

Government of Pakistan  
National Vocational and Technical Training Commission  
**“Prime Minister’s Youth Skill Development Programme”**



**Course Contents / Lesson Plan**  
**Course Title:** Textile Dyeing and Painting  
**Duration:** 1 Month

<b>Trainer Name</b>	
<b>Author's Name</b>	Ms..Sadia Batool (Assistant professor Textile and Fashion design department) Ms. Muniza Ahmad (Lecturer , Textile and fashion design department) FG college of Home Economics & Management Sciences F-11/1
<b>Course Title</b>	<b>TEXTILE DYEING AND PAINTING</b>
<b>Objectives and Expectations</b>	<p>Employable skills and hands on practice for Textile Dyeing and painting.</p> <p>The aim for the team of staff responsible for delivery of the Textile Dyeing and painting curriculum is to provide knowledge and develop skills related to the Textile Dyeing technique called shibori and fabric painting as per market requirements, with self-employment approach. The course will allow participants to gain understanding of all the aspects. It will also develop the participant's ability to act in a professional and responsible manner. Teaching staff will provide the technical knowledge and abilities required to solve tasks and problems that are goal-oriented. They will use participant-centered, practical oriented methods. They will also develop a program of practical assessment that reflects the learning outcomes stated in the curriculum. Trainees of the Textile Dyeing &amp; painting curriculum will also develop their willingness and ability as individuals to clarify issues, as well as think through and assess self-development opportunities. Teaching staff will also support trainees in developing characteristics such as self-reliance, reliability, responsibility, a sense of duty and a willingness and ability to criticize and accept criticism well and to adapt their future behavior accordingly. Teaching staff also use the Textile Dyeing and painting curriculum to address the development of professional competence. Trainees will acquire the ability to work in a professional environment. By the end of this course, the trainees should gain the following competencies:</p> <ul style="list-style-type: none"> <li>• Professionalism and Self-employment motivation</li> </ul>

- Design Development followed by theme
- fabric painting using various color medium
- Repeats of design
- Color Theory
- Techniques of shibori on the fabric

**Main Expectations:**

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/self-employment) 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 trainee to prepare them for such market roles during/after the training.

Specially designed practical tasks to be performed by the trainees have been included in this document. Annexure I , 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.

To maintain interest and motivation of the trainees throughout the course, modern techniques such as:

- Motivational Lectures
- Success Stories
- Case Studies

Lastly, display of finished projects and evaluation of the competencies acquired by the trainees will be done objectively at various stages of the training and a 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.

**(i) Motivational Lectures                      annexure ii**

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 the message to trainees effectively.
- Personal Story to quote as an example to follow.
- Ending Points to persuade the trainees on changing themselves.

A good motivational lecture should help drive creativity, curiosity, spark and the desire needed for trainees to want to learn more.

The 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 a longer time without boredom and loss of interest because they can 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).

As this tool is expected that the training providers would make arrangements for regular well planned motivational lectures as part of a coordinated strategy 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 using 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 using 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 comprehensible words.

#### **(iii) Case Studies**

Where a situation allows, case studies can also be presented to the trainees to widen their understanding of the real-life specific problem/situation and to explore the solutions.

	<p>In simple terms, the case study method of teaching uses a real-life example. A typical case to demonstrate a phenomenon in action and explain theoretical as well as practical aspects of the knowledge related to the same. It is an effective way to help the trainees comprehend in depth both the theoretical and practical aspects of the complex phenomenon in depth with ease. Case teaching can also stimulate the trainees to participate in discussions and thereby boost their confidence. It also makes the classroom atmosphere interesting thus maintaining the trainee interest in training till the end of the course.</p>
<b>Entry-level of trainees</b>	Minimum Matric ,FA /F.Sc.and graduate level students who can understand simple technical language and have interest in fabric and design related knowledge
<b>Learning Outcomes of the course</b>	<p>By the end of this course, the trainees should gain the following competencies:</p> <ul style="list-style-type: none"> <li>• Professionalism and Self-employment motivation</li> <li>• Design Development followed by theme</li> <li>• Design Repeats</li> <li>• Color Theory/ setting color combinations with the help of color wheel</li> <li>• Techniques of shibori on the fabric</li> <li>• Fabric painting techniques using various color medium</li> </ul>
<b>Course Execution Plan</b>	<p>The total duration of the course: <b>1months (4 Weeks)</b></p> <p>Class hours: <b>4 hours per day</b></p> <p>Theory: <b>20%</b></p> <p>Practical: <b>80%</b></p> <p>Weekly hours: <b>20 hours per week</b></p> <p>Total contact hours: <b>80 hours</b></p>
<b>Job Opportunities</b>	<p>With the help of this course, trainees will be able to</p> <ul style="list-style-type: none"> <li>• work from home</li> <li>• Freelancing</li> <li>• Self-employment is a requirement of the time due to high inflation and</li> </ul>

	unemployment in the country <ul style="list-style-type: none"> <li>• Able to give technical trainings to youth from home.</li> </ul>
<b>No of Students</b>	10-25 (Not more in each group)
<b>Learning Place</b>	Classroom / Lab

