

# 1 YEAR CERTIFICATION COURSE: BUILDING CORE SKILLS

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## DESIGN FOUNDATION

### **B001 – Exploration of Design Principles and Elements**

- Study of key design elements: line, shape, form, space, texture, and color.
- Understanding how balance, contrast, rhythm, proportion, and unity are applied in fashion design.
- Practical exercises in creating design layouts with a focus on achieving aesthetic harmony.
- Case studies of famous designers and how they apply these principles in their collections.

### **B002 – Introduction to Creative Thinking Techniques**

- Brainstorming techniques to foster out-of-the-box thinking in design.
  - Introduction to mind mapping, lateral thinking, and concept development for fashion design.
  - Practical sessions on generating unique design ideas based on real-world trends and customer needs.
  - Group projects to encourage collaborative creative processes in design innovation.
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## FASHION ILLUSTRATION

### **B003 – Basic Fashion Sketching Skills**

- Introduction to fashion proportions and garment structure.
- Understanding basic body postures and movements in fashion sketches.
- Techniques for sketching different garments, such as tops, dresses, pants, and skirts.
- Practical exercises in garment detailing and highlighting key elements in illustrations.

### **B004 – Introduction to Figure Drawing**

- Study of human anatomy with a focus on fashion design proportions (8-head or 9-head models).
- Techniques for drawing male, female, and children's figures in fashion sketches.
- Practice in figure posing to capture movement and garment flow.
- Using shading to create depth and enhance figure illustrations.

### **B005 – Depiction of Different Fashion Poses**

- Introduction to common fashion poses used in design presentations (front, back, and side views).
- Study of dynamic and static poses to highlight garments in different ways.
- Exercises in sketching poses that bring out the features of various garments.
- Using reference materials and live models to improve pose rendering.

### **B006 – Introduction to Fabric Draping Techniques**

- Study of fabric draping on the human form to simulate garment flow and fit.
- Introduction to different fabrics and how their weight and texture affect draping.
- Practical sessions using muslin and other fabrics to visualize garment designs.
- Incorporation of draping techniques in fashion illustrations to enhance realism.

### **B007 – Rendering Textures to Illustrate Various Materials**

- Techniques for illustrating different fabric textures: silk, wool, leather, denim, etc.
- Study of rendering fur, lace, and metallic textures in fashion sketches.
- Exercises in capturing the unique properties of fabrics through shading, hatching, and cross-hatching.
- Use of digital tools to simulate fabric textures in digital illustrations.

### **B008 – Coloring Techniques for Fashion Sketches**

- Introduction to various coloring media: markers, watercolors, colored pencils, and digital tools.
- Techniques for blending colors and adding depth to fashion illustrations.
- Exercises in color theory application to create balanced and vibrant designs.
- Practical projects involving both traditional and digital fashion sketching tools.

### **B009 – Thematic Fashion Illustration**

- Introduction to creating fashion illustrations based on a cohesive theme or concept.
- Study of how to use illustrations to tell a design story or present a fashion collection.
- Practice in developing mood boards and design sketches that align with a theme.
- Final thematic illustration project focused on a specific design concept.

### **B010 – Exploration of Design Themes**

- Study of common fashion themes such as minimalism, avant-garde, retro, and futuristic.
- Techniques for translating abstract concepts into visual fashion ideas.
- Exercises in adapting global cultural and artistic influences into fashion themes.
- Practical project creating a mini-collection based on a chosen theme.

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## **INTRODUCTION TO TEXTILE**

### **B011 – Basic Knowledge of Textiles**

- Overview of fiber types: natural fibers (cotton, wool, silk) and synthetic fibers (polyester, nylon).
- Understanding how different fibers affect fabric construction and durability.
- Study of the basic weaves: plain, twill, satin, and knit fabrics.
- Practical exploration of fabric swatches to identify fiber types and their properties.

### **B012 – Understanding the Behavior of Different Fabrics**

- Study of fabric drape, stretch, and breathability in garment construction.
  - Techniques for choosing appropriate fabrics for different garments and styles.
  - Practical sessions involving the analysis of fabric behavior during sewing and construction.
  - Fabric testing for shrinkage, durability, and colorfastness in different conditions.
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## **PATTERN MAKING TECHNIQUES – PART 2**

### **B013 – Intermediate Pattern-Making Skills**

- Building on basic pattern-making knowledge to create more advanced garment structures.
- Techniques for drafting garment styles like flared skirts, trousers, and structured jackets.
- Practice in manipulating patterns for different design variations.
- Introduction to pattern grading for different sizes.

