



Course Curriculum & Instructional Design

Sewing Machine Operator

Course Code: GTETSMO01

Duration: 320 Hours at Training Centre

Qualification of Participants & Base Skill Set requirement:

Minimum Qualification	5 th Pass
Theoretical Base Required	n/a
Practical Competencies	Not Colour Blind, Basic Hand Eye Coordination

Expected Competencies & Skill Sets at end of Training:

1. Understanding of Apparel industry, Industry Stitching & factory environment
2. Familiarity with parts and working of Fully automated Single Needle Lock Stitch Machine & Overlock machine
3. Cleaning & Maintenance of the machine
4. Threading the machine, speed control using the foot pedal
5. Paper Exercises: stitching in straight line, curved lines, stopping, speed cont
6. Fabric Exercises: stitching in straight line, curved lines, stopping
7. Stitching of Garment parts: Collar, Cuffs, Pockets, Plackets,

Teaching Methodology & Teaching Aids:

Classroom, PowerPoint presentations, Video, Demos, Lab Practicals, Project work

Session Guide & Lesson Plan

Day	Physical Education (1 Hr)	Technical Training (8 Hours)		Soft skills 1 Hour
		Session I	Session II	
1	Yoga, Exercise	Orientation: Welcome address & Rule regulation of college, Aim of the programme	Safety precaution- self safety, tools equipment safety, job safety	Getting to know each other
2		Introduction Continued, Quality & Its Importance	Working on the Machine: Pedaling only	Group exercises: breaking fear of public speaking
3		Know your Machine Parts, Importance of time	Smooth Controlling of machine, changing the needle	
4		Threading, Clippers	Bobbin winding and change	
5		Session on family planning, health, sanitation, AIIDS awareness by Management Institute of Population development		
6		Assessment I		Group exercises: breaking fear of public speaking
7		Revision of Week 1	Graphing, Performance review	Cultural Activities: Theatre, Group Dance etc
8		Paper Exercise 1 & Performance Review		Spoken Hindi & English, Role Plays, Health & Safety , Working in
9		Paper Exercise 2 & Performance Review		



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10		Paper Exercise 3 & Performance Review	a Factory & Industry Norms,
11		Paper Exercise 4 & Performance Review	Industrial Relation
12		Paper Exercise 5 & Performance Review	
13		Thorough Revision, Assessment II	
14	Revision of Week 2	Graphing, Performance review	Group Excursion: Shopping for basic necessities
15		Fabric Exercise 1 & Performance Review	
16		Fabric Exercise 2 & Performance Review	
17		Fabric Exercise 3 & Performance Review	Grooming: Self-Management
18		Fabric Exercise 4 & Performance Review	
19		Fabric Exercise 5 & Performance Review	
20		Assessment III	
21	Revision of Week 3	Graphing, Performance review	Group Excursion: Puri
22		Fabric Exercise 6 & Performance Review	
23		Fabric Exercise 7 & Performance Review	
24		Fabric Exercise 8 & Performance Review	Grooming: Self-Management
25		Fabric Exercise 9 & Performance Review	
26		Fabric Exercise 10 & Performance Review	
27		Assessment IV	
28	Revision of Week 3	Graphing, Performance review	Group Excursion: Puri
29		Fabric Exercise 11: Part 1 of Shirt	
30		Fabric Exercise 11: Part 2 of Shirt	
31		Fabric Exercise 11: Part 3 of Shirt	Team work, Work Study, Method
32		Fabric Exercise 11: Part 4 of Shirt	Study, working in a factory,
33		Fabric Exercise 11: Part 5 of Shirt	
34		Assessment III	
35	Defects Identification, Sorting	Packing, Ironing	
36	Collar run & Top Stitch	Making Collars	
37	Garment Inspection		
38	Finished Goods Overview, Garment Industry Overview, Identifying different garments		understanding payslips, savings management, opening a bank account, money transfer,
39	Defects Identification, Sorting	Garment Inspection, Packing, Ironing	
40		Assessment	
41	Revision of Week 4	Graphing, Performance review	Cultural Activities: Theatre, Group Dance etc
42-45	Pre Placement Counselling, Industry Videos, Site Visits, HR discussions, understanding labour rights		

Assessment Plan: Continuous assessment

- i. Theory Tests (20%)
- ii. Practical Tests (40%)
 - a. Completion of Independent Tasks 30%
 - b. Completion of Guided Tasks 10%



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- iii. Assignments (40%)
- iv. Viva Voce (Including Mock Interviews)

