow these tips and your weaving will be even more inspiring

Embrace the Rainbow

Work with at least two colors, if not more. Make your base pape one color, and then pick one or more different colors for your strips.

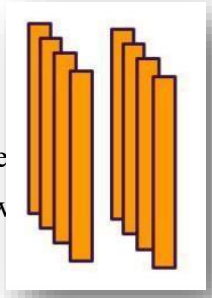


Get Precise

Measure out even slits on the base paper with a straight edge and make pencil marks before you cut, leaving a border of at least an inch around the edge of the paper.

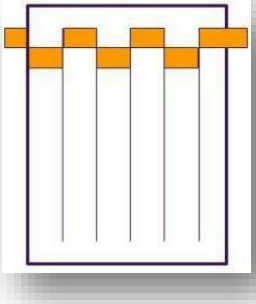
Knife is helpful here, but you can also work with a box cutter or scisso

Then make strips from another color (or two or three). These can vary in width but should be longer than the slits in your base paper.



Go Upside Down

When yourprepared base paper and strips are ready, work from the side of the paper with the pencil notations. Keep in mind that your pattern w be negative when you flip it over.



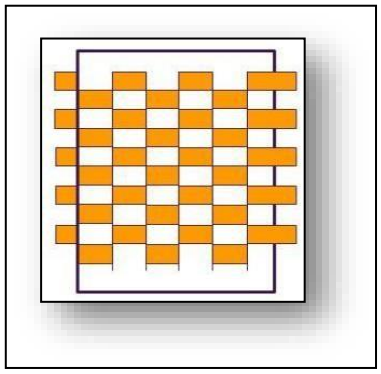
Plan Your Pattern

Take your first strip and weave it in, keeping the pattern consistent (e.g., under two, over one, under two, over one…), and pull it down

to the ends of the base paper slits, making sure it's flat and doesn't buckle. For your second strip, change the number pattern (under one, over three, under one, over three…), and then pull it to the bottom of the paper. For the third strip, either change the number pattern again or return to the first strip pattern, pulling it down each time so that it sits tightly against the previous strip. Continue on, keeping the pattern consistent.

You decide how simple or how complicated it gets.

Check your emerging pattern on the reverse as you work. If you don't like it, pull the strips out and try another pattern. Or not! Be surprised when you do the final flip.



Finish the Edges

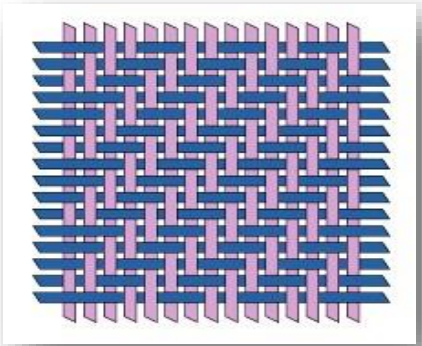
When the base paper is filled with tightly packed strips that are still lying flat, trim the strips so that they don't extend farther than the edge of the base paper. Tack down each end with long pieces of tape. Flip it over, and appreciate the unexpected places a consistent pattern can take you.

Do You Know?

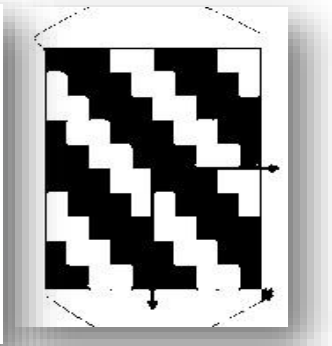
You can follow the same procedure to create a weave on card board using 3 ply wool strands. Use a fine pointed needle to insert the strands through card board.

2. Twill Weave

Twill is among the most widely used weaves within textile production. It can be easily identified by its pattern of diagonal lines. Twill weave is used to create strong fabrics such as tweed, gabardine, denim etc. Twill weave is formed by passing the weft yarn



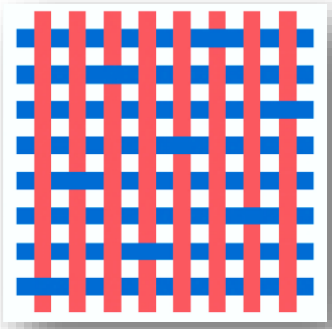
Twill Weave



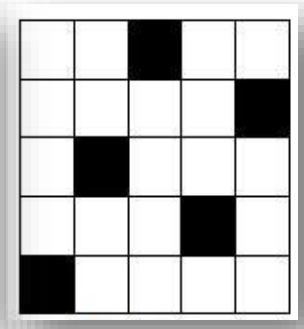
Twill Weave on Graph

under and over multiple warp yarns, in an alternating sequence. It creates a diagonal ribbed pattern on fabric surface.

3. Satin Weave



Satin Weave



Satin Weave on Graph

It creates a super smooth fabric that drapes well. This weave is achieved by 'floating' the warp orweft yarn over four or more of the opposite yarn. The floating yarn is then passed under one of the opposite yarn before repeating the process again.Satin distinguishes itself by the passage of the weft yarn under 1 warp yarn and over the next 4, creating a discontinuity between interlacing.

Interesting Information

Technically before doing the actually weaving, it is graphically represented on a graph paper. This graph allows you to identify the pattern you need toachieve while you weave.

Point to Ponder!

Can you identify from this graph which boxes designate wefts and warps separately.

Process of Weaving:

1. Create the weave pattern of plain weave on a graph paper of size 8X8".
2. Take a piece of card board of size 8X8".
3. Leaving 1" border on all four sides, mark points on one sides. These points should be 1 cm apart.
4. Same points should be made on the opposite side of the card board.

5. Draw straight lines starting from the point at one end, joining the one facing it on the other end.
6. Take a paper cutter and slash these lines, leaving the borders intact.
7. Now cut paper strips of different colors. Each strip should be 1 cm wide and 8" long.
8. Take one strip of paper and start weaving the card board in an "over and under" pattern to create a plain weave.
9. Take another strip and follow the same pattern in next row in an alternative way.
10. While you work keep pushing the strips close to each other so that no gaps are left between any two strips.
11. Keep folding the loose ends of the strips on the lower side of the card board.
12. Secure the raw edges of the tape on the underside of card board to get the finished look of your project.

Key Points

Light can highlight the texture of an object. For example the evening light creates small shadows that highlight the texture of natural objects like trees and rocks.

Natural materials are sourced from nature, while manmade materials are sourced from a scientific laboratory. Compatibility of Natural and man-made/synthetic material with fabric.

The term 'weaving' is mostly used for the process of interlacing yarns on a loom to form a woven fabric. The basics of weaving.

Plain weave is the most fundamental type of textile weave which forms a strong, durable, and versatile cloth. Processes of weaving.

Till Weave can be easily identified by its pattern of diagonal lines. Application of the design created on graph sheet to make a sample on card sheet.

Web Links

https://www.heddels.com/2017/12/7-weave-patterns-to-know-twill-basketweave-satin-andmore/

https://www.juntadeandalucia.es/averroes/centrostic/14005912/helvia/sitio/upload/Art_5_textures.pdfhttps://textechdip.wordpress.com/contents/welcome-to-weaving/

Exercises

Tick (√) the correct Option

1. **Texture of a surface is its:**
   - **a)** Feel
   - **b)** Appearance
   - **c)** Smell
   - **d)** Approach
2. **Textures are of:**
   - **a)** 3 types
   - **b)** 4 types
   - **c)** 5 types
   - **d)** 6 types
3. **Natural and manmade materials are:**
   - **a)** Same
   - **b)** Different
   - **c)** Compatible
   - **d)** Similar
4. **The pattern of twill weave is:**
   - **a)** Vertical
   - **b)** Horizontal
   - **c)** Upside
   - **d)** Diagonal
5. **Manmade materials are derived from:**
   - **a)** Forests
   - **b)** Laboratories
   - **c)** Factories
   - **a)**Nature

Write Short Answers

1. What are the differences between Natural and Man-made/Synthetic materials?
2. What is the basic difference between Plain and Twill weave?
3. What is the importance of paper weaving?

Extended Response Question

1. Define Weaving and its type? Also explain the various processes of weaving with examples

Constructed Response Question

The texture affects emotions and gives a personal response, attraction or rejection. Out of these two textures what emotions do these textures give you?

- Look around your home and find three objects that are made from natural materials and three objects that are made from synthetic materials. Show them to a friend or family member and explain what makes the natural materials natural and what makes the synthetic materials synthetic.

- Think about the things you use in a typical day. Make a list of objects you use, and record whether they contain natural materials, synthetic materials, or both. After you have made your list, count the number of objects that contain each type of material and compare the numbers. Do most objects you use contain natural or synthetic materials?

Project: Stenciling

Create and apply stencil design on fabric

Materials Required:

- Fabric, Common pins, Fabric paints, Pieces of sponge, Stencil sheet and Cutter

You need to:

- Cut a design on a stencil sheet to create a stencil.
- Take a fabric sample of size 12X12".
- Spread a blanket or thick fabric on table.
- Stretch your 12X12" piece of fabric on blanket with the help of common pins.
- Place the stencil over the fabric.
- Take a piece of sponge and apply some fabric paint on it.
- Dab it over the stencil to fill the spaces of stencil.
- Remove the stencil from fabric and let the paint dry.

Pattern Making

5

How can you differentiate between blocks and patterns?

Why taking body measurement is essential?

What is a good sizing system?

Students Learning Outcomes:

After studying this unit students must be able to:

- ✓ know about the basics of Anthropometry (the science of obtaining systematic measurements of the human body.)
- ✓ know the Human Anatomy
- ✓ understand the Sizing system
- ✓ understand Measurement chart
- ✓ apply the calculated Measurements of given garment on Measurement chart
- ✓ know different types of Collar (Band collar, one piece shirt collar, etc.)
- ✓ understand the method to construct pattern of different types of collar: Band Collar ,Two-piece collar
- ✓ apply the method to construct pattern of different types of collar: Band Collar ,Two-piece collar ✓ Know the different types of sleeves
- ✓understand the procedure to construct pattern of basic sleeve block
- ✓ apply the procedure to construct pattern of basic sleeve block
- ✓ know the different type of skirts
- ✓ understand the procedure to construct pattern of basic skirt block
- ✓ Apply the procedure to construct pattern of basic skirt block

Pattern Making

Pattern making describes the process of creating a two-dimensional garment diagram or template, drafted on a flat surface from either measurements or transferred from a draped muslin.

Take Measurements (Men/Women/Kids)

Bust/waist/hip measurements are also called as body measurements. They are a common method of specifying body proportion for the purpose of fitting clothes. In human body measurement, the circumference sizes of bust, waist and hip are of primary importance.

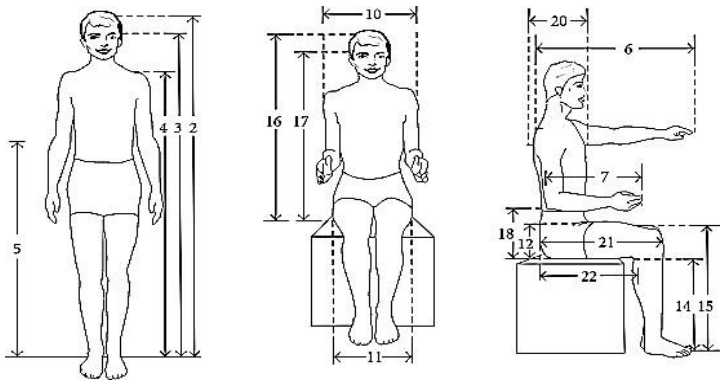
Anthropometry:

Anthropometry is the Science of Obtaining Systematic Measurements of the Human Body. It is an early tool of physical anthropology, it has been used to measure:

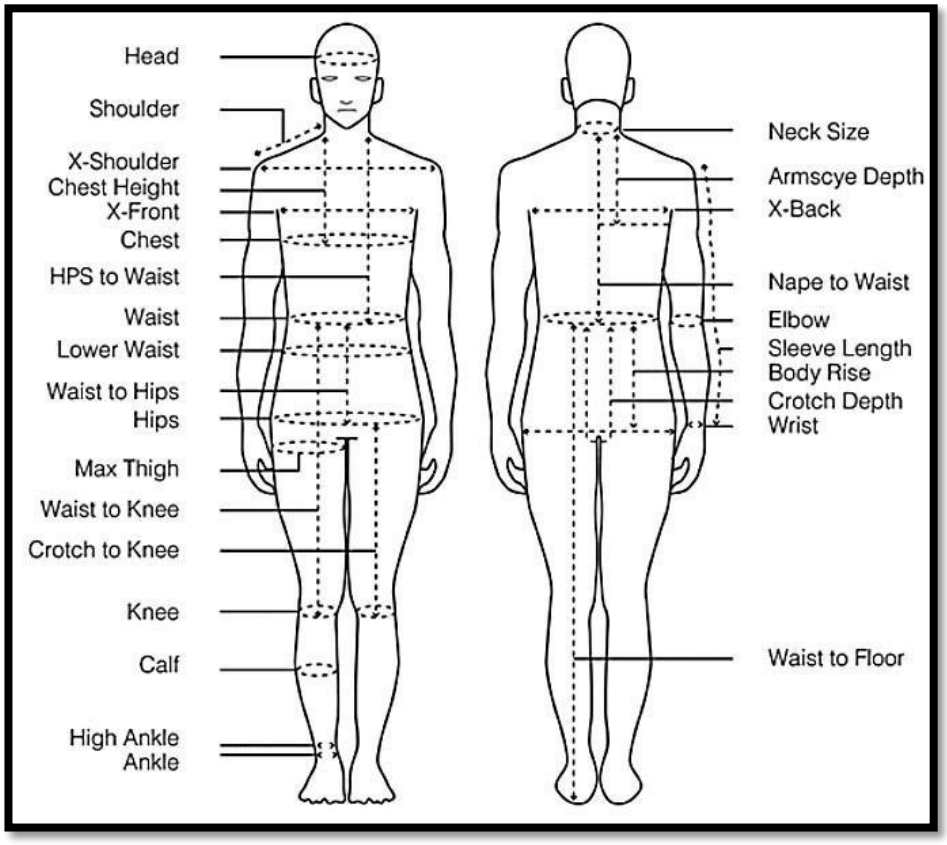
- Height
- Head Circumference
- Weight
- Length
- Arm length
- Width
- Seat to Elbow Height, etc.

Do You Know?

Anthropometry word is derived from the Greek word 'Anthropos' (meaninghuman), and'matron'(meaning measure).



The student of garment and fashion industry should possess a good working knowledge of the parts of the body, the various types of figures, physical properties, the effects of movement, and the relation of various fitting and draped garments of the body. Proper knowledge on anthropometry is very essential in pattern making.



