

# Dhaatri - Handbook



## Adivasi Youth Workshop on Learning Life Skills



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## Adivasi Youth Workshop on Learning Life Skills

From 15.09-24.09 in Secunderabad

**With:** Durga, Radha, Prakruthi, Vivienne, Namretha, Saraswat, Gayathri, Arpitha

**About:** Macramé, Stitching, Paper Cover, Paper Mat, Clay Work, Friendship Bracelets, Hand Block Printing, Crochet, Yoga, Computer Tips

### Table of Contents:

1. Basic Information
2. Stages of Learning
3. Step by Step Instructions:
  - a) Macramé
  - b) Stitching
  - c) Paper Cover
  - d) Paper Mat
  - e) Clay Work
  - f) Friendship Bracelets
  - g) Hand Block Printing
  - h) Crochet
  - i) Yoga
  - j) Internet Tips
4. Pictures
5. Sources



The *Adivasi Youth Workshop On Learning Life Skills* was held in Secunderabad at the Dhaatri Office from 15<sup>th</sup> September to 24<sup>th</sup> September.



The participants came from Ganj Basoda and Panna of Madhya Pradesh, varying from the ages of 14 to 22 years old. During the 10 days, the 11 participants learned various skills which can later be specified and even made into a profession.

The exposure to different colours, materials, working with hands as well as the satisfaction of completing given tasks aimed to achieve a sense of self-reliance and a chance to explore new avenues for income.

The skills learned such as Macramé, Stitching, making a Paper Cover, working with clay and making a Friendship Bracelet offers a variety of great chances including supporting creativity and instrumental expertise.

The mutuality between these skills is:

- using your own hands
- easy to do at home
- can be learned step by step
- few and available materials close to home needed
- can be sold to earn money

This manual contains step-by-step tutorials on the skills and pictures of the participants throughout the workshop.

- Macramé with Durga
- Stitching with Radha
- Folding a Paper Cover with Durga
- Weaving a Paper Mat with Durga
- Work with Clay with Prakruthi
- Friendship Bracelets with Durga
- Hand Block Printing with Durga
- Crochet with Prakruthi
- Yoga with Vivienne
- Internet & Computer Tips with Namretha & Saraswat
- Health & Hygiene & Gender with Gayathri

The reason for this workshop was to show and present an alternative way of life as well as building basic and important life skills to teenagers who finished school or dropped out of school without any perspective.

The 10-day workshop started with an Introduction of everyone participating including the teachers. To give a first impression of working with some new textures, the group started with working with clay, also a skill useful in a village. On the following three days, the group learned about working with Clay, Macramé, stitching a Bag, Crochet and making a Petticoat. On the fourth day, the group did an additional outside activity going to different tourist attractions in the city like visiting Charminar, as well as going on a shopping trip. The next few days, the participants continued learning about Crochet, Stitching, Macramé, but also new things like Yoga, Block Hand Printing, making Friendship Bracelets, Basics in Computer work, folding a Paper Cover, Basic knowledge in Health, Hygiene and Gender, weaving a Paper Mat. On the ninth Day, another outside activity was on the schedule, going to a temple and a park and having some free time. The last day, the teenagers made boxes out of newspapers with Durga to have a place for small, private things. After that, it was time to say goodbye and the teenagers went back to their home villages, ending the workshop.

### FIRST STAGE ①

- The participants despite belonging to various age group participated in all the activities. They got an exposure to colours, materials, working with hands and the satisfaction of completing tasks given. To look at the finished product that they made.

### SECOND STAGE ②

- The second stage would be to get the interested participants and explore the craft they are interested in and an in-depth training on the particular skill and prepare them to master the techniques in two more stages.

### THIRD STAGE ③

- The last step is to become self-reliant, self-employed and earning money by starting a small unit in their village and selling their products.
- .
- It is important to show them how to make the skill a profession, how to store the materials at home and how to make an income.



# Macramé



Macramé is a knotting technique that uses several knots to form a variety of items. It only requires a rope and can be made solely by hand, while also being a great way to relax and create beautiful art.

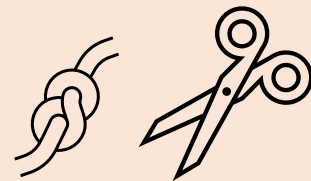
Humans have been tying functional knots since the prehistoric period. The origin of Macramé can be traced back to the 13<sup>th</sup> century in the Arab world. Weavers used the knots to secure loose ends of woven textiles. The term 'Macramé' originates from the Arabic word "migrah" which means fringe. Starting from the 15<sup>th</sup> century, the Moors and other European sailors stole the technique and spread it all over Europe until it became a 'common' knowledge and Macramé grew into a worldwide folk tradition.



Today, Macramé is mostly being used to *make plant hangers, bags, wall hangings, keychains* and much more.

The supplies you need for Macramé are simply:

- Rope
- Scissors
- Measuring tape
- Bar (to attach your rope)
- Additionally: decorative items e.g. beads



And of course, your hands as well as different knotting techniques!



The most common knots can be broken down into four categories:

1. Mounting knots
2. Square knots
3. Hitch knots
4. Gathering knots

## 1. Mounting knots

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### Forward Lark's Head Knot

1. Fold the rope in half, bringing the ends together.
2. Hold the loop in front of the bar and pull the ends of the rope through the loop from behind the bar.
3. Pull down the ends to tighten and make sure both ends are even.

### Reverse Lark's Head Knot

1. Fold the rope in half, bringing the ends together.
2. Hold the loop behind the bar and pull the ends of the rope through the loop from the front of the bar.
3. Pull down the ends to tighten and make sure both ends are even.



## 2. Square knots

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### Half Square Knot

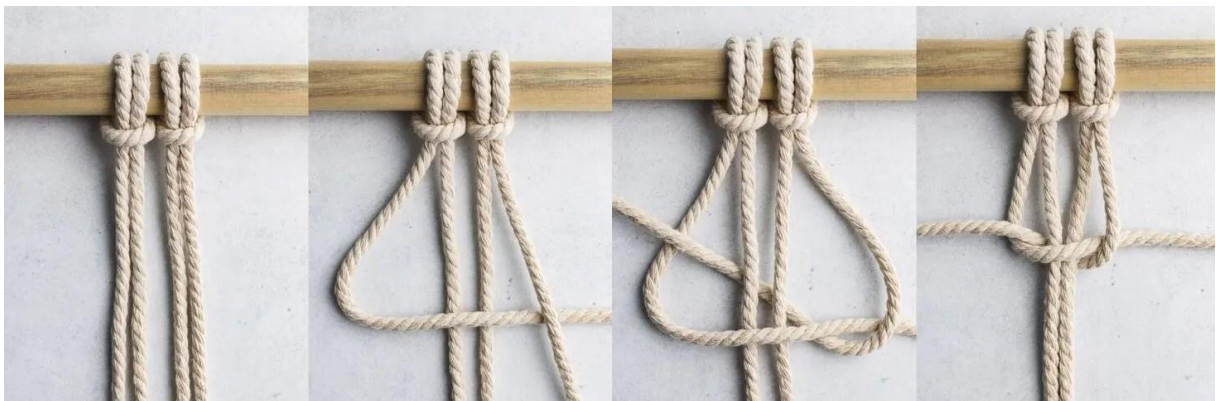
Cut two pieces of rope and attach them to a wooden dowel with a lark's head knot. You will now have four strands of cord.

The two outer cords are called working cords.

The two inner cords are called filler cords.

To make a half square knot:

1. Bring the left working cord over the two filler cords and under the right working cord.
2. Bring the right working cord under the two filler cords and up over the left working cord.
3. Tighten the knot.



### Right Half Square Knot

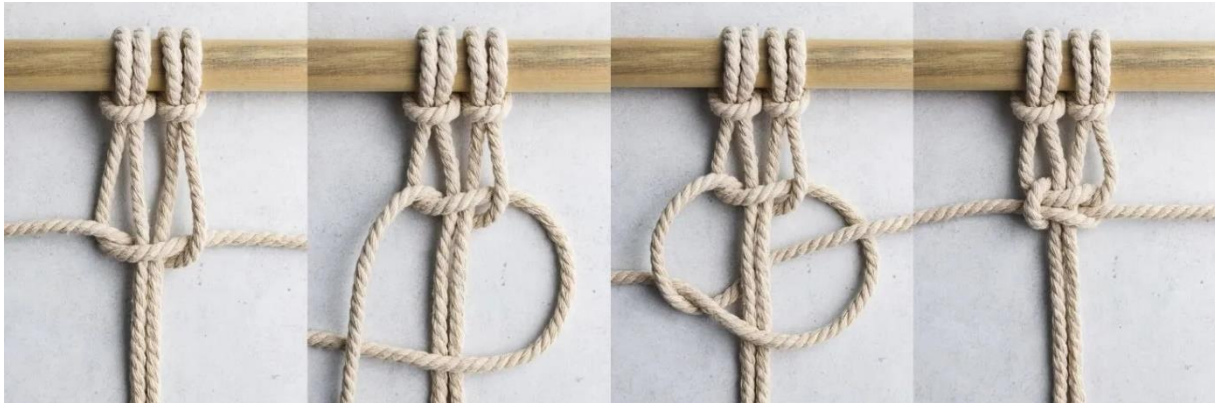
This is the mirror image of the previous half square knot.

