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**APPAREL MADE-UPS HOME FURNISHING
SECTOR SKILL COUNCIL**

Facilitator Guide



Sector
Apparel

Sub-Sector
Apparel

Occupation
Designing

Reference ID: AMH/Q1201, Version 4.0
NSQF level: 5

Fashion Designer

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Shri Narendra Modi
Prime Minister of India

“

Skill development of the new generation is a national need and is the foundation of Aatmnirbhar Bharat

”



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This facilitator guide is dedicated to the aspiring youth who desire to achieve special skills which will be a lifelong asset for their future endeavours.

About this Guide

This Facilitator Guide is designed for providing skill training and /or upgrading the knowledge level of the Participants to take up the job of an “Fashion Designer” in the Management and Entrepreneurship Sector.

This Facilitator Guide is designed based on the Qualification Pack (QP) under the National Skill Qualification framework (NSQF) and it comprises of the following National Occupational Standards (NOS)/topics and additional topics.

1. AMH/N1201: Prepare to make a design collection
2. AMH/N1202: Prepare prototype garments for the collection
3. AMH/N1203: Evaluate Design Development Processes
4. AMH/N1204: Maintain the work area, tools, machines and computers and greening of job roles
5. AMH/N0620: Promote and sustain safety, health, and security in workplace, while fostering Gender and Persons with Disabilities (PWD) Sensitization
6. DGT/VSQ/N0102: Employability Skills (60 Hours)

Symbols Used



Ask



Explain



Elaborate



Notes



Objectives



Do



Demonstrate



Activity



Team Activity



Facilitation Notes



Practical



Say



Resources



Example



Summary



Role Play



Learning Outcomes



Exercise

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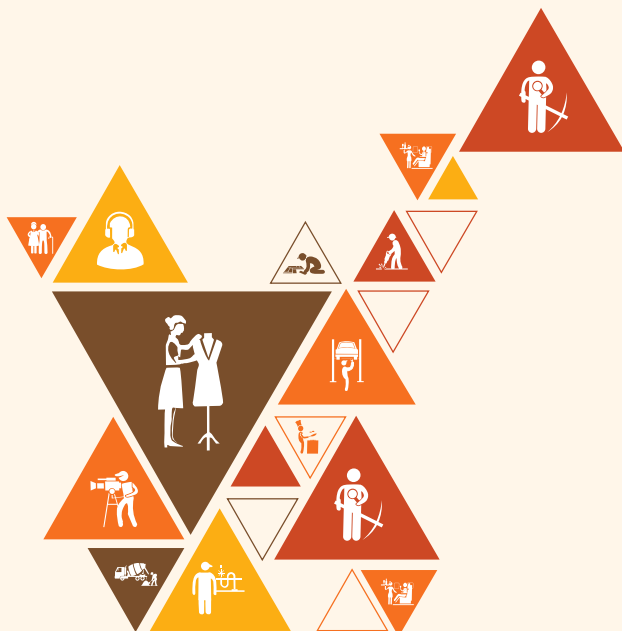
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1. Introduction and Orientation to Fashion Designer

Unit 1.1 - Indian Apparel Industry

Unit 1.2 - Key Aspects Related to the Fashion Designer Profession



Bridge Module

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Describe the size and scope of the apparel industry.
2. Describe various employment opportunities for a 'Fashion Designer' in the apparel industry.
3. Describe the apparel production process and the role that the fashion designer plays in the process.
4. Explain roles and responsibilities of a fashion designer.

Unit 1.1: Indian Apparel Industry

Unit Objectives

By the end of this unit, the participants will be able to:

1. Recall the key features of the apparel industry in India.
2. List the key statistics that define the size of the Indian apparel industry.
3. Explain the factors that drive the growth of the apparel industry in India.
4. Compare the various laws, schemes, and government initiatives related to the Apparel Industry in India.

Resources to be Used

Projector, whiteboard, marker pens, printed handouts on personal branding and portfolio samples, fashion magazine cutouts, sample LinkedIn profiles, blank career mapping sheets, pens, laptops or tablets for online tasks, sticky notes, videos of fashion consultant journeys, speaker for audio clips, internet access

Say

- Good morning, everyone! I'm super excited to explore something that truly defines your presence in the fashion industry—your professional identity.
- Today we'll dive into how you can master styling techniques, build your personal brand, and plan your career in a way that reflects your authentic self.
- Trust me, understanding this will help you stand out in a competitive field and gain confidence in presenting yourself to clients, brands, or even in interviews.

Ask

- Have you ever noticed how certain people always stand out in the way they dress and carry themselves?
- What do you think makes a social media profile feel more professional than another?
- Can you recall someone whose career journey in fashion really inspired you?

Do

- Begin by briefly introducing the concept of professional identity and how it's critical in the fashion domain.
- Use visuals and real-life examples to explain how personal branding and advanced styling play a role.

- Guide the trainees through a comparison exercise using pre- and post-training consultant case studies.
- Explain how to build a career progression plan with examples from various fashion domains.
- Play short videos/interviews of successful fashion consultants to highlight key learnings from career transitions.
- Walk participants through the elements of a strong LinkedIn profile and a creative fashion portfolio.
- End with reflective discussion on real-life success stories and what learners can take from them.

Elaborate

- Explain advanced styling techniques and personal branding strategies to help participants refine their external professional image
- Evaluate consultant work by comparing pre- and post-training insights to understand growth and gaps
- Structure a comprehensive career progression plan based on industry standards to provide direction and realistic goals
- Examine key learnings from notable career transitions in fashion consulting to inspire adaptability and resilience
- Apply LinkedIn and portfolio strategies to strengthen online presence for increased industry visibility
- Discuss lessons learned from inspirational success stories in the fashion industry to motivate personal development

Demonstrate

Show how to create a compelling LinkedIn headline and summary using a fashion-specific example, highlighting branding, skills, and career goals

Activity

1. **Activity Name:** Identity Portfolio Board
2. **Objective:** To design a visual board reflecting personal style, brand messaging, and professional fashion identity
3. **Type of Activity:** Individual
4. **Resources:** Fashion magazine cutouts, printed sample portfolios, glue sticks, blank A3 sheets, scissors, pens
5. **Time Duration:** 25 minutes
6. **Instructions:**
 - Ask participants to think of how they want to present themselves professionally in fashion
 - Provide them with fashion cutouts and sample images to select styles, colours, looks that align with their identity
 - Let them create a visual board using the materials to reflect their styling preferences and brand voice

- At the end, each participant briefly presents their board and explains how it reflects their desired professional image
7. **Outcome:** Learners will understand how to align visual representation with their professional identity and brand strategy

Notes for Facilitation

- Always maintain a positive and inclusive environment where every participant feels encouraged to share and explore their unique identity
- Keep time checks to ensure all discussions and activities move smoothly without overextending any part
- Use visuals generously while explaining branding and styling techniques as fashion is highly visual by nature
- Emphasise the importance of consistency in digital and offline presence while discussing LinkedIn and portfolio strategies
- Relate career progression planning with real fashion industry examples to keep it relevant and realistic
- When discussing success stories, choose culturally and industry-relevant figures to increase relatability and inspiration

Unit 1.2: Key Aspects Related to the Fashion Designer Profession

Unit Objectives

By the end of this unit, the participants will be able to:

1. Recall the concept of a fashion designer
2. Identify skills required to become a professional fashion designer
3. Classify different types of fashion designers
4. Explain the roles and responsibilities of a fashion designer
5. Analyse the apparel production process and the designer's role within it
6. Evaluate employment opportunities for fashion designers in the apparel industry

Resources to be Used

Whiteboard, markers, projector, fashion design sketchbooks, colour pencils, sample designer portfolios, fabric swatches, chart papers, scissors, glue sticks, printed images of different fashion designer categories, videos on apparel production process, job listing printouts from fashion portals, notepads

Say

- Good morning everyone! I'm so glad to see you all here ready to dive into the creative and exciting world of fashion design.
- Today, we're going to explore what it really means to be a fashion designer and the skills and opportunities that come with this profession.
- If you're someone who loves creativity, working with trends, and making an impact in the world of clothing, this session is going to show you how this career could be the right path for you.

Ask

- Have you ever looked at someone's outfit and thought, "I would have designed this differently"?
- Do you follow any fashion influencers or designers on social media? What do you like about their work?
- Can you think of any local or popular festivals/events where unique traditional or modern clothing designs are showcased?

Do

- Begin by briefly introducing the term "fashion designer" and connect it with daily life examples.
- Use visuals and physical samples to show types of fashion designers and explain their differences.
- Display a simple flowchart of the apparel production process and highlight the designer's contribution at every stage.

- Explain the skills required using real-life examples or short anecdotes about successful designers.
- Facilitate a short interaction where learners can share what fashion styles they like and why.
- Summarise the session with a quick overview of employment opportunities for fashion designers.

Elaborate

- Recall the concept of a fashion designer by defining who they are and what they do in the fashion industry
- Identify skills required to become a professional fashion designer by explaining key abilities like creativity, technical knowledge, and communication
- Classify different types of fashion designers by showcasing categories such as haute couture, ready-to-wear, and costume designers
- Explain the roles and responsibilities of a fashion designer by listing their involvement in ideation, sketching, material selection, and coordination
- Analyse the apparel production process and the designer's role within it by breaking down each stage and describing where a designer contributes
- Evaluate employment opportunities for fashion designers in the apparel industry by discussing work environments like fashion houses, freelancing, and retail

Demonstrate

Show how a basic fashion design sketch is developed using a croquis template, selecting colours and patterns, and creating a final look.

Activity

1. **Activity Name:** Design Pathways Match-Up
2. **Objective:** To help learners differentiate between various fashion designer roles and match them with relevant work environments
3. **Type of activity:** Group
4. **Resources:** Printed flashcards with types of designers, flashcards with job descriptions, glue, chart paper
5. **Time Duration:** 25 minutes
6. **Instructions:**
7. **Divide participants into small groups of 3–4 members.**
8. **Provide each group with a mixed set of flashcards (half with types of designers like costume, haute couture, ready-to-wear etc., and half with corresponding job environments like film production, retail brands, fashion shows etc.).**

- Ask them to match each designer type with the most suitable employment opportunity.
 - Once done, they should paste them on the chart paper in a column format and present briefly why they matched each pair.
9. **Outcome:** Participants will understand how different fashion designers function in different professional environments, building clarity on potential career pathways.

Notes for Facilitation

- Encourage participation and validate each response positively to build confidence.
- Manage time efficiently so that each section of the session receives proper attention.
- Use local examples of fashion designers or tailoring professionals when explaining roles to increase relatability.
- While discussing skills, demonstrate how creativity and attention to detail can be practised through simple exercises.
- During the activity, observe group dynamics and guide learners where needed without giving direct answers.
- Emphasise how technology and digital platforms are shaping modern employment opportunities in the fashion industry.

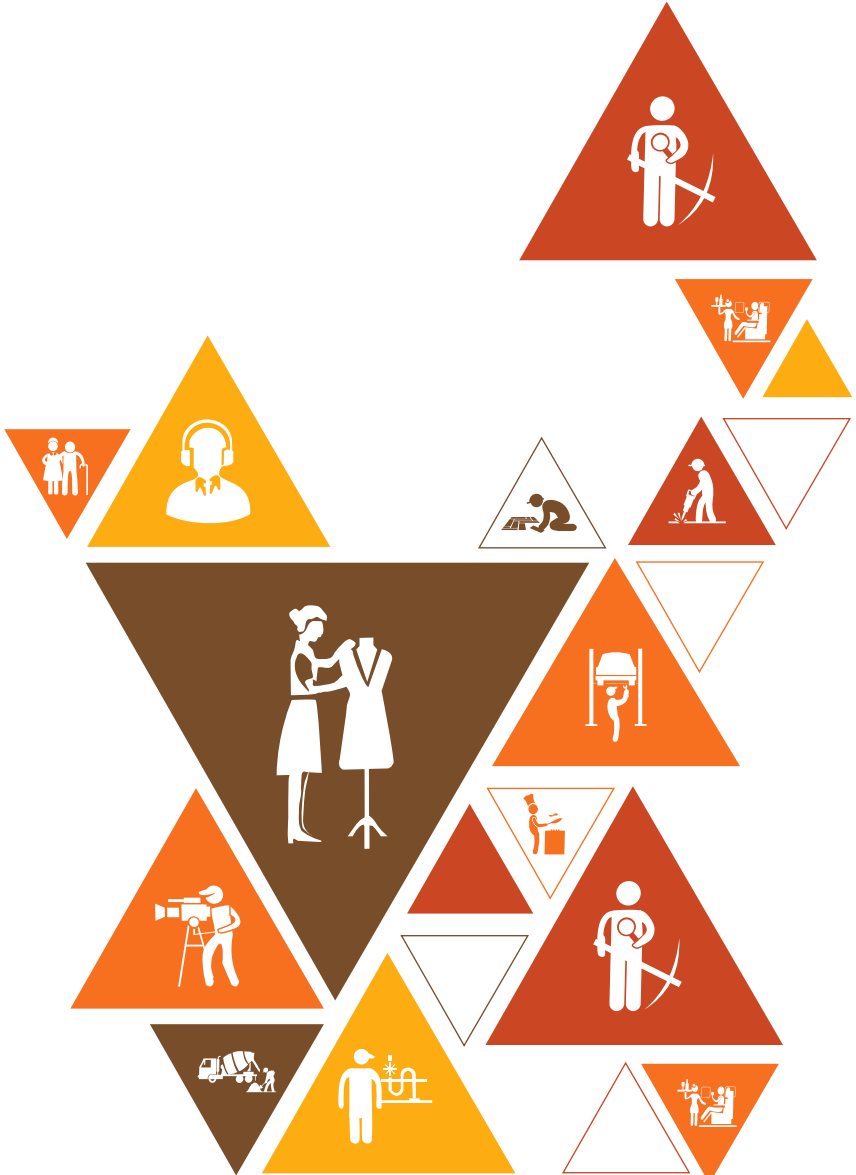
Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. d. It includes both organised and unorganised sectors
2. c. Employment statistics
3. c. Increasing domestic demand
4. c. Conceptualising and designing clothing
5. c. Export units and fashion houses

Answer the following questions briefly.

1. Refer Unit 1.1: Indian Apparel Industry
Topic 1.1.1 Overview of the Apparel Industry in India
2. Refer Unit 1.1: Indian Apparel Industry
Topic 1.1.3 Scope and Growth Drivers of the Apparel Industry in India
3. Refer Unit 1.1: Indian Apparel Industry
Topic 1.1.4 Laws, Schemes, and Government Initiatives Related to the Apparel Industry
4. Refer Unit 1.2: Key Aspects Related to the Fashion Designer Profession
Topic 1.2.4 Role and Responsibilities of a Fashion Designer
5. Refer Unit 1.2: Key Aspects Related to the Fashion Designer Profession
Topic 1.2.2 Skills Required to Become a Professional Fashion Designer





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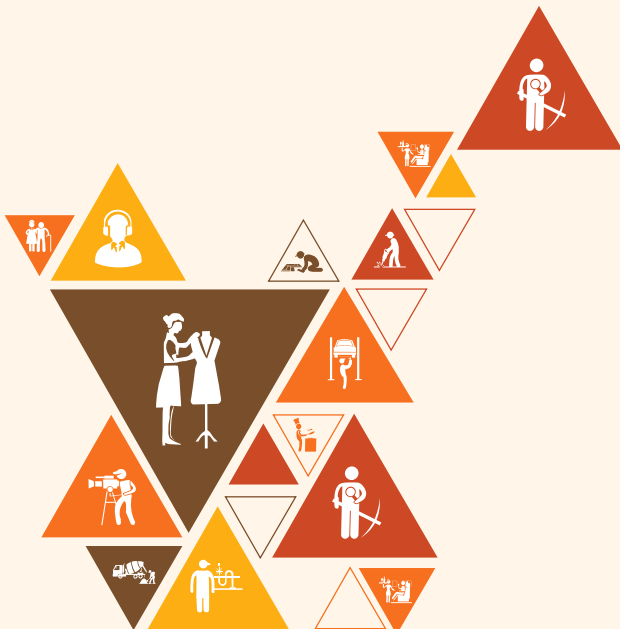
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2. Conduct Research to Create Design Collection

Unit 2.1 - Textile Design and Compliance

Unit 2.2 - Inspirations, Research, and Creative Direction



AMH/N1201

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Describe the various types of fiber, their properties, and textiles processes.
2. Follow compliance requirements related to usage of various types of dyes such as azo free dyes and garment construction process.
3. Identify various design elements.
4. Identify swatches of the fabrics (print, embroidery, dyed etc.), trims and accessories that are required for design development.
5. Plan market research using various tools of research such as forecast magazines, fashion shows, market analysis etc.
6. Identify the business process to be followed while creation of product range.
7. Conduct market research for trends and forecast from various sources such as forecasting sites like WGSN, forecast catalogues, etc. for garment design.
8. Develop a mood/theme board based on the market research.
9. Extract the key elements from the mood board which is intended to be put in the garment design as per the instructions given and the clientele.

Unit 2.1: Textile Design and Compliance

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse fibre categories, their characteristics, and corresponding textile techniques.
2. Evaluate compliance considerations related to dyes and garment construction practices.
3. Examine elements constituting the visual and structural aspects of design.
4. Identify and categorise fabric swatches, trims, and accessories relevant to the design process.

Resources to be Used

Fibre samples, fabric swatch kit, trimming samples, accessory board, dye colour cards, textile technique charts, compliance checklist templates, garment construction samples, drawing sheets, colour pencils, measuring tapes, reference images for structural and visual design elements

Say

- Hi everyone! I'm so excited to explore the world of textile design and how it all connects with compliance and creativity.
- Today, we'll learn about different fibre categories, design elements, and the rules that ensure our textiles are safe and high-quality.
- This is important because whether you're working with fabrics or designing clothes, understanding the materials and the standards can set your work apart in the industry.

Ask

- Have you ever checked the label on your clothing to see what material it's made of?
- Can you think of why bright colours on clothes sometimes fade or irritate the skin?
- Have you noticed how some clothes hold their shape better than others after multiple washes?

Do

- Display samples of natural and synthetic fibres and let learners feel the texture and stretch.
- Use visual aids to introduce basic textile techniques like weaving, knitting, dyeing.
- Present real examples of garments with design elements such as pleats, darts, or surface embellishments.
- Introduce the concept of compliance using safety labels and banned dyes list.
- Encourage learners to sort fabric swatches, trims, and accessories according to their use in design.
- Guide them to observe how compliance is ensured in garment construction through stitching, finishes, and labels.

Elaborate

- Analyse fibre categories, their characteristics, and corresponding textile techniques
- Evaluate compliance considerations related to dyes and garment construction practices
- Examine elements constituting the visual and structural aspects of design
- Identify and categorise fabric swatches, trims, and accessories relevant to the design process

Demonstrate

Show how to test the absorbency and stretch of different fabric types and link it to their fibre category and textile application.

Activity

1. **Activity Name:** Fibre Detective
2. **Objective:** To help learners identify and classify fibres and understand their corresponding textile techniques and applications
3. **Type of activity:** Group
4. **Resources:** Fibre and fabric swatch samples, magnifying glasses, handouts with fibre characteristics, sorting trays, textile technique chart
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide learners into small groups.
 - Distribute a mix of unknown fibre and fabric swatches to each group.
 - Provide magnifying glasses and reference charts.
 - Ask each group to examine the swatches and determine the fibre category (natural, synthetic, blended).
 - Have them match each swatch to its appropriate textile technique and application (e.g. weaving for cotton, knitting for polyester).
 - Ask the groups to present their sorting and reasoning to the rest of the class.
7. **Outcome:** Learners will gain hands-on experience in fibre identification and enhance their understanding of fibre-to-technique relevance and categorisation.

Notes for Facilitation

- Always encourage learners to observe and touch the samples to engage multiple senses.
- Use simple language and visuals when introducing technical compliance terms.
- Emphasise the link between fibre type and end-use functionality in design.
- Highlight common compliance issues in dyeing such as allergic reactions and colour fastness.
- Explain how trims and accessories must also adhere to safety and quality standards.
- Encourage discussion around how design choices affect comfort, durability, and market acceptance.

Unit 2.2: Inspirations, Research, and Creative Direction

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse approaches to research using trend resources and market analysis tools.
2. Evaluate frameworks associated with business processes in product range development.
3. Identify and examine sources for trend insights and forecasting information in garment creation.
4. Discuss mood or theme boards based on research insights.
5. Assess mood boards to shape garment concepts for target audiences.

Resources to be Used

Whiteboard, sketchbooks, coloured markers, chart paper, trend forecast reports, fashion magazines, business process templates, scissors, glue sticks, laptops/tablets with internet, projector, mood board samples, fabric swatches, online trend platforms like WGSN and Fashion Snoops, garment design templates

Say

- Hello everyone! I'm super excited to have you here today—this session is all about digging into the creative side of design.
- Today, we'll explore how research, trend analysis, and mood boards help shape garment concepts and guide product range development.
- Understanding this process will help you make more informed, imaginative, and market-aligned design decisions in your career.

Ask

- Have you ever seen certain colours or styles become super popular all of a sudden?
- What influences your choice when picking clothes—season, celebrity styles, or something else?
- Do you follow any fashion pages or influencers that you think reflect future trends?

Do

- Start the session with an open discussion on recent fashion trends and how people perceive them.
- Introduce research tools and trend forecast platforms through a short presentation.
- Walk participants through basic business process frameworks used in range planning.
- Guide learners in identifying trend sources and collecting forecast insights.
- Facilitate the creation and analysis of mood boards to shape initial design concepts.
- Encourage group discussions and allow time for hands-on tasks.