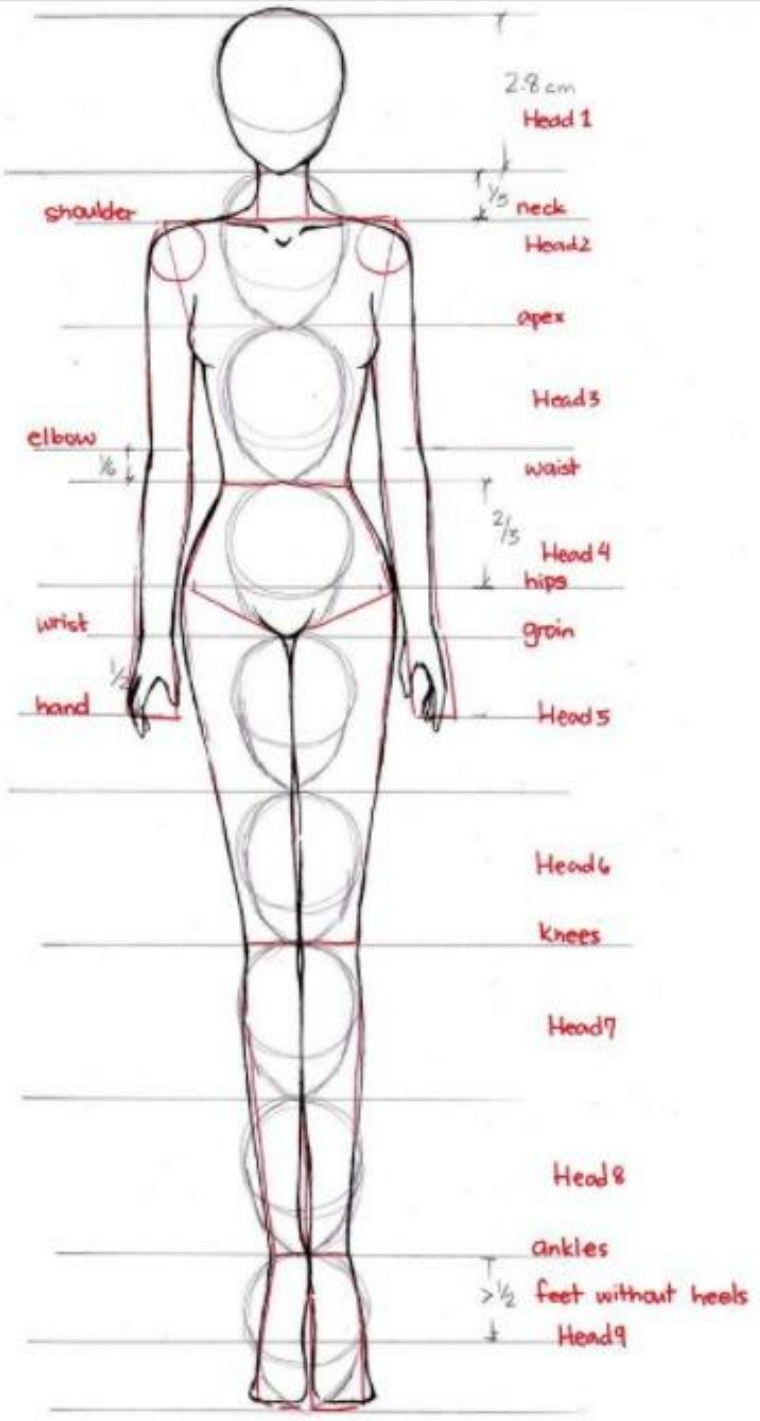
The skeletal structure:

- Types of body structure The bone structure (skeletal structure)
- The muscle structures Main parts of body:

Human Anatomy (Woman)

By breaking fashion down into its basic elements and showing how they all fit together. The Anatomy of Fashion goes beyond the what, when and who of fashion to address a much more difficult and interesting question: Why? Why do we dress as we do and why has fashion changed and evolved over the centuries? Why does the human body require so much variation in its clothing? Here's the book's author, Colin McDowell to tell us a bit about it.

✓ Head	**1.** Head to top to chin
	2. Chin to mid-chest
✓ Arms	**3.** Mid-chest to navel
	4. Navel to hip
✓ Trunk	**5.** Hip to mid-thigh
	6. Thigh to knee
✓ Legs	**7.** Knee to calf
	8. Calf to toe (or) bottom legs

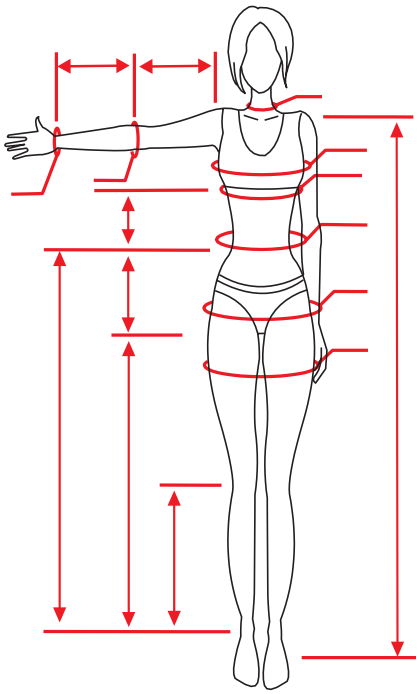

2.8 cm
Head 1
shoulder
1/5
neck
Head 2
apex
Head 3
elbow
1/6
waist
2/3
Head 4
hips
wrist
groin
1/3
hand
Head 5
Head 6
knees
Head 7
Head 8
ankles
>1/2
feet without heels
Head 9

Understand the Measurement Chart

Body Measurement chart

Size :42 - Basic Bodice Block

Horizontal Assessment	
Bust	90 cm
Waist	64 cm
Hip:	92 cm
Carrow	34 cm Front/36 cm Back
Neckline	35.5 cm
Shoulder Width	13 cm
Vertical Measurement	
Front cross width	34 cm
Back cross width 36	36 cm
HPS(Waist to HPS)	42.5 Front /42 cm Back
LPS(Waist to LPS)	43.5 Front/43 cm Back
Length (Waist to nape)	36.5 Front/42.5cm Back
Length (Waist to Bust)	18 cm
Bust to carrow	7 cm
Bust to under Arm	2 cm
Sleeve Length	64 cm
Sleeve Width	32 cm



Procedure to take Women Measurements

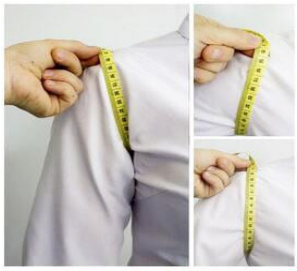
Here is the detailed procedure to take measurements of human body

1. Shoulder to Waist

Measure from the mid-point on top of the shoulder, vertically down to the front of the body, to the waist line (level with your belly button).

	**2. Your Shirt Length** Place the end of the measuring tape on the shoulder seam touching the collar. With your arm relaxed, measure the length straight down to the bottom of the shirt
	**3. Distance Between apex point** Stand up straight whilst wearing a well fitted bra. Measure the distance between both apex points from the center of bust
	**4. Front Chest Width** The chest measurement is taken at the highest point of a person's chest, usually around the apex point Wrap the tape measure from the back to the front. Have the measuring tape snug around your chest, but not tight. Insert a finger width.
	**5- Upper Waist** Start at the top of your hip bone, then bring the tape measure all the way around your body, level with your belly button. Make sure it's not too tight and that it's straight, even at the back.
	**6- Above Your Hips/ lower waist** Place a tape measure around your bare stomach just above the upper hip bone. Make sure the measuring tape is parallel to the floor. Ensure that the tape measuring tape is snug to your body, but not so tight that it compresses the skin. Insert a finger width.
	**7. Crotch** Start with the measuring tape at the waist, bring it down under your crotch, up around the curve of your butt and back up to the waist in back. It's key to include any curves of the belly and butt into this

	**8. Thigh** Measure the circumference of the widest part of your thigh. Wrap the tape measure around your thigh from front to back and then around to the front. Insert a finger width.
	**9. Knee** Measure from the center of your kneecap while your knee is bent at a 45-degree angle. Now wrap the measuring tape around this section until it meets the starting point.
	**10 Pants Length** Measure from the top of your pants waist along the outer side of pant seam until the bottom of your pants or roughly 1 inch from the ground. Ensure you are standing straight.
	**11. Wrist** Measure the circumference of your wrist inserting one finger to wrist
	**12. Armpit** The measuring tape needs to be wrapped around your armpit starting from the top of your
Procedure to take Measurement (Men)	
	**1. Collar** Wrap the measuring tape around the neck; about one inch from the meeting of your neck and shoulders. This may also coincide with the bottom of your Adam's apple. Do not leave a space between the neck and the tape. Make sure the tape is level and not being held at an angle. Insert a finger width.

	**2. Sleeves Length Measuring sleeves length** The measuring tape must be held at the shoulder seem and laid down along the outside of your bent arm down to your wrist where you want your shirt cuff to finish Insert a finger width.
	**3. Bicep** When having your bicep measured, your arms should be completely relaxed and hanging loose by your sides. To ensure that your shirt fits properly, the bicep measurement should be taken around the thickest part of your bicep. This point will probably be high up on your arm, only about 2 inches (5.1 cm) below the armpit.
	**4. Wrist** Measure the circumference of your wrist inserting one finger to allow for some slack.
	**5. Armpit Measuring Armpit** The measuring tape needs to be wrapped around your armpit starting from the top of your shoulder. Insert a finger width.
	**6. Chest** Slide the tape so that it surrounds your chest and just under your armpits. Rest it securely around the widest part of your chest, which is often above or at the nipple line.

	**7. Waist Measuring** Hold the end of the tape measure at your navel and circle it around your waist. The measuring tape should be parallel to the floor and fit snugly around your torso without digging into your skin. Insert a finger width
	**8. Stomach Measuring Stomach** Hold the end of the tape measure between your bellybutton and waistband. The measuring tape should be parallel to the floor and fit snugly around your torso without digging into your skin.
	**9.Measuring Armpit Spacing** Hold the end of the tape measure between your bellybutton and waistband. The measuring tape should be parallel to the floor and fit snugly around your torso without digging into your skin.
	**10. Above Chest Width Measuring** Slide the tape so that it surrounds the top of your chest and falls on the crease of your armpits. Rest it securely just above the widest part of your chest, which is often above the nipple line. Insert a finger width to allow for some slack
	**11. Shirt Length Measuring Shirt Length** Place the end of the measuring tape on the shoulder seam touching the collar. With your arm relaxed, measure the length straight down to the bottom of the fly.

Activity:

- ❖ Take full body measurement of your classmate and put the measurement in the following given body measurement chart

You will be required:

- Inches Tape
- Pencil 0.5

Procedure:

Take the measurement at the mid-point between your knee and the top of your leg, stand up straight and try not to tense your muscles as you measure. Measure at the mid-point, which is usually the largest part

No	Body measurement	Unitiy/cm
1	½ Chest	
2	½ Waist	
3	½ Hips	
4	Sleeve length	
5	Neckline	
6	Front cross width	
7	Back cross with	
8	Back lenth	
9	Front length	
10	Shoulder lenth	

Apply the Calculated Measurements of body on Measurement chart

Understand the sizing System

The proportions, dimensions or measurements of an object are called sizes. Garment or clothing size refers to the label size attached to the garment. Label sizes are standards used all over the world. There are two types of sizing labels i.e., Numeric and Alphanumeric. Numeric sizes include sizes 0, 2, 4, 6, 8, 10 etc. Alphanumeric sizes include S, M, L and XL etc. Standard numeric sizes are also called US sizes. This range of sizes are established prior to human body measurements for new born/infants, toddlers, youth, juniors and adults (men and women). Every company and brand in the local industry has their own labeling and sizing system. Most commonly used label sizes and their alternate sizes in the industry include

Man Size chart					
	Chest(cm)	Shoulder(cm)	Body length	Sugeested height(cm)	Sugeested weight(lb)
S	43	38	63	150-160	94-105
M	46	40	68	160-170	105-127
L	49	42	71	170-175	127-143
XL	51	44	73	175-180	143-165
2XL	54	46	76	180-190	165-187
3XL	57	49	79	190-200	187-209
4XL	61	52	81	190-200	209-231
5XL	64	55	82	190-200	231-254
6XL	66	56	83	190-200	243-265

Women Size chart					
	Chest(cm)	Shoulder(cm)	Body length	Sugeested height(cm)	Sugeested weight(lb)
S	41	35	61	150-155	83-99
M	43	36	63	160-165	99-110
L	45	37	65	165-170	110-121
XL	46	38	67	170-175	121-132

Men's Slim Fit						
Shirt Part / Size	XS	S	M	L	XL	XXL
Collar	14 1/8"	15"	15 3/4"	16 1/2"	17 3/8"	18 1/8"
Shirt length	28 3/4"	29 ½"	29 1/2"	29 1/2"	29 1/2"	29 1/2"
Shoulder width	16 7/8"	17 ¾"	18 1/8"	18 7/8"	19 1/4"	20 1/8"
Sleeve length (Normal)	25 1/4"	25 5/8"	25 5/8"	26"	26 3/8"	26 3/4"
Sleeve length (Extra long)	27 1/8"	27 ½"	27 1/2"	28"	28 3/8"	28 3/4"
Chest	37 3/4"	39 3/8"	41 3/4"	44 7/8"	48"	51 1/8"
Waist	33 7/8"	36 ¼"	39 3/8"	42 1/2"	45 5/8"	48 7/8"
Sleeve width (at armpit)	9 1/2"	9 7/8"	10 1/4"	10 5/8"	11 3/8"	11 3/4"
Cuff	9 1/2"	9 ½"	9 7/8"	9 7/8"	10 1/4"	10 5/8"
Hip width	37"	38 5/8"	41"	44 1/8"	47 1/4"	50 3/8"

Interesting Information

- A size chart is a document that reflects the measurements for size range within the brand. Typically, public size chart is characterised by 4 main measurements, bust, waist, hip, and height. However, depending on the type of developing garment we may have other measurements that are important, like inseam for bottoms. Internal size chart will have more specific measurements to compare required garment fit to.

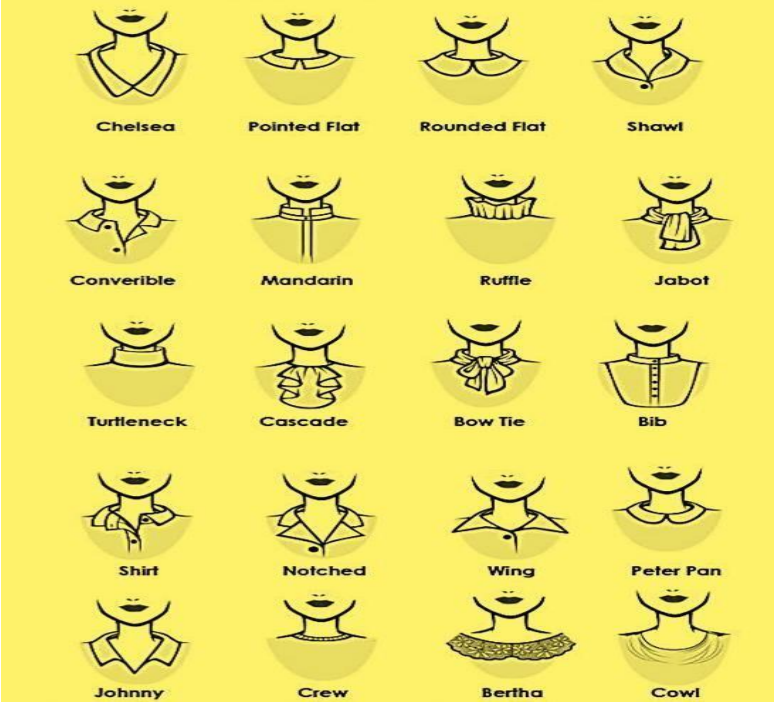
Draft and Construct Collar Pattern

Different Types of Collars in Garments.

