Assistant Fashion Designer
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1. Course-specific instructions for trainees

Preparations for training
- Gain familiarity with the job roles related to the course and its scope.
- Make the necessary preparations for effective learning.
- Do regular practice - perfection needs to be brought
- Complete the assignments and class work in time

During the training
- Give equal importance to technical and non-technical aspects of training.
- Practice communication skills
- Read job card or Standard Operating Procedures [SOP] before starting the tasks.
- Follow safety precautions meticulously
- Maintain discipline in the training centre
- Attend the training regularly

Post training
- Update and enrich knowledge by continuing learning or studying reference material and interaction with professionals
- Keep in touch with the training provider even after the completion of the course
- Keep practicing pattern making and garment construction

Session: 1.1.1/ Fibre Classification & Properties

Learning outcomes of the session:
- At the end of the session trainee will be acquainted with the classification of fibres and their properties

Lesson Content

Introduction to Textile studies

Fibre

It is defined as one of the delicate, hair portions of the tissues of a plant or animal or other substances that are very small in diameter in relation to their length. A fibre is a material which is several hundred times longer compared to its thickness.

Fibres can be either natural (silk, wool, linen, cotton), manufactured or synthetic fibres created from chemicals (rayon, nylon, and polyester). Fibres that occur in nature can be classified as vegetable, animal and mineral. Vegetable fibres are of cellulosic and animal fibres are of protein in composition. Fibres which are used for yarn or fabric production should possess certain properties.

Textile & Textile Fibre

A textile is anything that made from natural (silk, wool, linen, cotton) or synthetic fibres (rayon, nylon, and polyester) by weaving, felting, knitting, braiding or netting. The essential requirements for textile fibres to be spun into yarn include a length of at least 5 millimeters, flexibility,
cohesiveness and sufficient strength. Other important properties include elasticity, fineness, uniformity, durability and lustre will make a fibre into textile fibre.

**Classification of Textile Fibres**

![Fibre classification diagram](image)
Learning outcomes of the session:
- Trainee will be able to distinguish types of stitches.

Lesson Content

According to Stitch Formation Method

**Intra looping**

Intra looping is the passing of one loop of thread through another loop of the same thread supply.

**Inter looping**

Inter-looping is the passing of a loop of thread through another loop formed by a different thread.

**Interlacing**

Interlacing, a term used in relation to certain stitches, is the passing of a thread over or around thread or loop of another thread.

**Classification according to British Standard System**

A numerical system is used to classify stitches according to their formation.

- Class 100 : Chain stitches
- Class 200 : Hand stitches
- Class 300 : Lockstitches
- Class 400 : Multi thread chain stitches
- Class 500 : Over edge chain stitches
- Class 600 : Cover seam chain stitches
Session: 3.1.3/ Fashion Cycle and Adoption Theories

Learning outcomes of the session:
- Trainee will be able to know various stages in fashion cycle and adoption theories

Lesson Content

Fashion Cycle: A period of time during which the fashion exists, moving through the five stages from introduction to obsolescence or rejection is known as fashion cycle. There is a clear sequence of fashion phenomenon in which the return of any earlier fashion can be seen which is known as recurring fashion cycle. The below given graph shows the fashion cycle and the recurring fashion cycle.

![Fashion Cycle Diagram](image)

Recurring Cycle

Certain designs reappears years later because fashion designers draw inspirations from past. Changes are applied in pattern, design, fabric and panels. Many nostalgic looks are drawn by designers from the 1940s, 50s, 60s, 70s & 80s.

Session: 4.2.2/ Elements of Design

Learning outcomes of the session:
- Trainee will be able to know Elements of Design

Lesson Content

Designing process involves combining of design components such as lines, colour, texture etc. in various ways to create new designs. These raw materials or ingredients of which designs are made are called elements of design. These elements are the basic units of a visual image.

Silhouette is used to refer to the outline of a dress or the garment’s overall shape. Various types of silhouettes are used. Wide, full shapes in clothing make the wearer to look larger. Trim, compact silhouettes in clothing make the wearer to look smaller. Straight tubular shapes in clothing make the wearer look taller. Silhouettes in fashion changes over time.

Silhouettes
- Sheath
- Ball gown
- Empire’ line
- Trumpet
- Mermaid
Session: 6.3.4/ Design Sheet Layouts

Learning outcomes of the session:
- Trainee will understand Design sheet layouts.

Lesson Content

The designer has to choose an illustration layout to support the design message of the garment.

Fig. Design sheet layout by jeury Rosario

Session: 7.2.2/ Size Charts: Men, Women and Kids

Learning outcomes of the session:
- Trainee will be familiar with size charts

Lesson Content

- Misses sizes
- Junior sizes
- Women's sizes or plus sizes
- Misses petite
- Junior petite
- Women's petite
- Young junior
- Tall sizes
- Half sizes

US Standard clothing size Women's sizes: Women’s sizes are divided into various types depending on height. There are multiple size types designed to fit somewhat different body shapes. Variations include the height of the person's torso (known as back length), whether the bust, waist and hips are straighter (characteristic of teenagers) or curvier (like many adult women), and whether the bust is higher or lower (characteristic of younger and older women, respectively).
These categories are,

**Misses sizes:** The most common size category. For women of about average height (5’4”) with an average bust height and an hourglass figure.

