

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

IN THE NAME OF ALLAH, THE ALL-MERCIFUL, THE ALL-COMPASSIONATE

# Fashion Designing

9



PUNJAB CURRICULUM AND  
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## CONTENTS

Chapter No.	Description	Page No.
1	Introduction to Fashion Designing	1
2	Elements of Design	10
3	Principles of Design	18
4	Historical Aspects of Fashion Design	23
5	Crafts of Pakistan	29
6	Basic Drawing and Anatomy	41
7	Fashion Drawing and Design Detail	50
8	Basics of Textiles	61
9	Basics of Sewing	70
	Glossary	82
	Bibliography	85

# Introduction to Fashion Designing

## Student Learning Outcomes

**After completing this chapter students will be able to:**

- understand the core definitions of fashion and design.
- describe why fashion is important.
- recognize the significance of studying fashion.
- analyze the factors influencing fashion design.
- compare cultural influences on fashion in South Asia and Western regions.
- explain the difference between the cultural influence on fashion in South Asian and Western Regions.
- appreciate the role of fashion in shaping and reflecting modern society.
- analyze the importance of fashion design in everyday life.
- describe how fashion shapes society.



Clothing is a basic human need, just like food and shelter. Even the simplest, garment requires thoughtful design, balancing aesthetics, functionality, and comfort. Fashion designers play a crucial role in meeting this need, creating clothing that mirrors cultural values, personal identities, and societal trends.

## 1.1 Define Fashion? What is Fashion Design?

Fashion refers to a way of dressing that becomes popular during a specific time, place, or cultural moment. It is not limited to geographic location but also includes social groups, lifestyles, and market segments. Designers often focus on specific market segments, defined by age, lifestyle, or fashion personality, and tailor

their creations to align with these preferences. For example, a designer may specialize in casual wear, luxury, ready-to-wear, modest wear, high street, sportswear or bridal collection.

### 1.1.1 Difference between Dress, Costume, and Fashion

*Dress* refers to any clothing worn by an individual, regardless of trends or time period. It serves functional and aesthetic purposes, varying according to climate, culture, and personal preference.

*Costume* is clothing that represents a specific era, cultural identity, or occasion, such as traditional attire, theatrical outfits, or historical reenactment clothing.

*Fashion* is a trend-driven style of dress that reflects the collective preferences of a particular time and social group, often influenced by designers, celebrities, and cultural movements.

### 1.1.2 Categories of Garments

Fashion includes a wide range of garments across different target markets, covering both Eastern and Western wear.

- **Menswear:** Includes pants, shirts, blazers, three-piece suits, shalwar kameez, waistcoats, and sherwanis.
- **Womenswear:** Includes dresses, skirts, pants, blouses, lehengas, shalwar kameez, tunics, abayas, and evening wear.
- **Children's Wear:** Features frocks, shirts, pants, skirts, dungarees, rompers, and traditional outfits like miniature versions of adult ethnic wear.

Fashion designers consider functionality, aesthetics, and market demand when creating clothing for these categories, ensuring their designs align with both cultural influences and modern trends.

### 1.1.3 Fundamentals of Design in Fashion

Designers across all fields work with the same fundamental elements: line, shape, color, texture, pattern, form, and space. They also apply design principles such as balance, rhythm, proportion, emphasis, unity, and variety to evaluate and refine their creations. These 'formal qualities' of design allow designers to assess

#### For Your Information

Fashion industry is divided into many parts catering to every taste, budget and event. Key fashion segments include:

**Haute Couture:** Exclusive, handmade, bridal

**Luxury Fashion:** High-end, premium

**Fast Fashion:** Affordable, mass-produced, Ready-to-wear

**Streetwear:** Youth-driven, casual, oversized

**Sustainable Fashion:** Ethical, eco-friendly

**Athleisure:** Fusion of sports & casual wear, comfort and functionality

**Heritage Tailoring:** Timeless, elegant craftsmanship

**Modest Fashion:** Full coverage, religion/culture inspired, loose-fitting

aesthetic appeal at every stage, from initial concept to final product.

The verb ‘to design’ means to create, conceive and construct according to plan. It requires creativity, technical expertise, and an understanding of market demands. A garment only comes to life when worn and in motion. While outsiders may view fashion design as an effortless expression of talent, insiders understand it as a blend of creativity and technical skill. Designers must harmonize structural details (like silhouette and shaping) with creative elements (such as embellishments and fabric choices). Fashion design is highly technical, integrating production methods and technology into the design process. However, success ultimately depends on the designer's ability to interpret trends and meet consumer needs. A typical design process involves developing a concept, creating drawings, making patterns, producing samples, and moving to production.

## Why Study Fashion?

In today’s world, fashion design addresses important social and environmental challenges. By studying fashion, you can be at the forefront of this movement, designing garments that are not only stylish but also responsible. This shift towards sustainability reflects the evolving role of fashion designers as agents of change, using their creativity to address global issues and inspire positive action.

### i. Career Opportunities in Fashion

The fashion industry is a global powerhouse, valued at over \$1.7 trillion (McKinsey, 2024). Studying fashion opens doors to a wide range of careers including:

- *Design Production:* fashion designer, textile designer, pattern cutter, print designer, production manager, sample maker, sewing expert
- *Business and Marketing:* fashion buyer, merchandiser, brand manager, fashion marketer, public relations specialist, show producer
- *Creative Media:* stylist, journalist, blogger, photographer, visual merchandiser
- *Academia:* educator, museum curator, historian
- *Sustainability:* sustainable fashion expert

### ii. Role of Fashion Designers

Fashion designers are problem-solvers, blending imagination with function. They anticipate change, design solutions, and address aesthetic, physical, and emotional needs while considering business, social, and environmental factors. Designers present their collections through fashion shows, shaping industry movements and consumer preferences. A well-rounded designer has a deep understanding of materials, production, functionality, and consumer psychology.

## 1.2 Factors Influencing Fashion

Fashion is a dynamic and ever-evolving expression of culture, society, and individuality. Various factors influence fashion. Understanding these influences provides insight into how fashion reflects and responds to the world around us. Some of the key factors influencing fashion are outlined below:

- **Fashion Trends:** Presented seasonally through Spring/Summer and Fall/Winter collections, fashion is influenced by innovation and trend adaptation.
- **Cultural and Social Influence:** Cultural and social dynamics play a key role in shaping fashion. Social movements and events also leave an unforgettable mark on fashion.
- **Economic Factors:** Economic conditions affect fashion consumption. During economic prosperity, luxury items flourish, while inflation drives demand for affordable, practical clothing. Income levels determine clothing preferences and accessibility.
- **Historical and Artistic Influences:** History and artistic movements inspire fashion. Designers introduce styles for modern audiences, while collaborating with artists.
- **Demographic Shifts:** Gender, age, lifestyle, and cultural backgrounds dictate style preferences, shaping market strategies.
- **Art and Literature:** Paintings, literature, and other art forms also influence fashion. Designers often reference classic art and literature to create timeless or experimental styles.

### For Your Information



Charles Frederick Worth (1825-1895) is considered the first modern British fashion designer. He was the first to create collections and present them using live models, shaping the fashion industry as we know it today.



Digital fashion, AI-designed (Artificial Intelligence) clothing, and 3D-printed outfits are changing how clothes are made. Designers now use technology to create sustainable and futuristic fashion.



Colours in clothing can affect emotions. For example, red is often linked to confidence and power, blue gives a sense of calm, and green is considered peaceful. This is why designers carefully choose colours for different occasions.



- **Climate and Geography:** Climate dictates fabric choices and styling. Warm regions favor breathable fabrics like cotton, while colder climates require woolen and warm clothing.
- **Media and Entertainment:** Films, TV, social media, and celebrity endorsements drive fashion trends. Influencers and digital platforms amplify trends, creating instant global appeal.

#### Did You Know

The **United Nations Sustainable Development Goals** (UNSDGs) were launched in 2015 to promote sustainability in all aspects of life, including fashion, aiming for a greener and fairer world by 2030.

### 1.3 What does 'Fashion' Mean to You?

Fashion is based on individual preferences, experiences, and interpretations. What one person finds stylish or appealing may differ from another's perspective. It serves as a powerful form of self-expression, allowing individuals to showcase their personalities, beliefs, and aspirations through clothing. For some, fashion is about keeping up with trends, while for others, it prioritizes comfort and practicality.

Fashion can also be influenced by emotions, experiences, and personal values. It may serve as a confidence booster and a tool for social belonging. The meaning of fashion evolves with age, lifestyle, and cultural exposure, making it a dynamic and ever-changing aspect of human life.

### 1.4 Cultural Influence on Fashion in Pakistan

Culture plays a vital role in shaping fashion, with each region contributing unique clothing styles, colours, fabrics, and designs that reflect its history and values. Festivals, rituals, and social customs influence attire, showcasing the rich craftsmanship and cultural heritage of South Asia, where intricate embroidery and luxurious fabrics are prominent. Globalization has made it easier for different cultural styles to blend, allowing people to mix diverse elements from various regions.

Pakistan's diverse cultural heritage significantly impacts its fashion. Each of its distinct provinces and regions: Punjab, Sindh, Khyber Pakhtunkhwa, Balochistan, Gilgit-Baltistan, and Kashmir add distinct elements to national fashion, creating a fusion of styles.

- **Punjab** is known for vibrant colours and intricate embroidery, Punjabi fashion features shalwar kameez, phulkari embroidery, and turbans. Festivals celebrating spring and weddings inspire bright hues and rich fabrics.
- **Sindh** is recognized for *ajrak* prints, mirror work, and traditional caps, Sindhi fashion incorporates the Sindhi *topi* (cap) and chunri dupattas, symbolizing deep-rooted heritage.
- **Khyber Pakhtunkhwa** is known for its heavy embroidery, long flowing dresses, waistcoats, the *Pakol* cap, and Peshawari chappals.
- **Balochistan** is distinct for its heavily embroidered long dresses with vibrant

geometric patterns, Balochi fashion also features silver jewelry and intricate needlework.

- **Gilgit-Baltistan** is a mountainous region. Therefore, its fashion is influenced by the cold climate, favouring woolen shawls, handwoven textiles, and the *Pakol* cap for warmth and durability.
- **Kashmir** is known for its luxurious Pashmina shawls, fine woolen garments, and intricate Kashmiri embroidery, which reflect its rich artistic heritage. Traditional attire, includes as the *phiran* (a long, loose-fitting tunic).



Figure 1.1 Cultural Representation of Pakistani Women's Fashion.  
Illustrations by Arsalan Khan (South Asian Princesses, 2024)

These regional influences continue to shape Pakistani fashion, blending traditional elements with contemporary trends to create a unique national style that reflects both heritage and modernity.

## 1.5 Fashion in Context to 'South Asia' and 'West'

South Asian and Western fashion differ significantly in their origins, design philosophy, and cultural influences. South Asian fashion values heritage and artistry, focusing on intricate handwork, embroidery, and textile techniques passed down through generations. It often reflects regional identity, religious influences, and societal customs rather than global trends. In contrast, Western fashion prioritizes functionality, individuality, and seasonal adaptability. It follows structured seasonal collections like Spring/Summer and Fall/Winter, where new styles are introduced through fashion weeks in Paris, Milan, London, and New York. Ready-to-wear and fast fashion dominate the industry, ensuring quick production and widespread accessibility.

South Asian fashion is largely occasion-driven. Everyday attire, particularly for women, balances modesty with elegance. It includes colourful and vibrant prints and embroideries paired with a 3-piece suit. Whereas Western fashion embraces minimal design, favouring clean lines and neutral colour palettes.



**Figure 1.2**  
Everyday attire in South Asia and West

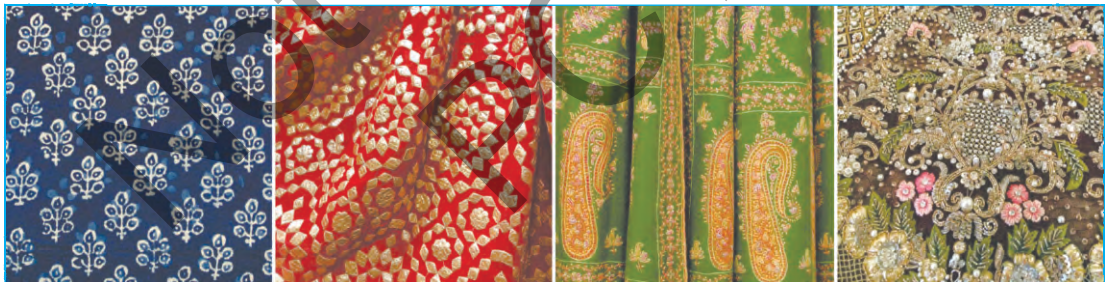


**Figure 1.3**  
South Asian and Western Bridal Wear

Similarly, bridal fashion holds particular significance, with designers dedicating collections to heavily embellished, custom-made outfits, in stark contrast to the sleek white gowns typical of Western bridal wear.

South Asian fashion is distinguished by its rich textures, vibrant colours, and elaborate textiles. Traditional attire such as the *shalwar kameez*, *lehenga*, and *sherwani* remains central to fashion in countries like Pakistan, and Bangladesh. These garments emphasize embellishments, hand embroidery, and intricate weaving. South Asia also has a long history of textile production, with indigenous fabrics like silk, *khaddar*, lawn, and *chikankari* forming the backbone of regional fashion. Handloom techniques, block printing, and embroidery styles such as *zardozi* and *gota* work further add a unique artisanal quality to garments.

In contrast, Western fashion leans towards industrial production, utilizing fabrics like Chantilly lace, tweed, plaids, wool, denim, silks, etc. While luxury Western brands incorporate high-quality materials, mass-market clothing is often produced with minimal artisanal input.



**Figure 1.4** Traditional South Asian Textile Techniques



**Figure 1.5** Traditional Western Fabrics



## 1.6 Importance of Fashion in Modern Society

The modern concept of the fashion designer emerged in the early 20th century. Before this, dressmakers and tailors crafted garments based on existing styles, with early couturiers introducing seasonal variations. It was not until World War-I that designers gained recognition for their creative vision. Today, fashion plays a vital role in daily life, influencing how individuals present themselves. Every morning, people make conscious decisions about their clothing, balancing comfort, functionality, and style. Shopping, media exposure, and social interactions further shape these choices, making clothing more than a necessity. Anthropologists, philosophers, psychologists, and sociologists have all explored the relationship between dress, identity, and culture, highlighting fashion's importance in modern society.

### EXERCISE

#### A Multiple Choice Questions

Tick (✓) the correct answer.

- What is the main purpose of fashion in society?**  
a) to make people dress the same      b) to follow strict rules  
c) to sell expensive clothes      d) to show culture and identity
- Which factor does not influence fashion?**  
a) weather and geography      b) social and cultural trends  
c) the number of shopping malls      d) technology
- How does fashion help the economy?**  
a) no impact on the economy      b) creates jobs in design and retail  
c) only benefits rich designers      d) only affects celebrities
- How do celebrities and social media affect fashion?**  
a) make trends popular faster      b) do not impact fashion at all  
c) stop people from buying      d) promote expensive clothes
- Why is traditional clothing like the shalwar kameez important?**  
a) it represents culture and heritage.      b) it is only worn by older people.  
c) it is outdated and not used anymore.      d) it is only for festivals.
- How does fashion connect to history?**  
a) does not change over time      b) only focuses on the future  
c) reflects past and social changes      d) only about personal choice
- Which category of fashion focuses on high-end, premium clothing?**  
a) fast Fashion      b) haute Couture  
c) streetwear      d) athleisure
- Which of the following describes 'fast fashion'?**  
a) no impact on the economy      b) widespread accessibility  
c) only benefits rich designers      d) focuses only on traditional wear

9. **What is the significance of colour in fashion?**
- a) It has no effect on emotions
  - b) Colours influence mood and perception
  - c) Designers randomly pick colours without meaning
  - d) Fashion only uses neutral colours
10. **What is the key difference between South Asian and Western fashion?**
- a) Western fashion values embroidery, while South Asian fashion prioritizes minimalism.
  - b) South Asian fashion is tradition-based, while Western fashion follows seasonal collections.
  - c) Western fashion is heavily embellished, while South Asian fashion is plain.
  - d) South Asian fashion does not focus on cultural heritage while Western fashion focuses on culture.

## **B Short Answer Questions**

1. Define fashion and explain how it differs from dress and costume.
2. What are some factors that influence fashion trends?
3. What are the key categories of garments for men, women, and children?
4. Describe two differences between South Asian and Western fashion.
5. Explain the role of fashion designers in shaping modern society.
6. What are the two main seasonal collections in Western fashion?
7. What does SDG stand for?
8. What are some career opportunities available in the fashion industry?
9. How do climate and geography influence fabric choices in different regions?
10. How does clothing in different parts of the Pakistan represent the history and identity of its people?

## **C Comprehensive Questions**

1. The rise of social media has changed the way fashion trends spread. How do these platforms influence what people wear?
2. How do the clothes people wear reflect their personality or lifestyle?
3. How does clothing in different parts of Pakistan represent the history and identity of its people?

### Student Learning Outcomes

After completing this chapter students will be able to:

- understand the theory behind design elements and their interrelation in fashion.
- understand the principles of line, shape, colour texture
- define Colour theory and its type
- explore types of colour categories (Primary, Secondary, Tertiary)
- to create aesthetic sense of colour texture and design.
- identify different design elements
- Identify the impact of design elements on garment aesthetics and functionality
- analyze different textures of fabrics
- explore the use of space and lines to create visually dynamic designs.



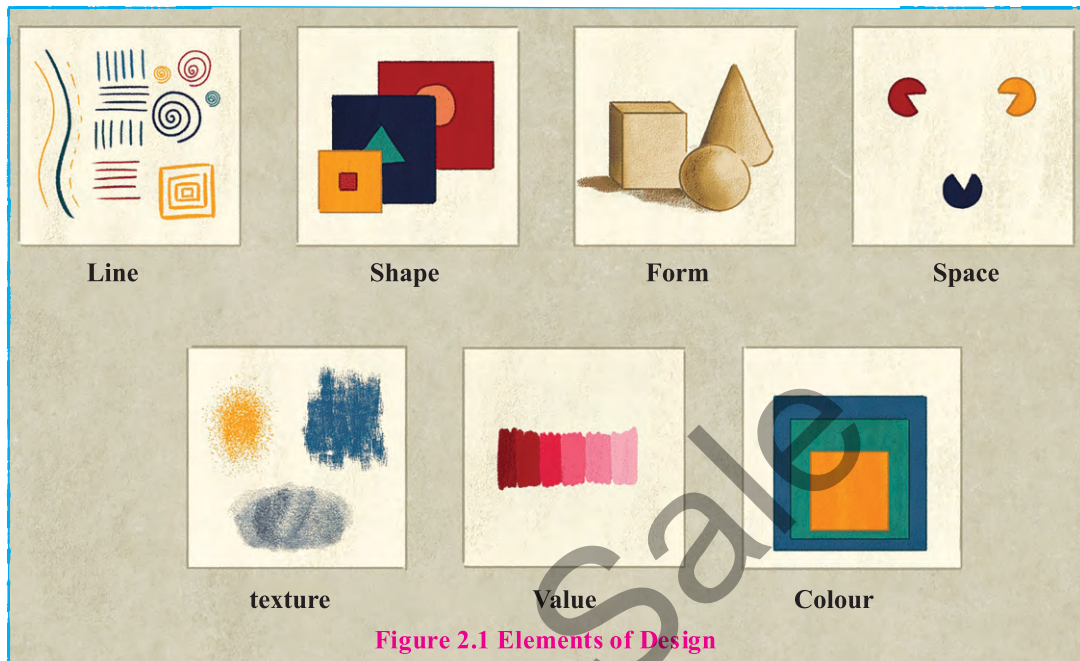
### Definition of Design

Design is the process of turning ideas into products that are both useful and attractive. It involves planning how something should look and work according to the needs of its users. It combines aesthetics with functionality. Designers use research, creativity, and practical thinking to solve problems and improve everyday experiences.

### Elements of Design

Following are the elements of design:

- |          |            |           |
|----------|------------|-----------|
| 1. Line  | 2. Shape   | 3. Form   |
| 4. Space | 5. Texture | 6. Colour |



## 2.1 Line

A line is an essential element of design and is one of the important factors that is mostly used in drawings and writings. In various design disciplines, lines are used to structure a composition and guide the viewer's eye. Every line has a specific direction, thickness and rhythm. Lines are further classified in:

1. Straight Line
2. Curved Line
3. Diagonal Line
4. Thick and Thin Line
5. Broken Line
6. Zig Zag Line
7. Wavy Line
8. Parallel Line

### 2.1.1 Straight Line

A straight line consists of continuous points that extends in one direction without curving or bending. It can be horizontal, vertical, or diagonal.

Straight



Figure 2.2 Straight Line

### 2.1.2 Curved Line

A curved line is a flowing, bending line that changes direction gradually. It creates a sense of movement, softness in design.

Curved



Figure 2.3 Curved Line

### 2.1.3 Diagonal Line

A diagonal line is a slanted line that connects from one end to another end.

### 2.1.4 Thick and Thin Line

Thick and thin lines play a fundamental role in design, influencing the overall look and feel of a composition. Thick lines are bold and strong. They are often used to make a statement or draw attention to specific details in a design. On the other hand, thin lines are delicate and elegant, giving a design a sense of lightness and modification. They are often associated with delicacy and sophistication, making them ideal for intricate details such as fine embroidery, lacework, and delicate prints.

### 2.1.5 Broken Line

A broken line is a line that is not continuous but consists of small dashes, dots, or gaps, creating a movement, rhythm, or division.

### 2.1.6 Zig Zag Line

A zigzag line is a series of connected diagonal lines that change direction sharply, creating a dynamic and energetic effect. This type of line conveys movement, excitement, and tension, making a design appear bold and expressive.

