

CISF YOUTH EMPOWERMENT PROGRAM
ACTIVITY PLAN THROUGH CLOTHING AND TEXTILE
(SEWING CAM 13).

MATERIALS NEEDED

1. Sewing Machines
2. Fabric's for Sewing
3. Measuring Tape
4. Scissors
5. Students Stool
6. Thread
7. Tailors Chalk
8. Pressing Board etc.

GOAL:

The intent of the course is to provide the trainee with the skills required for the maintenance and repairs of sewing machines.

AIMS AND OBJECTIVES:

On completion of this course, the trainee should be able to;

- a. explains the construction and principle of operation of the manually operated sewing machine.
- b. diagnose, repair, reassemble and test the sewing machine.
- c. explain the construction and principle of operating the electric sewing machine.
- d. diagnose faults in an electric machine and effect repairs.

This program is 60% practical and 40% theory.

The examination will consist of two papers: papers 1 and 2

Paper 1 - This carries 40 objectives to be taken in 40 minutes and carries 40 marks.

Paper 11 –this is practical test based on workshop practice which consists of only one question and the trainees are expected to answer the question in three hours. The total mark is 60 marks.

JANURAY

Ladies Garment Construction and Finishing

Introduction to first semester program

S/No	Topics	Contents	Activities
1.0	Safety regulations in a garment making workshop.	1. Safety precautions in a garment workshop. 2. Firefighting equipment, e.g. fire extinguishers. 3a. definition of first Aids. b. First Aids treatment for accidents e.g. -electric-scald -cut-scald -bruises -burns	1. Posters on safety rules should be placed on the walls. 2. Emphasis should be on checking and putting off all electrical appliances after every day work. 3. Trainees are expected to know how to use blankets and sand buckets in extinguishing fire.
			Practical

FEBRUARY

S/No	Topics	Contents	Activities
2.0	Description and classification of tools and equipment used in garment factory.	1. Common tools and equipment used in a garment factory e.g. Sewing machine, thimble, needle, tape, measuring scissors, tailors chalk, thread, pressing board, etc. 2. Identification and care of tools and equipment. 3. Type and sizes of sewing needles.	1. Emphasis should be on the setting up, operation and maintenance of various types of sewing machines. 2. Cleaning and oiling of important parts of sewing machine should be practiced by the trainees. 3. Effort must be made to provide various types of needle, cloth and thread for students to see the differences.
			Practical

MARCH

s/no	topics	contents	Activities
3.0	Explain the terms used in garment industry and pattern drafting.	1. Terms used in garment industry includes bridle collar, collar Melton, darts, baisting under, break, baisting out, head sleeve, interlining etc.	1. Instruction materials should be provided for students to see, touch and feel. 2. And album of some of the trade terms e.g. darts, collar, double breasted etc.
			Practical

APRIL

S/No	Topics	Contents	Activities
4.0	Identify and explain the importance of matching stripe.	1. Importance of matching special fabrics e.g. striped, checked, plaids, spotted. They add beauty to garment. 2. Fabrics to be considered in laying and cutting special fabrics e.g. a. One face cloth and one cloth pattern, b. stripes, checks etc. c. grains of fabrics etc. 3. Advantages of one face cloth and one pattern e.g. it is economical and it saves time.	1. Emphasis should be on correct matching of stripes. 2. Emphasis should be on the study of design of pattern fabric before cutting.
			Practical

MAY

s/no	topics	contents	Activities
5.0	Measurement in garment production; take direct measurement, explaining the proportionate figure and figure types.	1. Body measurement includes the height, back waist length, bust measurement and hip measurement. 2. Study of figure type's e.g. normal proportional figure, enlarged and heavy hip, heavy bust dropping shoulder, short and plumb, tall and thin etc. 3. Standard measurement for mass production i.e. having different sizes. 4. Proportionate figures.	a. chart indicating position for taking body measurement should be provided. b. trainees should be taught practically how to take body measurement and record them in a correct order. c. demonstrates simple mathematics on scale to enable them carry out the practical work in drafting with scale. d. practice on guiding to different size is very essential.

