

**A.S.D.GOV'T.DEGREE COLLEGE FOR WOMEN
(AUTONOMOUS), KAKINADA**



DEPARTMENT OF HOME SCIENCE

CERTIFICATE COURSE IN CROSS STITCH

1-11-2023 TO 2-12-2023

2023-2024



A.S.D.GOV.T.DEGREE COLLEGE FOR WOMEN (AUTONOMOUS), KAKINADA

DEPARTMENT OF HOME SCIENCE

ACTIVITY PROFORMA

DATE	1-11-2023 TO 2-12-2023
CLASS	Any students of the college
NATURE OF THE ACTIVITY	Certificate course in Cross stitch
TITLE OF THE ACTIVITY	Cross Stitch
NAME OF THE DEPARTMENT	Department of Home Science
STUDENTS PARTICIPATED	25
NAME OF THE LECTURER WHO ACTED AS RESOURCE PERSON	Department of Home Science
BRIEF REPORT OF THE ACTIVITY	Department of Home Science Conducted a certificate course on Cross Stitch from 1-11-2023 to 2-12-2023. Twenty five students participated in this programme. They learned many varieties of cross stitches.
SIGNATURE OF THE DEPARTMENT INCHARGE	<i>M. Suvachale</i>
SIGNATURE OF THE PRINCIPAL	<i>V. N. S.</i>
REMARKS	



From

M. Suvarchala

Lecture In charge

Department of Home Science

Kakinada.

To

The Principal,

ASD GDC for W (A)

Kakinada.

Respected Madam,

Sub:- Dept. of Home Science – Permission to conduct certificate course on “CROSS STITCH” for a period of 30 Days (45 hours) from 1-11-2023 to 2-12-2023, for all the I, II, & III Year Students of this college.

I request you to give us permission to conduct Certificate course on “CROSS STITCH” for all the I, II, & III Year Students of this college. The certificate course will be conducted from 1-11-2023 to 2-12-2023.

Thanking you madam.

Yours faithfully.

M. Suvarchala

(M.SUVARCHALA)

Lecturer in Home Science
A.S.D. Govt. DEGREE COLLEGE (W)
KAKINADA



**A.S.D.GOV.T.DEGREE COLLEGE FOR WOMEN (AUTONOMOUS),
KAKINADA**

(under the jurisdiction of Adikavi Nannaya University, Rajamahendravaram)



DEPARTMENT OF HOME SCIENCE

CIRCULAR

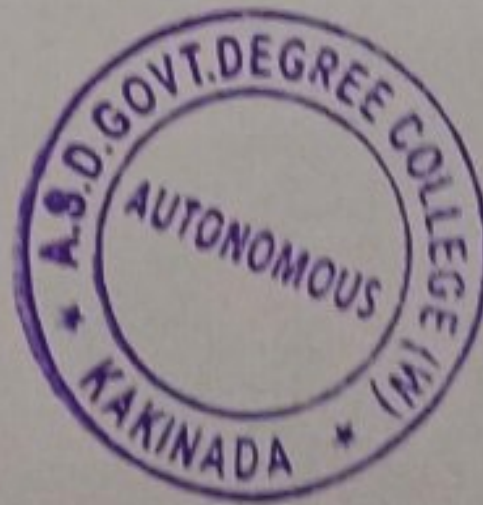
The Department of Home Science is going to conduct a certificate course on "**CROSS STITCH**" for a period of 30 Days (45 hours) from **1-11-2023 to 2-12-2023**, for all the I, II, & III Year Students of this college.

Students who are interested to join in this Certificate course can give their names in the Department of Home Science . The batch consists of 30 students.

H. Suvachale

Lecturer In charge

Lecturer in Home Science
A.S.D. Govt. DEGREE COLLEGE (W)
KAKINADA



V. N. S.

Principal

PRINCIPAL
A.S.D. GOVT. DEGREE COLLEGE (W)
AUTONOMOUS
KAKINADA



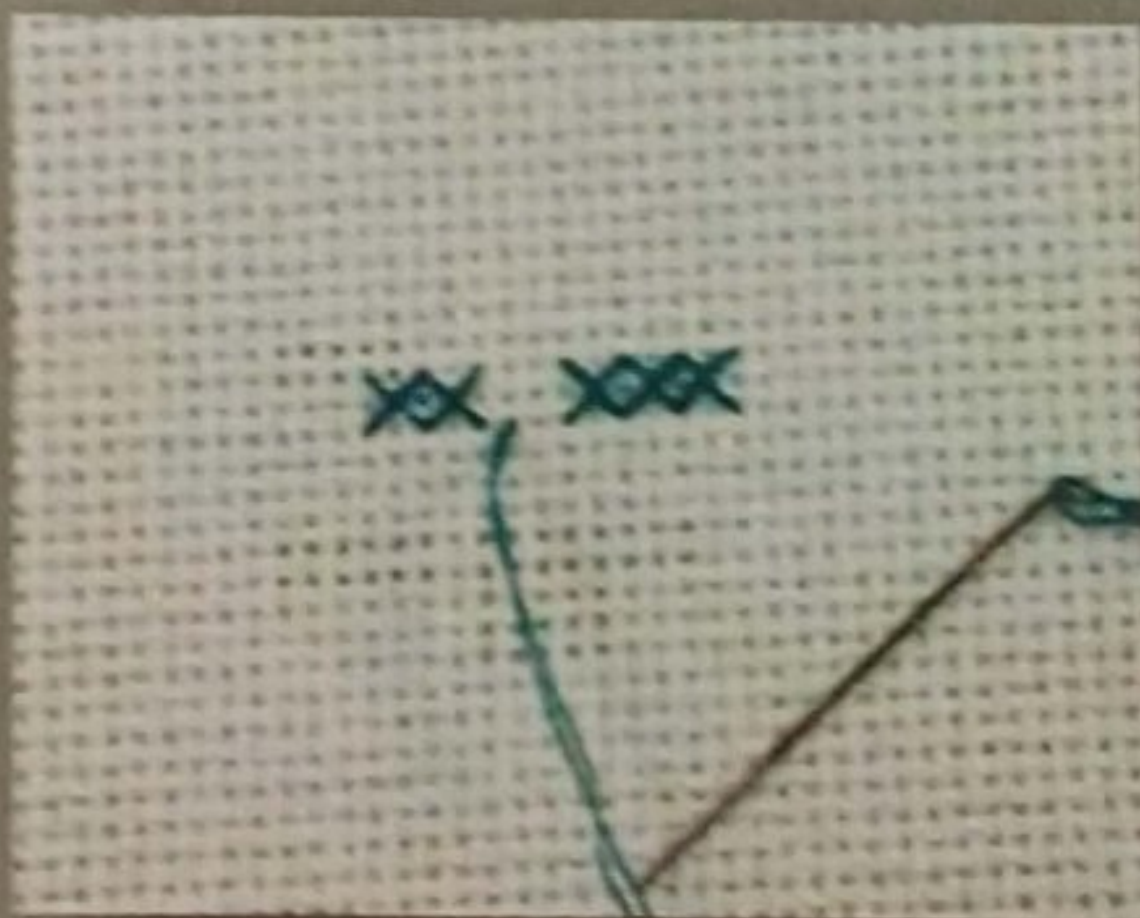
ASD Govt Degree College for Women (Autonomous) Kakinada

