

HOOPS AND FRAMES

SKILL MANUAL

Grade VI



CENTRAL BOARD OF SECONDARY EDUCATION
Committed to Equity and Excellence in Education

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Foreword

NEP 2020 envisions the holistic development of youth with emphasis on not only an upsurge in Gross Enrolment Ratio but also on Skill Development as the determining factor to realize the objectives of *Atmanirbhar Bharat*, an ambitious mission of honourable Prime Minister, Shri Narendra Modi ji. It focuses on imparting of skills as a key element of Modern Education System.

Education is a chariot which takes the nation to the journey for overall development. It is believed that young people hold the promise of our future. To keep pace with the objective of 'no hard separation', CBSE has decided to offer the students flexibility of making a vocational choice of a short duration module, at a stage in their early academic career (either at class VI, VII or VIII). In this way they will be able to spend relevant time pursuing this choice as per the convenience of the school. This would give them the necessary orientation early on, so that they are able to make a choice at a later stage to pursue skill courses at Secondary and Senior secondary level, or choose a higher vocational degree. Summer Fields School, Gurugram believes that it is essential to encourage the youth of our country with specific skill sets, making them employable, productive & competitive future citizens. We aim to create a good teaching learning environment with vocational skill- oriented courses. This will enhance the skills of Self Awareness, Critical Thinking, Creative Thinking, Effective Communication, Interpersonal Relationships, Problem Solving within a student.

Through this manual, students will be able to understand the intricacies of embroidery, its stitches and use the same to design handmade items. These skill development manuals are a collaborative effort. I extend my hearty congratulations to Head Junior School, Ms. Soumya Taneja and her team for conceptualizing and creating this manual and the President, Princess Diya Kumari Foundation, Princess Diya Kumari for working relentlessly.

This book is the need of the hour and an attempt, as mentioned in National Education Policy 2020, to emphasize on the development of the creative potential of the child. I hope the schools will find this manual useful and further enrich the activities from their own experience. Any suggestions for further improvement are always welcome.

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Introduction and Evolution of Embroidery

Divya celebrated her birthday and invited a few of her friends. One of her friends, Astha wished Divya, a very happy birthday! She liked her kurta and inquired where she had got it from. Divya informed that her mother had gifted it. Her mother had ordered it from somewhere in Jaipur.

Mrs. Gupta, Divya's mother, entered and was elated to see both girls. Astha asked Divya's mother about the kurta as it was so pretty. Mrs. Gupta said that she got it stitched from Jaipur and further informed her that the embroidery was all handstitched and involved a lot of hard work. Astha realized that they had never bothered to find out such things while purchasing dresses. Mrs. Gupta consented by saying that most of us don't recognize the effort it takes to stitch such clothes. She asked whether the girls knew that such art of embroidery in India goes back to the 16th century. Divya was surprised and inquired how her mom knew all that. Mrs. Gupta replied that she had been interested in embroidery since her young days. She asked the girls if they wanted to know how embroidery started and evolved in India. Both agreed to know and understand about such an interesting topic.

Unit 1: Introduction and Evolution of Embroidery

Embroidery is the art of beautifying the material or a fabric using various colorful threads, yarns and different sized needles.

The word embroidery comes from the French word 'broderie' meaning embellishment. Embroidery has existed since the time production of fabric started.

Creating patterns with threads and needles, the embroidery dates back from ancient times.

Embroidery designs are formed based on the texture, design stitches on the fabric

The permutations and combinations of dots, alternate dots, circles, squares, triangles constitute the design. Embroidery has been a part of the smallest possession like pouches, handkerchiefs, mats and table covers for centuries.

