

LEARNING OUTCOME BASED VOCATIONAL CURRICUUM

JOB ROLE: Sewing Machine Operator

(QUALIFICATION PACK:Ref.Id.AMH/Q0301)

SECTOR: Apparel, Made-Ups and Home Furnishing

Class 10th

PSS CENTRAL INSTITUTE OF VOCATIONAL EDUCATION

Shyamla Hills, Bhopal- 462 002, M.P., India

CLASS 10th

Part A: Employability Skill

S.No	Units
1	Communication Skills – II
2	Self-management Skills - II
3	Information and Communication Technology Skills- II
5	Entrepreneurial Skills - II
6	Green Skills – II

UNIT 1: COMMUNICATION SKILLS – II

	Theory	Practical
1	1. Methods of communication 2. Communication process and elements 3. Methods of Communication	1. Role play on communication process 2. Group discussion on the effects of elements of communication cycle
2	1. Verbal communication 2. Types of verbal communication 3. Advantages and disadvantages of Verbal communication 4. Mastering Verbal communication	1. Role play of a telephonic conversation 2. Group practice on delivering speech and practicing public speaking
3	1. Non-verbal communication 2. Importance of Non- verbal communication 3. Types of non-verbal communication 4. Visual communication	1. Role play on non-verbal communication 2. Group discussion and practice on how to avoid body language mistakes 3. Group discussion on three methods of communication
4	1. Communication cycle and importance of feedback 2. Feedback 3. Types of feedback 4. Importance of feedback	1. Role play on providing feedback 2. Group practice on constructive feedback
5	1. Barriers to Effective communication 2. Effective communication 3. Barriers to effective communication <ul style="list-style-type: none"> • Physical barriers • Linguistic barriers • Interpersonal barriers 	1. Role play on barriers to effective communication 2. Group practice on overcoming barriers to effective communication

	<ul style="list-style-type: none"> • Organizational barriers • Culture barriers <p>4. Ways to overcome barriers to effective communication</p>	
6	<p>1. Writing skills – Parts of speech</p> <p>2. Capitalization</p> <p>3. Punctuations</p> <p>4. Basics of parts of speech</p> <p>5. Supporting parts of speech</p> <ul style="list-style-type: none"> • Article • Conjunctions • Prepositions • Interjections 	<p>1. Reading paragraph and sentences and identifying parts of speech</p> <p>2. Group practice on sentence construction</p> <p>3. Identifying nouns by guessing the name, place, animal, or thing</p>
7	<p>1. Writing Skills - Sentences</p> <p>2. Parts of sentence</p> <p>3. Types of objects</p> <p>4. Types of sentences</p> <ul style="list-style-type: none"> • Active • Passive <p>5. Paragraphs</p>	<p>1. Making sentences using direct and indirect objects</p> <p>2. Writing a paragraph using active and passive voice</p> <p>3. Writing different types of sentences (i.e., declarative, exclamatory, interrogative and imperative)</p>

UNIT 2: SELF-MANAGEMENT SKILLS – II

	Theory	Practical
1	<p>1. Stress management</p> <p>2. Stress and Stress management techniques</p> <p>3. Management technique</p> <p>4. Ability to work independently</p> <p>5. Emotional intelligence</p>	<p>1. Role Play on avoiding stressful situation</p> <p>2. Activity on listing the stressful situations and discussing the stress management techniques like yoga, deep breathing exercises etc.</p>
2	<p>1. Self-Awareness – Strength and Weakness Analysis</p> <p>2. Knowing yourself</p> <p>3. Strength and weakness analysis</p> <p>4. Techniques for identifying strengths and weaknesses</p> <p>5. Difference between interests and abilities</p>	<p>1. Group discussion on aim and goal in life</p> <p>2. Group discussion on interests and abilities</p>
3	<p>1. Self-Motivation</p> <p>2. Types of motivation</p> <p>3. Qualities of self- motivated</p>	<p>1. Group discussion on staying motivated</p> <p>2. Activity on listing the ways to motivate oneself</p>

	people 4. Building self –motivation	
4	1. Self-Regulation – Goal Setting 2. Goals and Setting SMART goals 3. How to set goals •Specific •Measurable •Achievable •Realistic •Time bound	1. Group activity on setting SMART goals 2. Writing long- term and short -term goals 3. Activity on listing the ways to surely set SMART goals
5	1. Self-Regulation – Time Management 2. Time management and its importance 3. Example and non- example of time management 4. Four steps for effective time management •Organise •Prioritise •Control •Track 5. Tips for practicing the four steps of effective time management	1. Preparing a list of activities to learn time management 2. Discussion on how to manage time to reach school on time

UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – II

1	1. Basics computer operations 2. Computer hardware and software 3. Starting a computer 4. Shutting down a computer 5. Using keyboard 6. Using a mouse •Roll over or hover •Point and click •Drag and drop •Double click	1. Demonstration on use of computers 2. Group practice on using the keyboard
2	1. Performing basic file operations 2. Basic File Operations 3. Files and folders •Creating a file •Creating a folder	1. Group practice on creating a folder
3	1. Computer care and Maintenance 2. Importance of care and	1. Group activity on preparing a chart on care and maintenance of computer

	<p>maintenance of computers</p> <p>3. Basic tips for taking care of devices</p> <ul style="list-style-type: none"> • Cleaning computer devices • Preparing maintenance schedule for computers • Taking backup data • Scanning and cleaning viruses • Removing SPAM files 	
4	<p>1. Computer security and privacy</p> <p>2. Computer security deals with protecting computer</p> <ul style="list-style-type: none"> • Reasons for security breach • Threats to computer • Protecting your data 	<p>1. Group activity on preparing a chart of computer security and privacy</p>