DEPARTMENT OF HOME SCIENCE

CERTIFICATE COURSE IN CROSS STITCH

01-11-2020 to 02-12-2023

Cross-stitch is a form of sewing and a popular form of counted-thread embroidery in which X-shaped stitches in a tiled, raster-like pattern are used to form a picture. The stitcher counts the threads on a piece of even-weave fabric in each direction so that the stitches are of uniform size and appearance



A.S.D.GOV.T.DEGREE COLLEGE FOR WOMEN (AUTONOMOUS),
KAKINADA

DEPARTMENT OF HOME SCIENCE

LIST OF STUDENTS IN CROSS STITCH

S.NO	NAME OF THE STUDENT	CLASS/GROUP	SIGNATURE
1	A.KARUNA KUMARI	II BSc HSc	A. Karuna
2	B.LAKSHMI PRASANNA	II BSc HSc	B. Lakshmi Prasanna
3	K.GANGA LAKSHMI	II BSc HSc	K. Gangalakshmi
4	K.MERCY JOY	II BSc HSc	K. Mercy Joy.
5	S.SRAVANI	II BSc HSc	S. Sravani
6	BODDU VIJITHA	III BCOM GEN	B. vijitha
7	SHEIK SABERA	III BCOM GEN	S. Sabera
8	CHINTHAKAYALA PADMA	III BCOM GEN	Ch. padma
9	BODDU YAMUNA	III BCOM GEN	B. Yamuna
10	BOLLINKALA VARAJYOTHI	III BCOM GEN	B. varajyoti
11	BIMMITHI NAVYA	III BCOM GEN	B. Navya
12	CHINNI SAILAJA	III BCOM GEN	Ch. sailaja
13	DASARI BHAVANI	III BCOM GEN	D. Bhavani
14	GANTA GEETHANJALI	III BCOM GEN	G. geethanjali
15	GEDDAM ANITHA	III BCOM GEN	G. Anitha.
16	GOLLAPALLI VEERA	III BCOM GEN	G. veera
17	J.BHAGYA SREE LAKSHMI	III BCOM GEN	J. B-S-Lakshmi
18	KAJULURI DHARANI	III BCOM GEN	K. Dharani
19	KAMADI NAVEENA	III BCOM GEN	K. Naveena.
20	KARRI VENKATA RAMANA	III BCOM GEN	K. venkataramana
21	KOMARAPU MOUNIKA	III BCOM GEN	K. Mounika
22	KONADA SIREESHA	III BCOM GEN	K. Sireesha
23	KUSUMA KRANTHI KUMARI	III BCOM GEN	K. Kumari
24	BEHARA MAHA LAKSHMI	III BCOM GEN	B. maha lakshmi
25	ANGARA PAVANI	III BCOM GEN	A. Pavani

Attendance

Register

NAME	Designation	11/1/23	12/1/23	13/1/23	14/1/23	15/1/23	16/1/23
II B.S.C HSC							
A. Kanra Kurrari		P	P	P	P	P	P
B. larshmi Prasanna		P	P	P	P	P	P
K. Ganga latshmi		P	P	P	P	P	P
F. mercy joy		P	P	P	P	P	P
S. Sravani		P	P	P	P	P	P
III BCOM GEN							
B. vijitha		P	P	P	P	P	P
Sr. Sabera		P	P	P	P	P	P
Ch. padma		P	P	P	P	P	P
B. yamuna		P	P	P	P	P	P
B. varjyathi		P	P	P	P	P	P
B. Nanya		P	P	P	P	P	P
C. Sarita		P	P	P	P	P	P
D. Bhavani		P	P	P	P	P	P
G. Geetharajali		P	P	P	P	P	P
G. Anitha		P	P	P	P	P	P
G. Veera		P	P	P	P	P	P
J. B. Sree latshmi		P	P	P	P	P	P
K. Dharani		P	P	P	P	P	P
K. Navena		P	P	P	P	P	P
K. ventata Ramana		P	P	P	P	P	P
K. Manika		P	P	P	P	P	P
K. Sireetha		P	P	P	P	P	P
K. Kranthi Kumari		P	P	P	P	P	P
B. Mata latshmi		P	P	P	P	P	P
A. Pavani		P	P	P	P	P	P

