## Government of Pakistan

National Vocational and Technical Training Commission Prime Minister's Hunarmand Pakistan Program
"Skills for All"


Course Contents / Lesson Plan

## Course Title: Fashion Design \& Dress Making

Duration: 6 Months

## Revised Edition

| Trainer Name |  |
| :---: | :---: |
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| Course Title | Fashion Designing \& Dress Making |
| Objectives and Expectations | Employable skills for SSC Students through an intensive course on Fashion Design \& Dress making and its application. <br> This is a special course designed to address unemployment in the youth. The course aims to achieve the above objective through hands on practical training delivery by a team of dedicated professionals having rich market/work experience. This course is therefore not just for developing a theoretical understanding/back ground of the trainees. Contrary to that, it is primarily aimed at equipping the trainees to perform commercially in a market space in independent capacity or as a member of a team. <br> The course therefore is designed to impart not only technical skills but soft skills as well as entrepreneurial skills deemed essential for that purpose i.e. communication skills; marketing skills (including freelancing); personal grooming of the trainees and inculcation of the positive work ethics to foster better citizenship in general and improve the image of Pakistani work force in particular. <br> Main Expectations: <br> In short, the course under reference should be delivered by professional instructors in such a robust hands- on manner that the trainees are comfortably able to employ their skills for earning money (through wage/selfemployment) at its conclusion. This course thus clearly goes beyond the domain of the traditional training practices in vogue and underscores an expectation that a market centric approach will be adopted as the main driving force while delivering it. The instructors should therefore be experienced enough to be able to identify the training needs for the possible market roles available out there. Moreover, they should also know the strengths and weaknesses of each individual trainee to prepare them for such market roles during/after the training. |

[^0]| Key Features of <br> Training\& Special Modules | (i) trainees hav Their weekly distribution has also been indicated in the weekly lesson plan given in this document. The record of all tasks performed individually or in groups must be preserved by the management of the training Institute clearly labeling name, trade, session etc so that these are ready to be physically inspected/verified through monitoring visits from time to time. The weekly distribution of tasks has also been indicated in the weekly lesson plan given in this document. <br> (ii) <br> In order to materialize the main expectations, a special module on Job Search \& Entrepreneurial Skills has been included in the course through which, the trainees will be made aware of the Job search techniques in the local job markets. The trainees would also be encouraged to venture into self-employment and exposed to the main requirements in this regard. It is also expected that a sense of civic duties/roles and responsibilities will be inculcated in the trainees to make them responsible citizens of the country. <br> (iii) <br> A module on Work Place Ethics has also been included to highlight the importance of good and positive behavior at work place in the line with the best practices elsewhere in the world. An outline of such qualities has been given in the Appendix to this document. Its importance should be conveyed in a format that is attractive and interesting for the trainees such as through PPT slides + short video documentaries. Needless to say that if the training provider puts his heart and soul into these, otherwise non-technical components, the image of Pakistani workforce would undergo a positive transformation in the local as well as international job markets. <br> In order to maintain interest and motivation of the trainees throughout the course, modern techniques such as: <br> - Motivational lectures <br> - Success stories <br> - Case studies (In documentary or presentation format) <br> These would be employed as additional training tools wherever possible (these are explained in the subsequent section on Training Methodology). <br> Lastly, evaluation of the competencies acquired by the trainees will be done objectively at various stages of the training and proper record of the same will be maintained. Suffice to say that for such evaluations, practical tasks would be designed by the training providers to gauge the problem solving abilities of the trainees. |
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[^1](i) Motivational Lectures

The proposed methodology for the training under reference employs motivation as a tool. Hence besides the purely technical content, a trainer is required to include elements of motivation in his/her lecture to inspire the trainees to utilize the training opportunity to the full and strive towards professional excellence. Motivational lectures may also include general topics such as the importance of moral values and civic role \& responsibilities as a Pakistani. A motivational lecture should be delivered with enough zeal to produce a deep impact on the trainees. It may comprise of the following:

- Clear Purpose to convey message to trainees effectively.
- Personal Story to quote as an example to follow.
- Trainees fit so that the situation is actionable by trainees and not represent a just idealism.
- Ending Points to persuade the trainees on changing themselves

A good motivational lecture should help drive creativity, curiosity and spark the desire needed for trainees to want to learn more. Impact of a successful motivational strategy is amongst others commonly visible in increased class participation ratios. It increases the trainees' willingness to be engaged on the practical tasks for longer time without boredom and loss of interest because they can clearly see in their mind's eye where their hard work would take them in short (1-3 years); medium (3-10 years) and long term (more than 10 years).

