

ST. XAVIER'S COLLEGE (AUTONOMOUS), RANCHI
(AN AUTONOMOUS COLLEGE AFFILIATED TO RANCHI UNIVERSITY)

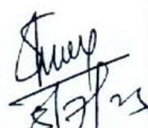
**SYLLABUS OF SHORT TERM ADD ON COURSE IN
STICHING & FASHION DESIGNING**

w.e.f. Academic Session - 2025 - 26

UNDER SELF FINANCING PROGRAMME

| <u>Course Curriculum</u> | | | | |
|--------------------------|---|---------------------|------------------------|---|
| <u>Level No.</u> | <u>Course Title</u> | <u>Theory Hours</u> | <u>Practical Hours</u> | <u>Total Hours (Theory + Practical)</u> |
| I | Sewing Fundamentals | 10 Hours | 20 Hours | 30 Hours |
| II | Fabric to functions of basic Product Making | | | |
| III | Basic Sewing of Ethnic Wear | | | |
| IV | Basics of Men's Ethnic Wear | | | |




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Level I: Sewing Fundamentals

Course objective- To be able to do Basic stitching, Fall stitching and Alteration

Learning outcome- Learn sewing machine basics

- Sew in a straight line
- Learn a multitude of stitches and seam finishes
- How to choose fabric and care for it?

Course content

- Sewing supplies (supply list)
- Basic sewing terms

Fabric basics

- Fabric basics
- Identifying the right and wrong side of the fabric
- How to accurately mark fabric for sewing
- Pinning your Fabric

Thread

- How to choose the correct type of thread?
- Matching the color of a thread

Setting up a sewing machine

- Introduction to the parts of the sewing machine
- Threading your machine and making a bobbin
- How to use your foot Pedal and control the Machine?

Getting ready to sew

- How to use the stitch practice worksheet?
- Stitch practice worksheet for- straight lines, curve line, shapes.
- Sewing corners: Learning to pivot

Seams

- Sewing seam allowance: what it is, why it matters and how to perfect it.
- How to sew a seam?
- The 4 basic sewing seams

Stitches and seams Finishes

- How to finish Seams
- How to sew a French seam?
- Stitches – Stay stitch, Basting Stitch, Gathering and Easing.
- Finishing seam with a zig zag stitch.
- Saree falls stitching, Alteration

Ironing

- Ironing and pressing tools
- How to press a seam?
- How to clean an iron?

Level II: Fabric to Function of Basic Product Making

Course objective- To be able to make simple products like pillow cover, cushion cover, table cloth, tote bag, jute bag, Curtains

Learning outcome- Learn sewing machine basics

- Fabric manipulation technique
- Learn a multitude of stitches and seam finishes
- Simple fabric product will be developed

Course content

Simple pillow

- Tied pillow cover
- Buttoned pillow cover
- Floor pillow
- Floral pillow covers with ties

Ruffled and edged pillow

- Double flanged border
- Double ruffle edge pillow/cushion
- Pleated edges

Patch work and recycle pillow

- Create patches from fabric
- Applique pillow

Table cloth Sewing

Bag stitching- tote bag and jute bag

Curtain stitching

Level III: Basic Sewing of Ethnic Wear

Course objective- To be able to make ethnic wear like Basic Plain blouse/choli cut blouse & petticoat

Learning outcome- learn to make simple garments for ethnic wear.

- To be able to take body measurements.
- Cloth finishing technique will be learned

Course content

Taking Measurements

- How to take body measurements?

Pattern cutting

- Creating paper pattern for the plain blouse/ choli cut blouse
- Creating paper patterns for the petticoat.

Test fit

- Create test fit from the paper pattern
- Check any defects in the test fit

Cutting in Fabric

- Cutting the final fabric with seam allowance for stitching
- Cutting of lining or facing for finishing.

Stitching

- Stitching of the final fabric step by step process
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Level IV: Basics of Men's Ethnic Wear

Course objective- To be able to make ethnic wear for men's, Kurta and pyjama

Learning outcome- learn to make simple garments for ethnic wear.

- To be able to take body measurements.
- Cloth finishing technique will be learned

Course content

Taking Measurements

- How to take body measurements?

Pattern cutting

- Creating paper pattern for the men's, Kurta
- Creating paper patterns for the pyjama

Test fit

- Create test fit from the paper pattern
- Check any defects in the test fit

Cutting in Fabric

- Cutting the final fabric with seam allowance for stitching
- Cutting of lining or facing for finishing.

Stitching

- Stitching of the final fabric step by step process
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