Elaborate

- Analyse approaches to research using trend resources and market analysis tools by showing how to extract relevant data for fashion concepts
- Evaluate frameworks associated with business processes in product range development by mapping how ideas turn into real garments
- Identify and examine sources for trend insights and forecasting information in garment creation by exploring magazines, online platforms, and influencers
- Discuss mood or theme boards based on research insights by arranging visual elements that reflect target aesthetics
- Assess mood boards to shape garment concepts for target audiences by aligning visuals with age group, lifestyle, and preferences

Demonstrate

Create a sample mood board based on current fashion trends using fabric swatches, images, colours, and texture elements, explaining the thought process behind every element placement.

Activity

1. **Activity Name:** Trend to Theme
2. **Objective:** To help participants use trend information to construct a meaningful mood board
3. **Type of Activity:** Group
4. **Resources:** Trend forecast printouts, magazines, scissors, glue, coloured pens, A3 sheets, fabric scraps, mobile phones
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the participants into small groups of 4-5
 - Ask each group to pick one fashion trend from the resources provided
 - Using visual material, they will create a mood board that reflects the trend in terms of colours, fabrics, and inspiration
 - Groups will explain the theme and how it can be developed into garment ideas
 - Allow 20 minutes for creation and 10 minutes for presentation
7. **Outcome:** Participants will be able to visually represent trend-based themes and understand the process of translating abstract ideas into concrete design directions

Notes for Facilitation



- Maintain an engaging, energetic tone and encourage open sharing of ideas
- Be inclusive in discussions and ensure all learners are involved in the group activity
- Encourage learners to be intuitive and not limit themselves to commercial resources only
- Explain how trends influence business decisions in the fashion industry
- Reinforce the importance of theme development in the early stage of design creation
- Guide participants to think of target audiences while assessing their mood boards

Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. c. Compliance and safety regulations
2. b. Natural or synthetic material types
3. c. Communicating visual themes and ideas
4. c. Identify trends and consumer demands
5. b. Decorative or functional additions

Answer the following questions briefly.

1. Refer Unit 2.1: Textile Design and Compliance
Topic 2.1.1. Overview of Fiber Categories, Their Characteristics, and Associated Textile Techniques
2. Refer Unit 2.1: Textile Design and Compliance
Topic 2.1.2 Compliance Considerations Related to Dyes and Garment Construction Practices
3. Refer Unit 2.2: Inspirations, Research, and Creative Direction
Topic 2.2.4 Construction of Mood or Theme Boards Based on Research Insights
4. Refer Unit 2.2: Inspirations, Research, and Creative Direction
Topic 2.2.3 Sources for Trend Insights and Forecasting Information in Garment Creation
5. Refer Unit 2.1: Textile Design and Compliance
Topic 2.1.4 Fabric Swatches, Trims, and Accessories Relevant to the Design Process



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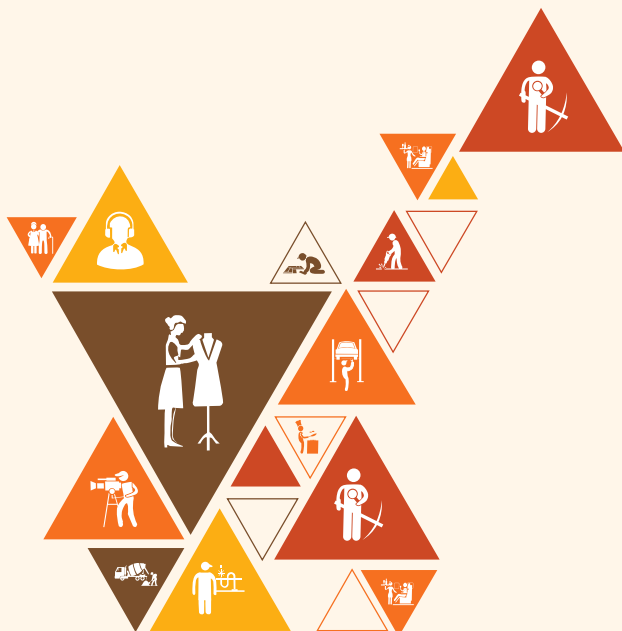
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3. Creation of Design for Collection

Unit 3.1 - Foundations of Garment Design

Unit 3.2 - Exploring Standards, Rights, and Techniques in Garment Making



AMH/N1201

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Identify the requirements of the client.
2. Identify the quality standards to be followed while creating the design.
3. Identify various types of garments(shirts, skirts, trousers, etc.) and the types of garment parts such as sleeves, collars, necklines, etc.
4. Construct a design using the various elements of design using computer and design software/ hand.
5. Develop a file of the swatches collected.
6. Identify various national and international standard sizes.
7. Identify the intellectual property rights related to designing.
8. Identify the garment construction technique as per the design created.
9. Identify the cost components of the garment.

Unit 3.1: Foundations of Garment Design

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse the requirements and expectations of the client.
2. Evaluate quality parameters applicable in design creation.
3. Classify categories of garments and identify corresponding components like sleeves, collars, and necklines.
4. Examine the elements and principles involved in visualising garment designs through digital or manual mediums.
5. Compile and organise textile swatches into a structured design reference file.

Resources to be Used

Textile swatch files, design sketchbooks, pencils, coloured pencils, erasers, garment samples, magazines, digital drawing tools, charts on garment types and components, printed handouts on quality parameters, client requirement forms, basic sewing tools, fabric glue, fabric samples

Say

- Good morning everyone! I'm super excited to explore the creative world of garment design with you today.
- Today, we're going to dive into how designers build the foundation of a great garment — from understanding clients to visualising designs.
- Once you understand these basics, you'll be able to shape ideas into real, stylish garments and confidently move ahead in fashion designing.

Ask

- Have you ever noticed how different the neckline or sleeves are on the clothes you wear every day?
- Can you think of a time when you chose a garment just because of its design or feel of the fabric?
- Why do you think brands like to know what customers want before creating a collection?

Do

- Begin with an interactive discussion on what garment design means and its importance.
- Show a couple of garment samples and ask learners to observe components like sleeves, collars, and neckline.

- Introduce textile swatch files and explain how designers collect and compile them.
- Use visuals and tools to compare digital and manual mediums of design visualisation.
- Facilitate a short brainstorming session on quality in garment design and what makes a design 'good'.

Elaborate

- Analyse the requirements and expectations of the client by using role-play or discussion based on real-life examples
- Evaluate quality parameters applicable in design creation by showing examples of good vs poor quality designs
- Classify categories of garments and identify corresponding components like sleeves, collars, and necklines through sample analysis and visuals
- Examine the elements and principles involved in visualising garment designs through digital or manual mediums by using both sketching and digital tools
- Compile and organise textile swatches into a structured design reference file by guiding trainees to create their own file

Demonstrate

Show how to compile a textile swatch file using different fabric samples, labelling each with information like type, texture, and best-suited garment use.

Activity

1. **Activity Name:** Swatch Reference File Creation
2. **Objective:** To help learners identify and organise different textile swatches into a proper reference format for future design use
3. **Type of Activity:** Individual
4. **Resources:** Fabric swatches, glue, plain A4 sheets, sketch pens, scissors, fabric labels, stapler, punch machine, file folder
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Distribute fabric swatches and A4 sheets to each learner
 - Ask learners to categorise the swatches based on fabric type (cotton, silk, wool etc.)
 - Each learner will paste swatches on A4 sheets, label them with name, characteristics, and suggested use
 - Sheets should be compiled into a file folder
 - Encourage neat presentation and clarity in labelling
7. **Outcome:** Learners will develop a basic but structured textile swatch reference that can support their future design work

Notes for Facilitation

- Encourage active participation and acknowledge all contributions from learners
- Make sure every trainee is provided with equal resources and support
- Emphasise that understanding a client's requirements is the foundation of a successful design
- Help learners identify minor differences in fabric texture and usage while compiling swatches
- Ensure the sketching tools or software used for visualising designs are easily accessible to all learners
- Reinforce the importance of proper classification and organisation when handling garment components and textile files

Unit 3.2: Exploring Standards, Rights, and Techniques in Garment Making

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse national and international garment sizing conventions.
2. Evaluate legal aspects concerning intellectual property in fashion design.
3. Examine techniques used in garment construction based on design specifications.
4. Assess cost structure and pricing considerations within garment production.

Resources to be Used

Measuring tapes, mannequins, global size chart posters, national size chart handouts, fashion law handbook, garment samples, tailoring tools, stitching machine, fabric swatches, cost sheets, pricing structure templates, whiteboard markers, pens, notepads

Say

- Hello everyone! I'm really excited to see you all here today as we dive into a super important and creative side of garment making.
- Today, we'll explore how garments are sized globally, how rights and laws protect design ideas, and how garments are actually put together – from costs to cuts.
- It's essential to understand these things not just to make clothes, but to make smart, well-protected, and profitable clothing that can reach the right customer and stand out in the market.

Ask

- Have you ever tried shopping online and ended up with clothes that didn't fit as expected?
- Do you know anyone who started a clothing brand and faced issues with copying or pricing?
- When you buy a shirt, what do you think goes into its cost apart from fabric and stitching?

Do

- Show both national and international size chart examples and compare them with actual garment samples
- Briefly explain IP laws in the fashion industry using relatable examples like logo and design theft
- Demonstrate a step-by-step garment construction process focusing on how design specs are turned into physical garments

- Introduce a basic cost sheet and pricing model and break down common cost components
- Encourage trainees to note key terms and observations during the demonstration

Elaborate

- Analyse national and international garment sizing conventions by comparing actual charts and identifying region-specific differences
- Evaluate legal aspects concerning intellectual property in fashion design by discussing design protection and ownership
- Examine techniques used in garment construction based on design specifications by identifying material types, seams, and finishing methods
- Assess cost structure and pricing considerations within garment production by calculating basic costs and understanding markups

Demonstrate

Show how a basic t-shirt is constructed from pattern cutting to stitching while referring to a specific design sheet and measurements

Activity

1. **Activity Name:** Size & Stitch Challenge
2. **Objective:** To identify correct size conventions and apply them to a basic garment outline
3. **Type of activity:** Group
4. **Resources:** Measuring tapes, global and national size chart handouts, basic body measurement guide, printed t-shirt outlines, rulers, scissors, fabric scraps, glue, pens
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the class into groups of 4-5.
 - Distribute the size charts, measurement guide, and t-shirt outlines.
 - Ask each group to take one member's measurements using the tape and then identify their size in both Indian and international charts.
 - Based on the design sheet, ask them to draw a scaled mini-outline of a t-shirt using the correct sizing.
 - Using fabric scraps, creatively attach or decorate the drawn outlines to show basic construction features like seams or panels.
 - Each group briefly explains how they matched the sizing and the design application.
7. **Outcome:** Participants will understand the real-world impact of sizing conventions and basic garment design transfer through an interactive, hands-on task

Notes for Facilitation



- Keep the tone light, friendly, and interactive to maintain learner interest
- Encourage questions throughout the session, not just at the end
- Emphasise the difference between Indian and European/US size conversions and why they matter in export or e-commerce
- Stress the importance of protecting original design ideas, especially when students want to start their own labels
- Make sure the trainees clearly understand cost components to avoid future pricing mistakes in business
- Use simple garment samples to keep the focus on learning rather than complexity

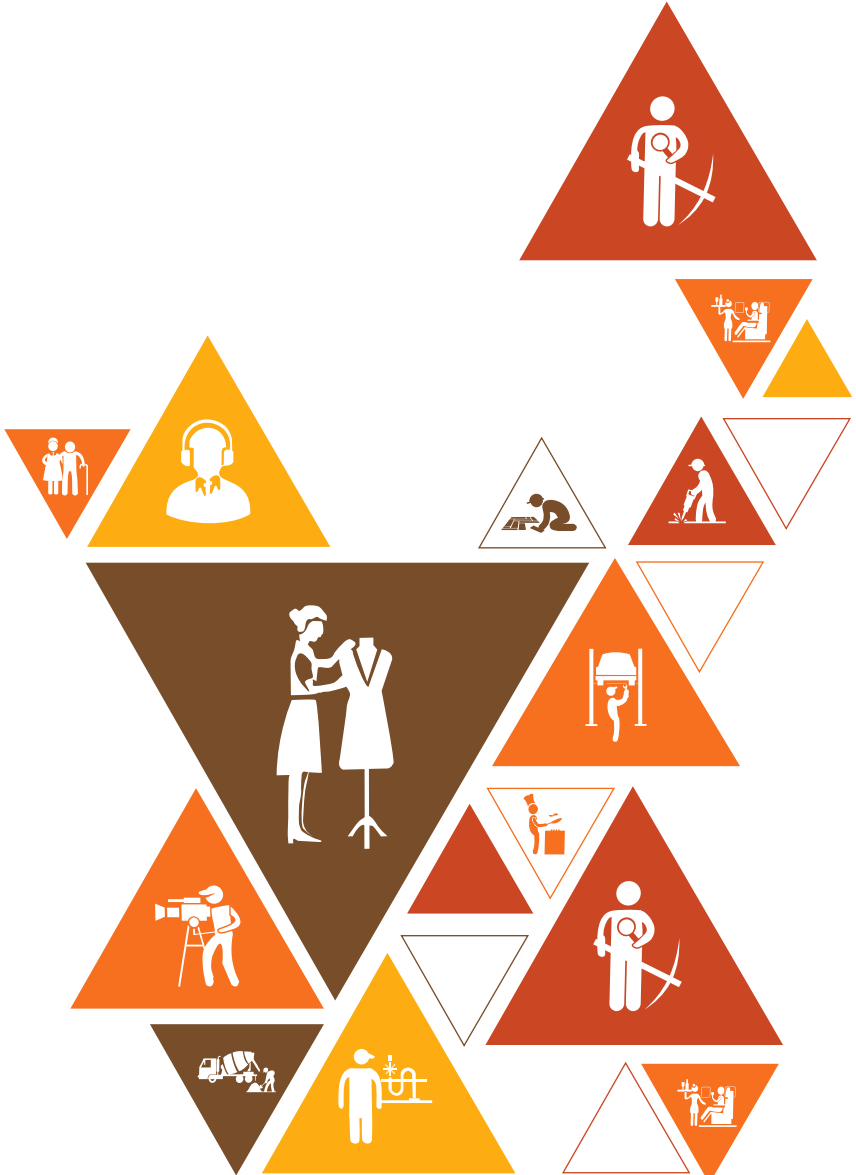
Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. c. Analysing client requirements
2. c. Seam allowance
3. b. For structured design referencing
4. c. Cost structure
5. b. Prevent design copying

Answer the following questions briefly.

1. Refer Unit 3.1: Foundations of Garment Design
Topic 3.1.1 Requirements and Expectations of the Client
2. Refer Unit 3.1: Foundations of Garment Design
Topic 3.1.4 Elements and Principles Involved in Visualising Garment Designs Through Digital or Manual Mediums
3. Refer Unit 3.1: Foundations of Garment Design
Topic 3.1.3 Categories of Garments and Corresponding Components
4. Refer Unit 3.2: Exploring Standards, Rights, and Techniques in Garment Making
Topic 3.2.1 National and International Garment Sizing Conventions
5. Refer Unit 3.2: Exploring Standards, Rights, and Techniques in Garment Making
Topic 3.2.2 Legal Aspects Concerning Intellectual Property in Fashion Design





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Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Explain the process of garment construction.
2. Identify the various key elements covered in a techpack such as specs of the garment, type of fabric, colour of fabric, type of trims and accessories, etc. including processes used and materials employed as per the customer's requirement, manufacturing process.
3. Analyze the sketches, drawings and samples to illustrate the design requirements.
4. Prepare the techpack.
5. Explain the roles of people working in various departments in the industry such as tailor, pattern maker, and merchandiser.
6. Explain the method of coordinating with various departments.
7. Explain the method of monitoring the process of creating sample

Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics

Unit Objectives

By the end of this unit, the participants will be able to:

1. Describe the process behind garment construction.
2. List and explain the elements and components represented in a tech Pack.
3. Analyse sketches, drawings, and samples for design alignment.
4. Examine the structure and composition of a complete tech pack.
5. Identify and discuss key responsibilities within core departments of the apparel industry.
6. Evaluate coordination pathways across interconnected departments.
7. Assess oversight mechanisms in the sample creation workflow.

Resources to be Used

whiteboard, marker pens, printed tech pack samples, sample garments, sketchbooks, croquis sheets, measuring tape, fabric swatches, presentation slides, projector, laptop, industry organisational chart printouts

Say

- Hello everyone! Hope you're all doing great—today's session is going to be a deep dive into how your favourite garments are actually built from the ground up.
- By the end of our time together, you'll be able to explain how garments come to life, identify the roles in each department, and understand how they all work together in real time.
- This topic matters because no matter what role you end up working in, understanding garment construction and workflow dynamics will help you collaborate better and add real value in any apparel setup.

Ask

- Have you ever looked at a garment and wondered how many people and processes were behind making it?
- When shopping for clothes, do you ever think about how the fit and design align with a sketch or tech drawing?
- Have you noticed how one small detail on a garment can change the entire feel of it?

Do

- Begin by sharing an overview of the garment construction process with visuals.
- Show physical samples of tech packs and explain each component in context.
- Facilitate a collaborative discussion on different departments involved in the workflow and their responsibilities.
- Use a real-life sample or drawing to analyse how it aligns with the original sketch.
- Explain inter-departmental coordination using a flowchart or charted map.
- End the session by showing how quality and oversight play a role during sample creation.

Elaborate

- Describe the process behind garment construction with focus on conceptualisation to physical output
- List and explain the elements and components represented in a tech pack including measurements, materials, trims and annotations
- Analyse sketches, drawings, and samples for design alignment by comparing visuals to physical outputs
- Examine the structure and composition of a complete tech pack with each section broken down
- Identify and discuss key responsibilities within core departments of the apparel industry such as design, merchandising, and production
- Evaluate coordination pathways across interconnected departments with examples from pre-production to final approval
- Assess oversight mechanisms in the sample creation workflow including review cycles and approval processes

Demonstrate

Show a complete tech pack on the screen or printout, and walk through each section — from garment sketch, measurement chart, BOM (Bill of Materials), to construction notes and sample image reference.

Activity

1. **Activity Name:** Build Your Tech Pack
2. **Objective:** To help participants understand the detailed elements and structure of a tech pack
3. **Type of Activity:** Group
4. **Resources:** printed croquis sheets, rulers, sketch pencils, coloured pens, pre-filled sample tech pack formats, measuring tape, fabric swatches
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the class into groups of 4-5.
 - Distribute croquis sheets and sample tech pack templates to each group.
 - Ask each group to create a basic tech pack for a simple T-shirt, including sketch, measurement specs, fabric detail, and trims.

- Encourage creativity while maintaining accuracy of all sections.
 - Groups present their completed tech packs at the end of the activity.
7. **Outcome:** Learners will be able to identify and replicate the essential components of a basic tech pack and explain their functions.

Notes for Facilitation

- Maintain a lively, open atmosphere so learners feel free to ask questions.
- Use real-world examples to make abstract ideas more concrete.
- Emphasise that each garment is a collaborative result of many departments working together.
- Clarify the difference between a sketch and a finished sample to avoid confusion.
- Reinforce the importance of tech packs as communication tools between design, production, and vendors.
- Highlight how poor coordination can lead to expensive errors in sampling and production.

Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. b. To guide garment construction
2. b. Fabric and trim details
3. c. Quality control team
4. b. To align design with production
5. c. Design department

Answer the following questions briefly.

1. Refer Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics
Topic 4.1.1 Process Behind Garment Construction
2. Refer Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics
Topic 4.1.2 Elements and Components Represented in a Tech Pack
3. Refer Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics
Topic 4.1.6 Coordination Pathways Across Interconnected Departments
4. Refer Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics
Topic 4.1.3 Interpretation of Sketches, Drawings, and Samples for Design Alignment
5. Refer Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics
Topic 4.1.7 Oversight Mechanisms in the Sample Creation Workflow



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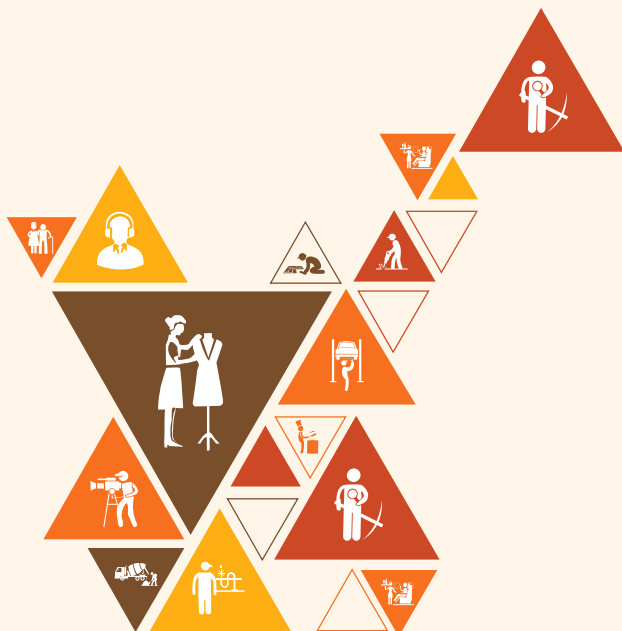


5. Create Pattern of the Garment

Unit 5.1 - Essentials of Garment Construction and Pattern Tools

Unit 5.2 - Processes in Pattern Creation and Draping

Unit 5.3 - Fabric Handling and Garment Cutting Techniques



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Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Identify various tools and equipment required for garment construction and pattern making.
2. Describe methods of creating patterns, including draping and direct measurement techniques.
3. Illustrate techniques for taking body measurements using live models, samples, and mannequins.
4. Demonstrate the method of draping a mannequin and constructing patterns from the draped form.
5. Develop accurate garment patterns by incorporating notches, grain lines, and component details.
6. Prepare fabric by ironing and laying it properly on the cutting table for pattern placement.
7. Position the pattern correctly on the fabric for precise alignment and cutting.
8. Cut the garment components according to the pattern specifications.
9. Analyse the final draped mannequin to ensure pattern accuracy as per design and specifications.