This tool is designed for training providers to ensure arrangements for regular well planned motivational lectures as part of a coordinated strategy interspersed throughout the training period as suggested in the weekly lesson plans in this document.

## (ii) Success Stories

Another effective way of motivating the trainees is by means of Success Stories. Its inclusion in the weekly lesson plan at regular intervals has been recommended till the end of the training. A success story may be disseminated orally, through a presentation or by means of a video/documentary of someone that has risen to fortune, acclaim, or brilliant achievement. A success story shows how a person achieved his goal through hard work, dedication and devotion. An inspiring success story contains compelling and significant facts articulated clearly and easily comprehendible words. Moreover, it is helpful if it is assumed that the reader/listener knows nothing of what is being revealed. Optimum impact is created when the story is revealed by the person himself either:

- Directly (in person) or,
- Through an audio/ videotaped message.

It is expected that the training provider would collect relevant high quality success stories for inclusion in the training as suggested in the weekly lesson plan given in this document.
Suggestive structure and sequence of a sample success story and its various shapes.

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| Knowledge Requirements | Fashion Designing Knowledge Requirements: <br> After the completion of this course the trainee will be able to: <br> - Understand various sewing machines used in the field <br> - Describe different kinds of pattern making method <br> - Describe different types of colors and method of dying <br> - Understand fashion designing and analyze various design <br> Dress Making Knowledge Requirements: <br> - Take safety precautions in dress making <br> - Understand various sewing machines used in field of dress making <br> - Demonstrate the selection of material such as fabric , thread and other accessories according to quality, design and fashion <br> - Understand dress making and analyze various designs <br> - Carry out preventive maintenance and minor repair of sewing machine, related equipment and tools |
| :---: | :---: |
| Skill Requirements | Fashion Designing Skill Requirements: <br> After the completion of this course the trainee will be able to: <br> - Know the use of tools and machines <br> - Develop draft pattern of sleeves, collars, shirts, skirts trousers <br> - Develop creative designs of dress according to the fashion <br> - Develop designs on dupatta / shirt by tie and dye techniques <br> - Use block printing techniques <br> Dress Making Skill Requirements: <br> - Take safety precautions in dress making <br> - Demonstrate the use of tools and machines <br> - Develop draft pattern of sleeves, collars , shirts , skirts , trousers <br> - Develop creative designs of dresses according to the latest fashion <br> - Diagnose and repair faults in the machines |
| Entry-level of trainees | SSC (Matric) |
| Course Execution plan | - Total Duration of Course: 06 Months (24 Weeks) <br> - Class Hours: 4 Hours per day (05 Days/Week) <br> - Theory: 20\% Practical: 80\% <br> - Weekly Hours: 20 Hours Per week <br> - Total Contact Hours: 480 Hours |
| Job Opportunities | The pass outs of this course may find job / employment opportunities in the following areas / sectors: - <br> - Entrepreneurship <br> - Pattern Drafting \& cutting <br> - Stitching <br> - Assistant Motif Developer <br> - Teaching <br> - Craftsman <br> - Can work in garments industry <br> - Assistant Industrial Stitching <br> - They can establish their own boutiques. <br> - They can work at home for domestic purpose as well as industry. |
| No of Trainees | 25 |
| Learning Place | Classroom / Lab |

