

SDM GOVERNMENT PG COLLEGE DOIWALA, DEHRADUN

PERMISSION FOR CONDUCTING ADD ON/ VALUE ADDED COURSE/ CERTIFICATE COURSE

1. Name of the Department conducting the course: DEPARTMENT OF HOME SCIENCE
2. Name of the Course coordinator: Dr. PRABHA BISHT
3. Proposed Title of the Course: SUSTAINABLE TEXTILE PRACTICES
Learn...Create...Earn
4. Mode of conduct of Course: ONLINE/ OFFLINE/ HYBRID
5. Duration of the Course: 1 MONTH / 30 Hours
6. Total number of seats: 25 Minimum (Offline)
7. Total number of Teaching Hours: 30
8. Time and Days of the slot: 9-10A.M./ 4-5.PM. (beyond COLLEGE HOURS)
9. Room requirement: 1 (Home Science Laboratory)
10. Office Attendant/ Lab Attendant: 1 Lab Attendant

Course Coordinator *Prabha* DR. PRABHA BISHT

7/04/25

Dr. Shashi
Principal

Proposed List of Speakers along with their Affiliation

1. Dr. Varsha Agarwal -
Assistant Professor, Department of Drawing and Painting, Harsh Vidya Mandir, P.G.
College, Raisi.
2. Dr. Preeti Sharma-
Assistant Professor G.D. C. Luxar, Haridwar
3. Dr. Bhawna Joshi-
Assistant Professor, Department of Drawing and Painting, SDMGP, Doiwala, Dehradun
4. Sri Nishant Bennefer-
Instructor, Fashion Designing, Minerva Institute of Management Technology, Dehradun



COURSE SYLLABUS

COURSE TITLE:	"SUSTAINBLE TEXTILE PRACTICES" Learn...Create... Earn!!!
<u>COURSE OBJECTIVE</u>	This course blends ecological awareness, hands-on skills and Entrepreneurship in Sustainable Textile practices.
<u>UNIT 1</u> Objective Topics to be covered Teaching Hours= 2	<u>FOUNDATIONS OF SUSTAINABLE TEXTILES</u> <i>Understand the Environmental Impact of the Textile Industry and explore Eco Friendly alternatives.</i> <ol style="list-style-type: none"> 1. Introduction to Sustainability in Textiles. 2. Environmental Impact of Fast Fashion. 3. Overview of Natural and Synthetic Fibers. 4. Traditional and Indigenous Sustainable Textile practices. <u>Activities:</u> <ol style="list-style-type: none"> 1. Case study analysis (Fast fashion Vs. Slow fashion). 2. Fiber comparison, Identifying sustainable materials and practices. <u>Outcome:</u> The learner would be able to identify sustainable material and practices and develop a sense towards eco friendly materials for people, planet and profit.
<u>UNIT 2</u> Objective Topics to be covered Teaching Hours= 10	<u>ECO FRIENDLY TEXTILE TECHNIQUES</u> <i>Learn hands-on techniques for creating sustainable textile products.</i> <ol style="list-style-type: none"> 1. Natural dyeing. 2. Surface Ornamentation Techniques. 3. Traditional and Contemporary sustainable craft practices. (Kantha, Gondari, Sashiko, Quilting, Patchwork, Twining) 4. Upeycling and Fabric Repurposing. 5. Basic Sewing, Crochet, knitting. 6. Zero waste pattern making. <u>Activities:</u> <ol style="list-style-type: none"> 1. Create natural dyed samples.

