

7

The Clothes We Wear

Lesson Plan

Contents

- ▶ Clothes we wear – What are they based on
- ▶ Women’s dresses in India
- ▶ Men’s dresses in India.

Objectives

- ▶ Learning about what the clothes we wear are based on:
 - Climate
 - The place where we live
 - The professions we follow
 - Dresses of Women in India
 - Dresses of Men in India
 - Special Dresses

Teacher’s Aids

- ▶ Internet
- ▶ Chart or magazine showing different dresses
- ▶ Dolls if they are available with students

Tips for Teacher

- ▶ If casual dresses are permitted on any day in school, the teacher can ask each student to dress according to a different state or region.

Gear Up, Background and Reading

- ▶ Gear Up shows people dressed according to their professions. They are firefighter, soldier, nurse, a astronaut and sailor respectively.
- ▶ Discuss various dresses with students to see what they perceive – a doctor, their parents, grandparents, uniforms, etc.
- ▶ Have a fun round asking them how to dress: at a party, at an informal get together, to go to sleep, to go to the market, to meet a VIP, etc.

- ▶ Read the lesson and points to remember aloud and explain.
- ▶ Three things influence the way we dress – climate, culture and profession.
- ▶ Give examples of hot and cold and rainy climates.
- ▶ Give examples of western, eastern clothes with cultural differences – for example, wearing hats or turbans, women with covered and uncovered heads, or with face covered or uncovered, etc.
- ▶ Give examples of professions as shown in Gear Up – army, air force, navy, police, customs, firefighters, security guards, coast guards, etc.
- ▶ **Dresses of Women in India**
 - Sarees of variety of materials and worn in different styles – UP, Bengal, Maharashtra, Gujarat, Tamil Nadu, Kerala, Kodagu, Parsi, etc.
 - Half saree – Assam, Tamil Nadu, Kerala, etc.
 - Other dresses – salwar-kurta, churidar-kurta, lehenga-choli, ghaghra-katchli, phiran, baku, jainsen, phanek, etc.
 - Trousers, T-shirts, jeans, suits, etc., in cities.
- ▶ **Dresses of Men in India**
 - Cities – shirt and trousers; jacket; suits; jeans; T-shirts.
 - Others – dhoti-kurta; lungi-kurta; pyjama-kurta, dhoti-angarakha [Rajasthan].
 - Dhoti is worn differently in different parts of India – Bengal, UP, Rajasthan, Southern states, etc. Lungi in Punjab, Orissa, etc. Veshti in Tamil Nadu, Mundu in Kerala.
 - Headgear – Turbans of different styles –Punjab, Sikhs, Rajasthan, Haryana, Karnataka, etc. Caps – Himachal Pradesh, Northeastern states, Maharashtra, Sikkim, etc.
- ▶ Special Dresses – tribals in various parts - traditional and ceremonial dresses
- ▶ Indian clothes and are textiles in demand all over the world – silk sarees : Varanasi, Kanjeevaram, Hyderabad, Bhagalpur, etc.