Interesting Information

- **Collar Terminologies:**
  - Neckline Edge
  - Stand
  - Fall
  - Style Line
  - Roll Line
  - Break Point

1. **Straight Collars:** These are the basic shirt collar. A straight collar is the most used formal type of collar.
2. **Peter Pan Collars:** These are round-edge collars. Mostly used for semi-formal occasions. The collar sits atop in the button-down blouses.
3. **Detachable Collars**: These are detachable, not permanent collars to the body of the garment by stitching. Detachable collars are available separately to use on different garments. These are a type of neck collar fashion in different collar styles with vivid colors to boost your overall look.
3. **Turtleneck Collars:** These are high round neck collars that sit around the neck. And are typically turned down or scrunched under the neck.
4. **Sailor Collars:** The sailor collar is quite an in fashion for its double square panel and middle V-neck appeal.
5. **Mandarin Collars:** These are Chinese-inspired collars, and they are known for their standing charm. The front of the mandarin collar might be squared or curved in shape, giving the shirt a close and structured fitting.

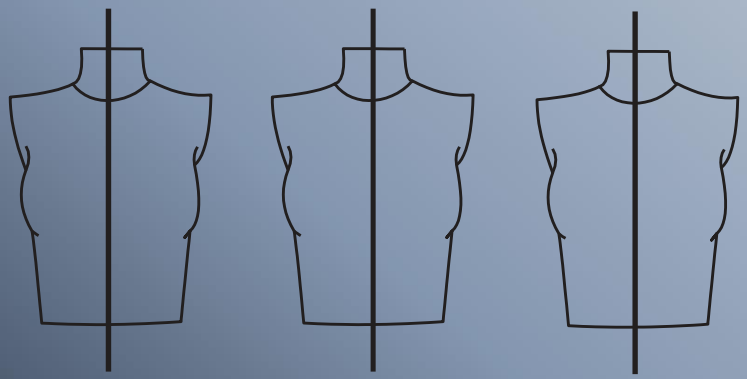


Activity:

- Draw technical drawings of ban collar, one piece collar & two-piece collar on the following figures.

You will be required:

- Japanese Scale
- French Curve
- Drafting Sheets A3 size
- lead clutch pencil 0.5
- Inches Tape
- Pencil 0.5



Method to construct different types of collar:

Do You Know?

Unlike a standard shirt collar, a Mandarin / stand collar does not have afold in the fabric, and wraps neatly around the neck.

Band Collar

Band collar is a type of standing collar, sometimes known as a Mandarin collar. It is made from two pieces of fabric, shaped like a band, often with a gentle curved where the collar meets at the front neck – though traditionally Mandarin collars do not actually meet at the middle!

The key measurements you need to draft a mandarin collar are:

1. Back neckline measurement =7.5 cm
2. Front neckline measurement=10 cm
3. Collar Height=3.5 cm
4. Neckline =14 cm

Drafting the Mandarin Collar Pattern

1. Take a ruler and draw a straight line about 3cm from the bottom edge of a piece of paper.
2. Square up from here using a 90º angle. Label this squared up line on the left hand side CB – Centre Back.
3. Measure along the bottom line and place a mark equal to the measurement you took from centre back to shoulder point.
4. Square a line upwards from here and make a note that this is your shoulder line. We will notch this later.
5. Measure another point further along the bottom line that is the same measurement as the shoulder point to the centre front.
6. Square up 90º from this point.
7. Make a mark according to your measurement from this bottom line. This is where we draw in a slight gentle curved line from our shoulder point to this

8. Moving back to the centre back section, mark the chosen width of your collar on the centre back line.
9. Square across from this point, so that the line you draw is parallel to the bottom line, and make sure that it is consistent. Mark the distance from your shoulder notch on the bottom line to the top line.
10. This collar depth amount needs to also follow through along the curved line you drawn
11. Now connect the dots to form a slightly curved line at the top. This will be your collar edge, while the bottom line is the neckline edge.
12. Square up from the bottom curved line until it meets the top line.
13. Finally, you mark in where your centre front is.
14. Add Seam Allowance to Your Mandarin Collar Pattern

Mark Up Your Mandarin Collar Pattern

The pattern should also have information on it including:

- The style name or number
- The garment section (Collar)
- Size
- How many to cut (One on fold? A pair?)
- What to cut (self-fabric and / or interfacing?)
- Whether seam allowance is included, and how much

Activity: Mandarin collar

1. Pattern drafting of mandarin block

2. Control the measurement of the pattern according to the measurement chart

HORIZONTAL MEAUREMENT

Collar Size: 35cm/2:17.5cm

Front Neck: 10cm

Back neck: 7,5cm

VERTICAL MEASUREMENT

B.N: 3.5cm

F.N: 3 cm

3. Add the measurement to the construction lines of your block drafting and add picture to show the measurement

- Neckline-mandarin collar
- Collar height front centre
- Collar height back centre

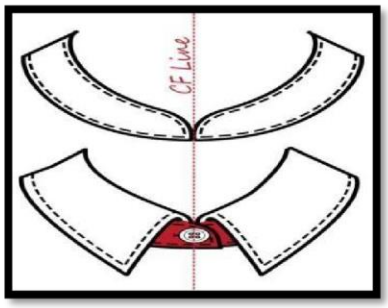
Interesting Information

The ruffled collar is an item of clothing in western, clothing and northern Europe from the mid- sixteen century. The round and flat variation is often called a millstone collar.

Two-Piece Collar:

The two-piece shirt collar is constructed of two different collars. The bottom part is basically the Mandarin Collar with an extension to the button placket. The top part is the Turnover Collar, but with a different shape to the collar points.

Modifications: Base



In the image, you can see that both sides of the Mandarin collar meet on the Centre Front line. The base of the Shirt collar (shaded in red) is the Mandarin collar, but needs some extra length for the button/button hole. All that is needed is that you add

the value of the button placket extension to the measurement to the Total Neck.

Modifications: Collar

The Rollover Collar instructions ends up with a curved shape to the collar.

In this image the original turnover; it is wider than the Shirt Collar. The shirt collar has had the top edge shape changed. In the instructions for the Rollover Collar, the example is created 3-inches wide. Remember that the shirt collar has a separate base, so you probably want to draft the top part less than 3-inches. For the top part of a two-piece collar 2 to 2.75-inches is common. That is up to you and the look you want.

Example: Two Piece Collar two-piece shirt collar, drafted as the Mandarin & Turnover with modifications.

The Mandarin collar has a 1-inch extension (note the notch 1 inch from CF where the top collar will end).

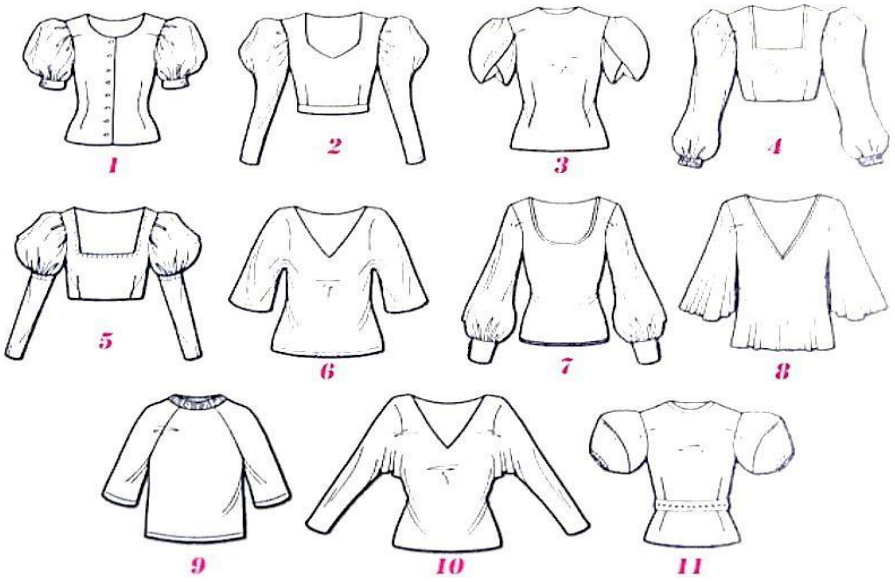
The shape of the collar edge of the Turnover has been changed. (The white is the original Turnover shape, the orange is the redrawn shape for the shirt).

Different types of Sleeves

Sleeves are an important fixture of fashion design and garment making that have both aesthetic and practical functions. Sleeve designs can be created in any fabric and any style and they are a crucial element of a garment's look and silhouette.

Sleeves vary depending upon type of garment, the fabric used, one's preferences and needs. The length of the sleeve and fullness in sleeves can be altered, to create new designs.

1. Puff Sleeve
2. Leg of Mutton
3. Petal Sleeve
4. Peasant Sleeve
5. Juliet Sleeve
7. Bishop Sleeve
8. Bell Sleeve
9. Raglan Sleeve
10. Dolman Sleeve
11. Lantern Sleeve **6.**Kimono Sleeve



Procedure to construct pattern of basic sleeve block Pattern

Step 1: mark center line of sleeve on full length 64

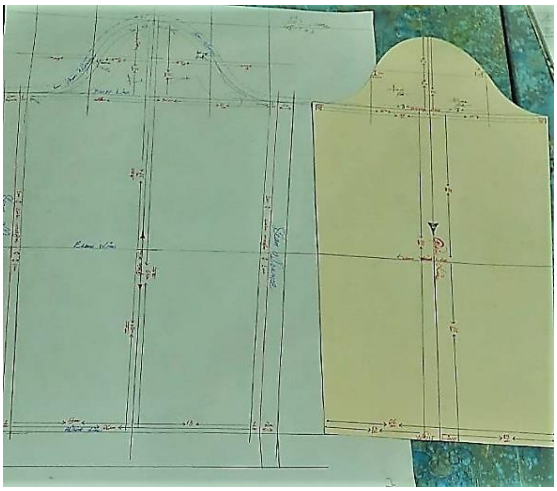
Step 2: mark bicep line at 14 cm, then bicep to elbow 25cm, elbow to wrist 25cm

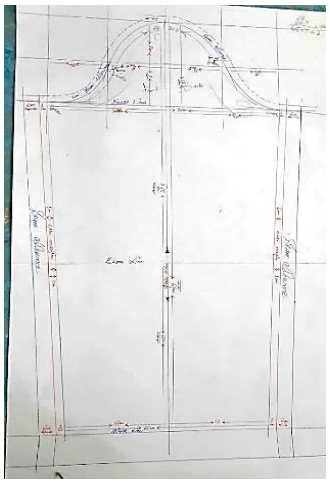
Step 3: mark horizontal measurements. bicep line 32cm (18/f,18/b) and wrist line 26cm (13/f,13/b) find the elbow line by joining the bicep and wrist line

Step 4: construct sleeve crown.

Step 5: Divide bicep line into 4 equal boxes of 8cm.

Step 6: Also divide crown length 14cm into 2 equal parts on 7cm. **Step 7:** Then construct the crown from the help of these boxes by adding 1cm up for back side and 1cm down for front side.





Sleeve block

Pattern

1. Pattern drafting of sleeve block
2. Control the measurement of the pattern according to the measurement chart

VERTICAL MEASUREMENT

Full Length: 64 cm

Crown Depth: 14 cm

In Seam: 64-14: 50cm Bicep to Elbow: 25cm

Elbow to wrist: 25 cm

HORIZONTAL MEASUREMENT

Bicep Line: 32 /4: 8cm

Wrist Line: 26/2: 13cm

3. Add the measurement to the construction lines of your block drafting and add picture to show the measurement

- Hem opening
- Sleeve crown
- Under arm seam
- Crown hight
- Sleeve length

4. Control the matching of the pattern pieces regarding:

- Sleeve -underarm seem

- Sleeve crown- bodice armhole

Draft and construct basic skirt block

Different Types of Skirts Skirt:

A skirt is just a tube-shaped garment hanging down from the waist. But it is a very versatile tube which makes the wearer sophisticated, feminine, flirty, warm, stylish, prim & proper, daring – depending on its make and model.

Types of skirt

- **A Line Skirt:**

This skirt has a slight flare which makes this one look like a capital letter A. Hence the name A line skirt. This is one of the most common and popular silhouettes among skirts.

- **Fitted Skirt:** (Pencil skirt/Tube skirt)

As the name indicates this is a form fitting skirt from waist to the hips usually with the help of darts.

- **Pencil skirt is in this category:**

Tube skirt is a fitted skirt made in stretchy fabric. This is a very figure flattering skirt**.**

- **Gathered skirt / Full skirt**

This skirt is a simple skirt gathered at the waistline. Another name is Bouffant skirt. It is usually a straight piece of fabric with the top edge gathered either with an elastic waistband or a drawstring waistband or a plain fitted waistband.

- **Mini Skirt**

A Mini skirt is a short skirt, approximately 10 to 17 inches in length. Other names given to this shirt are bondage skirt, Pelmet skirt. A Micro Mini is an even shorter dress, typically about 10 inches or smaller.

-**Flared skirt**

This is a skirt which fits at the waistline and hipline but has a flare at the hemline. You can have this skirt with a flounced hem

– this is a circular ruffle added to the hem.

- **Draped Skirt**

A draped skirt has fullness gathered or draped on one side.

It is also called a **Sarong draped skirt**. Sarong is a square piece of fabric which can be wrapped around the body to make a skirt.

- **Circle Skirt**

This is a full skirt which is cut from half, or full circular pieces of fabrics. The fabric piece of the skirt resembles a circle with a hole which is why the name.

Layered skirt

In this type of skirt layers of ruffled fabric are arranged one on top of the other to form a skirt.

Point to Ponder!

How To Find the True Bias? The bias can be any diagonal line. The true bias refers to a 45-degree angle to the straight grain

Procedure to construct pattern of basic Skirt Block

Step 1: Mark vertical measurements

Waist line to hip line 20cm and hip line to knee line 40cm

Step 2: Mark horizontal measurements

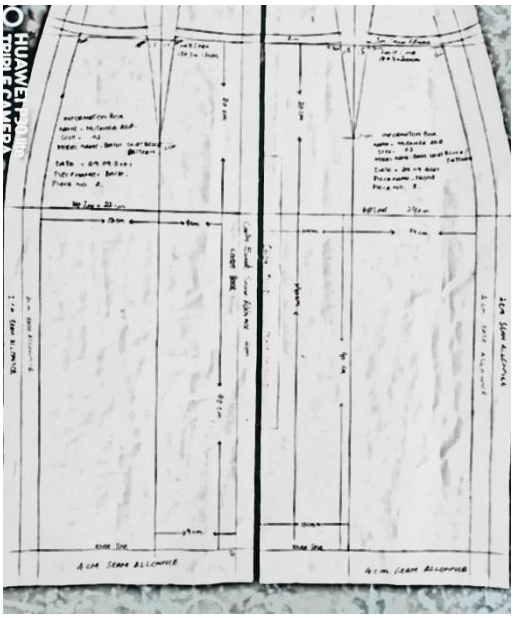
Waist line F/17+3dart=20cm, B/15+3dart=18cm.