### 2.1.7 Wavy Line

A wavy line is a flowing, curved line that moves up and down in a smooth, wave-like motion. It creates a sense of rhythm, movement, and softness in design. They are commonly used to represent water, wind,

Diagonal



Figure 2.4 Diagonal Line

Thick



Thin



Figure 2.5 Thick and Thin Line

Dotted



Dashed



Figure 2.6: Broken Line

Zigzag



Figure 2.7 Zig Zag Line

Wavy



Figure 2.8 Wavy Line



or organic forms, making designs feel more natural and fluid.

### 2.1.8 Parallel Line

**Parallel lines** are two or more lines that run side by side and never intersect, maintaining an equal distance between them. They create a sense of order, balance, and stability in design.

Parallel Lines



Figure 2.9 Parallel Line

## 2.2 Shape

Shape is a fundamental element of design that refers to the two-dimensional area created by a boundary or lines, which can be either geometric or organic. It can be abstract or can be identical to an object. By adding colour or texture to an object, the shape will seem more interesting. It plays a key role in visual composition and is used to create structure, define space, and convey meaning. Shapes are often the building blocks of a design.

Geometric shapes (like circles, squares, triangles, and rectangles) are precise and mathematical, often seen in more structured designs. They provide a sense of order. On the other hand, organic shapes are free-form. These shapes are more fluid and irregular, adding a sense of freedom or natural flow to a design.

Structured shapes



Fluid shapes



Figure 2.10 Shapes

## 2.3 Form

Form in design refers to the three-dimensional structure or shape of an object, including its length, width, and depth. While shape is two-dimensional (having only height and width), form adds the dimension of depth, which allows the object to exist

Cube



Sphere



Pyramid



Cuboid



Cylinder



Cone



Figure 2.11 Form

in physical space. The concept of form is essential in both visual and physical design, as it gives objects volume, making them appear solid and concrete.

## 2.4 Space

Space in design refers to the area around, between, or within objects that helps define and separate them. Proper use of space can make a design feel open or compact.

## 2.5 Texture

Texture is an important element of design that refers to the surface of an object or material. In fashion design, texture plays a key role in adding depth, interest, and physical appeal to garments. A simple garment can become more exciting and sophisticated with the right combination of textures, such as pairing silk with leather or denim with lace. Texture plays an important role in influencing the mood of a design. In fashion, texture isn't just about appearance, it also influences the function of a garment.

## 2.6 Colour

Colour is one of the most powerful and expressive elements in design, influencing how we perceive and interact with visual compositions. It has the ability to affect emotions, mood, create harmony, and draw attention to certain elements. Hue: Hue refers to the colour family itself, like red, blue, yellow. The hue is the most basic and recognizable aspect of colour. Saturation refers to the vibrancy or purity

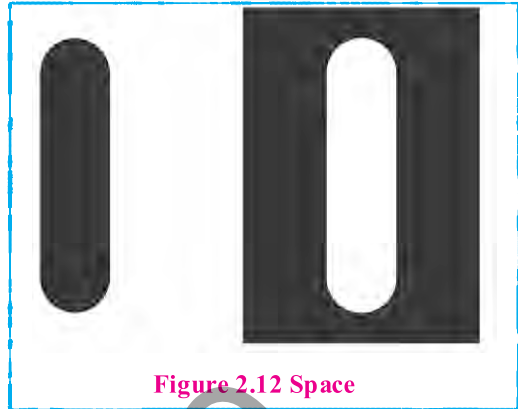


Figure 2.12 Space



Figure 2.13 Texture

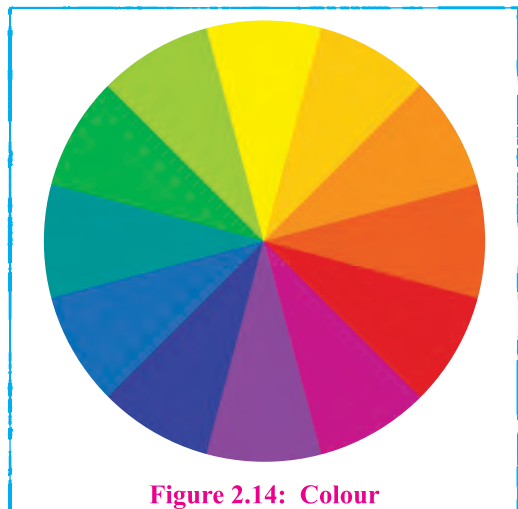


Figure 2.14: Colour

of a colour. A highly saturated colour is bold and intense, while a de-saturated colour appears more muted or grayish. Value refers to how light or dark a colour is.

## 2.7 Colour Theory

Colour theory is the study of colours and how they interact, influence emotions, and create harmony in design. It helps designers, artists, and fashion professionals choose and combine colours effectively. The theory is based on the colour wheel, which organizes colours into **primary, secondary, and tertiary categories**. colour is the breakdown of white light into single elements by using glass prism. These colours consists of violet, indigo, blue, green, yellow, orange and red. These are also the colours of rainbow. For example, bright colours are the colours for summer. Similarly, every colour has its unique identity in every culture, like red is related to weddings in the subcontinent, while black is related to mourning in the west.

### 2.7.1 Primary Colours

Red, blue and yellow are primary colours. They are the base colours that cannot be created by mixing other colours. By mixing primary colours in different combinations, we get secondary and tertiary colours.

### 2.7.2 Secondary Colours

Secondary colours are created by **mixing two primary colours** in equal amounts. They add variety and depth to the colour spectrum.

- Orange = Red + Yellow
- Green = Blue + Yellow
- Purple (Violet) = Red + Blue

These colours are positioned between the primary colours on the **colour wheel** and serve as the basis for more complex colour mixing, leading to **tertiary colours**.

### 2.7.3 Tertiary Colours

Tertiary colours are created by **mixing a primary colour with a secondary colour** in equal amounts. These colours add more depth and variety to the colour spectrum.

**Examples for Tertiary colours:**

- Red-Orange = Red + Orange

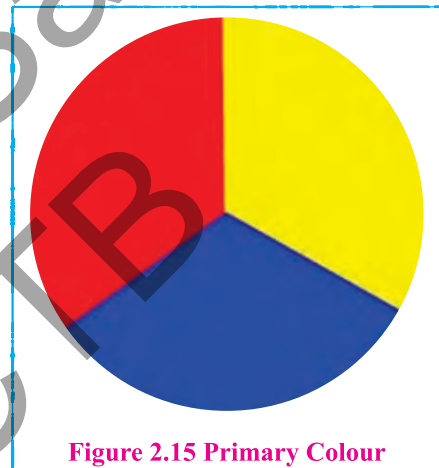


Figure 2.15 Primary Colour



Figure 2.16 Secondary Colour



- Yellow-Orange = Yellow + Orange
- Yellow-Green = Yellow + Green
- Blue-Green = Blue + Green
- Blue-Purple/Violet = Blue + Purple
- Red-Purple/Violet=Red+ Purple

These colours are placed between the primary and secondary colours on the colour wheel, creating a smooth transition between hues.



**Figure 2.17 Tertiary Colour**

## 2.8 Silhouette

Silhouette states the overall shape or outline of an object, figure, or garment. In fashion design, it defines the outline of clothing on the body. The silhouette is influenced by proportion, line, and shape, and it plays a key role in establishing style trends over time.

### 2.8.1 Importance of Silhouette in Design

It determines how a piece of clothing fits and flows around the body. Different silhouettes convey different moods, from structured and formal to fluid and casual. A well-designed silhouette enhances the wearer's body shape by balancing width, length, and volume. Historical and modern fashion is often categorized by popular silhouettes (e.g., A-line dresses, hourglass silhouettes).

### 2.8.2 Types of Silhouettes in Fashion

- **A-Line:** Fitted at the top and gradually flares out.
- **Sheath:** Straight and close-fitting to the body.
- **Empire Line:** High waistline, flowing below the bust.



**Figure 2.18 Different Types of Silhouettes**

## EXERCISE

### A Multiple Choice Questions

Tick (✓) the correct answer.

1. Which of the following is NOT an element of design?

- a) line                      b) shape                      c) formula                      d) texture

**2. What is a line?**

- a) a part of texture
- b) a continuous mark connecting two points
- c) a type of color scheme
- d) a three-dimensional object

**3. Which type of line creates a sense of movement and energy?**

- a) straight line
- b) curved line
- c) zig-zag line
- d) parallel line

**4. Which type of shape is created using precise mathematical measurements?**

- a) geometric shape
- b) organic shape
- c) abstract shape
- d) freehand shape

**5. Which element of design gives an object a three-dimensional look?**

- a) shape
- b) line
- c) form
- d) colour

**6. Which of the following is an example of Primary colour?**

- a) red
- b) green
- c) yellow
- d) blue

**7. Which of the following is an example of Secondary colour?**

- a) red
- b) green
- c) yellow
- d) blue

**8. Which of the following is an example of Tertiary colour?**

- a) red
- b) green
- c) yellow
- d) red-violet

**9. Which of the following is an example of Silhouette**

- a) a line
- b) line
- c) form
- d) shape

**10. Hue refers to which color family**

- a) red, blue, green
- b) red, blue, yellow
- c) red, blue, purple
- d) red, blue, pink

**B Short Answer Questions**

1. What are the basic elements of design?
2. Define line and mention three types of lines.
3. Give an example of an organic shape and a geometric shape.
4. What is the difference between shape and form?
5. Why is texture important in design?
6. Describe texture and its two main types.
7. What is the role of Hue and Saturation in colour?
8. What are the primary colours, and why are they important?
9. What is the role of colour in design?
10. What is a silhouette in fashion design?

**C Comprehensive Questions**

1. What are the fundamental elements of design, and how do they contribute to visual composition?
2. How do line, shape, form, colour, texture, space, and value interact to create a balanced design?
3. What are some real-world examples of designs that showcase an innovative use of the elements of design?

## Student Learning Outcomes

After completing this chapter students will be able to:

- understand the basic principles of design
- understand their application in design and fashion.
- observe and analyze the key aspects of design in the surrounding.
- understand the concept of scale and proportions to create balanced designs (in terms of colours, textures, fabrics).
- learn to showcase rhythm through repeated patterns or motifs.



## Principles of Design

There are many Principles of Design that should be kept in mind while working on the project. The principles of design are the rules and guidelines that artists and designers use to organize elements (line, shape, colour, texture, space, and form) in a composition. These principles help create a visually appealing, balanced, and effective design. Applying design principles promotes problem-solving approach. Following are the design principles

Harmony

Contrast

Repetition

Rhythm

Movement

Scale/Proportion

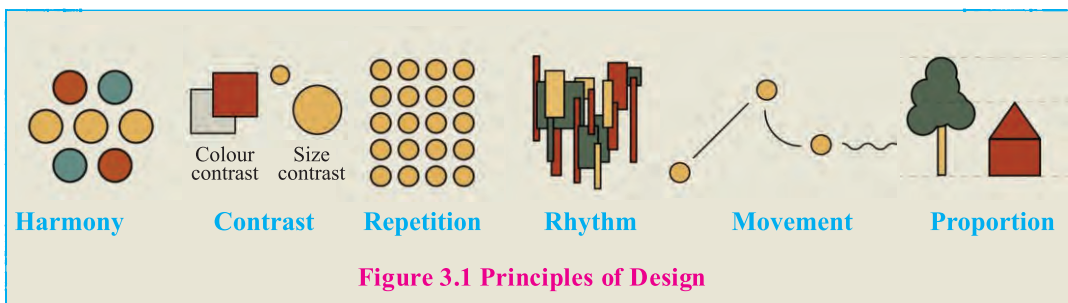


Figure 3.1 Principles of Design

## 3.1 Harmony

Harmony in design refers to the arrangement of elements that work together to create a sense of cohesion and unity. It ensures that different components of a composition are not clashing but instead complement each other, making the overall design visually appealing and well-balanced. Harmony helps in achieving a sense of order and stability in any form of art and fashion. Different aspects of Harmony in design include:

1. Consistency in elements
2. Balance between Variety and Uniformity
3. Colour and Shape
4. Texture and Material
5. Proportional Harmony
6. Graphic Harmony

### 3.1.1 Consistency in Elements

It refers to using a consistent color palette, shapes, textures, and proportions

### 3.1.2 Balance between Variety and Uniformity

Variety adds interest. However, too much variety can create chaos. Harmony ensures that variety does not overwhelm the design and creates a balance between the design and its components.

### 3.1.3 Colour and Shape

Colours should complement each other. colour schemes are developed with the help of colours wheels, which creates harmony for the viewer.

### 3.1.4 Texture and Material

Texture and material harmony refer to the planned selection and combination of different textures and materials in a design to create a unified, aesthetically pleasing, and functional outcome.

### 3.1.5 Proportional Harmony

Proportional harmony mentions the balanced relationship between different parts of a design in terms of size, scale, and visual weight. It ensures that all elements within a composition work together neither overpowering nor weakening each other.



Figure 3.2 Harmony

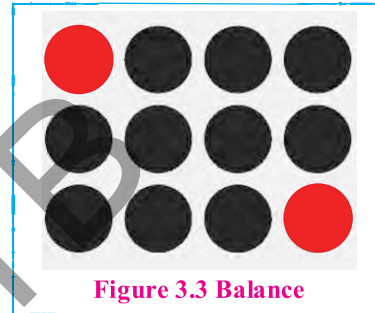


Figure 3.3 Balance



Figure 3.4 Colour Harmony

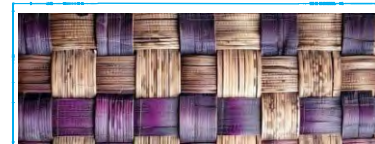


Figure 3.5 Texture Harmony



Figure 3.6 Proportional Harmony

### 3.1.6 Graphic Harmony

Graphic harmony is the balanced and consistent arrangement of visual elements in a design to create a unified and aesthetically pleasing composition. It ensures that all components such as colours, fonts, images, shapes, and textures work easily together.

### 3.2 Contrast

Contrast is produced when two or more visual elements in a composition are different. These differences make various elements stand out. colour contrast occurs when two or more colours are placed together to create distinction. High contrast makes elements stand out, while low contrast results in a more refined, harmonious effect. Using different shapes together can create an engaging design by breaking repetition and monotony. Contrast in size emphasizes the difference between elements, guiding the viewer's towards focal points.

### 3.3 Repetition

Repetition can be done in a number of ways like repeating the same colours, shapes, or other elements of a design.

### 3.4 Rhythm

**Rhythm** creates a sense of movement within a garment by strategically arranging repeating elements, such as pleats, ruffles, or layered fabrics. This movement guides the viewer's eye. Together, these principles enhance the overall aesthetics of fashion. There are a few different types of rhythm:

1. **Random rhythm:** Repeating elements without any regular intervals.
2. **Regular rhythm:** When the elements are of a similar size and length and spread out over expected intervals.

### 3.4 Movement

Movement can be implied through lines, shapes, colour, and contrasts, making the composition dynamic and engaging.



Figure 3.7 Graphics with Respect to Fonts

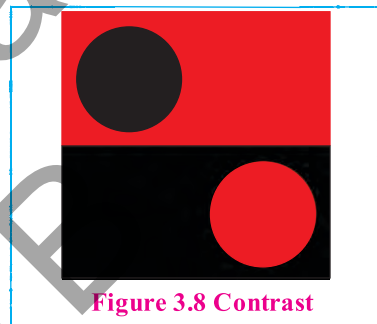


Figure 3.8 Contrast

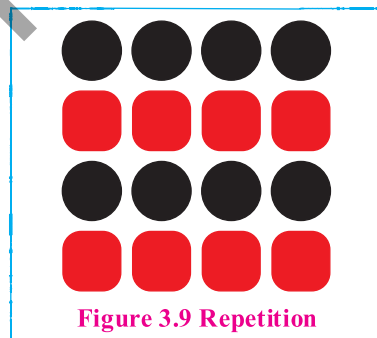


Figure 3.9 Repetition

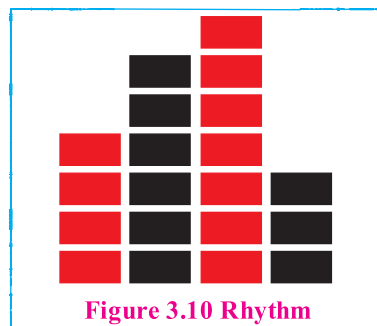


Figure 3.10 Rhythm



It creates a sense of direction, rhythm, and energy, guiding the observer across different elements of a design. Movement is also used to show physical action on a still image.

### 3.5 Scale/Proportion

Scale refers to the size of an object in relation to a standard or familiar reference, while proportion is the relationship between elements within a design. Both principles ensure visual balance and harmony.



Figure 3.11 Movement

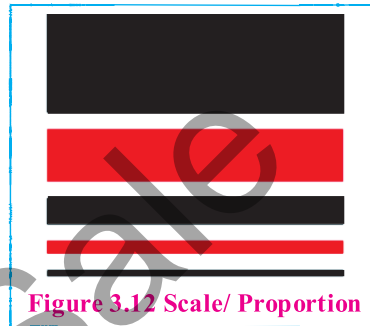


Figure 3.12 Scale/ Proportion

### EXERCISE

#### A Multiple Choice Questions

Tick (✓) the correct answer.

- Which principle of design creates visual interest by using opposing elements like colour, texture, or shape?
  - harmony
  - contrast
  - repetition
  - proportion
- What principle of design guides the viewer's eye through a composition?
  - scale
  - balance
  - movement
  - proportion
- The relative size of elements in a composition refers to which principle?
  - scale
  - rhythm
  - contrast
  - balance
- How does proportion influence design?
  - by maintaining unity between different elements
  - by making one element more noticeable than others
  - by establishing size relationships among design components
  - by creating repetition within the design
- What principle ensures all elements in a design work together cohesively?
  - contrast
  - harmony
  - movement
  - scale
- Repetition in design is primarily used to:
  - create randomness
  - add chaos to the composition
  - maintain structure
  - increase contrast

**7. Rhythm in design creates a sense of:**

- a) stability
- b) movement and flow
- c) randomness
- d) proportion

**8. Which principle of design is often seen in graphic patterns?**

- a) contrast
- b) repetition
- c) balance
- d) movement

**9. How many types of rhythm exists?**

- a) 3
- b) 4
- c) 2
- d) 6

**10. What does scale refer to?**

- a) size
- b) proportion
- c) shape
- d) height

**B Short Answer Questions**

1. What is the role of harmony and space in design?
2. How many types of harmony are mentioned in the chapter?
3. What is the role of contrast in design?
4. Give an example of contrast used in fashion design.
5. How does movement influence a composition?
6. How do harmony and contrast work together in a design?
7. Define scale in the context of design.
8. Define rhythm and its types.
9. How does proportion affect the relationship between design elements?
10. How can repetition enhance a design?

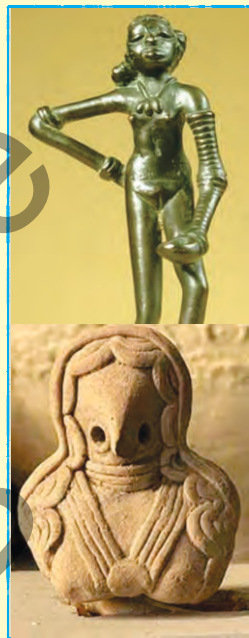
**C Comprehensive Questions**

1. Discuss the **seven principles of design** in detail with examples.
2. What are the different types of balance (symmetrical, asymmetrical), and how do they influence a design's composition?
3. What is harmony in design, and how can it be achieved in fashion?

## Student Learning Outcomes

**After completing this chapter students will be able to:**

- understand the historical background of the South Asian Sub-continent regarding clothing and textiles.
- understand the social, economic, and cultural influences
- explore the evolution of the basic style of garments and different textile materials.
- create timelines and discuss clothing practices in the Indus Valley Civilization.
- identify different design elements and motifs in the clothes of the Indus Valley Civilization.



## Introduction

Clothing is not just a covering for the body; it is an important aspect of culture, tradition, and identity. The garments worn in the South Asian Sub-continent have a strong historical background. They showcase the lifestyle of the people and their aesthetics. To understand the evolution of Pakistani Fashion over the years, it is important to first study the ancient civilization of this region.

### 4.1 Introduction to Indus Valley Civilization

Indus Valley Civilization is amongst the three ancient civilizations of the world. The other two are Egyptian Civilization and Mesopotamia. The Indus Valley civilization dates back to 7000 BC. It is located in Pakistan and parts of Northern India near the Indus river.

#### Indus Valley Civilization

1. Mehrgarh Civilization (7000 – 2500 BC)
2. Harappa and Mohenjo-Daro Civilization (3300 BC -1300 BC)



## 4.2 Introduction to Mehrgarh

The city of Mehrgarh dates back to 7000 BC, cited in the Kachhi plains of Balochistan. Though it was one of the earliest cities, it was excavated quite later than Harappa and Mohenjodaro, between 1974 and 1986, by French Archaeologists.

Some of the important features of the Mehrgarh society are as follows:

- a) **Farming:** The people of Mehrgarh were mostly nomads in search of fertile land to grow wheat, barley, and cotton.
- b) **Herding:** They also used to herd sheep and goats.
- c) **Metalworking:** They made metal pots and utensils.
- d) **Pottery:** The people of Mehrgarh also used to make terracotta mud pottery for daily use.
- e) **Houses:** The houses comprising small rooms and a big courtyard were built with unbaked mud bricks.
- f) **Burials:** They buried the dead along with their possessions, like baskets, stone and bone tools, and beads.



**Figure 4.1**  
Important cites, Mehrgarh  
and Indus Valley civilization



**Figure 4.2** Terracotta Figurine  
wearing jewelry pieces

## 4.3 Mehrgarh Costume Tradition

The people of Mehrgarh used clay to make figurines. Human figurines, along with animals and birds made in terracotta, were found during many excavations. The human figurines were adorned with headgear and jewelry.

