

# DRESS MAKING

**NSQF LEVEL- 6**



**SECTOR- APPAREL**

**COMPETENCY BASED CURRICULUM**  
**CRAFT INSTRUCTOR TRAINING SCHEME (CITS)**



**GOVERNMENT OF INDIA**

Ministry of Skill Development & Entrepreneurship

Directorate General of Training

**CENTRAL STAFF TRAINING AND RESEARCH INSTITUTE**

EN-81, Sector-V, Salt Lake City, Kolkata – 700091



Directorate General of Training

# DRESS MAKING (CITS)

(Non-Engineering Trade)

**SECTOR – APPAREL**

(Revised in 2019)

**Version 1.1**

**CRAFT INSTRUCTOR TRAINING SCHEME (CITS)**

**NSQF LEVEL - 6**

Developed By  
Government of India  
Ministry of Skill Development and Entrepreneurship

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**CENTRAL STAFF TRAINING AND RESEARCH INSTITUTE**  
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## 1. COURSE OVERVIEW

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The Craft Instructor Training Scheme is operational since inception of the Craftsmen Training Scheme. The first Craft Instructors' Training Institute was established in 1948. Subsequently, 6 more institutes namely, Central Training Institute for Instructors (now called as National Skill Training Institute (NSTI)), NSTI at Ludhiana, Kanpur, Howrah, Mumbai, Chennai and Hyderabad were established in 1960's by DGT. Since then the CITS course is successfully running in all the NSTIs across India as well as in DGT affiliated institutes viz. Institutes for Training of Trainers (IToT). This is a competency based course of one year duration. "Dress Making" CITS trade is applicable for Instructors of "Dress Making Trade.

The main objective of Craft Instructor training programme is to enable Instructors explore different aspects of the techniques in pedagogy and transferring of hands-on skills so as to develop a pool of skilled manpower for industries, also leading to their career growth & benefiting society at large. Thus promoting a holistic learning experience where trainee acquires specialized knowledge, skills & develops attitude towards learning & contributing in vocational training ecosystem.

This course also enables the instructors to develop instructional skills for mentoring the trainees, engaging all trainees in learning process and managing effective utilization of resources. It emphasizes on the importance of collaborative learning & innovative ways of doing things. All trainees will be able to understand and interpret the course content in right perspective, so that they are engaged in & empowered by their learning experiences and above all, ensure quality delivery.

## 2. TRAINING SYSTEM

### 2.1 GENERAL

CITS courses are delivered in National Skill Training Institutes (NSTIs) & DGT affiliated institutes viz., Institutes for Training of Trainers (IToT). For detailed guidelines regarding admission on CITS, instructions issued by DGT from time to time are to be observed. Further complete admission details are made available on NIMI web portal <http://www.nimionlineadmission.in>. The course is of one-year duration. It consists of Trade Technology (Professional skills and Professional knowledge), Training Methodology and Engineering Technology/ Soft skills. After successful completion of the training programme, the trainees appear in All India Trade Test for Craft Instructor. The successful trainee is awarded NCIC certificate by DGT.

### 2.2 COURSE STRUCTURE

Table below depicts the distribution of training hours across various course elements during a period of one year:

S No.	Course Element	Notional Training Hours
1.	<b>Trade Technology</b>	
	Professional Skill (Trade Practical)	640
	Professional Knowledge (Trade Theory)	240
2.	<b>Soft Skills</b>	
	Practical	100
	Theory	100
3.	<b>Training Methodology</b>	
	TM Practical	320
	TM Theory	200
	<b>Total</b>	<b>1600</b>

### 2.3 PROGRESSION PATHWAYS

- Can join as an Instructor in vocational training Institute/ technical Institute.
- Can join as a supervisor in Industries.

### 2.4 ASSESSMENT & CERTIFICATION

The CITS trainee will be assessed for his/her Instructional skills, knowledge and attitude towards learning throughout the course span and also at the end of the training program.

a) The Continuous Assessment (Internal) during the period of training will be done by **Formative Assessment Method** to test competency of instructor with respect to assessment criteria set against each learning outcomes. The training institute has to maintain an individual trainee portfolio in line with assessment guidelines. The marks of internal assessment will be as per the formative assessment template provided on [www.bharatskills.gov.in](http://www.bharatskills.gov.in).

b) The **Final Assessment** will be in the form of **Summative Assessment Method**. The All India Trade Test for awarding National Craft Instructor Certificate will be conducted by DGT as per the guidelines of DGT. The learning outcome and assessment criteria will be the basis for setting question papers for final assessment. The external examiner during final examination will also check the individual trainee's profile as detailed in assessment guideline before giving marks for practical examination.

### 2.4.1 PASS CRITERIA

S No.	Subject		Marks	Internal Assessment	Full Marks	Pass Marks	
						Exam	Internal Assessment
1.	Trade Technology	Trade Theory	100	40	140	40	24
		Trade Practical	200	60	260	120	36
2.	Soft Skills	Practical	50	25	75	30	15
		Theory	50	25	75	20	15
3.	Training Methodology	TM Practical	200	30	230	120	18
		TM Theory	100	20	120	40	12
Total Marks			<b>700</b>	<b>200</b>	<b>900</b>	<b>370</b>	<b>120</b>

The minimum pass percent for Trade Practical, TM Practical, Soft Skill Practical Examinations and Formative assessment is 60% & for all other subjects is 40%. There will be no Grace marks.

### 2.4.2 ASSESSMENT GUIDELINE

Appropriate arrangements should be made to ensure that there will be no artificial barriers to assessment. The nature of special needs should be taken into account while undertaking the assessment. While assessing; the major factors to be considered are approaches to generate solutions to specific problems by involving standard/non-standard practices.

Due consideration should also be given while assessing for teamwork, avoidance/reduction of scrap/wastage and disposal of scrap/waste as per procedure, behavioral attitude, sensitivity to the environment and regularity in training. The sensitivity towards OSHE and self-learning attitude are to be considered while assessing competency.