Unit 5.1: Essentials of Garment Construction and Pattern Tools

Unit Objectives

By the end of this unit, the participants will be able to:

1. List the tools and equipment used in garment construction.
2. Describe the tools and equipment essential for pattern making.
3. Explain basic techniques used in pattern development.
4. Analyse the fundamental processes involved in pattern creation.
5. Evaluate the key details typically included in garment patterns.

Resources to be Used

Measuring tape, tailor's chalk, scissors, tracing wheel, notcher, French curve, pattern paper, muslin fabric, pins, sewing machine, pencil, eraser, handouts on pattern development, samples of garment patterns, visual aids/posters for tools, A4 sheets, chart paper, markers, scale

Say

- Good morning everyone! I hope you're all excited to explore something super creative and hands-on today!
- In today's session, we're going to dive into the tools and techniques that form the foundation of garment construction and pattern development.
- Understanding these essentials will help you design and create garments with accuracy, creativity, and efficiency—skills highly valued in the fashion and apparel industry.

Ask

- Have you ever seen someone using a measuring tape and wondered how they get perfect sizes every time?
- Can you think of any tools your tailor uses while stitching your clothes?
- Why do you think a pattern is needed before making any garment?

Do

- Start by showing and naming each tool and equipment used in garment construction and pattern making.
- Use real-life examples and comparisons to explain the use of each item.
- Move on to explain the basic techniques of pattern development through visual charts or examples.

- Use pattern samples to show the fundamental processes in pattern creation.
- Discuss the importance of details like grainlines, seam allowance, darts, and notches in garment patterns.
- Engage the class with a short group activity focused on identifying tools and pattern components.

Elaborate

- List the tools and equipment used in garment construction by naming and showing each item
- Describe the tools and equipment essential for pattern making by explaining their specific uses
- Explain basic techniques used in pattern development by demonstrating simple block making
- Analyse the fundamental processes involved in pattern creation by outlining each step sequentially
- Evaluate the key details typically included in garment patterns by showing and interpreting sample patterns

Demonstrate

Show how to use a French curve and measuring tape to draw a basic neckline pattern on pattern paper and cut it using fabric scissors.

Activity

1. **Activity Name:** Tool and Equipment Identification Race
2. **Objective:** To enable learners to identify and match garment construction and pattern tools with their correct names and functions
3. **Type of activity:** Group
4. **Resources:** Set of real tools or printed images of tools, labels with tool names and functions, double-sided tape or pins, chart paper
5. **Time Duration:** 25 minutes
6. **Instructions:**
 - Divide the class into small groups of 4-5 members.
 - Place all tools or tool images on a table.
 - Give each group a set of labels containing tool names and functions.
 - Instruct each group to match the correct label with the correct tool/image and stick it on a chart paper.
 - Allow 15 minutes for matching and labelling.
 - After the time ends, each group will present their chart briefly.
 - Correct the matches together as a class and provide clarifications if needed.
7. **Outcome:** Learners will be able to recognise, name and state the function of at least 10 tools used in garment construction and pattern making.

Notes for Facilitation



- Use clear and simple language suitable for beginners.
- Allow time for participants to handle and explore the tools physically.
- Emphasise the difference between tools used in garment construction and those used in pattern making.
- Reinforce the importance of accurate measurement and marking for quality garment making.
- Encourage learners to practice drawing and cutting simple pattern blocks after the session.
- Use real-life tailoring or stitching examples to keep the session relatable.

Unit 5.2: Processes in Pattern Creation and Draping

Unit Objectives

By the end of this unit, the participants will be able to:

1. List common practices in draping techniques.
2. Describe the use of mannequins and samples in measurement and draping.
3. Explain techniques for taking body measurements.
4. Discuss the standard steps in draping the mannequin.
5. Evaluate the role of draping in finalising pattern design.
6. Analyse considerations for transferring draped designs into patterns.
7. Examine reference points and specifications in draped pattern analysis.

Resources to be Used

Mannequins, measuring tapes, dress forms, fabric muslin, pins, scissors, sample garments, draping stands, notebooks, pencils, worksheets for body measurements, chalk or fabric markers, reference images or handouts showing draping techniques

Say

- Good morning everyone! I hope you're all excited to dive into something hands-on and creative today.
- Today we're going to explore the entire process of how pattern creation begins with draping – right from measurements to analysing the final pattern.
- This skill is super essential if you want to bring your garment ideas to life and see how a two-dimensional idea transforms into a wearable piece.

Ask

- Have you ever watched a tailor or a designer pin fabric directly on a dress form or mannequin?
- When you buy clothes, do you wonder how designers decide the shape and fall of a sleeve or a skirt?
- Have you noticed how your clothes fit differently depending on where you buy them from and thought about why that is?

Do

- Start the session by briefly revising pattern creation and its relevance in the fashion industry.
- Show the resources and samples that will be used today, including a mannequin.
- Introduce each topic and guide learners through a blend of explanation and demonstration for every technique.

- Encourage participants to observe closely and ask questions while you demonstrate the body measurement and draping steps.
- Divide the participants into small groups and guide them through the activity.

Elaborate



- List common practices in draping techniques by showing how fabric is pinned, tucked and adjusted on a form
- Describe the use of mannequins and samples in measurement and draping to showcase how realistic sizing and shapes are achieved
- Explain techniques for taking body measurements with a focus on accuracy and positioning
- Discuss the standard steps in draping the mannequin including preparing the fabric, pinning and contouring
- Evaluate the role of draping in finalising pattern design by explaining how adjustments are made for precision
- Analyse considerations for transferring draped designs into patterns including grainlines, seam allowances and balance
- Examine reference points and specifications in draped pattern analysis to understand how fit, alignment and shape are maintained

Demonstrate



Show the process of draping a basic bodice front on a mannequin using muslin, marking darts, grainline and fitting curves before removing and laying flat to be converted into a pattern.

Activity



1. **Activity Name:** Body Measurement and Basic Draping Practice
2. **Objective:** To help learners practice accurate body measurements and understand how these measurements are applied in a basic draping setup
3. **Type of activity:** Group
4. **Resources:** Measuring tape, mannequins, worksheets, pencils, muslin fabric, pins
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide participants into small groups
 - Assign one mannequin to each group
 - Ask each group to measure bust, waist, hip, shoulder width, back length and armhole
 - Each group records measurements on the worksheet

- Provide muslin fabric and instruct each group to begin basic bodice front draping using pins and their measurements
 - Supervise the groups and guide them in aligning grainline and marking key points like dart positions
7. **Outcome:** Participants will be able to accurately take body measurements and apply them to begin the process of draping on a mannequin

Notes for Facilitation

- Make the session interactive by involving participants in discussions and clarifying doubts immediately
- Allow space for creativity while maintaining focus on technical accuracy
- Emphasise the importance of posture and consistency when taking body measurements
- Explain clearly the role of seam allowance and how markings on the muslin should reflect real garment lines
- Highlight the importance of understanding body proportions when transferring a design from drape to pattern
- Reinforce the correct method to pin, smooth and mark fabric during draping for better final output

Unit 5.3: Fabric Handling and Garment Cutting Techniques

Unit Objectives

By the end of this unit, the participants will be able to:

1. Describe the pre-cutting preparation of fabric.
2. Explain the guidelines for laying fabric on the cutting table.
3. Analyse the approaches to laying patterns on fabric.
4. Discuss the steps in cutting fabric as per the pattern.
5. Evaluate the completion of pattern through markings and notches.

Resources to be Used

Cutting table, measuring tape, fabric shears, tailor's chalk, pins, pattern paper, different types of fabric samples, marking notches, sample garment pieces, layout charts, scissors, cutting mats, rulers, pattern templates, marker pens, sewing dummy

Say

- Hi everyone! I hope you're excited because today we're diving into one of the most hands-on and essential parts of garment making.
- In this session, we'll explore how to handle fabric and cut it accurately using professional techniques and methods.
- Knowing how to handle and cut fabric properly ensures not just the quality and fit of a garment but also saves time and reduces material waste.

Ask

- Have you ever tried cutting a piece of cloth at home and noticed it didn't sit flat or got crooked?
- Why do you think it's important to be careful before cutting expensive fabric?
- Can you think of any job or role where precise cutting or measurements are really important?

Do

- Begin by showing the trainees a variety of fabrics and how each behaves differently when laid flat.
- Explain the sequence starting from pre-cutting prep to final notching while using the physical resources.
- Engage learners by letting them touch and observe fabric types, grainlines, and how patterns should be placed.
- Walk them through each step with a live demo on the cutting table.
- Encourage questions during the steps and share tips to avoid common cutting errors.

Elaborate

- Describe the pre-cutting preparation of fabric by highlighting processes like checking grain, ironing, and identifying defects
- Explain the guidelines for laying fabric on the cutting table by showing correct alignment, grain direction, and fold types
- Analyse the approaches to laying patterns on fabric by differentiating single layout, double layout, and economical layout methods
- Discuss the steps in cutting fabric as per the pattern by outlining pinning, tracing, and cutting motions
- Evaluate the completion of pattern through markings and notches by demonstrating how notches help in alignment and sewing

Demonstrate

Show how to align fabric on the table, lay a pattern on it as per grainline, pin it correctly, mark notches, and cut smoothly along the edges using fabric scissors.

Activity

1. **Activity Name:** Cut & Prep Relay
2. **Objective:** To enable learners to practically perform the sequence from preparing fabric to cutting a simple pattern piece
3. **Type of activity:** Group
4. **Resources:** Fabric pieces, measuring tapes, tailor's chalk, pattern templates, pins, fabric scissors, cutting table
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the class into small groups of 3-4 participants
 - Each group will be given a small piece of fabric and a basic pattern
 - They must first identify the grainline, fold the fabric properly, and pin the pattern
 - After instructor approval, they should mark the notches and lines and proceed to cut
 - One member will perform while others assist and observe, then rotate roles
7. **Outcome:** Learners will gain confidence in executing key steps in fabric handling and develop awareness of sequencing and precision in cutting

Notes for Facilitation

- Encourage peer learning and collaboration among group members
- Provide feedback and corrections during the hands-on parts of the session
- Emphasise the importance of ironing and grain alignment before cutting
- Reinforce the need for accuracy when tracing and notching
- Explain how incorrect laying or cutting leads to garment misfit
- Use real fabric defects and examples to help them understand what to avoid

Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. b. Sewing machine
2. b. Mannequin
3. b. Pre-cutting preparation
4. c. To complete the pattern accurately
5. c. To finalise pattern design

Answer the following questions briefly.

1. Refer Unit 5.1: Essentials of Garment Construction and Pattern Tools
Topic 5.1.1 Overview of Tools and Equipment for Garment Construction
2. Refer Unit 5.2: Processes in Pattern Creation and Draping
Topic 5.2.4 Standard Steps in Draping the Mannequin
3. Refer Unit 5.2: Processes in Pattern Creation and Draping
Topic 5.2.3 Techniques for Taking Body Measurements
4. Refer Unit 5.3: Fabric Handling and Garment Cutting Techniques
Topic 5.3.3 Approaches to Laying Patterns on Fabric
5. Refer Unit 5.3: Fabric Handling and Garment Cutting Techniques
Topic 5.3.5 Completion of Pattern through Markings and Notches





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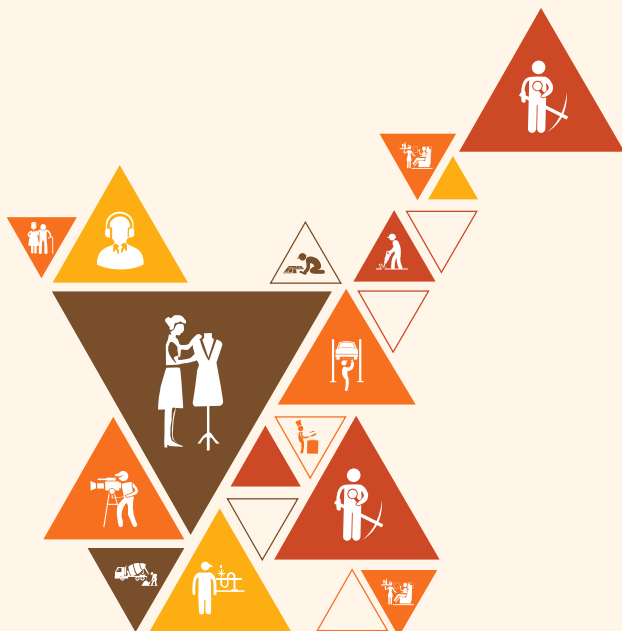


6. Construct the Prototype Garment for the Collection

Unit 6.1 - Product Development Essentials

Unit 6.2 - Exploring Sampling, Stitching, and Assembly Techniques

Unit 6.3 - Delving into Surface Techniques and Quality Assessment



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Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Describe the creation of a techpack and essential documents for garment collection.
2. Identify various garment sample types, seams, and stitches.
3. Sketch embroidery designs for garment components.
4. Trace embroidery patterns accurately on the garment.
5. Stitch different seam types using appropriate stitches.
6. Construct proto samples and assemble cut components as per the techpack.
7. Prepare a cost sheet in the given format for a specific style.
8. Demonstrate dyeing, printing, and embroidery techniques on garments.
9. Evaluate the proto sample against techpack specifications.

Unit 6.1: Product Development Essentials

Unit Objectives

By the end of this unit, the participants will be able to:

1. Explain the process of developing a tech pack.
2. Analyse the flow of embroidery design on garment components.
3. Describe the steps involved in proto sample construction based on a tech pack.
4. Evaluate the significance of documentation in garment collection development.
5. Examine the format and elements of a cost sheet in apparel design.

Resources to be Used

Tech pack samples, embroidery design templates, garment components, proto sample materials, cost sheet templates, projector, laptop, flip chart, whiteboard, markers, measuring tools, fabric swatches, sample garments.

Say

- “Good day, everyone! I’m excited to guide you through this session, where we’ll be diving into essential aspects of product development in garment design.”
- “Our objective today is to understand the complete process of developing a tech pack, analyze embroidery design flow, and learn about proto sample construction, cost sheets, and documentation.”
- “Understanding these topics will empower you to contribute effectively to any garment collection development, ensuring the final product aligns with design specifications, budget, and quality.”

Ask

- “Have you ever heard of a tech pack and wondered why it’s so important in garment production?”
- “Can anyone share an experience where they had to troubleshoot an issue with a garment’s design or construction?”
- “What are some of the challenges you face when trying to keep track of costs while working on a garment?”

Do

- Begin by explaining the importance of each component in product development, especially focusing on the tech pack, embroidery designs, proto samples, documentation, and cost sheets.
- Use visuals, such as a sample tech pack and an embroidery design flow chart, to demonstrate each step of the process.

- Introduce the concept of proto sample construction by showing a garment prototype, explaining how it translates from a tech pack.
- Engage the group in discussing the significance of proper documentation in garment collection development.
- Provide an overview of how a cost sheet plays a role in tracking expenses in apparel design, and review a basic example with the participants.

Elaborate



- Develop a tech pack by outlining all technical details required for production.
- Analyze the flow of embroidery design by identifying how it is applied to various garment components.
- Describe the steps involved in proto sample construction based on the specifications mentioned in the tech pack.
- Evaluate the significance of documentation by understanding its role in tracking design elements, timelines, and production quality.
- Examine the format and elements of a cost sheet in apparel design, ensuring it reflects accurate material costs, labor, and other expenses.

Demonstrate



Demonstrate how to create a tech pack using a sample garment design. Show how to fill in details like fabric specifications, measurements, trims, and embroidery placement.

Activity



1. **Activity Name:** Creating a Proto Sample Tech Pack
2. **Objective:** To understand the process of developing a tech pack and its importance in garment production.
3. **Type of activity:** Individual
4. **Resources:** Tech pack templates, fabric swatches, measurement charts, sample garments
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Provide each participant with a sample garment design and a tech pack template.
 - Ask them to fill in the relevant details in the tech pack, including fabric choice, garment measurements, embroidery placements, and any special features.
 - Instruct participants to use fabric swatches and measurement charts to ensure accuracy in their entries.
 - Once completed, have the participants share their tech packs and provide feedback on key details.
7. **Outcome:** Participants will be able to create a comprehensive tech pack that includes all necessary details for garment production.

Notes for Facilitation

- Maintain an interactive and supportive atmosphere, encouraging questions and real-life examples.
- Ensure participants understand the practical application of a tech pack in real-world garment development.
- Emphasize the importance of accurate documentation at every step of garment development.
- Stress the role of cost sheets in keeping the production process within budget and how to estimate material costs effectively.
- Ensure everyone understands how embroidery designs must be mapped to garment components for seamless integration during production.

Unit 6.2: Exploring Sampling, Stitching, and Assembly Techniques

Unit Objectives

By the end of this unit, the participants will be able to:

1. Classify types of garment samples such as prototype and fit samples.
2. Analyse categories of seams and stitch types used in garment making.
3. Demonstrate techniques for creating seam samples using varied stitches.
4. Illustrate embroidery designs through visual representation for application.
5. Explain procedures for joining cut components into a complete garment.
6. Evaluate the use of embroidery methods on constructed garments.

Resources to be Used

Samples of garments, stitching machines, threads, needles, fabric swatches, embroidery floss, embroidery hoops, seam tapes, garment patterns, prototypes, garment fit samples, visual aids for embroidery designs, sewing manuals, handouts on seam types and stitch categories, visual diagrams of garment assembly steps.

Say

- Good morning, everyone! I'm excited to be here today to explore how we can elevate the quality of garments by mastering sampling, stitching, and assembly techniques.
- Today, we will be learning how to classify various garment samples, understand seam categories, and demonstrate effective stitching and assembly techniques.
- Understanding these processes is crucial for ensuring that the garments you create are not only stylish but also functional and well-constructed, meeting industry standards.

Ask

- Have you ever made a simple piece of clothing or had a piece altered to fit you better?
- Can you think of a time when you noticed the stitching quality of a garment—was it good or bad? How did it impact your impression of the piece?
- Do you know what happens during garment construction when different types of stitches and seams are used?

Do



- Begin by introducing the different types of garment samples: prototype, fit samples, and their respective uses.
- Present an overview of common seam types and stitch categories such as plain seams, French seams, overlocking, and more.
- Show how to create sample seams with varied stitch types on fabric swatches.
- Demonstrate the basic techniques of embroidery to highlight its role in garment design.
- Walk the participants through the steps of garment assembly, from cutting components to joining them properly to form a finished product.
- Provide step-by-step instructions on how to evaluate and apply embroidery methods to enhance a garment's design.

Elaborate



- Classify types of garment samples by understanding their roles in garment production.
- Analyse the categories of seams and stitches used to improve garment durability and aesthetics.
- Demonstrate techniques for creating seam samples using various types of stitches to explore their functionality.
- Illustrate embroidery design techniques and how they contribute to a garment's unique aesthetic.
- Explain the procedures for joining cut components into a complete garment, ensuring smooth assembly.
- Evaluate how different embroidery techniques can be used on constructed garments to enhance their overall appeal.

Demonstrate



Demonstrate the process of creating a basic garment prototype, including stitching and assembling sample components. Show how different seams are used in practical garment construction, including French seams and flat-felled seams.

Activity



1. **Activity Name:** Seam Sample Creation
2. **Objective:** To practice creating various seam samples with different stitches for garment production.
3. **Type of Activity:** Individual
4. **Resources:** Fabric swatches, stitching machines, threads, needles, seam tapes, and visual aids.
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Provide participants with fabric swatches and seam tapes.
 - Ask them to create a series of seams using different stitch types (plain seam, French seam, overlocking, etc.).

- Each participant should complete at least three seam samples, applying different stitching techniques.
 - Encourage them to assess the strength, appearance, and durability of each sample.
7. **Outcome:** Participants will have hands-on experience creating different seam types, enhancing their understanding of the stitch categories and their application in garment making.

Notes for Facilitation

- Ensure all participants have access to sewing machines and necessary tools.
- Encourage participants to take note of the differences between seam types and their ideal applications.
- Emphasize the importance of creating accurate prototypes and fit samples to ensure quality garment production.
- Guide participants in identifying the strengths and weaknesses of each seam type during the hands-on portion of the class.
- Keep the pace of the class engaging by mixing theory and practical activities.
- Address any difficulties participants may have when trying to create clean seams or understanding stitch types.

Unit 6.3: Delving into Surface Techniques and Quality Assessment

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse the range of dyeing and printing methods used in fashion.
2. Describe the types of samples created during garment development.
3. Evaluate the parameters considered when reviewing a proto sample as per the tech pack.

Resources to be Used

Fabric samples, garment prototypes, dyeing and printing equipment, visual aids, projector, tech pack templates, sample evaluation checklists, fabric swatches, garment development samples, digital devices (if needed), and markers for whiteboards.

Say

- “Good morning, everyone! I’m excited to dive into today’s session on surface techniques and quality assessment in fashion.”
- “By the end of today’s class, you’ll be able to analyse various dyeing and printing methods, describe the types of samples used in garment development, and evaluate proto samples effectively.”
- “Understanding these concepts is key to ensuring that every garment you work on meets the highest quality standards, which is vital in the fashion industry.”

