

KASHMIRI EMBROIDERY

SKILL MANUAL

Class - VII



**CENTRAL BOARD OF
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Address: Shiksha Kendra, 2, Community Centre, Preet Vihar, Delhi - 110092

Acknowledgements

Advisory

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- **Dr. Joseph Emmanuel**, Director (Academics), Central Board of Secondary Education, Delhi

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- **Smt. Niti Shanker Sharma**, Deputy Secretary (Skill Education), Central Board of Secondary Education, Delhi
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Content Development Committee:

- *Dr. Pramod Kumar Srivastava, Principal Model Academy*
- *Mrs. Manjari Sehgal*
- *Mrs. Chanda Gupta*

Layout and Design:

- Mrs. Amisha Mehta

Class VII Kashmiri Embroidery

Chapter wise Learning Objectives and Learning Outcomes

S.NO	Name of the Unit	TOPICS	LEARNING OBJECTIVES	LEARNING OUTCOMES	PAGE NO.
1	1)Introduction and History of Kashmiri Embroidery	1a)Meaning b)History c)Types of Kashmiri embroidery d) Process e) Patterns	a)To enable the students to recognize the meaning and history of Kashmiri embroidery. b) Learners will explore types of Kashmiri embroidery, its processes & patterns.	a) Learners will be able to appreciate the concept of Kashmiri embroidery relating its history with Silk Route and initiation of its trade with the other countries. b) Learners will be able to study types, uses, processes & patterns of Kashmiri embroidery. c) Manage and reduces anxiety	2
2	2) Introduction of Stitches used in Kashmiri embroidery	Types of Stitches	a)The learners will evolve an interest in basic stitches (Satin Stitch, Woven Spider Wheel, Lazy Daisy & Chain Stitch) b) To enhance knowledge about types of Stitches	a) Learners will be acquainted with Satin Stich, Woven Spider Wheel, Chain Stitch& Lazy Daisy b) Learners will be able to learn about different stitches.	12
3	3) Introduction of Satin Stitch	Satin Stitch	a)To give smooth finish to the embroidery. b) The learners will learn to cover a section of the background fabric.	a) Learners will be able to learn, practice and decorate handkerchiefs & masks.	17
4	4) Introduction of Woven Spider Wheel	Woven Spider Wheel	a)To enable the learners to create round shaped patterns: flowers or round motifs. b) The learners will learn eye-hand coordination.	Learners will be able to create round motifs to make flowers, etc.	20
5	5. Introduction of Chain Stitch	Chain Stitch	To enable the students to fill up the space between the patterns.	Learners will be able to draw stretched patterns, curved lines, crochet a chain stitch or fill up the space between the drawn patterns.	23
6	6. Introduction of Lazy daisy	Lazy Daisy Stitch	To enable the learners to provide a proper spacing between a loop and create the lazy daisy stitch.	a) Learners will be able to differentiate between Chain stitch and Lazy Daisy stitch. b) Learners will be able to make house hold and decorative items such as handkerchiefs, masks, table cloths, wall hangings, paintings and other motifs on scarfs, caps, etc.	26
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FOREWORD

‘The Skill Development Manual- Kashmiri Embroidery’ for Class VI is an endeavor towards implementing the recommendations of NEP 2020 which emphasis on bringing Vocational education into main stream education. We have chosen Kashmiri embroidery as a skill to expose the students to the necessary hands on training along with creating linkages with the best pedagogy.

The Kashmiri Embroidery or the Kashida is one of the oldest forms of embroidery in India. The history of embroidery in Kashmir can be traced back tom as early as the 15th century. However, it was during the Mughal Rule (around 16th Century) that the Textile Industry in Kashmir saw a majorsurge. The Mughal emperors are known to have patronized it.

The skill integrated here focuses on creativity, sensory and motor skills, critical thinking and problem solving through an emphasis on experiential learning to create a future consistent with India’s rich history and heritage.

All activities confirm to a general format wherein the Aim, learning Objectives, Skills developed and other details have been furnished. Each unit ends with a few questions which are meant to access and evaluate the learner’s skills developed in the process.