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MODULES

| Schedu led Weeks | Module Title | Days | Hours | Learning Units | Home Assignment |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Week 1 | Design Process | Day 1 | Hour 1 | Course Introduction | - Task 1 |
|  |  |  | Hour 2 | Application of the course |  |
|  |  |  | Hour 3 | Health \& Safety |  |
|  |  |  | Hour 4 | Health \& Safety |  |
|  |  | Day 2 | Hour 1 | What is design | Details may be seen at Annexure-I |
|  |  |  | Hour 2 | Change in Textile |  |
|  |  |  | Hour 3 | Change in technology |  |
|  |  |  | Hour 4 | Change for life style |  |
|  | Color and figure | Day 3 | Hour 1 | Introduction tocolors <br> (Value-Light and pigment <br> colors) and |  |
|  |  |  | Hour 2 | Introduction to colors (Value-Light and pigment colors) |  |
|  |  |  | Hour 3 | Primary \& Secondary colour chart. (Colour wheel) | - Task 2 <br> - Task 3 |
|  |  |  | Hour 4 | Primary \& Secondary colour chart. (Colour wheel) | -Task 4 <br> Details may |
|  |  | Day 4 | Hour 1 | Making rainbow colour chart. (Colour wheel with tints and shades) | Annexure-I |
|  |  |  | Hour 2 | Making Primary \& Secondary, Tartary and Neutral colors |  |

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|  |  |  | Hour 3 | Facial Features |
| :--- | :--- | :--- | :--- | :--- |



|  |  | Hour 3 | Main Parts of sewing <br> machine head, bed, and <br> arm etc: |
| :--- | :--- | :--- | :--- |
|  |  | Hour 4 | Main Parts of sewing <br> machine head, bed, and <br> arm etc: |
|  |  |  | Day 3 |
|  |  | Hour 1 | Main Parts of sewing <br> machine head, bed, and <br> arm etc: |


| Baby Garments |  | Hour 2 | Needle Sizes Eye Size |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  | Hour 3 | Point Shape Thread Compatibility | - Task 32 |
|  |  | Hour 4 | Thimble Usage Needle Care | - Task 34 <br> Details may |
|  | Day 2 | Hour 1 | Simple frock (Cutting , Stitching ) | be seen at Annexure-I |
|  |  | Hour 2 | Simple frock (Cutting , Stitching ) | Project |
|  |  | Hour 3 | Simple frock (Cutting , Stitching ) |  |
|  |  | Hour 4 | Simple frock (Cutting , Stitching ) |  |
|  | Day 3 | Hour 1 | Simple frock (Cutting , Stitching ) |  |
|  |  | Hour 2 | Simple frock (Cutting , Stitching ) |  |
|  |  | Hour 3 | Simple frock (Cutting , Stitching ) |  |
|  |  | Hour 4 | Simple frock (Cutting , Stitching ) |  |
|  | Day 4 | Hour 1 | Umbrella frock Cutting , Stitching ) |  |
|  |  | Hour 2 | Umbrella frock Cutting , Stitching ) |  |
|  |  | Hour 3 | Umbrella frock Cutting , Stitching ) |  |
|  |  | Hour 4 | Umbrella frock Cutting , Stitching ) |  |
|  | Day 5 | Hour 1 | Umbrella frock Cutting , Stitching ) |  |





|  | Ladies Shirt cutting \& stitching On Brown Paper |  | Hour 3 | Ladies Shalwar Stitching on Brown Paper | - Task 39 <br> - Task 40 <br> Details may <br> be seen at <br> Annexure-I |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Hour 4 | Ladies Shalwar Stitching on Brown Paper |  |
|  |  | Day 3 | Hour 1 | Ladies Shalwar Stitching on Brown Paper |  |
|  |  |  | Hour 2 | Ladies Shirt Front Marking \& Cutting on Brown Paper |  |
|  |  |  | Hour 3 | Ladies Shirt Front Marking \& Cutting on Brown Paper |  |
|  |  |  | Hour 4 | Ladies Shirt Front Marking \& Cutting on Brown Paper |  |
|  |  | Day 4 | Hour 1 | Ladies Shirt Front Marking \& Cutting on Brown Paper |  |
|  |  |  | Hour 2 | Ladies Shirt Front Marking \& Cutting on Brown Paper |  |
|  |  |  | Hour 3 | Ladies Shirt Back Marking \& Cutting on Brown Paper |  |
|  |  |  | Hour 4 | Ladies Shirt Back Marking \& Cutting on Brown Paper |  |
|  |  | Day 5 | Hour 1 | Ladies Shirt Sleeves Marking Cutting on Brown Paper |  |
|  |  |  | Hour 2 | Ladies Shirt Neckline design cutting \& Stitching on Brown Paper |  |
|  |  |  | Hour 3 | Ladies Shirt Neckline design cutting \& Stitching on Brown Paper |  |
|  |  |  | Hour 4 | Ladies Shirt Neckline design cutting \& Stitching on Brown Paper |  |
| Week 16 |  | Day 1 | Hour 1 | Ladies Shirt Neckline Back side cutting \& Stitching on Brown Paper |  |