### Jewelry

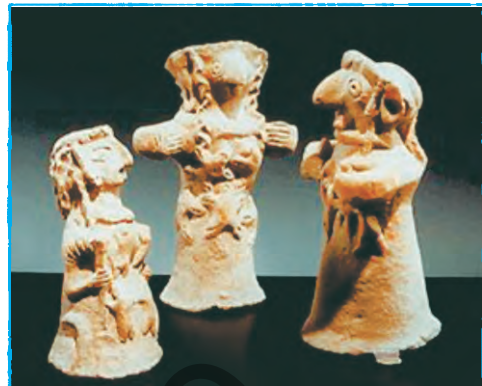
Mehrgarh artifacts included jewelry accessories such as necklaces, anklets, large headdresses, and terracotta bangles. This is evident from the terracotta female figurine found at the site. Beaded jewelry with different shapes and materials like lapis lazuli, turquoise, and shells were also found.



**Figure 4.3**  
Ornamented Headdresses

## Cotton

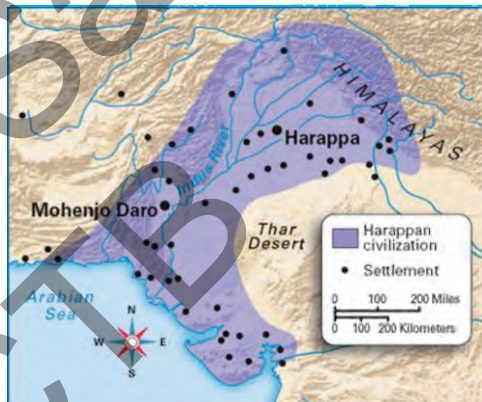
The earliest cotton sample was found stuck in a copper bead from a burial site at Mehrgarh. Impressions of red and black textiles were seen on the pelvis bone of a skeleton found in Mehrgarh, which is a proof that textile techniques such as weaving and dyeing were practiced in this region. Bone needles and leather strings were also found at Mehrgarh, that suggests that people practiced stitching.



**Figure 4.4**  
**Bird Shape Figurines from Mehrgarh**

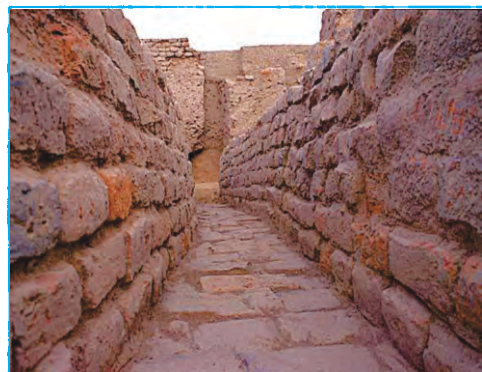
## 4.4. Introduction to Harappa and Mohenjo-Daro Civilization

The cities of Harappa and Mohenjo-Daro were discovered in 1921–22 by Sir John Hubert Marshall. Both of these cities had similar building structures. Harappa and Mohenjo-Daro were two important cities and cultural centers of the Indus Valley civilization. They were well-planned and organized. The language of the Indus Valley Civilization cannot be translated yet, however, artifacts found from these sites inform a lot about their lifestyle.



**Figure 4.5**  
**Location of two important cities of Indus Valley Civilization**

Both cities had advanced urban systems. Their materials and techniques were not only environmentally friendly but also functional. The materials like terracotta, bronze, and stone were used to make products for daily use. Dyed fabrics found in the metal jar suggest early signs of textiles. The artefacts are showcased in the different museums in Pakistan.



**Figure 4.6**  
**Harappa Drainage System made of bricks**

## 4.5 Lifestyle

People of the Indus Valley Civilization lived in villages that were later developed into large cities, and were famous for their:

- Drainage System
- Food Storage
- Communal Baths
- Roads and Pathways
- Urban planning, agriculture, and domestic animals.
- Clay Seals used for trade and mercantile
- Precious Stone Jewelry



**Figure 4.7**  
**Indus Valley Seals**

## 4.6 Clothing Tradition in the Indus Valley Civilization

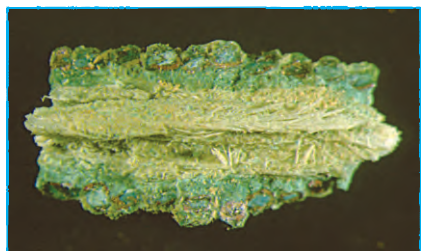
Men & women used to dress mostly in cotton attires, which were draped around their bodies. They also wore jewelry, like necklaces, bangles, and earrings. Accessories were made of silver, ivory, seashell, clay, and semi-precious stones.

The climate was mostly warm, so the fabric was light, and the clothing style was loose and airy. The fabric was draped in different styles to create variation.

One of the earliest examples of the fabric draped on the body is of the Priest-King, sculpture found in Mohenjo-Daro, with the impression of a trefoil motif on the fabric draped on his body. Another example is the bronze sculpture Dancing Girl, with jewelry ornaments. Also, different fibers have been traced on surfaces of certain remains that show the evidence of the use of textile.



**Figure 4.8 Priest King**



**Figure 4.9**  
**Textile fibers from**  
**Indus Valley Civilization**



## 4.7 Introduction to Gandhara Civilization (1200 BC- 800 BC )

The Gandhara Civilization, beginning in what is now northwestern Pakistan and eastern Afghanistan, was a combination of Greco-Roman and Indian cultures. The city of Taxila, was the main center of Buddhist learning and knowledge. Key features of the Gandhara Civilization were:

- Buddhist Sculpture
- Stone Carvings & Architecture
- Jewelry & Clothing



**Figure 4.10**  
**Clothing in Gandhara Tradition**

## 4.8 Gandhara Costume Tradition

Gandhara art represents people wearing garments like those worn by statues from the Roman Civilization. The statue of the Buddha is shown wearing a long robe or a half skirt (Dhoti). Male statuettes with draped fabric and different hairstyles are examples. Statues of men and women wearing jewelry, including necklaces, bracelets, earrings, anklets, rings, and bangles, can also be seen in these sculptures, along with carvings of different motifs on the draped fabrics.

### EXERCISE

#### A Multiple Choice Questions

**Tick (✓) the correct answer.**

1. Which of the following is NOT a city of Indus Valley Civilization?  
a) Harappa                      b) Mohenjo-Daro              c) Mehrgarh              d) Egypt
2. What is a Tunic?  
a) bracelet                      b) ring                      c) headgear              d) long skirt
3. Which type of jewelry was worn in the Mehrgarh period?  
a) anklets and Bracelets      b) nath                      c) nose pins              d) brooches
4. What are the type of shapes made on the tunic of the priest king?  
a) trefoil shapes              b) triangular shapes  
c) abstract shapes              d) cuboids
5. What kind of dresses were worn by the females of Indus valley Civilization?  
a) shirt and Trousers              b) cloaks, skirts and scarfs  
c) ball Gowns                      d) blouses

6. Which Sewing tool was used for stitching garments in The Mehrgarh period?
  - a) bone needles
  - b) sewing machines
  - c) axes
  - d) weaving machines
7. What materials were mainly used to make garments in the Indus Valley Civilization?
  - a) synthetic
  - b) jacquard
  - c) cotton
  - d) acrylic
8. Who discovered Indus Valley Civilization during a digging process in 1921-22?
  - a) Al-Razi
  - b) Thomas Edison
  - c) Sir John Hubert Marshall
  - d) Einstein
9. What was the basic source of survival for the people of Indus valley civilization?
  - a) agriculture
  - b) trade
  - c) mine crafting
  - d) lack magic
10. What kind of headdresses they used to wear?
  - a) large and decorative
  - b) small and delicate
  - c) soft and luxurious
  - d) none of the above

## B Short Answer Questions

1. What type of garments did the people of the Indus Valley civilization used to wear?
2. What materials were mostly used in the Indus Valley jewelry?
3. What kind of jewelry types did they wore with their garments?
4. How did the costumes of Mehrgarh are different from those of the Indus Valley?
5. What kind of textile materials were in use during the Indus valley civilization?
6. What signs from Indus Valley sculptures shows that Indus Valley people were fashion conscious?
7. How did the climate effect the clothing of the Indus Valley Civilization?
8. What accessories are depicted in the Gandhara sculptures?
9. Which civilization had its influence on the Gandhara Civilization?
10. What was the material used for Gandhara sculptures?

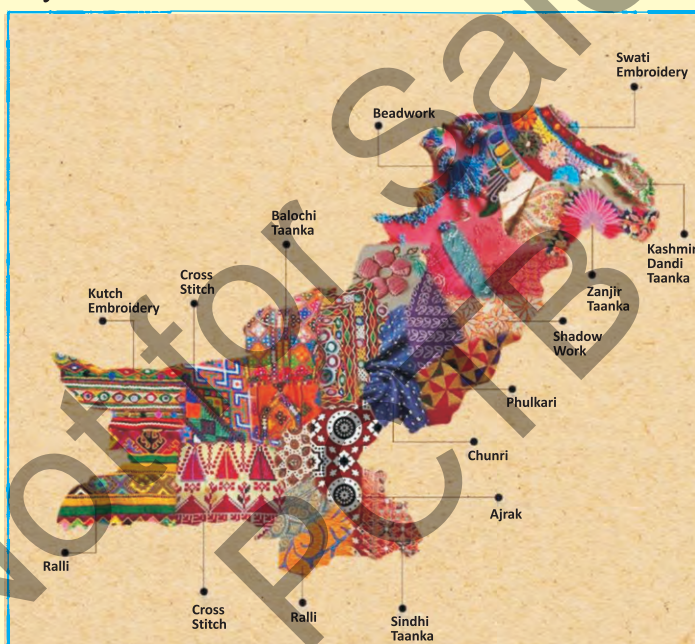
## C Comprehensive Questions

1. Describe the clothing and jewelry worn by people in the Indus Valley Civilization. What materials were commonly used?
2. What similarities and differences can you find between the clothing traditions of Mehrgarh and the Indus Valley Civilization?
3. How did the Gandhara Civilization combine different cultures, and what can we learn about their clothing from their sculptures?

### Student Learning Outcomes

After completing this chapter students will be able to:

- explore the Historical and Cultural significance of Pakistan's traditional crafts.
- identify and analyze unique features of various crafts across the provinces.
- trace the unique craftsmanship of each province and region.
- apply theoretical knowledge to produce a craft inspired by a traditional art form.



### Crafts

Craft refers to the skillful creation of objects by hand, often combining artistic expression with functionality. It involves skill in making things by hand. It involves emotion, effort, time, stories and attachment. Craft is rooted in cultural traditions and is often passed down through generations. Craft can be classified into various categories, such as:

1. Textile Crafts (e.g., embroidery, weaving, knitting)
2. Ceramic Crafts (e.g., pottery, porcelain, clay modeling)
3. Wood Crafts (e.g., carving, furniture making)
4. Metal Crafts (e.g., jewelry making, blacksmithing)
5. Leather Goods

Pakistan has a rich tradition of craftsmanship that reflects its cultural heritage, provincial diversity, and artistic excellence. Pakistani Crafts are known for its colors, patterns, techniques, its purity and beauty.

## 5.1 Punjab

Punjab has a rich heritage of traditional crafts that reflect its cultural history, and artistic skills. These crafts are deeply rooted in the daily lives of the people and are often passed down through generations. Some of the most well-known crafts of Punjab are:

1. Gota
2. Phulkari
3. Footwear
4. Pottery
5. Woven Textiles

### 5.1.1 Gota

Gota Patti or Gota-Kinari work is a distinctive craft of Punjab. It flourished in the Mughal era. It is applied on the fabric to create fancy patterns and is popularly used in edging bridal dresses. Multan, Bahawalpur and Central Punjab are considered to be centers of Gota craft.

### 5.1.2 Phulkari

Phulkari, meaning "flower work" in Punjabi, stands as a proof to the rich cultural heritage of Punjab. This traditional embroidery art form is deeply rooted in the history, traditions, and lifestyle of the region. With its vibrant colours, intricate patterns, and symbolic motifs, Phulkari reflects the essence of Punjab's lively culture. The embroidery stitches are mainly the simple running stitch (called "Chope" or "Phulkari" stitch). The designs often feature floral motifs, geometric patterns, and sometimes depictions of everyday life.



Figure 5.1 Gota Patti



Figure 5.2 Phulkari



### 5.1.3 Traditional Footwear

The traditional footwear, for example the Khussa originated in the subcontinent. The Khussa was adorned with expensive leather, threads and embedded with real gems stones. They were made for the Mughal kings and the royalty at large. Over the years new forms of Khussas and chappal became famous in the regions like Chakwal, Bahawalpur, Qasoor and Multan

### 5.1.4 Clay Pottery

The pottery of Punjab is often handcrafted using locally available clay, shaped on a potter's wheel, and then fired in kilns. The motifs used in traditional pottery are inspired by nature, Islamic geometric patterns, and floral designs. The earthenware serves both utility and decorative purposes, with common items including matkas (water pots), gharas (storage pots), and kulhars (small clay cups used for tea or desserts). Blue pottery in Pakistan is particularly famous in cities like Multan and Lahore. This type of pottery is characterized by its striking cobalt blue and turquoise glaze. Blue pottery items include vases, tiles, bowls, plates, and decorative wall hangings, often featuring motifs inspired by Mughal and Persian art

### 5.1.5 Woven Textiles

The textile techniques in Punjab were developed over centuries and are an integral part of its culture. The growth of textile through centuries in Punjab was influenced by the easy access to raw material, the available skills, the inherent sense of aesthetics and appreciation of beauty. One of the widest uses of unstitched cotton textiles is in the form Khes, a patterned and bound double weave cloth. It has evolved centuries ago to meet the need for a cotton blanket. At present Khes are used throughout Pakistan as bed covers curtains table-cloths, floor coverings, and chadars, (shawls).



Figure 5.3 Traditional Footwear



Figure 5.4 Clay Pottery



The best known Khes comes from Multan, Sargodha and Gumbat. Each centre displays in design and colour scheme a distinct tradition of its own.

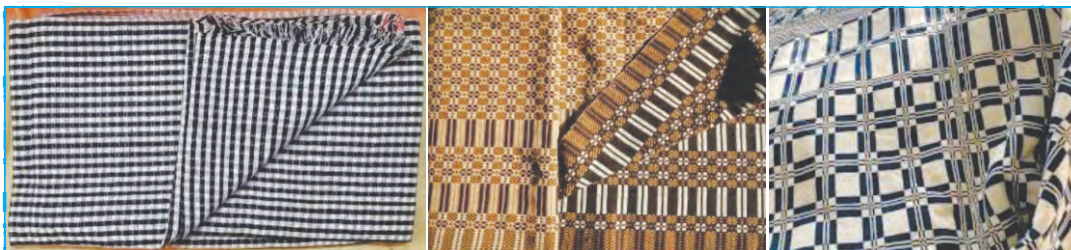


Figure 5.5 Khais and its Patterns

### 5.1.6 Tie and Dye

Tie and dye, locally known as bandhani holds a significant place in the traditional textile heritage of Punjab, Pakistan. This craft involves intricate resist-dyeing techniques, where fabric is tied in patterns before being dyed to create vibrant designs. Punjab was a major center for textile production, with artisans incorporating tie and dye techniques into fabrics like malmal (fine muslin), khaddar (handwoven cotton), and silk.

### 5.1.7 Crochet

In Punjab, crochet work is often associated with handmade ralli (patchwork quilts), lace borders for dupatta and shawls. As well as home decor items such as cushions, table covers, and bedspreads. The craft is primarily practiced by women in both urban and rural settings.

### 5.1.8 Woodwork of Chiniot

Chiniot, a historic city in Punjab, is renowned for its exquisite woodwork, which showcases intricate craftsmanship and artistic excellence. This traditional craft dates back centuries, blending Mughal, Persian, and indigenous Punjabi influences. Some of the most popular carving styles include:

- **Jali Work (Lattice Patterns)** – Delicate perforated wood patterns for screens and dividers.
- **Relief Carving** – Raised patterns depicting floral and geometric designs.
- **Engraving & Inlay Work** – Decorative details using brass, mother-of-pearl, or ivory-like materials.



Figure 5.6 Tie and Dye



Figure 5.7 Crochet

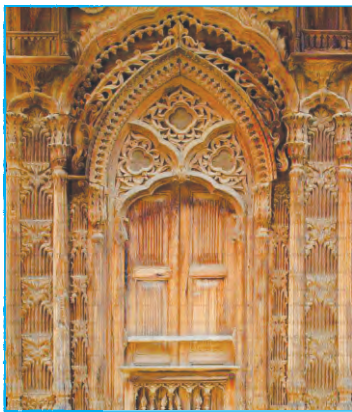


Figure 5.8 Chiniot's Woodwork

## 5.2 Balochistan

Balochistan, has a rich cultural heritage deeply rooted in its traditions, history, and tribal craftsmanship. The province is known for its unique and intricate handmade crafts, which reflect the lifestyle of the Balochi people and their connection with nature.

### 5.2.1 Embroidery

Balochi Embroidery is one of the most intricate embroidery styles in Pakistan, often featuring geometric and floral patterns with vibrant threads and mirror work. This embroidery is commonly seen on dresses, shawls, and household textiles. These stitches include:

1. Mosum (Fine Satin Stitch)
2. Chinnuka (Interlacing Stitch)
3. Mai Pusht (Herringbone)
4. Kash (Chain Stitch)
5. Blanket Stitch
6. Cross Stitch



Figure 5.9 Balochi Embroidery

### 5.2.2 Headgear

Headgear consists of a fitted cap (topi) and a turban (pag). **Balochi caps** are often made of cotton with fine silk or cotton embroidery, in floral or geometric patterns. They sometimes incorporate minute mirrors work (shisha). Balochi turban is made of fine cotton with large pieces of fabric draped and tied on the head in a distinct Balochi style since centuries.



Figure 5.10 Headgear



### 5.2.3 Leather

Leather is embroidered throughout Balochistan but the articles produced in Kech, Makran, Las Bela, Nasirabad and Lahri, north of the Kachi plain, are particularly well known. A hooked awl (ari) and silk thread is used for embroidery on leather. They are used on products like belts, saddles, sandals, shoes, bags and pouches. Leather is dyed dark-red or brown and embroidered in a delicate chain stitch.

### 5.2.4 Balochi Chappal

Handmade leather sandals, similar to the Peshawari chappal are worn in Balochistan with unique Balochi designs

### 5.2.5 Balochi Silver Jewelry

Heavy, ornate silver jewelry, including necklaces, rings, and bracelets, often embedded with colorful stones are an important Balochi tradition

### 5.2.6 Balochi Kilim

It is a flat woven Balochi rug known for its geometric designs, natural dyes and vibrant colours.

## 5.3 Sindh

The crafts of Sindh includes Ajrak, Kaashi (pottery), Soosi (textile), Sindhi Topi (cap), Jhundi (furniture), Bandhani (Tie and Dye Technique), and Hydrabadi Glasswork bangles.

### 5.3.1 Ajrak

Ajrak is a block-printed fabric with intricate geometric and floral patterns, traditionally made in red, blue, and black colours. It is an important cultural symbol of Sindh. It is also used in a draped shawl which is an identity and symbol of pride for the locals.



Figure 5.11 Balochi Chappal



Figure 5.12 Balochi Kilim



Figure 5.13 Silver Jewelry

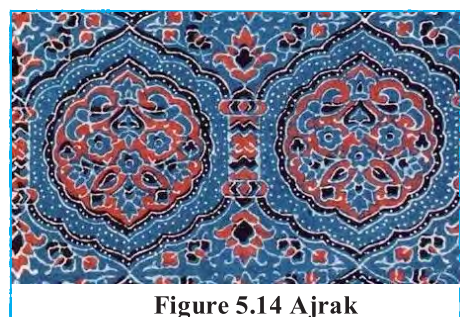


Figure 5.14 Ajrak

### 5.3.2 Sindhi Embroidery

Colorful and vibrant hand embroidery with mirror work is often used on dresses, shawls, and home textiles in Sindh. It is usually done on materials like silk, cotton and velvet. It is decorated with geometric patterns and motifs.

### 5.3.3 Ralli (Patchwork Quilts)

Ralli is created by stitching together small fabric pieces in geometric patterns, often in bright colors. These are used to make household items like quilts, cushions, etc.

### 5.3.4 Sussi

Sussi fabric has roots in both Punjab and Sindh, where it is originally woven by local artisans using handlooms. Sussi is known for its vertical or diagonal stripes in multiple colors, including red, blue, green, yellow, and white.



Figure 5.15 Sindhi Embroidery



Figure 5.16 Ralli



Figure 5.17 Sussi

### 5.3.5 Kashigar Pottery

Hala's artisans manufacture high quality pottery known as Kashikari pottery. They shape it in various sizes for different uses like vases, plates and large pots. Hala is a popular center for glazed ceramics, earthenware and terracotta.

### 5.3.6 Bandhani

Bandhani is a type of tie-dye textile decorated by plucking the cloth with the fingernails into many tiny bindings that form a figurative design. This technique forms different patterns and designs that gives a unique outlook.

### 5.3.7 Hyderabad Glasswork Bangles

Hyderabad glasswork bangles are a renowned traditional craft from Hyderabad, Pakistan, celebrated for their intricate designs, vibrant colors, and exquisite glass embellishments.

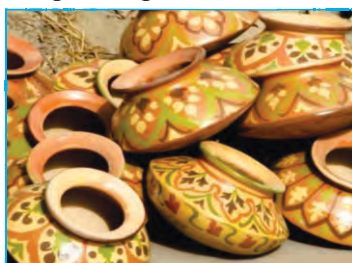


Figure 5.18 Kashigar Pottery

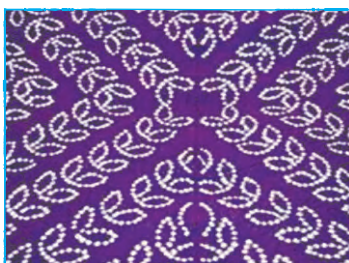


Figure 5.19 Bandhani



Figure 5.20 Glass Bangles



## 5.4 Khyber Pakhtunkhwa

The traditional male Pashtun usually wear the Kufi, Peshwari cap, or Pakol as tradition headgear. The traditional female dress is a gathered frock Partug. Women typically wear solid-colored shalwar and a long shirt. Sometimes they also wear burqa over this outfit or Sadar on their head.

