

# **KNOTS AND THREADS**

## **SKILL MANUAL GRADE VIII**



**CENTRAL BOARD OF SECONDARY EDUCATION**

**Committed to Equity and Excellence in Education**

**Address: Shiksha Kendra, 2Community Centre, Preet Vihar, New Delhi-110092**



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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 honorable 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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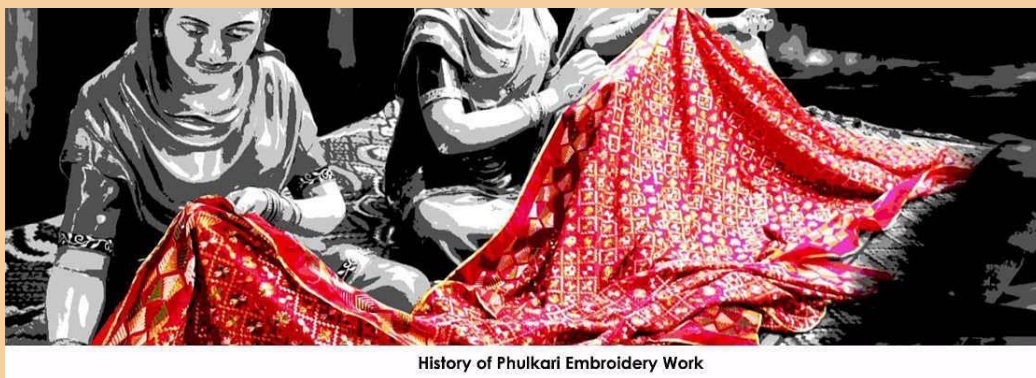


## UNIT 1: Inheritance of Embroidery from Gujarat and Punjab

### (Sindhi and Phulkari Embroidery)

India is famous for its rich culture and heritage all over the world. The clothing here is colorful, vibrant & has unique textures. Embroidery has been practiced here for ages here. With changing times and the age of technology, even the clothing industry is being transformed.

'Phulkari' is a Punjabi term obtained from two words- 'Phul' meaning 'flower' and 'kari' meaning 'work'. Together they make 'Phulkari' which means 'Flower work' or 'floral work'. Phulkari embroidery began from the 15th century in Punjab. The women of Punjab started doing the Phulkari embroidery. Phulkari embroidery is the traditional folk art of Punjab as it is practiced even in the rural parts of Punjab. The designs of Phulkari are not limited to flowers, as one would believe from the name. It includes various motifs and geometrical patterns and shapes.



History of Phulkari Embroidery Work

Fig 1 History of phulkari embroidery work

Image by: <https://phulkariembroidery.files.wordpress.com/2017/01/maxresdefault.jpg?w=597&h=336>

#### Learning Objective:

To develop an understanding of vintage patterns of embroideries.

The artform is first mentioned in the Punjabi Folklore of the romantic protagonists Heer and Ranjha. According to some scholars Phulkari may have come from the Iranian art of 'Gulkari'. Another theory is that it may have come to India with the Jatt tribes from Central Asia as they migrated to India and settled in Punjab, Haryana and Gujarat.



Fig 2 Phulkari on dupatta

Image by: [https://globalinch.org/wp-content/uploads/2018/10/IMG\\_20181001\\_120642.jpg](https://globalinch.org/wp-content/uploads/2018/10/IMG_20181001_120642.jpg)

#### Did you know?

There is a reference to Phulkari in Vedas, Mahabharat, Guru Sahib and folk songs of Punjab. In its present form, Granth phulkari embroidery has been popular since the 15th century.



In ancient Punjab the birth of a child signified new and auspicious beginnings. Especially when a girl child was born the women of the family would rejoice as they believed the girl would be a creator of the future generations and hence started embroidering Phulkari. These clothes would then be given away to her at the time of her marriage.

The women of Punjabi families would showcase their creativity and enjoy the freedom of imagination by bringing colorful designs to life in their daily life. The art is very creative and gives the artist complete freedom to create designs and patterns. The embroidery can be seen on all the garments worn during the Punjabi weddings.



Making Phulkari



Fig 4 Punjabi wedding dupatta in Phulkari

Image by:  
<https://in.pinterest.com/pin/696439529885611927/>

Fig 3 Women doing Phulkari embroidery

Image by: [https://media.spenowr.com/images/article\\_image/description/2020-04-20/original/1-0f4f3ba0853de3410f779d0438f7abcc.jpg](https://media.spenowr.com/images/article_image/description/2020-04-20/original/1-0f4f3ba0853de3410f779d0438f7abcc.jpg)

Embroidery is a mode of expressing aesthetics and emotions as a form of ornamentation by using only a needle, thread, and fabric. Phulkari is an old and auspicious art of Punjab that is close to the heart of Punjabi women even today.