1. Bring the right working cord over the two filler cords and under the left cord.
2. Bring the left working cord under the two filler cords and up over the right cord.
3. Tighten the knot.



## Square Knot

Each square knot is made from two half square knots, worked one after the other.



### Left-facing Square Knot

Work a left half-square knot followed by a right half-square knot.

### Right-Facing Square knot

Work a right half-square knot followed by a left half-square knot.

### Half Knot Spiral

The spiral knot is a sequence of half-square knots worked one after another. Make sure all of the half square knots are facing the same way.

## 3.Hitch Knots

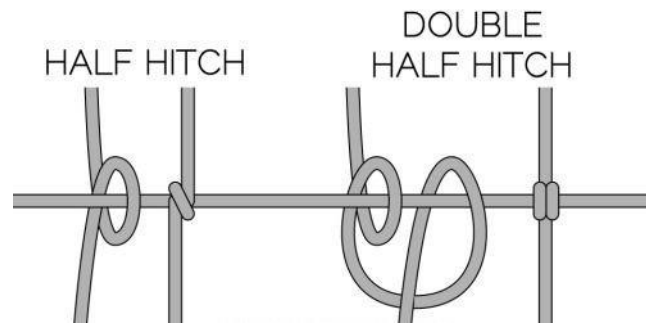
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### Half Hitch

The half hitch knot is a simple knot that can be combined in different ways. You can tie hitch knots with an existing project cord, or a new cord. To make a Half Hitch, simply wrap the rope around another rope or your bar and pass the end through the loop and tighten it.

### Double Half Hitch Knot, also called Clove Hitch Knot

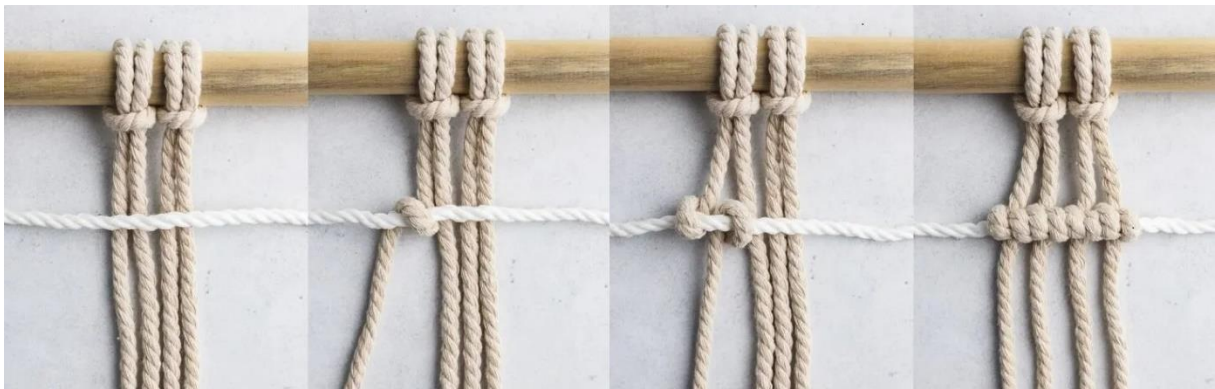
This is a variation of the half hitch knot. It can be tied to create horizontal, vertical, and even diagonal lines in macrame pieces. Do a Half Hitch and wrap it around the rope again, then pull it to tighten.



<https://www.pinterest.com/pin/290763719666448230/>

### Horizontal Double Half Hitch

A row of horizontal double half hitch knots made a raised bar across your work. Each horizontal double half hitch knot is made from two half hitch knots made from the same working cord.



### Diagonal Double Half Hitch Knot

Diagonal double half hitch knots are very similar to horizontal double half hitch knots, except the row of knots is positioned diagonally instead of horizontally.



## Vertical Double Half-Hitch

A vertical double half hitch knot is made from two half hitch knots. To make vertical double half hitch knots, use one working cord to make double half hitch knots across multiple filler corder.



## 4. Gathering Knots

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### Overhand Knot

The overhand knot is often used to prevent the end of a length of rope from unraveling. Overhand knots can also be used to tie two cords together at the bottom



of a piece. Form a loop with all threads and tuck it into the loop and pull it out completely. Pull both ends to tighten.

### Wrapping Knot

Use a wrapping knot to secure a group of cords. You can use this knot at the beginning or end of a macrame project.

Cut a long length of cord. Gather the group of cords that need to be wrapped. Bring the folded end of the working cord down to the area you want to wrap. Wrap the working cord around the grouped cords. Pass the working cord through the loop, and pull the other end to secure





# Stitching / Sewing

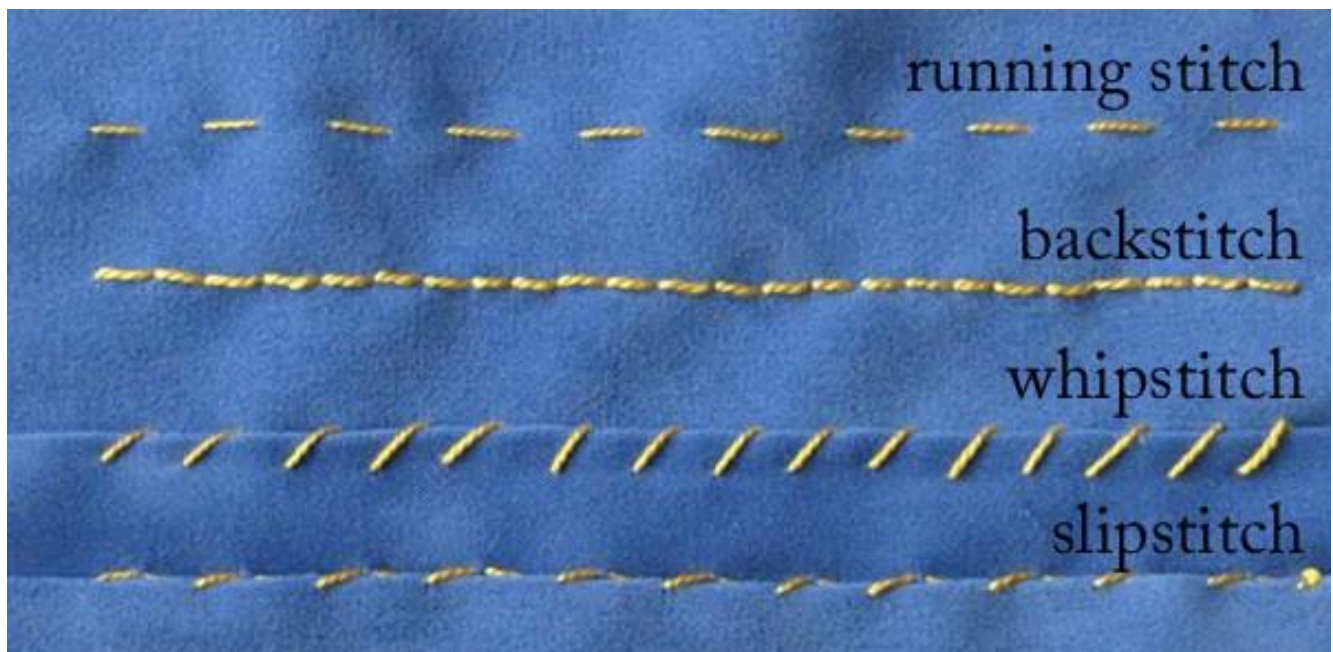
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Stitching is the art of stitches sewn on any materials. The simple act allows to repair clothing as well as create something new. Stitching and Sewing has an ancient history dating back to the Paleolithic Era. It was mostly used to stitch animal hides for clothing and shelter. Combined with the weaving of plants, it was used in Africa to create baskets. Nowadays, it is a practice known all over the world most commonly used to repair clothing or sew two materials together and create another piece of material e.g. a handbag.

Once mastered, the art of stitching can never be forgotten and can always be useful.

All you need is a string and a needle.

These are the most common stitching techniques:





### 1. Running Stitch

Bring your needle up from the wrong side, and then put it back down again a little ways away.

### 2. Backstitch

Bring your needle up to the right side of the fabric, slightly in front of the start of the seam. Then, put your needle through the fabric, behind where it came up, and bring it up again a stitch length in front.

### 3. Whipstitch

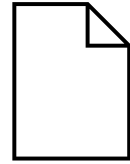
Bring your needle up to the right side of the fabric, then take a large bite out of the underlayer before bringing the needle up again, a little ways away. Pull thread through, and repeat.