|  |  | Day 4 <br>  <br>  <br>  <br> Day 5 | Hour 1 <br> Hour 2 <br> Hour 3 <br> Hour 4 <br> Hour 1 <br> Hour 2 <br> Hour 3 <br> Hour 4 | Embellishment <br> Embellishment <br> Embellishment <br> Embellishment <br> Embellishment <br> Ladies Shalwar \& Shirt <br> Finishing <br> Ladies Shalwar \& Shirt <br> Press <br> Ladies Shalwar \& Shirt <br> Packing |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Week 18 | Main problem of Sewing Machine | Day 1 | Hour 1 <br> Hour 2 <br> Hour 3 <br> Hour 4 | Presser Foot Issues <br> Bobbin Thread Tension <br> Timing Adjustment <br> Lubrication Issues | - Task 42 <br> Details may <br> be seen at <br> Annexure-I |
|  |  | Day 2 | Hour 1 <br> Hour 2 | Motor Problems <br> Stitch Length Variation |  |
|  |  |  | Hour 3 <br> Hour 4 | Thread Trimming Problem |  |
|  |  | Day 3 | Hour 1 | Needle Alignment |  |

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|  |  |  | Hour 4 | Men's Shirt Button Hole Stitching on Brown Paper |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Day 5 | Hour 1 | Buttoning a men's shirt on Brown Paper |  |
|  |  |  | Hour 2 | Men's Shalwar \& Shirt Finishing |  |
|  |  |  | Hour 3 | Men's Shalwar \& Shirt Press |  |
|  |  |  | Hour 4 | Men's Shalwar \& Shirt Packing |  |
| Week 21 | Men's Garments <br> Men's Shalwar cutting \& stitching On Fabric | Day 1 | Hour 1 | Body measurement for men's shalwar, Shirt |  |
|  |  |  | Hour 2 | Fabric press before cutting |  |
|  |  |  | Hour 3 | Gents Shalwar Marking \& Cutting on Cloth |  |
|  |  |  | Hour 4 | Gents Shalwar Marking \& Cutting on Cloth |  |
|  | Men's Shalwar cutting \& stitching On Fabric | Day 2 | Hour 1 | Gents Shalwar Stitching on Cloth |  |
|  |  |  | Hour 2 | Gents Shalwar Stitching on Cloth | - Task 45 |
|  |  |  | Hour 3 | Gents Shalwar Stitching on Cloth | be seen at Annexure-I |
|  |  |  | Hour 4 | Gents Shalwar Stitching on Cloth |  |
|  |  | Day 3 | Hour 1 | Men's Shirt Front Marking \& Cutting on Cloth |  |
|  | Men's Shirt cutting \& stitching On Fabric |  | Hour 2 | Men's Shirt Front Marking \& Cutting on Cloth |  |
|  |  |  | Hour 3 | Men's Shirt Front Marking \& Cutting on Cloth |  |
|  |  |  | Hour 4 | Men's Shirt Front Marking \& Cutting on Cloth |  |

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|  |  |  | Hour 4 | Men's Shirt Across Back Stitching on Cloth | Details may be seen at Annexure-I |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | Day 3 | Hour 1 | Men's Shirt hem/Daman folding on Cloth |  |
|  |  |  | Hour 2 | Men's Shirt Chalk Strip Stitching on Cloth |  |
|  |  |  | Hour 3 | Men's Shirt Sleeve attachment with body on Cloth |  |
|  |  |  | Hour 4 | Men's Shirt sides Stitching and Over lock on Cloth |  |
|  |  | Day 4 | Hour 1 | Men's Shirt Side Pocket Stitching on Cloth |  |
|  |  |  | Hour 2 | Men's Shirt Cuff Stitching on Cloth |  |
|  |  |  | Hour 3 | Men's Shirt Collar Stitching on Cloth |  |
|  |  |  | Hour 4 | Men's Shirt Button Hole Stitching on Cloth |  |
|  |  | Day 5 | Hour 1 | Buttoning a men's shirt on Cloth |  |
|  |  |  | Hour 2 | Men's Shalwar \& Shirt Finishing |  |
|  |  |  | Hour 3 | Men's Shalwar \& Shirt Press |  |
|  |  |  | Hour 4 | Men's Shalwar \& Shirt Packing |  |
| Week 23 | Job Search \& Entrepreneurial Skills | Day 1 | Hour 1 | Adaptability |  |
|  |  |  | Hour 2 | Technical Skills |  |
|  |  |  | Hour 3 | Creativity |  |