#### Did you know?

‘Phulkari: The Folk Art of Punjab’, is mentioned in the words of the great Guru Nanak (1469-1539 CE) from the Holy Granth Saheb,  
**“Kadh Kasida Pehreh Choli, Ta Tum Janoh Nari...”**

It translates as “Only then you will be considered an accomplished lady when you will embroider yourself your own blouse”.



The Sindhi embroidery also known as the interlacing embroidery is practiced commonly in the regions of Sindh, Kutch & Kathiawar in India. This art form came to India with the Sindhis who chose to settle here after the partition of the country. Today this traditional embroidery has become an integral part of Indian embroidery culture.



One can see the village ladies working on embroidery patterns leisurely in the evenings once they are free from their household responsibilities and harvesting chores. The goal is to make as many clothes as possible in time for festivals, formal occasions and weddings. In case of surplus, they sell these clothes to earn a good income and support their family.

Image by:  
<https://i.pinimg.com/originals/49/92/70/499270fdb31d498def78fe1241aff4bd.jpg>

Traditionally it was done on maroon and black color khaddar fabric with very bright colored thread like green, red, yellow, blue, & orange.

Nowadays people are experimenting with base fabric, textures, and colours. The embroidery threads can also be varied in colour from light to dark, bright to dull, or tie-dyed. This would help to give this embroidery a new touch.

#### Did you know?

Sindhi Hand Embroidery work upon silk probably evolved from the leather embroidery produced by the mochis (cobblers) of Sind.



Fig 5 Sindhi Embroidery, Image by:  
<https://www.pinterest.se/pin/687080486900173939/>



Fig 5.1 Sindhi Embroidery, Image by:  
<https://i.pinimg.com/236x/55/29/1b/55291b8fb4070566877278492368f9ac.jpg>



In the northern Sindh, the Sindhi embroidery is interpreted in a different Balochi style while in the southern Sindh, the original Sindhi influence is seen. Different sized mirrors, beads, coins, and ribbons are extensively used as ornaments which make the clothes even more colourful.



Fig 6 Sindhi Embroidery motifs

Image by:

<https://i.pinimg.com/564x/ce/17/86/ce1786914c02e538a8b8d4f4064cc46b.jpg>

Some common motifs used in Sindhi embroidery are peacocks, elephants, fans, parrots, canopies, arches, flowering shrubs, flowers, leaves, human figures, and butis (polka dots). Large-sized polka dots are known as Nadir Shahi butis.

**Answer the following:**

Q1. Define Style and threads used in Sindhi embroidery. Q2. Sindhi embroidery is famous handicraft of which State?

- I. Punjab
- II. Sindh
- III. Haryana
- IV. Bengal



Fig 6.1 Sindhi Embroidery motifs, Image by: <https://i.pinimg.com/236x/50/e3/04/50e3047ae8db30f6ca4c7aeb977702a8--indian-embroidery-white-embroidery.jpg>



## UNIT 2: Resurgence of Sindhi and Phulkari Embroidery

Traditionally the hand-woven and hand-spun cotton cloth called Khaddar or khadi was used as the base cloth for making phulkari. In rural Hazara, this practice is still followed after hundreds of years. The khaddar they use today is machine-made and not homespun anymore. The khaddar was traditionally embroidered with silk floss called 'resham' or 'pat'. The older women of the family spent months or years embroidering Phulkari also known as Bagh and gifted the heavily embellished piece to their daughters on their wedding day.

### Learning Objectives:

To develop the skill and understand the aesthetic value of Sindhi and Phulkari embroidery



Fig 7 Phulkari Bagh (Image by <https://dsources.in/sites/default/files/resource/phulkari/downloads/file/phulkari.pdf>)



Fig 7.1 Image by: <http://marrymeweddings.in/wpblog/wp-content/uploads/2012/04/Phulkari-on-Indian-bridal-wear.jpg>



Fig 7.2 (Image by: [https://mcmscache.epapr.in/post\\_images/website\\_350/post\\_16945200/full.jpg](https://mcmscache.epapr.in/post_images/website_350/post_16945200/full.jpg))

Which of the following art form is believed to be auspicious, a symbol of happiness, prosperity and suhag of a married woman?