This Manual aims at enabling the students to amalgamate their creativity with the acquired vocational skills, thereby ensuring wholesome learning and development.

UNIT-1

Introduction and History of Kashmiri Embroidery

Jammu & Kashmir is a newly created Union Territory in India consisting of two divisions: Jammu Division & Kashmir Division, both of which are administered by the Central Government of India. It is located to the north of Himachal Pradesh & Punjab and to the west of Ladakh. Jammu is known as the City of Temples & offers plentiful sightseeing opportunities with its gardens, palaces, forts & religious attractions, the most famous of which is Mata Vaishno Devi in Katra. Kashmir Valley is famous for its meadows, lakes, high altitude passes, hill stations, Mughal Gardens, Dal Lake, **Shikara** Ride & ancient religious sites.

Kashmiris make different types of handicraft products with simple items and materials traditionally. Some notable areas are textiles, carpets and rugs, crewel embroidery, phool kari, silverware, woodwork and papier-mâché, etc. Handicraft is a source of living for many **artisans** in Kashmir.

The Kashmiri embroidery has been highlighted in this context.

History of Kashmiri Embroidery

Embroidery, in its initial form, was **introduced in Kashmir by traders traveling along the Silk Road in the 13 century** and encouraged subsequently by the various rulers that followed. Skilled craftsmen came from Persia and Central Asia and over time taught this art form to the local population.

(1.1)



<https://www.utsavpedia.com/motifs-embroideries/kasida-embroidery/>

Kashida is one of the oldest forms of embroidery in India. It is a centuries' old art. The history of embroidery in Kashmir can be traced back to as early as the 15th century. However, it was during the Mughal rule (around 16th century) that the textile industry in Kashmir saw a major surge.

The Mughal emperors are known to have **patronized** it. It was during this time that Kashmiri shawls and other Kashmiri garments started becoming popular around the world. Similarly, the Kashmiri embroidery too started shaping up and became an important part of various Kashmiri textiles. And since then, its demand has grown multi folds.

Three basic Embroideries of Kashmir

The Aari or Crewel Embroidery

Even though its origin is unknown, it can be traced back to as early as the medieval period. This kind of embroidery is locally known as *Zalakdozi*. It is a very old technique but also very popular. The crewel embroidery makes use of a pointed crochet or an 'aari' as the needle.

This form of embroidery can be done on cotton, wool, silk, velvet as well as other fabrics. This embroidery can be commonly seen on curtains, drapes and other upholstery, bedding, dress materials etc. Woolen or art silk thread is used for this particular embroidery. Mostly, the chain stitch is used for the crewel embroidery. Popular designs for this embroidery include flowers, blossoms, leaves, creepers etc.

The Sozni Embroidery

This form of embroidery is quite different from the aari embroidery. A needle is used in sozni embroidery. The Sozni embroidery can commonly be found on shawls, jackets, dress materials etc. The work that goes into this embroidery is very intricate.

Popular motifs for this embroidery are abstract geometric designs, paisley patterns. The Sozni embroidery is exclusive only to Kashmir and cannot be found anywhere else. The satin-stitch is used for making this type of embroidery.

The Tilla Embroidery

Another type of Kashmiri embroidery is the 'Tilla embroidery'. This kind of embroidery is done with golden or silver threads. It is mostly done on the Kashmiri traditional garment called Phiran. But now, it can also be commonly seen on shawls and sarees. The beautiful tilla embroidery **adorns** ethnic wear and gives it a royal touch.



(1.2)

<https://twitter.com/kashmirbox/status/1083388042029813764>

This classic type of embroidery is a true epitome of grace and class. Initially, real gold and silver were used for the embroidery. Only the rich could afford this luxury back in the day; making it super popular among the royals. However, now, just gold and silver-colored threads are used.

