



## केन्द्रीय शैक्षणिक एवम् तांत्रिक माहिती संशोधन समीती

**CENTRAL EDUCATION & INFORMATION TECHNOLOGY RESEARCH COMMITTEE**  
AN AUTONOMOUS INSTITUTION REGD. BY THE GOVT. OF NCT OF DELHI UNDER ITA 1882 GOVT. OF INDIA  
REGD. BY NCS-MINISTRY OF LABOUR AND EMPLOYMENT GOVT. OF INDIA  
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An Autonomous Organization works for IT, HRD & Literacy



### Diploma in Blouse Making

What do you enjoy about clothing? The colors? The design? The fit?

What is the most difficult part about finding clothing that falls into all three of these categories? Right, the fit. Every human being has a body shape that is just a little bit different from the person next to you. Ready-to-wear clothing manufacturers use standards or "averages" to design and produce clothing that fits the "average" person. What happens when you aren't an "average" size? Your clothing might be well designed and sport the latest in color and fabric, but it just doesn't look good on you. How do you get around that? By learning how to sew!

Sewing your own garments is really not as difficult as it may sound. This course will take you through the very basic elements of fabric choice, how to decipher the pattern envelope and instructions inside, getting to know your sewing machine and how to begin expanding your wardrobe by sewing your own clothing, or clothing for your family.

Your first project will be to stitch together a set of pajamas where you will learn most of the basic elements of how you put a garment together. After that you will learn how to sew a jacket and a basic fitted skirt with a centered zipper. Then you will complete your wardrobe by learning the ins and outs of shirt/blouse construction that includes cuffs, collars, buttons, and buttonholes, ending with the creation of a pair of pants.

Once you finish this course, you will be able to fit patterns to your body, choose the correct size, and stitch together garments that you like and that fit you well.

So what are you waiting for? Let's get started now, because once you begin, you won't be able to stop. A pattern is just where you begin. Once you understand the basics of putting a garment together, you can change and embellish it to your heart's content. Did you see a ready-to-wear garment you like, but doesn't look good on you? Find a pattern that is similar, and create a one-of-a-kind design that fits you and only you. We'll teach you how!

## Course Topics

### 1. Lesson One – Sewing Basics

- Pins, Needles, and Thread
- Cutting Tools and other Tools
- The Importance of Pressing
- Staying Organized

### 2. Lesson Two – Your Sewing Machine

- Types of Sewing Machines
- Anatomy of a Sewing Machine
- Bobbin Problems – The Perfect Stitch
- Maintenance

### 3. Lesson Three – Fabric

- Types of Fabric
- Warp, weft, nap, right vs. wrong side
- Choosing fabric for your garment
- Tricky Fabrics to sew

### 4. Lesson Four – All About Patterns

- Choosing a Pattern
- Deciphering the Pattern Envelope
- Fabric plus the extras
- Layout deciphered

### 5. Lesson Five – Hand Sewing

- Basting
- Hemming
- Buttons
- Decorative Touches

## 6. Lesson Six – Special Fabrics

- Heavy Fabrics - Denim
- Fancy Fabrics – Lace, Satin, Velvet
- Plaids, Stripes, Napped fabrics
- Microfiber, fake fur, fleece,

## 7. Lesson Seven – Pattern Adjustments

- Basic pattern adjustments
- Fitting a pattern, muslin mockup
- Adjusting tops
- Adjusting pants/skirts

## 8. Lesson Eight – Sewing Pajamas

- Seam allowances/finishes
- Sleeves, gathered or straps
- Elastic
- Hems

## 9. Lesson Nine – Sewing an Unlined Jacket

- Shawl collar vs. notched collar
- Bound Seam/Finished Seam
- Topstitching
- Lengths/Hem

## 10. Lesson Ten – Sewing a Shirt Part I

- Pocket Placement
- Collar
- Interfacing
- Darts

## 11. Lesson Eleven – Sewing a Shirt Part II

- Buttonholes
- Sleeves

- Cuffs
- Hems

12. Lesson Twelve – Sewing a Skirt Part I

- Fitting Skirts
- Waistband
- Interfacing
- Darts

13. Lesson Thirteen – Sewing a Skirt Part II

- Pockets
- Gathers
- Gores
- Hems and closures (buttons, snaps, zippers)

14. Lesson Fourteen – Sewing Pants Part I

- Fitting Pants
- Center Front/Center Back
- Inner/Outer Leg Seams
- More about Pockets

15. Lesson Fifteen – Sewing Pants Part II

- Waistband
- Tabbed Zipper
- Length
- Hem - cuffs