Assessment will be evidence based comprising of the following:

- Demonstration of Instructional Skills (Lesson Plan, Demonstration Plan)
- Record book/daily diary
- Assessment Sheet
- Progress chart
- Video Recording
- Attendance and punctuality
- Viva-voce
- Practical work done/Models
- Assignments
- Project work

Evidences and records of internal (Formative) assessments are to be preserved until forthcoming examination for audit and verification by examining body. The following marking pattern to be adopted while assessing:

Performance Level	Evidence
(a) Weightage in the range of 60%-75% to be allotted during assessment	
For performance in this grade, the candidate should be well versed with instructional design, implement learning programme and assess learners which demonstrates attainment of an <b>acceptable standard</b> of crafts instructorship with <b>occasional guidance</b> and engage students by demonstrating good attributes of a trainer.	<ul style="list-style-type: none"> <li>• Demonstration of <b>fairly good</b> skill to establish a rapport with audience, presentation in orderly manner and establish as an expert in the field.</li> <li>• Average engagement of students for learning and achievement of goals while undertaking the training on specific topic.</li> <li>• A fairly good level of competency in expressing each concept in terms the student can relate, draw analogy and summarize the entire lesson.</li> <li>• Occasional support in imparting effective training.</li> </ul>
(b) Weightage in the range of 75%-90% to be allotted during assessment	
For performance in this grade, the candidate should be well versed with instructional	<ul style="list-style-type: none"> <li>• Demonstration of <b>good</b> skill to establish a rapport with audience, presentation in</li> </ul>

<p>design, implement learning programme and assess learners which demonstrates attainment of a <b>reasonable standard</b> of crafts instructorship with <b>little guidance</b> and engage students by demonstrating good attributes of a trainer.</p>	<p>orderly manner and establish as an expert in the field.</p> <ul style="list-style-type: none"> <li>• Above average engagement of students for learning and achievement of goals while undertaking the training on specific topic.</li> <li>• A <b>good</b> level of competency in expressing each concept in terms the student can relate, draw analogy and summarize the entire lesson.</li> <li>• Little support in imparting effective training.</li> </ul>
<p>(c) Weightage in the range of more than 90% to be allotted during assessment</p>	
<p>For performance in this grade, the candidate should be well versed with instructional design, implement learning programme and assess learners which demonstrates attainment of a <b>high standard</b> of crafts instructorship with <b>minimal or no support</b> and engage students by demonstrating good attributes of a trainer.</p>	<ul style="list-style-type: none"> <li>• Demonstration of <b>high</b> skill level to establish a rapport with audience, presentation in orderly manner and establish as an expert in the field.</li> <li>• Good engagement of students for learning and achievement of goals while undertaking the training on specific topic.</li> <li>• A <b>high</b> level of competency in expressing each concept in terms the student can relate, draw analogy and summarize the entire lesson.</li> <li>• Minimal or no support in imparting effective training.</li> </ul>



### 3. GENERAL INFORMATION

<b>Name of the Trade</b>	<b>DRESS MAKING (CITS)</b>
<b>Trade code</b>	DGT/4018
<b>NCO – 2015</b>	3122.3500, 2356.0100
<b>NSQF Level</b>	Level-6
<b>Duration of Craft Instructor Training</b>	One Year
<b>Unit Strength (No. Of Student)</b>	25
<b>Entry Qualification</b>	<p>Degree/Diploma (Minimum 2 Years) in Costume Designing &amp; Dress Making /Fashion Designing /Fashion Technology/ Apparel Technology / Garment Fabrication Technology from recognized Board/ University.</p> <p style="text-align: center;"><b>OR</b></p> <p>National Trade Certificate in the Dress Making or related Trade.</p> <p style="text-align: center;"><b>OR</b></p> <p>National Apprenticeship Certificate in the Dress Making or related Trade.</p>
<b>Minimum Age</b>	18 years as on first day of academic session.
<b>Space Norms</b>	120 Sq. M
<b>Power Norms</b>	8 KW
<b>Instructor's Qualification for</b>	
<b>1. Dress Making (CITS) Trade</b>	<p>B.Voc/ Degree in Costume Designing &amp; Dress Making /Fashion Designing /Fashion Technology/ Apparel Technology / Garment Fabrication Technology from AICTE/ UGC recognized Board/ University with two years experience in relevant field.</p> <p style="text-align: center;"><b>OR</b></p> <p>Diploma (Minimum 2 Years) in Costume Designing &amp; Dress Making /Fashion Designing /Fashion Technology/ Apparel Technology / Garment Fabrication Technology from recognized Board/ University or relevant Advanced Diploma (Vocational) from DGT with five years experience in relevant field.</p> <p style="text-align: center;"><b>OR</b></p> <p>NTC/ NAC passed in the Dress Making with seven years experience in relevant field.</p>

	<p><b><u>Essential Qualification:</u></b> National Craft Instructor Certificate (NCIC) in Dress Making trade in any of the variants under DGT.</p>
<b>2. Soft Skills</b>	<p>MBA/ BBA / Any Graduate/ Diploma in any discipline from AICTE/ UGC recognized College/ university with Three years' experience and short term ToT Course in Soft Skills from DGT institutes. (Must have studied English/ Communication Skills and Basic Computer at 12th / Diploma level and above).</p>
<b>3.Training Methodology</b>	<p>B.Voc/ Degree in any discipline from AICTE/ UGC recognized College/ university with two years experience in training/ teaching field.</p> <p style="text-align: center;"><b>OR</b></p> <p>Diploma in any discipline from recognized board / University with five years experience in training/teaching field.</p> <p style="text-align: center;"><b>OR</b></p> <p>NTC/ NAC passed in any trade with seven years experience in training/ teaching field.</p> <p><b><u>Essential Qualification:</u></b> National Craft Instructor Certificate (NCIC) in any of the variants under DGT / B.Ed /ToT from NITTTR or equivalent.</p>
<b>4. Minimum Age for Instructor</b>	21 Years