PAPIER MACHE EMBROIDERY

Papier Mache or Paper Mache embroidery is a form of embroidery which might be considered as a bolder variant of Sozni. It consists of breathtaking motifs which are worked in a bright coloured satin thread. Motifs are outlined in black to give a **protruding** effect.

Paper Mache uses thicker needle and thread for a more appealing visual effect.

When a motif is completed, it is outlined with another thread so as to make it appear more prominent.

KALAMKARI EMBROIDERY

Kalamkari designs aren't embroidery as such. But later, over the hand painted motifs, sozni embroidery is done.

This handmade piece of Kashmiri Pashmina gets hand painted in the Kalamkari art spanning in breath-taking shades of pastel colours.

Kalamkari comes from two words, 'kalam' meaning 'pen' and 'kari' meaning 'work'. Hence Kalamkari means the work of a pen. Pens used in Kalamkari are made from Bamboo. The colours used are natural dyes.

Importance of Kashmiri Embroidery

Kashmiri embroidery foresees a **profitable future** in the long run. As this artwork is famously executed on shawls, which has captured majority of the garment markets globally, there will come a time when this artwork will be considered as 'the' selling trend of the fashion industry.

1. Embroidery skills learned and practiced actually help society.

Children learn respect for the time and labor that went into projects by learning these skills that embroidery teaches. A child learns discipline, endurance, patience, and time management from accomplishing an embroidery project. Learning those skills for themselves also transfers over to gaining empathy towards others that have taken the time to take pride in the things they own.

2. Skills learned from embroidery also nurtures creativity and ingenuity.

It gives children the ability to have the resources to tackle D.I.Y. projects. Dreaming and anticipating about having a room decorated in their favorite character can be transferred into reality as embroidery gives a child control by allowing them to create their own world by embroidering those characters on pillow cases, curtains, dresser scarves and framed works that can be made and placed in their room.

Embroidery is an inexpensive craft to learn and maintain. All that is required to begin is an embroidery hoop, embroidery needle, embroidery floss and a pair of scissors. Children take pride in the appearance of their room because of the time spent decorating it with their embroidery projects that also adds unique decor and things that reflected their own personality.

3. Those early D.I.Y. projects easily transfer over to life skills for adulthood.

Embroidery skills easily transmit over to hand sewing skills which are very much needed for sustainable living and outdoor enthusiasts. Hand sewing is versatile as needles and thread are easily packed as necessary tools and used in the following ways:

1. Tent and canvas repairs
2. Clothing repair in home or out in the field.

Skills are learned that transfer over to other areas of the life of a child regardless of gender.

Eye-hand coordination, color theory, design and planning skills are all developed by embroidery.

4. Entrepreneurs are easily grown from those that learn embroidery.

Embroidery can even teach a child money management. Projects can not only be given as gifts which allows for saving money that would have been needed to purchase a gift but also allows the individual to spend it on other things while still giving a thoughtful unique gift handmade instead of purchased in the store.

The art form of embroidery can even launch a child into their own small business by selling their made items to friends. Copy right laws should be taught so the child learns consideration for others hard work and designs but this knowledge also encourages uniqueness, originality and the ability to protect their own work and designs.

Embroidery is a great way to reduce stress and anxiety as it is not only relaxing and therapeutic due to the repetition and rhythms, but it can actively reduce our cortisol levels. Cortisol is a hormone in our bodies responsible for the stress signal.

Thus, it can be said that Kashmiri embroidery is an art that requires utmost dedication, patience and precision. Initially, only men are involved in the embroidery process in Kashmir. A son inherited this art from his father. But now, since the last few years, women have started participating too.

Many different stitches are used in Kashmiri embroidery which will be discussed in the next chapter.