7/1/23	8/1/23	9/1/23	10/1/23	11/1/23	12/1/23	13/1/23	14/1/23	15/1/23	16/1/23	17/1/23	18/1/23	19/1/23	20/1/23
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H. Suvarchala
Lecturer in H.ri Science
A.S.D. Govt. DEGREE COLLEGE (W)
JAKINATI

S No.	NAME	Designation	Date																	
			1/11/23	2/11/23	3/11/23	4/11/23	5/11/23	6/11/23	7/11/23	8/11/23	9/11/23	10/11/23								
II B.S.C + HSC																				
1	A. Kanura Kurrari		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	B. Lashmi Prasanna		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	K. Ganga Lashmi		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	F. Mercy Joy		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	S. Sravani		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
III BCOM GEN																				
6	B. Vijitha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	SK Sabera		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Ch. Padma		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	B. Yamuna		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	B. Varajyothi		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	B. Navya		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	C. Sailaja		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	D. Bhavani		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	G. Geethanjali		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	G. Anitha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	G. Veera		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	J. B. Sree Lashmi		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	K. Dharani		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	K. Naveena		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	k. Venkata Ramana		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	k. Manika		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	L. Sireesha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	k. Kranthi Kumari		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	B. Maha Lashmi		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	A. Pavani		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

H. Siva
Lecturer in
A.S.D. Govt. DEPT
:IAH

Certificate course in Cross Stitch

Course Title: Certificate Course in Cross Stitch

Course Overview: Cross stitch is a popular form of embroidery characterized by X-shaped stitches that create a tiled pattern. This course will introduce students to the basics of cross stitch, including materials, techniques, and patterns, enabling them to create their own cross stitch projects.

Course Duration: The course will be conducted over four weeks.

Learning Objectives:

- Gain an understanding of the history, techniques, and terminology of cross stitch.
- Develop proficiency in basic and advanced cross stitch techniques.
- Explore various materials, patterns, and designs used in cross stitch.
- Cultivate an appreciation for the artistry and creativity of cross stitch.

Course Outline:

1. Introduction to Cross Stitch

- Overview of cross stitch history, cultural significance, and applications
- Introduction to materials, tools, and terminology
- Safety precautions and best practices

2. Fabric and Thread Selection

- Choosing suitable fabrics for cross stitch: Aida cloth, linen, etc.
- Selecting threads: cotton floss, metallic thread, etc.
- Hands-on practice: Fabric and thread selection exercises

3. Basic Cross Stitch Techniques

- Understanding cross stitch symbols and charts
- Techniques for making cross stitches: full cross stitch, half stitch, quarter stitch, etc.
- Hands-on practice: Basic cross stitch sampler project

4. Cross Stitch Borders and Frames

- Techniques for creating decorative borders and frames
- Introduction to border motifs and patterns
- Hands-on practice: Creating border designs



5. Color Theory and Pattern Selection

- Understanding color theory and its application in cross stitch
- Choosing patterns and designs: traditional, contemporary, and custom
- Hands-on practice: Pattern selection and color scheme exercises

6. Color Theory and Pattern Selection

- Understanding color theory and its application in cross stitch
- Choosing patterns and designs: traditional, contemporary, and custom
- Hands-on practice: Pattern selection and color scheme exercises

7. Cross Stitch on Different Surfaces

- Techniques for stitching on different surfaces: clothing, accessories, etc.
- Tips for transferring patterns and securing stitches
- Hands-on practice: Stitching on alternative surfaces

8. Cross Stitch Embellishments and Finishing

- Techniques for adding embellishments: beads, buttons, charms, etc.
- Finishing techniques: framing, mounting, and displaying finished projects
- Hands-on practice: Adding embellishments and finishing projects

9. Cross Stitch for Special Occasions

- Techniques for creating cross stitch gifts: cards, ornaments, etc.
- Hands-on practice: Creating cross stitch projects for special occasions

10. Project Execution and Presentation

- Planning and executing cross stitch projects
- Project development: from concept to completion
- Final presentation of student projects

Assessment Methods:

- Participation in class discussions and activities
- Completion of hands-on projects and assignments
- Final presentation and evaluation of student projects

Materials Required:

- Cross stitch fabric (Aida cloth, linen, etc.)
- Cross stitch threads (cotton floss, metallic thread, etc.)

- Cross stitch needles and embroidery hoops
- Cross stitch patterns and charts
- Embellishments (beads, buttons, charms, etc.)

Prerequisites: There are no prerequisites for this course. It is suitable for individuals with an interest in embroidery, regardless of prior experience or background.

Introduction to Cross Stitch • Overview of cross stitch history, cultural significance, and applications • Introduction to materials, tools, and terminology • Safety precautions and best practices

Title: Introduction to Cross Stitch

Cross stitch is a timeless craft that has been practiced for centuries, cherished for its simplicity, versatility, and the ability to create intricate and beautiful designs. In this introduction, we will explore the rich history, cultural significance, and practical applications of cross stitch, along with the essential materials, tools, and terminology to get you started safely and successfully.

1. History and Cultural Significance: Cross stitch has roots that date back thousands of years, with evidence of its existence found in artifacts from ancient civilizations such as Egypt, China, and Greece. However, it gained popularity in Europe during the Middle Ages, particularly among households where it was used to embellish clothing, household linens, and religious textiles. Over time, cross stitch evolved from a necessity to an art form, with stitchers creating intricate patterns and designs that reflected their cultural heritage and personal creativity.

Cross stitch holds cultural significance around the world, with each region contributing unique styles and motifs. From traditional European samplers to vibrant West African textiles, cross stitch has been a means of artistic expression, storytelling, and community bonding.

