



Fashion STUDIES

Practical Manual
(CLASS-XII)



CENTRAL BOARD OF SECONDARY EDUCATION

Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi-110 301 India

नया आगाज़

आज समय की माँग पर
आगाज़ नया इक होगा
निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

परिवर्तन नियम जीवन का
नियम अब नया बनेगा
अब परिणामों के भय से
नहीं बालक कोई डरेगा

निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

बदले शिक्षा का स्वरूप
नई खिले आशा की धूप
अब किसी कोमल-से मन पर
कोई बोझ न होगा

निरंतर योग्यता के निर्णय से
परिणाम आकलन होगा।

नई राह पर चलकर मंज़िल को हमें पाना है
इस नए प्रयास को हमने सफल बनाना है
बेहतर शिक्षा से बदले देश, ऐसे इसे अपनाए
शिक्षक, शिक्षा और शिक्षित
बस आगे बढ़ते जाएँ
बस आगे बढ़ते जाएँ
बस आगे बढ़ते जाएँ.....





Fashion Studies



Practical Manual

CLASS

XII



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Practical on Textile Science Class XI

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भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक सम्पूर्ण ¹[प्रभुत्व-संपन्न समाजवादी पंथनिरपेक्ष लोकतंत्रात्मक गणराज्य] बनाने के लिए, तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,

विचार, अभिव्यक्ति, विश्वास, धर्म

और उपासना की स्वतंत्रता,

प्रतिष्ठा और अवसर की समता

प्राप्त कराने के लिए

तथा उन सब में व्यक्ति की गरिमा

और ²[राष्ट्र की एकता और अखंडता]

सुनिश्चित करने वाली बंधुता बढ़ाने के लिए

दृढ़संकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवम्बर, 1949 ई० को एतद् द्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

1. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “प्रभुत्व-संपन्न लोकतंत्रात्मक गणराज्य” के स्थान पर प्रतिस्थापित।
2. संविधान (बयालीसवां संशोधन) अधिनियम, 1976 की धारा 2 द्वारा (3.1.1977) से “राष्ट्र की एकता” के स्थान पर प्रतिस्थापित।

भाग 4 क

मूल कर्तव्य

51 क. मूल कर्तव्य - भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वज और राष्ट्रगान का आदर करे;
 - (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
 - (ग) भारत की प्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण रखे;
 - (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
 - (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हों, ऐसी प्रथाओं का त्याग करे जो स्त्रियों के सम्मान के विरुद्ध हैं;
 - (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्त्व समझे और उसका परिरक्षण करे;
 - (छ) प्राकृतिक पर्यावरण की जिसके अंतर्गत वन, झील, नदी, और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणिमात्र के प्रति दयाभाव रखे;
 - (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
 - (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
 - (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई उंचाइयों को छू ले;
- ¹(ट) यदि माता-पिता या संरक्षक है, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य के लिये शिक्षा के अवसर प्रदान करे।

1. संविधान (छयासीवां संशोधन) अधिनियम, 2002 की धारा 4 द्वारा (12.12.2002) से अंतः स्थापित।

THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the² [unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs, by the Constitution (Forty-Second Amendment) Act. 1976, sec. 2, for "unity of the Nation" (w.e.f. 3.1.1977)

THE CONSTITUTION OF INDIA

Chapter IV A

FUNDAMENTAL DUTIES

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India-

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
 - (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
 - (c) to uphold and protect the sovereignty, unity and integrity of India;
 - (d) to defend the country and render national service when called upon to do so;
 - (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
 - (f) to value and preserve the rich heritage of our composite culture;
 - (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
 - (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
 - (i) to safeguard public property and to abjure violence;
 - (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- ¹(k) who is a parent or guardian to provide opportunities for education to his/her child or, as the case may be, ward between age of six and fourteen years.

1. Ins. by the constitution (Eighty - Sixth Amendment) Act, 2002 S.4 (w.e.f. 12.12.2002)



Foreword

The Central Board of Secondary Education introduced the subject of Fashion Studies as an independent elective subject at senior school level from the academic session 2004-2005. It has published the learning resource books for classes XI and XII with the active support and help of the National Institute of Fashion Technology, New Delhi. The present publication is a Manual for the Practical Work in Fashion Studies for class XII and it covers the practical component that has 30% weightage in the Board's Examination.

The manual gives simple practical tasks/projects in Pattern Making and Basics of Garment Making. Fashion Studies is basically a concept and skill-based subject requiring the students to plan, visualize and execute a number of designs to produce garments. Hence the practical component is of great importance in this subject. Moreover, students should also be taught to use different tools and equipments that are an integral part of design and garment making.