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|  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Week 24 | Final Assessment and Project | Day 1 | Hour 1 | Final Assessment and Project | Final <br> Assessment and Final Project |
|  |  |  | Hour 2 | Final Assessment and Project |  |
|  |  |  | Hour 3 | Final Assessment and Project |  |
|  |  |  | Hour 4 | Final Assessment and Project |  |
|  |  | Day 2 | Hour 1 | Final Assessment and Project |  |
|  |  |  | Hour 2 | Final Assessment and Project |  |
|  |  |  | Hour 3 | Final Assessment and Project |  |
|  |  |  | Hour 4 | Final Assessment and Project |  |
|  |  | Day 3 | Hour 1 | Final Assessment and Project |  |
|  |  |  | Hour 2 | Final Assessment and Project |  |
|  |  |  | Hour 3 | Final Assessment and Project |  |
|  |  |  | Hour 4 | Final Assessment and Project |  |
|  |  | Day 4 | Hour 1 | Final Assessment and Project |  |
|  |  |  | Hour 2 | Final Assessment and Project |  |
|  |  |  | Hour 3 | Final Assessment and Project |  |
|  |  |  | Hour 4 | Final Assessment and Project |  |

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|  | Day 5 | Hour 1 | Final Assessment and <br> Project |
| :--- | :--- | :--- | :--- | :--- | :--- |
|  |  | Hour 2 | Final Assessment and <br> Project |
|  |  | Hour 3 | Final Assessment and <br> Project |
|  |  | Hour 4 | Final Assessment and <br> Project |

## Tasks for Certificate in Fashion Designing and Dress Making

| Task No. | Task | Description | Week |
| :---: | :---: | :---: | :---: |
| 1. | Health Safety and SOP's | Make a report on health safety and SOP's | Week 1 |
| 2. | Color Wheel | Draw and Prepare a Color Wheel | Week 1 |
| 3. | Rainbow Color Wheel | Draw and Prepare a Color Wheel with Tints and Shades | Week 1 |
| 4. | Warm and Cool Colors | Create a visual composition exploring the emotional impact of warm and cool colors | Week 1 |
| 5. | Color Scheme | Design a poster showcasing contrasting color schemes to evoke different emotions | Week 2 |
| 6. | Tint and Shades | Design a visual composition demonstrating the effect of tints and shades on the perception of depth and mood in a given subject | Week 2 |
| 7. | Taking Measurement (Male) | Take measurement of human body (Male) | Week 3 |
| 8. | Taking Measurement (Female) | Take measurement from human body/dress (Male) | Week 3 |
| 9. | Taking Measurement (Kids) | Take measurement of human body (Kids) | Week 3 |
| 10. | Basic Bodice Block (Female) | Design and create a Female basic bodice block pattern, incorporating accurate standard measurement and seam allowance | Week 3 |
| 11. | Basic Bodice Block (Male) | Design and create a Male basic bodice block pattern, incorporating accurate standard measurement and seam allowance | Week 3 |
| 12. | Basic Bodice Block (Kids) | Design and create a Kids basic bodice block pattern, incorporating accurate standard measurement and seam allowance | Week 4 |
| 13. | Skirt Pattern | Design and create a basic skirt pattern, then explore various design variations | Week 4 |
| 14. | Basic Sleeve Block | Create a pattern of basic sleeve block with accurate standard measurements and seam allowance | Week 4 |
| 15. | Puff Sleeve | Create a pattern of puff sleeve with standard measurements and seam allowance | Week 4 |
| 16. | Tulip Sleeve | Create a pattern of tulip sleeve with standard measurements and seam allowance | Week 5 |
| 17. | Flared Sleeve | Create a pattern of flared sleeve with standard measurements and seam allowance | Week 5 |