### **B014 – Advanced Drafting Techniques**

- Detailed study of drafting techniques for precision in garment patterns.
- Introduction to slashing and spreading techniques for adding volume to garments.
- Techniques for creating draped, pleated, or gathered designs.
- Hands-on drafting projects focused on challenging garment designs.

### **B015 – Detailed Drafting and Construction of Various Garment Components**

- Study of drafting techniques for a variety of garment types: skirts, pants, gowns, traditional wear, and children's clothing.
  - Techniques for incorporating functional elements like pockets, zippers, and linings into patterns.
  - Practical projects involving the detailed construction of sleeve, neckline, and collar variations.
  - Emphasis on fit adjustments and garment finishing techniques.
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## **KID'S GARMENT CONSTRUCTION**

### **B016 – Fundamentals of Designing Children's Wear**

- Study of age-appropriate designs for children's clothing, focusing on comfort and practicality.
- Techniques for adding playful elements like frills, bows, and colorful trims.
- Understanding the psychological and cultural influences in children's fashion.
- Practical exercises in designing garments that balance aesthetics and function.

### **B017 – Understanding Proportions and Measurements for Children's Clothing**

- Study of how children's proportions differ from adults and how this impacts garment design.
- Techniques for taking accurate measurements for different age groups.
- Introduction to size charts for children's clothing and standard sizing adjustments.
- Practical projects focusing on creating well-fitted garments for children.

## **B018 – Construction of Over 10 Garments for Children**

- Hands-on projects involving the creation of garments such as dresses, tops, and pants for children.
  - Focus on adding design elements like ruffles, bows, and sleeve variations.
  - Emphasis on finishing techniques to ensure durability and comfort in children's clothing.
  - Final evaluation based on creativity, functionality, and craftsmanship.
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## **GARMENT MANUFACTURING TECHNOLOGY (GMT)**

### **B019 – Overview of the Garment Production Process**

- Study of the garment production cycle from design to final manufacturing.
- Introduction to sourcing materials, cutting, sewing, and finishing garments.
- Understanding quality control techniques in mass production.
- Practical sessions on managing workflow and production timelines.

### **B020 – Operation of Various Industrial Sewing Machines**

- Advanced training on using different types of industrial machines: lockstitch, overlock, and coverstitch.
- Techniques for sewing various garment types and finishing edges.
- Introduction to machine automation and handling different fabrics in high-speed production.
- Practical projects to test machine handling skills.

### **B021 – Accurate Body Measurement Techniques**

- Techniques for measuring body proportions for tailored garment fit.
- Understanding how measurements impact garment draping and fitting.
- Practice in taking measurements for different body types and garment styles.
- Use of measurement charts and conversion techniques in pattern making.

### **B022 – Study of Standardized Measurement Size Charts**

- Introduction to size charts for different garment categories (menswear, womenswear, children's wear).
- Understanding the importance of standard sizes in mass production.
- Techniques for adapting patterns to fit standardized size charts.
- Practical project focusing on sizing garments for production.

### **B023 – Exploration of Different Stitch Types**

- Study of advanced stitching techniques for seams and garment finishing.
- Exploration of different seam types: flat-felled, French seam, and bound seams.
- Practical exercises in applying stitch types to different fabric types.
- Hands-on projects involving the creation of various garment components.

### **B024 – Exploration of Sleeve, Neckline, and Collar Variations**

- Study of advanced sleeve designs: bishop, bell, and balloon sleeves.
- Techniques for drafting and sewing complex necklines and collars.
- Practical exercises in combining different garment elements into cohesive designs.
- Final garment project based on mastering these construction techniques.

### **B025 – Production of 20+ Adult Garments**

- Hands-on experience in creating traditional and Western-style garments.
- Focus on advanced garment construction techniques for outerwear, formal wear, and casual wear.
- Techniques for pattern grading, fabric cutting, and quality control in mass production.
- Final evaluation based on production quality and design execution.