### 5.4.1 Jumlo

It is a dress known for its silk embroidery. Mostly made in mustard, red and white colours. It is a gathered frock worn by females in Khyber Pakhtunkhwa. Fine embroidery work is done on sleeves and neckline.

### 5.4.2 Pakol

Chitrالي cap, Gilgiti cap is typically made of wool in different natural colors like Brown, Black, Grey and Ivory. It is worn by men. It has a soft rounded edge.

### 5.4.3 Kalashi Siah-Posh

The people of Kailash are also known as Siah-Posh that means black robed. Women of Kailash wear elaborate black dresses with colourful beaded necklines adorned with belts. They wear it on festivals and social gatherings.

### 5.4.3 Woodwork

Swati Wood Carving originating from Swat Valley, is famous for deeply carved floral motifs and symmetrical patterns. Peshawar's artisans are known for calligraphic carvings and traditional wooden chests (*sandooks*). Chitral and Dir specialize in intricately carved wooden mosques with delicate latticework (*jaali work*).



Figure 5.21 Tradition Khat Partug (tradition loose shalwar worn in Khyber Pakhtunkhwa)



Figure 5.22 Jumlo



Figure 5.23 Kalashi Siah-Posh

#### 5.4.4 Gemstones

Khyber Pakhtunkhwa (KPK) is rich in precious and semi-precious gemstones. KPK's gemstone industry holds immense potential, with its rich deposits of emeralds, rubies, topaz, and other precious stones. These are used in jewelry.



Figure 5.24 Partug



Figure 5.25 Pakol



Figure 5.26 Swati Woodwork

### 5.5 Azad Kashmir

The local dress of Azad Kashmir worn traditionally is a long woolen robe known as Pheran. The fabric is made from wool. The men wear Pheran with a cap named Kandura. The women wear it with a scarf known as Kasaba. Kashmir is also famous for its pure Pashmina shawls made of pure sheep wool. There is also local embroidery technique known as Kashidakari done on these garments with golden and silver threads.

#### 5.5.2 Kashmir carpet

Kashmir Carpets are made both in wool and silk influenced by Persian design. They are known for their designs and craftsmanship.

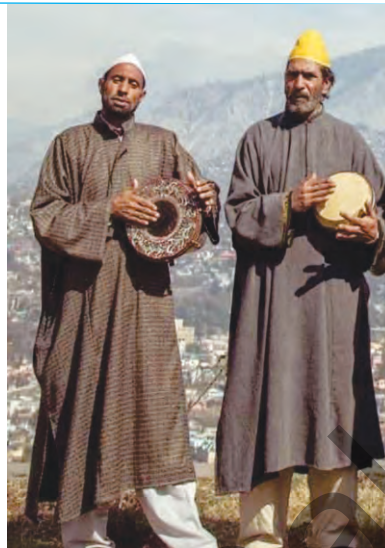
#### 5.5.3 Handicrafts

The handicrafts of Khyber Pakhtunkhwa are papier-mâché items ranging from jewelry boxes to mirror frames and detailed metal work. Carved walnut wooden furniture and accessories, stone jewelry boxes, and beautiful woolen shawls.





**Figure 5.27 Pheran**



**Figure 5.28 Kashmir Carpet**



**Figure 5.29 Wood Carved Furniture**

## 5.6 Gilgit Baltistan

Gilgit-Baltistan's culture is a combination of Tibetan, Mongolian, and Central Asian influences. The detailed motifs and creative techniques of textiles, ceramics, and woodwork reflect the region's diverse culture. The craft practices include floral embroideries, wood and textiles, carpet/ weaving (Gabbeh) and metal work.

### 5.6.1 Female traditional dress

The traditional dress of Gilgit-Baltistan is prepared from locally made wool and cotton. Local women practice crochet work and embroideries on long gowns (Choghas), shawls, jackets, wallets and belts made with wool and cotton. The traditional clothing of Gilgit-Baltistan are Shalwar kameez and long Jama (Chogha).



**Figure.5.30 Shawls**



**Figure.5.31 Walnut Woodcarving**



**Figure.5.32 Woolen Embroidered Shawl**



**Figure 5.33 Traditional local dress and Iraghi embroidered cap with jewel piece Silsila**

The Iragahi cap (embroidered cap with a jewel piece Silsila) is an important part of women dresses in Gilgit-Baltistan and it is often worn on special events like weddings. They wear the traditional Satrangi frock made of colorful embroidery motifs and jewelry pieces.

### **5.6.2 Men traditional dress**

Men in Gilgit-Baltistan wear a long loose woolen cloak also known as Chogha especially during colder season like winters. They also wear a woolen cap (Pakol) and a woolen to keep themselves warm.

## **EXERCISE**

### **A Multiple Choice Questions**

**Tick (✓) the correct answer.**

#### **1. What is the meaning of Phulkari?**

- a) land of flowers   b) flower work   c) a type of color   d) a part of the flower



2. Which type of material is used to create traditional ceramic pots in Punjab?  
a) marble                      b) clay                      c) zinc                      d) plastic
3. Which is the best description for the technique of Ajrak?  
a) block printed geometric shapes    b) tie and die abstract shapes  
c) needlework in floral shapes        d) freehand drawing
4. Which region is Sindh famous for wooden handicrafts, textiles, paintings, and handmade paper products?  
a) Hyderabad              b) Karachi              c) Gothki              d) Hala
5. Which of the following technique is frequently practised in Sindh?  
a) crochet                      b) phulkari              c) ralli work              d) mica work
6. Which colour is leather dyed and embroidered in a delicate chain stitch for the making of Footwear?  
a) dark-red or brown    b) green                      c) yellow                      d) blue
7. Which type of men's garment is worn in winters of Gilgit Baltistan?  
a) chogha                      b) dhoti                      c) choli                      d) laacha
8. What does Pakol represents?  
a) Punjabi turban    b) Jinnah cap    c) Sindhi topi                      d) Chitralli cap
9. What kind of wood is used for wooden handicrafts in Gilgit Baltistan?  
a) oak wood                      b) walnut wood    c) mango wood                      d) none of the above.
10. The Iragahi cap is made with what kind of ornament?  
a) jewelry piece              b) a bird form    c) 3D flower forms                      d) clay Seals

## B Short Answer Questions

1. Define culture and craft.
2. What are the main crafts in the region of Punjab ?
3. What type of influences were there on woven textiles in the region of Punjab?
4. What kind of techniques are associated with the region of Sindh province ?
5. What is the difference between the pottery of Punjab and the Pottery of Sindh?
6. What is Kilim?
7. Describe the embroidery types famous in the region of Balochistan.
8. What are the popular garments in the area of Khyber Pakhtunkhwa?
9. What type of cap or headgear is worn by the people of Gilgit Baltistan?
10. Describe the main handicrafts of Azad Kashmir.

## C Comprehensive Questions

1. How have the traditional crafts of Pakistan evolved, and what historical influences have shaped them?
2. How do crafts such as Ajrak, Bandhini, and blue pottery reflect regional identities in Pakistan?
3. What are the distinctive features of Baluchistan's embroidery compared to Sindh's Ajrak printing?

### Student Learning Outcomes

After completing this chapter students will be able to:

- develop basic sketching skills by hand-on practice with quick sketches and form drawing.
- understand and apply the fundamental steps of learning how to draw, including observation, memory drawing, and controlled pencil movement.
- differentiate between types of lines and use them efficiently in drawings.
- apply hatching, cross-hatching, and stippling for shading and texture.
- draw everyday objects with proportions, perspectives, and shading techniques.
- observe and draw elements from nature to improve hand-eye coordination.
- understand how anatomy fits within nature drawing and how to observe human form as part of natural compositions.
- enhance creativity and self-expression through artistic techniques.



In this chapter we will cover fundamental drawing techniques such as line, shape, form, proportion, perspective, and shading. In fashion, basic drawing helps designers communicate their ideas effectively through sketches and technical drawings. Anatomy in fashion design refers to the study of the human body's structure, proportions, and movement. Understanding anatomy enables designers to create clothing that fits well and enhances the natural form of the body.

## Importance of Basic Drawing and Anatomy in Fashion Design

In fashion design, drawing plays a crucial role in the creative and technical aspects of garment development. Sketches are used to show their concepts, plan collections, and communicate their ideas to clients and manufacturers. Fashion illustrations bring designs to life by showcasing silhouettes, fabrics, and textures.

### 6.1 Sketching Skills and Basic Steps of Learning How to Draw

Sketching is a drawing technique used to quickly capture ideas, observations, or concepts. It is often done with simple tools like pencils, charcoal, or ink and focuses on rough outlines rather than detailed or finished artwork. Sketching is widely used in various fields, including art, architecture, product design, and fashion, as a way to brainstorm and refine ideas. In fashion design, sketching is an essential part of the creative process. Designers use quick fashion sketches, known as croquis, to visualize garment ideas, experiment with different silhouettes, and explore fabric drapes. Sketching helps in developing new designs before moving on to detailed illustrations.

The essential skills that are needed to draw are followings:

1. Proportions
2. Anatomy
3. Perspective
4. Composition
5. Lighting
6. Colors
7. Gesture
8. Style
9. Concept

#### 6.1.1 Proportion

Proportion in drawing refers to the relationship between the sizes of different parts of an object or figure. It ensures that elements are accurately scaled and balanced, making drawings appear realistic and harmonious. In fashion design, proportion plays a crucial role in creating well-balanced sketches. Fashion figures are often drawn with exaggerated proportions (such as elongated legs) to emphasize elegance and style. Understanding proportion helps designers represent garments realistically on the human form and ensures that clothing details, such as seams, patterns, and accessories, are placed correctly.

### 6.1.2 Anatomy

Anatomy in drawing refers to the study of the human body's structure, including bones, muscles, and joints, to create accurate and realistic representations of the figure. It helps artists understand how the body moves, bends, and maintains proportion, making their drawings more dynamic and life like. In fashion design, anatomy is crucial for sketching fashion figures and ensuring that garments fit and drape naturally on the body.

### 6.1.3 Perspective in Drawing

Perspective in drawing is a technique used to create three-dimensionality on a flat surface. It helps artists represent objects, figures, and spaces realistically by depicting how they appear to the eye based on their distance and angle.

There are different types of perspective in drawing:

- **One-Point Perspective** – When all lines converge toward a single vanishing point on the horizon, commonly used in simple interior or road drawings.
- **Two-Point Perspective** – Involves two vanishing points, often used for drawing buildings and objects at an angle.
- **Three-Point Perspective** – Used for extreme viewpoints, such as looking up at a tall building or down from a high position, incorporating a third vanishing point.

### 6.1.5 Composition

Composition in drawing refers to the arrangement of elements to create a visually appealing and balanced piece. It involves organizing shapes, lines, colors, and spaces. Good composition ensures harmony, balance, and focus, making the drawing more engaging and effective.

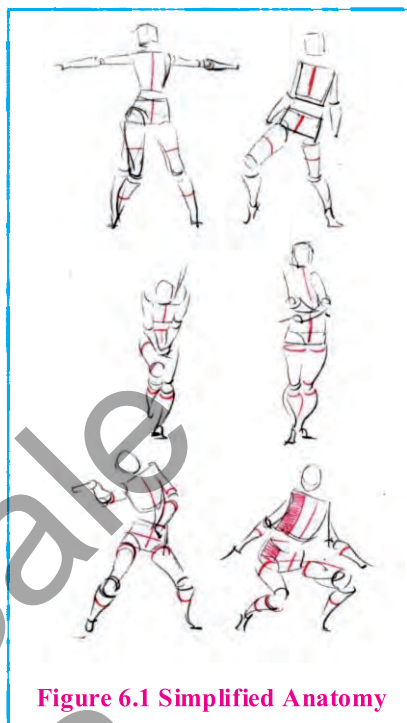


Figure 6.1 Simplified Anatomy

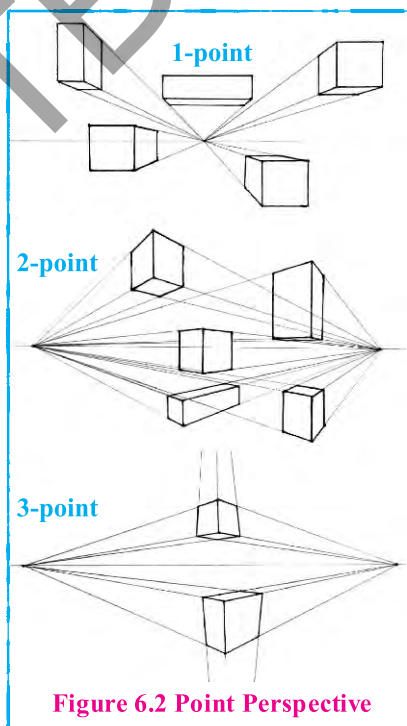


Figure 6.2 Point Perspective



Key principles of composition include:

- Balance
- Focal Point
- Contrast

### 6.1.5 Lighting

The use of light and shadow to define forms and create depth is called lighting in drawing. It adds realism, mood, and contrast, making drawings more dynamic and three-dimensional.

### 6.1.6 Colours

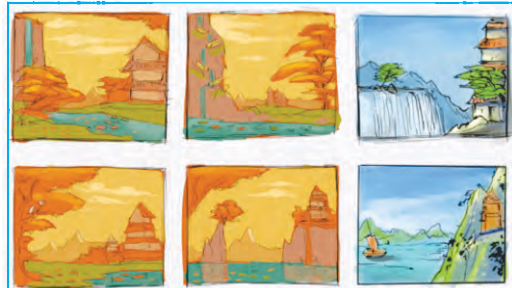
Colours add vibrancy, mood and emotional impact to the artwork. The use of hues, values, and saturation to create mood, contrast, and harmony is called colours in drawing. It evokes emotions, enhances depth, and differentiates elements within the artwork.

### 6.1.7 Gesture

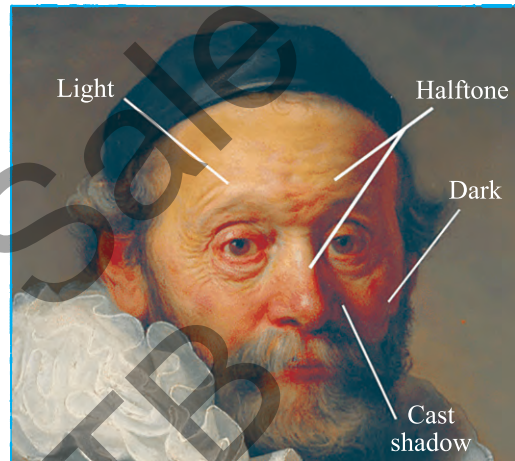
Art of rendering movement or dramatic pose in a static drawing is called gesture. It adds life, flow, expression and energy into static shapes and captures action or movement. It is used for expressive sketch, rapid execution drawings, studies of anything in movements.

### 6.1.8 Style

Style is a unique artistic technique which differentiate one person's approach from the others. It can be influenced by different drawing techniques. It often depends of fundamental standards (ethic, historic, societal, symbolic ), art or cultural groups.



**Figure 6.3 Various thumbnails done before starting an artwork composition**



**Figure 6.4 Effects of Lighting**



**Figure 6.5 Importance of colour Palette in the painting**



Figure 6.6 left : classic portrait in black and white , center : heavy stylized and unusual character and painting style, right: comic stylization

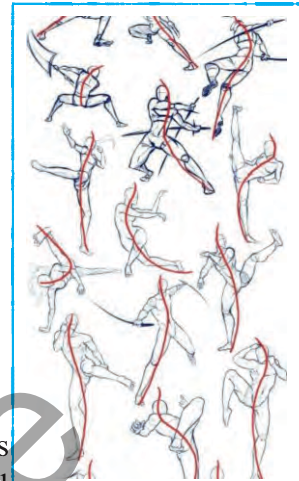


Figure 6.7 The red line indicates gesture positioning in the figures

### 6.1.9 Concept

The underlying idea or story behind a drawing is called a concept. It proposes new visuals, objects and characters to show creative process



Figure 6.8 left : classic portrait in black and white , center : heavy stylized and unusual character and painting style, right: comic stylization

## 6.2 Basic Line Drawing

Basic line drawing is the fundamental technique of creating images using simple lines to define shapes, contours, and forms. Straight, curved, and varying thickness lines are used to create drawings. This section of the chapter will work on three practices:

- Line quality Practice
- Shading with Lines
- Expressive Line Drawing

## 6.3 Basic Shapes

Basic shapes in drawing are simple geometric forms that serve as the building blocks for more complex compositions. They include:

**Circle** – a round shape used for smooth, continuous curves

**Square** – a shape with four equal sides and right angles

**Rectangle** – a shape with four right angles, but unequal sides

**Triangle** – a three-sided shape with varying angles

Basic shapes can be turned into forms.

**Sphere** ( form of a circle)

**Cube** ( form of a square)

**Cylinder** ( form of a rectangle)

**Cone** ( form of a triangle)

Shape helps in defining the basic outline and structure of an object, giving it clarity and identity. Form adds depth and dimension, making the object appear three-dimensional and realistic. Together, they enable artists to represent the world more effectively, giving their work structure, balance, and a sense of space.

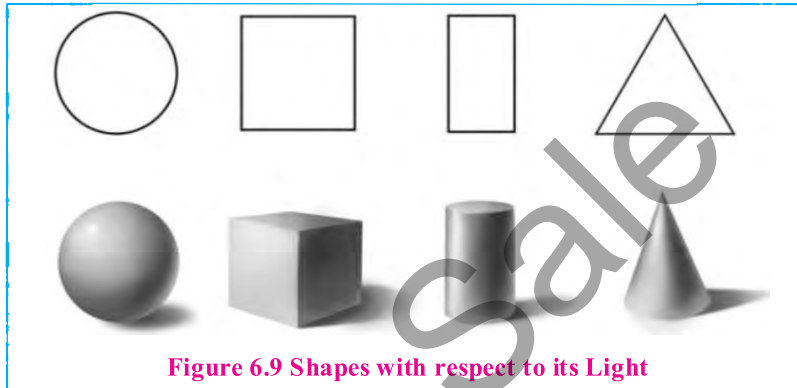


Figure 6.9 Shapes with respect to its Light

### 6.3.1 Shape & Form – Light & Shadow

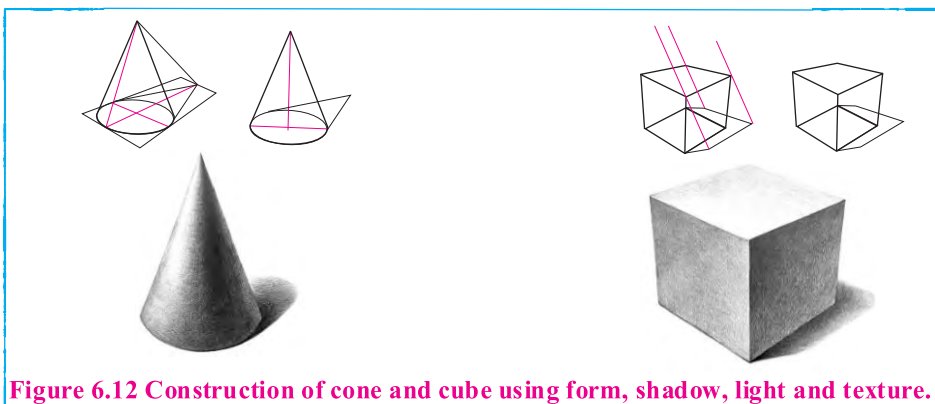
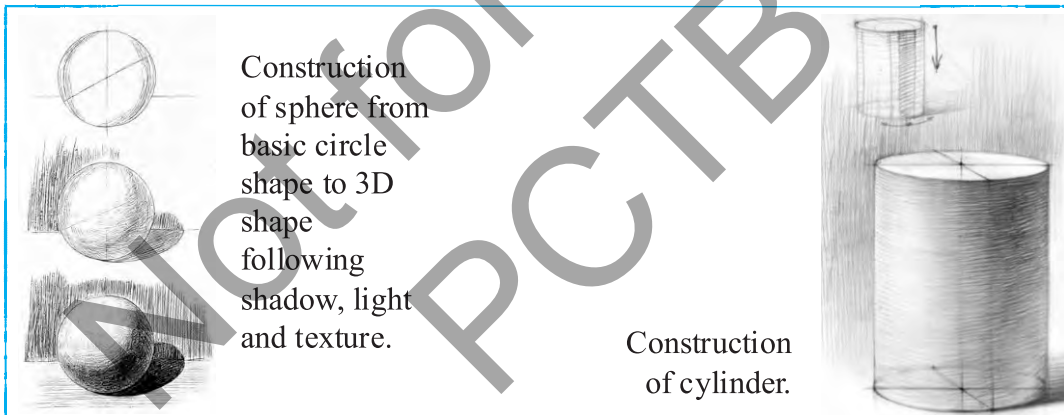


Figure 6.12 Construction of cone and cube using form, shadow, light and texture.