**Junior sizes:** - For short women with higher busts and fairly straight bodies.

**Women’s sizes or plus sizes:** - For larger, curvier women of average height, sometimes with lower bust lines. Like misses' sizes

**Misses petite:** - For short women with average busts and more hourglass body shapes.

**Junior petite:** - For very short women with average busts and fairly straight bodies.

**Women’s petite:** - For larger, curvier, shorter women, sometimes with lower bust lines. Like misses' sizes

**Young junior:** - For short women with high busts and fairly straight bodies.

**Tall sizes:** - For taller women (usually 5’8” or above), usually with a proportionately average bust height and an hourglass figure.

**Half sizes:** - For short women with lower busts and more hourglass body shapes.

**Unit 7.5/ Sleeve Drafting**

**Learning outcomes:**
- Trainee will be aware about the sleeve terms.
- Trainee will draft Basic sleeve with 1/4th scale.

**Session: 7.5.1/ Sleeve Terminology**

**Learning outcomes of the session:**
- Trainee will be able to list out the sleeve terms.

**Lesson Content**

**Introduction to Sleeves**

A sleeve is a covering for the arm that is attached at or near the armhole or arms eye, area of the garment. Sleeves are functional in providing modesty, warmth or protection but are equally important for their contribution to the style of the garment.


**Session: 8.3.3/ Line Planning-Planning the Apparel Line**

**Learning outcomes of the session:**
- Trainee will understand the scheduling and allocation of an export order in a garment industry.

**Lesson Content**

**Line Planning**

Line planning is scheduling and allocating of orders to production lines according to product setting (product is being made in the line) and due dates of production completion. A line plan defines when a style is going to be loaded to the line, how many pieces to be expected (target) from the line and when order to be completed.

It helps production manager as well as line supervisor with information such as what is the daily production target for line. They set their line (machines and manpower) accordingly. Line plan also provides information such as how many days style would run and what the next style is going be loaded.

<table>
<thead>
<tr>
<th>Date</th>
<th>Line 1</th>
<th>Line 2</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-Dec</td>
<td>loading #2341A, Qty -3000 pieces</td>
<td>300</td>
<td>1200</td>
</tr>
<tr>
<td>2-Dec</td>
<td>200</td>
<td>200</td>
<td>300</td>
</tr>
<tr>
<td>3-Dec</td>
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<td>450</td>
<td>300</td>
</tr>
<tr>
<td>4-Dec</td>
<td>400</td>
<td>850</td>
<td>200</td>
</tr>
<tr>
<td>5-Dec</td>
<td>400</td>
<td>1250</td>
<td>loading #Polo, Qty -1500 pieces</td>
</tr>
<tr>
<td>6-Dec</td>
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<td>100</td>
<td>loading #YK45, Qty -4500 pieces</td>
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<tr>
<td>23-Dec</td>
<td>150</td>
<td>5000</td>
<td>400</td>
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**Daily Prod.** – Daily production or line output

**Cum Prod.** – Cumulative production of the style till date
Session: 9.1.2 / Safety Measures used in Apparel Industry

**Learning outcomes of the session:**
- The trainee will be able to follow the Safety measures used in apparel industry

**Lesson Content**

**Safety:** In industry you are surrounded by opportunities to cause hurt to yourself and others. Slight carelessness can lead to big injuries. So it is necessary to remain careful and avoid accidents and injuries while working. Effective health and safety in your workplace can help to keep your employees happy and productive and also reduce the human and business costs of injuries. See below for a guide to making your business safer.

<table>
<thead>
<tr>
<th>Figure 9.1.2 - 1 safety measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear personal protective equipment (PPE) as directed. For example ear plugs, masks, hand gloves etc.</td>
</tr>
</tbody>
</table>

| |
| Do not throw objects towards passages to avoid tripping and falling. |

| |
| Never use bare wires without plugs. |

| |
| Do not wear loose clothes which may entangle in moving parts of the machines. |
Session: 9.3.3/Decision Making

Learning outcomes of the session:
- The trainee will acquire decision making skill.

Lesson Content

A significant part of decision making skills is in knowing and practicing good decision making techniques.

Decision making skills and techniques: Steps involved in the decision making techniques given below.

- Define the decision and your purposes for decision making: Ask yourself why and what is should be solved
- Collect information: Gather information like factors involved in it, decision criteria and all.
- Brainstorm and list different possible choices. Generate ideas for possible solutions.
- Identify the alternatives. Identify the alternatives for getting an apt solution
- Implement the best alternative.
- Evaluation. Use your standards and judgment criteria to determine the cons and pros of each alternative.
- Review result

Decision making in Challenging situations need extra care. These are the sort of decisions that involve:
- High-risk
- Complexity
- Uncertainty
- Interpersonal issues