**Distribution of training on Hourly basis: (Indicative only)**

Total Hrs. /week	Trade Practical	Trade Theory	Soft Skills		Training Methodology	
			Practical	Theory	Practical	Theory
40 Hours	16 Hours	6 Hours	2.5 Hours	2.5 Hours	8 Hours	5 Hours

## 4. JOB ROLE

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### Brief description of job role

**Supervisors and Foremen, Tailoring and Dress Making;** Supervisor and Foreman, Tailoring and Dress Making supervises and guides workers engaged in production of readymade garments and ensures standard fittings and finish at reasonable cost. Guides workers in making patterns for cutting, adjusting electrical and special purpose sewing machines, setting, joining and sewing parts, button matching, etc., and ensures standard fittings and finish. Checks work and directs or makes alterations where necessary and keeps machines and equipment in working order. Maintains production register and delivers goods against receipts. May copy or develop new designs to boost sale. May train new entrants. May be designated according to section or work supervised. (Excluded are Garment Designers and Cutters described elsewhere).

**Manual Training Teacher/Craft Instructor;** instructs students in ITIs/Vocational Training Institutes in respective trades as per defined job role. Imparts theoretical instructions for the use of tools & equipments of related trades and related subjects. Demonstrate process and operations related to the trade in the workshop; supervises, assesses and evaluates students in their practical work. Ensures availability & proper functioning of equipment and tools in stores.

### Reference NCO 2015:

- a) 3122.3500 – Supervisors and Foremen, Tailoring and Dress Making.
- b) 2356.0100 – Manual Training Teacher/Craft Instructor.

## 5. LEARNING OUTCOMES

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*Learning outcomes are a reflection of total competencies of a trainee and assessment will be carried out as per the assessment criteria.*

### 5.1 TRADE TECHNOLOGY

1. Make pattern on fabrics, perform grading, draping & stitching etc.
2. Create and demonstrate various designs & patterns using different computer applications & software.
3. Analyze & demonstrate use of software tools for different types of pattern making, seams.
4. Design and Assess the drafting of children upper bodies/lower bodies block.
5. Demonstrate the digitization grading of patterns and develop drafts of skirt/sleeve blocks.
6. Make design using marker/general /3D tools, and demonstrate different types of draping & grading techniques.
7. Plan & organize survey work in market & prepare survey reports.
8. Prepare & evaluate the cost sheet and ensure quality control.
9. Demonstrate and review the application of CAD/ Corel draw/ Photoshop/ Fashion Studio.
10. Design, develop and review the patterns from block for Frock Style/Ladies Suit/ & other girls outfit.
11. Create, develop & review patterns from block for designer garments using Cutting technology cowls/Fusing Technology /Sewing Technology/Pressing Technology.
12. Demonstrate & explain application of Safety Needle Guard policy & take precautions to guard against work-related illnesses and injuries

## 6. COURSE CONTENT

SYLLABUS FOR DRESS MAKING – CITS TRADE			
TRADE TECHNOLOGY			
Duration	Reference Learning Outcome	Professional Skills (Trade Practical)	Professional Knowledge (Trade Theory)
Practical 48 Hrs  Theory 18 Hrs	Make pattern on fabrics, perform grading, draping & stitching etc.	<ol style="list-style-type: none"> <li>1. Practice of Drafting.</li> <li>2. Practice of Pattern making.</li> <li>3. Practice of Grading.</li> <li>4. Practice of Draping.</li> <li>5. Practice of Stitching.</li> </ol>	Revision of the CTS contents Concepts of Drafting Concepts of Pattern making Concepts of Grading Concepts of Draping Concepts of Stitching
Practical 48 Hrs  Theory 18 Hrs	Create and demonstrate various designs & patterns using different computer applications & software.	<ol style="list-style-type: none"> <li>6. Familiarize with the working of computer, Paint and different software like Corel draw, Adobe Photoshop, etc.</li> <li>7. Create patterns with the help of Corel draw, Adobe Photoshop (Latest Software) etc.</li> </ol>	<ul style="list-style-type: none"> <li>• Trade Knowledge Role of CAD in garment industry</li> <li>• Basic knowledge about various aspects of CAD operations, Paint, Corel draw and Adobe Photoshop, etc.</li> <li>• Knowledge about importance of pattern</li> <li>• Safety precautions in garment industry.</li> </ul> Introduction of PDS ( Create Pattern, Grade Pattern) <ul style="list-style-type: none"> <li>• Introduction of Marker (Create Layout)</li> <li>• Introduction of 3D</li> <li>• Introduction of Digitizer (Digitize pattern)</li> <li>• Introduction of Plotter (Print Pattern)</li> <li>• Scope</li> <li>• Importance</li> </ul>
Practical 48 Hrs  Theory 18 Hrs	Analyze & demonstrate use of software tools for different types of pattern making, seams.	<ol style="list-style-type: none"> <li>8. Use Software tools for Pattern Making.</li> <li>9. Familiarize with menu &amp; Commands               <ul style="list-style-type: none"> <li>• New Piece</li> <li>• Select Tool</li> </ul> </li> </ol>	Starting of System Soft ware Screen Menu