Hip line F=24cm, B=22cm

Knee line same as hip line measurements

Step 3: Draw a line parallel to center front at 10cm distance then make a dart of 3cm on waist line (dart length=11cm).

Draw a line parallel to center Back at 9cm distance then make a dart of 3cm on waist line (dart length=12cm)



Activity:

- Draft and label the basic skirt mentioned in curriculum

Do You Know?

Major countries in the world like US, UK, France, Germany, Japan, China, Italy and Europehave their own label sizes. However, majority of the world follows US and UK standard Label sizes.

Key Points

- Anthropometry is the Science of Obtaining Systematic Measurements of the Human Body.
- Taking body measurements is the first step in pattern making.
- Body measurements of men, women and children are taken depending upon their specific anatomy.
- Measurements are noted down on a measurement chart.
- Sleeve designs can be created in any fabric and any style and they are a crucial element of a garment's look and silhouette.
- There are many different types collars, sleeves and skirts.
- The part of the pattern outside the seam line is called seam allowance.

Web Links

- https://www.threadsmagazine.com/project-guides/fit-and-sew-tops/draft-a-two-piece-collar-with-a-stand
- https://www.thecreativecurator.com/drafting-a-sleeve-block/
- https://cashkaro.com/thegoodlookbook/gorgeous-skirt-patterns/

Exercises

Tick (√) the correct answer

1. **Measurement with the body in a static position is known as**
   - **a)** Structural anthropometry
   - **b)** Static anthropometry
   - **c)** Static dimensions
   - **d)** Structural Dimensions
2. **The narrowest part of torso is known as**
   - **a)** Upper waist
   - **b)** Lower waist
   - **c)** Waist
   - **d)** Mid Waist
3. **Band collar is also known as**
   - **a)** Stand collar
   - **b)** Mandarin collar
   - **c)** Rolled collar
   - **d)** Turtle collar
4. **The type of sleeve the confines the fullness on hem is known as**
   - **a)** Fitted sleeve
   - **b)** Reglan sleeve
   - **c)** Kimono sleeve
   - **d)** Bell sleeve
5. **Puff sleeve is also known as**
   - **a)** Reglan sleeve
   - **b)** Bell sleeve
   - **c)** Gathered sleeve
   - **d)** Kimono sleeve

6. The standers US size in in children wear is based on

a) Age of the child

b) Height of the child

c) Weight of the child

d) Gender of the child

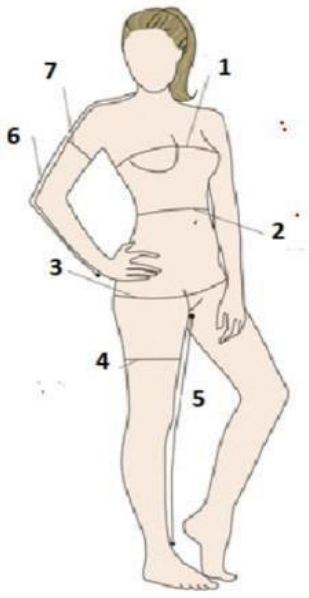
Write Short Answers

1. What things are compulsory while taking measurement of pant / trouser length
2. Describe why accurate measurements are important in pattern making.
3. Name different types of sleeves.
4. What is the difference between mandarin and band collar?
5. Enlist some basic types of collars.

Extended response question

1. Differentiate between structural and functional anthropometry with the help of example.
2. Describe why it is important to understand human anatomy to take accurate measurements.

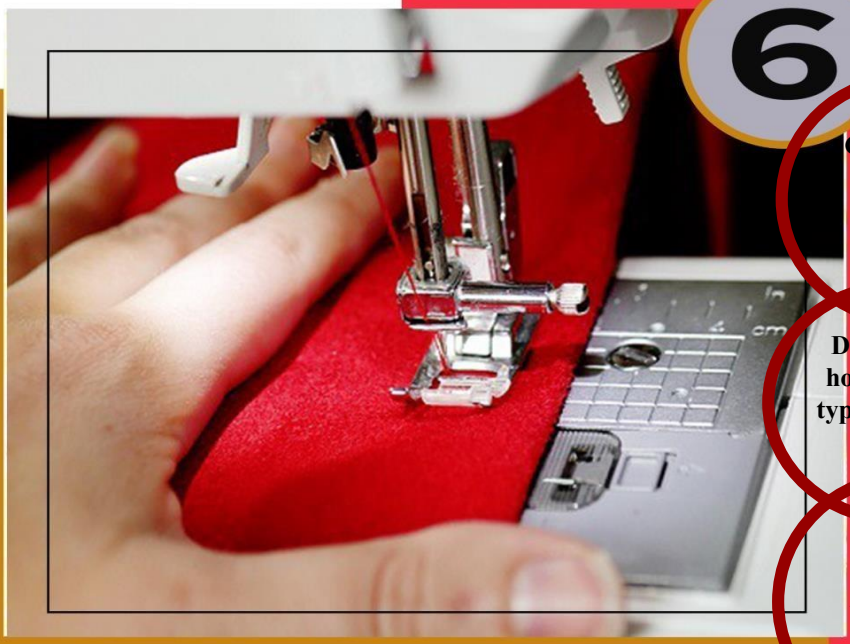
Constructed Response Question



1. Label the following picture

Basic Sewing

6



Can clothes be worn without sewing?

Do you know how different types of fabrics can sew?

Are you familiar with types of sewing thread?

Students Learning Outcomes:

After studying this unit students must be able to: -

- ✓ identify the different parts/components of sewing machines
- ✓ describe the procedure to check the operations of sewing machine components
  - speed control
  - SPI adjustment
  - lubrication
  - threading and winding
  - thread tension adjustment
- ✓ apply the procedure to check the operations of sewing machine components
  - speed control
  - SPI adjustment
  - lubrication
  - threading and winding
  - thread tension adjustment
- ✓ define the basics of Sewing
- ✓ differentiate between domestic and industrial sewing machines
- ✓ recognise the types of thread (2 ply, 3 ply, core spun, etc.)
- ✓ recognise the types of needles (ball point, round point, etc.)
- ✓ evaluate the functions andadjustments of different machine parts (SPI adjustment, thread tension adjustment, etc.)
- ✓ apply sewing machine operations
- ✓ apply the process of machine maintenance
- ✓ describe the importance of practicing on Paper with thread and without thread
- ✓ explain the importance of practicing on fabric with thread
- ✓ understand adjustment of machine components according to fabric type
- ✓ apply adjustment of machine components according to fabric type.

Basic Sewing

We all should learn to sew. Sewing is a skill for people of all ages. From making small repairs to making complete dress, sewing provides all basic clothing needs. Sewing is a fun, useful craft that you can be proud of doing.

Different Parts/Components of Sewing Machine

The most important piece of sewing equipment is a sewing machine. Any machine in good working condition can be used satisfactorily. Study different parts of your machine and the use of it. Machine be kept clean, well-oiled and lubricated for trouble free sewing.

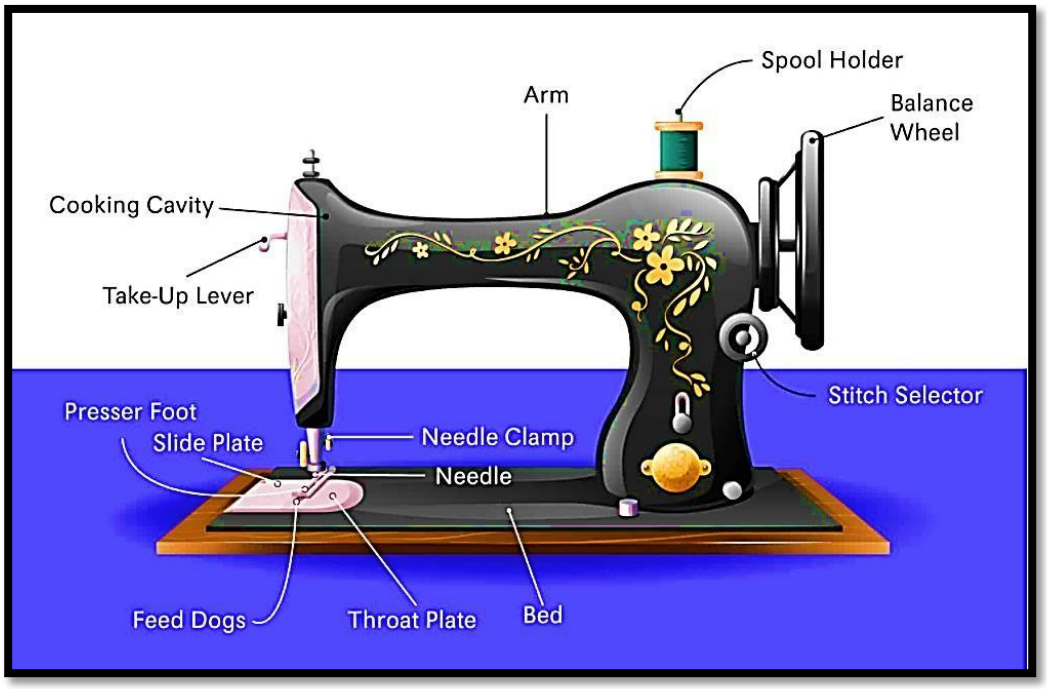
Be Careful

Remember! The electric motor is attached to the sewing machine with the help of belt which passes over the wheel and work when the motor is switched on.

Many exciting features added to the sewing machine but the basic process of forming a stitch is the same.

Before understanding the parts/components of sewing machine. It's important to know different types of sewing machines which are used in industry

Domestic Sewing Machine Anatomy/Parts



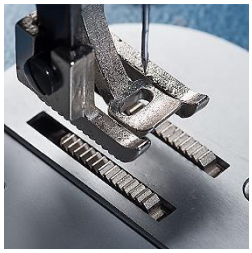
Foot Controller

The foot controller is an easy part of the sewing machine to remember because it is logically named. It goes on the floor underneath the table where the sewing machine is located and is controlled by being pressed down with the user's foot. This controls the speed of the stitching, with the more pressure you place on the presser foot, the faster the needle will go.

Presser Foot

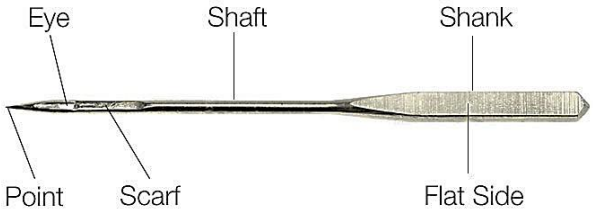
This metal plate presses down on the fabric are to keep fabric in place and help with stability. It can be controlled by a lever to lift it up and down. There are various presser foot types depending on what type of sewing you are doing. For example, there is a special zipper foot for installing zippers or a satin foot for more delicate fabrics.

Feed Dogs



This part of the sewing machine feeds fabric to pass through underneath the needle by using small teeth made from metal or rubber. This helps to control the length of stitches depending on how fast or slow the feed dogs move the fabric.

Sewing Needle



The needle is a slender metal pole that comes to a sharp point, with a hole close to the point where the thread will be passed through. Needles for sewing machines come in various sizes and are screwed into place.

Needle Clamp

The needle clamp secures the needle and prevents it from coming loose during use.

Throat Plate

This is also known as the needle plate and is a large metal plate that sits underneath the needle and the presser foot. It prevents the fabric from being drawn down inside the machine and can be removed to access the bobbin. Often, the throat plate will have markings on it, which serve as guides for seam allowances.

Arm

This contains the mechanism which operates the needle and is shaped like a curving arm.

BED

The bed of the sewing machine is the entire flat surface of the machine where your fabric will be resting on. This provides the user with a good-sized working space and also anchors the machine to ensure stability.

Bobbin

A bobbin is a spool with thread wound around it, which will act as the underneath of the machine stitching. The stitch is created by the bobbin thread and needle thread looping together. Bobbins can be top-loading or side loading and will be fitted underneath the area where can be placed fabric.

Bobbin Winder

This is a small rod attached to the sewing machine, which is usually located on the upper right corner of the machine.

Stitch Length Dial

Stitch length dial is used to control the stitch length.

Bobbin Winder Tension Disk

This is a component of the sewing machine, which is usually on the top central part of the machine. It guides the thread between the bobbin winder and the spool.

Bobbin Case

The bobbin case is a round metal case that holds the bobbin. These are a precise shape and size to fit the sewing machine and so should not be changed between different machines. The bobbin case has the job of providing the lower thread with tension.

Spool Holder

Also known as a spool pin, this is a small rod on which the main spool is slotted on, ensuring the spool doesn't fall off while stitching. The spool holder might be fitted at a horizontal or vertical angle, but generally, horizontal is considered preferential as they tend to give a smoother feed.

Side Plate

A slide plate covers the bobbin case and can be removed to access the bobbin case for replacing the bobbin. It is made from metal.

Balance Wheel

Also known as the flywheel or the hand wheel, this gives the user manual control of the needle. It can be turned to raise or lower the needle, usually to adjust the sewing height of the needle. Most sewing machines will have this wheel on the right end of the machine, on the side.

Reverse Lever

Also known as a backstitch lever, this lever is used to immediately reverse the direction of the stitching. It is most commonly used at the beginning and end of stitching to secure the thread in place tightly on the fabric.

Tension Regulator

This controls the tension of the top thread on a machine and needs to be balanced with the tension of the bobbin thread to ensure neat stitches. If the tension is loose, the stitches will come undone, and if the tension is too tight, the stitches will gather tightly and pucker the fabric.

Adjust the tension by turning the dial on an older sewing machine or changing the digital setting on a newer sewing machine.

Thread take-Up Lever

This lever has the upper thread pass through it, and it may be hidden from view located inside the machine or positioned on the front. It moves up and down at the same time as the needle and should be adjusted each time you feed fabric under the needle to avoid the fabric being caught and snagged.

Industrial Machine Parts

1.Speed Control

Speed of sewing machine can only be controlled with practice. It depends upon the amount of pressure you put on the peddle of the machine with your foot. The leaser the pressure the slower the machine will work and you will be able to control the speed .If you put more pressure on the peddle the speed will be fast and out of you control. So the key note is that, to control the speed put less pressure on the peddle in the beginning and as you practice you can increase the pressure and the speed.

2.SPI adjustments

SPI stands for stitch per inch. It helps to adjust the stich length and ultimately the SPI. More stitches length less will be SPI.

3.Lubrication

Procedure of lubrication: If your sewing machine requires oil, there are several places where you should apply it. These include on your hand wheel, on your thread take-up lever, and on the shuttle race in your bobbin case. Other moving parts inside your sewing machine should also be oiled.

Interesting Information

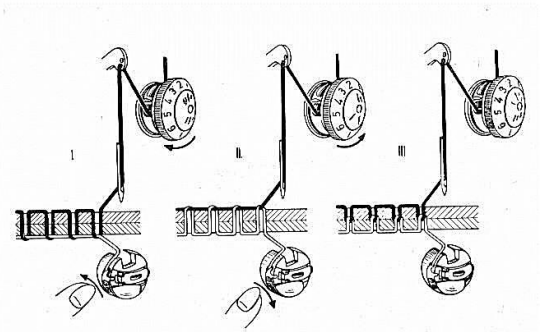
- Always clean your sewing machine before you apply oil. If you need help, How to Clean Your Sewing Machine. Then, only add one to two drops at each place.