2. Applications: Cross stitch has a wide range of applications, from decorative to practical:

- Home Décor: Cross stitch can be used to create wall hangings, pillows, tablecloths, and curtains, adding a touch of handmade charm to any room.

- **Gifts:** Hand-stitched cross stitch pieces make thoughtful and personalized gifts for loved ones, whether it's a framed portrait, a bookmark, or a decorative ornament.
- **Clothing and Accessories:** Cross stitch can embellish clothing items like t-shirts, jeans, and hats, as well as accessories such as bags, scarves, and jewelry.
- **Commemorative Pieces:** Cross stitch can be used to commemorate special occasions such as weddings, births, or graduations, preserving memories in fabric form.

3. Materials, Tools, and Terminology: To begin your cross stitch journey, you'll need a few basic materials and tools:

- **Fabric:** Aida cloth is the most commonly used fabric for cross stitch, featuring regularly spaced holes that make it easy to count stitches.
- **Embroidery Floss:** Made from cotton or silk, embroidery floss comes in a vast array of colors and is used to create the stitches.
- **Embroidery Hoop:** Hoops keep the fabric taut while stitching, making it easier to work and ensuring even tension.
- **Needles:** Cross stitch needles have a blunt tip and a large eye, making them suitable for working with embroidery floss.
- **Scissors:** Sharp scissors are essential for cutting floss and trimming excess fabric.

Terminology:

- **Cross Stitch:** The basic stitch used in this technique, formed by making two diagonal stitches that intersect to form an "X."
- **Counted Cross Stitch:** A method where stitches are made according to a pattern chart, typically on fabric with evenly spaced holes.
- **Cross Stitch Pattern:** A graphical representation of the design, with each symbol corresponding to a specific color of floss and stitch on the fabric.

4. Safety Precautions and Best Practices: While cross stitch is a safe and enjoyable hobby, it's essential to take some precautions:

- Use proper lighting to avoid eye strain.
- Take breaks to prevent hand fatigue.
- Keep needles and scissors out of reach of children and pets.

- Store embroidery floss away from sunlight and moisture to prevent fading and damage.

By following these guidelines and practicing regularly, you'll soon master the art of cross stitch and create beautiful pieces to cherish for years to come. Happy stitching!

2. Fabric and Thread Selection • Choosing suitable fabrics for cross stitch: Aida cloth, linen, etc. • Selecting threads: cotton floss, metallic thread, etc. • Hands-on practice: Fabric and thread selection exercises

Title: Fabric and Thread Selection for Cross Stitch

Selecting the right fabric and thread is crucial for successful cross stitch projects. Let's delve into the various options available and how to choose the best materials for your stitching needs.

1. Choosing Suitable Fabrics:

Aida Cloth: Aida cloth is the most popular fabric choice for cross stitch. It's woven with regularly spaced holes, making it easy to count stitches and maintain even tension. Aida comes in various counts, indicating the number of stitches per inch. Common counts include 14, 16, and 18, with 14-count being the most widely used for beginners due to its larger holes.

Evenweave/Linen: Evenweave and linen fabrics have a more refined texture compared to Aida and are favored by experienced stitchers. They come in different thread counts, typically ranging from 25 to 40 threads per inch. These fabrics require more precise stitching but produce a finer finished piece.

Other Specialty Fabrics: Beyond Aida and linen, there are specialty fabrics like waste canvas, plastic canvas, and perforated paper. These fabrics offer unique textures and effects for specific projects, such as cross stitching on clothing or creating three-dimensional ornaments.

2. Selecting Threads:

Cotton Embroidery Floss: Cotton floss is the most commonly used thread for cross stitch. It's available in a wide range of colors and is easy to work with. Most patterns are designed for cotton floss, making it a versatile choice for various projects.

Metallic Thread: Metallic thread adds sparkle and shine to cross stitch designs, perfect for accentuating special details or creating festive holiday pieces. However, metallic thread can be tricky to work with due to its tendency to fray and twist, so it's best suited for experienced stitchers.

Silk Thread: Silk thread is prized for its luxurious sheen and smooth texture. It's often used in high-end cross stitch projects to achieve a sophisticated look. While silk thread can be more expensive than cotton, it adds a unique elegance to finished pieces.

Hands-on Practice: Fabric and Thread Selection Exercises:

1. **Fabric Feel Test:** Take samples of different fabrics—Aida, linen, evenweave—and feel their textures. Notice the differences in thickness, stiffness, and weave.
2. **Thread Comparison:** Compare cotton floss, metallic thread, and silk thread side by side. Note their appearance, texture, and how they handle when separating strands.
3. **Stitching Test:** Practice stitching a small motif on different fabrics using various threads. Pay attention to how each thread interacts with the fabric and how it affects the overall look of the stitches.
4. **Project Planning:** Consider the project you want to undertake and choose the fabric and thread combination that best suits your design, skill level, and desired outcome.

By experimenting with different fabrics and threads, you'll gain a better understanding of their characteristics and be able to make informed choices for your cross stitch projects. Happy stitching!

3. Basic Cross Stitch Techniques • Understanding cross stitch symbols and charts • Techniques for making cross stitches: full cross stitch, half stitch, quarter stitch, etc. • Hands-on practice: Basic cross stitch sampler project

Title: Basic Cross Stitch Techniques

Mastering the basic cross stitch techniques is fundamental for any cross stitch enthusiast. Let's explore the essential skills you need to create beautiful cross stitch designs, including understanding symbols and charts, and practicing various stitching techniques through a hands-on sampler project.

1. Understanding Cross Stitch Symbols and Charts:

Cross stitch patterns are typically represented on charts, where each symbol corresponds to a specific color of thread and a type of stitch. Common symbols include squares, circles, and symbols like X, /, or , each representing a different color on the chart.