- A. Phulkari of Punjab
- B. Bagh Kashidakari
- C. Kashida
- D. Banni and Heer Bharat



## UNIT 3: Introduction to Sindhi and Phulkari Stitches

The style of Sindhi embroidery which is recognized for its mirror work, fine stitching techniques, delicate needlework and vibrant colour combinations is known as interlacing embroidery.

The designs are usually checks and chevrons sometimes in the shapes of flowers or birds. Twisted silk, cotton yard or silken floss are the different threads used for the embroidery. The 'bakhiyo' stitch which is used by the Rabari community resembles a line drawing. This appearance comes because the thread progresses in a uniform single thickness, that resembles a free-hand drawing with dots and dashes.

Long and short darn stitches are used cleverly for horizontal vertical, and diagonal threadwork. The basic work is done in the chain stitch. The borders usually use a contrasting technique like couching or herringbone stitch with chain stitch motifs between the lines. Glitter is added to these fabrics using mica or mirrors to beautify it further.

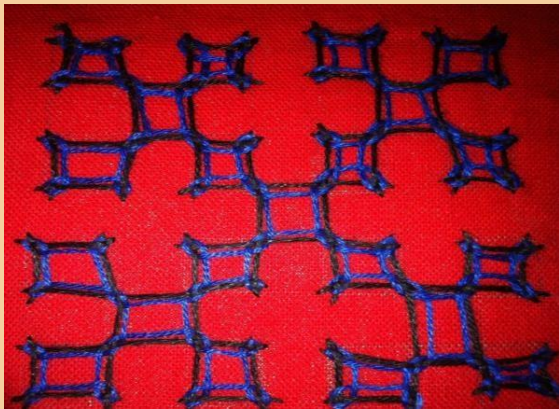


Fig 8.2 Sindhi embroidery stitches (Image by: [https://i.ytimg.com/vi/qcwDPCi\\_zrs/maxresdefault.jpg](https://i.ytimg.com/vi/qcwDPCi_zrs/maxresdefault.jpg))



Fig 8.1 Sindhi embroidery stitches (Image by: [https://images.saymedia-content.com/.image/t\\_share/MTc2MjUwMjEyODQxOTU2Nzc3/sindhi-embroidery.jpg](https://images.saymedia-content.com/.image/t_share/MTc2MjUwMjEyODQxOTU2Nzc3/sindhi-embroidery.jpg))

**Learning Objectives:**  
Students will identify the different embroidery stitches of Sindhi and Phulkari.



Fig 8 Sindhi embroidery stitches (Image by: <https://encrypted-tbn0.gstatic.com/images?q=tbn:AND9GcR2vftpb5KMh-t9Mu8XwWAHBF42tN10Xdd3wxH8-YuWnclxzTj4ywwUmEFR-VI5yvXAoYc&usqp=CAU>)



Fig 8.3 Sindhi embroidery stitches (Image by: [https://i.ytimg.com/vi/qcwDPCi\\_zrs/maxresdefault.jpg](https://i.ytimg.com/vi/qcwDPCi_zrs/maxresdefault.jpg))



## PHULKARI - Ancient Textile of Punjab

The most commonly used technique for Phulkari is Darning stitch. It can also be used to measure the quality of the fabric. The narrower the stitch, the finer is the fabric.

On the basis of the type of work, patterns and style Phulkari can be broadly categorized as Phulkari, Bagh and Chope. Some other stitches like the herringbone stitch, running stitch, Holbein stitch or button hole stitch are occasionally used to break the existing pattern or give a border.



Image by:

<https://i.pinimg.com/736x/f9/c7/a9/f9c7a95ea359c9da315828431bf91196.jpg>



Fig 9 Image by: <https://image.slidesharecdn.com/presentation1-130531114152-phpapp01/85/phulkari-21-320.jpg?cb=1370000632>



Fig 9.1 <https://en.wikipedia.org/wiki/Phulkari>



Fig 10 Phulkari Pattern (Image by: <https://i.pinimg.com/originals/18/45/21/184521d74344ff6f92f6348ab5b1cffb.jpg>)



Fig 10.1 Phulkari Pattern (Image by: [https://cdn.shopify.com/s/files/1/1194/1498/files/Bagh\\_Phulkari\\_480x480.png?v=1621832612](https://cdn.shopify.com/s/files/1/1194/1498/files/Bagh_Phulkari_480x480.png?v=1621832612))

**Answer in brief:**  
What is different between Phulkari and Bagh?

### Phulkari Facts:

Out of the original 52 kinds of phulkari stitches only a few remain today.