4.Threading and Winding

As you know that lower thread supply for any sewing machine is placed in the bobbin area, which is situated under the needle and throat plate. The bobbin must be filled with thread before it is placed in the bobbin ease. On the side of the wheel there is a mechanism and switch on the machine and press the paddle and the bobbin will wind the thread automatically and it stops when it is full, and ready to be used.

5. Thread Tension Adjustment

Adjust the needle thread tension using tension adjust nut according to the sewing specification.



Trouble with Tension?

Check that both the machine and bobbin are correctly threaded. If these aren't exactly right, this can cause incorrect tension. Also check that the thread on the bobbin is wound correctly. If it's too tight or too loose, it won't feed through the machine and make even stitches. Another good tip is to use the same thread in the machine and the bobbin _ even slightly different threads can unbalance the tension

TIP:

As you turn nut, clockwise (in direction A), the needle thread tension will increase. As you turn nut, counterclockwise (in direction B) the tension will decrease.

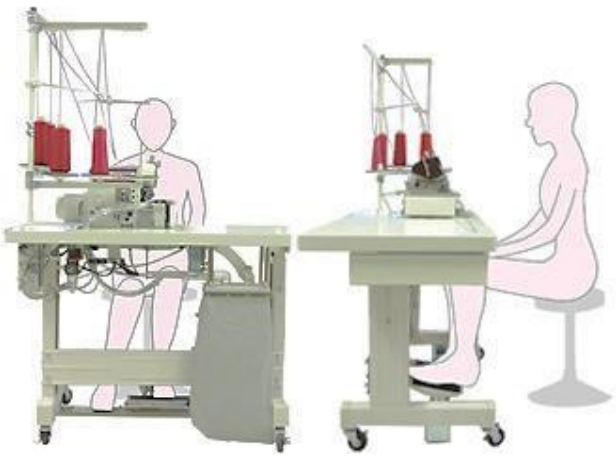
Activity-6.1:

- Perform sewing machine operations including
  - Speed Controller
  - SPI adjustment
  - Lubrication
  - Threading and winding

Operate Industrial Sewing Machine

➢Correct Posture when Operating the Machine

Correct posture prevents fatigue and promotes efficiency.



- Adjust the chair according to your height.
- Do not sit all the way back in the chair, but sit somewhat forward so you are occupying approximately 2/3 of the chair seat.
- Sit slightly left of the table center so that your right eye and the needle bar are aligned.

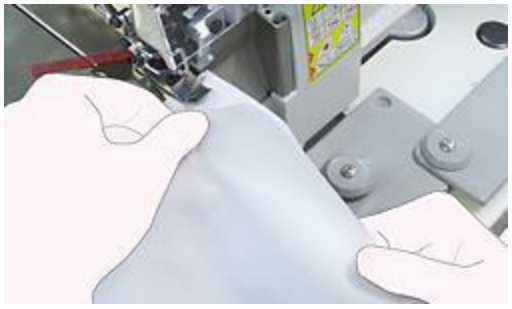
➢To sew a piece of fabric while folding (eg. bottom hemming)

1. Raise the presser foot by pressing the presser foot treadle.
2. Position the fabric in place, and then fix the fabric with the presser foot. If the fabric edge is curled, uncurl the fabric edge with the index finger of the right hand.

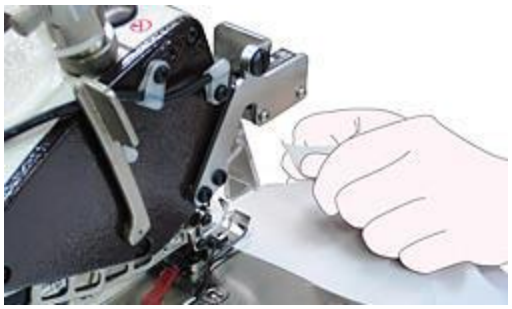
3. Sew the fabric as long as you can, by pressing the machine treadle.
4. Change the way to hold the fabric. Hold the fabric from the top with your left hand. At that time, the left hand should be placed at the position where the end of sewing will be. In addition, the place should be on the inward side from the right hand end (the width should be kept the same width as the presser foot). Place the right hand along the underside of the fabric.

5. Sew the fabric at once till the end of sewing. Do not pull the fabric during sewing. Sew the fabric straightly while taking up the slack. Be sure to handle the fabric with the right hand.
6. Your eye line should be fixed at the knife cutting place (the cut allowance should be equal, at 3 mm to 5 mm.

➢To Sew Two Pieces of Fabric



1. Position the first piece of the fabric in place, and then fix the fabric with the presser foot.
2. Align the second piece of the fabric with the first piece of the fabric correctly by handling the bottom fabric with the back of the middle finger of the left hand and that of the ring finger, and the index and middle fingers of the right hand.



3. When the second piece of the fabric is aligned with the first piece of the fabric correctly, sew the two pieces of the fabric 1 cm to 2 cm first.

4. After the procedures above, sew these two pieces of the fabric by referring to Nos. 4, 5, and 6 of "To sew a piece of fabric while folding."

Difference between Domestic and Industrial Sewing Machines.

Domestic Sewing Machines

Domestic sewing machines are those typically used in homes by sewing enthusiasts. Because these people usually engage in a variety of projects — from making dresses and shirts to sewing curtains and futon covers —domestic sewing machines are manufactured with versatility in mind. The array of sewing tasks they can accommodate can differ from brand to brand, but their main selling point is the flexibility they offer. Moreover, in terms of adaptability when it comes to accommodating fabric types, domestic sewing machines are usually not heavy-duty enough to work on heavier or thicker types of fabrics or work pieces.

In terms of operation, domestic sewing machines are designed to be used for just a few hours per day, thanks to the fact that they run on significantly smaller motors compared to industrial sewing machines.

Industrial Sewing Machines

Perhaps, the biggest difference between domestic sewing machines and industrial sewing machines is the variety in which the latter group comes. There are many types of industrial sewing machines, all of which are designed to be integral components in a factory environment.

Each of these performs a specific type of stitch, whether it's lockstitch, chain stitch, over lock stitch, blind stitch, or zigzag stitch. There are also special types of machines that

do specific tasks, like bar tacking machines for reinforcing the fabric, buttonhole machines for creating buttonholes, and button sew machines for attaching buttons. Moreover, factories handling heavy materials like leather and quilts are also likely to house hard-wearing post bed machines, which are designed for more demanding sewing activities.

Types of threads.

2ply Threads

Ply is how many yarns are twisted together to make a single thread. Fabrics can either be two-ply or single ply. Two-ply means that two yarns are twisted together to make a single thread that is then woven into the fabric. Two-ply fabrics are generally superior to single-ply fabrics.

3plyThreads

A 3-ply twisted bonded thread has three plies of yarn that are precision twisted and bonded to create a circular cross section that is consistently uniform throughout its length and allows for precise tension control to aid in a balanced stitch.

Core Spun Threads

Core spun, or “polycore”, yarn is created by twisting staple fibers around a central filament core, usually made of polyester for extra strength. It is 40% to 50% stronger than normally spun yarn of the same weight, and reduces the number of broken stitches when sewing seams and hems on denim.

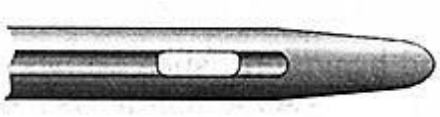
Interesting Information

- **Polyester Thread:** Standard construction thread is made of polyester, and it is it colorfast, heat-resistant, and durable. However, it also stretches slightly, and this can cause puckering in seams. Avoid this by winding the bobbin and stitching slowly.
- **Cotton thread:** This natural fiber thread is available in different types and finishes..

You'll also find undyed, organic cotton thread. Cotton thread is nice to work with because it doesn't stretch. Therefore, it helps eliminate puckered seams. One disadvantage of cotton thread is that it produces more lint than other varieties. You'll need to brush lint.

Types of Needles

Universal: The point is slightly rounded. Very good for woven fabrics like cotton. It is sharp for knits and good for woven fabrics.



Ballpoint: This needle is good for knits. It isRounded Point slightly such that the needle passes between the fabric threads rather than pierce them. Also suitable for heavy knits and spandex.

Quilting: It has a Tapered Point designed for thick layers and intersectting seams. This is the best choice for perfect machine quilting. Quilting Needles can also be used for piecing.

Sharp: This needle has a sharp point and narrow shaft for piercing woven. Suitable for finely woven fabric like chintz, silk, lightweight faux suede, and microfiber**.** Also great for heirloom sewing or any other type of topstitching.

Round Point Needle

The extremely rounded ball form of this needle permits displacement with coarse, wide loops without piercing the material threads. Can be used for: Fine elastic materials with covered elastomeric threads. Coarse knitwear.

Activity-6.2:

- Operate single needle lock stitch machine including following operations
  - Threading
  - Needle attachment
  - Speed adjustment
  - Maintenance

Apply sewing machine operations.

You need to know these basics to start Stitching

Thread Tension Adjustment

Your sewing machine tension determines how your stitches will come out. Incorrect sewing machine tension could cause your stitches to be too slack or too tight.

Threading of Sewing Machine

Threading your sewing machine is a process in which you load an upper thread and a lower thread into your machine. The machine will weave these two threads together in order to create stitches in your material

Needle Selection and Attachment

Like sewing machines, needles have different types for different needlework. For instance, you cannot use a regular point needle for quilting — it would break! And broken needles are never fun to look for under layers of fabric scraps.

Choose the Right Thread

Some combinations work better than others. While some combinations can only work with each other. This is the case with choosing the right thread for different types of fabrics. It's best to learn them before realizing you've wasted a whole day on a silk project using a cotton thread!

Sew A Straight Stitch

You can sew straight stitches using a sewing machine. It's one of the most basic and easiest stitches to do

What to put in your sewing Box?

Apply the Process of Machine Maintenance

Sewing machines are the heart of the garment manufacturing industry. Though a sewing machine seems a complicated one, it needs very little maintenance. All kind of sewing machines needs to be cleaned and oiled where applicable regularly. Obviously the more the machine is used more often it will require to be cleaned and oiled.

Cleaning Of a Sewing Machine The most important part of doing maintenance is to do proper cleaning of the machine parts like bobbin raceway, feed teeth, needle plate, etc. It must be remembered that the machine should be cleaned properly before oiling as it can lead to accumulation of the fluff and the dust around the oil thus jamming the machine. It is always advisable to use good quality thread as it produces fewer amounts of fluffs.

The sewing machine cleaning process that should be followed while cleaning is listed here. These steps are normally used for industrial sewing machine cleaning.

1. Disconnect the machine from the electricity supply.
2. Take the thread take up to the highest position and lift up the pressure foot using the hand wheel.
3. Unscrew and remove the needle plate to brush out the lint in the feed teeth.

4. It is better to remove the pressure foot as well as the needle to have proper access to the feed dog and the bobbin raceway.
5. If the machine has a front loading bobbin, lay the machine on its back.
6. Remove the bobbin case.
7. Remove the raceway. Note which way it was aligned and positioned.
8. Inside the needle plate, if the dirt or lint becomes matted, a simple pin or needle can be used to pick them out. Another way of doing that is by use of nylon brush and/or a vacuum cleaner crevice tool. Can of compressed air can also be used or as simple as blowing can also do. But it raises the risk of blowing the fluffs and lint further into the machine.
9. Clean both bobbin and bobbin case
10. Also, look out for pieces of a broken needle as they might be trapped in the bobbin raceway and could jam the mechanism
11. After cleaning the area, wipe it with a cotton wool bud with a little machine oil. This will lubricate the bobbin raceway with the required amount of lubricant oil.
12. Check for any kind of dent or scratch in the parts removed from the raceway and the needle plate. If they are present, filing them with a file or nail emery board can smooth out any roughness. On much deeper scratches the parts need to be replaced.
13. Finally, reassemble the parts manually. All the parts should be placed as it was. For checking of the machine after reassembly turns the balance wheel downwards and towards yourself to look for any obstacle as the needle goes into the needle plate and through the bobbin area.
14. After this also check for dust, fluff, pieces of broken thread between the tensions disks of the upper thread tension adjuster.
15. Checking of the needle is also preferred before refitting it. Simply running the needle through the figures from the shank till the point of the needle. Any roughness can be removed by emery. But it is advisable to change the needle after a few consecutive uses. There is no predefined frequency which is to be followed for needle change as it will solely depend on the fabric been sewn. Completely avoid the use of bend needle as it can break and damage the machine.

Oiling Of a Sewing Machine

Oiling the machine can soon become a thing of the past. Modern machines (mainly electronic and computerized model) are being made in such a way that they do not need oiling. Therefore manual should be referred for whether to oil or not.

Most importantly always use sewing machine oil as most of the other oils are unsuitable, the reason being they are too thick and may clog up the machine. For an experienced operator change in the machine, the sound is enough to know if the machine is in need of oiling or not. Oiling can be done in two ways depending on the machine make.

Older machines have holes in the body encircled by a red. These are the spots where oiling is to be done. Just put 1-2 drops over the holes and wipe over the area to clean the excess.
Some machines need the top plate removed to oil the internal parts and the steps can be found in the instruction manual.

Proceed by the following steps for oiling the machine

1. Switch off the power supply.
2. Drop 1-2 drop of oil over the series of holes in the machine body.
3. Run the machine without any thread or fabric in it for a few minutes to distribute the oil.
4. Wipe out the outside surface of the machine for any excess oil around the holes.
5. Sew a piece of cotton with the machine being threaded to ensure all the surplus oil is absorbed and will not spoil the fabric.

TIP

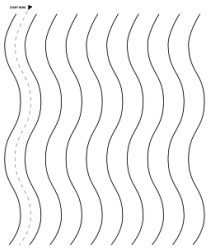
Following these simple maintenance steps regularly on the machine can give trouble-free sewing for years.

Basic Stitching Practice with Sewing Machines

Practicing with or Without Thread on Paper

Without Thread

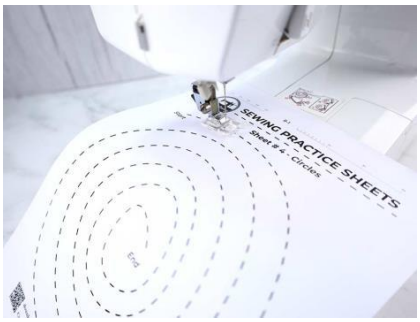
Practicing without thread on paper helps you alot. By doing this you can learn how to stitch perfectly and with straight line. Practicing without thread also helps you on speed control process.



