

# **PRAMATHESH BARUA COLLEGE GAURIPUR, DHUBRI**

## **Department of Bengali**

### **Add-on Course on Sewing Techniques (Skill Enhancement Program)**

**Duration: 30 Hours**

### **An Introduction to the Add-on Course on Sewing Techniques (Skill Enhancement Program)**

The Add-on Course on Sewing Techniques is a skill enhancement program designed to develop students' practical abilities and creative understanding of garment construction. This course aims to provide hands-on training in stitching, cutting, pattern making, embroidery, and finishing, helping learners build precision and confidence in both traditional and modern sewing methods.

By integrating theoretical knowledge with practical experience, the course enhances students' technical competence and prepares them to create innovative and high-quality garments. It also encourages creativity, self-reliance, and entrepreneurship, enabling participants to explore opportunities in the boutique, tailoring, and fashion-related sectors.

This program serves as a valuable platform for students who wish to acquire sewing as a professional skill, strengthen their employability, or pursue it as a passion-driven craft.

### **Objectives of the Course**

1. To enhance students' practical skills in sewing and garment construction.
2. To provide knowledge of various sewing tools, fabrics, and stitching techniques.
3. To encourage creativity and innovation in designing and finishing garments.
4. To develop self-reliance and confidence through hands-on learning experiences.

5. To promote entrepreneurship and career opportunities in boutique and tailoring sectors.

## **Course Outcomes**

6. Demonstrate proficiency in basic and advanced sewing methods.
7. Identify and use different fabrics, threads, and tools appropriately.
8. Design and construct garments with accuracy, creativity, and quality finishing.
9. Apply learned techniques to produce marketable and sustainable clothing items.
10. Develop entrepreneurial skills for boutique or tailoring-based ventures.
11. Gain confidence to pursue further training or independent projects in fashion-related fields.

## **Syllabus for the Add-on Course on Sewing Techniques (Skill Enhancement Program)**

Duration: 30 Hours

Level: Certificate / Skill Enhancement Add-on Course

Mode: Practical with basic theoretical understanding

### **Module 1: Introduction to Sewing and Tools (4 Hours)**

- Overview of sewing as a skill enhancement field
- Identification and use of basic sewing tools and materials
- Safety measures and workspace organization
- Introduction to hand sewing techniques

### **Module 2: Fabric Knowledge and Measurements (5 Hours)**

Types and properties of fabrics

- Selection of suitable fabric for garments
- Taking accurate body measurements
- Understanding size charts and fitting principles

### **Module 3: Basic Stitching Techniques (6 Hours)**

- Fundamental hand and machine stitches
- Seams, hems, and edge finishes
- Practice on straight, curved, and corner stitching
- Troubleshooting common stitching problems

### **Module 4: Garment Construction Basics (7 Hours)**

- Drafting and cutting of simple garment patterns
- Assembling basic garments (e.g., blouse, skirt, kurti, Patiala pant, baby frock)
- Use of sewing machines for different fabric types
- Finishing and pressing techniques

### **Module 5: Decorative and Creative Sewing (4 Hours)**

- Introduction to decorative stitches and embroidery
- Adding lace, buttons, hooks, and zippers

### **Module 6: Entrepreneurship and Practical Assessment (4 Hours)**

- Basics of boutique management and product presentation
- Understanding costing, pricing, and customer needs
- Display and presentation of final sewn products
- Practical evaluation and feedback session

### **Eligibility:-**

Open to HSSLC standard examination conducted by the board/ council/ G.U. or an examination accepted as equivalent pass Girl students only.