Color Key: Before starting a project, familiarize yourself with the color key provided in the pattern. This key matches each symbol to a color of embroidery floss, ensuring you use the correct thread for each stitch.

Chart Orientation: Pay attention to the orientation of the chart, as it indicates the direction of stitching. Some charts may be oriented horizontally, while others may be vertical or even diagonal.

2. Techniques for Making Cross Stitches:

Full Cross Stitch: The full cross stitch is the most basic stitch in cross stitching, consisting of two diagonal stitches that intersect to form an "X." To create a full cross stitch, bring the needle up from the back of the fabric at the bottom left corner of the square, then down at the top right corner, forming one diagonal stitch. Next, bring the needle up at the bottom right corner and down at the top left corner to complete the second diagonal stitch, forming the "X."

Half Stitch: The half stitch is created by making only one diagonal stitch instead of two, forming a single slanted line. Half stitches are often used for finer details or to create smoother curves in a design.

Quarter Stitch: The quarter stitch is made by stitching diagonally across a single fabric square, forming a quarter of a cross stitch. Quarter stitches are commonly used for adding intricate details or creating subtle shading effects.

Backstitch: Backstitching is a technique used to outline or define elements in a cross stitch design. It involves stitching a continuous line using a single strand of embroidery floss, typically in a contrasting color, to create crisp lines and details.

3. Hands-on Practice: Basic Cross Stitch Sampler Project:

Create a sampler project that incorporates various cross stitch techniques to practice your skills. Choose a simple design featuring different symbols and stitches, such as letters of the alphabet, basic shapes, or small motifs.

Sampler Project Steps:

1. Start by selecting a fabric, embroidery floss, and a cross stitch pattern that suits your skill level.
2. Familiarize yourself with the pattern chart and color key.
3. Begin stitching the sampler, following the chart and using the appropriate stitches for each symbol.
4. Practice making full cross stitches, half stitches, quarter stitches, and backstitches as indicated in the design.
5. Take your time and pay attention to detail, ensuring each stitch is neat and consistent.
6. Once you've completed the sampler, you'll have a reference piece showcasing your mastery of basic cross stitch techniques.

By practicing these techniques through a sampler project, you'll build confidence and proficiency in cross stitching, setting the foundation for more complex and creative projects in the future. Happy stitching!

4. Cross Stitch Borders and Frames • Techniques for creating decorative borders and frames • Introduction to border motifs and patterns • Hands-on practice: Creating border designs

Title: Cross Stitch Borders and Frames

Borders and frames add a decorative touch to cross stitch projects, framing your designs and giving them a polished look. Let's explore techniques for creating beautiful borders, introducing border motifs and patterns, and engage in hands-on practice to craft your own border designs.

1. Techniques for Creating Decorative Borders and Frames:

Simple Borders: Start with basic borders made up of repeated geometric shapes, such as squares, triangles, or diamonds. These simple patterns can be stitched in a single color or alternating colors for added interest.

Scalloped Borders: Scalloped borders feature curved edges resembling scallop shells. They can be created by stitching a series of half circles or using a scallop-shaped border motif. Scalloped borders add a soft and elegant touch to cross stitch projects.

Lace Borders: Mimic the delicate look of lace by stitching intricate border patterns with fine details. Lace borders often incorporate openwork stitches, such as eyelets or dainty motifs like flowers and leaves.

Framing Techniques: To frame your cross stitch design, leave empty space around the edges and stitch a border directly onto the fabric. Alternatively, frame your finished piece using a purchased frame or by mounting it onto a stretched canvas or board.

2. Introduction to Border Motifs and Patterns:

Floral Borders: Floral motifs are timeless and versatile, ranging from simple blooms to elaborate bouquets. Stitch flowers, leaves, and vines to create a lush botanical border around your design.

Geometric Borders: Geometric patterns, such as zigzags, chevrons, or interlocking squares, add a modern and graphic element to cross stitch projects. Experiment with different shapes and color combinations to create striking geometric borders.

Seasonal Borders: Celebrate the changing seasons by stitching borders inspired by nature's beauty. Choose motifs that reflect the season, such as snowflakes for winter, flowers for spring, leaves for autumn, and suns for summer.

Holiday Borders: Add festive flair to your cross stitch projects with holiday-themed borders. Stitch motifs like Christmas trees, hearts for Valentine's Day, or pumpkins for Halloween to complement your seasonal decorations.

3. Hands-on Practice: Creating Border Designs:

Gather your materials and let's get started on creating your own border designs:

1. Sketch out your border design on graph paper or use cross stitch design software to create a digital pattern.
2. Choose your fabric and embroidery floss colors to match your design.
3. Begin stitching your border, following your pattern and incorporating the techniques learned.
4. Experiment with different stitches, motifs, and color combinations to customize your border.
5. Once you've completed your border, incorporate it into a cross stitch project or use it as a standalone decorative piece.

By practicing these techniques and exploring various border motifs, you'll enhance your cross stitch repertoire and be able to create stunning borders and frames for your future projects. Enjoy the creative process and happy stitching!

5. Color Theory and Pattern Selection • Understanding color theory and its application in cross stitch • Choosing patterns and designs: traditional, contemporary, and custom • Hands-on practice: Pattern selection and color scheme exercises

Title: Color Theory and Pattern Selection in Cross Stitch

Color theory plays a vital role in cross stitch, influencing the overall look and feel of your projects. Let's explore how to apply color theory to cross stitch, along with techniques for choosing patterns and designs that suit your style. We'll also engage in hands-on exercises to practice pattern selection and create harmonious color schemes for your cross stitch projects.