	<p>2. Upcycle an old garment into a functional item.</p> <p>Outcome:</p> <p>The learner would be able to create a portfolio of small sustainable textile samples/ products.</p>
<p><u>UNIT 3</u></p> <p>Objective</p> <p>Topics to be covered</p> <p>Teaching Hours= 15</p>	<p><u>PRODUCT DEVELOPMENT AND DESIGN THINKING</u></p> <p><i>Develop market ready sustainable textile products</i></p> <ol style="list-style-type: none"> 1. Ideation and prototyping using design thinking. 2. Understanding user needs and trends in eco fashion. 3. Branding and storytelling in sustainable products. 4. Quality, function and aesthetic balance. <p>Activities:</p> <ol style="list-style-type: none"> 1. Create a mood board and design concept. 2. Prototype one product (e.g. bag, pouch, Home Textile) <p>Outcome:</p> <p>One complete product prototype (each from the above category) with sustainability story/ details.</p>
<p><u>UNIT 4</u></p> <p>Objective</p> <p>Topics to be covered</p> <p>Teaching Hours= 3</p>	<p><u>GREEN ENTREPRENEURSHIP AND MARKETING</u></p> <p><i>Learn how to turn skills into a sustainable income stream.</i></p> <ol style="list-style-type: none"> 1. Basics of running a handmade business (Pricing, Cost, Budgeting). 2. Setting up an online store or social media page. 3. Ethical marketing and storytelling. 4. Collaborations and community engagement. 5. Grants, Support networks and scaling up sustainability. <p>Activities:</p> <ol style="list-style-type: none"> 1. Build a mini business plan. 2. Set up a product listing or social post. 3. Local market or online pop-up. <p>Outcome:</p> <p>A clear plan to start earning through sustainable textile products.</p>
<p>REFERENCES / SUGGESTED READINGS</p>	<ol style="list-style-type: none"> 1. Textile Recycling and Sustainable Apparel Design By Sampath, Patra, Gupta (2023) Allied Publisher Private Ltd. ISBN 9789390951536

	<p>2. Textile Surface Manipulation by Cheney and McAllister (2020) Herbert Press Ltd. ISBN1789940397.</p> <p>Online Resources - Link will be shared during live classes.</p>
EVALUATION METHODS	<p>Successful completion of Course Activities. Seminar/ Presentation/ Exhibition/ Display etc.</p>
SUGGESTED EQUIVALENT ONLINE COURSES	<p>Udemy, Domestica, Future Learn, Skill SHARE, Into Carry/Dedicated You tube Channels, etc.</p>

SDM Government PG College, Doiwala, Dehradun

BOARD OF STUDIES

DEPARTMENT OF HOME SCIENCE

Ref. No.-01(Add-on Course/ H.Sc.) /202425

Date: 07/04/2025

-12-

Notification

The office of the Principal SDM Govt. PG College, Doiwala, Dehradun, hereby notifies the constitution of the Board of Studies for the inception of a Add-on Course in the Department of Home Science for a period of 02 years w.e.f. the date of notification.

S.No.	Name	Designation
1.	Dr. Prabha Bisht Associate Professor/ Head, Department of Home Science SDM Government PG College, Doiwala, Dehradun	Convenor
2.	Dr. Anjali Verma Assistant Professor, Department of Political Science SDM Government PG College, Doiwala, Dehradun	Member
3.	Dr. Pushpa Kumari Assistant Professor, Department of Home Science SDM Government PG College, Doiwala, Dehradun	Member
4.	Dr. Shashibala Uniyal Assistant Professor, Department of Home Science SDM Government PG College, Doiwala, Dehradun	Member
5.	Dr. Bhawana Joshi Assistant Professor, Department of Drawing and Painting SDM Government PG College, Doiwala, Dehradun	Member
6.	Dr. Preeti Sharma Assistant Professor, Department of Home Science Government Degree College, Laxar, Haridwar	External Member
7.	Dr. Varsha Agarwal Assistant Professor, Department of Drawing and Painting Harsh Vidya Mandir, P.G. College, Raisi, Haridwar	External Member



Principal

SDM Government PG College, Doiwala, Dehradun



Scanned with OKEN Scanner



Scanned with OKEN Scanner

सिलेबस

Sustainable Textile Practices: Learn....Create....Earn

सतत परिधान प्रथाएं: सीखें...बनाएं...कमाएं

इकाई 1 सतत परिधान एक परिचय

- 1- सततता और परिधान ।
- 2- फ़ास्ट फैशन के पर्यावरणीय दुष्परिणाम।
- 3- प्राकृतिक एवं कृतिम तंतु एक अवलोकन।
- 4- परम्परागत सतत परिधान प्रथाएं।