Ask

- “Have you ever noticed how the colours or prints on garments seem to change after washing them? What do you think causes that?”
- “How do you decide whether a garment’s print or dye job looks good or not? What factors influence your opinion?”
- “When a new garment is being created, what types of samples do you think are developed before it hits the shelves?”

Do

- Start by explaining the importance of surface techniques, highlighting how they impact the visual appeal and functionality of a garment.
- Discuss the variety of dyeing and printing methods used in fashion, showing examples of each method.

- Break down the stages of garment development, focusing on different types of samples like proto, fit, and final samples.
- Introduce the concept of the tech pack and explain how it guides the evaluation of proto samples.
- Use visual aids and practical demonstrations of the dyeing and printing processes, encouraging participation and questions from the group.

Elaborate



- Analyse the range of dyeing and printing methods used in fashion
- Describe the types of samples created during garment development
- Evaluate the parameters considered when reviewing a proto sample as per the tech pack

Demonstrate



- Show the process of reviewing a proto sample, highlighting key elements such as stitching, finishing, and accuracy of prints or dyes.
- Demonstrate how to compare the proto sample against the tech pack to identify any discrepancies in specifications.

Activity



1. **Activity Name:** Proto Sample Review
2. **Objective:** To apply knowledge of reviewing a proto sample by following the tech pack guidelines.
3. **Type of activity:** Group
4. **Resources:** Proto samples, tech pack templates, sample evaluation checklist, markers, and whiteboards.
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the class into small groups and provide each group with a proto sample and a tech pack.
 - Ask the groups to carefully evaluate the proto sample based on the criteria mentioned in the tech pack, such as fabric, stitching, fit, dye quality, and print accuracy.
 - Each group will discuss their findings and note discrepancies or areas for improvement.
 - After 20 minutes, have each group present their evaluation and suggest improvements based on the tech pack guidelines.
7. **Outcome:** Participants will gain hands-on experience in evaluating proto samples and using a tech pack as a reference for quality assessment.

Notes for Facilitation

- Ensure that participants understand the importance of a tech pack in the garment development process, especially for quality control.
- Encourage engagement by allowing participants to physically handle proto samples and apply what they learn in real-time.
- Reinforce the connection between surface techniques (dyeing and printing) and the overall quality assessment of the garment.
- Keep the discussion dynamic and encourage questions, as this helps participants relate the theory to real-world scenarios.
- Offer feedback on the proto sample reviews and suggest improvements where necessary to help participants refine their evaluation skills.
- Use examples of different dyeing and printing techniques to visually demonstrate their impact on the garment's overall appearance and quality.

Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. b. To document design and construction details
2. c. Prototype sample
3. c. Seams
4. c. Production cost
5. c. Surface techniques

Answer the following questions briefly.

1. Refer Unit 6.1: Product Development Essentials
Topic 6.1.3 Steps Involved in Proto Sample Construction Based on Tech Pack
2. Refer Unit 6.1: Product Development Essentials
Topic 6.1.5 Format and Elements of a Cost Sheet in Apparel Design
3. Refer Unit 6.2: Exploring Sampling, Stitching, and Assembly Techniques
Topic 6.2.1 Classification of Garment Samples such as Prototype and Fit Samples
4. Refer Unit 6.2: Exploring Sampling, Stitching, and Assembly Techniques
Topic 6.2.4 Visual Representation of Embroidery Designs for Application
5. Refer Unit 6.3: Delving into Surface Techniques and Quality Assessment
Topic 6.3.1 Range of Dyeing and Printing Methods Used in Fashion



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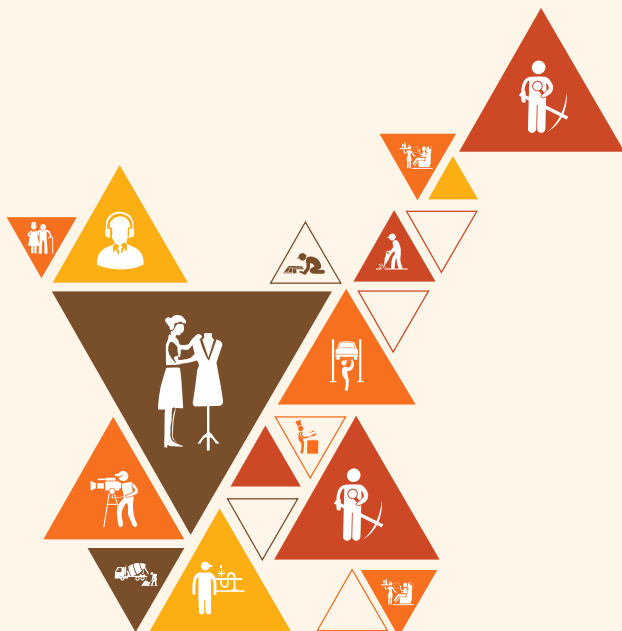
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7. Evaluate Design Development Processes

Unit 7.1 - Prototype Evaluation and Design Considerations

Unit 7.2 - Exploring Production Readiness and Planning Essentials



AMH/N1203

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Describe the procedure for checking proto samples based on techpack or client instructions.
2. Describe how to assess proto samples for design features like woven/print, washability, and utility.
3. Explain the process of evaluating proto samples for proper fit and construction.
4. Discuss coordination with departments like merchandising and production for proto development.
5. Describe the purpose, content, and outcomes of a design brief in the development process.
6. Identify the feasibility of a prototype based on availability of fabrics and trims.
7. Identify key considerations for garment production, including technical and logistical factors.
8. Determine suitable timescales required for completion of proto and production tasks.
9. Evaluate the proto sample's readiness for production and alignment with the brief.

Unit 7.1: Prototype Evaluation and Design Considerations

Unit Objectives

By the end of this unit, the participants will be able to:

1. Explain the importance of aligning proto samples with tech pack or client specifications.
2. Analyse key aspects of design elements and functional attributes.
3. Evaluate the approach to assessing fit in the proto sample.
4. Discuss the role of cross-departmental collaboration in sample assessment.
5. Examine the elements involved in design brief documentation and development outcomes.

Resources to be Used

Projector, screen, PowerPoint slides, design samples, tech pack templates, client specifications sheet, prototype samples, marking tools, markers, handouts of the design brief, flipcharts, and laptops for group activities.

Say

- Good morning everyone, I hope you're all doing well! I'm excited to dive into today's session where we'll be exploring the crucial topic of prototype evaluation and design considerations.
- The objective of today's session is to understand how to effectively align proto samples with tech pack or client specifications and the key aspects of evaluating and designing prototypes.
- This topic is important because it ensures that we can create prototypes that meet client expectations and design functionality, ensuring the final product is both functional and aesthetically pleasing.

Ask

- Have you ever worked on a project where the final product didn't meet your expectations or the client's?
- Can you think of a time when a design was altered or adjusted based on feedback?
- Why do you think it's important to consider both design elements and functional attributes when creating a prototype?

Do

- Start the session by introducing the key topics and their relevance to the industry.
- Display the tech pack and client specification sheet on the screen, and explain how these documents provide critical information for aligning prototype samples.
- Walk through the steps involved in evaluating a prototype sample, highlighting the importance of assessing fit, design elements, and functional attributes.

- Engage participants with a group discussion on how cross-departmental collaboration can impact the quality and assessment of prototype samples.
- Break down the components of a design brief and its importance in the documentation and development outcomes of prototypes.
- Conclude by summarizing the key takeaways and facilitating a brief Q&A session.

Elaborate



- Explain the importance of aligning proto samples with tech pack or client specifications by clarifying how these guidelines ensure the prototype meets all client and technical requirements.
- Analyse key aspects of design elements and functional attributes by identifying how functionality and design complement each other in a prototype.
- Evaluate the approach to assessing fit in the proto sample by discussing the significance of accurate fit testing and adjustments to ensure the final product's usability.
- Discuss the role of cross-departmental collaboration in sample assessment by demonstrating how feedback from various departments such as design, production, and quality control improves the final prototype.
- Examine the elements involved in design brief documentation and development outcomes by reviewing how a well-prepared design brief helps streamline the prototype development process.

Demonstrate



- Demonstrate the process of evaluating a prototype sample by using a real-world example, comparing it with the client's specifications and design brief, and making necessary adjustments.
- Show how to assess fit by measuring a prototype against a set of standard measurements and making recommendations for modification.

Activity



1. **Activity Name:** Prototype Evaluation and Design Considerations
2. **Objective:** To understand the process of evaluating prototype samples in alignment with tech pack specifications and functional attributes.
3. **Type of Activity:** Group
4. **Resources:** Design samples, tech pack templates, marking tools, client specifications sheet, prototype samples.
5. **Time Duration:** 25 minutes
6. **Instructions:**
 - Divide the participants into small groups.
 - Provide each group with a design sample, tech pack template, and client specification sheet.
 - Instruct each group to assess the prototype sample based on the provided tech pack and client specifications.

- Each group should evaluate design elements, functional attributes, and fit, marking necessary adjustments on their prototype samples.
 - After completing the assessment, have each group present their evaluation, including the changes they would make to the prototype to align it with the specifications.
 - Conclude with a group discussion about the importance of these evaluations and adjustments in the prototype development process.
7. **Outcome:** Participants will gain hands-on experience in evaluating a prototype and aligning it with client specifications, enhancing their skills in prototype assessment and design considerations.

Notes for Facilitation

- Encourage active participation throughout the session, especially during discussions and the group activity.
- Remind participants that the evaluation of prototypes is a critical step in the design process, requiring attention to both design and functional aspects.
- Highlight that a well-documented design brief is essential for guiding the prototype development process and ensuring that all departments are aligned in their efforts.
- Ensure that all participants have a clear understanding of how the tech pack and client specifications influence the final prototype, and the importance of these documents.
- Reinforce the role of cross-departmental collaboration in refining prototypes and ensuring that the final product meets both technical and aesthetic requirements.

Unit 7.2: Exploring Production Readiness and Planning Essentials

Unit Objectives

By the end of this unit, the participants will be able to:

1. Examine the feasibility of garment development based on fabric and trim availability.
2. Identify and discuss critical points for ensuring seamless garment production.
3. Explain how timelines impact workflow and deliverables.

Resources to be Used

Whiteboard, markers, flip charts, projector, handouts of production readiness checklists, sample fabrics and trims, garment production timelines, case study materials, and pen and paper for each participant.

Say

- “Good morning, everyone! I’m excited to dive into today’s session where we explore how to prepare for garment production and ensure smooth workflow!”
- “In today’s session, we will learn about garment production readiness, including how to assess fabric and trim availability and understand the timeline impacts on delivery.”
- “Understanding the planning and preparation stages of garment production is essential because it helps ensure that products are produced on time, within budget, and to the required quality standards.”

Ask

- “Can you think of a time when you had to wait for fabric to arrive before starting a garment production? What happened?”
- “How do you think timely delivery of materials and trims impacts the overall production process?”
- “What do you think happens if a garment production timeline is not followed properly? Have you experienced this in your previous work or studies?”

Do

- Start the session by engaging participants with the opening questions to generate interest.
- Introduce the topics and explain the importance of planning and readiness in the garment production process.
- Provide a brief overview of fabric and trim availability and its impact on production.
- Highlight the critical points that need to be monitored for seamless production, such as supplier communication, lead times, and inventory management.

- Discuss how timelines influence production and how to manage workflows effectively.
- Encourage participants to share their thoughts on how they think timelines impact garment production based on their experience or knowledge.
- Facilitate group discussions and ensure everyone is participating.

Elaborate

- Assess the feasibility of garment development based on fabric and trim availability.
- Identify critical points for ensuring seamless garment production, such as communication with suppliers and managing supply chain risks.
- Understand the impact of timelines on workflow and how delays in one stage can affect others.

Demonstrate

- Show an example of a production timeline and walk through the process of identifying potential delays caused by fabric or trim shortages.
- Demonstrate how to assess the readiness of the production process by checking if all required materials are available before starting the production.

Activity

1. **Activity Name:** Production Planning Simulation
2. **Objective:** To allow participants to apply concepts related to garment production readiness by simulating the identification of critical points in the process.
3. **Type of activity:** Group
4. **Resources:** Whiteboard, markers, production timelines, fabric and trim samples, handouts with a checklist for production readiness.
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide participants into small groups (3-4 members per group).
 - Give each group a sample garment production scenario, including details on fabric and trim availability, production timeline, and critical points to consider.
 - Ask each group to identify the possible issues in the scenario and create a plan to ensure smooth production. They should list the steps they would take to address fabric and trim shortages, manage timelines, and ensure the production process runs smoothly.
 - After 20 minutes of discussion, ask each group to present their solution.
 - Facilitate a group discussion after each presentation to compare solutions and provide feedback.
7. **Outcome:** Participants will gain practical experience in identifying and addressing potential production issues, leading to a better understanding of how planning and readiness impact garment production.

Notes for Facilitation



- Encourage active participation and ensure all groups are equally engaged in the activity.
- Use real-life examples from your experience to help illustrate the points.
- Emphasize the importance of early detection of issues in the production process, particularly when dealing with fabric and trim availability.
- Reiterate the value of having a clear production timeline to avoid delays and miscommunications in the process.
- Remind participants that flexibility is key to handling unexpected issues in production planning.

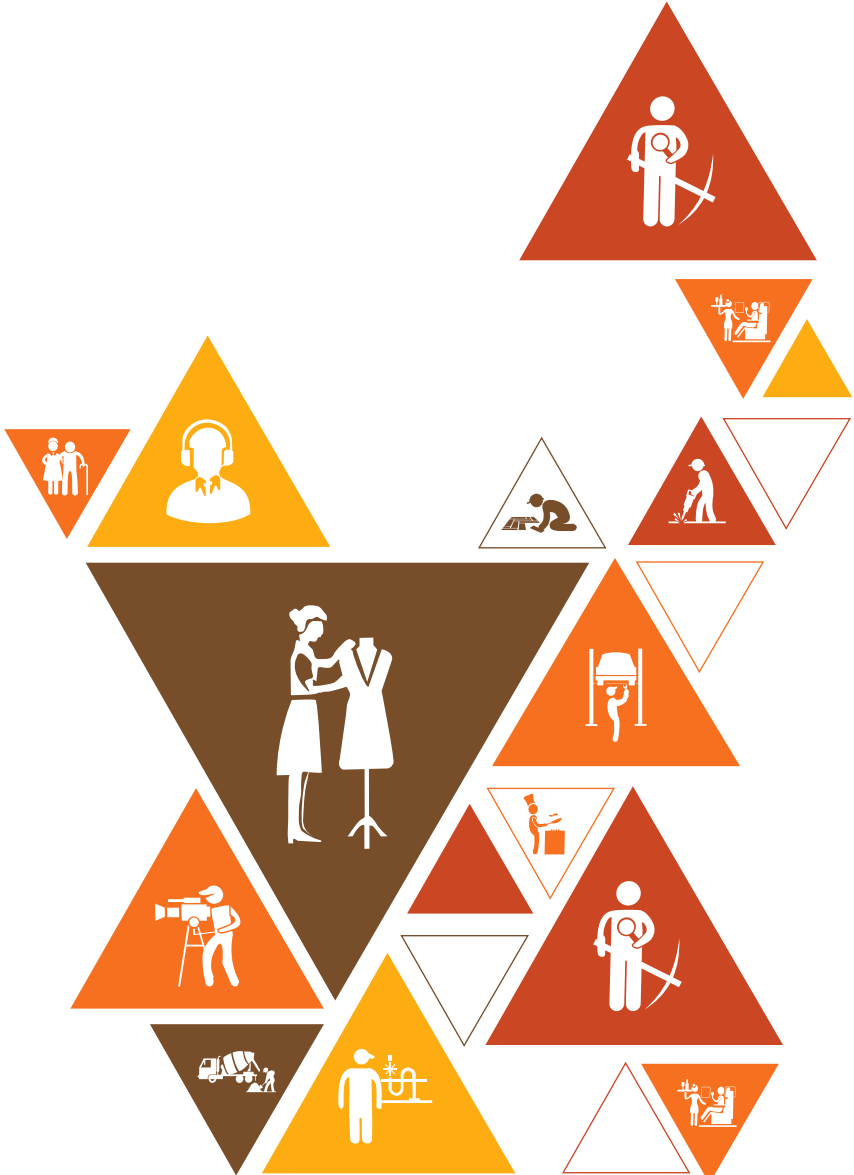
Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. c. To ensure design accuracy and client satisfaction
2. c. Enhances quality through shared expertise
3. c. Fabric and trim availability
4. c. It provides clear design and outcome directions
5. b. They impact workflow and delivery schedules

Answer the following questions briefly.

1. Refer Unit 7.1: Prototype Evaluation and Design Considerations
Topic 7.1.1 Importance of Aligning Proto Samples with Tech Pack or Client Specifications
2. Refer Unit 7.1: Prototype Evaluation and Design Considerations
Topic 7.1.3 Approach to Evaluating Fit in the Proto Sample
3. Refer Unit 7.1: Prototype Evaluation and Design Considerations
Topic 7.1.5 Elements Involved in Design Brief Documentation and Development Outcomes
4. Refer Unit 7.2: Exploring Production Readiness and Planning Essentials
Topic 7.2.1 Feasibility of Garment Development Based on Fabric and Trim Availability
5. Refer Unit 7.2: Exploring Production Readiness and Planning Essentials
Topic 7.2.3 Timelines and Their Impact on Workflow and Deliverables





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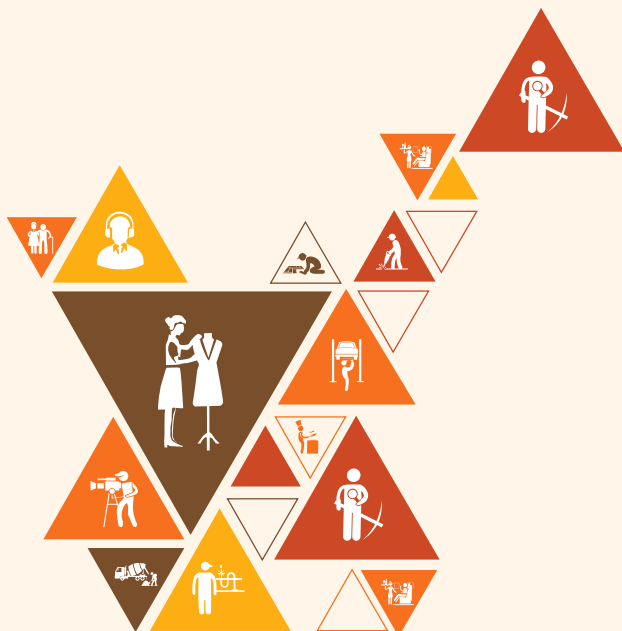
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8. Make Correction in the Garment

Unit 8.1 - Handling Prototype Adjustments and Sample Reviews

Unit 8.2 - Ensuring Quality Compliance and Documentation



AMH/N1203

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Analyze all the corrections to be made with respect to fitting, measurement issues.
2. Describe how to make corrections in the proto/fit sample as per review inputs.
3. Describe the evaluation process the prototype for the feasibility of the garment in terms of sourcing of the fabric and the trims available for the span of production
4. Explain the method for getting approval of the final sample from the Client
5. Identify how to make corrections in the proto/fit sample as per review inputs.
6. Identify the defects in the garment like stitching defects, fitting and
7. Evaluate the various test results of the garment testing to check its feasibility and acceptance by the customer.
8. Identify the various tests to be conducted to check the quality standard of the garment.
9. Prepare the file of the approved sample containing approved fabric swatches, accessories, techpack, cost sheet etc.

Unit 8.1: Handling Prototype Adjustments and Sample Reviews

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse common corrections related to fitting and measurement irregularities.
2. Explain the steps followed during adjustments in proto or fit samples based on review observations.
3. Evaluate prototype in relation to fabric and trim sourcing feasibility.
4. Describe the procedure involved in final sample approval from the client.
5. Assess factors affecting changes in proto/fit samples during feedback implementation.
6. Examine areas of concern in garment defects including stitching and fit-related issues.

Resources to be Used

Measuring tape, dummy or sample garments, basic sewing kit, tech pack samples, swatch cards, defect sample garments, approval forms, chart paper, markers, correction templates, fit sample reports

Say

- Hi everyone, I hope you're all doing great today—ready to dig into something super hands-on and practical?
- Today, we're going to explore how to handle prototype adjustments and review samples with a professional approach.
- Understanding this process helps you make industry-level corrections, improve final output, and better communicate with design and production teams.

Ask

- Have you ever tried on a garment and felt it just didn't fit right, even if it was your size?
- What do you usually look at first when you check a new outfit—stitches, fitting, or fabric?
- Why do you think it's important for a brand to get client approval before producing in bulk?

Do

- Begin the session by showing a sample garment and asking participants to spot any visible irregularities.
- Guide them through common areas of fitting corrections and use the measuring tape on a dummy to illustrate proper alignment.
- Walk through the process of adjustment based on a sample review and show how to record corrections.

- Explain sourcing feasibility with examples of unavailable trims or mismatched fabrics.
- Discuss final sample approval stages and show an actual approval form.
- Invite learners to identify garment defects using real defect samples and lead a quick group sharing.

Elaborate

- Analyse common corrections related to fitting and measurement irregularities
- Explain the steps followed during adjustments in proto or fit samples based on review observations
- Evaluate prototype in relation to fabric and trim sourcing feasibility
- Describe the procedure involved in final sample approval from the client
- Assess factors affecting changes in proto or fit samples during feedback implementation
- Examine areas of concern in garment defects including stitching and fit-related issues

Demonstrate

Use a garment with visible fitting and stitching issues and perform a live demo on identifying the errors, pinning corrections, and noting them on the sample review sheet.