## 6.4 Object Drawing

Object drawing is the practice of drawing specific physical objects, focusing on their details, proportions, texture, and form. It involves observing the object. For example in shapes like:

Apple (focusing on shape, texture, and volume)

Vase (highlighting contours and reflections)

Chair (capturing structure and perspective)

Book (depicting texture and light/shadow play)

Glass of water (observing transparency and refraction)

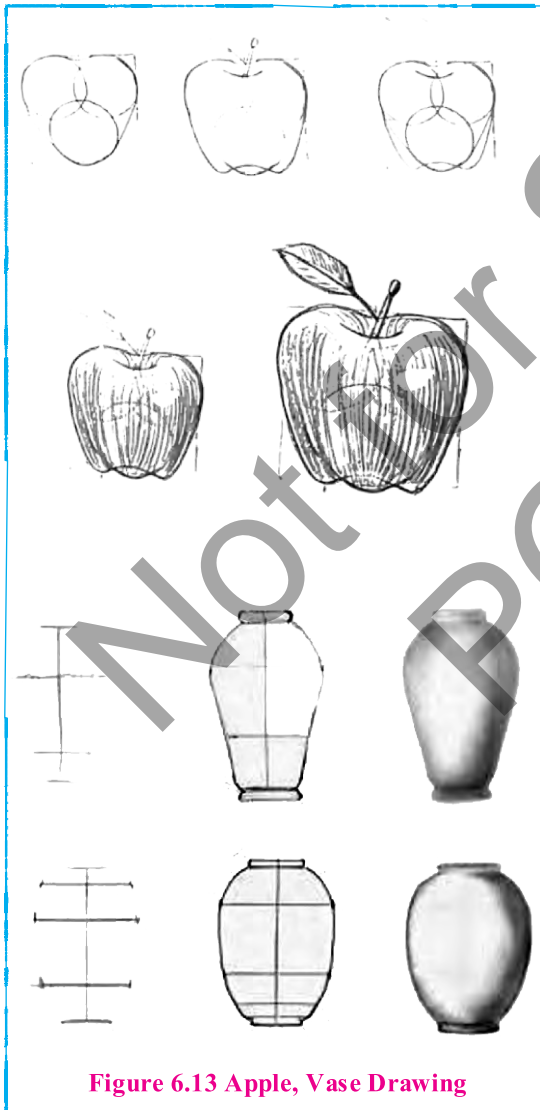


Figure 6.13 Apple, Vase Drawing

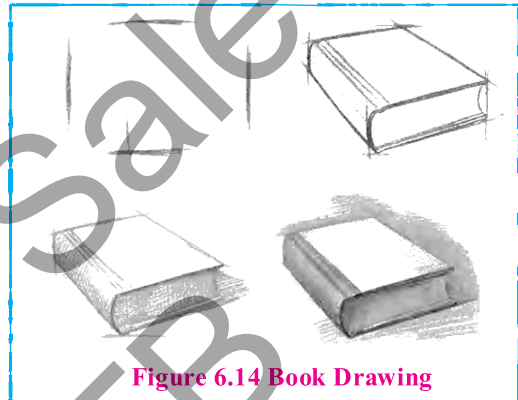


Figure 6.14 Book Drawing

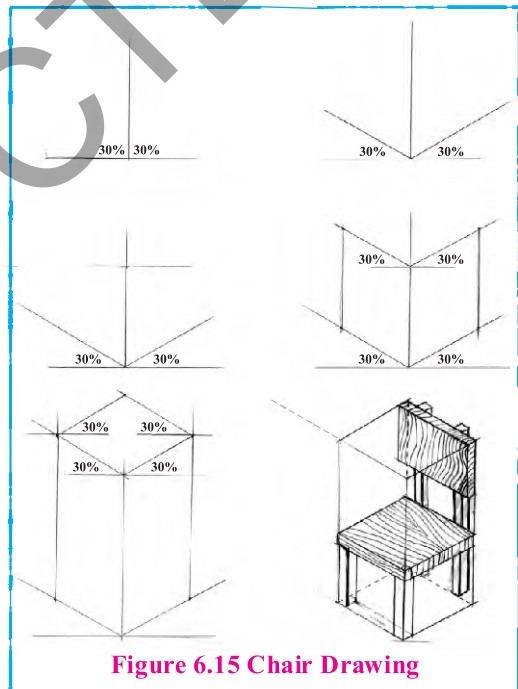


Figure 6.15 Chair Drawing



## 6.5 Human Anatomy Drawing

Anatomy refers to the study of the structure and form of living organisms—whether it's animals, plants, or humans. This includes understanding how bones, muscles, and other internal structures shape the external appearance and movement of a subject. In the same way, we can analyze figures using shapes in nature drawing. Many artists break down complex forms (like animal bodies or human figures) into basic shapes like spheres, cylinders, and cubes. This approach simplifies the drawing process, making it easier to understand proportions, perspective, and structure. Using shapes as a foundation helps create a more accurate and dynamic representation of the figure within its natural context.

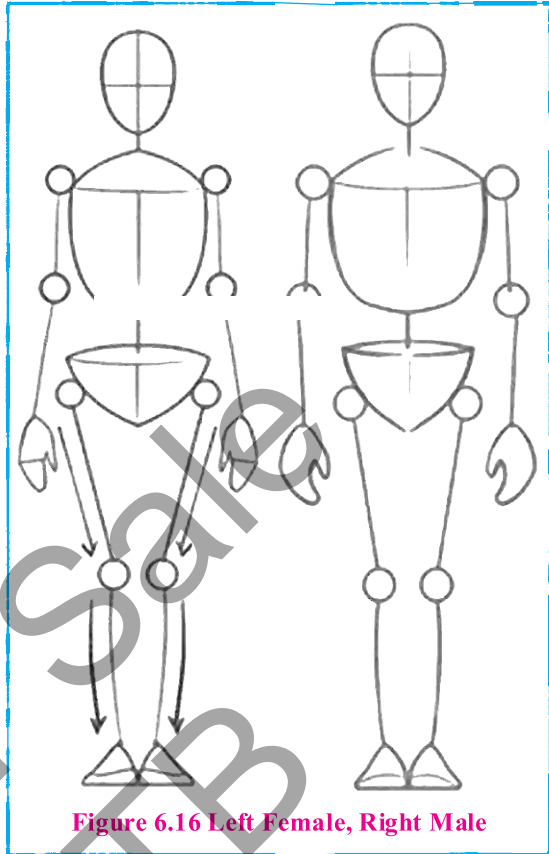


Figure 6.16 Left Female, Right Male

### EXERCISE

#### A Multiple Choice Questions

Tick (✓) the correct answer.

1. What is the primary purpose of sketching?  
a) detailed art work      b) capturing ideas  
c) shading focus      d) digital replacement
2. In fashion design, what is the term for quick fashion sketches used to visualize garment ideas?  
a) draping      b) crouqis      c) rendering      d) blue print
3. Which of the following is NOT an essential skill needed for drawing?  
a) proportions      b) anatomy      c) perspective      d) coding
4. Why is proportion important in drawing, especially in fashion design?  
a) balance elements      b) focuses on colour  
c) ensures head size      d) avoids exaggeration

**5. What does anatomy help artists achieve?**

- a) abstract shapes
- b) realistic figures
- c) garment colours
- d) avoids movement

**6. Which perspective uses a single vanishing point?**

- a) one point
- b) two point
- c) three point
- d) multi point

**7. What does composition refer to?**

- a) mixing colours
- b) arranging elements
- c) studying 3d
- d) human anatomy

**8. What is gesture drawing used for?**

- a) capturing movement
- b) realistic portraits
- c) replacing perspective
- d) mixing colours

**9. What is the purpose of basic shapes?**

- a) add colour
- b) build structure
- c) replace perspective
- d) create abstract.

**10. Why is object drawing important?**

- a) draws figures
- b) observes textures
- c) replaces perspectives
- d) focuses on black and white

**B Short Answer Questions**

1. What is sketching?
2. What are the basic steps of drawing?
3. What are the different types of lines used in drawing?
4. Why are basic shapes important in drawing?
5. Name three basic geometric shapes used in drawing.
6. How can a circle be transformed into a sphere?
7. What is object drawing?
8. Why is proportion important in object drawing?
9. Describe the role of perspective in drawing and list the three types discussed in the chapter.
10. Name the shading techniques that are covered in the chapter.

**C Comprehensive Questions**

1. What is sketching, and why is it important for developing new design ideas?
2. What does "proportion" mean in drawing, and how does it make a drawing look realistic?
3. How does using perspective create a sense of depth in a drawing, and what are the different types of perspective?

# Fashion Drawing and Design Detail

## Student Learning Outcomes

After completing this chapter students will be able to:

- understand what is fashion drawing.
- analyze how fashion drawing is different from basic drawing.
- understand fundamental aspects of human anatomy.
- define proportion in relation to fashion drawing.
- sketch fashion technical using proper body proportions.
- recognize the use of basic shapes to construct figure drawing.
- use sketching as a tool to develop original ideas.
- learn the basic garment details like necklines, sleeves, blouses to enrich the illustrations.
- create technical drawing that combine figures, garments, and details.



The purpose of fashion drawing is to draw garments and accessories by visually presenting ideas with correct specification and detail. Fashion design involves combining existing elements in innovative ways to create styles that reflect trends, moods, and originality. The goal of fashion drawing is to clearly communicate design ideas, making them understandable whether for production, presentation, or marketing.

## 7.1 Introduction to Fashion Figure (Croquis)

Fashion drawing is an essential skill in fashion design, serving as a visual language to communicate design ideas. A croquis, the basic fashion figure, is a stylized template used to sketch garments with proportions and poses.

Unlike realistic human figures, croquis are elongated to emphasize the movement and flow of clothing. Croquis drawing helps designers illustrate their concepts effectively and bring creative visions to life.

### 7.1.1 History of the Croquis

The term "croquis" comes from the French word meaning "sketch" or "rough drawing." Originating in the 19th century, croquis were initially used by French designers to quickly sketch garment ideas before finalizing detailed illustrations. Over time, these sketches became essential tools in fashion design, evolving into standardized templates that help designers visualize how fabrics, cuts, and details interact with the human form.

### 7.1.2 Fashion Drawing

Fashion drawing is a technical representation of clothing, focusing on proportion, construction, and garment details. It is precise and often used for pattern-making and production.



Figure 7.1 Fashion Drawing

Figure 7.2 Fashion Illustration

### 7.1.3 Fashion Illustration

Fashion illustration is more artistic and expressive. It is used to convey mood, movement, and aesthetic appeal. While fashion drawings are structured and detailed, fashion illustrations are dynamic, often exaggerated, and highly stylized to inspire creative direction. Fashion drawing is detailed whereas illustration uses quick colouring.

## 7.2 Understanding the Anatomy of a Fashion Figure

Understanding human anatomy is crucial for creating well-balanced fashion sketches. The croquis follows standard proportions that guide designers



in achieving correct posture, symmetry, and garment fit. Before developing a Croquis, students must understand human proportions and key reference lines that guide body structure and balance. Some of the fundamental aspects of human anatomy include:

- i. Neckline: The base of neck where collars or neck begins below the head.
- ii. Shoulder Line: Defines the width of the shoulders. It is wider for male figures.
- iii. Chest Line: Located below the shoulder line. It is the widest part of the torso.
- iv. Waistline: Narrowest part of the torso, dividing the upper and lower body.
- v. Hip Line: Positioned below the waist. It represents the widest part of the lower body.
- vi. Center Line: Runs from the head to the feet, ensuring body symmetry.

### 7.2.1 Proportion in Fashion Drawing

The croquis guides designers in positioning of design elements, symmetry, and garment fit. The idealized fashion figure follows these proportions:

- *Head-to-Body Ratio*: A fashion figure is generally 8-9 heads tall.
- *Torso Division*: The body is divided into three sections: Head to Waist (3 heads) Waist to Knee (3 heads) Knee to Feet (3 heads)
- *Shoulder and Hip Alignment*: The shoulders are slightly wider than the hips for female figures and equal or broader for male figures.
- *Arm and Leg Length*: Hands extend slightly below the hips, while legs make up more than half the figure's total height.

## 7.3 Deriving Fashion Technical from Basic Garment Shapes

Fashion technical sketches begin with an idea, using basic geometric shapes as the foundation for garment design. For instance:

- a) Rectangles are ideal for structured garments such as jackets, coats, and trousers.
- b) Circles and ovals help define soft, flowing fabrics, often used in blouses and dresses.
- c) Triangles assist in sketching elements like collars, flared skirts, and angular design details.

### 7.3.1 Fashion Technical Drawing

Fashion technical refers to the detailed specifications, construction methods, and technical drawings used to communicate garment design and fit. Fashion technical are drawn on a technical fashion croquis. Fashion templates are based on the actual proportion of the 8 head fashion figure. The garment is drawn over the technical with the help of a tracing sheet.



**Figure 7.3 Drawing Garment on a Croquis**



**Figure 7.4 Drawing Garment on a Croquis Using Simple Shapes**

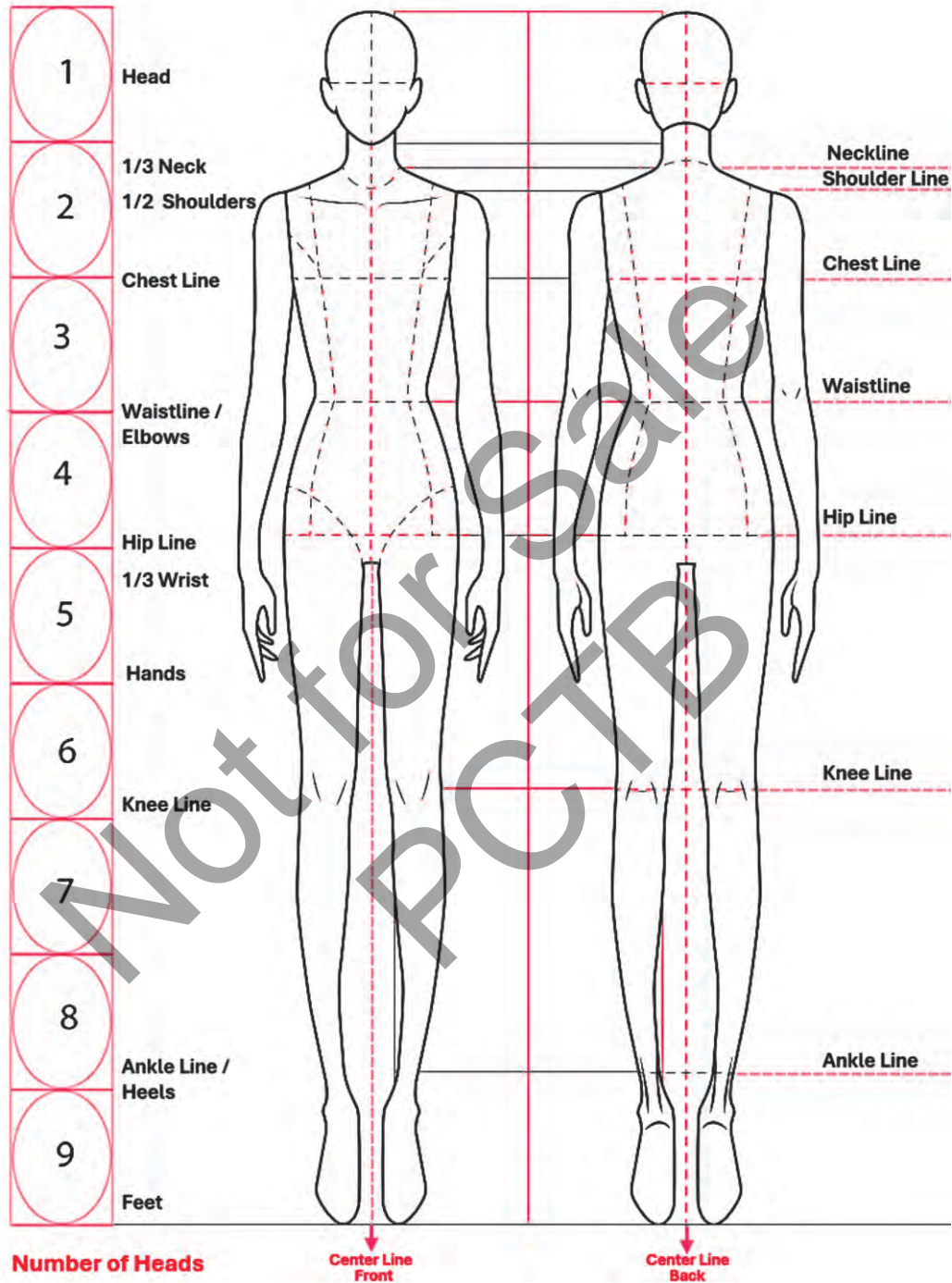


Figure 7.5 Body Proportions in Context to Fashion Drawing

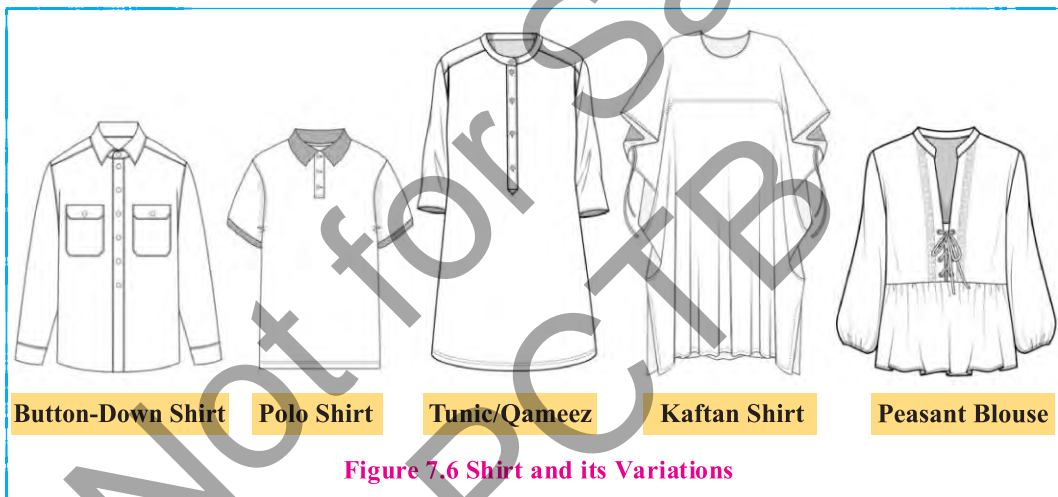
## 7.4 Types of Garments

Garments can be broadly categorized into three main types: Shirts, Trousers, and Coats/Jackets. Each category includes various styles and design elements that cater to different fashion aesthetics, functions, and regional influences.

### A. Shirts

Shirts vary in length, neckline, collar, sleeve styles, and front openings. They can be front-open with or without plackets. Common types include:

- *Basic Button-Down Shirt* – Standard collar, cuffs, and button closure
- *Polo Shirt* – Short-sleeved with a soft collar and placket
- *Tunic/Qameez* – Loose-fitting, longer-length shirt
- *Kaftan Shirt* – Flowing, wide-sleeved design
- *Peasant Blouse* – Loose, gathered, or embroidered top

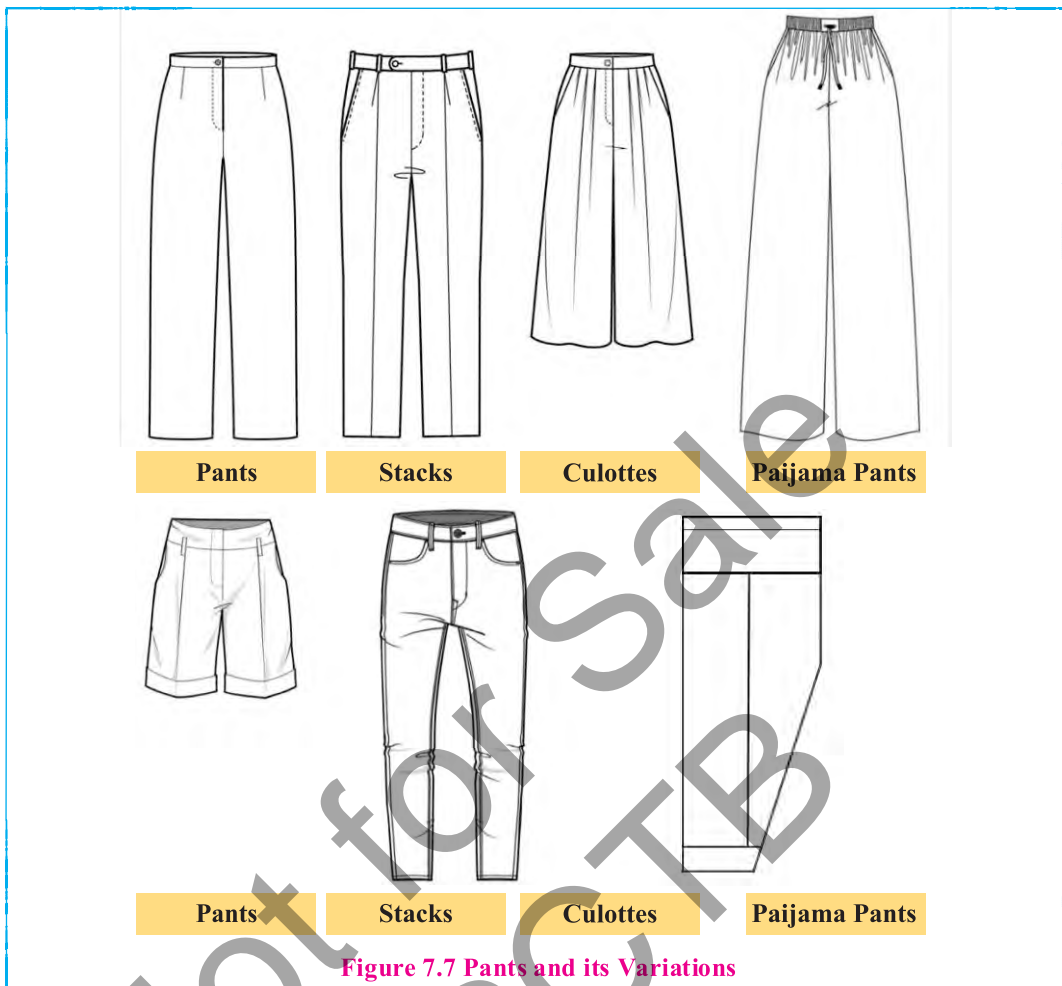


### B. Trousers

Trousers come in different fits and styles, catering to formal, casual, and traditional wear. Key types include:

- *Pants* – General term for fitted or loose trousers
- *Slacks* – Tailored, formal trousers
- *Culottes* – Wide-legged, skirt-like trousers
- *Pajama Pants* – Soft, relaxed trousers
- *Shalwar* – Traditional South Asian trousers, loose at the top, narrow at the ankle
- *Jeans* – Denim trousers in various cuts (skinny, straight, flared, bootcut, etc.)
- *Shorts* – Knee-length or above-the-knee trousers

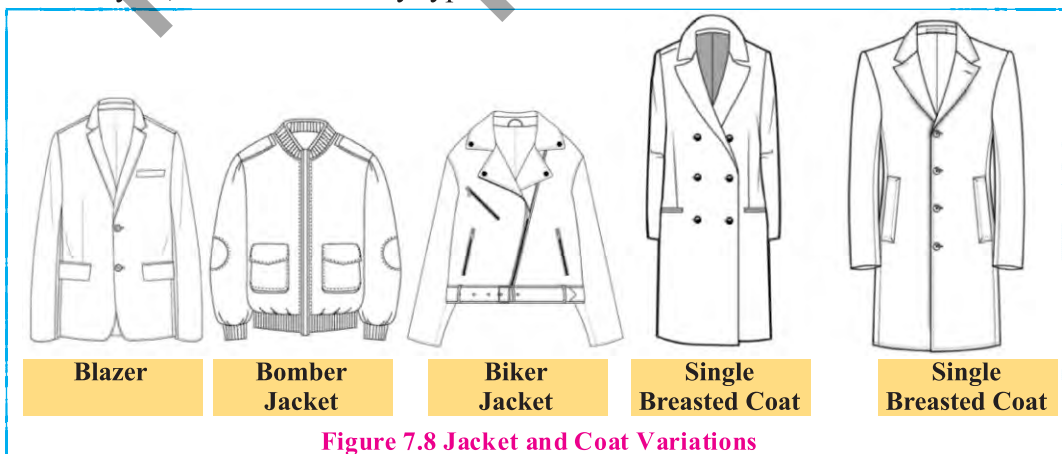




**Figure 7.7 Pants and its Variations**

### C. Coats & Jackets

Coats and jackets provide structure and warmth, with variations in lapels, button styles, and closures. Key types include:



**Figure 7.8 Jacket and Coat Variations**

- *Blazer* – Structured, semi-formal jacket
- *Bomber Jacket* – Waist-length jacket with ribbed cuffs
- *Biker Jacket* – Cropped leather jacket with an asymmetrical zipper
- *Double-Breasted Coat* – Features two parallel rows of buttons
- *Single-Breasted Coat* – Classic coat with a single row of buttons

## 7.5 Fashion Details: Necklines, Collars, and Sleeves

Fashion illustrations are incomplete without detailed garment components. Fashion details refer to the design elements that enhance the aesthetic, functionality, and uniqueness of a garment. These include components such as necklines, sleeves, collars, hems, seams, pleats, ruffles, buttons, embellishments, and stitching techniques.