### 4. Slipstitch

Bring your thread to the right side, very close to the folded edge. Catch just a few threads of the underlayer, before taking a tiny bite out of the folded edge. The finished stitch should move mostly horizontally, with very little vertical motion at all



# Paper Cover

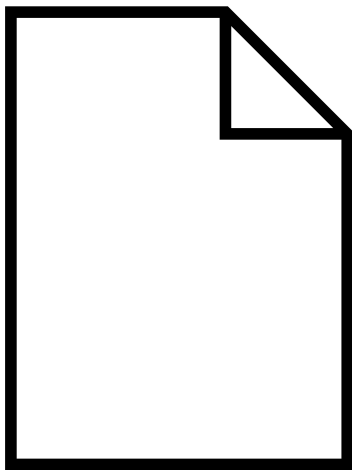


Reasons for choosing this craft:

- Learning to make paper covers for daily use. To learn recycling. Can make in a small space. Doesn't need machines.
- Products made: paper cover
- Learnings: How to reuse old newspapers/ magazines.
- Folding paper and making covers without using glue.

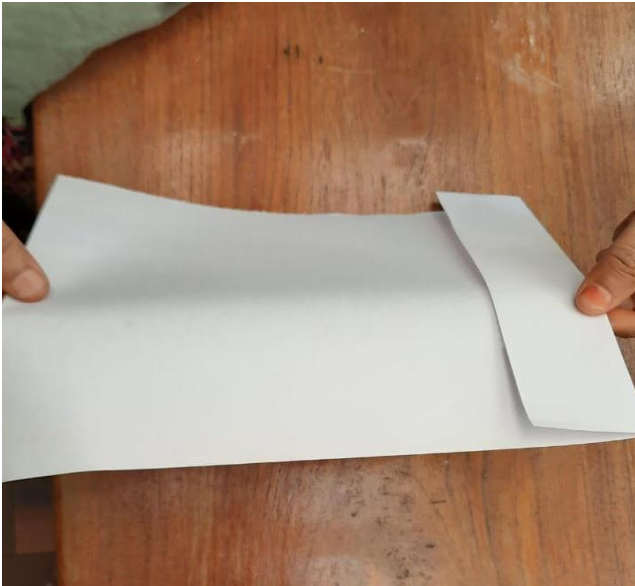


## Instruction:



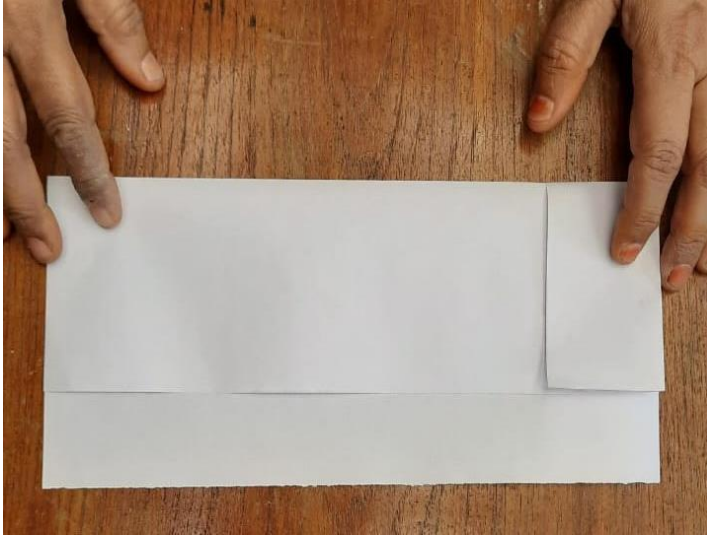
### **Step 1:**

Take a piece of paper.



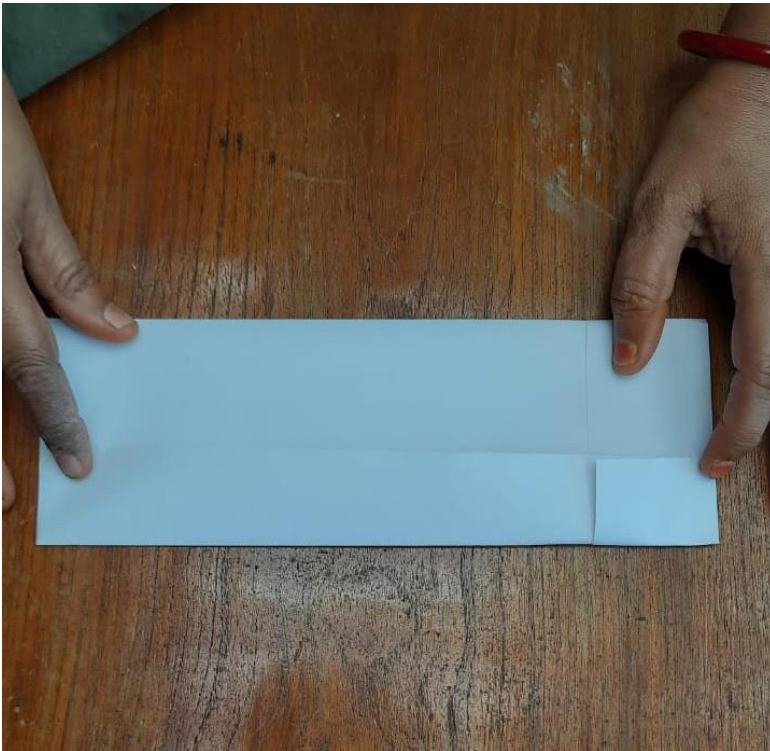
## **Step 2:**

Fold the upper part.



### **Step 3:**

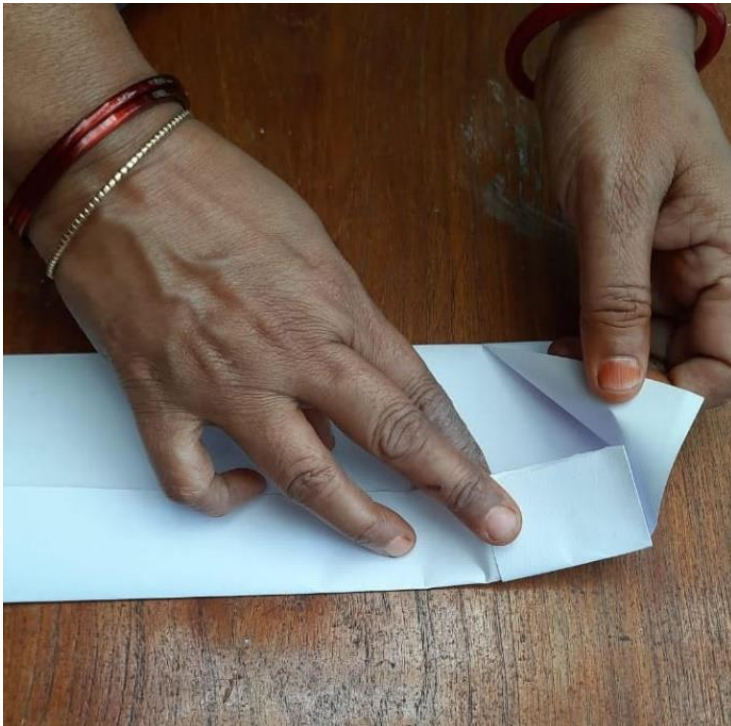
Fold the paper so that one part is about 6 cm longer than the other half.



### **Step 4:**

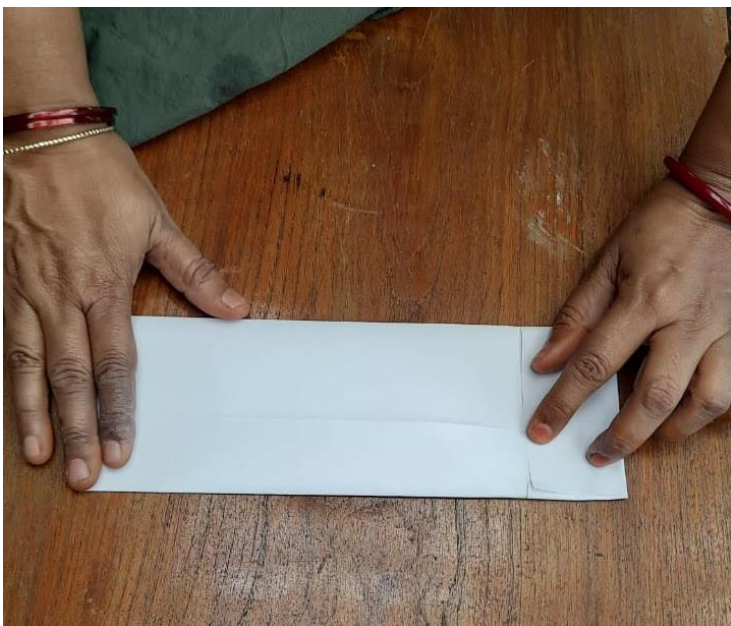
Now fold the longer half over the other part.





### **Step 5:**

Open the upper fold and fold the small side under the upper fold.