The phulkari embroidery does not cover the whole fabric. Its patterns are interspersed evenly throughout. Numerous designs can be made using the darning stitch. In the bagh style (meaning garden) the entire surface is embroidered.



## UNIT 4: Traditional to Contemporary

Traditionally, Phulkaris used real flowers, and Silk and Mulmul fabrics because of their purity and durability. The righteousness, morality, qualities, and character of a woman were reflected in her work of Phulkari.

Earlier, the Phulkaris were made only for the personal use of the family and worn on special occasions to narrate their wealth, power, and values. The daily lives of the people with their respective tasks were also depicted on these fabrics. The time-consuming and intricate embroidery has been popularly seen on odhnis (traditional heavy dupattas) but now it is becoming popular as a décor accent such as cushion covers, table cloths and even wall hangings.



**Learning Outcome:**  
Students will be able to learn about authentic Phulkari patterns from traditional to contemporary.

Fig 11 Phulkari embroidered objects

<https://static.toiimg.com/photo/msid-63531067/63531067.jpg>

### Did you know?

“Vari da Bagh”, where the embroidery covers the entire surface of the cloth and the base is not visible, takes ten years to complete.



Fig 12 Contemporary phulkari design

Image by: <https://encrypted-tbn0.gstatic.com/images?q=tbn:AND9GcT7oleKeWEtqe0EYKGyNqZxFtnSMq-D7XbCxQ&usqp=CAU>



Sindhi or Kutch embroidery is named after its region of origin- the Kutch region of Gujarat. Traditionally a deep maroon or black cloth is embroidered with bright and colorful threads like green, yellow, red, and blue. These clothes were embellished with mirrors and others ornaments.



Fig 13 Traditional dupatta of Sindhi embroidery

Image by: <https://www.worldartcommunity.com/blog/2019/08/the-craft-of-kutch-embroidery/>

**Answer in brief:**

Which fabric is mainly used for Sindhi or Kutch embroidery?

**Did you know?**

The Sindhis who settled in India after the partition of the country brought their embroidery tradition with them

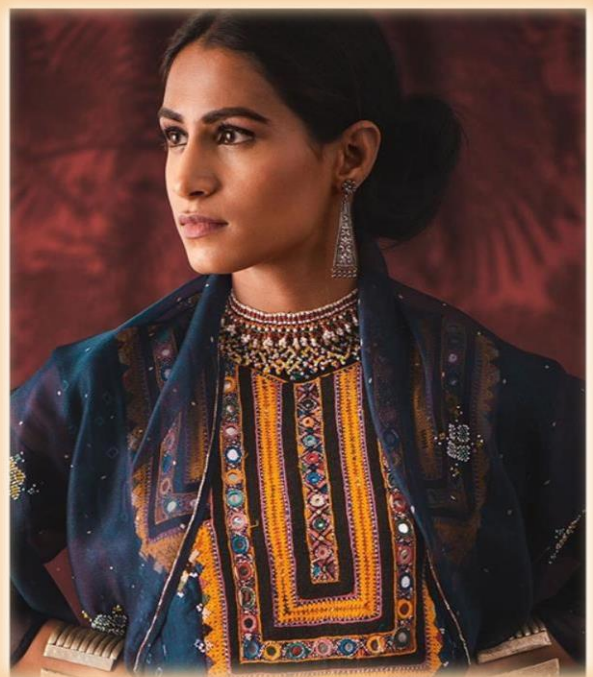


Fig 13 Traditional dupatta of Sindhi embroidery

Image by: <https://www.worldartcommunity.com/blog/2019/08/the-craft-of-kutch-embroidery/>



### Learning Objectives:

Learn to express the traditional and trendy style of stitches. Students will be able to inherent the movement of needle and thread.

## UNIT 5: Inspiration to Creation

Phulkari is a very slow and mindful activity. Traditionally, the women did not trace any pattern before embroidering and directly used their imagination for the design. These embroidered designs were all unique and creative. They reflected the style of the embroiderer. They were given away as dowry in some places or passed down through generations as an heirloom.



Fig 14 Phulkari Products

Image by: [https://media.springernature.com/lw685/springer-static/image/chp%3A10.1007%2F978-981-10-2138-1\\_16/MediaObjects/339892\\_1\\_En\\_16\\_Fig2\\_HTML.jpg](https://media.springernature.com/lw685/springer-static/image/chp%3A10.1007%2F978-981-10-2138-1_16/MediaObjects/339892_1_En_16_Fig2_HTML.jpg)



### Learning Objectives:

The students will understand the thread technique of frame to needle. Students will be able to make the design of checks and chevrons.