### 7.5.1 Necklines

The neckline defines the upper frame of a garment and influences the overall aesthetic. Common neckline styles include:

- *V-Neck* – A neckline shaped like the letter "V."
- *U-Neck* – A rounded neckline with a deep or shallow curve
- *Scoop Neck* – A deeper, wider U-shaped neckline
- *Square Neck* – A neckline forming a square shape
- *Turtleneck* – A high, close-fitting neckline that covers the neck
- *Boat Neck* – A wide neckline that runs from shoulder to shoulder
- *Tie-Neck* – A neckline featuring fabric ties that can be fastened into a bow or knot at the front

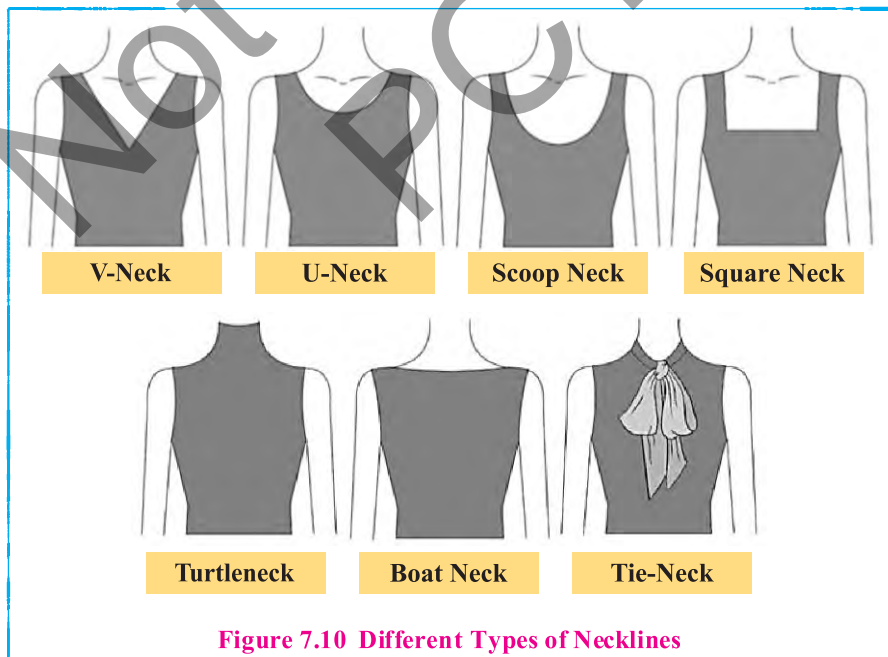


Figure 7.10 Different Types of Necklines

### 7.5.2 Collars

Collars cover the neckline and enhance garment structure. Popular of collars include:

- *Band Collar* – A narrow stand-up collar
- *Mandarin Collar* – A short, stand-up collar inspired by traditional Asian fashion
- *Simple Shirt Collar* – Flat collar with pointed tips that folds over and is typically fastened with buttons. Commonly used in men's shirts.
- *Peter-Pan Collar* – A flat, rounded collar with soft curves, often seen in blouses and children clothing.
- *Sailors Collar* – A wide, square collar that extends over the shoulders to the back, inspired by naval uniforms.
- *Shawl Collar* – A smooth curved collar used in jackets and coats.
- *Notch Collar* – A collar with a triangular cut-out, commonly used in blazers and suits.
- *Cascade Collar* – A decorative collar, with soft folds, adding softness and movement to neckline.

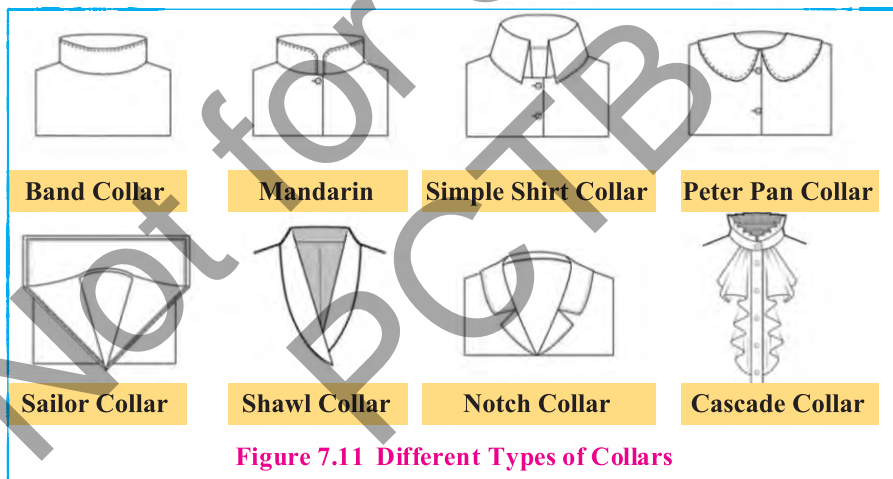


Figure 7.11 Different Types of Collars

### 7.5.3 Sleeves

Sleeves add both personality and functionality to garments, influencing their overall style and movement. They vary in length, including cap, short, three-quarter, and long sleeves. Different sleeve styles create distinct silhouettes and aesthetics.

Types of sleeve include:

- *Cap Sleeve* – Short and slightly curved, covering just the shoulder.
- *Puff Sleeve* – A full, voluminous sleeve that gathers at the shoulder and often tapers at the cuff.
- *Bell Sleeve* – Flares out dramatically from the elbow or wrist.

- *Kimono Sleeve* – A wide, seamless sleeve that extends from the bodice, providing a relaxed and flowing silhouette.
- *Shirt Sleeve with Placket and Cuff* – A tailored sleeve with a buttoned placket and cuff, commonly found in formal and structured shirts.
- *Two-Piece Sleeve* – A sleeve constructed from two fabric panels, allowing for a contoured fit, often seen in jackets and tailored garments.

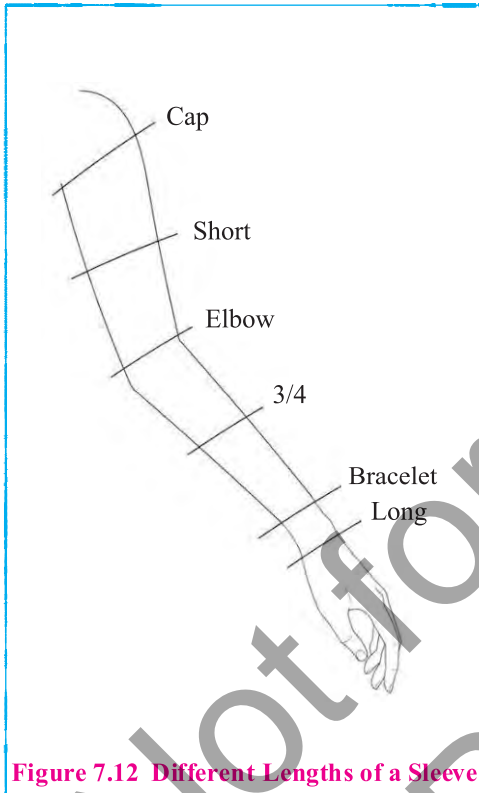


Figure 7.12 Different Lengths of a Sleeve

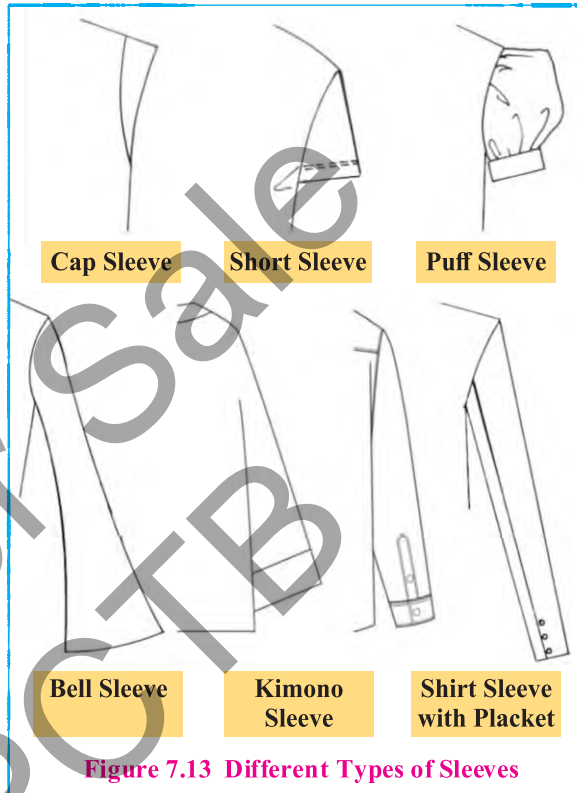


Figure 7.13 Different Types of Sleeves

## EXERCISE

### A Multiple Choice Questions

Tick (✓) the correct answer.

1. What is the main purpose of fashion technical drawing?
  - a) to create realistic portraits
  - b) to communicate ideas clearly
  - c) to focus only on garment colors
  - d) to design accessories only
2. What does the term "croquis" refer to in fashion drawing?
  - a) a type of garment
  - b) a template for fashion figures
  - c) a sewing technique
  - d) a specific fabric type
3. How many heads tall is a standard fashion croquis?
  - a) 6 heads tall
  - b) 7.5 heads tall
  - c) 9 heads tall
  - d) 12 heads tall



4. Which element divides the upper and lower torso in figure drawing?  
a) shoulder line      b) waistline      c) hip line      d) neckline
5. What is the difference between fashion drawing and illustration?  
a) fashion drawing is artistic, while fashion illustration is technical.  
b) fashion illustration is more expressive and stylized.  
c) fashion drawing does not follow proportions.  
d) fashion illustration is only used for marketing.
6. The Peter Pan collar is best known for:  
a) its sharp and pointed shape      b) its stand-up, stiff look  
c) its rounded and soft edges      d) its long, folded-back lapels
7. What is the first step when sketching a fashion croquis?  
a) adding garment details      b) drawing the body's proportions  
c) colouring the design      d) shading the figure
8. Which type of coat has two parallel rows of buttons?  
a) blazer      b) double-breasted coat  
c) bomber Jacket      d) single-breasted coat
9. Which sleeve is short and covers only the shoulder?  
a) cap sleeve      b) kimono sleeve  
c) puff sleeve      d) bell sleeve
10. Which of the following is NOT a type of collar?  
a) peter-pan collar      b) sailors collar      c) flared collar      d) mandarin collar

## **B Short Answer Questions**

1. What is the purpose of fashion drawing in design?
2. What is a croquis, and why is it used in fashion design?
3. What is the origin of the word "croquis"?
4. How many heads tall is a fashion figure, and why is it elongated?
5. Why are proportions important in fashion figure drawing?
6. Name three different neckline styles and describe them.
7. What is the function of collar in garment design?
8. What is the purpose of fashion technical drawings?
9. Identify and describe three common sleeve styles.
10. What is the difference between fashion drawing and fashion illustration?

## **C Comprehensive Questions**

1. What is a croquis and why do fashion designers use it?
2. What is the main difference between a detailed fashion drawing and a quick fashion illustration?
3. Why are details like necklines, sleeves, and collars important in clothing design?

## Student Learning Outcomes

After completing this chapter students will be able to:

- understand the significance of cotton.
- the historical aspects of cotton.
- learn different types of fibers and their application in textile production.
- identify fibers by touch and appearance.
- explore basic techniques for understanding fabric properties.
- differentiate between natural and synthetic fibres.
- understand the properties of natural fibres.



## Introduction to Textiles

Textiles are materials made from fibers, which can be natural (like cotton or wool) or synthetic (like polyester or nylon). Textile products can be created through a variety of processes such as weaving, knitting, spinning, and printing.

## Major use of Textiles

### Aesthetic & Functional

Textiles with vibrant patterns or images, such as floral, geometric, or abstract designs, that are used in clothing and home decor.

### Technical & Protective

These are designed to offer safety against hazards, such as heat, chemicals, or cuts.

### Medical

Used in healthcare, these include items like bandages and surgical gowns that have specific properties for patient care.

## 8.1 History of Cotton

Cotton is a natural fiber picked from the cotton plant. It is soft, breathable, and widely used to make clothes, bed linens, and towels. The fibers are collected from cotton bolls, separated from seeds, and then spun into yarn to create fabric. Cotton is absorbent, hypoallergenic, and can be easily dyed, making it popular for various textile products.

There is evidence that people in **Mehrgarh** (Balochistan, Pakistan) were growing cotton around 7000 BC. They were some of the first to grow cotton and make cloth from it. They were skilled at spinning, weaving and dyeing. The **spinning wheel**, or *charkha*, has been used for centuries, particularly in South Asian Subcontinent. The spinning wheel was a crucial tool for spinning cotton into yarn, which was an important part of the textile industry.

After the **Industrial Revolution (1760-1840)** there was radical transformation in the cotton industry by introducing mechanisation, mass production, and factory-based work. Key inventions like the Spinning Jenny, power loom, and cotton gin revolutionised cotton production, making it faster, cheaper, and more efficient. This led to a boom in the textile industry, increased demand for raw cotton, and the expansion of global trade.

### 8.1.1 Processing Cotton

The raw cotton is processed through different stages listed below:

- i. Separation
- ii. Feeding
- iii. Drying
- iv. Ginning
- v. Cleaning
- vi. Lint cleaning
- vii. Extraction
- viii. Baling
- ix. Distributing



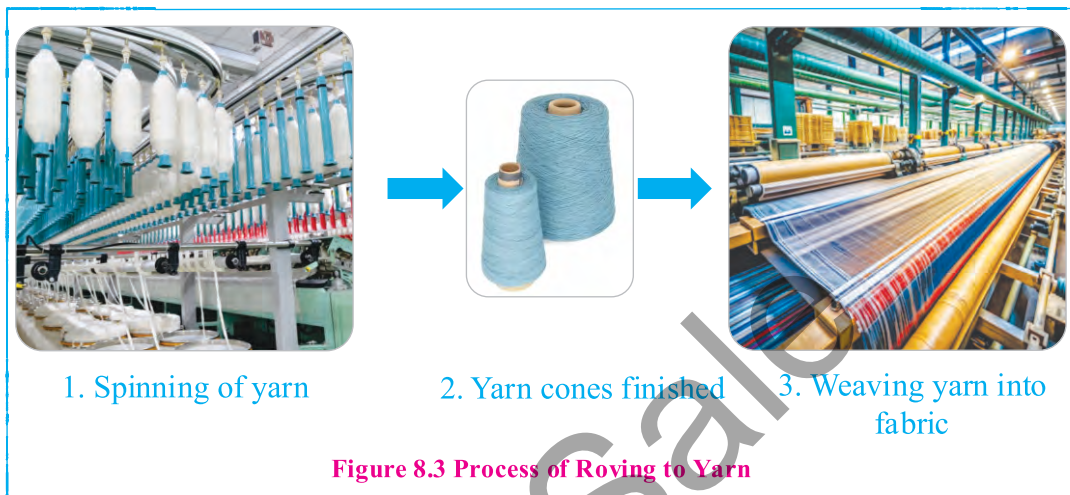
Figure 8.1. Shows Women Picking Cotton



Figure 8.2 Shows a woman using a Spinning Wheel in Pakistan

### 8.1.2. Process of Roving to Yarn

Roving is the initial step to process yarn making from different fibers.



## 8.2 Importance of Cotton for Pakistan

Cotton is very important crop for Pakistan for the following reasons:

- I. Economic Role:** Cotton is a key cash crop in Pakistan and helps the economy a lot. It provides jobs for millions of people, especially in the countryside.
- II. Textile Industry:** Pakistan produces a lot of cotton, which is essential for the textile industry. This industry is a major source of exports and brings in money from other countries.
- III. Employability:** Many farmers rely on growing cotton for their income. It supports not just the farmers but also many people involved in processing and making cotton products.
- IV. Global Impact:** Pakistan is one of the major cotton producer and its user country in the world.

### 8.2.1. Areas of Cotton in Pakistan

In Pakistan, cotton production is primarily concentrated in the following regions:

- 1) Punjab:** Punjab is the leading cotton producer. Important regions include Multan, Bahawalpur, Faisalabad, Rahim Yar Khan, Sahiwal, and Dera Ghazi Khan. The fertile soil and extensive irrigation system supports high cotton yields.



- 2) **Sindh:** Sindh is another cotton producing province in Pakistan. Major cotton growing regions include Sanghar, MirpurKhas, Nawabshah, Badin, and Thatta. The hot climate and adequate irrigation from the Indus River make Sindh highly suitable for cotton cultivation.
- 3) **Balochistan:** Although cotton production in Balochistan is smaller compared to Sindh and Punjab, it is still important. Key areas for cotton cultivation in Balochistan include Nasirabad and Kalat.

### 8.3 Introduction to Different Fiber

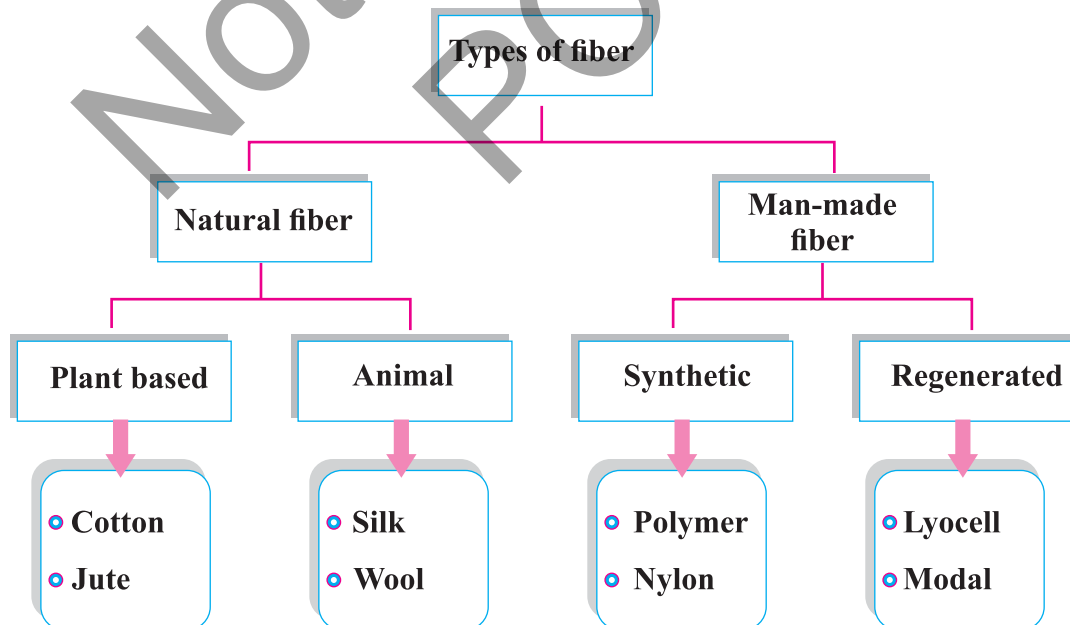
Fibers are indeed hair-like materials. Fibers can be natural, such as cotton, wool, and silk, or synthetic, like polyester and nylon.

#### Properties of Fibers:

1. **Length and Flexibility:** Fibers are long and flexible, making them suitable for spinning into threads or fabrics.
2. **Strength:** Many fibers are strong and can endure tension and stress.
3. **Elasticity:** Some fibers can stretch and return to their original shape.
4. **Absorbency:** Many fibers have the ability to absorb moisture, which is useful in textiles and hygiene products.
5. **Thermal Insulation:** Certain fibers help retain heat or provide cooling effects, depending on their structure.