		<ul style="list-style-type: none"> <li>• Point marking</li> <li>• Guide line</li> <li>• Delete</li> <li>• Move Piece</li> <li>• Save</li> <li>• New</li> <li>• Open</li> <li>• Help</li> <li>• Zoom</li> <li>• Cut</li> <li>• Copy</li> <li>• Paste</li> <li>• Matching Curves (walk Tool)</li> <li>• Mirror Line</li> </ul> <p><b>Seams:-</b></p> <ul style="list-style-type: none"> <li>• Select &amp; move internals</li> <li>• Insert Text</li> <li>• Rotate piece</li> <li>• Measure</li> <li>• Add fullness</li> <li>• Cut, Join, Build &amp; Trace piece</li> <li>• Fold piece</li> <li>• Insert, Edit, close &amp; cut Dart</li> <li>• Insert Pleat</li> </ul>	<p>Details about the Tool Bars Command details</p>
<p>Practical 32 Hrs</p> <p>Theory 12 Hrs</p>	<p>Design and Assess the drafting of children upper bodies/lower bodies block.</p>	<p>10. Draft Children Upper bodies Block.</p> <p>11. Draft Children Lower Body Block.</p> <p><b>Base line – change/Rotate</b></p> <ul style="list-style-type: none"> <li>• Add Fullness</li> <li>• Change corner</li> <li>• Insert Button Add Notch</li> <li>• Align points</li> <li>• Circle, Arc &amp; Wave</li> <li>• Trace &amp; Trim</li> <li>• Extend, Join &amp; split</li> </ul>	<p>Children Size Charts &amp; Bodies Block.</p> <p>Detailing of Tools Ladies measurement chart &amp; Ladies Blocks</p>

		<p>Contour</p> <ul style="list-style-type: none"> <li>• Swap segment</li> <li>• Practice of Cutting, Joining, Creating lines &amp; Parallels of drafts.</li> </ul> <p>12. Draft Ladies Bodice Block &amp; Trousers Block.</p>	
<p>Practical 32 Hrs</p> <p>Theory 12 Hrs</p>	<p>Demonstrate the digitization grading of patterns and develop drafts of skirt/sleeve blocks.</p>	<p><b>Digitizing of Pattern</b></p> <p>13. Work with File, Edit, Piece, Design, Tool, View &amp; Help menu.</p> <p>14. Design with darts.</p> <p>15. Insert Style Lines</p> <p>16. Grade Patterns.</p> <p>17. Draft Skirt Block.</p> <p>18. Design insertion to the Block</p> <p>19. Develop Sleeve Blocks &amp;</p> <p>20. Insert Design</p> <p>21. Develop Collars</p>	<p>Digitizing – Tools &amp; Importance</p> <p><b>Grading</b></p> <ul style="list-style-type: none"> <li>• Size Table</li> <li>• Grading Table</li> <li>• Grading Menu</li> </ul> <p>Designing in Skirts.</p> <p>Designing in Sleeves &amp; Collars.</p>
<p>Practical 48 Hrs</p> <p>Theory 18 Hrs</p>	<p>Make design using marker/general /3D tools and demonstrate different types of draping &amp; grading techniques.</p>	<p>22. Develop Patterns with Spec Sheet.</p> <p>23. Practice of Marker Tools</p> <p>24. Practice of making marker</p> <ul style="list-style-type: none"> <li>• Shoot</li> <li>• Flip &amp; Rotate</li> <li>• Auto Nesting</li> <li>• Batch</li> <li>• Merge</li> <li>• Import</li> <li>• Export</li> </ul> <p>25. Identify &amp; select 3 D Tools.</p> <p>26. Explain Model Property</p> <p>27. Open, Save &amp; Customize with the help of 3D Tools.</p> <p>28. Place cloth, Clear cloth, Single Draping, Show &amp; Hide.</p> <p>29. Stitch Property, 3 D Property.</p>	<p>Spec Sheet</p> <p>Export Import of files</p> <p>Printing &amp; plotting commands</p> <p>X &amp; Y axis</p> <p>Marker</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Knowledge about spreading techniques and equipment</li> <li>• Marker modes and marker efficiency</li> <li>• Knowledge about spreading and material handling</li> </ul> <p>General Tools</p> <p>Information – Piece, all size, Global</p> <p>Placement of pieces</p> <p>Fabric Pattern</p> <p>Measure Tool</p> <p>Plot order</p> <p>Flaw</p>

			<p>Alignment</p> <p>Introduction to 3D Use of 3D Tools of 3D software Draping technique Brief description of Model drawing, draping and grading on dummies.</p>
<p>Practical 32 Hrs</p> <p>Theory 12 Hrs</p>	<p>Plan &amp; organize survey work in market &amp; prepare survey reports.</p>	<p>30. Exercise on each topic, collection of samples, survey work in market &amp; industry, Preparation of sample folders &amp; survey reports.</p> <p>31. Exercise on each topic, collection of samples, survey work in market &amp; industry, Preparation of sample folders &amp; survey reports.</p>	<p>Apparel enterprises Apparel career, consulting, reporting, buying offices, promotion agencies, organization &amp; trade association in apparel industry</p> <p>Apparel Market Sourcing, market, changing trends in fashions, domestic &amp; international market, primary &amp; secondary market. Retail business, retail management, fashion retailing, departmental stores, chain stores, shopping centers &amp; mall Globalization</p>
<p>Practical 64 Hrs</p> <p>Theory 24 Hrs</p>	<p>Prepare &amp; evaluate the cost sheet and ensure quality control.</p>	<p><b>Findings</b></p> <p>32. Identify defects in fabrics &amp; accessories.</p> <p>33. Measure &amp; Check as per Spec. Sheet.</p> <p>34. Prepare cost Sheet.</p>	<p><b>Quality control</b></p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Meaning</li> <li>• Need</li> <li>• Cost of quality control system</li> <li>• Concepts</li> <li>• Identification of critical factor</li> </ul>
		<p>35. Exercise on various sheets used in garment export house by Quality Controllers.</p> <p>36. Exercise on various sheets used in garment export house by Quality</p>	<p><b>Inspection</b></p> <ul style="list-style-type: none"> <li>• Definition ,need, planning place, time , method</li> <li>• Type of Inspection</li> <li>• Stages of inspection</li> <li>• Role of inspector</li> </ul>