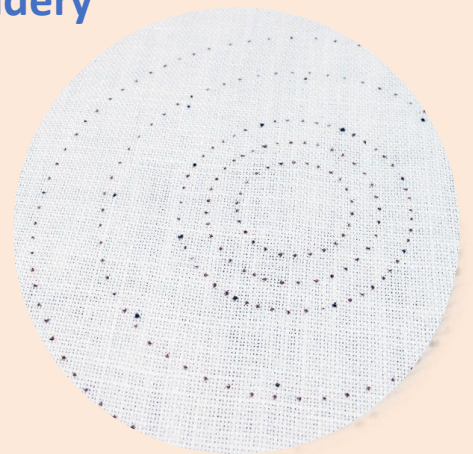


Fig 1, Dot Embroidery
<https://www.needlethread.com/wp-content/uploads/2014/12/embroidery-design-transfer-tip-07.jpg>



Fig 1.1 Table mat of Kantha embroidery
<https://5.imimg.com/data5/JM/PW/MY-21338566/kantha-bed-runner-500x500.jpg>



Fig 1.2 Book cover of Chikankari
https://cdn.agnicart.com/media/images/stores/118b0a86/products/product/57a6eddf/resized/IMG_0002.JPG



Fig.2 Embroidery on table cloth

Image by: https://m.media-amazon.com/images/I/81mT1R-pfSL_SX679.jpg



Fig.3 Embroidery on a handkerchief

Image by: <https://i.pinimg.com/236x/23/6c/71/236c7178ac894292f19c0a857fbc2a0f--purple-bouquets-bouquet-of-flowers.jpg>

Learning objectives

To enable the students to understand the history of embroidery in India

1.1 Importance of embroidery in our daily life

Embroidery has played a role in enhancing the beauty of the fabric for many years. Embroidery is like a game one plays with a needle and thread. In the last few years machine embroidery has gained popularity and now it is in great demand. Embroidery designs on fabrics are created with special sewing machines

Curtains, cushions, wall hangings, state robes, throne canopies and seats, ordinary everyday clothes, and bed and table linen have all provided essence to the embroiderer's mill. The adornment is done on all kinds of flexible material, which can be pierced with a needle- linen, cotton, wool, silk and leather.

Gold, silver, silk, cotton and wool threads, animal hair, precious stones, pearls, shells, insects' wings, seeds and enamel are all used to produce effects of ravishing simplicity and awesome grandeur. Embroidery was, obviously, given as much importance by the Mughals as other arts.



Fig.4 Zardozi

Image by

<https://in.pinterest.com/pin/4077165725076>

How does embroidery play an important role in our life?



Fig.5 Enhancing learning skills

Image by: <https://www.framesnow.com.au/tapestry-and-needlework-framing/>

Academic skills, coordination, emotional and artistic skills are strengthened by embroidery. These skills teach the children to learn and respect the time and labour that goes into projects related to embroidery. Young learners learn to be disciplined, and patient and manage time after accomplishing embroidery projects.



Fig.6 Enhancing learning skills
Image by:

https://www.ctpub.com/product_images/uploaded_images/11081-016-set-86415.1413926474.1104.1280.jpg

Learning these skills for self makes one empathetic towards others who take pride in things they own. When one sees the results, one understands that all the hard work was worth it. It not only enhances creativity but also encourages solving life problems creatively. So, embroidery is a great art to introduce to young children.

How is embroidery as a skill relevant in present times?

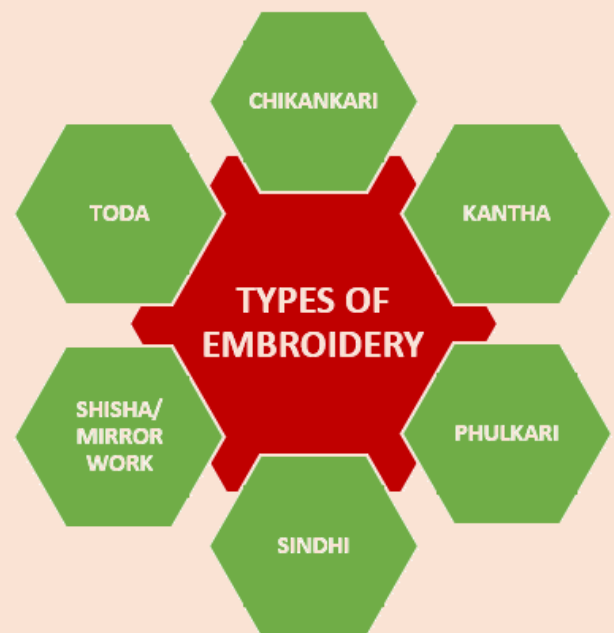


Fig.7 Types of embroidery

The art of embroidery is found all over India. Each area has its own distinctive character. It is diverse yet distinct proof of our rich cultural heritage. In India embroidery includes various styles that vary by region and clothing styles. Different Indian cultures influence various embroidery designs and have an impression of their own.

