



**PREM CHAND MARKANDA SD COLLEGE FOR WOMEN,
JALANDHAR CITY**

Re-accredited 'A+' grade (2nd Cycle) by NAAC Bangalore

A unique prestigious Post Graduate Institution of Northern India

**DEPARTMENT OF FASHION DESIGNING TEACHING PLAN
(Session 2025-26)**

Program: Certificate in Stitching and Tailoring

Program Outcome: PO No.	Upon Completion of the Certificate in Stitching and Tailoring, the graduates will be able to:
PO.1	Students will develop a strong understanding of basic stitching and tailoring techniques, including sewing, cutting, and garment construction.
PO.2	Graduates will acquire the ability to conceptualize, sketch, and design garments that meet specific client or market requirements.
PO.3	Students will gain knowledge about various fabrics, their characteristics, and appropriate techniques for handling and using them in garment making.
PO.4	Learners will learn to conceptualize, design, and construct garments that meet diverse client and market needs.
PO.5	Learners will understand the basics of pattern making, drafting, and adapting patterns to create customized designs.

Teaching Plan
Session 2025-26
Odd Semester
CLASS: CERTIFICATE IN STITCHING AND TAILORING SEM I
SUBJECT: SCALE DRAWING
Faculty Name: Ms. Jyotsna Grover

TOPIC	DURATION	TEACHING TOOLS
- Lines- vertical, horizontal, diagonal, broken, curve, wavy, zig zag. - Basic Block Figure	July-August	Classroom Learning Assignments Group Discussion Skill based learning E-Learning
- Flesh Figure - Formulation of hand, feet, leg & face.	September	Classroom Learning Assignments Group Discussion Skill based learning E-Learning
- Color Wheel - Color schemes- monochromatic, complementary, analogous	October	Classroom Learning Assignments Group Discussion Skill based learning E-Learning
- Value and intensity chart - Make different types of textures.	November	Classroom Learning Assignments Group Discussion Skill based learning E-Learning

Course outcome

CO.1	Understand and draw various line types for different design purposes.
CO.2	Understand basic human body proportions for design sketches.
CO.3	Develop the ability to draw human figures with flesh and volume.
CO.4	Master drawing the human hand, feet, legs, and face with correct proportions.

CO.5	Learn to mix and match colors for effective design compositions
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Teaching Plan

Session 2025-26

Odd Semester

CLASS: CERTIFICATE IN STITCHING AND TAILORING SEM I

SUBJECT: FASHION DESIGNING & CONSTRUCTION

Faculty Name: Ms. Beenu

TOPIC	DURATION	TEACHING TOOLS
Basic hand stitchesc Seams and seam finishes Pleats- box pleats, inverted pleats, gathers	July-August	Group discussion Class room learning Demonstration Activity baded learning Skill based learning
Neckline finishes Continuous, two piece placket, extended bodice trimming Fullness - Darts, tucks Pockets- patch, welt inseam, bound, flap, kurta	September	Group discussion Class room learning Demonstration Activity baded learning Skill based learning
Construction of basic bodice block with different sleeves and collar Congratulations of romper/sunsuit	October	Group discussion Class room learning Demonstration Activity baded learning Skill based learning
Construction of A line frock / gathered frock Congratulations of night suit	November	Group discussion Class room learning experimental Demonstration Activity baded learning Skill based learning

Course outcome

CO.1	To impart knowledge of machines and other basic sewing techniques used for garment formation.
CO.2	Learn how to accurately measure the body for garment creation
CO.3	Understand basic fabric properties and their suitability for different types of garment.
CO.4	To introduce concept of advanced garment construction
CO.5	To impart knowledge of different garment components

Teaching Plan
Session 2025-26
Odd Semester
CLASS: CERTIFICATE IN STITCHING AND TAILORING SEM I
SUBJECT: CLOTHING CONSTRUCTION (THEORY)
Faculty Name: Ms. Beenu

TOPIC	DURATION	TEACHING TOOLS
Drafting and it's importance Study of anthropometry, tools required & it's importance.	July-August	Group discussion Class room learning E-learning Assignments
Equipments used for clothing construction Sewing machine -parts, care, defects & remedies	September	Group discussion Class room learning E-learning Assignments
Application of elements and principles of design in designing garment	October	Group discussion Class room learning E-learning Assignments
Definitions : Fashion fad, style, classic, trends, mass fashion, high fashion.	November	Group discussion Class room learning E-learning Assignments

Course outcome

CO.1	Students will demonstrate proficiency in fundamental sewing techniques, including stitching, hemming and seam construction
CO.2	To impart knowledge of machines and other basic sewing techniques used for garment formation.
CO.3	Learn how to accurately measure the body for garment creation.
CO.4	Understand basic fabric properties and their suitability for different types of garment.
CO.5	Students will understand basic safety practices when using sewing machine and handling sewing tools sewing tools to prevent accidents and injuries.

Teaching Plan
Session 2025-26
Odd Semester
CLASS: CERTIFICATE IN STITCHING AND TAILORING SEM I
SUBJECT: DRESS DESIGNING AND STYLE READING
Faculty Name: Ms. Beenu

TOPIC	DURATION	TEACHING TOOLS
Casual wear for kids Research, sourcing, finalisation of designs, specification sheets, lay outs	July-August	Group discussion Class room learning E-learning Activity based learning Skill based learning
Party wear for kids Research, sourcing, finalisation of designs, specification sheets, Lay outs.	September	Group discussion Class room learning Demonstration E-learning Activity baded learning Skill based learning
Play wear for kids Research, sourcing, finalisation of designs, specification sheets, Lay outs.	October	Group discussion Class room learning E-learning Demonstration Skill based learning
Night wear for kids Research, sourcing, finalisation of designs, specification sheets, Lay outs.	November	Group discussion Class room learning experimental Activity based learning Skill based learning

Course outcome

CO.1	To enable the students to apply the knowledge of design in making a collection
CO.2	Understand the key stages of the product development process, from ideation to launch, including market research, design, prototyping, testing and manufacturing.
CO.3	Develop presentation and communication skills to effectively pitch product ideas communicate design concept
CO.4	To introduce concept of advanced garment designing
CO.5	To impart knowledge of different garment components