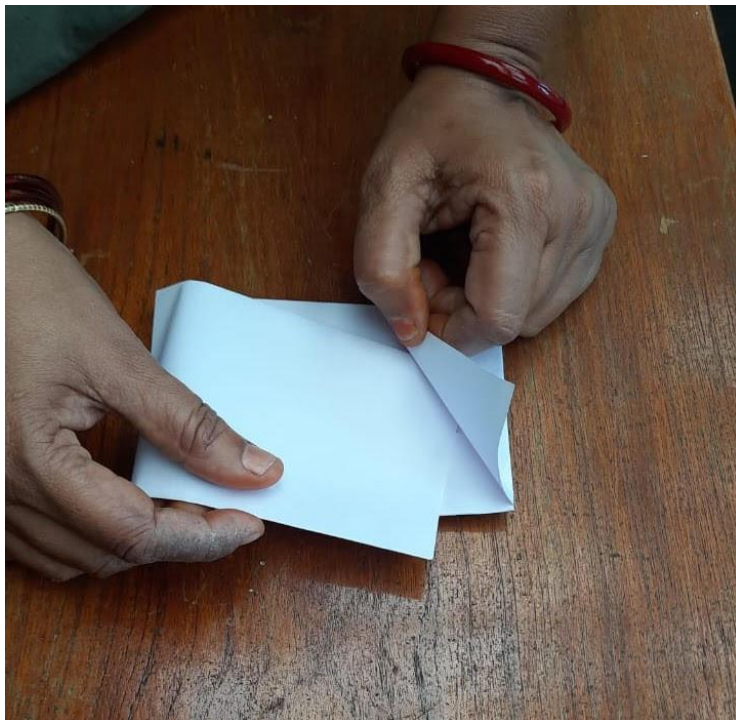
### **Step 6:**

Smooth out all sides to get an accurate result.



### **Step 7:**

Now fold the paper  
in half.



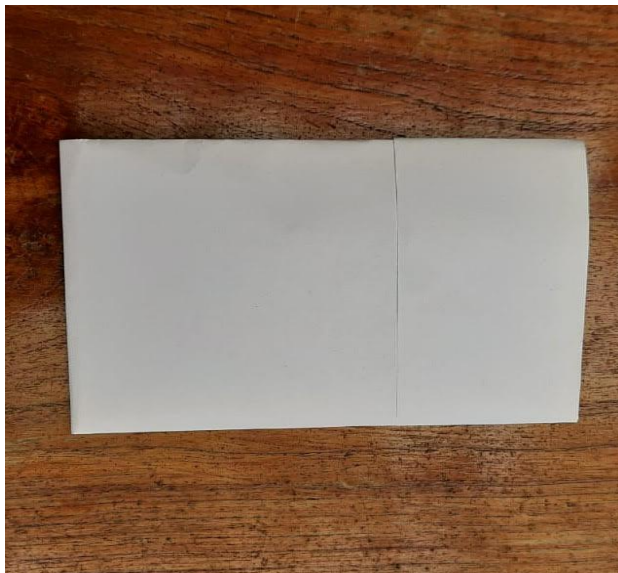
### **Step 8:**

Bring the half under  
the upper fold.



### **Step 9:**

Smooth out all sides.  
additionally, you can  
glue the protruding  
side.



### **Step 10:**

Now your Paper Cover  
is finished.



# **History of Paper Covers**

A paper cover is a small bag made from paper and used to hold small items. The size of the paper determines the size of the cover. Paper Covers can be made from any paper, especially newspaper, and is easily made with your hands.

Historians believe the first envelope was developed in ancient China, however it was nothing like we know it today. It was made from



[Old Paper Cover - Free Texture \(freestocktextures.com\)](https://www.freestocktextures.com/)

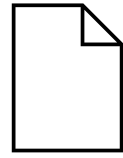


[HD wallpaper: vintage postcards, old, paper, letters, envelopes, mail, ephemera | Wallpaper](#)

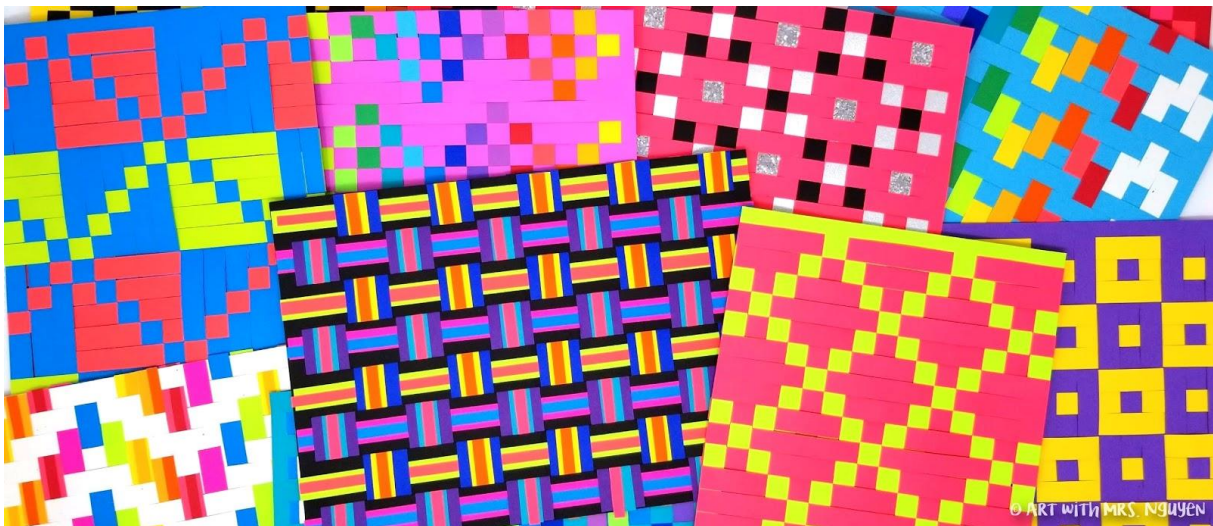
clay and then smashed to reveal the message. The first paper envelope was discovered in China around 200BC. Rather than sending letters or items, it was mostly used to send money as gifts. Despite the rise of the Internet, billions of paper envelopes are produced and sent around the world every year. Even though envelopes and paper

covers are very similar from their materials and general use, they are still slight differences. Especially their folding techniques and how they are used are different. Whereas envelopes are mostly used for letters and sending paper, paper covers are mostly used to store small items. Paper Covers are a very convenient, cheap and fast way to hold several things, keeping it safe and secure to your liking.

# Paper Weaving



Paper weaving is a craft in which thin strips or sheets of paper are woven together to create textured, durable, and colourful new creations. It is a great way to recycle old papers, learn new colour combinations and create new designs. Paper Weaving helps developing creativity and coordination. It is a very easy task and young artists of all skill levels can participate and master the technique. Weaving paper has a place in old Japanese and Korean traditions. Weaving itself is even older. It started approximately 12,000 years ago and is acknowledged as one of the oldest surviving crafts. Not all paper weaving projects are simple. More advanced crafters often make intricate murals and patterned designs by weaving narrow paper strips together. But to make elaborate designs, you first must master the basics.



<https://www.artwithmrsnguyen.com/2019/03/paper-weaving-with-templates.html>

The materials you need:

- Paper (different colours, patterns)
- Scissors
- Glue

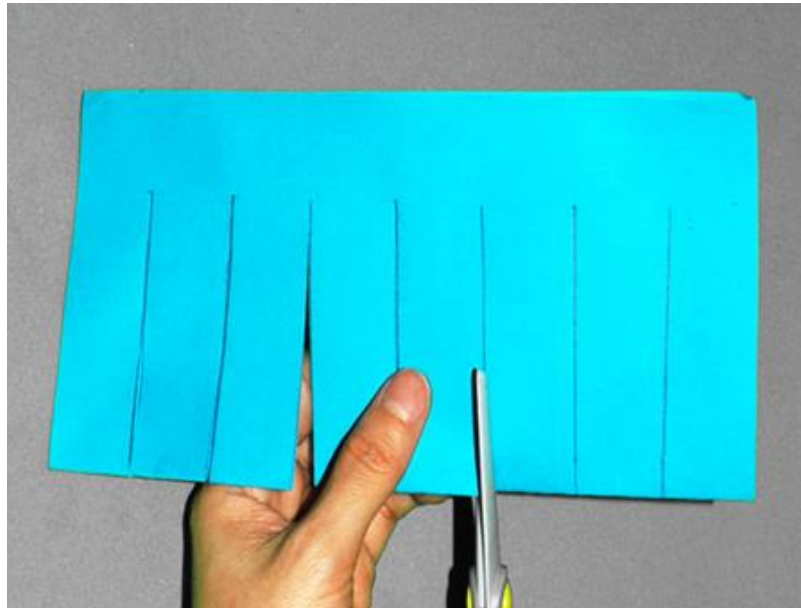
Step 1: Fold paper

Take one of your papers and fold it in half.



## Step 2: Cut slits

Cut evenly spaced slits in your paper. Make sure to stop at the top and leave about 4 cm uncut space. This will create your frame.



