



ECO-FRIENDLY CRAFTS TRAINING SESSION-I

Date: February 03, 2024

The Women's Study Unit in Association with the Department of Zoology and Environmental Club, TKM College of Arts and Science conducted training session on Ecofriendly crafts. Dr, K Nejmi, who was also the co-ordinator of the Women's Study unit for thirteen years led the vibrant hands-on training workshop. Dr Jasin Rahman V.K, HOD, Department of Zoology and Programme Convenor and Dr Rohini Krishna M V (Assistant Professor, Department of Zoology, Coordinator of the Programme and Women's Study Unit and Dr Mumthas Y (Assistant Professor, Department of Zoology, Coordinator of the Programme and Environmental Club) also were present and gave necessary instructions during the classes. The students were divided into four groups and given introductory training on 4 types of crafts:

✓ Long stitch:

The long stitch is a series of [straight stitches](#) that interlock to fill in a larger shape. This embroidery fill stitch allows for a smooth transition of colours, giving the piece a blended effect. Students were given long stitch kits which contained fabric, matching threads and needles. They used these materials to partially complete the pattern.

✓ Muffler knitting:

Students were given a wooden knitting loom and yarn. First, they were told to make a slipknot and adjust it to the first lower peg of the loom. The loom has to be wrapped around the two upper pegs in a counterclockwise direction, and then to the two lower pegs in a clockwise direction. Then the yarn has to be held down and the loops pushed on the pegs. The two clockwise and two counterclockwise patterns have to be repeated. Now the bottom loops have to be pulled over the upper loops. The remaining loops have to be pushed down. This has to be repeated.

✓ **Cross-stitch:**

Cross stitch is a form of stitching in which several related stitches in a thread are sewn in an x or + shape. Students were given matty fabric for Cross Stitch and all the students were given a piece of fabric to carry home and return after stitching a design with their name. They had to submit this after the completion of the Cross-stitch class.

✓ **Hand-embroidery:**

Hand embroidery consists of a series of small straight stitches done in a line, of this running stitch and backstitch were discussed.

The students who were practising the stitching patterns were allowed to take home half-stitched materials and submit them later on.



T.K.M COLLEGE OF ARTS & SCIENCE
(Accredited by NAAC at A++ level)
Women's Study Unit

IN ASSOCIATION WITH

Department of Zoology and Environmental Club

ECO FRIENDLY CRAFT MAKING

TRAINING SESSION - I

Resource Person
Dr.K.Nejmi

Associate Professor and HOD (Retd),
Department of Zoology,
(Former Co-ordinator of Women's Study Unit)
TKM College of Arts and Science

03 February 2024
10 am - 12.30 pm





Introduction



Longstitch



Muffler making



Cross stitch



Hand- embroidery



Preliminary cross stitch

Environmental club Co-ordinator

Dr Mumthas Y