## UNIT 6: Fascinating Elegance of Patterns

Phulkari clothes have small embroidery and motifs

like flowers and geometrical patterns are prominent. They contain angular motifs that are scattered throughout the cloth.

In Bagh embroidery motifs are not limited to flowers and geometrical patterns. Other everyday items are also embroidered on the cloth. The Bagh embroidery is given to a blanket or cloth when it is so heavily embroidered that the base cloth is not visible at all.



Fig 15 Phulkari Motif

Image by: <https://qph.cf2.quoracdn.net/main-qimg-6425f8a236297a8cf17c471b3d7a94ed-pjlq>



Fig 15.1 Phulkari Motifs

Image by: <http://brewermultimedia.com/wp-content/uploads/2017/03/PHULKARI3-1024x505.jpg>



## UNIT 7: Functional Aspect of Embroidery

Theoretical aspects of the embroideries will be explained to the students including its origin, style, design, and other details.

Practical aspect - Students will be asked to bring a piece of cotton cloth which can be the size of a handkerchief or a small tablecloth. They will begin with hemming work. Small geometrical patterns will be drawn and running stitches will be taught using different colored anchor threads.

Students will be asked to draw some motifs which will be traditionally rendered in the thread and composed of different kinds of stitches.

Sindhi work is also associated with cross stitches. Once the children are well versed with cross stitch, they can elaborate further using different patterns and make beautiful coasters or runners.

Phulkari work is also associated with running stitches. Once the children learn to do running stitch, they can elaborate further using different patterns and they can make a beautiful Dupatta.

### Basics of Sindhi and Phulkari:

- . Methods of tracing designs to the fabric
- . Formation of grid and interlacing (Sindhi) / darning (Phulkari)
- . Basic formations
- . Straight-line formations
- . Mirror fixing with grid and interlacing
- . Other associated stitches
- . Application of designs
- . Application on Table mats, and dupatta.



Fig 16 Basic stitches of Sindhi embroidery

Image by:

<https://i.pinimg.com/236x/87/3d/20/873d2037d25bc8e864cfe3b8234b9e5b.jpg>

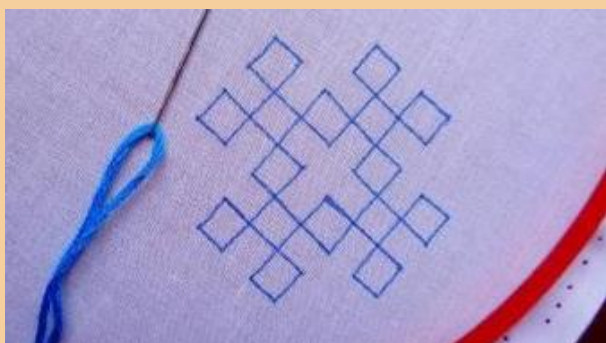


Fig 16.1 Basic stitches of sindhi embroidery

Image by: <https://i.ytimg.com/vi/XO9q-DkCiWU/mqdefault.jpg>

### Learning Outcomes:

Students will learn the process of Sindhi and Phulkari stitch step by step.  
They will learn how to use different threads in Sindhi and Phulkari embroidery stitches.



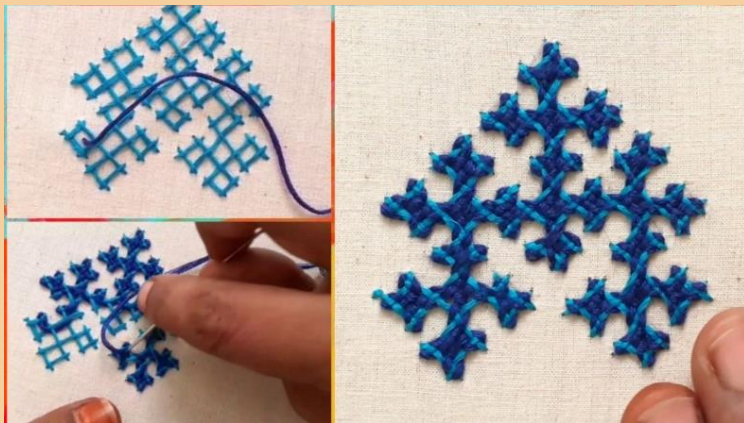


Fig 17 (Image by: <https://i.pinimg.com/564x/ba/5b/2d/ba5b2d77ed6b338416d17c18ea63b458.jpg>)