TRADITIONAL EMBROIDERIES OF INDIA



Fig.8 Collage on types of embroidery

Image by:

https://slideplayer.com/12962707/79/images/slide_1.jpg

In many parts of India such as Punjab, Gujarat, Kutch, Bengal and a few tribal areas although the art is folk in origin still it forms a vital part of the everyday life of people. It is important to know that the folk craft is produced mainly by women, but the men are entitled to do sophisticated work except for chikankari work, which is also done by women working for the livelihood of the family whereas the folk craft is produced almost entirely by women working at home, the sophisticated work is a male prerogative except for chikankari work.

1.2 History and Historical Significance of Embroidery

In terms of forms and aesthetics, embroidery adds color, texture, richness and dimension. Used on clothing, it may reveal the weaver's wealth, social status, ethnic identity or systems of belief.

Zardozi is a form of embroidery that originated in Persia but is prevalent in India too. Zardozi comes from two Persian words: zar or zarin meaning 'gold' and dozi meaning 'sewing'.



Fig. 9 Zardosi

<https://m.mediaamazon.com/images/I/91vgc6JcIKL. UL1500 .jpg>

Original Drawing of the Machine Invented by Joshua Hellmann

Embroidery has prevailed in various forms since the production of fabric. The origin of embroidery stems from China and the Near East but it is popular across the world. Embroidery was vital in Medieval Islamic world because it was a symbol of high social status in Muslim societies.

When did the first embroidery machine get invented?

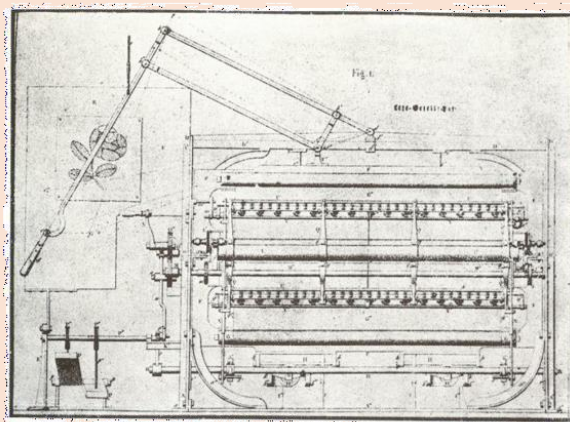


Fig.10 Original Drawing of Machine image by:
<https://upload.wikimedia.org/wikipedia/commons/thumb/4/4f/Handstickmaschine-Konstruktionszeichnung-A.jpg/200px-Handstickmaschine-Konstruktionszeichnung-A.jpg>

Did you know?

Embroidery was seen as a luxury, and there were merchants who would pay high prices for embroidered canvas clothing.

LEARNING OUTCOME

Learners will be able to appreciate the history of embroidery in India.

Learners will develop respect for the legacy of embroideries.

Learners will be able to build confidence.

Learners will be able to reduce stress.

Mrs. Gupta apprised the girls about all the odds and ends they'll need to keep their hands busy before they make a single stitch.

Answer in brief:

Q1. What is an embroidery and how did it originate?

Q2. How many types of embroideries are found in India?

Q3. What is Zari or Zardozi embroidery?

Unit 2: Components of Embroider Materials and equipment used for Embroidery



Fig no: 10.1 Image by: <https://m.media-amazon.com/images/I/81wWvPThiXL.jpg>

Learning objectives

To understand the process of using needle with thread.

Know about different tools and components.

NEEDLES
THREADS
HOOPS/
FRAMES
SCISSORS
FEBRIC
MARKING PENS

List down five components of embroidery.

The basic materials used for embroidery are fabric, a frame, thread and needle to do the work.