<https://www.firstpalette.com/craft/paper-weaving.html>

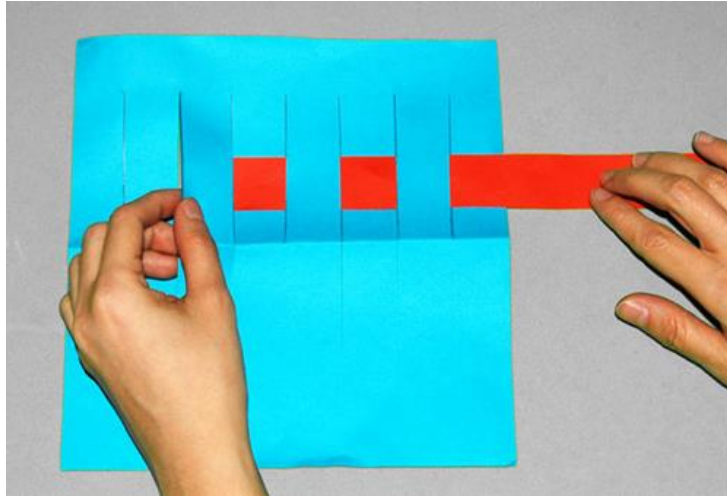
## Step 3: Unfold the paper

## Step 4: Cut stripes

Take your other papers and cut them into stripes. For an even finish, make sure the stripes are about the same size as the slits you just cut into the first paper. The stripes must be longer than the paper with slits.

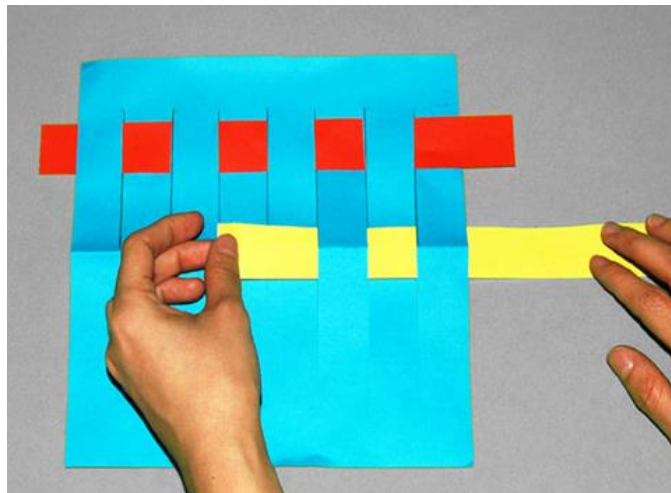
## Step 5: Start weaving

Take one of your stripes and start weaving it into your paper. Weave it across the stripes, going over and under each strip. The strip should be longer than the paper on both sides.



#### Start 6: Continue weaving

Now take another strip (you can choose another colour if available and that is your wished pattern). Start weaving the second strip in the opposite pattern. If you started with the first strip going over, now start with the second strip going under.



#### Step 7: Finish weaving

Now weave in the rest of the strips until you have no space left and your pattern is full.

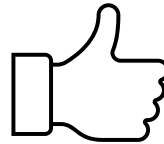
#### Step 8: Cut off excess strips

Cut of any excess of the strips on both sides to the same length of the frame

#### Step 9: Add Glue

Apply glue on the excessive papers on the frame. You can flip the paper over, so the glued sides are at the bottom.

There you go! Your weaved paper is finished.



# Working with Clay



Clay is a natural material made up of tiny particles of rock. It is a very common material and is the oldest known ceramic. What's special about clay is, water determines its elasticity. The more water you use, the more formable clay gets. If you let clay dry; fire it in a special oven, clay gets hard and usable for things such as cutlery or pots.

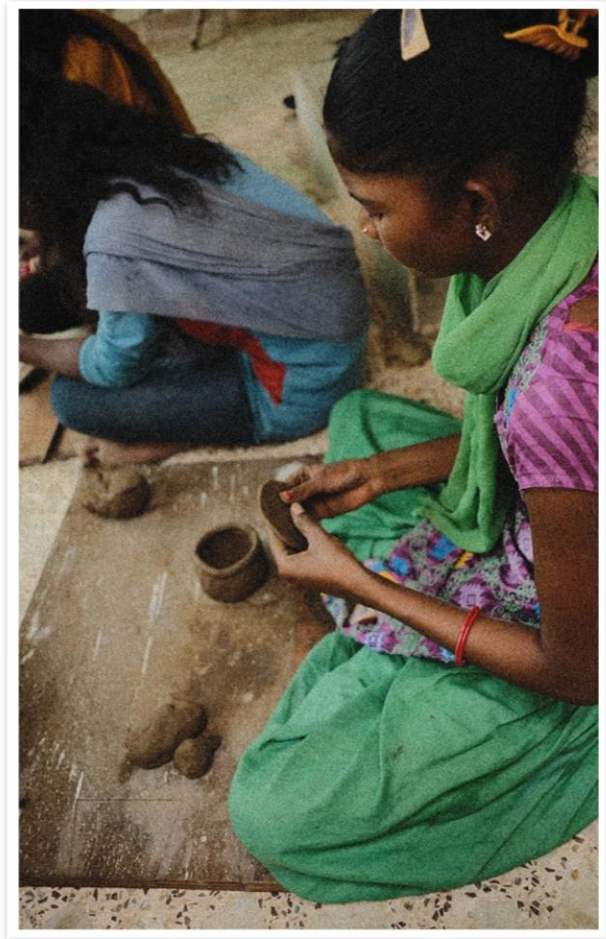
The origin of clay work dates back more than 10.000 years in the Middle East and Africa when humans formed clay pots for gathering and planting corps. Nowadays, clay is being used for more than just gathering. A few examples are *buildings bricks, flowerpots, cutlery such as mugs, bowls, plates, jewelry like rings and earrings* and much more. The most common use for clay is still to this day pottery.

Work with clay promotes creativity, self-confidence, self-expression and is a perfect medium to express your creative talents.



## Here are a few tips for working with clay:

- Clay is very reusable. As long as it is not fired, you can always reuse your clay.
- If your clay is too dry, add some water. Give it some time to time to absorb the water completely.
- If your clay is too wet, let it dry by room temperature.
- Before starting to work with clay, test it first. Pull off a small piece of your clay and roll it in your hands until it forms a cylinder. Now bend the cylinder, if it bends smoothly, the clay should be usable; if it cracks, try adding more water.
- Clay dust is very harmful for your lungs. Remember to prevent dust and clean your workspace consistently e.g. with a wet sponge!
- Do not leave dry clay laying around. Put it into a bucket full of water or bag it to prevent drying out.
- Do not let clay down your drain! It can harden and cause major damage to your drains.
- Always rinse your hands in a bucket of water.
- If you want to continue a piece another time, wrap it up in a sheet of plastic or in a box and don't place it near direct sunlight or heat to slow down the drying process. Check it every other day and add water if needed.
- Clay is the most fragile when bone-dry. Be extremely careful to avoid cracking or coil separation.





Now you can start working with clay! Remember, your work doesn't have to be perfect from the beginning. You can always go back and continue working on it until you are satisfied with your clay work. And most importantly, always have fun and enjoy it!

One of the most common flowerpots are coil pots. Here is a step-by-step tutorial on how to make a simple coil pot:

Simple coil pots are made from coils of clay positioned in consecutive rings, placed on top of one another. You can always add more elaborate coil designs.

Step 1: The base

Roll out a piece of clay to make the base. Make sure it has the same thickness as your walls will have. Once rolled out, cut your clay in your preferred shape, usually a circle to make a round pot.

Step 2: Add clay coils

Once you're satisfied with your base, you can now add your clay coils. Take a piece of clay and roll it in your hands until you have a long roll that is about the same thickness as your base. It is important that each coil sticks to each other well and is connected. Otherwise, your pot will separate once your clay is dry.

You can use two techniques to connect the individual coils:

#### *1) Slip and Score*

Score the two surfaces you want to connect, so that both surfaces are rough. It is better if you use a modelling tool to create a surface. You can also add water to create a moist surface. Press the two surfaces together and give them a squeeze. You need to apply enough pressure to bond the two surfaces, while also being careful not to crush the clay and destroy its form.



## 2) Blending the Coils

Use your fingers or a modelling tool to connect the two surfaces. When you blend the surfaces, you will lose the coil surface. If you want the coil design to be visible, blend the inside of your pot. If you are making a pot that will contain liquid, always blend the inside surface to secure density.

Step 3: Add shape and design

You can change the appearance of your pot by changing its shape.

By adding your coils slightly to the outer edge of the coil below, you can build your walls outwards. This will widen your pot.

Adding your coils on the inner edge of the coil below will bring the walls of your pot back in.

If you place your coils always on the same place on top of each other, you will create a weak spot on the pot.



You can also add shapes such as swirls, clay balls etc. to create a different pattern. Always make sure to connect each piece with each other!

Step 4: Finish the pot

If you are making a simple coil pot, you can finish adding coils until you're satisfied. You can also add additional features such as a collar to add an extra design to your pot. The good thing about coil pottery is that you can adapt the technique to create a range of designs.

# Friendship Bracelets

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Friendship Bracelets are great, easy and a fast way to relax and are always a great gesture to your friends and family. With just some thread and easy techniques, one of these bracelets can be made in little time.