Activity

1. **Activity Name:** Spot & Fix
2. **Objective:** To help participants identify and suggest correction methods for common sample defects and fit issues.
3. **Type of activity:** Group
4. **Resources:** Sample garments with defects, defect checklist sheet, pens, correction templates, measurement tape
5. **Time Duration:** 30 minutes
6. **Instructions**
 - Divide participants into small groups of 3–4.
 - Give each group one defect sample garment and a defect checklist.
 - Ask them to analyse the garment for fitting or stitching issues.
 - Guide them to note the defects, suggest corrections, and record these on the template.
 - Each group will present their findings and explain their approach to corrections.
7. **Outcome:** Participants will become familiar with identifying common garment issues and collaboratively learn how to recommend basic corrections in line with industry expectations.

Notes for Facilitation

- Encourage participation by giving each trainee a hands-on role during the activity.
- Keep the environment interactive and supportive to reduce hesitation in sharing observations.
- Remind learners that even slight fitting issues can lead to full-scale production problems.
- Reinforce the importance of reviewing every prototype before final approval.
- Highlight the connection between fabric availability and design feasibility.
- Ensure trainees understand that clear sample documentation improves client satisfaction and production quality.

Unit 8.2: Ensuring Quality Compliance and Documentation

Unit Objectives

By the end of this unit, the participants will be able to:

1. Evaluate garment testing outcomes in relation to production feasibility and customer acceptance.
2. Analyse the types of quality tests conducted to ensure compliance with garment standards.
3. Examine the components included in the approved sample file, including swatches, accessories, and the tech pack.

Resources to be Used

fabric swatches, approved sample file, tech pack, garment testing reports, dummy garments, quality testing checklist, projector, whiteboard, markers, quality manuals

Say

- Hello everyone! I'm really glad to be with you today to explore an important part of the garment production process.
- Today, we're diving into how we can ensure quality compliance and proper documentation throughout garment production.
- This topic is essential because a well-made garment not only meets customer expectations but also saves time and resources during production.

Ask

- Have you ever returned a piece of clothing because of a defect?
- Can you think of a time when colour or fit didn't match what was shown online or in-store?
- What kind of things do you think companies do to avoid sending poor quality garments to customers?

Do

- Start with a quick recap of what quality means in garment manufacturing.
- Explain the role of garment testing in maintaining customer satisfaction and production feasibility.
- Show visuals of different quality tests and discuss their purpose.
- Pass around a sample file and explain the components and their importance.
- Discuss what documentation is maintained and how it helps ensure quality compliance.
- Encourage questions and discussions after each topic to keep engagement high.

Elaborate

- Evaluate garment testing outcomes in relation to production feasibility and customer acceptance by explaining how test results influence production decisions and customer satisfaction
- Analyse the types of quality tests conducted to ensure compliance with garment standards by identifying common tests like colour fastness, shrinkage, tensile strength and discussing their importance
- Examine the components included in the approved sample file including swatches, accessories and the tech pack by going through each element and explaining its function in guiding production

Demonstrate

Show a real or mock quality testing report for a garment and explain how each parameter is analysed to approve or reject the garment sample.

Activity

1. **Activity Name:** Match and Map Testing
2. **Objective:** To identify and understand the purpose of different garment tests and their outcomes related to real-life production or customer issues.
3. **Type of activity:** Group
4. **Resources:** Cards with garment defects, cards with names and descriptions of quality tests, whiteboard, markers
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide trainees into small groups of 3–4 members.
 - Give each group a set of defect cards (e.g. faded colour, torn seam, size mismatch) and a set of test cards (e.g. colour fastness, seam strength, measurement checks).
 - Instruct each group to match the correct test card with the defect it prevents.
 - Once matched, each group should present one pair and explain how the test helps ensure quality compliance.
 - Conclude the activity by summarising how each test aligns with production feasibility and customer expectations.
7. **Outcome:** Participants will be able to identify which tests prevent which defects and understand how test outcomes affect garment approval.

Notes for Facilitation

- Keep the session interactive with lots of visual examples and real-life references.
- Use clear language and encourage questions throughout to maintain engagement.
- Emphasise how quality testing directly affects brand reputation and customer trust.
- Highlight the role of documentation in traceability and accountability in garment production.
- Clarify that an approved sample file acts as a reference standard for bulk production.
- Reinforce the need for quality compliance in both domestic and international markets.

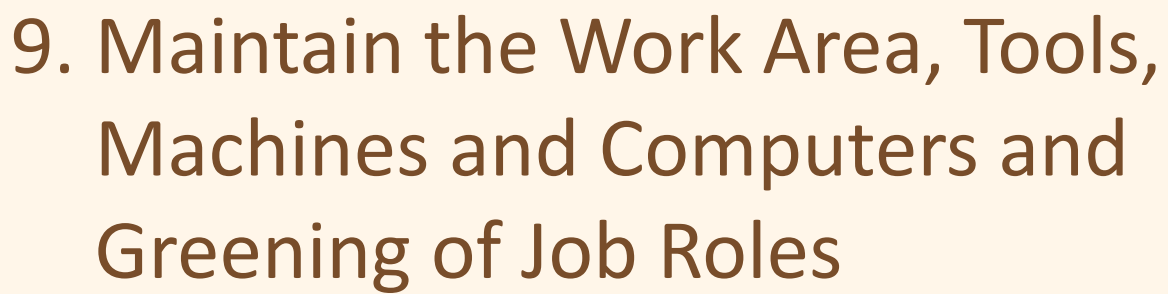
Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

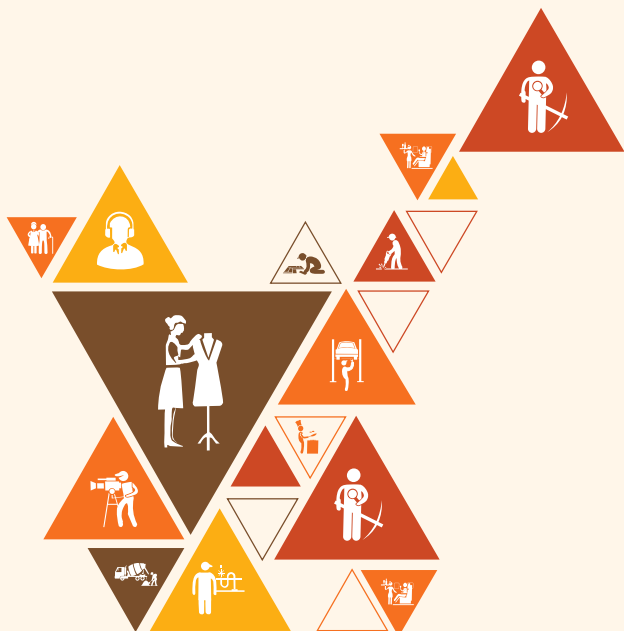
1. c. To correct garment defects and improve fit
2. b. Review observations and feedback
3. c. To assess feasibility and availability
4. b. Swatches, accessories, and tech pack
5. b. Stitching and fit-related issues

Answer the following questions briefly.

1. Refer Unit 8.1: Handling Prototype Adjustments and Sample Reviews
Topic 8.1.1 Common Corrections Related to Fitting and Measurement Irregularities
2. Refer Unit 8.1: Handling Prototype Adjustments and Sample Reviews
Topic 8.1.2 Steps Followed During Adjustments in Proto or Fit Samples Based on Review Observations
3. Refer Unit 8.1: Handling Prototype Adjustments and Sample Reviews
Topic 8.1.3 Overview of Prototype Evaluation in Relation to Fabric and Trim Sourcing Feasibility
4. Refer Unit 8.1: Handling Prototype Adjustments and Sample Reviews
Topic 8.1.4 Procedure Involved in Final Sample Approval from the Client
5. Refer Unit 8.1: Handling Prototype Adjustments and Sample Reviews
Topic 8.1.5 Factors Affecting Changes in Proto/Fit Samples During Feedback Implementation



Unit 9.3 - Workplace Efficiency, Hygiene and Ergonomics



AMH/N1204

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Discuss the importance of ethical, energy-efficient, and resource-specific practices at the workplace.
2. Evaluate methods for conserving energy and minimizing waste in the apparel sector.
3. State the significance of ethics and values in governance and personal/organisational benefits.
4. Describe the process of backing up and storing digital design files securely as per organisational guidelines.
5. Identify and report deviations from regulatory or organisational requirements.
6. Seek clarification on workplace policies and procedures from authorized personnel.
7. Demonstrate proper handling and disposal of physical and digital waste materials.
8. Perform routine maintenance and cleaning of tools, sewing machines, and equipment.
9. Practice correct working posture and carry out tasks in compliance with legal and environmental standards.

Unit 9.1: Ethical Foundations and Organisational Responsibility

Unit Objectives

By the end of this unit, the participants will be able to:

1. Evaluate the significance of appropriate usage of workplace resources.
2. Analyse the role of energy conservation in the apparel industry.
3. Assess the value of ethics and integrity in governance.
4. Discuss ethical practices as a foundation for personal and organisational growth.
5. Explain the regulatory requirements and the need for timely reporting of deviations.
6. Examine the relevance of seeking clarification on workplace policies.
7. Evaluate organisational compliance with legal, regulatory, and ethical expectations.
8. Analyse organisational alignment with greening solutions and sustainability policies.
9. Describe the importance of waste disposal practices aligned with workplace norms.
10. Discuss organisational protocols for identifying and reducing wastage.

Resources to be Used

Projector, flip charts, marker pens, notepads, printed copies of organisational policy documents, case examples of ethical workplace behaviour, video clip on energy conservation in apparel industry, waste disposal bins for demonstration, printouts of regulatory compliance checklist, sustainability policy templates

Say

- Good morning everyone! I'm really looking forward to diving into today's session with all of you.
- Today, we're going to explore how ethical values and organisational responsibility go hand-in-hand to create a productive, respectful and sustainable workplace.
- This topic is really important because understanding these foundations helps you make better decisions, act responsibly at work, and contribute positively to your company's culture and the environment.

Ask

- Have you ever noticed a co-worker misusing office supplies or electricity and wondered if you should speak up?
- Can you think of any ways your actions at work impact the environment, even in small ways?
- Have you ever been confused about a rule at your workplace but didn't know whom to ask?

Do

- Begin with a brief discussion on what ethics and responsibility mean in the workplace.
- Show a short video on energy conservation practices in the apparel industry.
- Distribute printouts of workplace policy documents and go through a few examples of compliance and deviation.
- Invite trainees to share small real-life examples from their current or past workplaces that relate to any of the topics.
- Explain each topic using practical examples and connect them to job roles and industry needs.
- Conclude with a simple group activity to reinforce understanding and application.

Elaborate

- Evaluate the significance of appropriate usage of workplace resources by discussing real examples of wastage and cost implications
- Analyse the role of energy conservation in the apparel industry by identifying common energy-intensive processes and alternatives
- Assess the value of ethics and integrity in governance by examining the impact on employee trust and organisational transparency
- Discuss ethical practices as a foundation for personal and organisational growth by linking personal values with long-term workplace success
- Explain the regulatory requirements and the need for timely reporting of deviations by using examples from audit or inspection reports
- Examine the relevance of seeking clarification on workplace policies by discussing communication channels and responsibilities
- Evaluate organisational compliance with legal, regulatory, and ethical expectations by reviewing policies and past examples of non-compliance
- Analyse organisational alignment with greening solutions and sustainability policies by exploring eco-friendly initiatives in the workplace
- Describe the importance of waste disposal practices aligned with workplace norms by highlighting health, safety and efficiency outcomes
- Discuss organisational protocols for identifying and reducing wastage by demonstrating structured reporting and feedback systems

Demonstrate

Show proper and improper methods of disposing office waste into the correct bins, and link the actions to workplace norms and health outcomes

Activity

1. **Activity Name:** Resource Detective
2. **Objective:** To identify common instances of resource misuse and suggest ethical alternatives
3. **Type of activity:** Group
4. **Resources:** marker pens, flip chart papers, sticky notes, sample list of workplace resources
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide trainees into small groups of 4-5
 - Ask each group to list 5 common workplace resources and how these are often misused
 - Each group should then suggest one ethical practice to improve the use of each resource
 - Ask groups to write their findings on flip charts and present briefly
 - Facilitate a quick round of feedback and discussions
7. **Outcome:** Trainees become aware of resource misuse, think critically about alternatives, and understand their role in fostering ethical resource use

Notes for Facilitation

- Encourage participation by maintaining a safe and respectful environment
- Use real-life relatable examples to build relevance for each topic
- Ensure clarity when explaining ethical versus unethical behaviour in workplace context
- Highlight how seeking clarification is not a weakness but a strength in professional behaviour
- Link energy conservation and waste management examples directly to common practices in the apparel sector
- Emphasise that ethics and integrity are foundational for career growth, team trust, and regulatory compliance

Unit 9.2: Data and Design Management in the Digital Workplace

Unit Objectives

By the end of this unit, the participants will be able to:

1. List backup protocols for safeguarding digital design work.
2. Describe safe storage practices for soft copies of digital assets.
3. Explain responsible use of machines and equipment in work environments.
4. Discuss energy-saving practices in day-to-day operations.
5. Evaluate the importance of conserving energy in apparel-based production settings.
6. Examine correct handling and storage of material and digital waste.
7. Assess organisational alignment with guidelines for sustainable resource usage.

Resources to be Used

Laptop, projector, whiteboard, marker pens, sample digital designs, USB drives, power cords, extension boards, waste bins labelled for e-waste and material waste, fabric scraps, printed backup protocols, sample storage folders, posters showing energy-saving practices, worksheet handouts

Say

- Good morning everyone! Hope you're all energised and ready to explore how we manage our digital designs and data smartly.
- Today, we'll learn how to handle digital work efficiently, store it safely, and manage resources wisely in our digital workspaces.
- These are everyday habits that not only improve our productivity but also help protect your creative work and save the environment.

Ask

- Have you ever lost a file because you didn't save it or forgot to back it up?
- Where do you usually store your soft copies of assignments or photos?
- Have you ever seen devices left running even when not in use—how often do you switch off equipment at work or home?

Do

- Begin with a short discussion on digital design work and how it's managed in the workplace
- Display a sample backup protocol and explain its components using the projector
- Walk the group through different types of storage devices and how they are used in real scenarios
- Introduce energy-saving tips using posters and handouts
- Guide the class in identifying types of digital and material waste, and how to dispose of them responsibly
- Relate the day's learning with common practices in apparel-based work settings

Elaborate

- List backup protocols for safeguarding digital design work with examples of physical and cloud-based systems
- Describe safe storage practices for soft copies of digital assets with focus on folder organisation and access controls
- Explain responsible use of machines and equipment in work environments with examples of power management and correct handling
- Discuss energy-saving practices in day-to-day operations using reminders, automation tools and power strips
- Evaluate the importance of conserving energy in apparel-based production settings using impact on cost and environment
- Examine correct handling and storage of material and digital waste with emphasis on segregation and recycling
- Assess organisational alignment with guidelines for sustainable resource usage with reference to workplace policies

Demonstrate

Show how to create a backup of a digital file using a USB drive and cloud storage and label it with the correct date and project title

Activity

1. **Activity Name:** Safe & Secure
2. **Objective:** To help trainees understand and apply proper backup and storage practices for digital design files
3. **Type of activity:** Group
4. **Resources:** Sample design files, laptops, USB drives, cloud storage access (Google Drive or similar), sticky notes, printed storage protocol sheets
5. **Time Duration:** 30 minutes

6. Instructions:

- Divide participants into small groups of 3–4
- Give each group a sample digital file
- Instruct each group to create two backups: one on a USB drive and one on cloud storage
- Ask them to label both storage files using a proper naming and date convention
- Have them fill out a short checklist from the protocol sheet to ensure all steps are followed
- Let each group explain their process briefly

7. Outcome: Participants will learn the practical steps of safe digital storage and backup using correct methods and formats

Notes for Facilitation

- Encourage participation and relate examples to their personal experience
- Maintain a supportive and interactive tone throughout the session
- Reinforce the use of updated backups to prevent data loss in digital design
- Emphasise energy efficiency as a responsibility, not just a workplace requirement
- Clarify proper procedures for segregating digital and physical waste
- Highlight how aligning with sustainability guidelines benefits both the organisation and environment

Unit 9.3: Workplace Efficiency, Hygiene and Ergonomics

Unit Objectives

By the end of this unit, the participants will be able to:

1. Assess the daily upkeep procedures of tools and equipment to maintain operational efficiency.
2. Explain appropriate cleaning techniques for sewing machines and related tools.
3. Evaluate working postures that enhance comfort and prevent fatigue.

Resources to be Used

Cleaning cloths, soft brush, machine oil, sample sewing machine, toolkit, workstation chairs, adjustable table, posture diagram chart, whiteboard, markers, projector, A4 sheets, pen, dustbin

Say

- Hello everyone! I'm really excited to begin today's session with you—let's make this an energetic and insightful time together.
- Today we're going to explore how keeping your tools clean, working smartly, and maintaining good posture can really improve your productivity and well-being at work.
- If you take these simple habits seriously, you'll not only save time and effort but also avoid common issues like machine breakdowns and body aches in the long run.

Ask

- Have you ever felt tired or achy after working for long hours in the same position?
- What do you usually do to keep your personal items or tools clean and functional at home?
- Why do you think people in professions like tailoring or carpentry clean their tools daily?

Do

- Begin the session by connecting with learners through the "Ask" questions and encouraging responses.
- Introduce each topic with the help of the whiteboard and projector to display diagrams and notes.
- Use a real sewing machine and tools to demonstrate cleaning techniques and postural adjustments.
- Encourage learners to observe and later participate in the demonstration.
- Provide A4 sheets and pens for learners to jot down key tips for cleaning, posture, and maintenance practices.

Elaborate

- Assess the daily upkeep procedures of tools and equipment to understand how regular care ensures smooth functioning and longer life
- Explain appropriate cleaning techniques for sewing machines and related tools to maintain hygiene and avoid wear and tear
- Evaluate working postures that enhance comfort and prevent fatigue to promote health and work efficiency

Demonstrate

Show how to properly clean a sewing machine by switching off the power, using a soft brush to remove lint, wiping it with a clean cloth, and applying machine oil to designated parts

Activity

1. **Activity Name:** Clean-Up Relay
2. **Objective:** To practise daily cleaning and maintenance procedures of sewing machines and tools in a hands-on setting
3. **Type of activity:** Group
4. **Resources:** Sample sewing machines, toolkits, cleaning cloths, soft brushes, machine oil, checklist printouts
5. **Time Duration:** 30 minutes
6. **Instructions**
 - Divide learners into small groups of 3–4.
 - Give each group a sewing machine and a toolkit.
 - Provide them with a printed checklist of cleaning steps.
 - Each group must follow the checklist to clean and oil their machine properly.
 - One member documents the steps and observations.
 - After all groups finish, have each group present one tip they discovered during cleaning.
7. **Outcome:** Learners will be able to practically apply cleaning techniques and understand the importance of regular upkeep for tools and equipment

Notes for Facilitation

- Keep the session interactive by encouraging questions and observations during demonstrations
- Give clear instructions and assist groups wherever needed during the activity
- Reinforce that improper maintenance can lead to damaged tools, safety issues, and lower productivity
- Explain that posture-related fatigue is preventable through awareness and small changes in working positions
- Emphasise the importance of daily upkeep not just for machines but also for personal hygiene and surroundings
- Highlight that neatness at the workstation boosts morale and efficiency

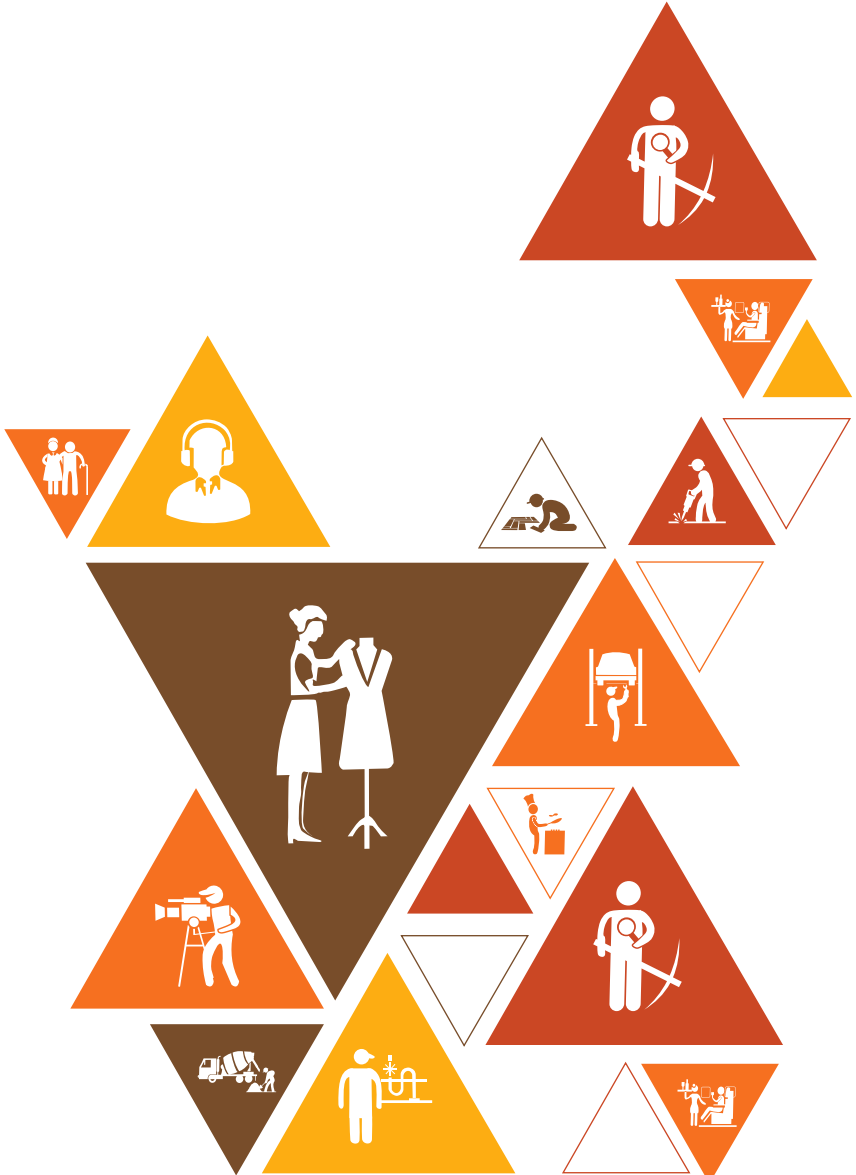
Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. c. To ensure accountability and efficiency
2. c. It supports sustainability and cost-effectiveness
3. c. Using backup protocols and safe storage practices
4. b. To prevent misunderstandings and ensure compliance
5. c. Fatigue and discomfort

Answer the following questions briefly.