UNIT 4: ENTREPRENEURIAL SKILLS – II

	Theory	Practical
1	<p>1. Entrepreneurship and society</p> <p>2. Activities of entrepreneurs:</p> <ul style="list-style-type: none"> • Fulfil customer needs • Use local materials • Help society • Create job • Share wealth • Lower price product 	<p>1. Group work on finding the problems in school campus and turning it to business opportunities</p>
2	<p>1. Qualities and functions of an entrepreneur</p> <p>2. Qualities of entrepreneur</p>	<p>1. Activity on self-assessment of entrepreneurial qualities</p> <p>2. Activity on solving a problem in their area</p> <p>3. Taking an interview of an entrepreneur</p>
3	<p>1. Misconceptions and myths about entrepreneurship</p>	<p>1. Group activity on identifying everyday heroes</p> <p>2. Activity on talking to entrepreneurs and taking their interview</p> <p>3. Group activity on making items and selling to someone</p>
4	<p>1. Entrepreneurship as a career option</p> <p>2. Meaning of career</p> <ul style="list-style-type: none"> • Ways of earning a living • Self-employment <p>3. Wage employment</p> <p>4. Entrepreneur career process</p> <ul style="list-style-type: none"> • Enter 	<p>1. Talking about entrepreneurship as a life option</p> <p>2. Group activity on presenting about the power of entrepreneurship</p>

	<ul style="list-style-type: none"> •Survive <p>5. Grow</p>	
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UNIT 5: GREEN SKILLS – II

Theory		Practical
1	1. Sustainable Development 2. Importance of sustainable development 3. Problems related to sustainable development 4. Sustainable development Goals 5. Sustainable development initiatives 6. Sustainable process	1. Group activity on creating garden in the school or planting tree saplings 2. Group discussion on "How to prevent wastage"
2	1. Our role in sustainable development 2. Our role towards Sustainable Development <ul style="list-style-type: none"> •Quality education •Clean water and sanitation •Affordable and clean energy •Decent work and economic growth •Reducing inequalities •Creating sustainable cities and communities •Responsible consumers and producers •Protect life below water •Protect life on land 	1. Group discussion on conservation and protection of environment 2. Group activity on organizing an art project using waste

Class 10th Part B: Vocational Skills

S.No	Units
1	Basics of garment construction- II
2	Stitching of Garments
3	Use of Fasteners in Garments
4	Cleaning, storage, waste disposal, organizational rules and regulations at workplace
5	Introduction to job cards in garment industry

Unit 1: Basics of Garment Construction- II

Theory		Practical
1	1. Garment construction terminologies like: (i) Stitch length (ii) Seam allowance (iii) Stitch line (iv) Seam line (v) Ease (vi) Facing (vii) Binding (viii) Cross Grain (ix) Bias (x) Piping etc.	1. Make a glossary of garment construction terminology in practical file
2	3. Different types of Seams like (i) Plain Seam (ii) Flat and Fell Seam (iii) Bound Seam (iv) Lapped Seam (v) Counter Seam etc.	1. Prepare a Swatch File of application of different Seams

Unit 2: Stitching of Garment

Theory		Practical
1	1. Identify and Construct components of garment like:- (i) Neckline (ii) Collar (iii) Sleeves (iv) Pockets (v) Plackets (vi) Yokes (vii) Belts	1. Construct different garment components
2	1. Disposal of fullness in a garment like: (i) Darts (ii) Pleats (iii) Tucks (iv) Gathers etc.	1. Prepare a sample file for disposal of Fullness. (i) Darts (ii) Pleats (iii) Tucks (iv) Gathers etc.
3	1. Assembling sequence of the garment 2. Construction of baby frock	1. Prepare a sample garment / baby frock with assembled parts

Unit 3: Use of Fasteners in Garments

Theory	Practical
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1	<ol style="list-style-type: none"> Different types of Fasteners used in Garments like: <ol style="list-style-type: none"> Laces Ribbons Buttons Patches Hooks and Clasps Zip Velcro Fringe Tapes etc. 	<ol style="list-style-type: none"> Market Survey for different types of fasteners Prepare a Proto Sample File for different Fasteners <ol style="list-style-type: none"> Laces Ribbons Buttons Patches Hooks and Clasps Zip Velcro Fringe Tapes etc.
25	<ol style="list-style-type: none"> Sewing techniques of Fasteners Uses of Fasteners 	<ol style="list-style-type: none"> Prepare a Sample File of all the fasteners stitched on the fabric

Unit 4: Cleaning, storage, waste disposal, organizational rules and regulations at workplace

Theory		Practical
1	<ol style="list-style-type: none"> Importance of maintenance at workplace Benefits of clean environment 	<ol style="list-style-type: none"> Role play to demonstrate cleaning and maintenance practices at workplace
2	<ol style="list-style-type: none"> Social responsibility of companies Waste management in textile and apparel industry 	<ol style="list-style-type: none"> Practice waste management
3	<ol style="list-style-type: none"> Purpose and benefits of organizational policies Importance of organizational goals Workmen security system 	<ol style="list-style-type: none"> Prepare organizational plan

Unit 5: Introduction to Job Card in garment industry

Theory		Practical
1	<ol style="list-style-type: none"> Details of terminologies on the job card or work ticket Reading of specification on job card or work ticket 	<ol style="list-style-type: none"> Read a sample job card and draw correct specification
2	<ol style="list-style-type: none"> Garment components specification from garment construction detail sheet (i) Front panel 	<ol style="list-style-type: none"> Prepare a sample garment using a sample job card

- (ii) Back panel
- (iii) Side panel
- (iv) Front/Back/Side pocket
- (v) Neckline
- (vi) Sleeves etc.

3. Understanding stitch specification