The exact origin of the friendship bracelet is unknown. Although, there are some theories. Some claim that knotted bracelets date back to ancient China. Others claim that because of their colour schemes, patterns and design, they originated in Central and South America. And some people believe the Friendship Bracelets received its popularity in the 1970s in America due to an “peace and love” movement, where the Bracelets symbolized unity and friendship.

Folklore states that traditionally, when a Bracelet gifted, the receiver of it can make a wish and then has to wear it till it falls off on its own. Only then will the wish be granted and becomes reality.

Nowadays, those Friendship Bracelets are just a nice gesture and gift to celebrate one's friendship. There doesn't need to be a reason to give someone you love a friendship bracelet, so don't feel burdened or wait for a special occasion, but rather give your friends friendship bracelets whenever you want.



[https://www.youtube.com/watch?v=Y\\_FzuLwCZnk](https://www.youtube.com/watch?v=Y_FzuLwCZnk)

There are many different Friendship Bracelets with individual patterns. The materials you need are always the same and very simple:

- Thread (you can choose the number of different colours, usually recommended for most Bracelets are 3-4 different colours)
- Scissors
- (Additionally: Measuring Tape)
- (Additionally: Tape; not necessary, but may make it easier)
- (Additionally: Beads)

TIP: Tying tight knots will make the bracelets look even and smooth.

One of the most common Friendship Bracelet is a Candy Stripe Bracelet:

Recommended are 3-4 Colours. Remember, the more colours you use, the thicker your bracelet will be.

#### Step 1: Measure your thread

A good rule to go by when measuring your thread is, take the thread, hold it between your fingertips and hold the length of the thread to your shoulder. Now double this distance between your fingertips and shoulder. This should be about the right amount of thread. Now cut all your threads the same length. But remember, too much thread is generally better than too little thread because you can cut off any excessive thread, when you are finished.

#### Step 2: Make a loop

Take all your threads and fold them in half. Now make an overhand knot at the fold, so a loop will be created.

#### Step 3: Securing the loop

Now you take your loop and place it, so it is stable to start the Bracelet. That can be with a piece of tape over the loop on a table or around your toe (as seen in the picture) or anything you like. Just make sure, the thread, more specifically the loop, doesn't move during knotting to make it easier.



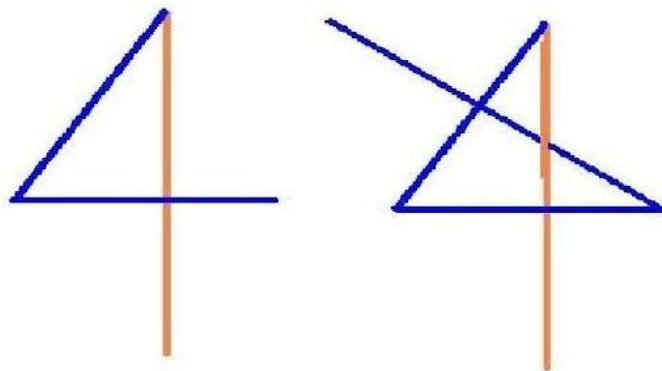


#### Step 4: Arrange your thread

Arrange your strands of thread in the order you want them to appear in your bracelet. If you chose 3 colours, you will have 6 strands of thread. If you chose 4 colours, you will have 8 strands. If you have 2 of the same colours next to each other, you will have a wider band of that colour in your bracelet.

#### Step 5: Start knotting: Forward Knot

For this bracelet, you use the “forward knot”, which creates knots left to right. Take the first strand on the left, shape it into the number 4 with the other strand. Put the first strand OVER the second strand and then underneath the 4, the space that’s created, and pull it through. (As shown in the photo, blue is the first, left strand, yellow is the second, right, next to it, strand)



[https://www.youtube.com/watch?v=CxUS\\_0IG4G4](https://www.youtube.com/watch?v=CxUS_0IG4G4)

Step 6: Make a row with the first thread

Repeat Step 5 and make another forward knot with the first and the second strand. Now take the first thread again and make two Forward Knots with the third Thread. Continue making the knots by using the first thread.

Step 7: Make more rows

Once you've reached the right with the first thread by knotting, make another row by taking another thread, the now first one on the left. Repeat Step 5 and 6 by making different rows with knotting. Keep knotting until you have the right measurements for your wrist. Check by simply putting the Band around your wrist; if the loop and the knotted part can go around your arm and touch each other, you have enough rows, if not, keep knotting.

Step 8: Finish your bracelet

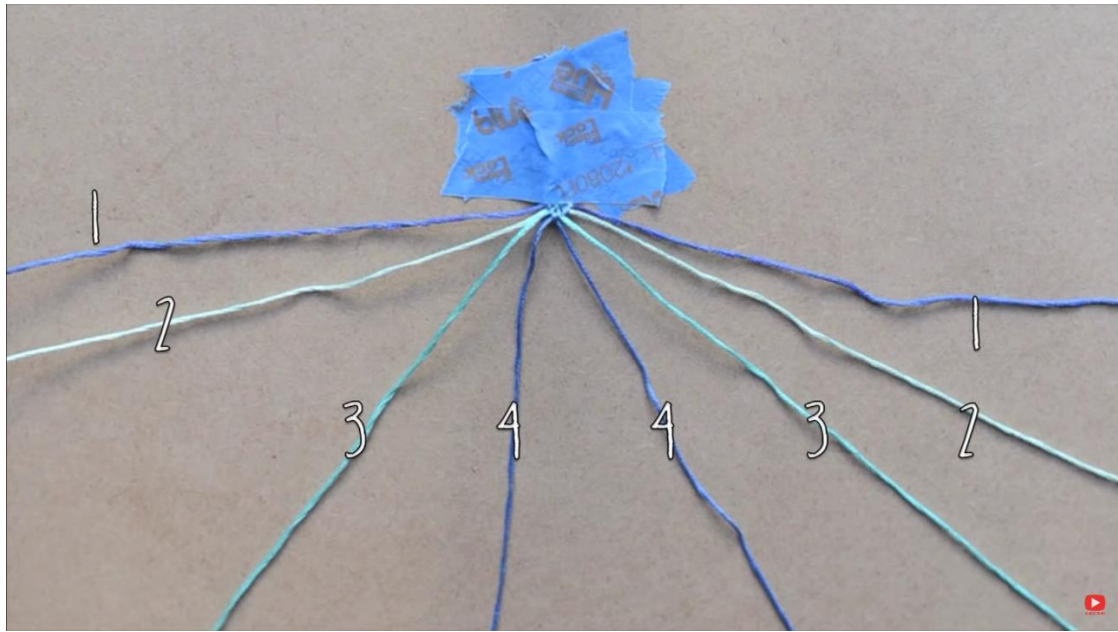
Once you have enough rows, you can make simple knot to secure the band. Cut off the rest of the excessive threads. Make sure it is long enough to put it through the loop and secure around an arm. Rather leave it longer and then cut it shorter once it is secured around the arm.

*Congrats! You've just finished your Candy Stripe Bracelet.*

Another famous Friendship Bracelet is the Chevron Bracelet:

Recommended are 4 colours.

Repeat Step 1 to 4.



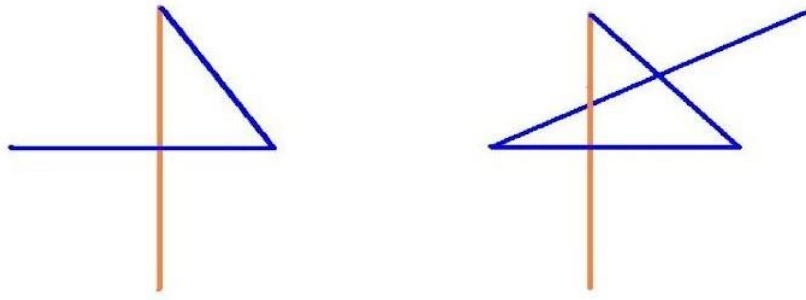
<https://www.youtube.com/watch?v=nNOioNDsg2s>

Step 5: Left side

Make double forward knots like in the Candy Stripe Bracelet with the first thread on the second, third and fourth thread, until you've reached the middle of the total threads.

Step 6: Right side

Take the first thread on the right and make a Backward Knot. Make a backward 4 shape and pull the thread through the space and tighten it on the second thread. Make two knots on one thread and continue knotting on the third and fourth thread, until you've reached the middle like in Step 5.



<https://www.youtube.com/watch?v=AqszhD8g9ul>

#### Step 7: Threads meet in the middle

Now take the two threads with which you started on both sides that are now in the middle and make two Backward Knots. You should now have a V-shaped row of knots.

#### Step 8: Repeat Steps 5 to 7

Repeat Step 5 to 7, always taking the first thread on the left and right to make the knots. Doing this will give you a even and regular change of colours. Keep your threads spread out and organized to avoid any entanglement or mix up of the colour order.

#### Step 9: Finish the bracelet

If your bracelet is long enough, you can finish it by either already making a knot or separate the threads into two halves and braid each, then tie a knot at the end. Make sure it is long enough to put it through the loop and secure around an arm. Cut off any excessive threads.