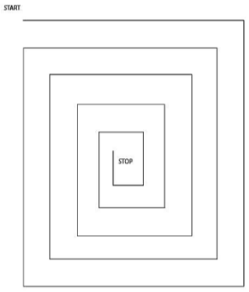
Zig zag

Curves

Straight lines



Circles



Square

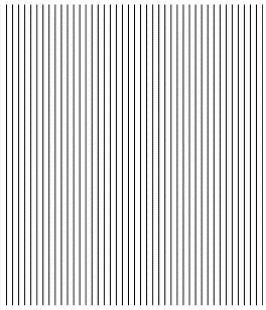
Activity-6.3:

- Perform basic stitching practice on paper without thread.
  - Straight lines
  - Curves
  - Circles
  - Square
  - Zigzags

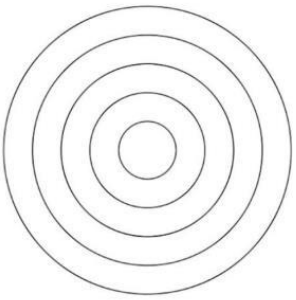
With Thread

The next step to learn Stitching is practicing with thread on paper. By doing so you can have grip on Stitching. You can learn handling the machine with thread before using it on fabric. This also helps in adjustment of machine the SPI adjustments, thread tension adjustment and speed control

Curves



Straight lines



Circles

Activity-6.4:

- Perform basic stitching practice on paper with thread.
  - Straight lines
  - Curves
  - Circles
  - Square
  - Zigzags

Sewing Practicing with Thread on Fabric

Sewing threads are special kinds of yarns that are engineered and designed to pass through a sewing machine rapidly. They form efficient stitches without breaking or becoming distorted during the useful.

Life of the product. The basic function of a thread is to deliver aesthetics and performance in stitches and seams.

Practicing with Threads makes your stitching so well. You can learn back

stitch, normal stitch, edge stitch and many other stitches by just practicing. It helps you to know how to handle different fabrics while stitching. It also helps you in speed control.

Step 1: Cut two plies of fabric, Dimension should be 12/12 inches

Step2: First mark the grain line, this line is always parallel to the selvedge

Step 3: Draw lines with a pencil, Keep a distance of 1 inch among each line **Step4:** Apply the top ply on the second ply. In this exercise we will use the machine with needle on all these lines

Step5: Lift the pressure foot using the knee pressure foot lifter

Step6: Exercise

Remember: This exercise is performed without thread to practice more and more before practicing on fabric

Activity-6.5:

- Perform basic stitching practice on fabric with thread.
  - Straight lines
  - Curves
  - Circles
  - Square
  - Zigzags

Adjustment of Machine Components according to Fabric Type

There are a few factors to take into account while setting up with a new fabric.

- The weight
- How many layers you are sewing through
- Thread tension, stitch count
- Thread weight/gauge

All of these are interrelated, which may seem complicated at first, however, after a little bit of practice, everything will make sense. A little bit of knowledge and a whole lot of trial and error is the best way to get through this.

The first thing you want to adjust is tension. For most beginners, stitch tension can be really difficult to get right. Tension is also integral to the strength of the stitch, and a stitch with improper tension just doesn't look great.

There is a trick to getting it right that will save a great deal of frustration later on though. You see the little loops formed on a stitch with improper tension? The location of these loops relative to the fabric will tell you how to adjust the tension. If the loops form above the fabric, lower the tension. If they form below, raise the tension. Simple. Those screws near the bobbin will make things a little more complicated, but the ideas on raising or lowering tension based on where the loops form remains the same.

To calibrate the stitch count, take a scrap piece of fabric, fold it in half, and sew some lines on it. The stitch count you will be able to use is most closely related to the weight of your fabric and thread. The heavier the material and the thread, the lower stitch count you will be able to use. You can play around a bit and use a lighter thread on a heavier fabric to get more stitches per inch, or a heavier thread on lighter fabric will get less stitches per inch than light thread, but this can be used as an interesting design element.

Do You Know?

If you see that stitches are forming diagonally instead of straight, the stitch count is too high.

Experimenting with these will give you a range to work in, and you can select one that works aesthetically from there.

The amount of pressure on the presser foot will need to be adjusted from fabric to fabric. This can be adjusted by turning the knob on the top of your machine, directly above the foot. The presser foot helps to keep the fabric in place while it is being stitched. More fabric will need less pressure, less fabric will need more pressure. Additionally, stretcher fabric won't need as much

pressure as non-stretch fabrics, since too much pressure can cause a bit of puckering at the seams.

Exercise:

With all of this in mind, take a few minutes and some scrap fabric, and play around with your machine. Try and see what works and what doesn't, and just generally try to get familiar with the relationships between fabric, thread, stitch count, and tension. Knowing how to work your sewing machine well will make altering, repairing, and making clothes much easier.

Adjustment f Machine Components according To Fabric Type.

Each setting will be different for different stitch patterns. The width may change between stitch patterns or it may stay the same and the same goes for the length. We will give you examples for one stitch for each fabric type.

Settings for stretchy fabric - zig-zag- the width is 6 and the length is 1.5

Settings for thick fabric - Center the needle for stitch width and use about a 3.5 mm for stitch length. Tension should be set at 4.

Settings for cotton - straight stitch- center the needle and use a 2.3 mm for stitch length and 4 for the tension.

Settings for fleece - zig zag- 4 mm for the length, 1.5 for the width, and standard tension.

Settings for denim - straight stitch- needle over center, a 2.5 to 4 mm for length and 4 for the tension or a little bit higher if possible..

Settings for polyester - straight stitch- needle over center, 0.5 to 1.5 mm for the length, and 4 for the tension.

Settings for chiffon - straight stitch- needle over center for the width, 2 to 2.5 mm for the length and needle tension should be 0 to 2 and upper tension should be 5 to 7, lower tension between 2 and 4.

Settings for silk- zig zag - width 1.5 mm, length 1.5 mm, and the tension 2 to 3.

Settings for linen - much like cotton, the needle on center, length 2.5, and tension at 4. **Settings for leather** - straight stitch, needle over center, length 3.5 mm, and raise the tension to 4+.

Settings for lycra - like spandex, length at 1.4, width at 2.5 mm, and lower the tension. **Settings for lining** - would need to be adjusted according to the fabric it is being sewn to. Lighter fabrics

1.5 to 2 mm for length, the width would be equally small and tension about 2 to 3. Heavier fabrics go high.

Settings for nylon - needle should be over the center and the length should be between 1.5 mm and 2.0 and the tension down at 3 to 4 approx.

Settings for satin- straight stitch - length is 2.0 mm, width needle over center, tension should be between 2 and 4.

Settings for velvet- straight stitch - length is 2.5 mm and the width has the needle over center, the tension should be about 4.

Settings for gathering stitch - the width should be at 0, the length should be at 4, and the tension at 2.

Settings zigzag stitch - the width can be at 6 and the length between 1 and 1.5 mm and the tension should be around 3 to 4.

Settings for buttonhole - width for a manual is 3.0 to 5.o mm while the length is 0.2 to 1.0 mm, tension depends on the fabric.

Settings for basting - this is your longest stitch length and usually around 5 to 6 mm, the width should be zero and tension about 3 to 4.

Some Final Words

make sure to use your owner's manual to get the right tension and other settings for the fabrics you will be sewing

Key Points

The most important piece of sewing equipment is a sewing machine.

Always clean your sewing machine before you apply oil.

Correct posture prevents fatigue and promotes efficiency.

Sit slightly left of the table center so that your right eye and the needle bar are aligned.

Domestic sewing machines are those typically used in homes by sewing enthusiasts.

There are three types of threads: 2ply Threads, 3plyThreads and Core Spun Threads

Types of needles: Universal, Ballpoint, Quilting and Sharp.

All kind of sewing machines needs to be cleaned and oiled where applicable regularly.

The most important part of doing maintenance is to do proper cleaning of the machine parts like bobbin raceway, feed teeth, needle plate, etc.

Modern machines (mainly electronic and computerized model) are being made in such a way that they do not need oiling.

There are a few factors to take into account while setting up with a new fabric. The weight, How many layers you are sewing through, Thread tension, stitch count, Thread weight/gauge

Web Links

https://www.uen.org/cte/family/clothing-1/downloads/construction/machineparts.pdf

PartsofaSewingMachine.pdf (berkeley.edu)

https://extension.unh.edu/sites/default/files/migrated_unmanaged_files/Reso

urce004455_Rep6349.pdfLayout 1

(pcdn.co)https://mountainscholar.org/bitstream/handle/10217/6939/COAB_62705992.

pdf?sequence=1

COAB_62705992.pdf (mountainscholar.org)

https://brittlebooks.library.illinois.edu/brittlebooks_open/Books2009-

12/allisa0001prasew/allisa0001prasew.pd113f

Exercises

Tick (√) the Suitable Option

1. **The parts of sewing machine used to press the fabric down is:**
   - **a)** Feed dog
   - **b)** Presser foot
   - **c)** Side plate
   - **d)** Machine bed
2. **Tension of the top thread is controlled by:**
   - **a)** Thread take up lever
   - **b)** Machine arm
   - **c)** Tension regulator
   - **d)** Throat plate
3. **SPI stands for:**
   - **a)** Standard procedure of investigation:
   - **b)** Stitch per inch
   - **c)** Seam per inch
   - **d)** Speed per
4. **Speed of sewing machine is controlled by :**
   - **a)** Balance wheel
   - **b)** Pedal
   - **c)** Pressure foot
   - **d)** Feed dog

Write Short Answers

1. Enlist the major parts of sewing machine.
2. Which part of machine is used to adjust SPI?
3. What is ball point needle?
4. Why thread tension adjustment is important?
5. How speed of machine can be controlled?
6. Name the part of machine used to control the tension of lower thread?

Write Extended Answers

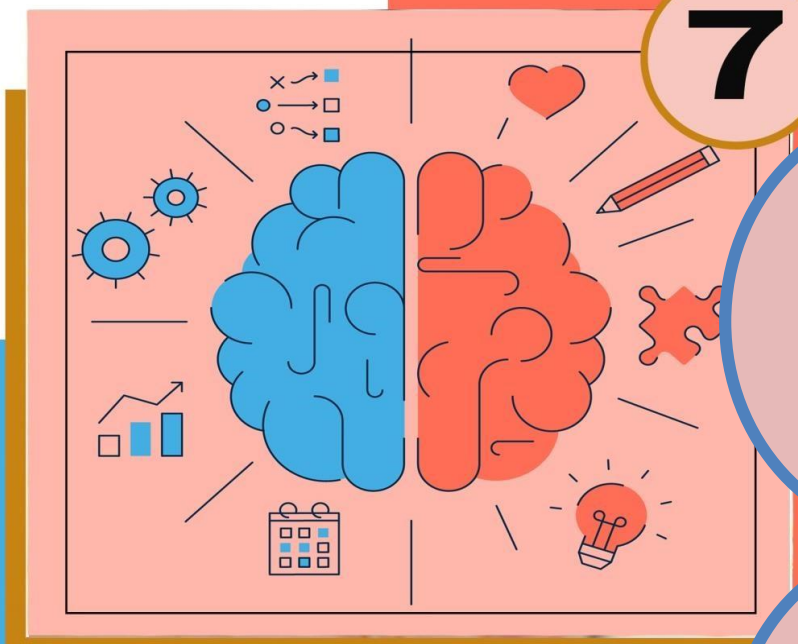
1. What is the procedure of lubrication is domestic sewing machine? Write in Detail
2. Explain the purpose of reverse lever?
3. Explain core-spun thread?

Constructive Response Question

1. Compare 2ply and 3ply threads? Explain the use of 2ply and 3 ply threads on suitable fabric.
2. Differentiate domestic sewing machine with industrial sewing machine? Make a chart of their similarities and differences.

Soft Skills

7



Do you know how important soft skills are for personal and professional development?

Can you identify the necessity of positive attitude towards the achievement of a goal?

Students Learning Outcomes:

After studying this unit students must be able to: -

- ✓ define the basic soft skills
- ✓ identify the importance of soft skills in daily life
- ✓ apply soft skills for academic and professional success
- ✓ describemodel of communication.
- ✓ recognise importance of active listening and responding.
- ✓ recognise effective communication.
- ✓ identify obstacles in communication.
- ✓ evaluate the importance of teamwork in a professional environment.
- ✓ understand the concept of teamwork and leadership.
- ✓ Define the concept of better time management.
- ✓ observe time management in daily life
- ✓ evaluate professional and personal time management.
- ✓ define the concepts of attitude and behavior
- ✓ understand the impact of positive and negative attitude in professional life

Soft Skills

Soft skills are abilities that relate to how you work and interact with people. They include how you interact with colleagues, how you solve problems, and how you manage your work. These include interpersonal skills, communication skills, listening skills, time management, and empathy, among others.

Importance of Soft Skills

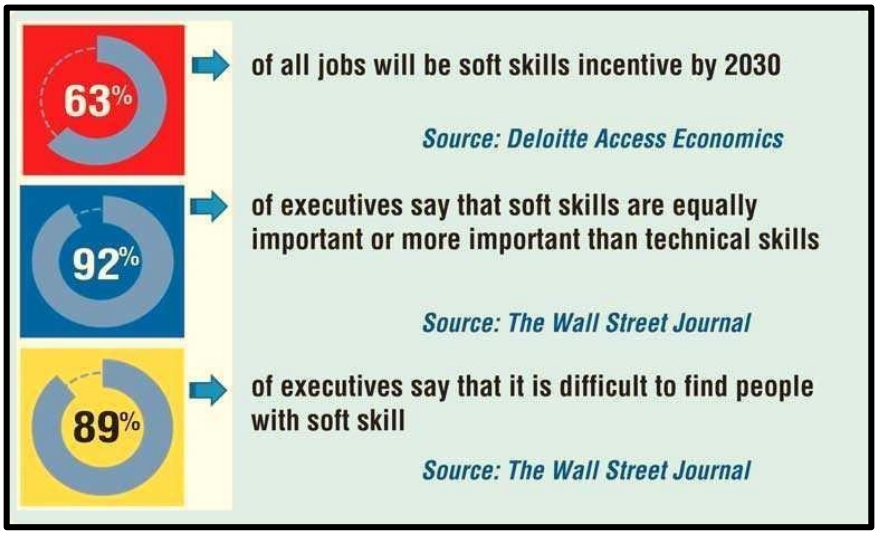
Soft skills help you build relationships and solve problems to use your hard skills to their full extent. Listing soft skills on your resume, demonstrating them in an interview and developing them in the workplace can support your career and open you to new opportunities. Soft skills demonstrate that you understand the different characteristics that will help one to succeed within the company.

Interesting Information

- Hard skills are abilities that let you tackle job-specific duties and responsibilities. Hard skills can be learned through courses, vocational training, and on the job. These skills are usually focused on specific tasks and processes such as the use of tools, equipment, or software.