		Controllers.	Benefits of quality control in garment industry <ul style="list-style-type: none"> <li>Quality assurance system</li> <li>Statistical quality control process</li> <li>TQM</li> </ul>
Practical 16 Hrs  Theory 06 Hrs	Demonstrate and review the application of CAD/ Corel draw/ Photoshop/ Fashion Studio.	37. Revise earlier contents 38. Practice of CAD 39. Practice on Corel draw 40. Practice on Photoshop 41. Practice of fashion studio 42. Practice of Designing	Revision of the earlier contents Concepts of CAD Concepts of Corel draw Concepts of Adobe Photoshop Concepts of Fashion Studio Concepts of Designing
Practical 118 Hrs  Theory 48 Hrs	Design, develop and review the patterns from block for Frock Style/Ladies Suit/ & other girls outfit.	43. Design and develop patterns from block for Frock Style – 1 or Tunic using variety of darts, gather, pleats, tucks, flare, etc.	<ul style="list-style-type: none"> <li>Tools &amp; Equipment related to the Trade</li> <li>Technical terms related to trade</li> <li>Designing with Darts</li> <li>Single Dart Series</li> <li>Two dart Series</li> <li>Tuck, Pleat, Flare, Gathers in Dart</li> <li>Dart Cluster</li> <li>Graduated &amp; Radiated Dart</li> <li>Parallel &amp; Asymmetric Darts</li> </ul>
		44. Design and develop patterns from block for <ul style="list-style-type: none"> <li>Designer Ladies suit (churidar Pajama).</li> <li>Designer Ladies suit (Patiala salwar) Using style lines.</li> </ul>	<b>Style Lines</b> <ul style="list-style-type: none"> <li>Classic princess line style &amp; its variation</li> <li>Arm hole princess line &amp; its variation</li> <li>Panel style line &amp; its variation</li> </ul>
		45. Design and develop patterns from block for Designer Girls skirt & top using designing with fullness at different areas.	<b>Added Fullness</b> <ul style="list-style-type: none"> <li>Types of Added fullness</li> <li>Fullness along princess line</li> <li>Fullness at yoke</li> <li>Fullness at dart leg</li> <li>Fullness at neck Band</li> <li>Design Variation</li> </ul>
		46. Design and develop patterns from block for	<b>Contouring</b> <b>Work study &amp; Time Study</b>

		choli cut blouse.	Work Measurement & Time Study
Practical 112 Hrs  Theory 42 Hrs	Create, develop & review patterns from block for designer garments using Cutting technology cowls/Fusing Technology /Sewing Technology/Pressing Technology.	47. Design and develop patterns from block for Designer Tops using Cowls.	Introduction Cutting technology Cowls <ul style="list-style-type: none"> <li>• Mid depth cowl</li> <li>• Low cowl</li> <li>• Deep Cowl</li> <li>• Back cowl</li> <li>• Arm hole Cowl</li> </ul>
		48. Design and develop patterns from block for Ladies shirt with style lines & ladies trouser.	Introduction to Fusing technology Sleeves <ul style="list-style-type: none"> <li>• Set in sleeve</li> <li>• Kimono Sleeve</li> <li>• Raglan Sleeve</li> <li>• Drop Shoulder</li> <li>• Dolman Sleeve</li> </ul>
		49. Design and develop patterns from block for Frock Style – 2 using variation of Darts, Tuck, Pleat, Flare, Gathers, sleeves, silhouettes, collars, pockets, necklines, fashion accessories, etc.	Introduction to Sewing technology  Design variations in sleeves & Cuffs
		50. Design and develop patterns from block for Designer skirts using designs. 51. As pegged/ godet/ tiers/ gored/ yokes etc.	Introduction of Pressing technology Skirts <ul style="list-style-type: none"> <li>• Gored skirts with design</li> <li>• Pegged Skirts</li> <li>• Cascade Wrap with gathers /pleats</li> <li>• Designer Tiers</li> <li>• Godets</li> <li>• Skirts with uneven hemlines</li> </ul>
Practical 32 Hrs  Theory 12 Hrs	Demonstrate & explain application of Safety Needle Guard policy & take precautions to guard against work-	52. Design and develop patterns from block for Designer Pants/ Culottes.	<b>Pants</b> <ul style="list-style-type: none"> <li>• Pant Terminology</li> <li>• Pant Designs</li> <li>• Pant Derivatives</li> <li>• Fitting Problems in Pants</li> </ul>

	<p>related illnesses and injuries.</p>		<p>&amp; their remedies</p> <p><b>Culottes</b></p> <ul style="list-style-type: none"> <li>• Measurements</li> <li>• Drafting</li> </ul> <p>Duties of a supervisor          Qualities of a good supervisor          Needle Guard Policy          Labour Law          Local Law</p>

**SYLLABUS FOR CORE SKILLS**

1. Soft Skills (Common for all Non-Engineering CITS trades) (100 Hrs + 100Hrs)
2. Training Methodology (Common for all trades) (320Hrs + 200Hrs)

*Learning outcomes, assessment criteria, syllabus and Tool List of above Core Skills subjects which is common for a group of trades, provided separately in [www.bharatskills.gov.in](http://www.bharatskills.gov.in)*

## 7. ASSESSMENT CRITERIA

LEARNING OUTCOME	ASSESSMENT CRITERIA
<b>TRADE TECHNOLOGY</b>	
1. Make pattern on fabrics, perform grading, draping & stitching etc.	Demonstrate functions & use of tools for Cutting, Sewing , grading, draping & Finishing with safety.
	Select suitable fabric. Select suitable needle size and sewing thread according to fabric.
	Draft basic block patterns.
	Use appropriate stitching techniques like single pointed darts/ plain seam/ continuous placket/ casing and decorative hem.
	Maintain the distance between two stitches. Take care about length and width of the stitches.
	Assess Measurement and record body measurements for drafting and garment construction accurately.
	Follow the color combination while doing the decorative stitches.
	Finish the garment by applying suitable fasteners.
	Finish the edge of the fabric using hemming stitch.
	Use proper sewing aids while sewing the garment & carryout the safe measures and needle guard policy while sewing.
	Fix the grading points each pattern and calculate the increments for each grading point.
	Draw axes for both the patterns and paper used to draft the new size.
	Grade the patterns to its next Higher/Lower sizes.
	Trace & separate the pattern sizes & ensure economic use of paper.
	Cut the pattern of each size using shears properly along the cutting line.
	Finish the pattern with pattern particulars
Drape the muslin fabric on the dress form according to the required design. Cut and remove the excess fabric	
Remove the draped fabric from the dummy and transfer the pattern outlines on a paper	
2. Create & demonstrate various designs & patterns using different computer applications & software.	Explain the concept of computer-aided pattern making and its importance
	Check, Use & Application of computer applications & software like Paint/ Corel draw, Adobe Photoshop, etc. for drafting patterns with sleeve variations.
	Create patterns with the help of Corel Draw, Adobe Photoshop (Latest software) etc. for drafting patterns of skirt variations.
	Demonstrate & check knowledge about different aspects of CAD