### **B026 – Introduction to Winifred Aldrich Basic Bodice and Skirt Block**

- Study of the Winifred Aldrich pattern drafting method for accurate garment construction.
- Techniques for modifying basic blocks to create custom designs.
- Practical sessions in using the bodice and skirt block for tailored garments.
- Application of block patterns in real-world garment projects.

### **B027 – Techniques in Dart Manipulation**

- Study of dart manipulation to shape garments for better fit.
- Techniques for creating style lines and decorative dart variations.
- Practical exercises in applying darts to skirts, blouses, and dresses.
- Final garment construction project involving advanced dart techniques.

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## **BASIC EMBROIDERY**

### **B028 – Introduction to Hand Embroidery Techniques**

- Study of traditional hand embroidery methods and their application in fashion.
- Practical exercises in mastering decorative stitches: satin stitch, backstitch, and chain stitch.
- Introduction to embroidery hoop handling and thread types.
- Hands-on projects focused on creating embroidered garments or accessories.

### **B029 – Application of Basic Decorative Stitches**

- Focus on creating complex embroidery designs using a combination of basic stitches.
- Techniques for adding texture and dimension to embroidered fabrics.
- Study of how different fabric types impact stitch quality and durability.
- Practical embroidery project for textile or garment embellishment.

### **B030 – Techniques in Mirror and Lace Work**

- Introduction to traditional mirror work and its application in modern fashion.
  - Techniques for adding lace embellishments to garments and accessories.
  - Practical exercises in combining embroidery, mirror work, and lace to create intricate designs.
  - Final project focused on producing a garment or accessory incorporating embroidery techniques.
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## **THEORY OF DYEING**

### **B031 – Introduction to Dyeing Techniques**

- Study of various dyeing methods: direct, resist, and discharge dyeing.
- Practical sessions in experimenting with different dye types (natural, synthetic, and reactive dyes).
- Techniques for achieving consistent color application on fabrics.
- Final dyeing project focused on applying techniques to real-world fabric samples.

### **B032 – Experimentation with Color Applications on Fabrics**

- Study of color theory and how it applies to fabric dyeing.
  - Techniques for creating ombre, tie-dye, and batik patterns through dyeing.
  - Practical exercises in mixing dyes to create custom color palettes.
  - Final evaluation based on creativity and technical proficiency in dyeing.
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## **FABRIC PAINTING**

### **B033 – Introduction to Types of Brushes and Fabric Paints**

- Study of different brushes (round, flat, liner) used for fabric painting.
- Introduction to fabric paints and their properties (acrylics, textile paints).
- Techniques for preparing fabrics for painting and ensuring paint durability.
- Practical sessions in basic brush techniques for fabric painting.

### **B034 – Learning Brush Strokes and Painting Techniques**

- Introduction to brush strokes such as blending, stippling, and layering for fabric decoration.
  - Techniques for creating gradient effects, adding texture, and detailing.
  - Practical exercises in painting designs on fabrics and canvas.
  - Final fabric painting project based on combining different brush techniques.
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## **GROOMING & COMMUNICATION SKILLS**

### **B035 – Developing Personal Presentation Skills**

- Focus on grooming and attire for fashion professionals, including proper makeup and hair styling.
- Techniques for choosing fashion industry-appropriate outfits for different events (fashion shows, client meetings).
- Practical sessions in refining professional demeanor and posture.
- Final evaluation based on overall personal presentation.

### **B036 – Introduction to Basic Industry Communication Skills**

- Study of verbal and non-verbal communication skills essential for interacting within the fashion industry.
  - Techniques for presenting design ideas and communicating effectively with clients and teams.
  - Practical exercises in group discussions, networking, and presentations.
  - Final evaluation based on communication effectiveness in a professional setting.
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## **INTRODUCTION TO FASHION**

### **B037 – Overview of Fundamental Fashion Concepts**

- Introduction to fashion history, trends, and the evolution of style.
- Study of key fashion capitals and their influence on global trends.
- Techniques for forecasting fashion trends and staying updated with industry changes.
- Final project focused on researching a major fashion trend and its impact.

### **B038 – Introduction to the Global Fashion Industry**

- Study of the global fashion supply chain, including manufacturing, retail, and marketing.
- Overview of key industry players, fashion weeks, and production cycles.
- Techniques for understanding fashion business models and brand positioning.
- Final research project on a leading fashion brand or event (e.g., Paris Fashion Week).