

Sewing Project – Guidelines

TRAINING AIM :-

Sewing is the craft of fastening or attaching objects using stitches made with a needle and thread. This course aims at imparting practical skills and theoretical knowledge of different embroidery stitches to the trainees & introduce the principles of drawing and designing.

The main functionalities of this course are to:

- Enable the trainees to develop personal creativity and learn basic clothing construction skills.
- Enable the trainees to make creative designs in embroidery & prepare dresses by using these embroidery stitches.
- Capable of identifying new opportunities in craft, textile art and fashion and design markets.
- Produce trainees capable of designing embroidery by different stitches.

OBJECTIVES :-

Youth will be able to:

- ✓ Identify simple sewing equipment and its use and care.
- ✓ Demonstrate knowledge of sewing safety.
- ✓ Use sewing skills to construct items.
- ✓ Identify basic parts of a sewing machine.
- ✓ Demonstrate basic hand stitches.
- ✓ Make simple hand or machine stitched item(s).

DURATION :-

COURSE LAYOUT :-

The course is open to everyone. There are no requirement of books. All material will be given online or by the organisation.

COURSE TOPICS :-

1. Lesson One – Sewing Basics
 - a. Pins, Needles, and Thread
 - b. Cutting Tools and other Tools
 - c. The Importance of Pressing
 - d. Staying Organized
2. Lesson Two – Your Sewing Machine
 - a. Types of Sewing Machines
 - b. Anatomy of a Sewing Machine
 - c. Bobbin Problems – The Perfect Stitch
 - d. Maintenance
3. Lesson Three – Fabric
 - a. Types of Fabric
 - b. Warp, weft, nap, right vs. wrong side
 - c. Choosing fabric for your garment
 - d. Tricky Fabrics to sew
4. Lesson Four – All About Patterns
 - a. Choosing a Pattern
 - b. Deciphering the Pattern Envelope
 - c. Fabric plus the extras
 - d. Layout deciphered
5. Lesson Five – Hand Sewing
 - a. Basting
 - b. Hemming
 - c. Buttons
 - d. Decorative Touches
6. Lesson Six – Special Fabrics
 - a. Heavy Fabrics - Denim
 - b. Fancy Fabrics – Lace, Satin, Velvet
 - c. Plaids, Stripes, Napped fabrics
 - d. Microfiber, fake fur, fleece,
7. Lesson Seven – Pattern Adjustments
 - a. Basic pattern adjustments
 - b. Fitting a pattern, muslin mockup
 - c. Adjusting tops
 - d. Adjusting pants/skirts

8. Lesson Eight – Sewing Pajamas
 - a. Seam allowances/finishes
 - b. Sleeves, gathered or straps
 - c. Elastic
 - d. Hems
9. Lesson Nine – Sewing an Unlined Jacket
 - a. Shawl collar vs. notched collar
 - b. Bound Seam/Finished Seam
 - c. Topstitching
 - d. Lengths/Hem
10. Lesson Ten – Sewing a Shirt Part I
 - a. Pocket Placement
 - b. Collar
 - c. Interfacing
 - d. Darts
11. Lesson Eleven – Sewing a Shirt Part II
 - a. Buttonholes
 - b. Sleeves
 - c. Cuffs
 - d. Hems
12. Lesson Twelve – Sewing a Skirt Part I
 - a. Fitting Skirts
 - b. Waistband
 - c. Interfacing
 - d. Darts
13. Lesson Thirteen – Sewing a Skirt Part II
 - a. Pockets
 - b. Gathers
 - c. Gores
 - d. Hems and closures (buttons, snaps, zippers)
14. Lesson Fourteen – Sewing Pants Part I
 - a. Fitting Pants
 - b. Center Front/Center Back
 - c. Inner/Outer Leg Seams
 - d. More about Pockets

15. Lesson Fifteen – Sewing Pants Part II

- a. Waistband
- b. Tabbed Zipper
- c. Length
- d. Hem – cuffs

SKILL PROFICIENCY DETAILS :-

After completion of this course, a trainee should be able to:

- ✓ Use skills regarding operation of foot, electric embroidery machines.
- ✓ Make different hand and machine embroidery stitches.
- ✓ Develop the ability to create creative designs in embroidery.
- ✓ Carry out various embroidery design/stitches to prepare dresses/other products.
- ✓ Deal with market stakeholders, materials and machines.
- ✓ Handle sophisticated tools and instruments

Career Options :-

As a self-employed person starting a small-scale industry

As a fashion coordinator in export/domestic industry/buying houses

As a Designer for small garment unit

As an Embroidery Designer

As a Teacher

As a pattern designer

As a Tailor in any export house