*Congrats! You've just finished your Chevron Bracelet.*



<https://www.pinterest.com/pin/custom-spiral-macrame-bracelet--273875221077218246/>

Last but not least is the Spiral Bracelet:

Recommended are 2 – 5 colours.

Repeat Step 1

Step 2: Make a knot

Make a knot at the top. Leave some thread at the beginning for tying it. But be careful: don't fold the threads in half like with the other Bracelets.



Step 3: Choose your first colour

Choose the colour you want to appear first in your bracelet.

Step 4: Make Forward Knots

Make Forward Knots with your first thread around the other threads. Repeat this around 7-15 times, depending on how big you want each colour section to be. The knots should spiral on its own giving the Bracelet its iconic look.

Step 5: Change colours

Now choose another coloured thread and make forward knots around the other threads like you did in Step 4. For an even appearance, make the same number of knots at each colour section

Step 6: Finish the bracelet

Once your bracelet is long enough, tie a knot around all the threads like you did in Step 2 and cut off any excessive thread.

*Congrats! You've just finished your Spiral Friendship Bracelet.*



# Hand Block printing



Block printing, also called “Hand block printing”, refers to the printing technique of pressing and stamping fabric with carved wooden blocks filled with colour. Woodblock prints can range from small images intended to be repeated in a pattern to large works of art that require a large printing press to print. Depending on the size of the knife and the quality of the material, it's possible to capture a fine degree of detail in each print. However, since the process is generally done by hand, no two prints are ever the same.

The earliest practice of Block printing on fabric originated in China during the third century. Later, the technique of Block printing spread in the rest of Asia, the Middle East, Europe and then the rest of the world. India is still to this day one of



<https://textilesindia.in/hand-block-printing-of-ahmedabad-textiles-of-india/>

the most famous sources of fine artisan patterns of block printing on fabric. India developed an unrivalled mastery in the secrets of natural plant dyes and mordants. This expertise enabled Indian printers to create unique designs and a colour palette that became the envy of the world. Here, the tropical climate helped dyes could bloom to their deepest expression.

The traditional way of Block printing consists of many steps including carving each wooden piece, preparing fabric, mixing dyes and applying the print. Today, the more convenient way of Block printing is to buy the finished Blocks and Paints and to start printing. This saves not only time but also allows are bigger variety of different pattern.



Block printing is an excellent way to add different, individual patterns to any fabrics and make each one unique.



The process of Block printing is simple:

- Choose your wood blocks with each print
- Choose your fabric
- Choose your dye(s)
- Add dye to your wooden block
- Start printing

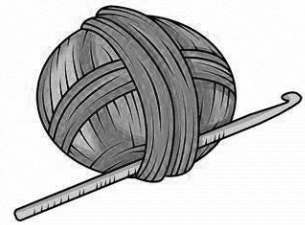
! Make sure you use the right amount of paint and press long enough with some pressure to achieve a perfect finish of the print on the fabric!

- Create different patterns and make a unique design
- Add for each print a new amount of dye to achieve a similar vibrant finish of the print.
- Remove the wooden block from your fabric.
- Let the color dry

Et voilà! Admire your finished piece of art!



# Crochet



Crochet is a process of creating looped textiles by using a crochet hook to interlock loops of yarn, thread, or strands of other materials. The word 'Crochet' comes from the French word 'crochet', which means hook.

The exact origin of Crochet is not easy to pin down, but it is estimated during the 19<sup>th</sup> century in Europe.

You might ask yourself, "what is the difference between knitting and crochet?". Well, knitting keeps many stitches open at a time whereas crochet usually completes each stitch before the next one is begun. Also, in knitting, the stitches form a V-shape, the stitches in crochet are more like knots. And most importantly, Knitting uses a pair of long needles to form the loops, Crochet on the other hand uses a single hook to hook the loops together, which makes crochet much easier to work with than knitting.



[How to Crochet for Beginners - Naztazia](#)®

Today, there are endless products you can do out of crochet: Clothing like shirts, Bags, Hats, Scarfs, Decorations, Accessories like Earrings, Coasters etc.

The materials you need for crochet are simple:

- Yarn
- Crochet hook

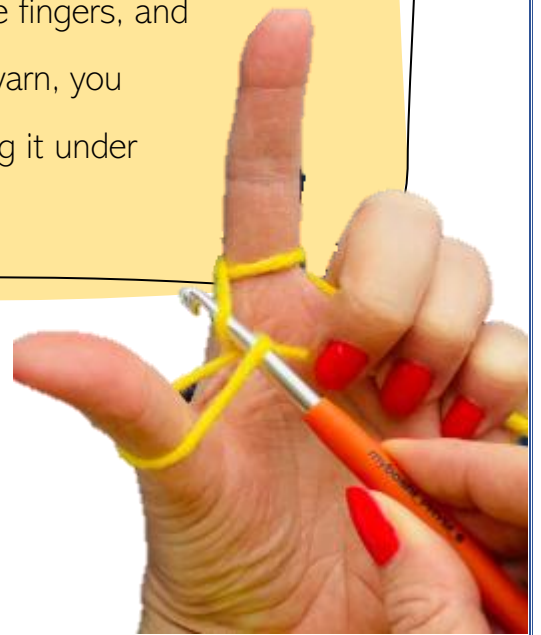


## Step 1: Tie a Slip Knot

Before you start with the basics of Crochet, you have to learn how to hold the hook and the yarn correctly. There are two ways for the hook.

1. Pencil Grip: Hold the hook like a pencil, between your thumb and index finger, use your middle finger underneath for more balance and control.
2. Knife Grip: Hold the hook like a knife, hand over the hook, palm facing down. Hold it between your thumb and index finger, wrap your other fingers around the shaft of the hook for more control.

To hold the yarn, loop the yarn through the fingers of your non-dominant hand. Pass the yarn over the pinkie, under the ring and middle fingers, and over your index finger. To create more tension on the yarn, you can loop the yarn once around the pinkie before passing it under the ring and middle fingers and over the index finger.



To attach the yarn to the crochet hook, you have to tie a Slip Knot

<https://buntgewerkt.de/downloads/haekeln-anfangsschlinge-mit-der-haekelnadel/>

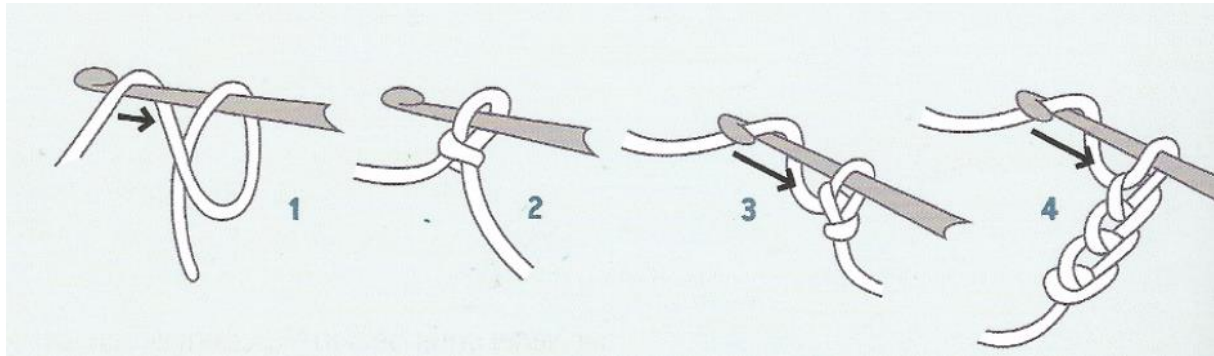
Start the loop approximately 15 cm from the start of the yarn. Insert the crochet hook into the centre of the loop from front to back. Use the hook to grab the yarn and pull it through the centre of the loop. Pull both ends of the yarn to tighten the loop around the hook.

## Step 2: Yarn Over

Loop the yarn over the hook clockwise from back to front. Use your left index finger to wrap the yarn over the hook. You can also use your right hand to pivot the hook under the yarn.

## Step 3: Starting Chain

A starting chain is a number of crochet chain stitches that forms the foundation of your project.



<https://www.pinterest.com/pin/413768284484590080/>

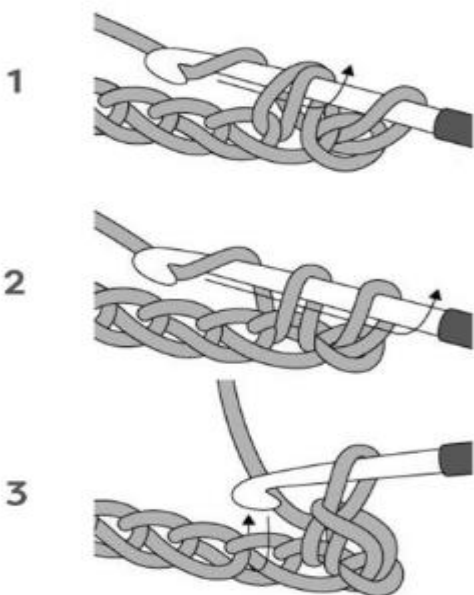
Hold the hook in your right hand and the yarn in your left hand. Insert the hook into the slip knot. Hold the end of the slip knot between your thumb and middle finger of your left hand. Now yarn over. Rotate the hook slightly to catch the yarn in the bowl of the hook. Pull the hook through the loop of the hook.