Glossary:

Shikara: a light, flat bottomed boat

artisans: a person who make things skillfully especially with hands

Silk Road: an ancient trade route that linked the Western world with the Middle East and Asia

patronized: to be a regular customer of a shop

intricate: having many small parts or details put together in a complicated way

adorns: to add something in order to make it more beautiful

protruding: to cause to project, to thrust forward

D.I.Y. Do it yourself

ingenuity: skill or cleverness in devising or combining

hoop: a large metal or plastic ring

entrepreneurs: a person who makes money by starting or running business

Learning Outcomes:

- a) Learners will be able to appreciate the concept of Kashmiri embroidery relating its history with Silk Route and initiation of its trade with the other countries.**
- b) Learners will be able to study types, uses, processes & patterns of Kashmiri embroidery.**
- c) Manage and reduces anxiety.**

Material Required:

Silk thread

Cotton thread

Zari thread

Needles

Cloth

Embroidery frame

Pre-requisite Knowledge:

- The students should have previous knowledge about its History and Heritage.**
- The study also includes gathering knowledge about embroidery.**

Time duration: 2 hours

Mode of Activity: Individual

Skills developed::

Motor Skill

Kinesthetic Skill

Aesthetic Skill

Creative Skill

UNIT-2

Types of Stitches

Introduction:

Kashmiri embroidery, which is likewise called Kashida embroidery, is a sort of embroidery from the Kashmir **locale** of India. This is one of the most wonderful types of embroidery in the nation, recognized by its utilization of a **solitary** long line to make the plan. In fact, the whole design is made with one or two embroidery stitches which are expertly executed by the embroidery craftsmen.

This ancient art started as a small cottage industry in the 11th century and then, over the years, became a favorite with the **aristocracy** and eventually, the Mughal nobility. Today, it is considered one of the most gorgeous types of embroidery in the world.

Kashmiri embroidery work is famous for the smooth, expert manner in which a single stitch is utilized to create elaborate designs. The entire design on a fabric will be created with maximum two stitches, which can be of many different types, from the Chain stitch, Satin stitch, Woven Spider Wheel and Lazy Daisy stitch.

Kashmiri embroidery motifs are more often than not inspired by nature. Popular designs include maple leaves, trees, flowers, twigs, branches, birds, animals and lotus blooms.

This type of embroidery can be used to decorate many different types of garments and accessories. Kashmiri embroidery shawls are the most famous

and commonly found garments with this type of needlework. **Shawls** are extremely popular in this region because of the cold climate, but today, they have also become in-demand the world over.

Satin Stitch

Basic satin stitch is a fill stitch covering small areas with smooth, close stitches that lay flat on the fabric. It's sometimes referred to as a flat satin stitch to differentiate it from other members of the satin stitch family.



<https://www.youtube.com/watch?v=VZr4ILYILVE>

(2.1)Traditionally satin stitch fills in an area without an outline around it, the stitching forming smooth shapes and even lines.

Woven Spider Wheel

A spider web stitch also called **whipped spider web**, **ribbed wheel** and a few other names is a isolated embroidery stitch that creates a round shape. Though it is more solid than a true web, the spokes and lines do, in fact, resemble a spider web. This stitch works well as you embroider flowers and other round motifs (2.2)



<https://www.needlenthread.com/2006/11/ribbed-spider-web-stitch->

Lazy Daisy Stitch



(2.3)

Lazy Daisy stitch is nothing more than **a simple loop arranged in groups to create flowers**, combined in a line to make Chain Stitch, or worked individually to create leaves. There are also a number of variations for taking this simple stitch to the next level.

Chain Stitch

A chain stitch is a type of stitching where one continuous thread is **looped** back on itself, meaning there is no bobbin thread. Chain stitches can form flowing, curved lines, they are used in many surface embroidery styles that **mimic** "drawing" in thread.

<https://www.ikolam.com/rangoli/chain-stitch-embroidery>



(2.4)

Conclusion:

Thus the students will be well acquainted with Satin Stich, Woven Spider Wheel, Chain Stitch& Lazy Daisy used in Kashmiri embroidery.

Glossary

locale: the place where a particular event happens

solitary: done alone

aristocracy: the people of the highest social class who have special titles

looped: to fasten with a loop

mimic: to copy someone or something

Learning Outcomes

- a) Learners will be acquainted with four types of stitches.**
- b) Learners will be able to learn about the different four stitches.**

Answer in brief.