Application of Soft Skills for Academics and Professional Success

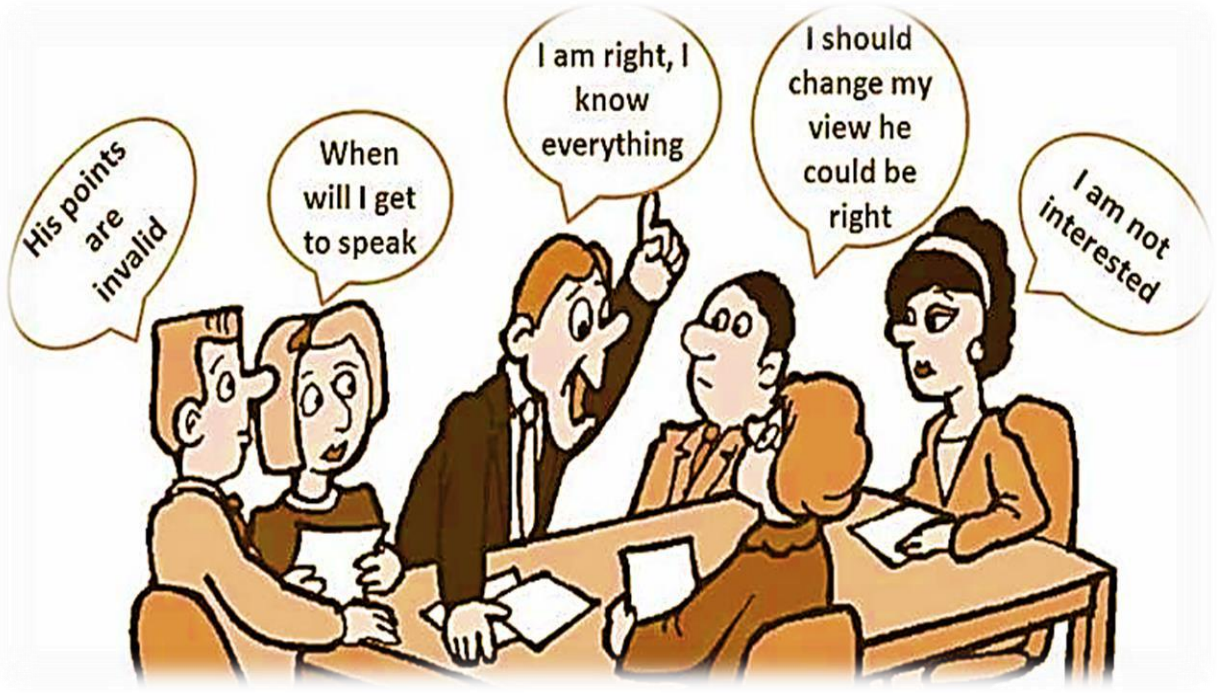
Soft skills increase productivity in the workplace through comparative advantage. Employees who have high social skills can "trade tasks" at a lower cost meaning can fulfill their task efficiently. This



enables them to work with others more efficiently. To achieve productivity and maintaining strong working relationships, good communication within the company these are the essential tools.

Group Discussion Activity:

Discuss the DOs and DON'Ts of soft skills at workplace

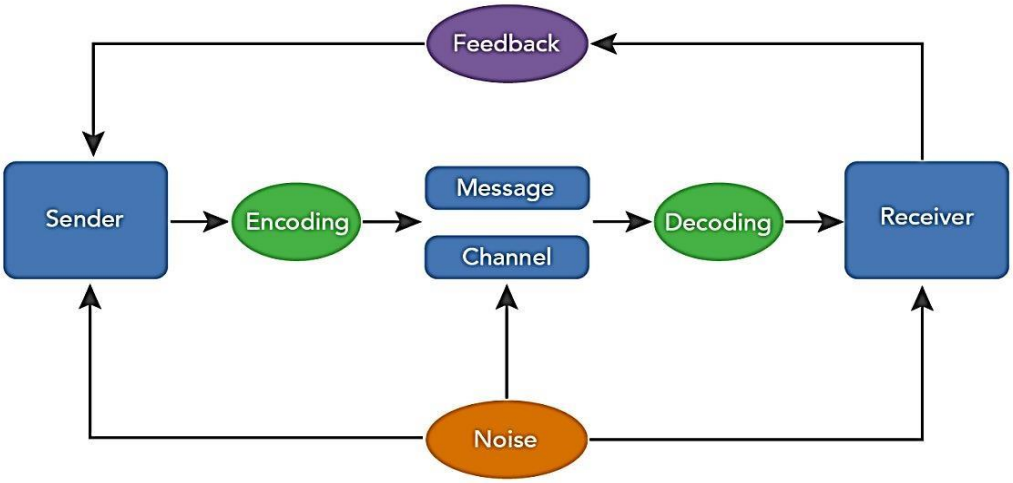


Dos	DONTs
- Focus attention on the given topic - Speak first if you are unfamiliar with the topic, speak at the most opportune moment	- Do not interrupt others when they are speaking - Do not go overboard with enthusiasm - Do not impose yourself upon others
- Try to speak something new which has not been said by others earlier - Listen to others attentively so that you may express your viewpoint in favour or against a particular argument - Allow other members of the group to express themselves to their satisfaction	- Do not get irritated / emotional at any point of time - Do not make fun of others / put others down - Do not deviate from the subject given for discussion - Do not feel shy to express yourself if you have an unorthodox view - Do not hesitate to disagree if you have sound

Communication Skills

Model of Communication

Communication process starts with the transmission of message by communicator and end with receiver's feedback. When this communication process is represented through a line or picture, it is calledcommunication model. The simple model of communication consists of a sender, message and a receiver. Byincorporating all parts of communication process, a comprehensive communication model is presented below:



Active Listening and Responding

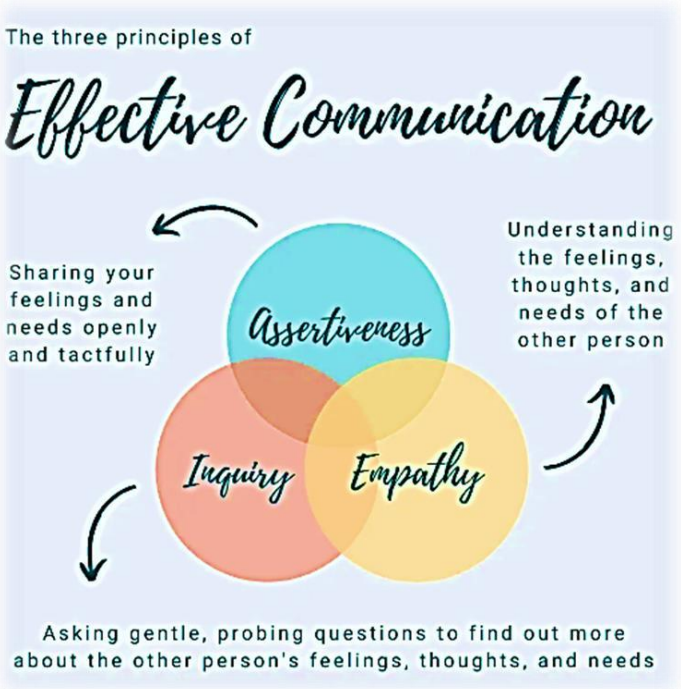
Active listening is a way of listening and responding to another person that improves mutual understanding. It is an important first step to defuse the situation and seek solutions to problems.

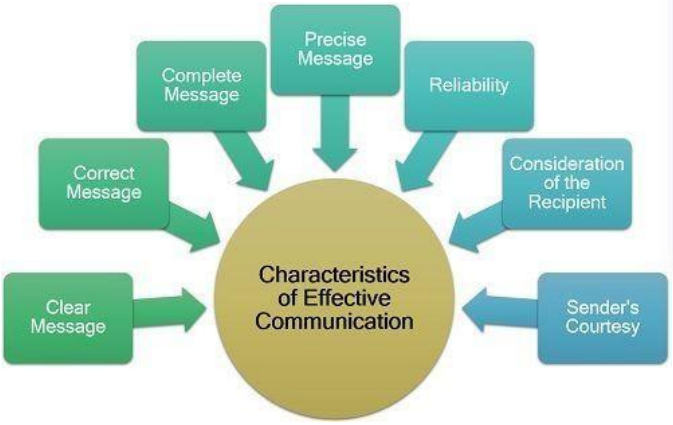
Listening within the work context is the process by which you gain an understanding of the needs, demands, and preferences of your stakeholders throughdirect interaction. A stakeholder could be anyone, your boss, a client, customer, co-worker,subordinate, upper management, board member, interviewer, or job candidate.

There are two components to active listeningin the workplace: attention and reflection. Paying Attention involves holding eye contact, nodding, having good posture, and mirroring the speaker's body language to show genuine interest in what they're saying. Reflection is the repeating and paraphrasing of what the speaker has said to show that you truly understand what they're telling you.

Effective Communication

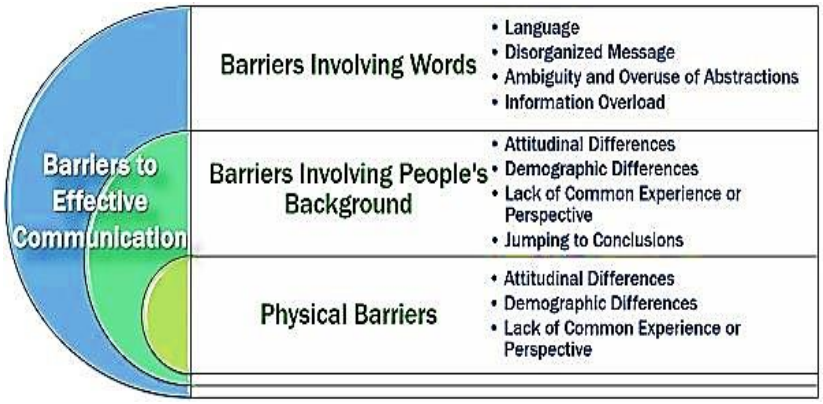
Effective communication is always about understanding the other person, not about winning an argument or forcing your opinions on others. To improve your assertiveness value yourself and your options. They are as important as anyone else's.





Obstacles in Communication

Any parameter that limits the purpose or channel of communication between the transmitter and the receiver is a barrier to communication. A communication barrier may limit or reduce the ease at which we communicate and hence the name barrier. Although the barriers to effective communication may be different for different situations, the following are some of the main barriers:



- Linguistic Barriers
- Psychological Barriers
- Emotional Barriers
- Physical Barriers
- Cultural Barriers
- Organisational Structure Barriers
- Attitude Barriers
- Perception Barriers
- Physiological Barriers
- Technological barriers
- Socio-religious barriers

Activity-7.1:

- Practicing Verbal and Non-Verbal Communication

Listen and Draw

This gameis easy to play but not so easy to "win." It requires participants' full attention and active listening.

This activity has to be conducted in pairs. the drawing partner should have a pencil and a paper. The participant who is responsible to give instructions should know in advance what he wants his partner to draw.

For example, you might give them instructions in seps like:

1. Draw a square, measuring 5 inches on each side.
2. Draw a circle within the square, such that it fits exactly in the middle of the square.
3. Intersect 2 lines through the circle, dividing the circle into 4 equal parts. As the exercise continues, it will get progressively harder. One misstep could mean that every following instruction is misinterpreted or misapplied. Participants will need to listen carefully to ensure their drawing comes out accurately. At the end of the activity compare the drawings with the set of instructions given to assess how well the instructions were communicated and interpreted by team members.

#	Statement	True/False
1.	Communication is a two-way process.	
2.	Listening is not an important communication skill.	
3.	listening saves money	
4.	Interrupting during conversation is important for effective listening.	
5.	The person you are talking to, should feel that he/she is talking to you.	
6.	We listen to seek information.	
7.	The main benefit of verbal communication is to deliver instant message.	
8.	Culture difference is a barrier of verbal communication.	
9.	It is important to understand the opinion of others to improve verbal contact.	
10.	It is not important to understand the context, to speak.	
11.	Good writing skills are necessary to convey your message easily.	
12.	Good writing skills are not necessary to convey your message.	
13.	The response of written message is instant.	
14.	Write your information at the end of a job application.	
15.	Email should always be detailed.	

Leadership and Teamwork

Leadership and teamwork have a direct impact on the ability for an organization to carry out its mission. You need leadership to make sure everyone in your team is going in the same direction and working towards the same goal. Good leadership is all about motivating team members to use their talents to fulfill team objectivity. Leadership and teamwork have a direct impact on the ability for an organization to carry out its mission.

Importance of Teamwork

Employee teamwork enables your workforce to split difficult tasks into simpler ones, then work together to complete them faster. Develop specialized skills, so that the best person for each task can do it better and faster.

7 Benefits of Teamwork

- Gain new perspectives.
- Play to your strengths.
- Share the workload.
- Boost Productivity.
- Encourage Innovation.
- Provide Support.
- Attract Talent.

Concept of Teamwork and Leadership

Leadership is a process by which a person influences others to accomplish an objective and directs the organization in a way that makes it more cohesive and coherent. Leaders carry out this process by applying their leadership attributes, such as beliefs, values, ethics, character, knowledge, and skills.

Teamwork is the ability to work cooperatively with others to achieve group objectives. The essence of leadership is accomplishing worthy goals through the combined efforts of others, and teamwork capabilities are crucial. Good teamwork means a synergistic way of working with each

person committed and working towards a shared goal. Teamwork maximizes the individual strengths of team members to bring out their best.

Activity-7.2:Blind Polygon

- ❖ Practicing Verbal and Non-Verbal Communication

The Blind Polygon is an excellent activity or icebreaker for helping your employees cope when working in new groups or projects. It requires one leader and several smaller groups.

Here's how it works:

Step 1: Blindfold each player and give the team a length of rope.

Step 2: Groups fold or adjust the rope into a shape specified by the leader, like a rectangle.

Step 3: The team leader should set a time limit.

Step 4: No one may remove the blindfold, and every individual must be touching the rope at all times.

Step 5: Give the groups some time to make their shape.

Step 6: Once the time is up, let the groups look at their shapes before tackling it again. The activity is excellent for team-building and forces groups to analyze how they handle a task within a set timeframe.

Time Management

Definition

Time management is the process of planning and controlling how much time to spend on specific activities. Good time management enables an individual to complete more in a shorter period of time, lowers stress, and leads to career success.

Concept of Time Management

The basic concept of time management is to control time before it controls you. For doing this one has to manage self by taking limited pressure and scrutinizing oneself to the extent of optimum efficiency and effectively. All this is done to simply enjoy and have some leisure time as reward to yourself.

Time Management refers to managing time effectively so that the right time is allocated to the right activity. Effective time management allows individuals to assign specific time slots to activities as per their importance. Time Management refers to making the best use of time as time is always limited.

Implication of Time Management in our Daily Life

5 essential Time Management Techniques

1. Be Intentional: keep a to-do list.
2. Be Prioritised: rank your tasks.
3. Be focused: manage distractions.
4. Be Structured: time block your work.
5. Be self-aware: track your time.

	URGENT	NOT URGENT
IMPORTANT	***Quadrant I:*** Urgent & Important	***Quadrant II:*** Not Urgent & Important
NOT IMPORTANT	***Quadrant III:*** Urgent & Not Important	***Quadrant IV:*** Not Urgent & Not Important

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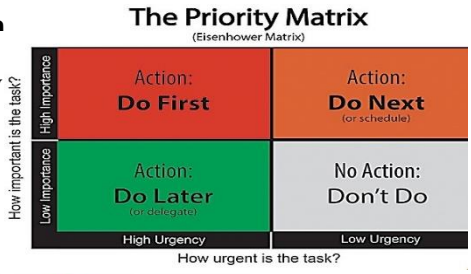


Professional Time Management

The basic premise analysing, then separating your tasks into four main filed under different areas of importance and urgency, it will allow you to plan your time better, reduce stress and manage pressure.

#	Statements	True/False
1.	Stress can be controlled by managing time effectively.	
2.	Time is not wasted by playing video games or chatting over phone for a long time, while at work.	
3.	Doing everything at the same time doesn't create obstacle in time management.	
4.	Time is wasted by prioritizing urgent and important tasks.	
5.	Time management leads to good reputation.	
6.	Tasks can be done on time, without consulting the tasks list.	
7.	Unclear task is a hurdle in time management.	
8.	A quarrel or tension between employees can be a hurdle in time management.	
9.	It is not necessary to prepare time sheet of dress-designing and making processes, this can be done later.	
10.	Time management is not our responsibility.	