### 8.4 Types of Fiber

The below diagram shows two main types of fiber and their sources:



#### 8.4.1. The table below shows the properties of Natural and Man-made fibers.

Types of Fibers	Source	Properties	Maintenance
Cotton	Plant based	Durable Comfortable Breathable	Relatively Low
Wool	Animal	Durable Comfortable Warm	Very low maintenance
Silk	Animal	Soft Light weight	High maintenance
Jute	Plant based	Durable Breathable	Relatively easy
Nylon	Petroleum	Highly durable Low comfort	Extremely low maintenance
Polyester	Petroleum	Highly durable Low comfort	Low maintenance
Lyocell	Wood pulp	Highly durable Comfortable	Easy Maintenance
Modal	Beech tree Cellulose	Durable Comfortable	Easy Maintenance

### 8.5 Natural Fibers

#### 1. Cotton

Cotton is a soft, fluffy fiber that grows in the seed pods of the cotton plant. It is one of the most widely used natural fibers in the world.

**Properties:** Cotton is breathable, absorbent, and comfortable to wear. It can be easily dyed and is machine washable.

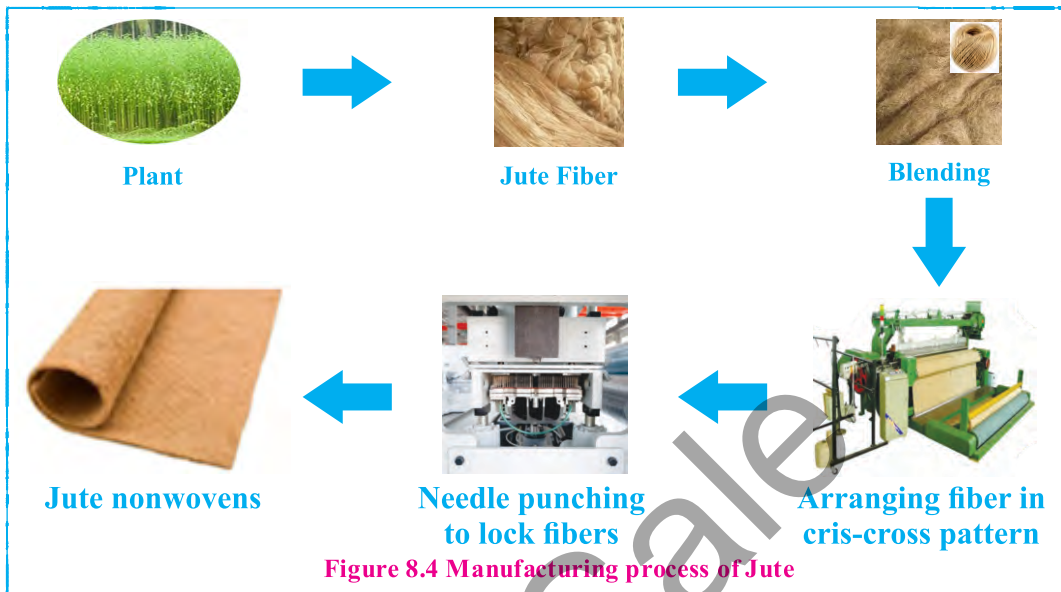
**Uses:** Commonly used in clothing (like t-shirts, jeans), bed linens, towels, and various household items.

#### 2. Jute

Jute is a natural fiber that comes from the **jute plant**. It is also known as the ‘Golden Fiber.’

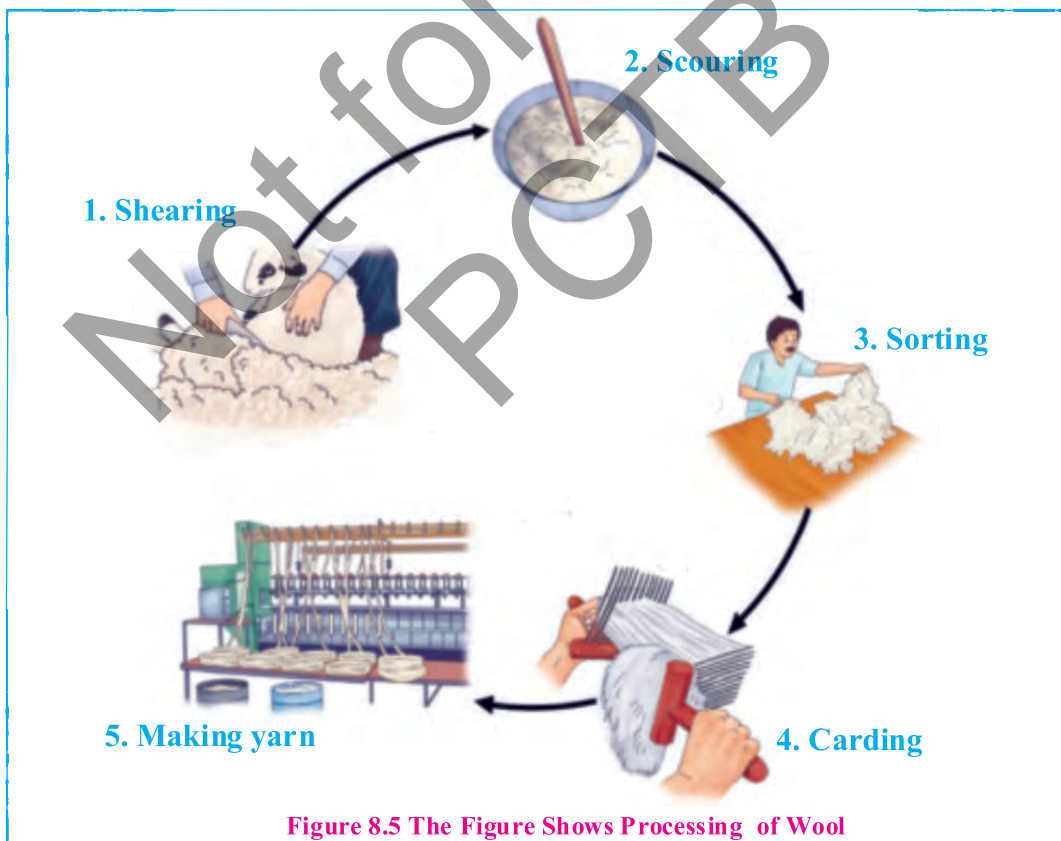
**Properties:** It is a strong, durable, and affordable natural fiber that is also biodegradable and renewable.

**Uses:** It is used to make hessian cloth, ropes, bags, geo textiles, carpet backing, textiles, and biodegradable packaging.



### 3. Wool

Wool is a natural fiber obtained from the fleece of sheep and other animals like goats (cashmere), rabbits (angora), and alpacas.



**Properties:** Wool is warm, elastic, and has excellent moisture-wicking properties. It can retain heat even when wet, making it ideal for colder climates.

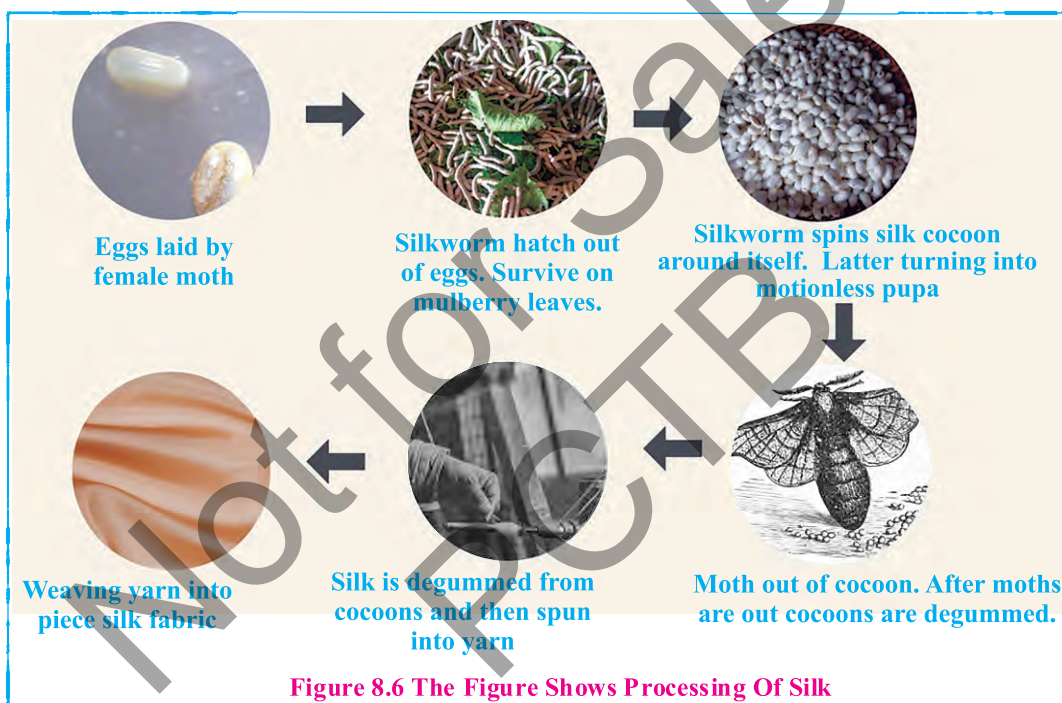
**Uses:** Commonly used in sweaters, blankets, coats, and carpets.

#### 4. Silk

Silk is a luxurious fiber produced by silkworms when they create their cocoons. It is known for its smooth texture and sheen.

**Properties:** Silk is lightweight, strong, and has a natural sheen. It drapes beautifully and feels soft against the skin.

**Uses:** Used in high-end clothing (like dresses, ties), bed linens, and accessories like scarves.



## 8.6. Man-made Fibers

Man-made fibers, also known as synthetic fibers, are materials created through chemical processes rather than being derived from natural sources. These fibers are produced from polymers, which are long chains of molecules. Common examples of man-made fibers include:

**1. Polyester:** Polyester is a man-made fiber that is created through chemical processes.

**Properties:** Strong and wrinkle-resistant, used in clothes and home fabrics.

**Uses:** Clothing, home furnishings.



2. **Nylon:** Nylon is a type of synthetic polymer.  
Properties: strong and stretchy.  
Uses: used in outdoor gear.
3. **Acrylic:** Acrylic fibers and resins are often used as alternatives to natural fibers like wool or glass in many industries due to their unique properties.  
Properties: Light and warm.  
Uses: used as a substitute for wool.
4. **Rayon:** Made from plant material.  
Properties: Comfortable feels like silk.  
Uses: used in clothing.

## A Multiple Choice Questions

**9. What is wool primarily obtained from?**

- a) silkworms
- b) sheep
- c) cotton plants
- d) synthetic processes

**10. What are common uses of silk ?**

- a) winter clothing
- b) heavy-duty ropes
- c) upholstery
- c) luxury fabrics

**B Short Answer Questions**

1. Where did cotton originate in the subcontinent?
2. What is the major use of technical textiles?
3. What areas of Pakistan are famous for cotton crop?
4. Where the wool comes from?
5. Which region is historically significant for cotton growth?
6. What is a fiber?
7. What are some examples of medical textiles?
8. Why is cotton important for Pakistan's economy?
9. What makes silk different from other natural fibers?
10. What is the process of making wool fiber?

**C Comprehensive Questions**

1. Identify and compare different types of cotton fabrics. Discuss the uses of each type in everyday clothing and textiles.
2. List down the usage of cotton and wool production in Pakistan. Create a poster and discuss the significance of these fibers in the local market.
3. What is the process of jute and wool fiber making? Describe in detail.

## Student Learning Outcomes

**After completing this chapter students will be able to:**

- recognize the basic sewing tools such as needles, thread, scissors, pins, measuring tape, and fabric.
- understand the foundational skills of basic hand stitches.
- identify the parts of sewing machine (manual & electric).
- understand the fabric grain and its types.
- develop stitching accuracy and control on machine through practical exercises on paper and fabric.
- learn the basic seam stitching techniques and its importance for garment construction.



## 9.1 Introduction to Sewing

Sewing is the process of joining pieces of fabric together using a needle and thread. Sewing can be done by hand (using a needle and thread) or with a sewing machine. This chapter ensures that students will gain foundational skills in hand sewing, understand how to use a sewing machine, and learn essential stitches on fabric.

## 9.2 Essential Sewing Tools

**1. Needles:** Needles come in various sizes and types. The size of the needle depends on the type of fabric you are working with.



**1. Needle**

**2. Thread:** Thread is used to join the fabric layers together. Cotton, polyester, and silk threads are common types. Cotton thread works well with natural fabrics, while polyester thread is suitable for synthetic materials.

**3. Scissors:** Sharp fabric scissors are used for fabric cutting.

**4. Measuring Tape:** A soft, flexible tape used to measure fabric for cutting and stitching.

**5. Pins:** Pins hold the fabric pieces together before they are sewn.

**6. Chalk or Fabric Marker:** Chalk or fabric markers are used to mark measurements, pattern lines, or sewing guidelines on fabric.

**7. Seam Ripper:** A seam ripper is used to rip or open stitches without damaging the fabric.

**8. Thimble:** A sewing thimble is a small, protective tool worn on the finger to prevent injury while sewing by hand.

**9. Ruler:** A ruler is a tool to take precise measurements and straight lines in fabric cutting and sewing.



Figure 9.1 Essential Sewing Tools

### 9.3 How to Thread a Needle

Cut a piece of thread. Hold the needle with one hand and use the other hand to insert the end of the thread through the eye of the needle. Knot one edge of the thread.

### 9.4 Fabric Pressing

Pressing is an important part of sewing that helps create neat seams and ensures the fabric stays in the desired shape. An iron is used to press the fabrics.



Figure 9.2 Iron for Pressing



## 9.5 Basic Hand Stitches:

Basic hand stitches are fundamental skills in sewing and garment construction. They play an essential role in the overall process of creating and finishing clothing, accessories, and other textile products.

Followings are the key reasons why the basic hand stitches are important:

- hand stitches allow for precision and control in areas where machines may not be suitable.
- hand stitches can provide a neat, clean finish, especially for hems, linings, or seams where machine stitching might be visible.
- basic hand stitches are invaluable when making small repairs or alterations to accessories and garments.
- hand stitches are used to sew fine details like embroidery, beadwork, or even for custom designs that may not be possible with a sewing machine.
- basic hand stitches provide a fundamental understanding of fabric behavior and stitching techniques, which can be applied to advanced projects.

### 9.5.1. Types of Basic Hand Stitches and Their Uses:

There are different types of hand stitches used in sewing. Here are a few basic ones:

- A. Running Stitch
- B. Back Stitch
- C. Whip Stitch
- D. Over Stitch
- E. Slip Stitch

**A. Running Stitch:** Running stitch is the most basic hand-sewn stitch. It's used to join two pieces of fabric together.

**B. Backstitch:** This stitch is used for stronger seams. The needle goes backward and forward in a line, locking the stitches in place. The backstitch is stronger than the running stitch and is often used for seams that need to hold a lot of weight, like on the sides of a shirt.

**C. Whip Stitch:** The whip stitch is used to sew the edges of a fabric, often used for hemming.

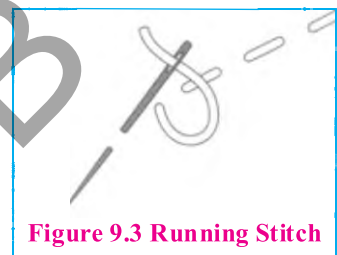


Figure 9.3 Running Stitch

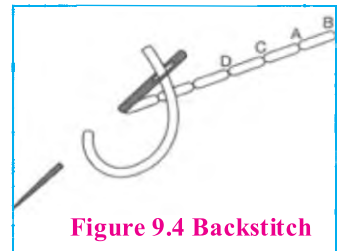


Figure 9.4 Backstitch



Figure 9.5 Whip Stitch

**D. Over Stitch:** This is a type of stitch used to finish the edges of fabric to prevent fraying. It is often done using a sewing machine or by hand, and it helps to reinforce seams or edges.

**E. Slip Stitch:** The slip stitch is used to hand-sew hems or edges without showing on the front of the fabric (right side of fabric).

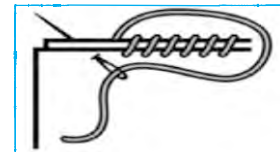


Figure 9.6 Over Stitch

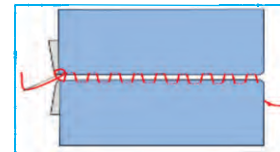


Figure 9.7 Slip Stitch

## 9.6 Introduction to Sewing Machine (Parts of Machine)

A sewing machine is a mechanical or electrical device used to stitch fabric together using thread. It speeds up the sewing process compared to hand-sewing. Sewing machines are used for various applications, from simple home repairs to complex quilting and garment-making in the fashion industry.

### 9.6.1 Sewing Machine Basics :

- **How to use a sewing machine:** A sewing machine makes sewing faster and easier. You load the thread into the machine, place your fabric under the presser foot and operate the machine to stitch.
- **Stitch selection:** Most sewing machines allow you to select different stitch lengths. A sewing machine typically stitches between 8 to 12 stitches per inch.
- **Guiding the fabric:** When using a machine, you must gently feed the fabric under the presser foot.

### 9.6.2 Parts of Manual Sewing Machine:

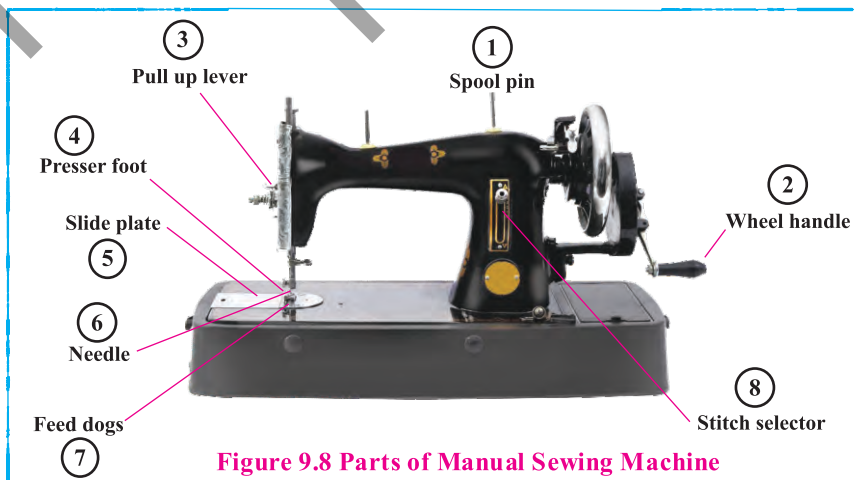


Figure 9.8 Parts of Manual Sewing Machine

Here is an overview of the essential parts of a manual sewing machine:

- |                       |                    |
|-----------------------|--------------------|
| 1. Spool pin / holder | 2. Wheel handle    |
| 3. Take up lever      | 4. Presser foot    |
| 5. Slide plate        | 6. Needle          |
| 7. Feed dogs          | 8. Stitch selector |

### 9.6.3 Parts of Electric Sewing Machine:

Here is an overview of the essential parts of an electric sewing machine:

- |                                 |                            |
|---------------------------------|----------------------------|
| 1. Spool pin / holder           | 10. Stitch selection panel |
| 2. Spool thread                 | 11. Presser foot lifter    |
| 3. Thread take-up               | 12. Presser foot           |
| 4. Thread guide                 | 13. Needle                 |
| 5. Bobbin winder                | 14. Feed dogs              |
| 6. Balance wheel                | 15. Bobbin compartment     |
| 7. Stitch width regulator dial  | 16. Bobbin case            |
| 8. Stitch length regulator dial | 17. Bobbin                 |
| 9. Reverse lever                | 18. Foot Pedal             |

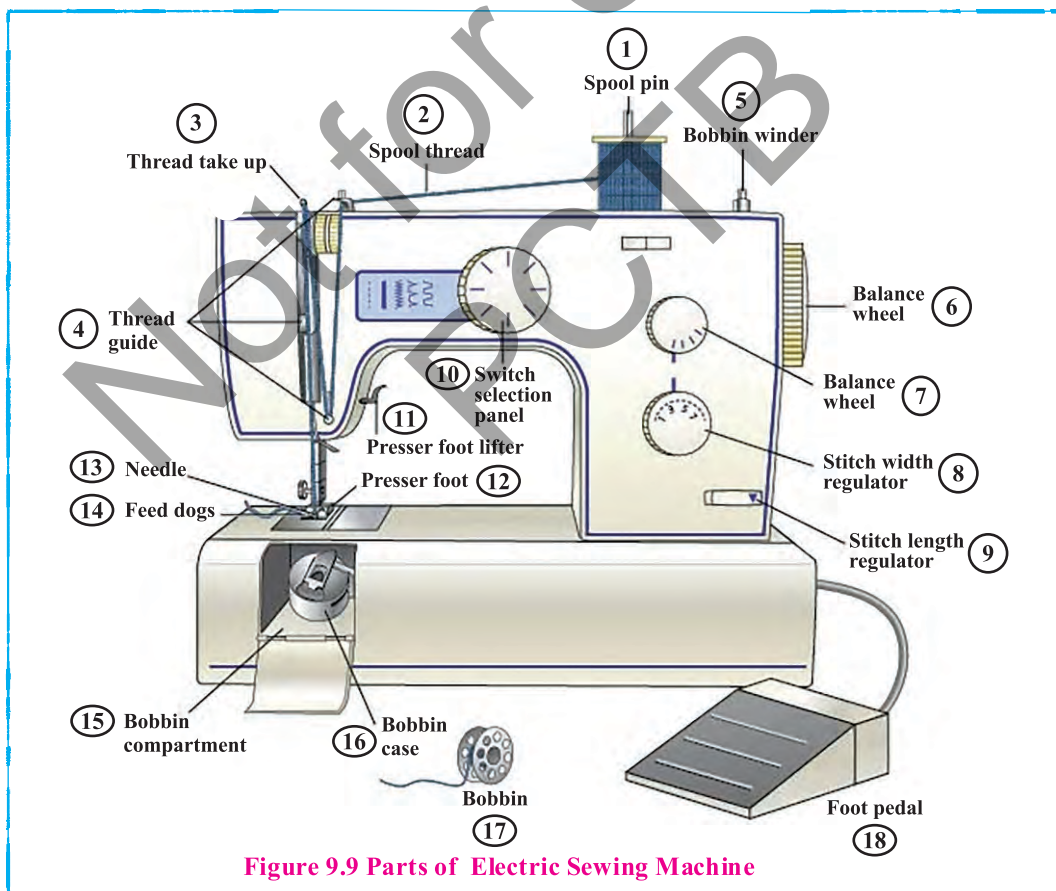
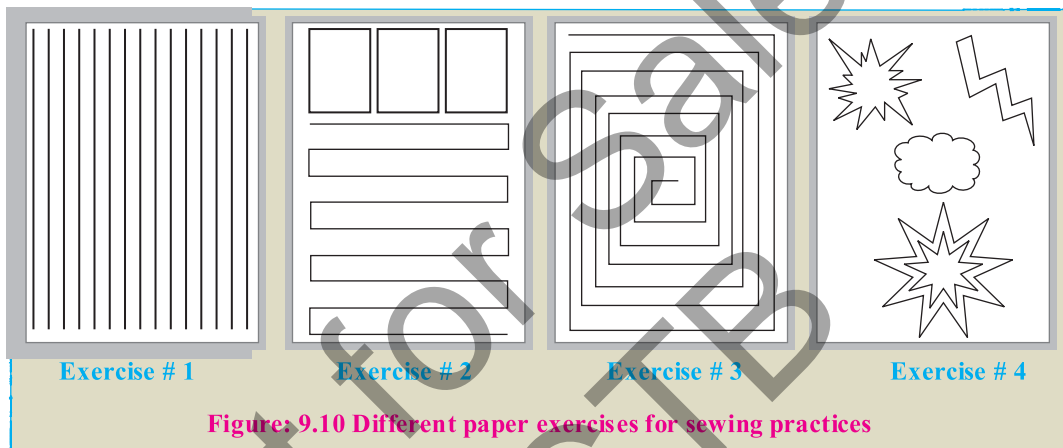


Figure 9.9 Parts of Electric Sewing Machine

## 9.7 Stitching Practices on Paper

Stitching practices on paper helps beginners to understand the stitch length, tension, and control of the sewing machine. Paper provides a forgiving surface to practise these fundamental skills without worrying about fabric shifting or stretching. It helps:

- Developing Sewing Accuracy
- Improving Hand-Eye Coordination
- Building Confidence
- Effective Fabric Handling



## 9.8 A Quick Guide to Fabrics

### 9.8.1 Selvedge:

The selvedge of fabric refers to the finished edge that runs along both lengthwise sides. It's the part of the fabric that has been tightly woven or bound during the manufacturing process to prevent the fabric from fraying or unraveling.

