



**SKR & SKR GOVT. COLLEGE FOR WOMEN, KADAPA.**  
**(AUTONOMOUS)**  
Reaccredited with 'B' Grade by NAAC  
Y.S.R. Kadapa District – 516001, Andhra Pradesh, India.  
Affiliated to Yogi Vemana University



## INSTITUTIONAL BEST PRACTICES

### BEST PRACTICE - I

#### 1. Title of the Practice : Skill Will Club

#### 2. Objectives of the Practice

A majority of employers are on the lookout for people who practice integrity, honesty, Commitment to the profession. The programme aims to impart soft-skills including communication skills, presentation skills. Personality Skills and Job-Skills help students to acquire General English Skills and help to remove mental blocks involved in communication. The institution recognized the needs to inculcate these values in the students. The skill will club aims to train students in soft-skills to empower them to compete in the job-market. Soft skills contribute to increasing the students' performance and productivity at the workplace with excellent time management and communication skills. It helps the students to build a good relationship in one's personal life and professional life.

#### 3. The Context:

- ❖ To achieve the needs of present job market skill education is essential for graduate students / youth.
- ❖ Skill acquisition is the ability to be trained on a particular task or function and become expert in it.
- ❖ So skill based education should be part of any teaching programme.
- ❖ Skill acquisition makes the students employable besides the obtaining of the degrees.
- ❖ For this purpose, initiative has been taken up and the curriculum also designed with the actual requirements of the job-market in mind and to create will among students to competing the job-market, equipped with the necessary soft-skills.
- ❖ In charge of the English Department is responsible for inculcating values to the students by means of conducting soft skills classes.
- ❖ The students are trained how to practice punctuality, right attitude, right body language and public speaking.

**5. Problems Encountered and Resources Required:-**


- Technical issues relating to the practice of sounds of English.
- Time taken to see the changes in the personality.
- Lack of exposure on phonetics in early academics.
- Internet connectivity problems.

**Resources Required:**

Cambridge series books are required.

Audio-visual equipment needed.

Suitable furniture need for Group Discussions and Mock interviews.

  
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## BEST PRACTICE – II

"Sew it and Wear it" (Basic Tailoring concepts) for Students.

### Introduction:

In today's world, people are more interested in customizing their clothes to match their style, and this has created a growing demand for skilled tailors. Whether it's altering old garments to fit better or designing something from scratch, the art of tailoring is both practical and creative. It allows you to express your personal style, save money on alterations, and even start your own business.

SKR & SKR Govt. College for Women (A), Kadapa is exclusively women institution established to empower women students through education and to impart Life Skills and to stand on their own feet and for economical freedom. Hence the institution adopted "Sew it and wear it" to equip women college students with basic tailoring concepts to provide a steady source of income for the women. One of the significant advantages of learning sewing and stitching is the ability to save money by creating own clothes. Instead of buying expensive ready-to-wear garments, you can make high-quality clothing at a fraction of the cost.

Tailoring can provide a steady source of income for the women and their families, especially during difficult times when finding employment becomes a challenge. As a profession, it does not discriminate against certain socio-economic classes and even those without any educational qualifications can get into the business. This is a great way to tackle two things that are very important to me - empowering women and giving the underprivileged the means to forge their own successful paths in life.

### Objective:

To equip women college students with basic tailoring concepts fabrics, patterns, and sewing machines to encourage self-employment and entrepreneurship in the fashion industry and to promote sustainable and creative clothing practices.

### Nature of training:

#### 1. Skill Development Training

Basic Tailoring Skills: Stitching, pattern-making, measurements, and sewing techniques.

Fabric Knowledge: Different types of fabrics and their suitability for various outfits.

Traditional & Modern Designs: Combining heritage styles with contemporary trends.

#### 2. Practical Learning:

Hands-on training with sewing machines by inviting professional tailors. Live demonstration of designing, cutting, and sewing.