1. Understanding Color Theory and its Application in Cross Stitch:

Color Wheel: Familiarize yourself with the color wheel, which illustrates the relationships between primary, secondary, and tertiary colors. Understanding these relationships will help you create balanced and harmonious color schemes in your cross stitch designs.

Color Harmony: Learn about different color harmonies, such as complementary, analogous, and triadic schemes. Experiment with these harmonies to achieve different effects in your cross stitch projects, whether you want bold contrast or subtle blending.

Value and Saturation: Consider the value (lightness or darkness) and saturation (intensity) of colors when selecting threads for your cross stitch. Varying these aspects can add depth and dimension to your designs.

2. Choosing Patterns and Designs:

Traditional Patterns: Traditional cross stitch patterns often feature classic motifs like flowers, animals, and geometric shapes. These timeless designs are perfect for beginners and experienced stitchers alike, offering endless possibilities for customization and personalization.

Contemporary Designs: Explore modern cross stitch patterns that embrace innovative techniques, unconventional motifs, and creative themes. Contemporary designs can range from minimalist and abstract to whimsical and humorous, catering to a wide range of tastes and preferences.

Custom Designs: Consider creating your own custom cross stitch patterns using cross stitch design software or by hand-drawing your designs on graph paper. Custom patterns allow you to express your creativity and stitch meaningful designs that reflect your personality and interests.

3. Hands-on Practice: Pattern Selection and Color Scheme Exercises:

1. **Pattern Inspiration:** Browse cross stitch pattern books, websites, and social media platforms to gather inspiration for your projects. Pay attention to the styles, themes, and color schemes that resonate with you.
2. **Pattern Selection Exercise:** Choose a pattern or design that you're drawn to and analyze its elements, including the motifs, colors, and overall composition. Consider how you can adapt the pattern to suit your preferences and skill level.
3. **Color Scheme Exploration:** Experiment with different color schemes for your chosen pattern, using colored pencils or digital tools to visualize how different combinations will look. Try out complementary, analogous, and monochromatic schemes to see which one best complements the design.

4. **Mock-up Stitching:** Create a small mock-up of the pattern by stitching a section of it on scrap fabric using your chosen color scheme. This will give you a better sense of how the colors interact and whether any adjustments are needed before starting the full project.

By practicing pattern selection and exploring color schemes, you'll develop a keen eye for design and color in cross stitch, allowing you to create stunning and personalized projects that reflect your artistic vision. Enjoy the creative process and happy stitching!

1. Color Theory and Pattern Selection • Understanding color theory and its application in cross stitch • Choosing patterns and designs: traditional, contemporary, and custom • Hands-on practice: Pattern selection and color scheme exercises

Title: Color Theory and Pattern Selection in Cross Stitch

Color theory and pattern selection are essential aspects of cross stitch that greatly influence the final outcome of your projects. Let's delve into understanding color theory, exploring pattern choices, and engaging in hands-on exercises to refine your skills in pattern selection and color scheme creation.

1. Understanding Color Theory and its Application in Cross Stitch:

Color Basics: Familiarize yourself with the basics of color theory, including primary, secondary, and tertiary colors, as well as concepts like hue, saturation, and value.

Color Relationships: Learn about color relationships such as complementary, analogous, and triadic schemes. Understanding these relationships will help you create harmonious color combinations in your cross stitch projects.

Color Psychology: Consider the emotional and psychological effects of colors when selecting color schemes for your cross stitch designs. Different colors evoke different feelings and moods, so choose colors that resonate with the theme or message of your project.

2. Choosing Patterns and Designs:

Traditional Patterns: Traditional cross stitch patterns often feature timeless motifs such as flowers, animals, and geometric shapes. These patterns are great for beginners and those looking to create classic, nostalgic pieces.

Contemporary Designs: Explore modern cross stitch patterns that push the boundaries of traditional cross stitch with innovative designs, pop culture references, and abstract motifs. Contemporary designs offer a fresh and creative approach to cross stitching, appealing to stitchers of all ages.

Custom Designs: Consider creating your own custom cross stitch patterns to express your unique style and personality. You can design patterns based on your favorite photos, quotes, or symbols, allowing you to create truly one-of-a-kind pieces.

3. Hands-on Practice: Pattern Selection and Color Scheme Exercises:

Pattern Inspiration: Begin by browsing cross stitch pattern books, websites, and social media platforms for inspiration. Pay attention to the styles, themes, and color palettes that catch your eye.

Pattern Selection Exercise: Choose a pattern or design that resonates with you and analyze its elements, including the motifs, layout, and color scheme. Consider how you can adapt the pattern to suit your preferences and skill level.

Color Scheme Exploration: Experiment with different color schemes for your chosen pattern using colored pencils, markers, or digital design tools. Try out complementary, analogous, and monochromatic color schemes to see which one best enhances the design.

Mock-up Stitching: Create a small mock-up of the pattern by stitching a sample section on scrap fabric using your chosen color scheme. This will give you a preview of how the colors work together and allow you to make any adjustments before starting the full project.

By practicing pattern selection and exploring color schemes, you'll develop a deeper understanding of design principles and enhance your ability to create visually stunning cross stitch projects. Enjoy the creative process and happy stitching!

7. Cross Stitch on Different Surfaces • Techniques for stitching on different surfaces: clothing, accessories, etc. • Tips for transferring patterns and securing stitches • Hands-on practice: Stitching on alternative surfaces

Title: Cross Stitch on Different Surfaces

Cross stitch isn't limited to traditional fabric surfaces; it can be applied to a variety of materials, including clothing, accessories, and unconventional surfaces. Let's explore techniques for stitching on different surfaces, tips for transferring patterns, securing stitches, and engage in hands-on practice to master stitching on alternative materials.