Needle: Basic needles used for embroidery come in different sizes. The three basic needles known are the crewel, tapestry and milliner needles. The tips of crewel needles are short and sharp tips. Tapestry needles are available in sizes from 13- 28. The smallest needle available is in size 13. Milliner needles or straw needles are useful for stitches that are wrapped or that look like French notes as they have short and sharp eyes.

Marker: Markers are used to trace patterns and transfer designs.

Hoops/ Frame: The embroidery hoops are for holding fabric in the exact place as one wants to while performing a stitch job. The hoops assist in stitching, along with preventing all types of puckering. Embroidery hoops are available in different sizes, and are basically distinguished by their diameters (measured in inches).

Scissors: Small sized pair of scissors with sharp points are perfect for snipping threads and removing unwanted stitches. Fabric shears can be used for cutting the fabric. To cut out patterns on transfer paper all-purpose scissors can be a better option.

Thread: Embroidery floss is a loosely twisted, slightly glossy 6-strand thread. It is manufactured in cotton, silk, polyester, rayon, and linen. Embroidery floss hand-spun specifically for embroidery and other forms of needlework.

Learning Outcome:

Learners will be able to improve academic skills as well as fine motor skills.

Learners will be able to use different tools and components used in the

Answer in brief:

- 1.What are the important tools used in embroidery?
- 2.What are the main five components of embroidery?

LERNING OBJECTIVE:

Learners will be able to get the knowledge about embroidery stitches in different states of India.

Unit 3: Introduction to Stitches

A stitch is a loop of thread or yarn resulting from a single pass or movement of the needle in sewing, knitting, or crocheting. Stitching is an art found in ancient India. It involves the process of decorating fabric with materials like threads, beads, pearls, quills, studs, and sequins. Decorating materials and fabrics used in traditional embroidery differ from one region to another.

Purpose of embroidery: Embroidery with bright, vibrant and colourful threads on fabric brings joy and happiness to people all around the world. Embroidery has been appreciated from time immemorial. The embellishments of embroidery have brightened not only small handkerchiefs but also large bedsheets and wedding gowns. Embroidery is usually related to the popular culture and tradition of a place or state. In many places embroidery techniques have been considered a women's pastime but in some other places, it has been the prerogative of men. This ancient art form is very popular and seems to be growing in the modern world too.

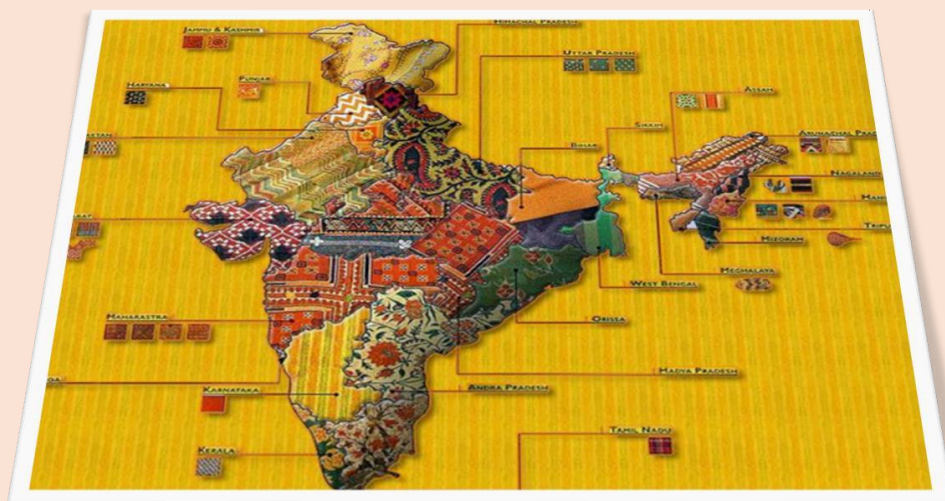


Fig.11 Map of India depicting states as stitches

Image by:

<https://i.pinimg.com/originals/23/2d/67/232d67e47dd5713ac026cced617f1d77.jpg>

Identify five states of India and the types of embroideries they are famous for.

Did you know?