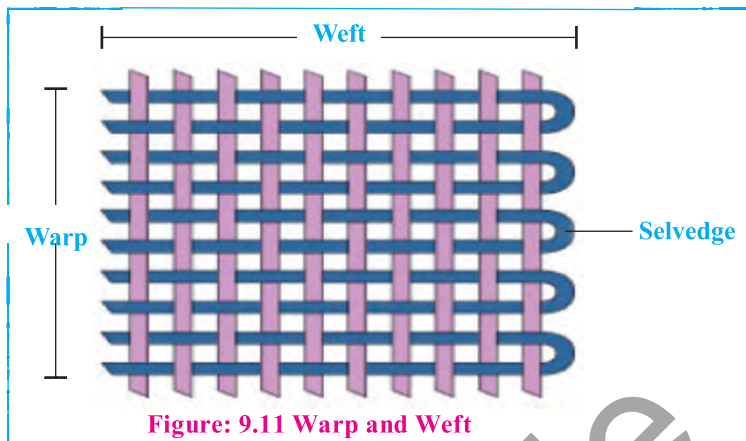
### 9.8.2 Warp and Weft:

Warp and weft are terms used to describe the two main types of yarns or threads that are woven together to create fabric. Understanding the difference between the warp and weft is essential when working with fabric, as these directions affect the fabric's strength, stretch, and drape.

#### a. Warp (Lengthwise Threads):

The warp threads are the lengthwise threads that run vertically or along the selvedge (the finished edges of the fabric).





**Figure: 9.11 Warp and Weft**

#### **b. Weft (Crosswise Threads):**

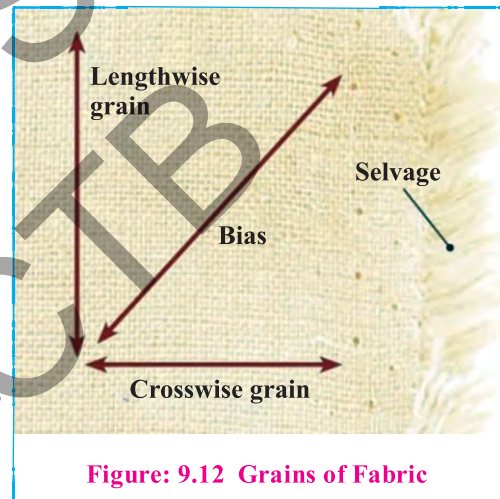
The weft threads are the crosswise threads that run horizontally across the fabric, perpendicular to the warp threads. These threads are passed over and under the warp threads to create the fabric weave.

### **9.8.3 Grain Line of Fabric:**

Grain lines in fabric refer to the orientation of the threads that make up the fabric, which directly affects how the fabric behaves. Understanding the grain lines is essential for cutting out patterns and ensuring your garment fits and moves correctly. There are three primary grain lines in fabric:

#### **a. Lengthwise Grain (Straight Grain)**

The lengthwise grain runs parallel to the selvage (the finished edge of the fabric) and threads that run lengthwise).



**Figure: 9.12 Grains of Fabric**

#### **Characteristics:**

- The strongest grain line of the fabric.
- Offers the least amount of stretch or give.
- Results in a fabric that drapes more evenly and has a more structured feel.

#### **b. Crosswise Grain (Weft Grain)**

The crosswise grain runs perpendicular to the lengthwise grain and is aligned with the weft threads (the horizontal threads that run across the fabric).

#### **Characteristics:**

- Offers a bit of stretch or give.
- This direction is often used for adding ease to a garment.
- Crosswise grain generally drapes softer than the lengthwise grain.

### c. Bias Grain

The bias grain runs at a 45-degree angle to both the lengthwise and crosswise grains. This is a diagonal direction across the fabric.

#### Characteristics:

- The most stretchy direction of the fabric.
- Creates a beautiful drape and allows the fabric to hug curves.

## 9.9 Types of Fabric

### 1. Natural Fabrics

### 2. Synthetic Fabrics

#### 9.9.1 Natural Fabrics:

Natural fabrics are derived from organic sources and are soft, breathable, and comfortable, making them commonly used in clothing and home textiles.

##### 9.9.1.2 Basic Types of Natural Fabrics

Here are some basic types of natural fabrics:

- **Cotton** – Cotton is a natural fabric made from the cotton plant. It is soft and breathable usually used for clothing and home textiles.
- **Silk** – A luxurious, smooth natural fabric made from silkworms, used in formal wear, scarves, and high-end garments.
- **Denim** – A heavy cotton fabric with a twill weave, most commonly used for jeans, jackets and casual wears.
- **Wool** – Wool is a natural fabric made from animal fibers, typically from sheep and is often used for sweaters, coats, and blankets.



Figure 9.13 Cotton

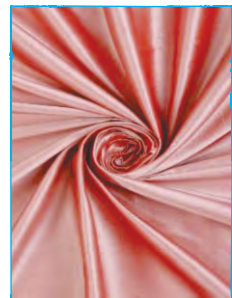


Figure 9.14 Silk

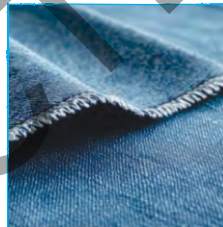


Figure 9.15 Denim



Figure 9.16 Wool

#### 9.9.2 Synthetic Fabrics

Synthetic fabrics are man-made fibers created from chemical compounds. They are strong, durable, wrinkle-resistant, and generally less breathable than natural fibers like cotton.

##### 9.9.2.1 Basic Types of Synthetic Fabrics

Here are some basic types of synthetic fabrics:

- **Polyester** – A synthetic, durable, and wrinkle-resistant fabric commonly used in active wear, home furnishings, and mixed-fiber clothing.

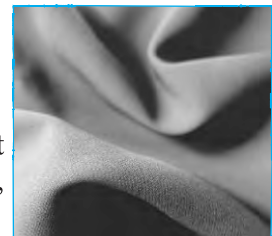


Figure 9.17 Polyester

- **Nylon** – A strong, elastic synthetic fabric often used in sportswear, outerwear, and accessories like stockings.
- **Acrylic** – A soft, lightweight fabric often used as a substitute for wool in sweaters and blankets.

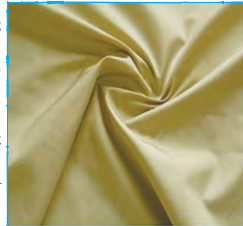


Figure: 9.18 Nylon



Figure: 9.19 Acrylic

## 9.10 Basic Stitches in Machine Sewing on Fabric:

Three basic stitches in machine sewing on fabric:

A. Straight Stitch B. Basting Stitch C. Backstitch

### A. Straight Stitch

The straight stitch is the most basic and commonly used stitch in sewing. It is used for seams, hems, and other fundamental sewing tasks.

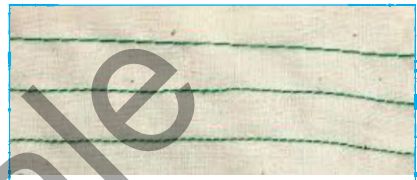


Figure: 9.20 Straight Stitch

### B. Basting Stitch

Basting is a temporary stitch used to hold the fabric pieces together before they are permanently sewn. It is often done by hand with long, loose stitches or on the machine at the longest stitch length. It is useful for gathering or creating pleats and is removed once the project is complete.



Figure: 9.21 Basting Stitch

### C. Backstitch

Backstitching is commonly used at the beginning and end of a stitch line to secure the thread and prevent the seam from unraveling. By sewing a few stitches in reverse (backwards), it locks the thread in place, creating a strong, durable seam. This technique is essential for ensuring the strength and longevity of a seam.



Figure: 9.22 Back Stitch

## 9.11 Basic Seam Stitching

Basic seam stitching is a fundamental skill in sewing that involves joining two pieces of fabric. A seam forms the foundation of most garments and projects.

### 9.11.1 Steps to Sew a Basic Seam

Here's a detailed guide on how to do basic seam stitching.

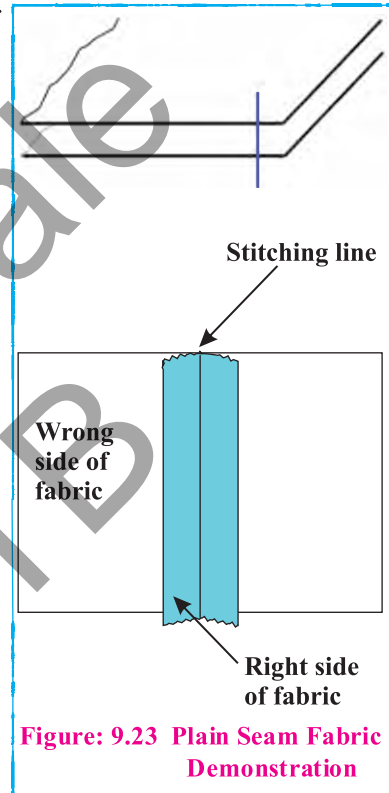
- Thread the Machine:** Make sure both the upper and bobbin threads are in place.
- Choose the Stitch:** Set the machine to the straight stitch setting. The straight stitch is the most common stitch used for basic seams.

- c. **Stitch Length:** For most seams, a stitch length of 2.5-3 mm is ideal.
- d. **Tension:** Adjust the tension if necessary, usually set to 4 or 5 for standard fabrics.
- e. **Prepare the Fabric:** Lay the two pieces of pressed fabric together, ensuring that the edges are aligned.
- f. **Pin the Fabric:** Use pins to hold the fabric pieces together, ensuring they stay in place while sewing.
- g. **Lower the Presser Foot:** Lower the presser foot to hold the fabric in place.

### 9.11.2 Sew the Seam:

Starting from one end, sew along the edge of the fabric, keeping the stitches even. Start sewing by gently pressing the foot pedal. Keep the fabric feeding evenly through the machine, and guide it carefully so the stitches remain straight.

- Make sure the seam is straight and that you're sewing at a consistent distance from the fabric's edge.
- **Backstitch** at the beginning and end of the seam to secure the stitches and prevent them from unraveling.
- **Finish the Seam:** Once you've sewn the seam, you can finish the edges to prevent fraying. This can be done with a regular or zigzag stitch on the sewing machine, or you can trim the edges and use pinking shears.
- **End the Stitch:** Once you reach the end of the seam, use the backstitch function to secure the stitches.
- **Lift the Presser Foot:** Raise the presser foot and remove the fabric from the machine, cutting the thread with the thread cutter or scissors.



**Figure: 9.23 Plain Seam Fabric Demonstration**

- **Press the Seam:** It's important to press the seam once you've sewn it. This will help the fabric lie flat and give your project a professional finish.
- **Use an iron to press** the seam allowances to one side or open, depend on the pattern instructions.
- **Press the seam** flat by gently ironing over it, being careful not to stretch the fabric out of shape.

## 9.12 Precautions / Sewing Safety Tips

Sewing can be a fun and rewarding activity, but it's important to consider safety in mind:

1. Keep your workspace organized to avoid accidents or losing tools.



2. Always unplug the sewing machine when not in use, and when changing needles or adjusting settings.
3. Use a thimble when hand sewing, especially with thick fabrics, to avoid pricking your fingers.
4. Cut threads carefully with scissors to avoid cutting into the fabric.

## EXERCISE

### A Multiple Choice Questions

Tick (✓) the correct answer.

1. **What is the primary purpose of sewing?**  
a) to decorate fabrics  
b) to join pieces of fabric together  
c) to paint on fabric  
d) to cut fabric into shapes
2. **Which tool is used to measure fabric accurately?**  
a) scissors  
b) measuring tape  
c) seam ripper  
d) pin cushion
3. **What is the function of a seam ripper?**  
a) to cut fabric  
b) to hold fabric pieces together  
c) to undo stitches  
d) to press fabric
4. **What is the first step in threading a needle?**  
a) insert thread into fabric  
b) cut thread of 18 inches long  
c) tie a knot at the end  
d) start stitching immediately
5. **What is the purpose of pressing in sewing?**  
a) to remove stains  
b) to stretch fabric  
c) to create neat seams and shapes  
d) to cut fabric precisely
6. **Which hand stitch is the simplest and commonly used for basic sewing?**  
a) running stitch  
b) backstitch  
c) slip stitch  
d) overstitch
7. **Which stitch is stronger and used for durable seams?**  
a) running stitch  
b) backstitch  
c) whip stitch  
d) cross-stitch
8. **What is the purpose of a basting stitch?**  
a) create permanent seams  
b) hold fabric together temporarily  
c) to finish fabric edges  
d) to add decorative details
9. **Why is it important to use a thimble when hand sewing?**  
a) to make stitches faster  
b) to prevent finger injuries  
c) to improve thread strength  
d) to cut fabric easily
10. **Which type of fabric is natural?**  
a) polyester  
b) wool  
c) acrylic  
d) nylon

## **B** Short Answer Questions

1. Name three essential sewing tools and their functions.
2. What is the purpose of a seam ripper?
3. Name three basic hand stitches and their uses.
4. What is a running stitch, and when is it used?
5. How does a backstitch differ from a running stitch?
6. What are the key parts of a sewing machine?
7. Why are the fabric grainlines important in sewing?
8. What are warp and weft in fabric construction?
9. Name any two natural and synthetic fabrics?
10. Why is pressing the seam important after stitching?

## **C** Comprehensive Questions

1. What are the essential sewing tools, and why is each important for making a garment?
2. How would you explain the difference between hand sewing and machine sewing, and when might you use each method?
3. Name three basic hand stitches, describe how each one is used, and explain why they are important in garment construction.

# Glossary

**Absorbency** – The ability of a fabric to take in moisture, affecting breathability and comfort.

**Accessory:** Additional items worn to complement clothing, such as jewelry, bangles, or headdresses.

**Aesthetic** – A set of principles or styles that define the visual appeal of fashion, influenced by culture, history, and personal taste.

**Agriculture:** The practice of cultivating crops and rearing animals for food, trade, and sustenance.

**Ajrak** – A block-printed textile, traditionally in deep indigo and crimson, associated with Sindhi culture.

**A-Line Silhouette** – A silhouette that is fitted at the top and gradually flares out at the bottom.

**Animal Motifs:** Designs of animals found on Indus Valley seals, indicating their significance in trade and culture.

**Architecture** – The art and science of designing buildings and structures, often influenced by cultural and historical contexts.

**Artisan** – A skilled craftsman who creates handmade goods using traditional techniques.

**Artisan Craftsmanship** – Handmade textile and garment techniques passed down through generations, such as hand embroidery, weaving, and block printing.

**Balance:** The arrangement of visual elements in a way that creates stability and harmony within a design.

**Biodegradability** – The ability of natural fibers to decompose over time without harming the environment.

**Block Printing** – A textile printing method using engraved wooden blocks to transfer patterns onto fabric.

**Bone Needles:** Sewing tools made from bones, used for stitching fabric or leather.

**Bracelets/Bangles:** Circular ornaments worn on the wrist, made of terracotta, shell, or metal.

**Brightness** – The lightness or darkness of a color, influenced by the amount of white or black added.

**Carpet Weaving** – A traditional craft involving the creation of hand-knotted or woven carpets with intricate designs.

**Ceramics** – Objects made from clay and hardened by heat, including pottery, tiles, and decorative pieces.

**Chogha** – A traditional long woolen gown worn in Gilgit-Baltistan.

**Cloak:** A loose outer garment, often draped over one shoulder, worn by the Indus Valley people.

**Colour Contrast:** The use of different colours placed together to create distinction and emphasize certain elements. High contrast makes elements stand out, while low contrast creates a softer, more harmonious effect.

# Glossary

**Composition:** The organization of visual elements within a design to achieve unity, coherence, and aesthetic appeal.

**Couture** – High-end, custom-made fashion pieces crafted with exceptional attention to detail.

**Cotton** – A natural fiber from the cotton plant, known for its softness, breathability, and absorbency, widely used in textiles.

**Craftsmanship:** Skilled work in making pottery, jewelry, and textiles.

**Cultural Heritage** – Traditions, practices, and materials that reflect a community's historical and artistic identity, often influencing fashion.

**Cultural Identity** – The shared customs, traditions, and heritage that define a community or ethnic group.

**Dhoti:** A traditional men's garment wrapped around the waist and legs, common in Indus Valley civilization.

**Directional Movement:** The intentional use of lines, shapes, or visual elements to guide the viewer's eye in a particular direction within a composition.

**Drainage System:** Advanced network of water management structures, as those found in Harappa and Mohenjo-Daro.

**Draped Clothing:** A style of dressing where fabric was wrapped around the body instead of being stitched.

**Draped Statuettes:** Small figurines showing people wearing draped clothing, providing insight into early fashion.

**Empire Line Silhouette** – A silhouette with a high waistline just below the bust, creating a flowing effect.

**Engraving** – A technique of carving or etching designs onto materials such as metal, wood, or stone.

**Ethical Fashion** – Fashion that is designed, produced, and sold with consideration for workers' rights, sustainability, and fair trade.

**Fabric Behavior** – How fabric reacts to movement, touch, and environmental conditions, including properties like stretch ability, absorbency, and sheerness.

**Fabric Folds:** The pleating and shaping of cloth to create varied draping styles.

**Fashion Communication** – The methods through which fashion brands and designers share their message, including marketing, branding, and visual storytelling.

**Fashion Identity** – The role of clothing in shaping and reflecting an individual's cultural, social, and personal identity.

**Fashion Trends** – Styles and clothing preferences that gain popularity over time, influenced by culture, media, celebrities, and designers.

**Fast Fashion** – A business model focused on quickly producing trendy, affordable clothing, often criticized for its environmental and ethical impact.



# Glossary

**Hierarchy:** The arrangement of design elements in order of importance, guiding the viewer's attention to key areas.

**Hourglass Silhouette** – A silhouette fitted at the waist with balanced proportions at the top and bottom.

**Hue** – The base identity of a colour, such as red, blue, or yellow.

**Identity in Fashion** – How clothing choices reflect personal, cultural, and social identities, shaping self-expression and individuality.

**Illusionary Movement:** A design technique that creates the perception of motion in a static composition, often using optical illusions or overlapping elements.

**Iraghi Cap** – An embroidered cap with a jewel piece (Silsila) worn by women in Gilgit-Baltistan, especially on special occasions.

**Ivory Buttons:** Small fasteners made from ivory, found in Mehrgarh, indicating early forms of garment fastening.

**Jandi** – A lacquered woodwork craft, particularly associated with Sindh.

**Kashi** – A decorative art form involving painting on wood, tiles, and pottery, commonly found in Sindh.

**Khat Partug** – A traditional loose shalwar worn by Pashtun men in Khyber Pakhtunkhwa.

**Kufi** – A rounded, brimless cap worn by men, often as part of traditional attire.

**Lacquered Woodwork** – A decorative woodcraft technique involving layers of lacquer to create polished designs, as seen in Sindh's Jandi work.

**Man-made Fibers** – Synthetic or regenerated fibers created through chemical processes, such as polyester and rayon.

**Mehrgarh Civilization:** One of the earliest farming communities (7000–2500 BCE) in present-day Pakistan.

**Mermaid Silhouette** – A fitted silhouette that hugs the body until the knee, where it flares outward.

**Roving** – A stage in fiber processing where fibers are loosely twisted before final spinning.

**Sustainability** – Practices that promote eco-friendly cotton production, such as organic farming and efficient water use.

**Sustainability in Fashion** – The practice of designing, producing, and consuming clothing in ways that minimize environmental harm, such as using eco-friendly fabrics and ethical labour practices.

**Western Fashion** – A fashion aesthetic focusing on individuality, minimalism, and fast-changing trends, often emphasizing ready-to-wear and high-street fashion.

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