1. Techniques for Stitching on Different Surfaces:

Clothing: When stitching on clothing, such as shirts, jeans, or hats, it's essential to use a stabilizer to support the fabric and prevent distortion. Choose lightweight stabilizers that can be easily removed after stitching. Secure the fabric in an embroidery hoop to maintain tension while stitching.

Accessories: Stitching on accessories like bags, pouches, and phone cases can add a personal touch and transform everyday items into unique pieces. Use a stabilizer to reinforce the fabric and ensure clean, even stitches. Consider using embroidery hoops or frames specifically designed for small or irregularly shaped surfaces.

Unconventional Surfaces: Get creative with cross stitch by stitching on unconventional surfaces such as plastic canvas, perforated paper, or even wood. These surfaces offer unique textures and can be used to create three-dimensional or mixed-media projects. Experiment with different types of thread and stitches to achieve the desired effect.

2. Tips for Transferring Patterns and Securing Stitches:

Transferring Patterns: Use various methods to transfer patterns onto different surfaces, such as using water-soluble fabric markers, transfer paper, or tracing the design directly onto the surface with a pencil or chalk. Choose a transfer method that is suitable for the material and can be easily removed after stitching.

Securing Stitches: To secure stitches on different surfaces, especially those that will undergo wear and tear, such as clothing or accessories, consider using a fray check or fabric glue to seal the ends of the threads. Alternatively, stitch over the ends of the threads multiple times to create a secure knot that won't unravel.

3. Hands-on Practice: Stitching on Alternative Surfaces:

Gather your materials and let's practice stitching on alternative surfaces:

1. Choose a small, simple design or motif to stitch on your chosen surface. Consider the size and shape of the surface and adjust the design accordingly.
2. Prepare the surface by securing it in an embroidery hoop or frame and applying any necessary stabilizers.
3. Transfer the pattern onto the surface using your preferred method, ensuring it is centered and aligned correctly.
4. Begin stitching the design, following the pattern and adjusting your technique as needed to accommodate the surface material.
5. Take your time and pay attention to detail, ensuring each stitch is neat and secure.
6. Once you've completed the stitching, remove any stabilizers and finish the edges as desired.

By practicing stitching on alternative surfaces, you'll expand your cross stitch skills and discover new possibilities for creative expression. Experiment with different materials, techniques, and designs to unlock the full potential of cross stitch beyond traditional fabric surfaces. Happy stitching!

8. Cross Stitch Embellishments and Finishing • Techniques for adding embellishments: beads, buttons, charms, etc. • Finishing techniques: framing, mounting, and displaying finished projects • Hands-on practice: Adding embellishments and finishing projects

Title: Cross Stitch Embellishments and Finishing

Cross stitch projects can be elevated with the addition of embellishments like beads, buttons, and charms, as well as through expert finishing techniques. Let's explore how to add embellishments creatively and finish your projects professionally through techniques like framing, mounting, and displaying.

1. Techniques for Adding Embellishments:

Beads: Adding beads to your cross stitch projects can create sparkling accents and intricate details. Use a beading needle and specialty beading thread to attach beads to your fabric. Beads can be stitched individually or in patterns to enhance specific areas of your design.

Buttons: Buttons are versatile embellishments that can add whimsy and charm to your cross stitch projects. Stitch buttons directly onto the fabric using embroidery floss or sewing thread. Choose buttons in various shapes, sizes, and colors to complement your design.

Charms: Charms add a decorative element to cross stitch projects and can be easily attached using jump rings or by stitching them onto the fabric. Select charms that reflect the theme or motif of your design, such as hearts for romantic pieces or stars for celestial themes.

2. Finishing Techniques:

Framing: Framing is a classic way to display finished cross stitch projects. Choose a frame that complements your design and mat the fabric for a professional finish. Ensure the fabric is stretched evenly and secured in place before framing to prevent wrinkles or puckering.

Mounting: Mounting cross stitch projects onto foam core or mounting board is an alternative to framing, especially for pieces that will be displayed without glass. Use acid-free adhesive or double-sided tape to attach the fabric to the mounting board, ensuring it is smooth and taut.

Displaying: Once your cross stitch project is finished and framed or mounted, consider various ways to display it. Hang framed pieces on walls, prop them up on shelves or easels, or incorporate them into decorative displays with other artwork and objects.

3. Hands-on Practice: Adding Embellishments and Finishing Projects:

1. Select a finished cross stitch project or create a new one to practice adding embellishments.
2. Choose embellishments such as beads, buttons, or charms that complement your design.
3. Plan the placement of embellishments on your project, considering the balance and visual impact of each element.
4. Use appropriate tools and techniques to attach the embellishments securely to the fabric.
5. Once the embellishments are in place, proceed with finishing the project by framing, mounting, or displaying it according to your preference.
6. Take pride in your finished cross stitch project and enjoy displaying it in your home or giving it as a thoughtful gift.

By mastering techniques for adding embellishments and finishing your cross stitch projects, you'll enhance their beauty and create lasting pieces of art to be admired and cherished. Enjoy the creative process and happy stitching!

9. Cross Stitch for Special Occasions • Techniques for creating cross stitch gifts: cards, ornaments, etc. • Hands-on practice: Creating cross stitch projects for special occasions

Title: Cross Stitch for Special Occasions

Cross stitch offers a heartfelt and personalized way to celebrate special occasions and create meaningful gifts. Let's explore techniques for creating cross stitch gifts for various occasions, such as cards, ornaments, and more, and engage in hands-on practice to craft projects tailored to special moments.

1. Techniques for Creating Cross Stitch Gifts:

Cards: Cross stitch cards add a personal touch to birthdays, holidays, and other special occasions. Stitch a small design onto cardstock or perforated paper, then attach it to a folded card. Choose designs that fit the theme of the occasion, such as hearts for Valentine's Day or snowflakes for Christmas.