A stitch in the context of embroidery or hand-sewing is defined as the movement of the embroidery needle from the back of the fiber to the front side and back to the back side. The thread stroke on the front side produced by this is also called stitch.

The girls had an exciting time and wanted Mrs. Gupta to help them to revive Kantha, making the whole again from fragments.

LEARNING OBJECTIVE:

Learners will be able to know the history of kantha embroidery and different types of stitches. .

ANSWER IN BRIEF:

Q1. What do you mean by Kantha or Kontha?

Q2. Which state is famous for Kantha embroidery?

Q3. How can kantha be categorized by the type of stitch ?

Unit 4: Kantha Embroidery from Rugs to Richest

Did You Know?

Kantha embroidery is an ancient craft, originating from India and was majorly found in West Bengal. The traditional folk art was popular in Bengal & the word itself meant 'Patched Cloth', and has been especially used in quilting since its early days.



Fig.12 Kantha stitch on map of West Bengal

Image by:

https://m.facebook.com/tribesindia/photos/a.1821525978147808/2135198450113891/?type=3&source=57&locale2=hi_IN&tn=EH-R

The word 'Kantha' is derived from the Sanskrit word 'kontha' meaning rugs. Kantha came into being when old clothes and materials were reused to make something new out of them. People from all social backgrounds practiced Kantha embroidery designs and this is what makes Kantha's history one of its kind. Rugs and other household items such as quilts and plate covers were made with this technique of recycling clothes. Kantha embroidery, the oldest and most popular form of Indian embroidery is predominantly done by rural women belonging to states like West Bengal and Orissa.

Origin:

Kantha can be traced back to the first and second century A.D. It is understood that folk art appears from the combination of materials available, kind of circumstances and daily needs. The form of quilting that originated in Bengal was unique with Kantha embroidery reflecting the blend of various factors that were identical to the culture of this land. Kantha quilts are functional articles as well as a great example of women's folk art. These old rugs with different patchworks were used by Lord Buddha and his disciples to cover themselves, which serves as evidence and confirms its origin. Weather conditions also compelled the people to use some sort of coverings to withstand mild weather like winters. So, day-to-day life was the biggest source of inspiration behind this craft.

Did you know?

West Bengal is the home of Kantha Embroidery.



Fig.13 Kantha stitch on Quilts

Image by:

https://encryptedtbn3.gstatic.com/images?q=tbn:ANd9GcShcMs1Gq6qPy1YNOi3ZoVeBdqXILPxR2PhbQZBNs7_7aKyk2

Quality of embroidery depends on:

- a) Quality of thread
- b) Intricacy of the design
- c) Combination of colours
- d) All of the above

Which state is famous for Kantha work?

- a) Punjab
- b) Haryana
- c) West Bengal
- d) Gujarat

4.1 Types of Kantha stitches:

Kantha can be categorized by stitch type:

1. Running Kantha
2. Anarasi Kantha
3. Lohori Kantha or 'Wave' kantha
4. Sujni Kantha
5. Cross-stitch
6. Oaar Kantha
7. Durjani Kantha

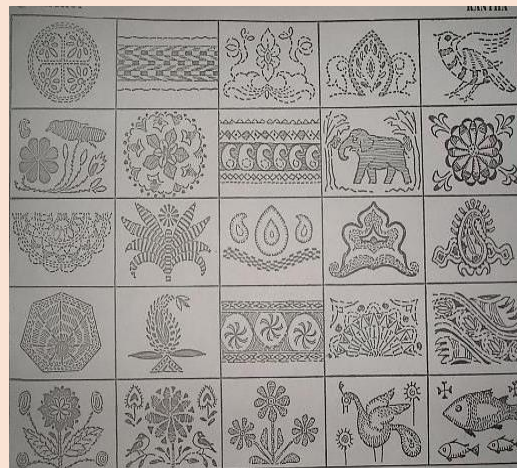


Fig.14 Motifs of kantha

Image by

<https://i.pinimg.com/originals/17/6a/2e/176a2e5ba7a0da0fe537c49e47329086.jpg>

Divya's mother notified them about the modern iterations of the traditional Kantha.