गतिविधियाँ केस स्टडी विश्लेषण – फास्ट फैशन बनाम स्लो फैशन, विभिन्न प्रकार के तंतुओं को समझना एवम उनकी तुलना करना, परिधान के सन्दर्भ में पर्यावरण अनुकूल सामग्री की पहचान करना

परिणाम- शिक्षार्थी सस्टेनेबल सामग्रियों और प्रक्रियाओं की पहचान करने में सक्षम होगा तथा उसमें लोगों, पर्यावरण और लाभ के लिए पर्यावरण-अनुकूल दृष्टिकोण विकसित होगा।

इकाई 2 ईको-फ्रेंडली टेक्स्टाइल तकनीकें

1. प्राकृतिक रंगाई
2. सतही अलंकरण तकनीकें
3. पारंपरिक और आधुनिक सस्टेनेबल क्राफ्ट पद्धतियाँ (जैसे – कांथा, गोंदारी साशिको, क्विल्टिंग, पैचवर्क, ट्वाइनिंग)
4. पुराने वस्त्रों का पुनः उपयोग (Upcycling) और पुनर्नियोजन (Repurposing)
5. सिलाई, क्रोशे, बुनाई जैसे मूल कौशल
6. जीरो वेस्ट पैटर्न निर्माण

गतिविधियाँ- प्राकृतिक रंगों से नमूने तैयार करें, पुराने वस्त्र को उपयोगी उत्पाद में बदलें।

परिणाम- शिक्षार्थी छोटे-छोटे सस्टेनेबल वस्त्र नमूनों/उत्पादों का पोर्टफोलियो बना सकेगा, रचनात्मकता और पर्यावरणीय चेतना का विकास होगा।

इकाई 3 उत्पाद विकास और डिजाइन थिंकिंग

1. डिजाइन थिंकिंग के ज़रिए विचार और प्रोटोटाइप तैयार करना ।
2. उपयोगकर्ता की आवश्यकताएँ और ईको-फ़ैशन में ट्रेंड्स को समझना ।
3. सस्टेनेबल उत्पादों के लिए ब्रांडिंग और कहानी बुनना (Storytelling)
4. गुणवत्ता, कार्यात्मकता और सौंदर्य का संतुलन

गतिविधियाँ: एक मूड बोर्ड और डिज़ाइन कॉन्सेप्ट तैयार करें
एक प्रोटोटाइप उत्पाद बनाएं (जैसे - बैग, पाउच, होम टेक्सटाइल)

परिणाम (Outcome): एक पूर्ण उत्पाद प्रोटोटाइप (ऊपर दिए गए विकल्पों में से)
हर उत्पाद के साथ उसकी सस्टेनेबिलिटी स्टोरी/विवरण

इकाई 4: ग्रीन उद्यमिता और विपणन

हस्तनिर्मित व्यवसाय के मूल तत्व - मूल्य निर्धारण, लागत, बजट

1. ऑनलाइन स्टोर या सोशल मीडिया पेज की शुरुआत
2. नैतिक विपणन (Ethical Marketing) और कहानी बुनना
3. सहयोग और सामुदायिक सहभागिता
4. अनुदान, समर्थन नेटवर्क और विस्तार की रणनीतियाँ

गतिविधियाँ: एक मिनी बिज़नेस प्लान बनाएं, 2. एक उत्पाद लिस्टिंग या सोशल पोस्ट तैयार करें, 3. स्थानीय बाज़ार/ऑनलाइन पॉप-अप का आयोजन

परिणाम (Outcome): सस्टेनेबल टेक्सटाइल उत्पादों के ज़रिए कमाई शुरू करने के लिए एक स्पष्ट योजना तैयार होगी।