1. Refer Unit 9.1: Ethical Foundations and Organisational Responsibility
Topic 9.1.4 Ethical Practices as a Foundation for Personal and Organisational Growth
2. Refer Unit 9.1: Ethical Foundations and Organisational Responsibility
Topic 9.1.4 Ethical Practices as a Foundation for Personal and Organisational Growth
3. Refer Unit 9.3: Workplace Efficiency, Hygiene and Ergonomics
Topic 9.3.1 Daily Upkeep of Tools and Equipment to Maintain Efficiency
4. Refer Unit 9.2: Data and Design Management in the Digital Workplace
Topic 9.2.2 Safe Storage Practices for Soft Copies of Digital Assets
5. Refer Unit 9.1: Ethical Foundations and Organisational Responsibility
Topic 9.1.9 Importance of Waste Disposal Practices Aligned with Workplace Norms





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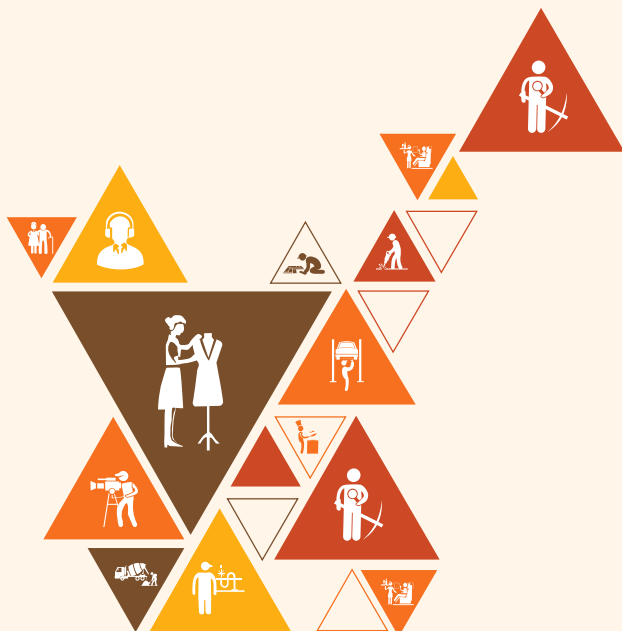


10. Promote and Sustain Safety, Health, and Security in Workplace, While Fostering Gender and Persons with Disabilities (PwD) Sensitization

Unit 10.1 - Workplace Health, Safety, and Compliance

Unit 10.2 - Risk Management and Emergency Preparedness

Unit 10.3 - Workplace Inclusion, Awareness, and Best Practices



AMH/N0620

Key Learning Outcomes



By the end of this module, the participants will be able to:

1. Explain workplace health, safety, gender equality, and PwD-related practices and their importance.
2. Describe hazards associated with sewing machine operation and emergency response procedures like CPR and first aid.
3. Discuss the value of sensitisation training for gender and PwD awareness in the apparel industry.
4. Identify safety signage and safe usage of stitching tools and equipment.
5. Choose correct working postures and appropriate cleaning methods for comfort and efficiency.
6. Select materials and methods that minimise waste in operations.
7. Carry out scheduled maintenance and cleaning of tools, machines, and equipment.
8. Make sure machine guards are correctly placed before use.
9. Dispose waste and store cleaning equipment safely in designated areas.

Unit 10.1: Workplace Health, Safety, and Compliance

Unit Objectives

By the end of this unit, the participants will be able to:

1. Explain workplace health and safety practices, including compliance with safety, gender, and PwD-related instructions.
2. Identify health and safety signage and compliance requirements related to stitching.
3. Discuss hazards of sewing machine operations, such as physical injuries and electric shocks.
4. Identify and correct (if possible) malfunctions in sewing machines and other equipment.
5. Discuss the importance of personal protective equipment (PPE) like nose masks and lock guards.

Resources to be Used

Charts of safety signs, sample PPE such as nose masks and lock guards, a working sewing machine, handouts on safety instructions for gender and PwD inclusivity, malfunction identification checklist, compliance posters, electric plug with safety features, visual aids on hazards, flipcharts, markers, projector

Say

- Good morning, everyone! I'm so glad to be with you all today—hope you're ready to explore something super important for your work and safety.
- Today we'll learn how to stay safe, follow rules, and protect ourselves and others while working around machines and tools.
- Knowing how to prevent injuries and follow rules not only keeps you safe but also makes you a reliable and confident professional in your workplace.

Ask

- Have you ever seen different signs around your neighbourhood or workplace and wondered what they mean?
- Do you or someone you know ever use masks or gloves while working with tools or dust?
- What do you do when your sewing machine doesn't work properly or makes unusual noises?

Do

- Begin the session by welcoming learners and giving a quick overview of the topics.
- Show the participants the safety signage and PPE used in stitching areas.
- Explain through images and physical items how injuries can happen if safety rules are ignored.

- Walk participants through the types of malfunctions and how to spot them.
- Use the sewing machine to demonstrate common hazards and how to prevent them.
- Encourage participants to engage with the equipment under your guidance.

Elaborate

- Explain workplace health and safety practices including safety, gender and PwD-related instructions
- Identify health and safety signage and compliance requirements related to stitching
- Discuss hazards of sewing machine operations such as physical injuries and electric shocks
- Identify and correct malfunctions in sewing machines and other equipment
- Discuss the importance of personal protective equipment like nose masks and lock guards

Demonstrate

Show how to safely operate a sewing machine while pointing out the areas where injuries can occur and how PPE and safety instructions help prevent these injuries.

Activity

1. **Activity Name:** PPE Spot and Apply
2. **Objective:** To help learners identify the right PPE and understand when and how to use it correctly in a stitching workspace
3. **Type of activity:** Group
4. **Resources:** Sample PPE (nose masks, gloves, safety glasses, lock guards), labels, flipchart, markers
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the class into 3 groups.
 - Place all PPE items on a table.
 - Ask each group to select items they think are required for sewing operations.
 - Once selected, each group will label the item, describe its use, and demonstrate how to wear or apply it.
 - Discuss why each item is important and what could happen if it's not used.
7. **Outcome:** Participants will gain hands-on experience in identifying and correctly using PPE required for safe stitching operations.

Notes for Facilitation



- Use clear, simple language and real-life examples to make safety concepts relatable.
- Allow time for questions and encourage sharing of personal workplace experiences.
- Emphasise how safety instructions differ slightly for individuals based on gender and for Persons with Disabilities.
- Be observant while demonstrating equipment to ensure no one accidentally handles it improperly.
- Reinforce the idea that identifying a malfunction is as critical as fixing it.
- Always link back the importance of using PPE with actual workplace injury statistics or examples.

Unit 10.2: Risk Management and Emergency Preparedness

Unit Objectives

By the end of this unit, the participants will be able to:

1. Analyse the workplace and work processes for potential risks and threats (e.g., injuries, fire hazards).
2. Discuss mock drills, evacuation procedures, and emergency response training, including fire-fighting and first aid.
3. Discuss basic first aid and undertake safety-related training programs.
4. Discuss the importance of maintaining hygiene, a healthy lifestyle, and good habits at work.

Resources to be Used

First aid kit, fire extinguisher, printed floor map for evacuation drill, markers, flipchart, whistle, projector, videos related to fire safety and hygiene practices, dummy for first aid demonstration, chart papers, pens

Say

- Good morning everyone! Hope you're all feeling energised and ready to learn something important today.
- Today, we're going to explore how we can keep ourselves and others safe by understanding risk management and emergency preparedness.
- Knowing this helps you respond better in dangerous situations and makes you more confident and capable in your workplace.

Ask

- Have you ever seen a fire drill or emergency evacuation at your school or in your locality?
- What do you usually do when someone gets a small injury around you?
- Do you think keeping your hands clean regularly can prevent health issues at work?

Do

- Start with a short introduction of what risk management and emergency preparedness mean.
- Use real-life examples to explain potential risks at a workplace.
- Show the participants the resources used in emergency response like first aid kits and fire extinguishers.
- Conduct a short demo on how to use a fire extinguisher and provide hands-on participation.
- Talk about why hygiene and lifestyle matter at work with examples.

- Encourage open discussion and let learners share their own experiences or thoughts.
- Conclude by summarising key learning points and letting participants reflect on how they can apply them at work.

Elaborate

- Analyse the workplace and work processes for potential risks and threats by observing machinery, electrical wiring, slippery floors, and flammable items
- Discuss mock drills, evacuation procedures, and emergency response training including fire-fighting and first aid to prepare workers for emergencies
- Discuss basic first aid and undertake safety-related training programs to build confidence in immediate response
- Discuss the importance of maintaining hygiene, a healthy lifestyle, and good habits at work to prevent long-term health risks and promote a safe environment

Demonstrate

Show how to perform CPR and use a fire extinguisher using a dummy and extinguisher for visual learning and practice.

Activity

1. **Activity Name:** Spot the Risk and Respond
2. **Objective:** To enable learners to identify potential hazards and outline immediate emergency actions in a mock workplace setup
3. **Type of Activity:** Group
4. **Resources:** Flipchart, markers, hazard signs on paper, printed map of a floor layout, whistle, stopwatch
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the group into teams of 4-5 members.
 - Give each group a floor map with marked zones and hazard indicators.
 - Ask them to identify the risks, and mark safe exits and assembly points.
 - After 10 minutes, blow a whistle and simulate a drill – each group demonstrates how they would evacuate based on their plan.
 - Discuss what went right and what could be improved after the simulation.
 - Note the quick response times, clarity in communication, and accuracy of hazard spotting.
7. **Outcome:** Participants will understand how to identify workplace hazards and practice emergency responses with coordination.

Notes for Facilitation



- Ensure all learners participate equally and feel safe to express doubts or questions.
- Keep the session interactive by involving learners through hands-on activities and real-life discussions.
- Emphasise that prevention is better than cure, and identifying risks early can avoid major accidents.
- Reinforce that knowing basic first aid and how to use fire extinguishers can save lives.
- Connect hygiene practices with reduced sick leaves and improved team performance.
- Clarify that regular emergency drills are not optional but essential workplace practices.

Unit 10.3: Workplace Inclusion, Awareness, and Best Practices

Unit Objectives

By the end of this unit, the participants will be able to:

1. Discuss the significance of training programs for gender and PwD awareness.
2. List of usage and maintain tools and equipment safely, such as scissors and thread cutters.
3. Discuss how to ensure a safe and inclusive work environment for all employees.

Resources to be Used

Chart paper, marker pens, training manual on workplace inclusion, scissors, thread cutters, safety posters, flipbook with icons and signs, projector, speaker, roleplay cards, feedback forms

Say

- Good morning everyone! I'm really glad to see you all today—this session is going to be quite meaningful and different from the usual.
- Today, we'll be talking about how we can make our workplace more inclusive, safe, and respectful for everyone, including people of different genders and persons with disabilities.
- It's important because this kind of awareness not only helps us treat each other better, but also creates a positive work environment where everyone feels valued and secure.

Ask

- Have you ever seen someone at work struggle to be included in a group or conversation?
- Do you think having separate tools for specific tasks makes work safer and faster?
- Have you ever felt uncomfortable at work because someone didn't treat you fairly or respectfully?

Do

- Begin by forming a circle and encouraging a short warm-up discussion based on the "Ask" questions.
- Move into explaining the importance of inclusivity and safe practices at work using real-life relatable examples.
- Show tools like scissors and thread cutters and explain their safe use and storage with physical demonstration.
- Use the projector to display images and posters related to inclusive practices and safe work culture.
- Involve participants in sharing simple steps to include everyone in daily activities at the workplace.

Elaborate

- Describe the importance of awareness training in helping employees understand gender sensitivity and disability inclusion
- Explain the role of using and maintaining tools and equipment safely to reduce accidents and promote efficiency
- Discuss practical steps to ensure a safe and inclusive workplace culture where all employees feel respected and secure

Demonstrate

Show how to safely use and store tools such as scissors and thread cutters, ensuring they are not left unattended or in unsafe positions.

Activity

1. **Activity Name:** Inclusion Wall
2. **Objective:** To help participants understand the importance of inclusion and how small actions can contribute to a safer, friendlier workplace
3. **Type of Activity:** Group
4. **Resources:** Chart paper, colourful markers, stickers, training manual, tape
5. **Time Duration:** 30 minutes
6. **Instructions:**
 - Divide the class into small groups of 4–5 participants.
 - Ask each group to come up with 3 inclusive practices they can adopt in their workplace.
 - Each group writes or draws their ideas on chart paper using markers.
 - They decorate their section with stickers or icons to make it visually appealing.
 - Once complete, each group presents their part and tapes it to the wall to form a large “Inclusion Wall.”
7. **Outcome:** Participants will develop a deeper understanding of inclusion by contributing real-life practices and hearing from their peers. They’ll also walk away with a visual reminder of the collective commitment.

Notes for Facilitation

- Encourage open sharing and create a safe space for everyone to speak up.
- Make sure all participants feel involved and avoid singling out anyone.
- Emphasise that inclusive practices are not favours, but responsibilities.
- Reinforce the idea that safety is linked not only to tools but also to respectful communication.
- Clarify any stereotypes or biases that come up during discussion in a non-judgmental way.
- When demonstrating tool safety, ensure each participant gets a chance to try and ask questions.

Answers to Exercises for PHB

Answer the following questions by choosing the correct option:

1. c. To prevent repetitive strain injuries and improve posture
2. b. Improper plug use
3. c. Radiation exposure
4. b. Guiding and accounting for team members at the assembly point
5. c. Pass them handle-first

Answer the following questions briefly.

1. Refer Unit 10.3: Workplace Inclusion, Awareness, and Best Practices
Topic 10.3.1 Significance of Training Programs for Gender and PwD Awareness
2. Refer Unit 10.1: Workplace Health, Safety, and Compliance
Topic 10.1.3 Importance of Personal Protective Equipment (PPE)
3. Refer Unit 10.2: Risk Management and Emergency Preparedness
Topic 10.2.2 Mock drills, evacuation processes and emergency response training
4. Refer Unit 10.2: Risk Management and Emergency Preparedness
Topic 10.2.3 Basic first aid and safety-related training programs
5. Refer Unit 10.3: Workplace Inclusion, Awareness, and Best Practices
Topic 10.3.3 Ensuring a Safe and Inclusive Work Environment for all Employees





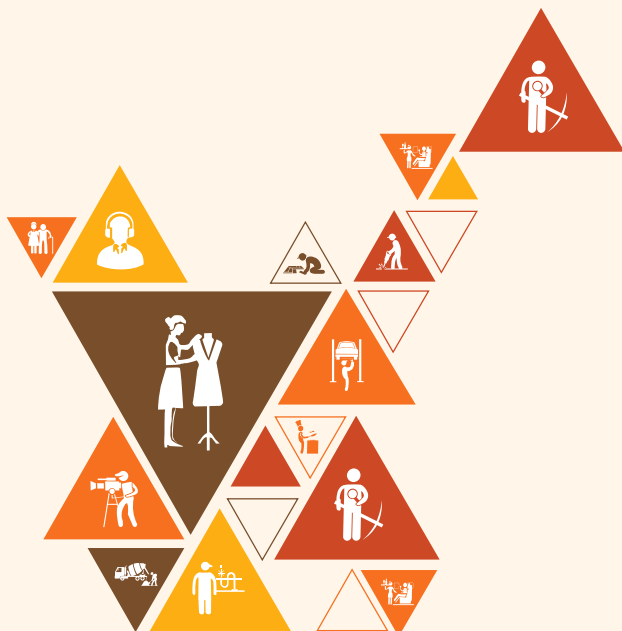
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& ENTREPRENEURSHIP



11. Employability Skills



DGT/VSQ/N0102

Employability Skills is available at the following location



<https://www.skillindiadigital.gov.in/content/list>

Employability Skills



Skill India
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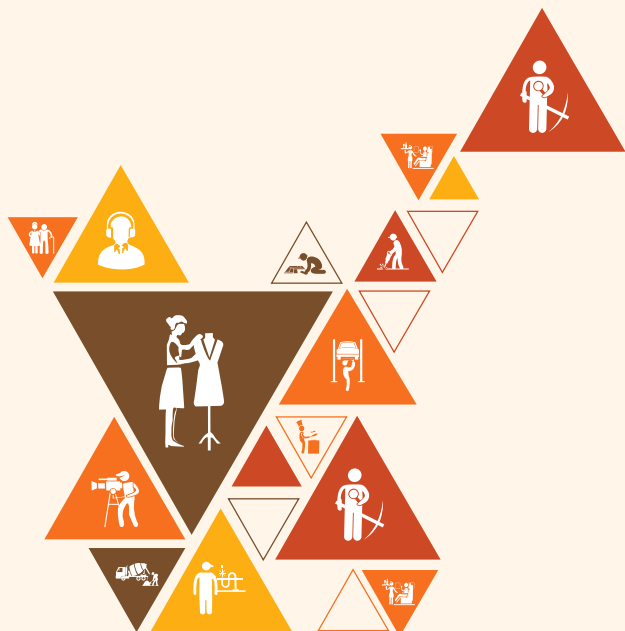


11. Annexures

Annexure I: Training Delivery Plan

Annexure II: Assessment Criteria

Annexure III: List of QR Codes Used in PHB



Annexure I

Training Delivery Plan

Training Delivery Plan			
Program Name:	Fashion Designer		
Qualification Pack Name & Ref. ID	Fashion Designer, AMH/Q1201		
Version No.	4.0	Version Update Date	17-12-2024
Pre-requisites to Training (if any)	Not Applicable		
Training Outcomes	After completing this programme, participants will be able to: 1. Conduct research to create design collection. 2. Creation of design for collection. 3. Prepare tech pack. 4. Create pattern of the garment. 5. Construct the prototype garment for the collection. 6. Evaluate design development processes. 7. Make correction in the garment .		