	Operations.
	Check basic application of Marker (Create Layout)/3D/Digitizer(Digitize Pattern)/ Plotter(Print Pattern) .
3. Analyze & demonstrate use of software tools for different types of pattern making, seams.	<p>Explain Software tools commands &amp; the functions of menu for pattern making/Seams.</p> <p>Check the application of different commands like New Piece/Point marking/Guide line/Delete/Move Piece etc as per the requirement of the design.</p> <p>Demonstrate use of Matching Curves (Walk Tool) /Tool Bars Command for the given pattern making.</p> <p>Assess the cut, join, build &amp; trace piece as per given measurement of the seam.</p> <p>Apply commands like Insert Pleat/Insert/Edit/Cut Dart/Rotate piece for the given seam work.</p> <p>Distinguish different methods of pattern making.</p>
4. Design and Assess the drafting of children upper bodies/lower bodies block.	<p>Demonstrate drafting of Children’s upper bodies block as per the given size measurement.</p> <p>Add seam allowances to the given block.</p> <p>Demonstrate drafting of Children’s lower bodies block as per the given size measurement</p> <p>Select suitable lines, shapes, forms, colour, texture etc in designing of garments.</p> <p>Explain the measuring units and measuring techniques for required measurements.</p> <p>Analyze &amp; Check shapes, front and back shoulder, side seams &amp; ensure economic use of paper/fabric.</p> <p>Assess the Align points/ Circle /Arc/ Wave.</p> <p>Check the Extend/Join/ Split Contour.</p> <p>Illustrate the process of adapting given blocks to design given garment.</p>
5. Demonstrate the digitization grading of patterns and develop drafts of skirt/sleeve blocks.	<p>Create different textural effects for garment designing.</p> <p>Open the software and do the required page setup for the design.</p> <p>Identify and demonstrate the use of suitable tools for designing.</p> <p>Sketch the garment with suitable fabric designs</p> <p>Follow the designing principles.</p> <p>Select the colors and color combinations.</p> <p>Apply colors using color filling tools.</p>

	Save the file in a folder and take the print out of the design using Color Printer.
	Demonstrate working with File/Piece/Design/ Tools menu.
	Draft Skirt Block as per the given specifications.
	Apply basic pattern making principles to develop patterns.
	Analyze the design & identify given modifications.
	Analyze design by using a variety of media& identify design lines & other given garment features like collar/sleeve/pocket variations.
	Select appropriate block for use in pattern development by identifying the desired silhouettes and fit requirements from given specifications.
	Adjust the pattern according to fabric requirement.
	Modify & assess pattern blocks according to required design and production specifications by use of different pattern making techniques such as, intermediate patterns and dart manipulation.
	Produce accurate patterns according to garment design & production specification.
	Assess the finalization of pattern pieces according to specification requirement.
	Place the patterns on the fabric and mark the pattern outline properly.
6. Make design using marker/general /3D tools, and demonstrate different types of draping & grading techniques.	Select a suitable paper for sketching and plan the layout before starting sketching.
	Identify the suitable sketching items and use them properly.
	Sketch & review the garment with suitable fabric designs.
	Explain & Follow the Designing principles.
	Select the Proper colors and color combinations.
	Use & demonstrate 3D tools to customize as per given specification.
	Use Auto Nesting/Batch/merge/import export as per given alignment.
	Apply colors and shade on the sketch.
7. Plan & organize survey work in market & prepare survey reports.	Review collection of samples for given topic.
	Explain survey work to be done in the market/industry for the given topic.
	Apply promotional strategies.
	Analyze & suggest changing trends in fashion market as per the sample data collected.
	Prepare & evaluate the survey reports.
	Explain retail business/ fashion retailing/mall globalization.
	Develop retail management strategies.

8. Prepare & evaluate the cost sheet and ensure quality control.	Check & detect the defect in fabrics/accessories & suggest removal options of such defects for Quality Control.
	Estimate and prepare cost sheet as per given requirement of the retail store.
	Demonstrate working on given sheets used in garment export house by Quality Controllers.
	Explain Quality Assurance System/Total Quality Management.
	Illustrate statistical quality control process.
9. Demonstrate and review the application of CAD/ Corel draw/ Photoshop.	Identify tools for measuring, marking, draping & cutting and use of these tools with safety.
	Demonstrate & check application of CAD.
	Create designs by applying Corel Draw applications.
	Develop and review different patterns using Adobe Photoshop.
	Explain various concepts of Designing. Draft & assess children upper bodies/lower bodies block.
10. Design, develop and review the patterns from block for Frock Style/Ladies Suit/ & other girls outfit.	Design features of the garment according to the sketching.
	Develop and check different pattern from block for Frock Style-1/Tunic.
	Design various styles using darts/gather/pleats/tucks/flares.
	Develop and assess patterns from block for designer ladies suit (Churidar Pajama) using style lines.
	Design different patterns from block for Patiala salwar using style lines.
	Design and develop patterns from block for Designer Girls Skirt.
	Design and develop girls top using designing with fullness at different areas.
	Analyze and develop patterns from block for choli cut blouse.
	Select the necessary block patterns set and make the patterns for the basic garment using adaptation /draping method.
	Manipulate the patterns of the basic garment and create the patterns for the required garment design. Use the paper economically.
	Check the alignment of both right and left side of the waist band & Check circular turning.
	Stitch the neck in proper shape & use appropriate sleeve pattern.
	Distribute the gathers properly & stitch with no puckering at armhole.
	Finish the neckline properly with clean & finish the Turned up hem neatly.
	Make the bottom flare of the garment with proportion.



