



MENDING WORKSHOP

Empowering women from our society
for responsible consumption!

 24-25 June 2025

 11:00 AM Onwards

 Production Studio, Picasso Block

Resource Person

Ravinder Singh

Lab Technician, Department of Fashion Design
Chitkara Design School

Organised By:

Centre of Excellence for Sustainability
in Collaboration with: Office of Administration
& Department of Fashion Design,
Chitkara Design School



Event Name	Mending Workshop for Village Women
Date	24-25 June 2025
Venue	Production Studio, Picasso Block
Department	Centre of Excellence for Sustainability in collaboration with Office of Administration & Department of Fashion Design, Chitkara Design School
Resource Person	Mr. Ravinder Singh
Number of Participants	42
SDGs Covered	4,5,8,12,17

Introduction

The Centre of Excellence for Sustainability at Chitkara University, in collaboration with the Office of Administration and the Department of Fashion Design (Chitkara Design School), successfully conducted a two-day Mending Workshop on 24th and 25th June 2025. The initiative aimed at empowering women from local villages to adopt responsible consumption practices through learning basic yet effective garment mending techniques.



Objectives

- To promote sustainable fashion through mending rather than discarding.
- To build capacity among village women to support household savings and self-reliance.
- To create awareness about responsible consumption under the UN Sustainable Development Goals (SDGs).

Day-wise Proceedings

Day 1:

- The event began with a refreshment session, providing tea and light snacks to the participants.
- The workshop was formally inaugurated by members of the organising committee.
- Mr. Ravinder Singh, Lab Technician from the Department of Fashion Design, served as the resource person. He began by sharing the importance of mending in reducing fabric waste and promoting sustainable living.
- Participants were introduced to basic tools and materials required for mending.
- Demonstrations were held on hand-stitching techniques for patching, button replacement, and hemming.

Day 2:

- The session began with another round of refreshments and a brief recap of Day 1 activities.
- Mr. Singh continued with advanced tips such as reinforcing torn seams, darning holes, and upcycling old clothing.
- A hands-on activity allowed each participant to practice mending on sample garments under the supervision of the instructor.
- The workshop concluded with an interactive Q&A session, and group photographs.

Outcome

The workshop witnessed enthusiastic participation from local village women, who gained practical knowledge and confidence in garment repair. Many expressed interest in further training or even pursuing tailoring as a source of income.

Conclusion

The Mending Workshop not only imparted useful life skills but also aligned with Chitkara University's commitment to **community engagement and sustainability**, supporting SDGs such as **Gender Equality**, **Responsible Consumption**, and **Sustainable Communities**. It was a significant step toward empowering rural women and fostering a culture of reuse and self-reliance.