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
1.	Introduction and Orientation to Fashion Designer	Size and Scope of the Apparel Industry and Role of a Fashion Designer	- Describe the size and scope of the apparel industry. - Describe various employment opportunities for a 'Fashion Designer' in the apparel industry. - Describe the apparel production process and the role that the 'Fashion Designer' plays in the process. - Explain roles and responsibilities of a Fashion Designer.	Bridge Module	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Charts, Models, Flip Chart, White-Board/ Smart Board, Marker, Duster, Trainer Guide, Presentations	3 Theory (3:00) Practical (00:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
2.	Conduct research to create design collection	Fiber and Dye Knowledge	- Describe the various types of fiber, their properties, and textiles processes. - Follow compliance requirements related to usage of various types of dyes such as azo free dyes and garment construction process.	AMH/N1201 PC1, PC6	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Computer with Computer Table And Chairs and peripherals, Projector/LCD, Printer, Dexterity Test Kit, Display Board, Garment sample (various types), lab dips, pit loom and strike off samples, Tags, Tag pins, Tagging Gun, Dress Form (size medium, male or female), Fabric Cutting Shears, Paper Cutting Scissors, Pinking Shears (The quantity may vary as per requirement), Trims with Accessories (assortment) swatch file, Packing material (The quantity may vary as per requirement), First Aid Box, Dustbin, Student's Chair With Table Arm, Teacher's Table & Chair,	8 Theory (3:00) Practical (5:00)
		Design Element Identification	- Identify various design elements. - Identify swatches of the fabrics (print, embroidery, dyed etc.), trims and accessories that are required for design development.	AMH/N1201 PC3, PC5			8 Theory (3:00) Practical (5:00)
		Market Research and Forecasting	- Plan market research using various tools of research such as forecast magazines, fashion shows, market analysis etc. - Conduct market research for trends and forecast from various sources such as forecasting sites like WGSN, forecast catalogues, etc. for garment design.	AMH/N1201 PC9, PC7			7 Theory (3:00) Practical (4:00)
		Business Process Understanding	- Identify the business process to be followed while creation of product range. - Problems or inconsistencies in sample are identified and addressed.	AMH/N1201 PC2, PC10			7 Theory (3:00) Practical (4:00)
		Mood Board Creation	- Develop a mood/theme board based on the market research. - Extract the key elements from the mood board which is intended to be put in the garment design as per the instructions given and the clientele.	AMH/N1201 PC4, PC8			7 Theory (3:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Design and Sample Alignment	- Evaluate the prototype sample received. - Development of sample in accordance with budget and time constraints.	AMH/N1201 PC1, PC11		Student Notes, Fire Safety Equipment, Checking Table, White/Black Board, Basic stationary, Labels And Stickers (The quantity may vary as per re-quirement), Highlight-er, Paper (printable sheets), Sta-pler (small and big size), Staple Pins (Small and big size. The quantity may vary), Punching Machine, Files and folders (The quantity may vary as per re-quirement), Push Pins, Glue Stick/ Fevicol/Ad-hesive (The quantity may vary as per re-quirement), Cellotape/ Double Sided Tape (The quanti-ty may vary	7 Theory (3:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Product Development and Team Involvement	- Involvement of sampling merchandiser, patternmaker, tailor is identified, finalised and briefed about the collection. - Monitoring procedures and checking points are determined.	AMH/N1201 PC5, PC9		as per requirement), White Board with Marker, White Board Eraser, Documents set(Tech Pack, Specification Sheet, Buyer Requirement /comment Sheet, Production Order Sheet, purchase order, invoices ,Cost Quotations etc.), fabric swatch file, Theme/ mood boards, Types of book (e.g. Fashion Forecasting Books/ Journals/ Magazines, Company Quality Standards, Product Manufacturing related, Color matching light box, Pantone Shade Cards, grey scale.	7 Theory (3:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
3.	Creation of Design for Collection	Client Requirement and Conceptual Understanding	- Identify the requirements of the client. - Determine the feasibility and appropriateness of the techpack through consultation with relevant personnel.	AMH/N1201 PC1,PC2	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Computer with Computer Table And Chairs and peripherals, Projector/LCD, Printer, Dexterity Test Kit, Display Board, Garmentsample (various types), lab dips, pit loom and strike off samples, Tags, Tag pins, Tagging Gun, Dress Form (size medium, male or female), Fabric Cutting Shears, Paper Cutting Scissors, Pinking Shears (The quantity may vary as per requirement), Trims with Accessories (assortment) swatch file, packing material (The quantity may vary as per requirement), First Aid Box, Dustbin, Student's Chair with Table Arm, Teacher's Table & Chair,	8 Theory (3:00) Practical (5:00)
		Design Quality and Standardisation	- Identify the quality standards to be followed while creating the design. - Establish monitoring procedures and checkpoints to maintain design quality. - Develop the sample in accordance with set quality benchmarks and within budget constraints.	AMH/N1201 PC1,PC6,PC9			8 Theory (3:00) Practical (5:00)
		Garment and Component Familiarity	- Recognise various types of garments such as shirts, skirts, and trousers. - Classify different garment components including sleeves, collars, and necklines. - Determine the appropriate personnel like patternmakers and tailors, and brief them accordingly about the components and collection.	AMH/N1201 PC5,PC7			8 Theory (3:00) Practical (5:00)
		Creative Design Construction	- Construct a design using various elements of design through design software or manual methods. - Use sketches, drawings, and samples to illustrate design requirements appropriately.	AMH/N1201 PC1,PC3			7 Theory (2:00) Practical (5:00)
		Swatch and Material Referencing	- Develop a file of the swatches collected. - Finalise the techpacks on the complete range based on swatch and material selection.	AMH/N1201 PC1,PC4			7 Theory (2:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Sizing and Fit Standardisation	- Identify various national and international standard sizes. - Evaluate the prototype sample based on standard sizing and fitting parameters.	AMH/N1201 PC9,PC11		Student Notes, Fire Safety Equipment, Checking Table, White/Black Board, Basic stationary, Labels and Stickers (The quantity may vary as per requirement), Highlighter, Paper (printable sheets), Stapler (small and big size), Staple Pins (Small and big size. The quantity may vary), Punching Machine, Files and folders (The quantity may vary as per requirement), Push Pins, Glue Stick/Fevicol/Adhesive (The quantity may vary as per requirement), Cellotape/Double Sided Tape (The quantity may vary	7 Theory (2:00) Practical (5:00)
		Legal and Ethical Considerations	Identify the intellectual property rights related to designing and incorporate them into the design documentation.	AMH/N1201 PC1			7 Theory (2:00) Practical (5:00)
		Technical Construction Techniques	- Identify the garment construction technique as per the design created. - Construct the prototype and submit it to the concerned department for detailed understanding. - Detect and address any inconsistencies or problems in the constructed sample.	AMH/N1201 PC8,PC10			7 Theory (2:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Cost Analysis and Management	Identify the cost components of the garment and align them with the design and production budgets.	AMH/N1201 PC9		as per requirement), White Board with Marker, White Board Eraser, Documents set(Tech Pack, Specification Sheet, Buyer Requirement /comment Sheet, Production Order Sheet, purchase order, invoices, Cost Quotations etc.), fabric swatch file, Theme/ mood boards, Types of book (e.g. Fashion Forecasting Books/ Journals/ Magazines, Company Quality Standards, Product Manufacturing related, Colour matching light box, Pantone Shade Cards, grey scale.	7 Theory (2:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
4.	Prepare Tech Pack	Under-standing Garment Construction Work-flow	- Explain the process of garment construction. - Construct the prototype and give it to the concerned department for better understanding of the product, if required. - Develop the sample in accordance with budget and time constraints. - Identify and address problems or inconsistencies in the sample. - Evaluate the prototype sample received.	AMH/N1202 PC8,PC9,P-C10,PC11	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Computer with Computer Table And Chairs and peripherals, Projector/ LCD, Printer, Dexterity Test Kit, Display Board, Garment sample (various types), lab dips, pit loom and strike off samples, Tags, Tag pins, Tagging Gun, Dress Form (size medium, male or female), Fabric Cutting Shears, Paper Cutting Scissors, Pinking Shears (The quantity may vary as per requirement), Trims with Accessories (assortment) swatch file, packing material (The quantity may vary as per requirement), First Aid Box, Dustbin, Student's Chair with Table Arm,	8 Theory (3:00) Practical (5:00)
		Exploring Components of a Techpack	- Identify the various key elements covered in a techpack such as specs of the garment, type of fabric, color of fabric, type of trims and accessories, etc. - Describe the processes used and materials employed as per the customer's requirement and manufacturing process. - Analyze how the development of the sample aligns with the techpack specifications. - Prepare the techpack with accuracy and completeness.	AMH/N1202 PC1,PC3,P-C4,PC9			7 Theory (2:00) Practical (5:00)
		Visual Analysis for Design Development	- Analyze the sketches, drawings, and samples to illustrate the design requirements. - Interpret visual representations to translate design ideas effectively. - Evaluate how design visuals support the overall garment construction.	AMH/N1202 PC3			6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Techpack Creation and Finalisation	- Create a techpack with appropriate guidelines for sample development. - Finalise the techpacks for the entire range based on design and feasibility inputs. - Consult with appropriate personnel to confirm feasibility and appropriateness of the techpack.	AMH/N1202 PC1,PC4,PC2		Teacher's Table & Chair, Student Notes, Fire Safety Equipment, Checking Table, White/Black Board, Basic stationary, Labels and Stickers (The quantity may vary as per requirement), Highlighter, Paper (printable sheets), Stapler (small and big size), Staple Pins (Small and big size. The quantity may vary), Punching Machine, Files and folders (The quantity may vary as per requirement), Push Pins, Glue Stick/Fevicol/Adhesive (The quantity may vary as per requirement), Cellotape/ Double Sided Tape	6 Theory (1:00) Practical (5:00)
		Understanding Industry Roles and Responsibilities	- Explain the roles of people working in various departments in the industry such as tailor, pattern maker, and merchandiser. - Identify the involvement of sampling merchandiser, patternmaker, and tailor in the development process. - Brief the design development personnel selected and ensure time constraints are met.	AMH/N1202 PC5,PC7			6 Theory (1:00) Practical (5:00)
		Cross-Functional Coordination	- Explain the method of coordinating with various departments involved in the development process. - Establish clear communication channels between the design and production teams. - Facilitate timely involvement of stakeholders across departments.	AMH/N1202 PC5,PC7			6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Monitoring and Evaluation of Sample Development	- Explain the method of monitoring the process of creating a sample. - Determine monitoring procedures and checkpoints for the sample development process. - Identify problems in the sample and evaluate the prototype to ensure it meets the desired quality and design standards.	AMH/N1202 PC6,P-C10,PC11		(The quantity may vary as per requirement), White Board with Marker, White Board Eraser, Documents set (Tech Pack, Specification Sheet, Buyer Requirement /comment Sheet, Production Order Sheet, purchase order, invoices ,Cost Quotations etc.), fabric swatch file, Theme/ mood boards, Types of book (e.g. Fashion Forecasting Books/ Journals/ Magazines, Company Quality Standards, Product Manufacturing related, Colour matching light box, Pantone Shade Cards, grey scale	6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
5.	Create Pattern of the Garment	Garment Construction Tools and Equipment	- Identify the various tools and equipment required for garment construction like sewing machines, pattern making tools, and cutting tools. - Describe the various tools and equipment for pattern making. - Identify the various tools and equipment required for garment construction like sewing machine, pattern making tools, cutting tools.	AMH/N1202 PC1, PC5, PC8	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Computer with Computer Table And Chairs and peripherals, Projector/LCD, Printer, Dexterity Test Kit, Display Board, Garment sample (various types), lab dips, pit loom and strike off samples, Tags, Tag pins, Tagging Gun, Dress Form (size medium, male or female), Fabric Cutting Shears, Paper Cutting Scissors, Pinking Shears (The quantity may vary as per requirement), Trims with Accessories (assortment) swatch file, Packing material (The quantity may vary as per requirement), First Aid Box, Dustbin, Student's Chair With Table Arm, Teacher's Table	8 Theory (3:00) Practical (5:00)
		Pattern Creation and Development	- Describe the method of creating a pattern. - Identify the method of creating a pattern. - Develop the pattern as per the draping done or using direct measurement.	AMH/N1202 PC1, PC3, PC8, PC9			7 Theory (2:00) Practical (5:00)
		Pattern Finalisation and Details	- Complete the pattern after cutting the notches, marking the grain line and writing the garment component's detail. - Write details on the pattern.	AMH/N1202 PC1, PC4, PC8, PC10			6 Theory (1:00) Practical (5:00)
		Fabric Preparation and Cutting	- Iron the fabric. - Lay the fabric on the cutting table. - Lay the pattern on the fabric. - Cut the garment as per the pattern.	AMH/N1202 PC1, PC6, PC8, PC9			6 Theory (1:00) Practical (5:00)
		Measurement Techniques	- Illustrate various techniques of taking body measurement on the live model, sample and mannequin. - Take the measurements from the mannequin to create the pattern.	AMH/N1202 PC3, PC5, PC8			6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Draping and Design Realisation	- Identify the method of draping the mannequin. - Drape the mannequin to construct the pattern in the required design. - Analyze the finally draped mannequin to create the pattern as per the requirement and the specs.	AMH/N1202 PC3, PC5, PC8, PC11		& Chair , Student Notes, Fire Safety Equipment, Checking Table, White/Black Board, Basic stationary, Labels And Stickers (The quantity may vary as per re-quirement), Highlighter, Paper (printable sheets), Stapler (small and big size), Staple Pins (Small and big size. The quantity may vary), Punching Machine, Files and folders (The quantity may vary as per re-quirement), Push Pins, Glue Stick/ Fevicol/Adhesive (The quantity may vary as per re-quirement), Cello- tape/ Double Sided Tape (The quantity	6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Design Process Execution	- Construct the prototype and give it to the concerned department for better understanding of the product, if required. - Develop the sample in accordance with budget and time constraints. - Identify and address problems or inconsistencies in the sample. - Evaluate the prototype sample received.	AMH/N1202 PC1, PC8, PC9, PC10, PC11		may vary as per requirement), White Board with Marker, White Board Eraser, Documents set(Tech Pack, Specification Sheet, Buyer Requirement /comment Sheet, Production Order Sheet, purchase order, invoices ,Cost Quotations etc.), fabric swatch file, Theme/ mood boards, Types of book (e.g. Fashion Forecasting Books/ Journals/ Magazines, Company Quality Standards, Product Manufacturing related, Color matching light box, Pantone Shade Cards, grey scale	6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
6.	Construct the Prototype Garment for the Collection	Techpack Development and Documentation	- Describe the creation of a techpack. - Illustrate the design requirements using sketches, drawings, and samples. - Describe the important documents required for the garment collection. - Finalise the techpack for the range after confirming feasibility and appropriateness with relevant personnel.	AMH/N1202 PC1, PC2, PC3, PC4	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Computer with Computer Table And Chairs and peripherals, Projector/LCD, Printer, Dexterity Test Kit, Display Board, Garment sample (various types), lab dips, pit loom and strike off samples, Tags, Tag pins, Tagging Gun, Dress Form (size medium, male or female), Fabric Cutting Shears, Paper Cutting Scissors, Pinking Shears (The quantity may vary as per requirement), Trims with Accessories (assortment) swatch file, Packing material (The quantity may vary as per requirement), First Aid Box, Dustbin, Student's Chair With Table Arm, Teacher's Table & Chair ,	8 Theory (3:00) Practical (5:00)
		Sample Costing and Planning	- Prepare the cost sheet of the style in the given format. - Develop the sample in accordance with budget and time constraints.	AMH/N1202 PC9			7 Theory (2:00) Practical (5:00)
		Sample Types and Evaluation	- Identify the various types of garment samples such as prototype sample and fit sample. - Evaluate the proto sample as per the details given in the techpack. - Identify problems or inconsistencies in the sample and address them accordingly.	AMH/N1202 PC10, PC11			6 Theory (1:00) Practical (5:00)
		Embroidery and Surface Design	- Sketch the design for the embroidery on the component/garment. - Trace the embroidery design on the component/garment. - Embroider the constructed garment using different embroidery techniques.	AMH/N1202 PC3, PC8			6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Prototype Construction	- Describe how to construct the proto samples as per the techpack and as per the sequence of assembling the components. - Construct the prototype and provide it to the concerned department for better understanding of the product. - Identify and finalise the involvement of the sampling merchandiser, patternmaker, and tailor for the collection and brief them accordingly. - Determine monitoring procedures and checking points during sample construction. - Brief selected design development personnel and ensure time constraints are met.	AMH/N1202 PC5, PC6, PC7, PC8		Student Notes, Fire Safety Equipment, Checking Table, White/Black Board, Basic stationary, Labels And Stickers (The quantity may vary as per re-quirement), Highlighter, Paper (printable sheets), Stapler (small and big size), Staple Pins (Small and big size. The quantity may vary), Punching Machine, Files and folders (The quantity may vary as per re-quirement), Push Pins, Glue Stick/ Fevicol/Adhesive (The quantity may vary as per re-quirement), Cello- tape/ Double Sided Tape (The quantity may vary	6 Theory (1:00) Practical (5:00)
		Garment Assembly	Construct the cut components and assemble them to form a garment.	AMH/N1202 PC8			6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Seams, Stitches and Textile Techniques	- Identify the types of seams and stitches. - Stitch the samples of different types of seams using various stitches. - Demonstrate different dyeing and printing techniques.	AMH/N1202 PC10		as per requirement), White Board with Marker, White Board Eraser, Documents set(Tech Pack, Specification Sheet, Buyer Requirement /comment Sheet, Production Order Sheet, purchase order, invoices ,Cost Quotations etc.), fabric swatch file, Theme/ mood boards, Types of book (e.g. Fashion Forecasting Books/ Journals/ Magazines, Company Quality Standards, Product Manufacturing related, Color matching light box, Pantone Shade Cards, grey scale	6 Theory (1:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
7.	Evaluate Design Development Processes	Techpack Compliance Evaluation	- Describe how to check the proto sample as per the instructions given in the techpack or by the client. - Identify and interpret the design team's feedback to assess conformity with the given techpack.	AMH/N1203 PC1,PC2	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Sewing machines and tools, sewing kit, mannequin	8 Theory (3:00) Practical (5:00)
		Design Attribute Inspection	- Check proto sample for design (woven/print), and attributes like washability, utility, etc. - Analyse the look and feel of the prototype to determine its alignment with design expectations.	AMH/N1203 PC2			8 Theory (3:00) Practical (5:00)
		Fitting Assessment Protocol	- Describe the process of checking of proto sample for fitting. - Identify check proto sample for fitting.	AMH/N1203 PC2			8 Theory (3:00) Practical (5:00)
		Inter-departmental Coordination	- Describe the coordination with the other departments in the manufacturing unit like merchandising, production department. - Collaborate with concerned teams to align sample evaluation with overall production goals.	AMH/N1203 PC2			8 Theory (3:00) Practical (5:00)
		Design Documentation Practices	- Describe the document design brief, development processes and outcomes. - Record design evaluations, sampling updates, and changes systematically for traceability.	AMH/N1203 PC7			8 Theory (3:00) Practical (5:00)
		Aesthetic and Functional Review	- Evaluate the sample's woven or printed design in terms of customer utility and functionality. - Examine the prototype's finish and fabric behaviour to ensure adherence to aesthetic standards.	AMH/N1203 PC2			8 Theory (3:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Prototype Alignment Verification	- Identify check the proto sample as per the instructions given in the techpack or by the client. - Compare the sample with original client requirements to validate design interpretation.	AMH/N1203 PC1,PC2			8 Theory (3:00) Practical (5:00)
		Fit Testing and Analysis	- Identify check proto sample for fitting. - Evaluate the prototype fit on model or mannequin to assess silhouette and comfort.	AMH/N1203 PC2			7 Theory (2:00) Practical (5:00)
		Feasibility Evaluation	- Identify the prototype for the feasibility of the garment in terms of sourcing fabric and trims available for the span of production. - Examine material sourcing options and timelines to ensure production viability.	AMH/N1203 PC3			7 Theory (2:00) Practical (5:00)
		Production Planning Essentials	- Identify the important points to be considered for production of garments. - Analyse the sample for potential modifications required for smooth production rollout.	AMH/N1203 PC3,PC4,PC5			7 Theory (2:00) Practical (5:00)
		Timelines and Scheduling	- Identify the appropriate timescales for completing the work. - Determine critical path for sample approval and production readiness.	AMH/N1203 PC5			7 Theory (2:00) Practical (5:00)
		Finalisation and Approval Readiness	- Incorporate all required modifications into the sample to prepare for client approval. - Evaluate the sample to confirm readiness for final techpack approval and agreement closure.	AMH/N1203 PC5,PC6			6 Theory (2:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
8.	Make Correction in the Garment	Fit and Measurement Analysis	- Analyse all the corrections required related to fitting and measurement issues in the proto/fit sample. - Identify how to make appropriate corrections in the proto/fit sample as per the review inputs. - Describe how to implement corrective actions to improve the fit sample according to team and client feedback.	AMH/N1203 PC1, PC2, PC5	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Sewing machines and tools, sewing kit, mannequin	8 Theory (3:00) Practical (5:00)
		Feasibility of Materials and Sourcing	- Evaluate the prototype sample for its feasibility in terms of fabric sourcing and availability of trims for the production period. - Describe the criteria for selecting suitable materials and trims based on sourcing feasibility. - Analyse the impact of sourcing constraints on the overall production timeline and quality.	AMH/N1203 PC3			8 Theory (3:00) Practical (5:00)
		Prototype Approval Process	- Explain the method for obtaining final approval of the prototype sample from the client. - Demonstrate how to finalise the techpack and client agreement once the sample is approved. - Identify the procedural steps necessary to ensure client satisfaction and sign-off.	AMH/N1203 PC6			8 Theory (3:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Quality Testing and Standards	- Identify the various quality tests that need to be conducted to evaluate the garment prototype. - Describe the standard procedures for conducting garment quality tests based on product category. - Analyse the test requirements for fabric, stitching, colour fastness, and other technical parameters.	AMH/N1203 PC4			8 Theory (3:00) Practical (5:00)
		Garment Evaluation and Defect Identification	- Identify defects in the garment such as stitching flaws, fit discrepancies, and measurement errors. - Describe the indicators used to determine flaws and non-compliance in the garment sample. - Evaluate the corrections to be made to ensure conformity with the techpack and aesthetic standards.	AMH/N1203 PC1, PC2, PC5			7 Theory (2:00) Practical (5:00)
		Re-view-Based Corrections and Improvements	- Demonstrate how to modify the proto/fit sample based on feedback from design and merchandiser review. - Illustrate the process of incorporating necessary adjustments to meet client expectations. - Apply corrective actions methodically to ensure the final sample meets technical and aesthetic benchmarks.	AMH/N1203 PC5			7 Theory (2:00) Practical (5:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Testing Evaluation and Customer Acceptance	- Evaluate the results of various garment tests to determine feasibility and acceptance by the customer. - Interpret the test outcomes to decide whether the prototype meets predefined quality standards. - Analyse test data to recommend further improvements if required for approval.	AMH/N1203 PC4			7 Theory (2:00) Practical (5:00)
		Documentation and Sample Archiving	- Prepare a comprehensive file of the approved sample, including fabric swatches, accessory samples, final techpack, and cost sheet. - Document the development process and final outcomes for traceability and reference. - Maintain records of client approvals, sample modifications, and quality test results systematically.	AMH/N1203 PC7			7 Theory (2:00) Practical (5:00)
9.	Maintain the Work Area, Tools, Machines and Computers and Greening of Job Roles	Safe and Responsible Use of Tools and Materials	- Handle materials, drafting tools, measuring devices, and design systems carefully to maintain a clean and hazard-free workspace. - Apply correct handling procedures for tools and equipment to prevent damage and ensure safety. - Use materials efficiently to minimise wastage and describe the procedure for safe disposal at designated locations. - Report unsafe or damaged tools, materials, or equipment and describe potential hazards to appropriate personnel.	AMH/N1204 PC1, PC2, PC3, PC5	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	First Aid kit, Fire Extinguisher, machinery and equipment	8 Theory (4:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Maintenance and Cleanliness Practices	- Carry out routine maintenance and cleaning tasks within one's responsibility as per agreed schedules. - Maintain a comfortable and ergonomically correct working position during tasks. - Select and use suitable cleaning equipment and methods appropriate for specific design-related tasks.	AMH/N1204 PC4, PC6, PC7			8 Theory (4:00) Practical (4:00)
		System Management and Software Usage	- Request upgrades for system or software when necessary to enhance work efficiency. - Maintain regular backup files while working on design software to prevent data loss.	AMH/N1204 PC8, PC9			8 Theory (4:00) Practical (4:00)
		Digital Documentation and Storage	Organise and maintain all soft copies of design work systematically in digital files for future reference.	AMH/N1204 PC10			6 Theory (3:00) Practical (3:00)
10.	Promote and sustain safety, health, and security in workplace, while fostering Gender and Persons with Disabilities (PwD) Sensitization	Ensuring Compliance with Safety and Inclusivity Protocols	- Demonstrate adherence to health, safety, gender, and disability guidelines within the workplace setting. - Monitor workplace conditions and evaluate risks to ensure safety and inclusivity. - Identify and report workplace hazards promptly, incorporating safety measures for all, including individuals with disabilities. - Apply principles of gender equality and inclusivity to maintain a respectful and secure work environment.	AMH/N0620 PC1, PC6	Classroom lecture / Power-Point Presentation / Question & Answer / Group Discussion	Sewing Machines and related equipment	8 Theory (4:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Participating in Safety Preparedness Activities	- Engage actively in mock drills and evacuation exercises to simulate emergency response actions. - Participate in group discussions to evaluate and enhance safety and security protocols. - Collaborate with team members to refine safety strategies through simulated exercises. - Demonstrate teamwork and communication skills during workplace safety drills and activities.	AMH/N0620 PC2			8 Theory (4:00) Practical (4:00)
		Advancing Awareness and Sensitization	- Participate in training programmes to develop awareness on gender sensitivity and PwD inclusion. - Discuss the importance of inclusivity and equality to foster a respectful work culture. - Assess workplace practices in light of gender and disability sensitisation initiatives. - Reflect on inclusive behaviours and suggest improvements for a more accommodating environment.	AMH/N0620 PC3			8 Theory (4:00) Practical (4:00)