Ornaments: Cross stitch ornaments are perfect for commemorating holidays, milestones, and memorable events. Stitch a design onto Aida cloth or perforated paper, then finish it with a backing fabric and ribbon for hanging. Consider motifs like initials for weddings, baby rattles for births, or snowmen for winter holidays.

Keepsakes: Cross stitch keepsakes make cherished gifts for weddings, anniversaries, and other significant life events. Stitch a design onto fabric, then mount it in a frame, hoop, or shadow box for display. Choose designs that incorporate meaningful symbols, names, or dates to commemorate the occasion.

2. Hands-on Practice: Creating Cross Stitch Projects for Special Occasions:

Gather your materials and let's create cross stitch projects for special occasions:

1. **Choose a Design:** Select a cross stitch design that suits the occasion, whether it's a card, ornament, or keepsake. Consider themes, motifs, and colors that resonate with the recipient or the event.
2. **Prepare Materials:** Gather your cross stitch supplies, including fabric, embroidery floss, needles, and any additional embellishments or finishing materials. Cut the fabric to the appropriate size for your project.
3. **Stitch the Design:** Begin stitching the chosen design onto the fabric, following the pattern and using appropriate techniques. Take your time and pay attention to detail, ensuring neat and even stitches.
4. **Finish the Project:** Once the stitching is complete, finish the project according to its intended use. For cards, attach the stitched piece to cardstock and add any embellishments. For ornaments, add backing fabric and a hanging ribbon. For keepsakes, mount the stitched piece in a frame or shadow box.
5. **Personalize and Present:** Add a personal touch to your cross stitch gift by including a handwritten note or embellishing it with the recipient's name or initials. Present the gift with joy and pride, knowing that you've created something special and meaningful.

By creating cross stitch projects for special occasions, you'll not only celebrate the moment but also create lasting memories and cherished keepsakes for yourself and your loved ones. Enjoy the process of stitching and giving, and happy occasions!

10. Project Execution and Presentation • Planning and executing cross stitch projects •

Project development: from concept to completion • Final presentation of student projects

Title: Project Execution and Presentation in Cross Stitch

Executing a cross stitch project involves careful planning, skillful execution, and thoughtful presentation. Let's explore the process of planning and executing cross stitch projects, from conceptualization to completion, and discuss strategies for presenting student projects effectively.

1. Planning and Executing Cross Stitch Projects:

Project Scope: Begin by defining the scope of your cross stitch project, including the size, complexity, and theme. Consider factors such as the intended use of the project, the skill level of the stitcher, and the available time and resources.

Design Selection: Choose a cross stitch design that aligns with your project goals and personal preferences. Consider factors such as the complexity of the design, the number of colors involved, and the availability of the pattern.

Materials and Tools: Gather all the necessary materials and tools for your project, including fabric, embroidery floss, needles, and any additional embellishments or finishing supplies. Ensure that you have enough of each material to complete the project and consider the quality and compatibility of the materials with your design.

Execution: Begin stitching your project following the chosen design and techniques. Take your time and work methodically to ensure neat and consistent stitches. Pay attention to details such as tension, color placement, and pattern alignment to achieve a professional-looking result.

Progress Tracking: Keep track of your progress as you work on your project, especially for larger or more complex designs. Use tools such as project journals, digital trackers, or photo documentation to monitor your progress and stay motivated.

2. Project Development: From Concept to Completion:

Conceptualization: Start by brainstorming ideas and concepts for your cross stitch project. Consider themes, motifs, colors, and styles that resonate with you and align with your project goals.

Design Adaptation: Once you have a concept in mind, adapt or create a cross stitch design that brings your vision to life. Customize existing patterns or design your own using cross stitch design software or graph paper.

Execution: Work on your project systematically, following the plan you've laid out. Break down the project into manageable tasks and set realistic deadlines to keep yourself on track.

Refinement: As you work on your project, refine and adjust your approach as needed. Don't be afraid to make changes or experiment with different techniques to achieve the desired result.

Completion: Celebrate your achievement when you complete your project. Take pride in your work and acknowledge the effort and dedication you've put into bringing your vision to life.

3. Final Presentation of Student Projects:

Documentation: Document your project thoroughly, including photographs, written descriptions, and any supporting materials such as sketches or design notes. Provide context and background information to help viewers understand the project's significance and the creative process behind it.

Presentation Format: Consider how best to present your project to an audience, whether it's through an exhibition, portfolio, website, or social media. Choose a format that showcases your work effectively and allows for interaction and feedback from viewers.

Reflection: Reflect on your project and the experience of creating it. Consider what you've learned, both technically and creatively, and how you can apply these lessons to future projects. Take note of successes, challenges, and areas for improvement.

Feedback and Evaluation: Seek feedback from peers, mentors, or instructors to gain insights and perspectives on your project. Use feedback constructively to inform your future work and continue to grow as a cross stitch artist.

By following these steps and strategies, you can plan, execute, and present cross stitch projects effectively, whether you're a beginner exploring the craft or an experienced stitcher pushing the boundaries of creativity. Enjoy the journey of creation and sharing your work with others.



Annavaram Satyavathi Devi
GOVERNMENT DEGREE COLLEGE FOR WOMEN (AUTONOMOUS), KAKINADA

(Under Jurisdiction of Adikavi Nannaya University, Rajamahendravaram)

Re-accredited by NAAC with B Grade

CERTIFICATE

This is to certify that Miss. Boddu Yamuna of
III B.Com Gen Class successfully completed. Certificate Course in
"Cross Stitch" held from 01 November 2023 to 02 December 2023 conducted by
Department of Home Science, A.S.D. Government Degree College for Women
Autonomous Kakinada

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V. R. D.
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CROSS STITCH

FEED BACK

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II Bsc Hsc