Q1. Which leaf is an important motif of Kashmiri embroidery?

Q2. Name the stitches used in Kashmiri embroideries.

Q3. Who introduced the embroidery in Kashmir?

UNIT-3

Satin Stitch

Introduction:

An embroidery stitch which works in parallel lines so closely and evenly as to resemble satin.

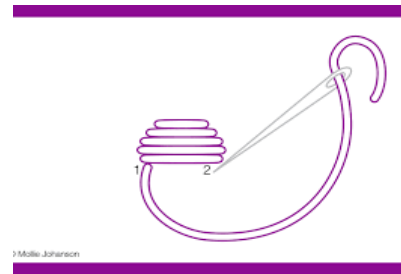
Satin stitch has a very easy procedure. What is difficult in this stitch is to maintain the neatness, especially on the edges of the pattern that is being filled. So, very often, a satin stitch is outlined using one of the straight stitches like the Split Stitch, the Outline Stitch, Back Stitch, Chain Stitch, or any other similar stitches of your choice. This helps in containing the satin stitch within the parameters of the pattern or motif easily.

Also, when doing a satin stitch, we have to make sure the stitches are not pulled too tightly as it will distort the fabric. Keeping it too loose will sag the stitch. To avoid these two conditions, it will be advisable to use an embroidery hoop to hold the fabric tight. When the fabric is taut, the satin stitch will be easier to do. Satin stitches can range in width from 1.5mm to 8mm. However, the wider the satin stitch, the more susceptible they are to **snagging and abrasion**.

Another thing to keep in mind is not to keep this stitch too long. If your pattern happens to be big, you can divide it into smaller sections and each section can be filled with shorter satin stitches. In satin stitch two strands of **floss** can be used for the neat finish. Else, opt for another stitch from the satin stitch family which will help you to fill larger areas or patterns. These include the brick stitch, **encroaching** satin stitch, and long and short stitch.

How to do the Satin Stitch

Step-1: To begin, bring the needle up through the back of the fabric to the front at the starting point of your shape; in the case of the circle, the top left.



(3.1)

Step-2: Take the needle down straight across from where you brought the needle up, on the opposite side of the shape you are filling.

Step-3: Bring the needle up on the side of the shape where you started, near where the needle came up on the previous stitch.

Step-4: Take the needle down straight across from where you brought it up, near where the needle went down on the previous stitch.



Step-5: Continue stitching in the same manner, repeating the steps above and making stitches side by side, covering your shape or area being filled.

(3.2)

<https://pintangle.com/2015/08/24/how-to-embroider-outlined-or-raised-satin-stitch/>

Glossary

hoop: a large metal or plastic ring

snagging: to catch a piece of clothing on something sharp and tear it

abrasion: damage to a surface(cloth) caused by rubbing something very hard against it

floss: the rough silk enveloping a silkworm's cocoon

encroaching: to use more of something

Learning Outcomes

a) Learners will be able to know about different sizes and how to hold the needle properly.

b) Learners will be acquainted with different types of threads.

Answer in brief.

Q1. What is satin stitch?

Q2. How wide should satin stitch be?

Q3. What can a satin stitch be used for?

Q4. How many threads do you use for satin stitch?

UNIT-4

Woven Spider Wheel

Introduction:

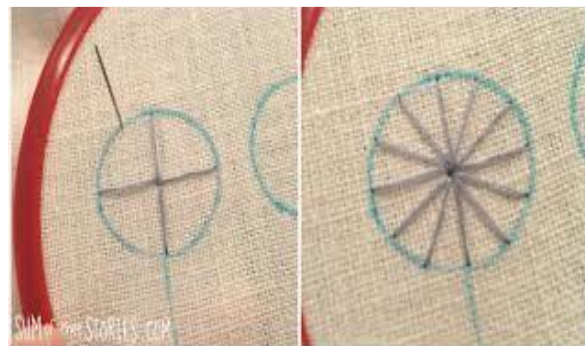
A spider web stitch (also called whipped spider web, ribbed wheel and a few other names) is an isolated embroidery stitch that creates a round shape. Though it's more solid than a true web, the **spokes** and lines do, in fact, resemble a spider web. This stitch works well as you embroider flowers and other round motifs.