LEARNING OBJECTIVE:

Learners will be able to design different motifs of Kantha embroidery which are adapted

Unit 5: Traditional to Contemporary

5.1 Development of Kantha Embroidery Motifs to Designs

Motifs in the early form of Kantha embroidery depicted nature symbols that were found in ancient art such as the tree of life, the sun and the cosmos.

These traditional motifs can still be found today as these symbols remain closely connected to nature and historic culture.

Motifs, which were found suitable for embroidery, were adapted to into fabric painting as well as jacket were finalized for design development. Selected motifs of Kantha Embroidery are as follows:



Fig.15 Motifs of Kantha

Image by

<https://i.pinimg.com/originals/81/f6/d3/81f6d3d01047cbc50723be9ad8d23108.jpg>

Did you know?

Motifs in early Kantha embroidery were drawn from primitive art, such as illustrations of the sun.

ANSWER IN BRIEF:

Q1. What are the different styles of motifs used in Kantha embroidery?

Q2. Which is the most famous motif in Kantha?

LEARNING OBJECTIVE:
Learners will be able to learn about the culture and tradition of Chikankari embroidery.



Unit 6: Introduction to Chikankari

Image by <https://www.ibef.org/experienceindia/images/chikankari-craft/chikankari-map.png>

The word 'Chikankari' is coined from Persian word 'Chakeen' that means elegant patterns on the fabric. This type of embroidery is famous in the state of Uttar Pradesh, especially the city of Lucknow known as the hub of chikankari embroidery. Chikankari embroidery is also known as the Shadow Work by using herringbone stitch from the wrong side of the fabric to create the shadow on the right side, imparting an outline for motif.



Fig.16 Motif of Chikankari

Image by: <https://satyamfashion.ac.in/blog/wp-content/uploads/2020/11/image012.jpg>



Fig.16.1 Motif of Chikankari

Image by: <https://kcdn.knitdo.com/wp-content/uploads/2021/09/herringbone-stitch-embroidery-1.jpg?strip=all&lossy=1&quality=75&ssl=1>

Chikankari embroidery is popularly known as White Embroidery. Chikankari was traditionally done on white muslin cloth using thread in white colour. In modern times it can be carried out on fabrics such as nylon, linen, chiffon, georgette cotton, and on some synthetic fibers. Chikankari can be carried on various household things like bedsheets, pillow covers, cushion covers, table clothes, and curtains. Unlike ancient times, chikankari is done on various pastel colour materials but with white colour thread. The motifs are inspired by local flora and fauna such as jasmine, rose, peacock, parrot and lace patterns. The chikankari patterns of prints on the woodlocks are stamped on the cloth and passed over to embroiderers and are done in washable colours.

The type of stitches used in chikankari are- Satin Stitch, Back- Stitch, Herringbone Stitch and Button Hole Stitch. Two types of Chikankari work are as follows- flat style and knotted embossed. Chikankari embroidery adorns sari, blouse, kurta, sari borders, etc.

The words 'Chikan', literally means embroidery. It is believed that this art form was introduced by Mughals. The precise and intricate hand-stitch gives a classy and royal feel to the garment. Lucknow, the capital of Uttar Pradesh is most popular for Chikankari work. A very popular story that can be used as evidence is that Noor Jahan, the wife of Mughal Emperor Jahangir, introduced Persian art in India in the 17th Century.



Fig.17 Chikankari during Mughals

Image by: https://dbhbbgoxgfu4z.cloudfront.net/wp-content/uploads/2021/04/IMG_2379.jpg

The girls were questioned if they knew which place was renowned for Chikankari work. They got to know that the roots of Chikankari dwelt in the Lucknow's Nawabi culture and tradition that made it spectacular.

LEARNING OUTCOME:

Learners will be able to learn the basics and patterns of chikankari stitches.

Learners will learn about flat and embossed stitch.

ANSWER IN BRIEF:

Q1. What is the difference between flat and embossed stitch?

Q2. Define bakhiya stitch?

Q3. What is Jaali stitch used for?

