

**CORE COURSE III – COSTUME AND PERSONAL APPEARANCE**

**Unit I: Personal Appearance values:**

Personal attractiveness and Social values, Development of ones clothing behaviour – Appearance affects one’s state of mind.

**Unit II: Style:**

Style versus fashion, Judgments and a sense of values, standards and sense of values, contemporary standards of style. Importance of good fabric, Importance of good workmanship & fit. Some Intangible secrets of style.

**Unit III: Personal Expression**

Personal expression in relation to costumes – selection, evidence of opposing characteristics, life goals reflected in personal qualities, personal characteristics affecting costume selection, conveying individuality through costume.

**Unit IV: Selection of Clothing:**

Clothes to express Temperament, clothes to improve irregular figures, Contemporary figure ideals, means of improving figures. Techniques of creating optical illusion. Individual figure faults.

**Unit V: Wardrobe Planning**

Introduction, Taste and clothing budget, stretching the clothing income by sewing at home. Procedure for planning wardrobe for children, men and women. Essential considerations in wardrobe building. Building a versatile wardrobe. Types of occasions established by convention.

**Reference:**

1. Suzanne G. Marshall, Hazel O. Jackson M. Sue Stanley, Mary Kefgen,” Individuality in Clothing Selection and Personal Appearance” (2000) Phullis Touchie Specnt, New Jersey.
2. Josephin A.Foster,M.Janish Hogan, Bettie M.Herring, Andrey G. GieSeking, Williams,” Creative Living”-Basic concepts in Home Economics, McGraw-Hill, New Jersey, 1994.
3. Dr. Sushma Gupta, Neeru Garg, Renu Saini, Text Book of Clothing, Textiles and Laundry –, Kalyani publishers, New Delhi, 2005.
4. Durga Duelkar, “Household textiles and laundry work” Atma Ram and Sons, New Delhi, 1988.
5. Suzanne G. Marshall, Hazel O. Jackson M. Sue Stanley, Mary Kefgen, Phullis Touchie Specnt, Individuality in clothing selection and Personal Appearance, New Jersey. 2000.