SL	Module Name	Session name	Session Objectives	NOS	Methodology	Training Tools/Aids	Duration (hours)
		Managing Equipment and Emergency Response	• Execute correct procedures for handling and maintaining workplace tools and materials. • Demonstrate proficiency in first-aid and firefighting techniques during emergency simulations. • Apply organizational shutdown and evacuation protocols effectively in critical situations. • Evaluate emergency response strategies to improve safety outcomes and readiness.	AMH/N0620 PC4, PC5			6 Theory (3:00) Practical (3:00)
Total Duration							Theory: 156:00 Practical: 294:00
Employability Skills (DGT/VSQ/N0102) https://www.skillindiadigital.gov.in/content/list							60:00
OJT Duration (Mandatory)							36:00
Total							Theory + Practical + ES 546:00

Annexure II

Assessment Criteria

CRITERIA FOR ASSESSMENT OF TRAINEES

Assessment Criteria for Fashion Designer	
Job Role	Fashion Designer
Qualification Pack	AMH/Q1201, V4.0
Sector Skill Council	Apparel

S. No.	Guidelines for Assessment
1	Criteria for assessment for each Qualification Pack will be created by the Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down proportion of marks for Theory and Skills Practical for each PC.
2	The assessment for the theory part will be based on knowledge bank of questions created by the SSC.
3	Individual assessment agencies will create unique question papers for theory part for each candidate at each examination/training center (as per assessment criteria below.)
4	Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
5	To pass the Qualification Pack, every trainee should score a minimum of 70% in every NOS.
6	In case of successfully passing only certain number of NOSs, the trainee is eligible to take subsequent assessment on the balance NOS's to pass the Qualification Pack.
7	In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

Assessment Outcomes	Assessment Criteria for Outcomes	Marks Allocation		
		Theory	Practical	Viva
AMH/N0620: Promote and sustain safety, health, and security in workplace, while fostering Gender and Persons with Disabilities (PwD) Sensitization	PC1 Demonstrate strict adherence to health, safety, gender, and PwD (People with Disability) guidelines governing the workplace environment.	4	2	1
	PC2 Engage actively in mock drills, evacuation exercises, and group discussions pertaining to workplace safety and security protocols.	4	2	1
	PC3 Participate in advanced training and sensitization programs focused on gender equality and PwD awareness, facilitating a more inclusive workplace environment.	4	2	1
	PC4 Execute proper handling and maintenance of materials and equipment in accordance with established protocols and standards.	3	2	1
	PC5 Exhibit proficiency in performing first-aid, firefighting, and other emergency response procedures, promptly adhering to organizational shutdown and evacuation protocols when necessary.	4	2	1
	PC6 Monitor workplace conditions, identify risks, report promptly, ensure safety, including for individuals with disabilities, and uphold gender equality principles.	3	2	1
	NOS Total	22	12	6

AMH/N1201: Prepare to make a design collection	PC1 Conduct research on fashion trends, target market, fashion forecast and identify the theme	5	10	2
	PC2 Review product range and previous designs developed by the business to assess relevance to current design	2	10	1
	PC3 Identify business processes, client goals and quality standards required	2	5	1
	PC4 Conduct research on, materials, designs, processes and marketing materials required according to the needs of the design D	2	8	2
	PC5 Design themes and style requirements of design are determined	2	10	1
	PC6 Budget, cost points and lead time constraints are identified	3	10	1
	PC7 Requirements for use of fabrics, materials, suppliers and production processes are determined.	3	15	1
	NOS Total	20	70	10
AMH/N1202: Prepare prototype garments for the collection	PC1 Create techpack with guidelines for development of the sample	4	15	1
	PC2 Appropriate personnel are consulted to confirm feasibility and appropriateness of techpack	1	1	1
	PC3 Sketches, drawings and samples are used to illustrate design requirements, as appropriate	2	8	1
	PC4 Techpacks on the range to be finalised	1	6	1
	PC5 Involvement of sampling merchandiser, patternmaker, tailor is identified, finalised and briefed about the collection	1	1	1
	PC6 Monitoring procedures and checking points are determined	1	2	1
	PC7 Design development personnel selected are briefed and time constraints met	1	1	1
	PC8 Construct the prototype and given to concerned depth for better understanding on the product, if required	3	25	1
	PC9 Development of sample in accordance with budget and time constraints	1	2	1
	PC10 Problems or inconsistencies in sample are identified and addressed.	4	8	1
	PC11 Evaluate the prototype sample received.	4	12	1
	NOS TOTAL	23	81	11
AMH/N1203: Evaluate Design Development Processes	PC1 Analyze the prototype sample with the design team	3	6	1
	PC2 Coordinate with design team to check sample against the techpack given to the sampling merchandiser, the look and feel and fit of the sample	1	5	1
	PC3 Evaluate the prototype for the feasibility of the garment in terms of sourcing of the fabric and the trims available for the span of production	2	5	1
	PC4 Identify various product testing required to proceed with prototype	4	10	2
	PC5 Incorporate modification of the sample until approved for final production	2	14	1
	PC6 Get approval on the prototype/final techpack, agreement finalized with the client	1	2	1
	PC7 Document design brief, development processes and outcomes	3	14	2
	NOS Total	20	70	10

AMH/N1204: Maintain the work area, tools, machines and computers and greening of job roles	PC1 Handle materials, drawing and pattern drafting tools, measuring devices, equipment and the system for computer designing with care to maintain a clean and hazard free working area	2	5	0.5
	PC2 Use correct handling procedures.	1	3	0.5
	PC3 Use materials efficiently to minimize wastage and dispose off waste safely at the designated location.	1	1	0.5
	PC4 Carry out running maintenance and/or cleaning within one's responsibility and agreed schedules	0.5	4	0.5
	PC5 Report any unsafe or damaged tools/materials or equipment or other dangerous occurrences to relevant personnel	1	3	0.5
	PC6 Work in a comfortable position and maintain with the correct posture	1	3	0.5
	PC7 Use cleaning equipment and methods appropriate for the work to be carried out	1	5	0.5
	PC8 Request for up gradation of system or software when required for effective working	0.5	3	0.5
	PC9 Always maintain a backup file when working on various design software	0.5	2	0.5
	PC10 All soft copies of design work to be maintained in files as well for future	0.5	2	0.5
	NOS Total	9	31	5
DGT/VSQ/N0102: Employability Skills (60 Hours)	Introduction to Employability Skills	1	1	
	PC1. identify employability skills required for jobs in various industries	-	-	
	PC2. identify and explore learning and employability portals	-	-	
	Constitutional values – Citizenship	1	1	
	PC3. recognize the significance of constitutional values, including civic rights and duties, citizenship, responsibility towards society etc. and personal values and ethics such as honesty, integrity, caring and respecting others, etc.	-	-	
	PC4. follow environmentally sustainable practices	-	-	
	Becoming a Professional in the 21st Century	2	4	
	PC5. recognize the significance of 21st Century Skills for employment	-	-	
	PC6. practice the 21st Century Skills such as Self- Awareness, Behaviour Skills, time management, critical and adaptive thinking, problem-solving, creative thinking, social and cultural awareness, emotional awareness, learning to learn for continuous learning etc. in personal and professional life	-	-	
	Basic English Skills	2	3	
	PC7. use basic English for everyday conversation in different contexts, in person and over the telephone	-	-	
	PC8. read and understand routine information, notes, instructions, mails, letters etc. written in English	-	-	
	PC9. write short messages, notes, letters, e-mails etc. in English	-	-	
	Career Development & Goal Setting	1	2	
	PC10. understand the difference between job and career	-	-	
	PC11. prepare a career development plan with short- and long-term goals, based on aptitude	-	-	
	Communication Skills	2	2	

PC12. follow verbal and non-verbal communication etiquette and active listening techniques in various settings	-	-	
PC13. work collaboratively with others in a team	-	-	
Diversity & Inclusion	1	2	
PC14. communicate and behave appropriately with all genders and PwD	-	-	
PC15. escalate any issues related to sexual harassment at workplace according to POSH Act	-	-	
Financial and Legal Literacy	2	3	
PC16. select financial institutions, products and services as per requirement	-	-	
PC17. carry out offline and online financial transactions, safely and securely	-	-	
PC18. identify common components of salary and compute income, expenses, taxes, investments etc	-	-	
PC19. identify relevant rights and laws and use legal aids to fight against legal exploitation	-	-	
Essential Digital Skills	3	4	
PC20. operate digital devices and carry out basic internet operations securely and safely	-	-	
PC21. use e- mail and social media platforms and virtual collaboration tools to work effectively	-	-	
PC22. use basic features of word processor, spreadsheets, and presentations	-	-	
Entrepreneurship	2	3	
PC23. identify different types of Entrepreneurship and Enterprises and assess opportunities for potential business through research	-	-	
PC24. develop a business plan and a work model, considering the 4Ps of Marketing Product, Price, Place and Promotion	-	-	
PC25. identify sources of funding, anticipate, and mitigate any financial/legal hurdles for the potential business opportunity	-	-	
Customer Service	1	2	
PC26. identify different types of customers	-	-	
PC27. identify and respond to customer requests and needs in a professional manner.	-	-	
PC28. follow appropriate hygiene and grooming standards	-	-	
Getting ready for apprenticeship & Jobs	2	3	
PC29. create a professional Curriculum vitae (Résumé)	-	-	
PC30. search for suitable jobs using reliable offline and online sources such as Employment exchange, recruitment agencies, newspapers etc. and job portals, respectively	-	-	
PC31. apply to identified job openings using offline/online methods as per requirement	-	-	
PC32. answer questions politely, with clarity and confidence, during recruitment and selection	-	-	
PC33. identify apprenticeship opportunities and register for it as per guidelines and requirements	-	-	
NOS Total	20	30	

Annexure III

List of QR Codes Used in PHB

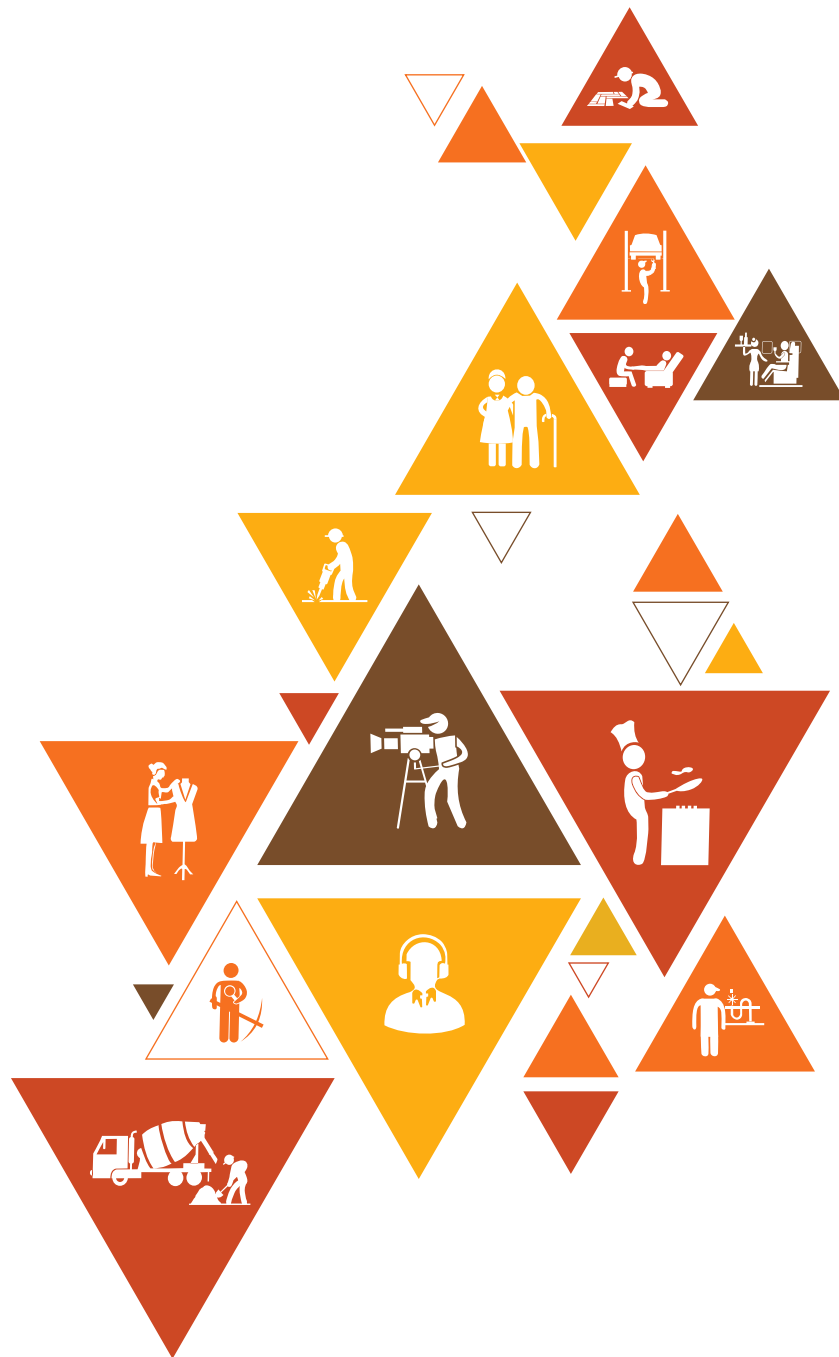
Module No.	Unit No.	Topic Name	Page No. in PHB	URL	QR Code (s)
Module 1: Introduction and Orientation to Fashion Designer	Unit 1.1: Indian Apparel Industry	1.1.1 Overview of the Apparel Industry in India	42	https://youtu.be/5dLX8m-RAE88	 Apparel Industry in India
	Unit 1.2 Key Aspects Related to the Fashion Designer Profession	1.2.2 Skills Required to Become a Professional Fashion Designer	42	https://youtu.be/NLpQ09x-3coM	 Skills needed to become a fashion designer
Module 2: Conduct Research to Create Design Collection	Unit 2.1 Textile Design and Compliance	2.1.1 Overview of Fiber Categories, Their Characteristics, and Associated Textile Techniques	94	https://youtu.be/dzgQ-0DL2qn8	 Fiber Categories in Textile Industries
	Unit 2.2 Inspirations, Research, and Creative Direction	2.2.3 Sources for Trend Insights and Forecasting Information in Garment Creation	94	https://youtu.be/4_cPPJVpy3U	 Understanding Fashion Forecasting
Module 3: Creation of Design for Collection	Unit 3.1: Foundations of Garment Design	3.1.4 Elements and Principles Involved in Visualising Garment Designs Through Digital or Manual Mediums	135	https://youtu.be/nCjM-Jc_mw0c	 Principles of Design

Module No.	Unit No.	Topic Name	Page No. in PHB	URL	QR Code (s)
Module 4: Prepare Tech Pack	Unit 3.2: Exploring Standards, Rights, and Techniques in Garment Making	3.2.1 National and International Garment Sizing Conventions	135	https://youtu.be/Dutb4VQelyE	 Principle of Garment Sizing
	Unit 4.1: Garment Development, Operational Roles and Workflow Dynamics	4.1.1 Process Behind Garment Construction	156	https://youtu.be/n0c2TY5JKI4	 Garment Construction
	Unit 5.1: Essentials of Garment Construction and Pattern Tools	5.1.1 Overview of Tools and Equipment for Garment Construction	196	https://youtu.be/GOKJAIQzhoc	 Tools and Equipments in Garment Making
Module 5: Create Pattern of the Garment	Unit 5.2: Processes in Pattern Creation and Draping	5.2.1 Common Practices in Draping Techniques	196	https://youtu.be/RMp25h-7Kv94	 Understanding Draping
	Unit 5.3: Fabric Handling and Garment Cutting Techniques	5.3.1 Pre-cutting Preparation of Fabric	196	https://youtu.be/7ojCURxxzd0	 Fabric Preparation

Module No.	Unit No.	Topic Name	Page No. in PHB	URL	QR Code (s)
Module 6: Construct the Proto- type Gar- ment for the Collection	Unit 6.1 Product Development Essentials	6.1.2 Flow of Embroidery Design on Gar- ment Compo- nents	226	https://youtu.be/ZJPBNXGAd-nU	 Embroidery De- sign on Clothes
	Unit 6.2 Exploring Sampling, Stitching, and Assembly Techniques	6.2.1 Classifica- tion of Garment Samples such as Prototype and Fit Samples	226	https://youtu.be/gDTJu-wedRHE	 Garment Sam- ples
	Unit 6.3 Delving into Surface Techniques and Quality Assessment	6.3.1 Range of Dyeing and Printing Meth- ods Used in Fashion	226	https://youtu.be/aGWsns-MuUSE	 Dyeing and Printing in Fash- ion Design
Module 7: Evaluate Design De- velopment Processes	Unit 7.1: Prototype Evaluation and Design Consider- ations	7.1.5 Elements Involved in De- sign Brief Docu- mentation and Development Outcomes	244	https://youtu.be/7WcFeVb-beoc	 Reading a Fash- ion Design
	Unit 7.2: Exploring Production Readiness and Planning Essentials	Feasibility of Garment Devel- opment Based on Fabric and Trim Availability	244	https://youtu.be/67YyJB0BYKo	 Understanding Textile Trimming

Module No.	Unit No.	Topic Name	Page No. in PHB	URL	QR Code (s)
Module 8: Make Correction in the Garment	Unit 8.1: Handling Prototype Adjustments and Sample Reviews	8.1.1 Common Corrections Related to Fitting and Measurement Irregularities	262	https://youtu.be/wqJGwu2LX-HY	 Understanding Garment Construction Body Measurement
	Unit 8.2: Ensuring Quality Compliance and Documentation	8.2.1 Overview of Garment Testing Outcomes for Production Feasibility and Customer Acceptance	262	https://youtu.be/WVICub_2J-DY	 Understanding Garment Testing Checklist
Module 9: Maintain the Work Area, Tools, Machines and Computers and Greening of Job Roles	Unit 9.1: Ethical Foundations and Organisational Responsibility	9.1.1 Significance of Appropriate Usage of Workplace Resources	291	https://youtu.be/mKjB-JU6DkB8	 Understanding resource management principles
	Unit 9.2: Data and Design Management in the Digital Workplace	9.2.4 Energy-Saving Practices in Day-to-Day Operations	291	https://youtu.be/DVuBXiu4dIE	 Understanding Energy Saving
	Unit 9.3: Workplace Efficiency, Hygiene and Ergonomics	9.3.2 Cleaning Techniques for Sewing Machines and Related Tools	291	https://youtu.be/KfHL0JOZfiM	 Cleaning the Sewing Machine

Module No.	Unit No.	Topic Name	Page No. in PHB	URL	QR Code (s)
Module 10: Promote and Sustain Safety, Health, and Security in Workplace, While Fostering Gender and Persons with Disabilities	Unit 10.1: Workplace Health, Safety, and Compliance	10.1.1 Workplace Health and Safety Practices	315	https://youtu.be/9Awywid-2bhA	 Health and Safety at Work
	Unit 10.2: Risk Management and Emergency Preparedness	10.2.3 Basic first aid and safety-related training programs	315	https://youtu.be/DQ8JPNgU-8Wg	 Workplace Emergency Handling and Different First Aids
	Unit 10.3: Workplace Inclusion, Awareness, and Best Practices	10.3.3 Ensuring a Safe and Inclusive Work Environment for all Employees	315	https://youtu.be/ge5k0Zp-0P7U	 Understanding workplace diversity and Inclusion





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सत्यमेव जयते
GOVERNMENT OF INDIA
MINISTRY OF SKILL DEVELOPMENT
& ENTREPRENEURSHIP



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