Unit 7: The Heritage behind the Vintage Needlework

Fables Behind Chikankari

There are different versions as to the origin of Chikankari embroidery work in India. It is said that a traveler, who was passing through a village in Lucknow, stopped and requested a poor peasant for water. Delighted at the hospitality of the peasant, the travelers taught him the art of Chikankari, which would ensure that he would never remain hungry in life. Lucknow city is the most renowned place for Chikankari work. Another explanation credits Noor Jahan, the queen of Emperor Jahangir, with the introduction of the Chikankari embroidery work in India.



Fig.18 Embossed Chikankari

Image by

<https://www.adachikan.com/blog/wp-content/uploads/2018/05/10.jpg>



Fig.18.1 Flat Chikankari

Image by: [Chikan-design.jpg \(500x332\) \(hunt.in\)](#)

7.1 TYPES OF CHIKANKARI STITCHES

Chikankari can be categorized as flat stitch and embossed stitch. There are 32 stitches of chikankari, which are broadly classified into Raised stitch, Embossed and Flat stitch and Open Trellis. Chikankari has six basic stitches and over thirty-five other traditional stitches used in various combinations based on what the pattern to be embroidered requires. The names of some of these stitches are phanda, chana patti, ghaas patti, bijli, jaali, tepchi, bakhiya, hool, zanzeera, rahet, banaarsi, kharau, keel kangon, bulbul and hath kadi.



Fig.19 Types of chikankari stitches

Image by: chikankari-embroidery-1.jpg (720×540) (vrittidesigns.com)

Did you know?

Lucknow Chikankari is one of its kind hand embroideries, a variety of stitching styles are involved in chikankari embroidery. It takes many years for an artisan to master the techniques of chikankari. Chikan embroidery requires discipline and precision of detail in its formation.

Which of the following is the correct definition of the 'Motif'?

- a) It refers to creative activity, such as painting, music, literature, and dance.
- b) It refers to a design or figure that consists of recurring shapes or colours, as in architecture or decoration.
- c) It is visual art form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.
- d) None of the above

The embroidery used in Lucknow is known as _____

- A) Herringbone
- B) Mirror Work
- C) Eyelet work
- D) Kantha work

So, as instructed by Mrs. Gupta, Astha and Divya gathered the threads of life and stitched them into joy!

Steps of Chikankari embroidery

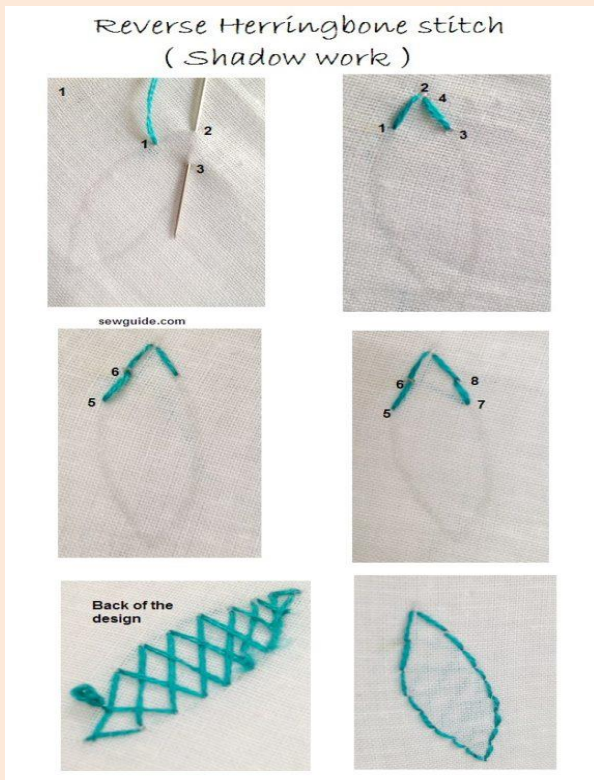


Fig 22 Herringbone Stitch

Image by: <https://sewguide.com/wp-content/uploads/2016/10/shadowwork-576x1024.jpg>