	Check the neckline edge finished with facing of Kameez.
	Stitch neatly the Squared turned up bottom hem & Turned up sleeve bottom of Kameez.
	Maintain neatness in armhole joints and ensuring no puckering at armhole joints in Kameez.
	Stitch neatly according to the design of salwar bottom & Fold down the casing uniformly in salwar.
	Maintain proper positioning and distribution of cluster pleats in salwar /Finish the belt finishing of salwar properly.
	Stitch the yoke and neck in proper shape/Use appropriate sleeve pattern.
	Stitch with no puckering at armhole.
	Make the flare of nightwear with proportion.
	Select suitable fabric/ Check the dart positions.
	Finish the neckline with piping/ Sew Front Placket neatly.
	Check the position and finishing of fasteners/ Finish the hemline neatly ensuring no puckering in the blouse.
	Check the shape of collar/cuff/pocket, and its finishing.
	Check the finishing of placket and placement of button and buttonholes.
	Check the yoke shape and pleat position below the yoke.
	Make the Sleeve placket and check the position of pleats.
11. Create, develop & review patterns from block for designer garments using Cutting technology cowls/Fusing Technology /Sewing Technology/Pressing Technology.	Identify grading tools and use of these tools with safety.
	Develop and check patterns from block for Designer Tops using cowls.
	Design and develop patterns from block for ladies shirt with style lines.
	Develop and check patterns from block for ladies trouser.
	Develop and assess the patterns from block for Frock Style-2 .
	Check use of variation of darts/tuck/pleat/flare/gathers/sleeves/silhouettes, collars/pockets/necklines/fashion accessories etc.
	Design and develop patterns from block for Designer skirts using designs as pegged/ godet /tiers/gored/yokes.
	Fix the grading points each pattern and calculate the increments for each grading point.
	Draw axes for both the patterns and paper used to draft the new size.
	Grade the patterns to its next Higher/Lower sizes.
	Trace and separate the pattern sizes. Use the paper economically.
	Cut the pattern of each size using shears properly along the cutting line.

	Finish the pattern with pattern particulars.
12. Demonstrate & explain application of Safety Needle Guard policy & take precautions to guard against work-related illnesses and injuries.	Identify tools for Marker and use of these tools with safety.
	Identify the right and wrong side of the fabric and its texture and design features.
	Select and make a suitable economical pattern layout on the fabric and estimate the fabric consumption.
	Design and develop patterns from block for Designer Pants/Culottes.
	Explain Needle Guard policy.

## 8. INFRASTRUCTURE

LIST OF TOOLS AND EQUIPMENT - DRESS MAKING (CITS) (for batch of 25 candidate)			
S No.	Name of the Tool & Equipment	Specification	Quantity
<b>A. COMPUTER LABORATORY</b>			
1.	Desktop computer	CPU: 32/64 Bit i3/i5/i7 or latest processor, Speed: 3 GHz or Higher. RAM:-4 GB DDR-III or Higher, Wi-Fi Enabled. Network Card: Integrated Gigabit Ethernet, with USB Mouse, USB Keyboard and Monitor (Min. 17 Inch. Licensed Operating System and Antivirus compatible with trade related software.	26 Nos.
2.	Server system with software	Latest Configuration	01 No.
3.	LAN Connectivity & Internet facility to the computers		As required
4.	CAD-Pattern Making Software(3D) C Draw Latest Version		05 each
5.	CAD-Fashion Design Software	Fashion Studio	05 Nos.
6.	Antivirus Software		26 Nos.
7.	Laser Printer color	A4	01 No.
8.	Colored laser Printer	A3	01 No.
9.	Scanner		01 No.
10.	Computer Table for server		01 No.
11.	Printer Table		02 Nos.
12.	Table for Scanner		01 No.
13.	White Magnetic Board with Felt board & accessories		01 No.
14.	Digitizer		01 No.
15.	Plotter		01 No.
16.	Display Board		02 Nos.
17.	Storage Almirah	Size as per requirement	02 Nos.
18.	Air conditioner		As required
19.	Wall Clock		01 No.
20.	Modular Workstation with chair		20 Nos.
21.	LCD Projector		01
22.	Vacuum Cleaner		01
23.	Trainer's Table & Chair		01 set

24.	Laptop for Faculty	with latest configuration	01 set
<b>B. THEORY ROOM</b>			
25.	Single desks for trainees with arrangements of keeping Books etc.		25 Nos.
26.	Revolving Chairs without arms		25 Nos.
27.	Faculty Table & Chair set		01 No.
28.	Computer set with UPS & multimedia projector		01 No.
29.	White Magnetic Board with Felt board & accessories		01 No.
30.	Display Board		02 Nos.
31.	Storage Almirah		01 No.
32.	Book Shelf		01 No.
33.	Air conditioner		As required
<b>C. DRAFTING/CUTTING /SEWING ROOM</b>			
34.	Scissors	25 cm	26 Nos.
35.	Pinking Shears		05 Nos.
36.	Tailors Square		26 Nos.
37.	Leg Shaper		26 Nos.
38.	Garment Hangers		25 Nos.
39.	Screw Driver Set		04 Nos.
40.	Cart chop		02 Nos.
41.	Table Sharpener		04 Nos.
42.	Pressing Table		05 Nos.
43.	Blanket for padding of Pressing Table		05 Nos.
44.	Rubber mat	Size as per requirement	05 Nos.
45.	Sprayer		05 Nos.
46.	Waste Bin	Big / Small	13 Nos.
47.	Pattern Punch		26 Nos.
48.	Pattern Notcher		26 Nos.
49.	Pattern Hanging Stand		04 Nos.
50.	Water Tub	60 cm dia	01 No.
51.	Stand for hanging dresses		05 Nos.
52.	Trial room with 3 side mirrors of size 150 cm X 60 cm each with arrangements of hanging Dresses		01 No.
53.	Electric Automatic steam press		02 Nos.
54.	Electric automatic iron		03 Nos.
55.	Sewing Machine - Single Needle Lock stitch Industrial model		26 Nos.