### MODULES

Schedul ed Weeks	MODULE	Days	Hours	Learning Units	Home Assignment
Week 1	Introduction of color theory ,research board and development of design	Day 1	Hour 1-2	Introduction to Color Theory	<ul style="list-style-type: none"> <li>• Task 1</li> </ul> <u>Develop a research board</u>
			Hour 3-4	How to develop a research board and selecting theme	
		Day 2	Hour 1-2	Discussing the color schemes with students	
			Hour 3-4	Draw designs on paper and paint them according to color schemes	
		Day 3	Hour 1-2	How to extract a design from research board	
			Hour 3-4	Making design board and develop motifs for hand painting	
		Day 4	Hour 1-2	Developing a motif and explaining repeats to students( block , mirror , 180 and 360 degree repeats)	
			Hour 3-4	Application of fabric paints on different fabric surfaces	

		Day 5	Hour 1-2	Guiding regarding upcoming project of surface embellishment	
			Hour 3-4	Using paint brushes of different thickness on different fabrics , practice shading, outlines and rendering	
Week 2	Fabric painting	Day 1	Hour 1-2	Types of fabric	<ul style="list-style-type: none"> <li>• Task 2</li> </ul> <p><i><u>Purchase fabric for project and practicing at home</u></i></p>
			Hour 3-4	Practicing different color mediums like acrylic and silk paints and glitter paints on fabric and make samples for sample file	
		Day 2	Hour 1-2	Trace approved design on a fabric ( at least 3 yards of fabric must be used in making project )	
			Hour 3-4	Tracing the design	
		Day 3	Hour 1-2	Outline the design with gutta	
			Hour 3-4	Outlining the design with gutta	
		Day 4	Hour 1-2	Filling paint in design	
			Hour 3-4	Finishing the design	
		Day 5	Hour 1-2	Queries regarding difficulty in process	

			Hour 3-4	Display of prepared project	
Week 3	Workshop Practice	Day 1	Hour 1-2	<p>Introduction to shibori</p> <ul style="list-style-type: none"> <li>• Order of workplace</li> <li>• Introduction to general tools and material used in the workshop, their care, and proper use</li> <li>• Safety precautions</li> </ul>	<ul style="list-style-type: none"> <li>• Task 3</li> </ul> <p><u>Cutting of samples</u></p>
			Hour 3-4	<ul style="list-style-type: none"> <li>• How to make a dye bath for silk and cotton and its importance</li> </ul>	
		Day 2	Hour 1-2	<ul style="list-style-type: none"> <li>• Introduction of different shibori techniques</li> </ul>	
			Hour 3-4	<p>Tying of fabric by following techniques:</p> <ul style="list-style-type: none"> <li>• Kanoko</li> <li>• Miura</li> <li>• Kumo</li> <li>• Folding</li> </ul>	
		Day 3	Hour 1-2	<p>Wrap the fabric with following techniques</p> <ul style="list-style-type: none"> <li>• Chunri</li> <li>• Sunbust</li> <li>• Rushing</li> <li>• Peg method</li> </ul>	
			Hour 3-4	<p>Wrapping /tying of samples (at least 12 samples</p>	



		Day 4	Hour 1-2	Preparing dye bath of different colors		
			Hour 3-4			
		Day 5	Hour 1-2			
			Hour 3-4			
Week 4	Shibori project in process	Day 1	Hour 1-2	Project tying  At least three to four taught techniques must be used in the project and at least 3 yard of fabric must be dyed for project		
			Hour 3-4	Tie the fabric		
		Day 2	Hour 1-2	Preparing dye baths of different colors		
			Hour 3-4	Immerse the fabric in different dye baths as many as required		
		Day 3	Hour 1-2	Untie the fabric		
			Hour 3-4	Dry the fabric		
		Day 4	Hour 1-2	Iron the fabric		
			Hour 3-4	Finishing the project		
						<ul style="list-style-type: none"> <li>• Task 4</li> </ul> <b>Purchasing fabric for project</b>

		<b>Day 5</b>	<b>Hour 1-2</b>	Evaluation and queries regarding process	
			<b>Hour 3-4</b>	Project display and sample file submission	

**Tasks for Certificate in Textile dyeing and painting**

**Description  
Annexure 1**

**WEEK 1.**

Introduction to color theory

Develop a research board

Develop design board

Preparation of sample of fabric painting.

Practice repeats , outline, shading and rendering

**WEEK 2.**

Fabric painting

Project painting

**WEEK 3.**

Introduction to shibori

Preparation of samples

**WEEK 4.**

Shibori dyeing

Project dyeing

Display & evaluation of the projects

***Annexure-II:***

**Demonstrations and videos  
Textile dyeing and painting**

---

1. <https://youtu.be/vn-Ypsdk-sM?feature=shared>
2. <https://youtu.be/VGzIDZ-nZg?feature=shared>  
[https://youtu.be/hOvM\\_l3O8wo?feature=shared](https://youtu.be/hOvM_l3O8wo?feature=shared)

## **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 the importance of work and manifested by determination or desire to work hard.

The following ten work ethics are defined as essential for student 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 weight and help others who are struggling. Recognize when to speak up with an idea 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 lifetime

**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. Take 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 work 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.

## Material Required

S.No	ITEM	quantity
1.	Fabric (cotton and silk )	5 yards each for each student
2.	Fabric paints ( silk paints , gutta , normal fabric paints for cotton fabric )	All primary colors and black & white for each student
3.	Brushes	One set 0-5 number for each student
4.	Paper tape	One for each student
5.	Color palette tray	One for each student
6.	Aluminium dye bath (TUB)	Large size tub
7.	Dyes	All primary colors and black & white color
8.	Thick thread	As per requirement
9.	Large embroidery frames	One per student
10.	Stationary	Basic for each student
11.	Tracing paper	10
12.	Tracing wheel	One per student
13.	Match box	one
14.	Salt	As required
15.	Electric iron	Lab requirement