#### 3. Entrepreneurship & Business Skills

Costing & Pricing: Understanding material costs, labor, and profit margins.

Sales Platforms: College fairs.

4. Reusing old fabrics to create stylish outfits. Encouraging zero-waste tailoring practices.

5. Final Showcase & Exhibition.



### Expected Outcomes:

- Students acquire tailoring skills and can make their own clothes.
- Some students may start small tailoring businesses or boutiques.
- Increased self-confidence and creativity.
- Contribution to sustainable fashion by reducing fabric waste.

### Resources Required:

Sewing machines & tailoring kits.  
Fabric samples and measuring tools.  
Experienced trainers or mentors.  
Funding & Support Options.

Making use of levels that involve basic, mid-level and advanced sewing machines, the intensive training programme will span 45 days for each batch. At the end of the training they are guided to go for extensive training programmes offered by Mepma and self employment tailoring and fashion designing for better skills and to start their own business to support economically to their families.

## Course Content

### 1. Introduction to Sewing Tools and Equipment

Before learning to sew, it's essential to familiarize yourself with the basic tools of the trade. These include sewing machines, needles, threads, scissors, measuring tapes, pins, and fabric types. You'll also learn how to care for and maintain your tools to ensure a smooth and effective sewing experience.

### 2. Understanding Fabrics

A key aspect of tailoring is knowing how to choose the right fabric for the right project. In your classes, you'll be introduced to various types of fabrics such as cotton, linen, silk, wool, and synthetic fabrics. Understanding how each fabric behaves and how to work with it is crucial to mastering tailoring techniques.

### 3. Basic Stitching Techniques

Every beginner must first learn basic stitches. You'll start with hand stitches like running stitch, back stitch, and whip stitch, followed by machine stitches like straight and zigzag stitches. These foundational skills will enable you to complete basic projects such as hems, simple repairs, and small alterations.

### 4. Pattern Making

Once you're comfortable with stitching, the next step is learning how to create and use patterns. Patterns are templates for cutting fabric into the desired shape. In beginner classes, you'll be taught how to read patterns and create basic garment patterns, such as skirts, blouses, or trousers

### 5. Learning to Fit and Alter Garments

A crucial skill for any tailor is the ability to alter garments to fit better. You'll be taught how to take accurate body measurements and make alterations to fit individual shapes and sizes. This could include shortening hems, adjusting waistbands, and resizing sleeves. These skills are valuable not just for professional tailors but also for anyone who wants to make adjustments to off-the-rack clothing.



## 5. Creating Simple Garments

The ultimate goal of a beginner's course is to learn how to create complete garments. Under the guidance of your instructor, you will design and sew simple projects like skirts, blouses, or dresses. These projects will build your confidence and help you develop the skills needed for more advanced tailoring.

Ensure that the course content matches your learning goals. If you are a beginner, look for classes that cover the basics, such as sewing, stitching, and pattern making. For advanced learners, find a course that offers more challenging projects and techniques, like couture sewing or fashion design.

## 6. Hands-On Learning


Tailoring is a practical skill that requires hands-on practice. Look for classes that provide plenty of opportunities for you to work with fabrics, stitching, and sewing machines. The more practice you get, the faster you will improve your skills.

Success story:

It is innovative best practice embraced by the college to infuse basic tailoring concepts by inviting professionals in tailoring to students of 2023-24 I year batch. Out of these 60 students turned up and enrolled their names to under go "sew it and wear it" training. This programme was initiated by the Principal Dr V. Saleem Basha, with financial support from college Hostel. Two batches (30+30) have completed the training for 45 days. I Phase training from 01.09.2023 to 15.10.2023 and II Phase training from 01.12.2203 to 15.01.2024.

Feedback:

The trained Students gave their feedback on this training programme stating that it is really useful for us to sew our own clothes and alter other garments without spending money and motivated to earn money from home.

  
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