56.	Over Lock Machine 3 Thread		01 No.
57.	Over lock Machine 5 Thread		01 No.
58.	Pick Glass		05 Nos.
59.	Zig Zag Multi Purpose Machine		01 No.
60.	Machine attachments		As required
61.	Chairs with low back rest or stools for the machines (one for each machine)		26 Nos.
62.	Drafting Table		13 Nos.
63.	Display board covered with glass or acrylic sheet 120 x 90cm		02 Nos.
64.	Instructor Table		01 No.
65.	Steel Almirah	195 x 90 x 60 cm	02 Nos.
66.	Pigeon hole Almirah 25 lockers & separate locking arrangements for trainees		01 Nos.
67.	Locks for above pigeon hole		25 Nos.
68.	Wall Clock		03 Nos.
69.	Calculator Desk Type		01 No.
70.	White Board with accessories	size as per requirement	02 Nos.
71.	Dummy (Lady)		02 Nos.
72.	Mannequins(Lady)		02 Nos.
73.	Mannequins(Kids)		02 Nos.
74.	Mannequins(Gents)		02 Nos.
75.	Air Conditioner unit	2 Ton capacity with Stabilizer	As required
<b>D. CONSUMABLE</b>			
76.	Measuring Tape	150 cm	26 Nos.
77.	Seam Ripper		26 Nos.
78.	Thimble		26 Nos.
79.	Drafting Card Scales	set of six scales	26 Nos.
80.	Tailors Square	Plastic	26 Nos.
81.	French Curve	Set of six	26sets
82.	Thread Cutter		26 Nos.
83.	Scale plastic	24"	26 Nos.
84.	Paper Cutter		26 Nos.
85.	Loop Turner		26 Nos.
86.	Drafting Pins(set)		26 Nos.
87.	Instructor Chair		02 Nos.
88.	Draping Pins		26 pkt.
89.	Draping Fabric Muslin		5 m
90.	Muslin for Sewing Practice		3 m
<b>Note:</b> Experts from the Industry may be called for special lectures and demo's as and when required			

## ANNEXURE - I

The DGT sincerely acknowledges contributions of the Industries, State Directorates, Trade Experts, Domain Experts and all others who contributed in revising the curriculum.

Special acknowledgement is extended by DGT to the following expert members who had contributed immensely in this curriculum.

<b>List of Expert Members participated/ contributed for finalizing the course curriculum of Dress Making(CITS) trade</b>			
<b>Sl. No.</b>	<b>Name &amp; Designation Sh./Mr./Ms.</b>	<b>Organization</b>	<b>Remarks</b>
1.	S. Venkatesh, Head HR & Admin	Raymond	Member
2.	Sanjeev Mohanty Managing Director	Bennetton India Pvt. Ltd., Gurgaon	Member
3.	Animesh Saxena	Udyog Vihar Industries Association, Gurgaon B-40, Phase 5, Udyog Vihar Gurgaon-122017	Member
4.	Dr.Darlie Koshy Director General and CEO	IAM & ATDC Apparel Export Promotion Council, Gurgaon	Chairman
5.	Arindam Das	National Institute of Fasion Technology, New Delhi	Member
6.	Dr. Kushal Sen Professor	D/o Textile Technology IIT Delhi	Member
7.	Bhattacharya. G HOD Textiles Department	Institute for Textile Technology, Choudwar	Member
8.	Ms. Poonam Thakur Professor & Academic Head	NIIFT, Mohali	Member
9.	L.N. Meena, Lecturer	Arya Bhatt Polytechnic, Delhi	Member
10.	Prabhas Kashyap , General Manager-Planning & Production Co-ordination	Gokaldas Export Ltd., Bangalore	Member
11.	Bishwanath Ganguly	Madura Fashion & Retail, Aditya Birla Centre for Retail Excellence (A B C R E)	Member
12.	K.N. Chatterjee, HOD Fashion and Apparel Engineering	The technological inst. Of textile & sciences, Bhiwani, Haryana, INDIA-127021.	Member
13.	Tapas Kumar Adhikari, Sr. Manager	Reliance Industries Ltd.	Member
14.	Vikas Verma, Asst. Vice President	Welspun India Ltd.	Member
15.	Navjot Walia, Vice President	Maral Overseas Ltd., Noida	Member
16.	Rajeev Mehani, Vice	Vardhaman Textiles	Member

	President		
17.	R.P. Dhingra, Director (P)	DGE&T	Mentor
18.	Haradhan Das, TO	CSTARI, Kolkata	Member
19.	Subhankar Bhowmik, DPA Gr. B	NIMI, Chennai	NIMI Representative
20.	Rajendra Kumar, JDT(WT)	DGE&T	Member
21.	D. Shanthi, ADT	RVTI, Trivendrum	Member
22.	Abha Rastogi, TO	RVTI, Panipat	Member
23.	Chitra, TO	RVTI, Panipat	Member
24.	Rinku Soni, TO	RVTI, Jaipur	Member
25.	Babita, TO	NVTI, Noida	Member
26.	Bhagyashree, TO	RVTI, Indore	Member
27.	L. R. Ramesh Babu, TO	RVTI, Trivendrum	Member
28.	S.S. Meena, TO	NVTI, Noida	Member
29.	Bhavin Kumar M. Solanki	ITI, Jambughoda, Gujarat	Member
30.	Divya, TO	RVTI, Bangalore	Member