Fig 23 Jaali Stitch

<https://admin.prarang.in/upload/LKO-3.jpg>



Fig 24 Ulti Bakhiya Stitch

https://i.ytimg.com/vi/6LVN_WBEA6A/maxresdefault.jpg



Steps of Kantha embroidery

Fig 25 Running stitch

Image by: https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcQ_jTZLdaBCgnOzMYCTqMPZPyIbwJQiHGgfo_vtmyha-SKZCFA0

UNIT 8: Practical Aspects of Kantha and Chikankari Embroidery



Fig: 20 Kantha pouche

Image by
https://cdn.shopify.com/s/files/1/1036/1951/products/07_11_034636-deb6-4765-babd-30e6c37277c1_large.jpg?v=1621824770



Fig:20.1 Kantha Mask

Image by
<https://cdn.store-assets.com/s/649855/i/20794240.jpg>

Theoretical aspects such as origin, style and design of the embroideries will be explained to the students.

Practical aspect - Students will be instructed to get a piece of cotton cloth maybe the size of a handkerchief or a small table cover, mask etc. They will start with hemming work and then taught to draw small geometrical patterns with running stitches using different colored anchor threads. Students will then be instructed to draw some motifs traditionally made in the thread and composed with various kinds of stitches.

Kantha work is also associated with running stitches. Once the students learn to do running stitch, they can elaborate further using different patterns and they can make a beautiful pouch bag.

Learning Outcomes:

Learners will learn the process of Kantha and Chikankari stitch step by step.

They will learn how to use different threads in Kantha and Chikankari embroidery stitches.

Answer in Brief:

What is the impact of good quality fabric, thread and needles on embroidery?

Learners will be asked to follow the process of chikankari which includes the following steps:

- Design the motifs
- Tracing of design on the fabric
- Students will be asked to start the chikankari patterns with basic stitches.

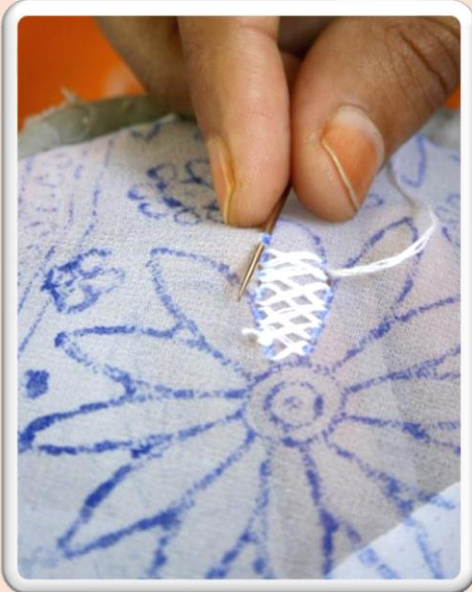


Fig.21 Chikankari stitch

<https://admin.prarang.in/upload/LKO-3.jpg>



Fig.21.1 Chikankari stitch

Image by

https://cdn.shopify.com/s/files/1/1045/6772/files/ch3_large.jpg?7359273706800999455



Fig.21.2 Chikankari stitch

Image by:

<https://i.pinimg.com/564x/89/d6/23/89d6231937197a1540fb3d5977f06f4c.jpg>



Fig.21.3 Chikankari stitch

Image by :

<https://i.ytimg.com/vi/jfih7PLvoow/hqdefault.jpg>

Steps to be followed while doing embroidery:

- Hands should be washed with soap and cleaned to keep the fabric clean.
- Before starting the embroidery, it should be ensured that the embroidery ring is fitted properly.
- The size of the thread should be medium as long threads coil or frays towards the end.
- No crease on the fabric should be visible while tracing the design.



Fig 22 image by: <https://www.villagesquare.in/wp-content/uploads/2018/05/Kantha02.jpg>

Embroidered apparel / usable items can be good earning business for young entrepreneurs and startup. Current software programs to design and construct embellishments on an item combined with traditional sewing skills can be a profitable business. A person skilled in various types of embroidery can be employed by large-scale clothing labels, retailers or design companies, or they may work independently as freelance artists.



Fig 22.1 image by: <https://im.whatshot.in/img/2020/Aug/img-7597-cropped-1515048574-1597321283.jpg>

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