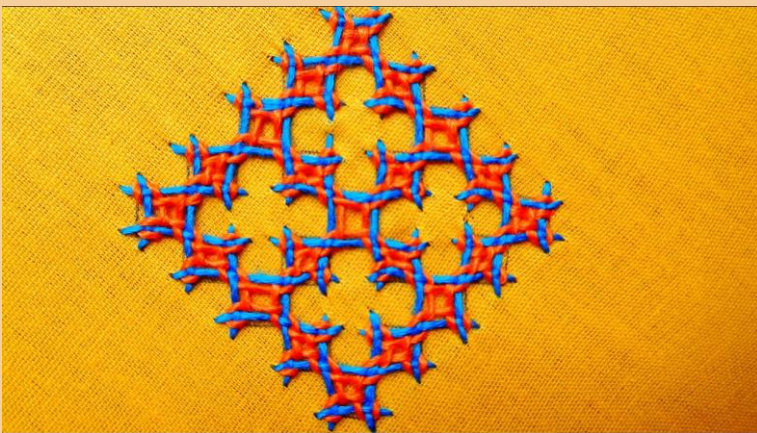


Fig 17.1 (Image by: <https://i.ytimg.com/vi/taXD9aWK6JU/maxresdefault.jpg>)



Fig 17.3 (Image by <https://i.ytimg.com/vi/LWgeJ2W6AqE/maxresdefault.jpg>)

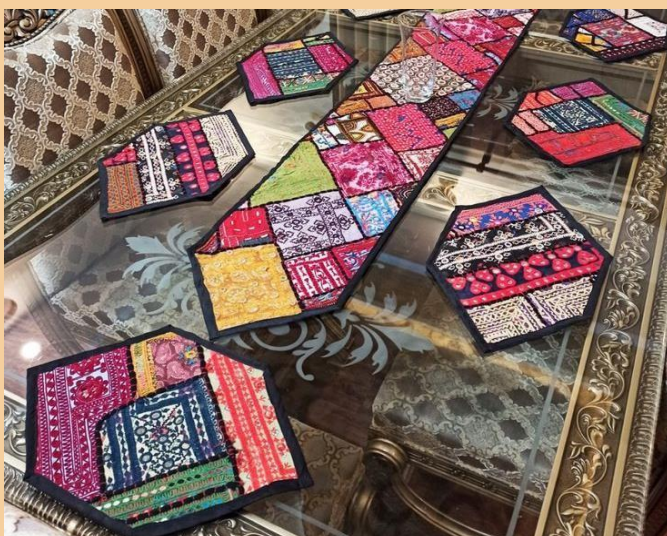


Fig 17.2 (Image by: <https://i.pinimg.com/564x/f5/48/53/f548533212de180caec894888463d98.jpg>)



Fig 17.4 (Image by: <https://i.ytimg.com/vi/tKQ-VFsLXVq/mqdefault.jpg>)





Fig 18 Phulkari Process Image by:  
<https://dsource.in/sites/default/files/course/visual-ethnography-designers/sample-reports/file/Phulkari.pdf>



Fig 18.2 Phulkari Dupatta  
 Image by:  
<https://i.pinimg.com/736x/a8/88/be/a888be7a5cb831dd6b4b234de36cb660-more-engagement.jpg>



Fig 18.1 Phulkari Process  
 Image by:  
[https://images.hindustantimes.com/Images/Popup/2013/9/Lajwanti%20daughter%20Phulkari%20maker%20from%20patiala%2013\\_compressed.jpg](https://images.hindustantimes.com/Images/Popup/2013/9/Lajwanti%20daughter%20Phulkari%20maker%20from%20patiala%2013_compressed.jpg)



Fig 18.3 Phulkari Dupatta  
 Image by:  
[https://cdn.shopify.com/s/files/1/0870/8104/products/anokherang-dupattas-copy-of-peacock-diamond-colorful-phulkari-dupatta-12190238703660\\_1200x1200.jpg?v=1569352962](https://cdn.shopify.com/s/files/1/0870/8104/products/anokherang-dupattas-copy-of-peacock-diamond-colorful-phulkari-dupatta-12190238703660_1200x1200.jpg?v=1569352962)



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# SUMMER FIELDS SCHOOL GURUGRAM