| 18. | Mandarin/band Collar | Design and construct top(with panels) with mandarin/ band collar with standard measurement and seam allowance | Week 5 |
| :---: | :---: | :---: | :---: |
| 19. | Two-piece collar | Design and construct two piece collar with standard measurement and seam allowance | Week 5 |
| 20. | Flared Collar | Design and construct flared collar with standard measurement and seam allowance | Week 6 |
| 21. | Basic Skirt Block | Create a basic skirt block with standard measurements and seam allowance | Week 6 |
| 22. | Variations of skirt | Design and create a variations of skirt with standard measurements and seam allowance given below: <br> - A-Line Skirt <br> - Straight Skirt <br> Circular Skirt | Week 6 |
| 23. | Tie and Dye and its techniques | Create a tie and dye on fabric using various techniques such as: <br> - Single Color Dye <br> - Multi-Color Dye <br> - Twisting <br> - Knotting <br> - Pleating <br> - Swirl <br> - Web knotting etc. | Week 7 |
| 24. | Felt tipped fabric pens and crayons | Create a mixed-media artwork using felt tipped fabric pens and crayons, exploring the interaction between the two medium and their effects on different surfaces | Week 8 |
| 25. | Fabric Painting | Design a fabric painting project using fabric paint, exploring various techniques | Week 8 |
| 26. | Fashion Figure | Create a series of fashion figure featuring both male and female figures | Week 8 |
| 27. | Facial Features | Create a series of facial feature focusing on diverse expressions, proportions and angles | Week 9 |
| 28. | Tools, Equipment and Safety in Dress Making | Make a report on safety precaution and SOP's for Dress Making | Week 10 |
| 29. | Tools, Equipment and Safety in Dress Making | Draw and Label tools and equipment used in dress making | Week 10 |
| 30. | Introduction of Sewing Machine | Draw and Label sewing machine and its part used in dress making | Week 11 |
| 31. | Maintenance of Sewing Machine | Make a report on maintenance of sewing machine | Week 11 |
| 32. | Introduction of Needles | Draw, label and mentions its use <br> - Needles, its types and its parts <br> - Thimble and its use | Week 12 |
| 33. | Simple Frock | Create pattern, cut and sew a simple frock with standard measurement and finishing | Week 12 |


| 34. | Umbrella Frock | Create pattern, cut and sew a umbrella frock with standard measurement and finishing | Week 12 |
| :---: | :---: | :---: | :---: |
| 35. | Fashion Terms | Make a report on: <br> - Fashion Trends <br> - <br> - Fabric Selection <br> - <br> - <br> - Futtern Making Techniques | Week 13 |
| 36. | Simple Pajama | Create pattern, cut and sew a simple pajama with standard measurement and finishing | Week 13 <br> Week 14 |
| 37. | Chori Dar Pajama | Create pattern, cut and sew a Chori dar pajama with standard measurement and finishing | Week 14 |
| 38. | Sharara Stitching | Create pattern, cut and sew a Sharara with standard measurement and finishing | Week 14 |
| 39. | Ladies Shalwar (on brown paper) | Create pattern, cut, sew and press a ladies shalwar (on brown paper) with standard measurement and finishing | Week 15 |
| 40. | Ladies Shirt (on brown paper) | Create pattern, cut, sew and press a ladies shirt (on brown paper) with standard measurement and finishing | Week 15 <br> Week 16 |
| 41. | Ladies Shalwar Kameez (on fabric) | Create pattern, cut, sew and embellish a ladies shalwar kameez (on fabric) with standard measurement and finishing | Week 16 <br> Week 17 |
| 42. | Main Problems of Sewing Machine | Make a report on the main problems and issues of sewing machine | Week 18 |
| 43. | Gents Shalwar (on brown paper) | Create pattern, cut, sew and press a gents shalwar (on brown paper) with standard measurement and finishing | Week 19 |
| 44. | Gents Shirt (on brown paper) | Create pattern, cut, sew and press a gents shirt (on brown paper) with standard measurement and finishing | Week 19 <br> Week 20 |
| 45. | Gents Shalwar Kameez (on fabric) | Create pattern, cut and sew a ladies shalwar kameez (on fabric) with standard measurement and finishing | Week 21 Week 22 |