An attempt has been made to include basic exercises in exploration of patterns and simple garment making. They are aimed at helping the learners acquire the right perception and the elementary skill needed to establish a foothold in the field of fashion design and fashion technology. Meticulous care has been bestowed by the authors on the details of each exercise, providing adequate information by way of introduction, aim materials and methods, conclusions and references. The manual also includes essential information such as Tool Kit, Standard Dress Form Measurement Chart, Established Procedures for Test Fitting and Sewing Kit. A list of basic material and equipment needed for the practical work besides a set of safety rules in the Laboratory have also been included. It is expected that each candidate will perform all the 16 exercises given in the manual in class XII and maintain a portfolio for assessment following the procedure outlined in the manual. The viva questions given at the end of some exercises will help the learners develop an insight into the concepts and processes involved.

The eminent faculty of the National Institute of Fashion Technology, New Delhi have contributed to the development of this material. I express my sincere thanks to Mr. Prem Kumar Gera, Director General, NIFT, Sr. Prof. Bani Jha, Dean (Academic) and the NIFT faculty. Dr. Sadhana Parashar, Professor & Director (ART & I) and Dr. Kshipra Verma, Education Officer also deserve a special mention for planning and giving shape to this publication. Suggestions for further improvement of the publication will be most welcome.

Vineet Joshi
Chairman





Preface

Fashion theory and practices are built on an academic foundation where history, anthropology, sociology, psychology and economics intermingle to shed light on clothing as one of the three most essential needs of the human race. It is a visual indicator of the cultural identity of a country.

Fashion is a dynamic force which influences lifestyle choices made by consumers. It drives international trends in a multitude of areas from apparel, accessories, automobiles, cuisine, wellness, vacations and more. Glamour notwithstanding, fashion is a serious global business with high financial stakes. The increasing references to Indian textiles, clothing and culture on international fashion scenario are indicative of India being centre-stage on the global fashion map.

The current educational environment provides students with a wide range of subjects that are informative and also encourages individual aptitude. Many want to pursue non-traditional careers where creativity, problem-solving and business acumen integrate into an exciting combination. Fashion Studies introduced by CBSE at the 10+2 level as an elective academic subject, points in the direction of fashion as a creative and challenging career.

Fashion Studies offers insight into the components and processes of design, manufacturing, marketing in apparel and textiles. It encompasses the process from fibre to fabric, from concept to creation of garments. It provides an overview of fashion, an understanding of fabrics and surface techniques, design fundamentals and elements of garment-making.

Fashion Studies as a subject is envisaged to help students to make an informed decision about their future goals.

Sr. Prof Banhi Jha
Dean - Academic





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CBSE

Mr. Vineet Joshi, IAS (Chairman)
Dr. Sadhna Parashar, Prof. & Director (ART & I)
Ms Kshipra Verma (Education Officer)
Dr Biswajit Saha (Associate Professor and Programme Officer)

HISTORY OF FASHION

Mr. Prem Kumar Gera, IAS
Sr. Prof Banhi Jha, Dean(Academic)

Anchor

Prof. Kripal Mathur

Contributors

- | | | |
|---|---|-----------------------------------|
| 1. Overview of Fashion | : | Sr. Prof. Banhi Jha |
| 2. Introduction to Fibres,
Dyeing and Printing | : | Dr. Nilanjana Bairagi |
| 3. Design Fundamentals | : | Prof. Kripal Mathur |
| 4. Elements of Garment making | : | Prof Vandana Narang & Ms Anu Jain |





Contents

Total Marks 100

(Theory 70 + Practical 30)

Students will demonstrate their understanding of the subject through the following practical exercises:

Chapter 1: History of Fashion **01**

1. Ability to identify the cultural context of body adornment and its continuation in contemporary society
2. Ability to use visual references to analyze ancient draped garments
3. Ability to analyze the impact of Industrial Revolution during the British Raj in India
4. Ability to use books, museums, archives and movies as sources of information to explain the impact and influence of war on clothing

Chapter 2: Basic Pattern Making **05**

5. Be able to develop and test fit a basic bodice
6. Develop and test fit bodices through dart manipulation
7. Develop and test fit a basic skirt
8. Develop style variations of skirts

Chapter 3: Elements of Fashion **25**

9. Ability to design products with self-generated prints inspired from nature
10. To demonstrate creative exploration of patterns created by using food products for dyeing process
11. Ability to develop print designs inspired from animal skin by innovative use of materials
12. Ability to use the stencil printing technique to create design patterns

Chapter 4: Basics of Garment Making **29**

13. Stitch a sample of a continuous placket
 14. Stitch a sample of a basic shirt placket
 15. Stitch a sample of a basic shirt placket with facing
 16. Stitch a sample each of Extended facing, Bias facing and Shaped facing.
- 