How to do the Woven Spider Wheel:

This is a very easy, decorative, and a fascinating stitch. The final effect resembles a spider web, thus, the name. It can be used as an **embellishment** stitch. We will work between five straight stitches, though more numbers of straight stitches can be used. Just remember to keep odd or uneven numbers of straight stitches. Usually, five or seven straight stitches are preferred.

Step-1: First we use five or seven straight lines which intersects each other to make a star shape.

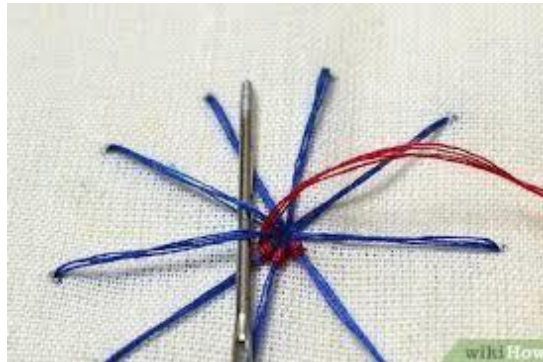
(4.1)



<https://www.sumoftheirstories.com/blog/2018/spiderweb-stitch-tutorial>

Step-2: Bring the needle out from the center. Now, start weaving the circle around the straight stitches, by taking the needle under every alternate straight stitch.

(4.2)



<https://www.wikihow-fun.com/Embroider-a-Spider-Web#/Image:Embroider-a-Spider-Web-Step-19.jpg>

Step-3: Keep going around the straight stitches without plucking the fabric underneath. You will notice that you will be going above the stitches you went under, the last time.

Step-4: A finished woven spider wheel would look like a spider. The number of times you want to go around the straight stitches depends on how you want it. Each time, it will give a different effect. Here, I have almost finished going around the straight stitches.

<https://www.needlenthread.com/2012/03/stitch-play-raised-spider-daisy.html>

(4.3)



Glossary

spokes: thin piece of metal that connects the center of the wheel

embellishment: decoration

Learning Outcomes

a) Learners will be able to learn how to insert the needle from where the embroidery is to begin.

b) Learners will be able to use the stitch to make patterns.

Q. Answer in brief.

Q1. What is woven spider stitch?

Q2. Where can we use woven spider stitch?

Q3. How many straight stitches are preferred in woven spider stitch?

Q4. Why is this stitch given the name as woven spider stitch?

UNIT-5

Chain Stitch

Introduction:

A chain stitch is a type of stitching where one continuous thread is looped back on itself, meaning there is no **bobbin thread**. Chain stitches are stretchier than lock stitches, which is why you find them in places such as the waistband and leg seams of jeans.

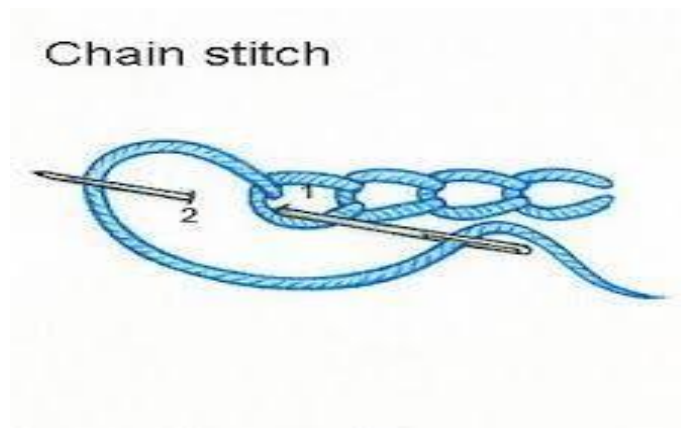
Chain stitch is a sewing and embroidery technique in which a series of looped stitches form a chain-like pattern. Because chain stitches can form flowing, curved lines, they are used in many surface embroidery styles that mimic "drawing" in thread.

