

VOCATIONAL TRAINING SYLLABUS

CLASS 7

JEWELRY MAKING

April- May

Introduction, History
Types of jewelry making
Tools and materials used in bead and clay jewelry
Safety and basic handling techniques
Practical- A hair-clip, An earring

July- September

Beads Jewelry Making
Types of beads and threads/wires
Basic stringing techniques
Making bracelets, necklaces, earrings
Designing simple bead patterns and colour combinations
Practical- Bracelets, necklaces, anklets using beads

October- December

Clay Jewelry Making
Types of clay (air-dry, polymer, terracotta)
Conditioning, shaping and texturing techniques
Making pendants, earrings and decorative elements
Drying, baking and finishing methods
Finishing and Assembly
Attaching hooks, clasps and findings
Polishing, painting and varnishing
Quality checking and durability tips
Practical- air-dry clay pendants and earrings set, attaching hooks and clasps to pendants etc.

January - February

Creative Project
Practical-Designing and creating a complete jewelry set (beads/clay/mixed)

TAILORING

April- May

Introduction & Tools
Learn basic safety rules for sewing tools.
Identify measuring tools like tape and rulers.
Practice marking straight lines on paper/fabric scrap.
Understanding Fabrics & Measurements
Learn about different fabric types and grains.
Practice taking basic fabric measurements accurately.
Learn how to calculate fabric needed for small items.

July- September

Introduction to Cutting

Learn to use fabric shears correctly.
Practice layout patterns on fabric to avoid waste.
Cut straight lines and basic square shapes
Project 1 -Handkerchief (Planning&Cutting)
Select fabric suitable for a handkerchief.
Measure and mark a standard handkerchief size.
Cut the fabric pieces precisely for the project.
Project 1 -Handkerchief (Stitching & Finishing)
Practice folding and pressing neat hems.
Stitch the edges using basic hand/machine stitches.
Iron and complete the final handkerchief project.

October- December

Advanced Cutting Techniques
Learn to measure and cut curved edges.
Understand simple seam allowances for garments.
Practice cutting straps and strings for aprons.
Project 2 - Apron (Design & Measurement)
Introduce the apron design and layout.
Take personal measurements for the apron size.
Create a simple paper draft or pattern template.
Project 2 - Apron (Fabric Cutting)
Pin the apron pattern onto the chosen fabric.
Cut out the main apron body piece.
Measure and cut coordinating neck and waist straps.

January- February

Project 2 - Apron (Assembly & Stitching)
Attach the straps to the apron body.
Hem all sides of the apron neatly.
Add optional features like a front pocket.
Final Review & Assessment
Finish any incomplete apron projects.
Conduct a final display or grading of completed items.
Review fabric care, washing, and ironing tips.

CULINARY

April – May

Unit 1: Food Groups & Nutrition
Unit 2: Kitchen Tools & Equipment
Practical- Poha

July – September

Unit 3: Cooking Methods
Practical -Upma

October – December

Unit 4: Food Hygiene & Storage
Unit 6: Regional Indian Foods
Practical: Vegetable Pulao, Simple Soups

January – February

Practical -Omelette/Paneer Bhurji

Revision

FOOD PRESERVATION

April -May

Theory: What is food preservation? Why food spoils

Practical: Washing, peeling, cutting fruits (salad making)

Theory: Preservation methods overview

Practical: Sprouts + healthy chaat

July – September

Theory: Drying & dehydration

Practical: Vegetable drying (carrot, peas)

Theory: Pickling techniques

Practical: Mango pickle / mixed vegetable pickle

Theory: Sugar preservation

Practical: Jam + jelly (guava/strawberry)

October – December

Theory: Bottling & storage basics

Practical: Tomato sauce / chutney

Theory: Nutrition basics

Practical: Healthy snack (poha mix / chivda)

Theory: Food safety rules

Practical: Amla juice / murabba

January -February

Theory: Packaging basics

Practical: Labeling & simple packing

Practical: Exhibition + product display