Activity-7.3: Time Management (Coloured Blocks)

All that's required for this activity is a set of colored blocks. The amount of blocks you need depends on how many people are playing the game.

Step 1: Place the colored blocks on a table and explain to the participants that they must pick up as many blocks as they can in one minute.

Step 2: Participants can only use their non-dominant hand, and they may only pick up one block at a time.

Step 3: Once the time is up, give each participant a point for every block they have and write down the results.

Step 4: Spread the blocks on the table again, this time assigning a point value to each color, and repeat the exercise, marking the points on a separate sheet.

Step 5: Participants will have to think about the number of blocks they can collect and the number of points associated with each block.

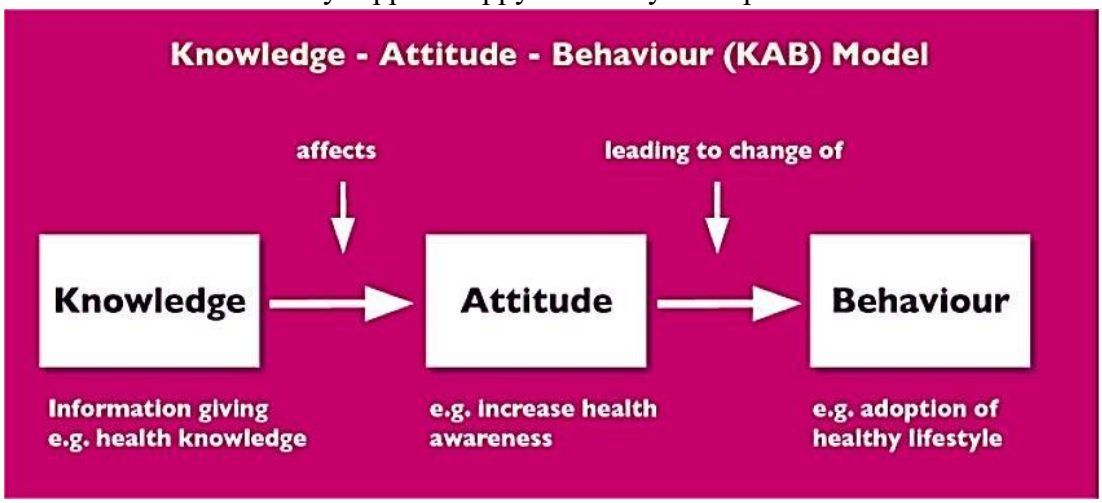
This activity is great for:

- Teaching the importance of good organizational skills.
- Demonstrating the value of doing important tasks first.
- Showing how planning can help them finish their to do list quicker.

Attitude, Behavior and Customer Care

A positive attitude in customer service will ensure that customers have positive experiences each time, and would leave feeling good about themselves and the company, which in turn would mean wanting to do business with the company repeatedly.

Positive service staff will always appear happy and ready to help.

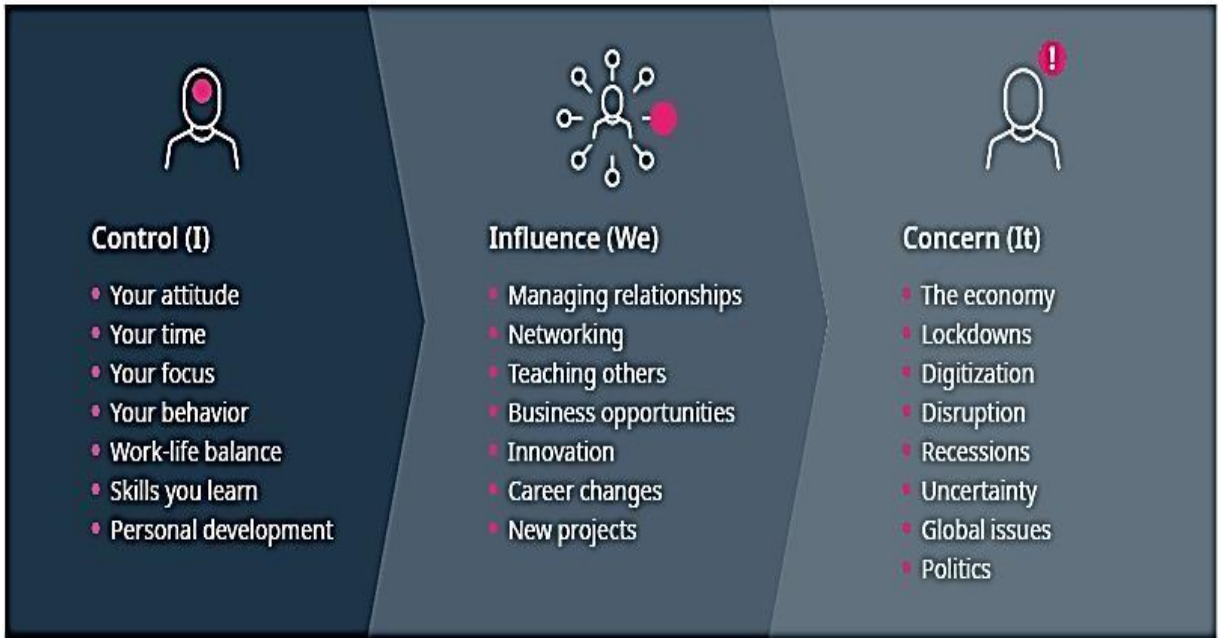


Concept of Attitude and Behavior

Attitude is a feeling, belief, or opinionofapprovalordisapprovaltowards something.

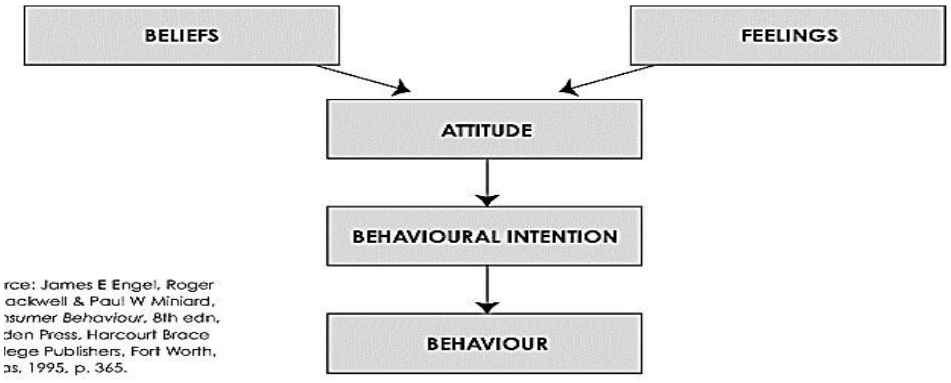
Behavior is an action or reaction that occurs in response to an event or thought. Behaviors usually notalwaysreflect established beliefs and attitudes.

Impact of Positive and Negative Attitude in Professional Life.



Positive attitudes can make the work environment happy and a joy to be in. A positive attitude keeps everyone trying new things, feeling brave about brainstorming new ideas, and makes people feel excited to go to work with their co-workers.

One of the more direct effects of attitude in the workplace is employee retention. A positive workplace encourages employees to become involved in company success. A negative attitude leads to turnover and a loss of experienced staff members, which degrades the company's ability to grow.



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LinksKey

Soft skills increase productivity in the workplace through comparative advantage.

Communication process starts with the transmission of message by communicator and end with receiver's feedback.

Active listening is a way of listening and responding to another person that improves mutual understanding.

Effective communication is always about understanding the other person, not about winning an argument or forcing your opinions on others.

Any parameter that limits the purpose or channel of communication between the transmitter and the receiver is a barrier to communication.

Leadership and teamwork have a direct impact on the ability for an organization to carry out its mission.

Teamwork is the ability to work cooperatively with others to achieve group objectives.

Time management is the process of planning and controlling how much time to spend on specific activities.

Attitude is a feeling, belief, or opinion of approval or disapproval towards something.

Behavior is an action or reaction that occurs in response to an event or

Web

https://www.edgepointlearning.com/blog/hard-skills-vs-soft-skills/https://www.wikijob.co.uk/content/interview-advice/competencies/softskills

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Exercises

Tick (√) the correct answer

1. **Effective communication is about**
   - **a)** Arguing
   - **b)** Forcing
   - **c)** Teaching
   - **d)** Understanding
2. **Attitude means**
   - **a)** Approval of something
   - **b)** Disapproval of something
   - **c)** All of above
   - **d)** None of above
3. **KAB model is based upon**
   - **a)** Attitude
   - **b)** Knowledge
   - **c)** Behavior
   - **d)** All of above
4. **Team work cannot work without a**
   - **a)** Customer
   - **b)** Organizer
   - **c)** Leader
   - **d)** Administrator
5. **Active listening improves**
   - **a)** Interaction
   - **b)** Mutual understanding
   - **c)** Economy
   - **d)** Business
6. **Soft skills are as important as**
   - **a)** Technical skill
   - **b)** Emotional skills
   - **c)** Cognitive skills
   - **d)** Motor skills

Write Short Answers

1. Explain the importance of leadership in a team.
2. What do you mean by active listening? Explain with examples
3. Define soft skills. Identify their importance in professional and daily life.
4. Explain the concept of time management in detail.
5. Explain the concepts of attitude and behavior in detail.

Constructive Response Question

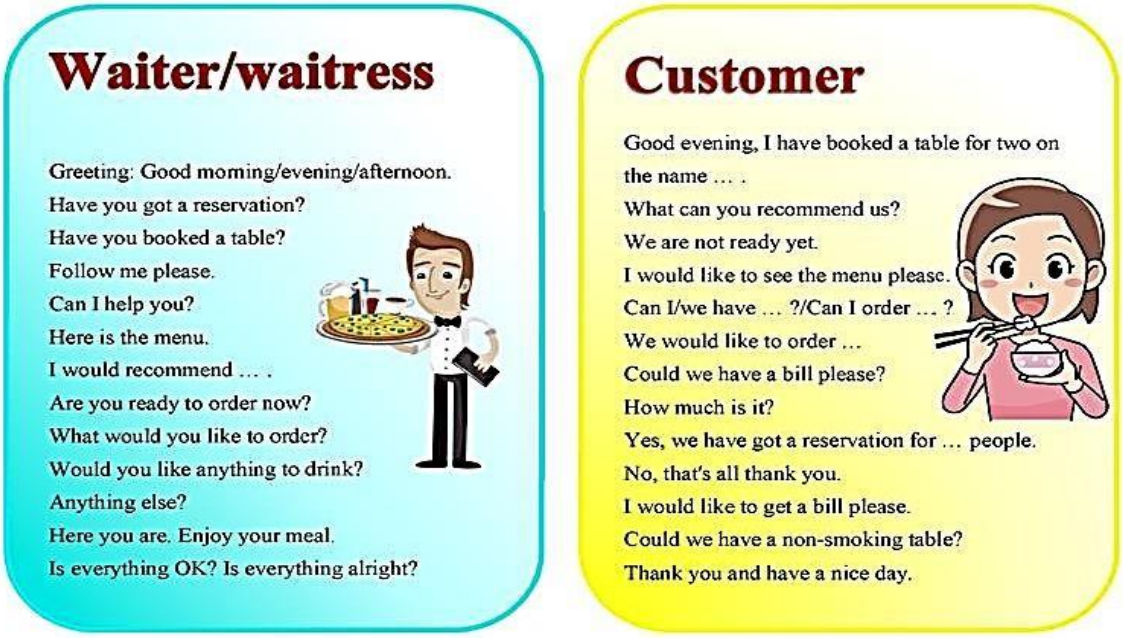
1. Can you think of ways in which you can build strong communication skills?

   Make a presentation in your class with the help of visual aids.

2. Do you know that soft skills are as important as technical skills to get a job? Name five technical skills and explain the importance of soft skills in relation to each technical skill.

Final Project:

Group of two people will conduct a role in the given scenarios:



Accessories: decorative or fastening complementary pieces on a dress garment.

Analogous range: harmonious range created from two or three colors closely situated in the

Artificial fibers: fibers that come from natural elements but are subjected to industrial transformation processes.

Boutique: small clothing store. Casual wear: dress style that emphasizes comfort and personal expression.

Chromatic circle.

Collage: artistic technique consisting of creating a composition that includes elements of a diverse nature.

Color: refers to the hue or tone itself.

Complementary range: harmonious range formed by two complementary colors and their

Concept book: also called a thematic panel, a tool that helps give expression to the ideas a collection wants to transmit through images and key words.

Continuous fabric: method used to obtain cloth and knit fabrics.

Discontinuous fabric: method for obtaining non fabrics.

Fashion figure: two-dimensional representation of a look or garment.

Gadget: element with a specific purpose and function, practical and at the same time novel.

Haute couture: system of fashion production and communication the came into existence in the second half of the twentieth century, main objective of which is to custom dress women.

Interlining: hidden element that provides form and support in specific areas of a garment.

Knit fabric: cloth made up of loops of knit thread.

Length: meters per kilogram of a thread or fabric.

Monochromatic range: harmonious range obtained with a single color by varying its saturation and/or value.

Moulage: technique consisting in the creation of a three-dimensional design or pattern, molding the fabric directly onto the body of a model or sewing dummy.

Natural fibers: fibers made from animal, plant, or mineral components.

Non fabrics: cloths produced from the compression of fabrics via heat, friction, or chemical products.

Pattern: geometric construction based on the measurements of the figure used as a model for producing garments.

Pret-a-porter: also called "ready to wear," mass production with the added value of "fashion."

Printing: process of transferring an image onto a textile.

Prototype: version of a garment as it will later appear at the point of sale.

Saturation: degree of intensity of a color.

Sketchbook: a notebook that reflects the creative process of a garment or collection of a designer.

Slog: log published on the Internet, updated periodically by its author or authors.

Street wear: dress style characterized by a young urban aesthetic, based on elemental garments.

Synthetic fibers: fibers produced entirely from chemical products.

Tailoring: making, repairing, or alteration of men's garments.

Test garment: first sample of a garment, generally made with white or natural-colored fabric.

Thematic panel: see concept book.

Value: degree of brightness or darkness of a color.

Vintage clothing: quality clothes that are out of season and considered classic.

About the Author

Mohni Saif is a Director Academics for Faculty of Fashion & Textile Design @ Institute of Art, Design & Management. She completed his MFA from University of Punjab, College of Art& Design, Lahore. She has been attached to the field of Art & Design for more than twenty years with a passion to establish a sound basis for evolving Art & Design in Education. She is also a research scholar of" Education Leadership & Management.

She has been working with various companies and non-governmental organizations to promote art at different levels in Pakistani society. She has been attached to design and offer Art & Design, fashion & textile, interior design courses and workshops.

The learning and exposure that she got from Queensland University of Technology (QUT) Australia has been remarkable. She was exposed to the best VET practices in Australia to understand the harmony among all stakeholders in creating an exemplary demand driven TVET.

Furthermore, her contribution towards an effective TVET in Pakistan till date includes: writing several Art & Design Books. Conducting and participating in trainings for DACUMs formulation for multiple trades and sectors, and development of Competency Standards & Curriculum, Teaching Learning Material (TLM) and Assessment packages for several qualifications, building the soft skills & entrepreneurship among trainees.

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