## Workplace/Institute Ethics Guide

Work ethic is a standard of conduct and values for job performance. The modern definition of what constitutes good work ethics often varies. Different businesses have different expectations. Work ethic is a belief that hard work and diligence have a moral benefit and an inherent ability, virtue or value to strengthen character and individual abilities. It is a set of values centered on importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for employee's success:

## 1. Attendance:

Be at work every day possible, plan your absences don't abuse leave time. Be punctual every day.

## 2. Character:

Honesty is the single most important factor having a direct bearing on the final success of an individual, corporation, or product. Complete assigned tasks correctly and promptly. Look to improve your skills.

## 3. Team Work:

The ability to get along with others including those you don't necessarily like. The ability to carry your own weight and help others who are struggling. Recognize when to speak up with an ideas and when to compromise by blend ideas together.

## 4. Appearance:

Dress for success, set your best foot forward, personal hygiene, good manner, remember that the first impression of who you are, can last a life time

## 5. Attitude:

Listen to suggestions and be positive, accept responsibility. If you make a mistake, admit it. Values workplace safety rules and precautions for personal and co-worker safety. Avoids unnecessary risks. Willing to learn new processes, systems and procedures in light of changing responsibilities.

## 6. Productivity:

Do the work correctly, quality and timelines are prized. Get along with fellows, cooperation is the key to productivity. Help out whenever asked, do extra without being asked. Take pride in your work, do things the best you know how. Eagerly focuses energy on accomplishing tasks, also referred to as demonstrating ownership. Takes pride in work.

## 7. Organizational Skills:

Make an effort to improve, learn ways to better yourself. Time management; utilize time and resources to get the most out of both. Takes an appropriate approach to social interactions at work. Maintains focus on work responsibilities.

## 8. Communication:

Written communication, being able to correctly write reports and memos. Verbal communications, being able to communicate one on one or to a group.

## 9. Cooperation:

Follow institute rules and regulations, learn and follow expectations. Get along with fellows, cooperation is the key to productivity. Able to welcome and adapt to changing workplace situations and the application of new or different skills.

## 10. Respect:

Work hard, work to the best of your ability. Carry out orders, do what's asked the first time. Show respect, accept and acknowledge an individual's talents and knowledge. Respects diversity in the workplace, including showing due respect for different perspectives, opinions and suggestions.

SUGGESTIVE FORMAT AND SEQUENCE ORDER OF SUCCESS STORY

| S.No | Key Information | Detail/Description |
| :---: | :---: | :---: |
| 1. | Self \& Family background | - Self-introduction <br> - Family background and socio economic status, <br> - Education level and activities involved in <br> - Financial hardships etc |
| 2. | How he came on board NAVTTC Training/ or got trained through any other source | - Information about course, apply and selection <br> - Course duration, trade selection <br> - Attendance, active participation, monthly tests, interest in lab work |
| 3. | Post training activities | - How job / business (self-employment) was set up <br> - How capital was managed (loan (if any) etc). <br> Detail of work to share i.e. where is job or business being done; how many people employed (in case of self-employment/ business) <br> - Monthly income or earnings and support to family <br> - Earning a happy life than before |
| 4. | Message to others (under training) | - Take the training opportunity seriously <br> - Impose self-discipline and ensure regularity <br> - Make Hard work pays in the end so be always ready for the same. |

Note: Success story is a source of motivation for the trainees and can be presented in a number of ways/forms in a NAVTTC skill development course as under: -

1. To call a passed out successful person of institute. He/she will narrate his/her success story to the trainees in his/her own words and meet trainees as well.
2. To see and listen to a recorded video/clip (5 to 7 minutes) showing a successful person Audio video recording that has to cover the above-mentioned points.
3. The teacher displays the picture of a successful trainee (name, trade, institute, organization, job, earning per month etc) and narrates his/her story in teacher's own motivational words.

[^0]:    2 | Fashion Designing \& Dress Making

[^1]:    3 | Fashion Designing \& Dress Making