Chain stitch is formed by two or more sets of threads named needle thread and looped thread. Lock stitches are formed by two sets of a thread named needle thread and bobbin thread. Thread consumption of lock stitches is less than chain stitches.

Steps to do the Chain Stitch:

To do the Chain Stitch, bring your needle up through the back of the fabric. Then take your needle back down through that same hole that you just came up through.

Step-1: Bring the thread out through 1. Put the needle back in 1 and bring it out



(5.1)

through point 2, but don't pull the needle out completely.

Step-2: Now, take the thread around the needle from left to right to form a loop.

Step-3: Pull out the needle now to tighten the loop and you will get the first part of the chain.



<https://www.patchworkposse.com/embroidery-stitches-chain-stitch-tutorial/>

(5.2)

Step-4: Now, put the needle in through 2 (now inside the loop) and bring it out on 3 (outside of the loop).

Step-5: Continue the action by taking the thread around the back of the needle from left to right to form a loop and pull out the needle to get the next loop of the chain. Keep on with this procedure till the finish.

Glossary

bobbin thread : a light weight thread

Learning Outcomes

Learners will use the stitch to outline embroidered shapes, to form flower and plant stems and a variety of other applications.

Q. Answer in brief.

Q1. What is a chain stitch?

Q2. Why is chain stitch important in embroidery?

Q3. What is the other name for chain stitch?

Q4. What is the difference between a lock stitch and a chain stitch?

UNIT-6

Lazy Daisy Stitch

Introduction

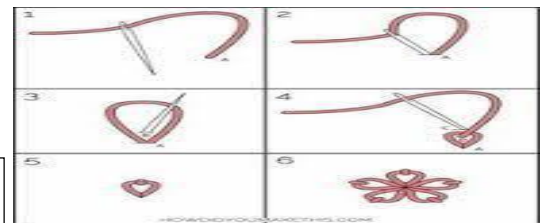
Lazy Daisy stitch is nothing more than a simple loop arranged in groups to create flowers, combined in a line to make Chain Stitch, or worked individually to create leaves. There are also a number of variations for taking this simple stitch to the next level. Let's start this lesson by making a simple flower. Lazy Daisy stitch is also known as the 'detached chain stitch' i.e. because the chain loop can be made separately on its own and it is not linked like a chain. It is a simple form of a chain stitch but it is not continuous. This is often used to give petal designs and small floral patterns. It consists of a single loop of chain than a continuous pattern. Lazy daisy is one of the extremely easy stitches. This stitch need not be limited to just petals and leaves but can be used for more complicated designs too.

Steps to do Lazy Daisy Stitch

Step1: Mark 2 points on the panel. Bring the thread out through a point on the panel. Put in the needle near the first point and bring it out through the second point, but don't pull the needle out completely. Now, loop the thread around the needle, like we do in chain stitch.

(6.1)

<https://www.pinterest.com/pin/172192385736956231/>



Step2: Pull out the needle out to tighten the loop. Put in the needle just outside the chain created and that will finish the lazy daisy stitch.



(6.2)

Step3: This stand-alone stitch can be used freely to be a part of any design. Since I have decided to make a flower, I will proceed with making multiple lazy daisies around the marked stitch line.

Step4: The completed flower made of multiple lazy daisies.

<https://www.embroidery.rocksea.org/stitch/chain-stitch/lazy-daisy/>

(6.3)



https://www.youtube.com/watch?v=0bwUIQ8DA_c

Learning Outcomes

Learners will be able to make decorative household items, such as: table cloth, Handkerchiefs, masks, wall hangings, woolen caps, etc.

Q. Answer in brief.

Q1. Define Lazy daisy stitch?

Q2. What is a lazy daisy stitch used for?

Q3. What is the other name of lazy daisy stitch?

Q4. What is the difference between a chain stitch and a lazy daisy stitch?

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INDIAN TEXTILES