*TIP: When counting how many chains you've made, do not count the loop on your hook or the slip knot as a stitch.*

#### Step 4: Working into the Chain

To work into the starting chain, insert the crochet hook into the chain stitch from front to back. The tip of the hook will pass through the centre of the V.

**Step 5: Single Crochet** Start with a chain of 11 stitches. Insert the hook into the second chain from the hook. Bring the yarn over the hook from back to front. Draw the yarn through the chain to pull up a loop. (You will now have two loops on the hook.) Now, yarn over again. Draw the yarn through both loops on the hook. You will now have one loop on the hook.



<https://www.coroflot.com/lee->

#### Step 6: Turning Chain

When you come to the end of a row, you will turn your work over, make one or more chain stitches (for the turning chain), and then begin the next row of stitches. To turn your work, simply rotate the piece 180 degree clockwise. The opposite side of the work will now be facing you.

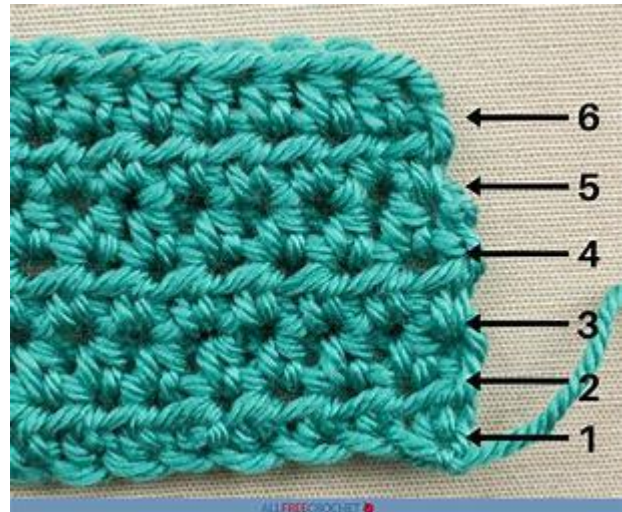
### Step 7: Second Row

This row will be worked into the previous row of single crochet stitches, not into the starting chain. Insert the hook under the top 2 loops of the last stitch of the previous row. Yarn over from back to front. Draw the yarn through the stitch and pull up a loop. There will be two loops on the hook. Yarn over again and pull through both loops on the hook. There will be one loop left on the hook.

### Step 8: Keep making rows

Work right to left across the row. Repeat these steps, making one single crochet stitch in each of the nine remaining stitches. Count your stitches, and make sure you have the correct number.

At this point, you can turn your work to make another row of stitches. Keep making more rows of single crochet until you've reached your desired length. Then, cut the yarn and fasten it off.



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### Step 9: Fasten Off

Cut the yarn, leaving a 15 cm yarn tail. Use the hook to up draw the yarn tail through the loop on your hook. Remove the crochet hook from the work and pull on the yarn tail to tighten it.

You may want to weave in the yarn tails to secure them. To weave in the ends, thread a blunt-tipped yarn needle with the yarn tail. Then, weave the needle back and forth through the crochet fabric.

# Yoga



Yoga is a group of physical, mental, and spiritual practices or disciplines. It originated in ancient India over 5,000 years ago. Its aim was to control and still the mind (*yoke*), while also recognizing a detached witness-consciousness untouched by the mind (*Chitta*) and mundane suffering (*Duhkha*). Nowadays, a wide variety of yoga practices is being performed all around the world in Hinduism, Buddhism and Jainism as well as a sport to relax the body and the mind.

Yoga has a vast variety of benefits:

- Improves strength, balance and flexibility
- Helps with back pain relief
- Benefits heart health
- Helps regulating a sleep rhythm
- Can ease arthritis symptoms
- Builds and tones muscles
- Boosts mental health
- Reduces blood pressure and cholesterol
- Encourages weight loss and a healthy metabolism





# YOGASAN CHART

## योगासन चार्ट

102



पश्चिमोत्तानासन  
PASHCHIMOTANASAN



भुजंगासन  
BHUJANGASAN



ऊर्ध्वसर्वांगासन  
URDHVARY SARVANGASAN



हलासन  
HALASAN



कर्णपीडासन  
KARNPIRASAN



शलभासन  
SHALABHASAN



धनुरासन  
DHANURASAN



ऊष्ट्रासन  
USHTRASAN



चक्रासन  
CHAKRASAN



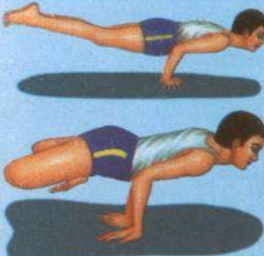
जानुश्रीर्षासन  
JANUSHIRSHASAN



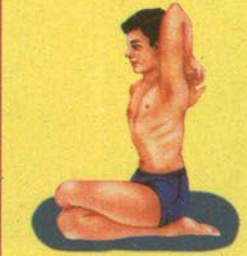
त्रिकोणासन  
TRIKONASAN



मत्स्यासन  
MATSYASAN



मयूरासन  
MAYURASAN



गोमुखासन  
GOMUKHASAN



अर्धमत्स्येन्द्रासन  
ARDHMATSYENDRASAN



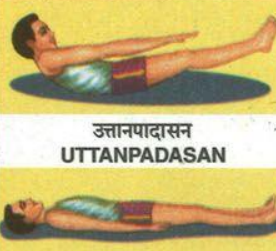
भद्रासन  
BHADRASAN



बद्धपदमासन  
BADHPADMASAN



शीर्षासन  
SHIRSHASAN



उत्तानपादासन  
UTTANPADASAN

शवासन  
SHAVASAN



पदमासन  
PADMASAN

# Sun Salutations 1,2 & 3







# Breathing Exercise



## Step 1

Ball your right hand into a fist. Press your index and middle fingers into the mound (or base) of your thumb, so they're held firmly in their curled position. (This mudra is traditionally made with the right hand, but there's no compelling reason why left-handers can't use their dominant hand if they like).

## Step 2

Stretch out the ring and pinky fingers. Keep your pinky relatively straight, but curl your ring finger slightly, then press its pad to the pinky's nail. Align the fingertips as best you can; the idea is to "blend" the two fingertips into one.

## Step 3

Now bring your hand to your nose. Be sure not to turn your head toward your hand, keep your chin aligned over your sternum. Also be sure to keep your right shoulder level with your left shoulder. Tuck your right elbow in close to the side of your torso without hardening your armpit.

## Step 4

For all digital practices, the ring finger/pinky pair will close the left nostril, the thumb the right (unless you're using your left hand). Curl these fingers so that you press the nostrils with their more sensitive tips, not their pads. When you close a nostril, apply just enough pressure to block the opening, not so much that you interfere with the flow of breath through the open nostril.

## Step 5

Try this simple practice. Close your right nostril and inhale slowly through your left. Then close the left and open and exhale through the right. Finally inhale through the right, close it, and open and exhale through the left. Repeat 2 or 3 times, then

*mrigi* = deer

*mudra* = seal

# Internet Tips

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The Internet is a term most of us should be familiar. It plays a very important role in the everyday life of millions of people. The Internet completely revolutionised communication and technology across the Globe. Invented in the 20<sup>th</sup> century, the Internet was initially used for large industries, but became so popular that it is now used for much more. There is no single person or a specific date when the Internet was invented, but it was rather a combined effort of multiple people over the course of many years.

The Internet allows an easy access for Information and a platform for Online Education, especially useful for students around the globe during the COVID-19 pandemic. You can also look for jobs or do any online shopping. It is even possible to be an Influencer and earn money. You can also share information or media about yourself and your life on Social Media. The possibilities are endless. But the Internet isn't all good. The dependency and distraction for looking at things online has increased massively. Many people are victims of Cyber Crime and Bullying.

To secure a safe handling while working with the Internet, here are a few tips you should know and follow:

- Never share your passwords!
- When creating a password, use something that you can remember good while also being hard to guess and hard to hack for others.
- Never share your personal information (full name, address, family, credit card etc.)
- Be careful of scams! Don't click on anything suspicious.
- Don't give anybody money you know only online.
- Use an Internet Security Software (e.g. Kaspersky) to protect yourself from viruses
- Once on the Internet, always on the Internet. The Internet doesn't forget. So be careful what you post.
- Be nice and respectful. If you wouldn't say it to someone's face, don't say it online either. People online are still people, even when you don't see their face.
- Don't engage in an online fights and discussions.
- Think twice before you post anything. Is this appropriate? Do I understand the situation correctly?
- Be careful what you download. Only download things that are officially safe or on an official site (Google Play Store, App Store, Microsoft Store etc.)
- Pay attention to your grammar and punctuation. Just because other people don't, doesn't mean that you have too.
- Be careful of Fake News. Double check your facts. Just because you read something on Social Media, doesn't necessarily make it true.

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