

A.K.Dasgupta Centre for Planning and Development Visva-Bharati

Skill Development Programme on Tailoring and Garment making

Date: 20th April-12th June, 2026

Skill development in tailoring for women, organized by the Centre, serves as a powerful tool for empowerment. The A.K.Dasgupta Centre plays a crucial role in providing access to comprehensive training programs that encompass technical tailoring skills and business management. Through the Centre's initiatives, women gain not only economic independence and entrepreneurship opportunities but also a supportive community network. The Centre is trying to provide holistic education equips women with the knowledge and skills needed to establish their businesses, express their creativity, and navigate various aspects of their personal and professional lives. By investing in tailoring skills both communities and women to thrive economically, socially, and personally, contributing to broader efforts towards gender equality and inclusive development.

1.	Title	Tailoring and Garment making
2.	Duration	Two months
3.	Total participants	15
4.	Target group	Women [18-30 years]
5.	Training mode	Classroom instruction and Hands-on-practical training
6.	Training hours	5days/week- 3 hours daily. Total -120 hours
7.	Objectives of the Training Programme	• To impart basic to advanced tailoring skills enabling participants to stitch garments independently. • To enhance income-generating capabilities through self-employment or wage employment • To develop entrepreneurial and market-oriented skills in tailoring and garment production

8.	Expected Outcomes	• To promote women's economic empowerment and livelihood diversification • At least 80% participants capable of stitching basic and semi-advanced garments. • Participants able to operate sewing machines independently • Creation of self-employment opportunities [home based tailoring units] • Linkage with local markets, SHGs, boutiques or garment units
9.	Course structure and time frame	Enclosed
10.	Training methodology	• Demonstration based learning • Hands-on- practical session • Peer learning and supervised practice • Continuous assessment and feedback
11.	Assessment & Certification	• Final practical test: stitching of one complete garment • Certification issued upon minimum 80% attendance and skill competency
12.	Post training support	• Guidance on setting up home-based tailoring units • Linkages with Self-Help Groups (SHGs) and local markets • Information on government schemes (PMEGP, NRLM, etc.) • Exposure to bulk orders from schools, boutiques, and local retailers
13.	Sustainability & Livelihood Impact	• Promotes self-reliance and income security • Encourages collective tailoring units for bulk orders

- Enhances women's participation in local economy
- Scope for scaling into fashion designing or boutique management

Course Structure and Time Frame

Month 1: Foundation Skills

Week	Training Content	Key Competencies
Week 1	Introduction to tailoring tools and equipment	Identification and use of tools
Week 2	Sewing machine parts, threading, machine maintenance	Machine operation
Week 3	Basic stitches (hand & machine), seams and hems	Stitch control
Week 4	Fabric types, measurement techniques, cutting basics	Accurate measurement & cutting

Month 2: Garment Construction

Week	Training Content	Garments Practiced
Week 4	Stitching of petticoat & salwar Kurta / Kameez stitching	Lower garments Upper garments
Week 5	Blouse basics (simple patterns) Children's garments	Women's wear Size variations

Advanced Skills & Entrepreneurship

Week	Training Content	Skills Developed
Week 6	Necklines, sleeves, collars Zippers, buttons, hooks, decorative elements	Design enhancement Finishing skills
Week 7	Basic embroidery & alterations	Value addition

Week	Training Content	Skills Developed
Week 8	Entrepreneurship, costing, pricing, customer handling	Business readiness

The classes will be held 3 hours per day from Monday to Friday [no classes on weekly holiday and university holiday]. The order of selection will be based on last come first out basis.

Please apply in the Application form and submit to:

The Chair Professor

A.K.Dasgupta Centre

Visva-Bharati

**A.K.Dasgupta Centre for Planning & Development,
Visva-Bharati**
Skill Development Programme on Tailoring and Garment making

1. Name

2. Address

3. Phone No.

4. Caste

5. Reason for joining programme

6. Aadhar Card

Yes/No

7. Member of Self Help Group

Yes/No

Signature