			Practical

JUNE

S/No	Topics	Contents	Activities
6.0	Lock pattern drafting and draping. Name the body measurement required in a size chart by locating the measuring position on the individual	1. measurements required in a commercial pattern e.g. bust, waist etc. 2. Measurements required for individual garment e.g. bust measurement, sleeve measurement, waist, hip etc. 3. Positioning of dart, seam line, waist line, under arms darts etc. 4. Types of cutting out equipment.	1. Drafting of blocks on a cardboard must be taught by the lecturer. 2. Differentiate between body and finished garment measurement. 3. The following measuring points should be emphasized; bust, waist, hip, chest width, back width, shirt, arms hole, sleeve seam length. 4. Explain the various method of producing block patterns.
	Revision of the topics treaded above.	First semester revision and exam on the course	Practical

JULY

Introduction to second semester program

S/No	Topics	Contents	Activities
7.0	1. Skirt, bodice and sleeves. 2. Drafting patterns for skirts with hip, yoke, style lines and manipulated basic skirts to produce	1a. Adaptation of basic block patterns: -bodies block -skirt block b. cutting out: -pattern -free hand	1. Encourage trainees to draft patterns for our local costumes and incorporate the various applicable features. 2. All works should be done strictly under teachers supervision checking trainees

	<p>wrap round, four, six, and eight gored skirts.</p> <p>3. Identify and construct different types of pleats.</p> <p>4. Identify various types of sleeves and explain the principle of sleeve cutting.</p>	<p>2. alteration of flared skirt into:</p> <p>a. Four pieces skirt</p> <p>b. six pieces skirt</p> <p>c. eight pieces skirt.</p> <p>3. Patterns for skirt with hip, yoke and style line.</p> <p>4. Principle of sleeve cutting in relation to the bodice armhole.</p> <p>Sleeve types e.g.</p> <p>Fitted</p> <p>semi-fitted</p> <p>full</p> <p>gathered sleeve etc.</p>	<p>drafting and making corrections where necessary.</p> <p>3. Draft patterns with hip, yoke and style lines.</p> <p>4. Calculate and draft circular skirts</p> <p>5. trainees to produce and work specimen and folders etc.</p>
			Practical

AUGUST

S/No	Topics	Contents	Activities
8.0	<p>Patterns for ladies shirts,</p> <p>1. Sketch and label different types of ladies shirt.</p> <p>2. Cut and transfer patterns of shirt parts from paper to fabrics.</p>	<p>1. Sketching and labeling of ladies shirt e.g. collar, sleeve, cuffs, body seam and yoke.</p> <p>2. Cutting patterns measurement using paper.</p> <p>3. Transferring patterns of shirt parts from paper to fabric.</p>	<p>1. Sketching and labeling of ladies shirt e.g. collar, sleeve, cuffs, body seam and yoke.</p> <p>2. Cutting patterns measurement using paper.</p> <p>3. Transferring patterns of shirt parts from paper to fabric.</p>
			Practical

SEPTEMBER

S/No	Topics	Contents	Activities
9.0	Ladies Trousers: 1. Sketch patterns for various types of ladies trousers 2. Cut patterns for various ladies trousers.	1. Freehand patterns sketching for various types of woman's trousers e.g. plain trousers, knickers. 2. Drafting patterns for various type of ladies trouser of different sizes. 3. Cutting patterns for various type of ladies trouser draft using paper and appropriate fabric.	Practical.

OCTOBER

S/No	Topics	Contents	Activities
10.0	Trouser construction: various type of trouser and the process of trouser construction.	1. Types of trousers e.g. Plain trousers, buckers, etc. 2. Process in ladies trouser construction e.g. outline of the seam, zippers, fly front, band etc. 3. Provision of seat, fork and stride quantity and their usefulness.	1. Proper Care of seat and fork of trousers, the seat should be bag or pull and comfortable when sitting, bending or standing. 2. Thread for button hole is determined by the weight of the fabric. Allow for a thread shank between outer fabrics and button.
			Practical

NOVEMBER

S/No	Topics	Contents	Activities
11.0	Revision of the topics treaded above.	Second semester revision and final exam on the course	Practical

DECEMBER

S/No	Topics	Contents	Activities
12.0		Graduation	