



Holy Cross College (Autonomous) Nagercoil – 629 004

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Nationally Accredited with A+ Grade (CGPA 3.35) by NAAC IV Cycle
An ISO 9001:2015 Certified Institution

SSR
2019-2020
to
2023-2024

CERTIFICATE COURSES - SYLLABUS

BASIC BEAUTY AND HAIR DRESSING- BEAUTICIAN COURSE

Unit – 1: Personal Grooming and Hygiene: 6 Hours

Basics of Good grooming- Care of yourself- Care of your skin, hair and nails- Personal and public Hygiene- Wardrobe planning- Jewelry- Self grooming tips.

Unit-2: Skin care: 6 Hours

Basic science of skin- Skin types- Skin elasticity- Skin color- Common skin problems and steps to rectify them - Skin maintenance – Food intake for glowing skin.

Unit-3: FACIAL & BLEACH: 6 Hours

Process and steps to do facial (Both Herbal and chemical) with massage strokes and its uses - Process and steps to do bleach (Both Herbal and chemical)- Home remedies.

Unit-4: Hair care: 6 Hours

Basic science of hair, scalp and hair growth- Hair types- Hair structure- Hair problems and their remedies- Hair growth tips- Hair growth oil preparation process- Dandruff control methods- How to choose shampoos- Hair conditioning tips.

Unit-5: Makeup and hairstyle: 6 Hours

Basic makeup – Self makeup – party makeup – Different hair styles



BRIGHT FACE AND BEAUTY HAIRSTYLE

Unit 1: Threading

6 Hours

- Eyebrow threading
- Practical and Notes Eyebrow threading ·Demo
- Cream bleach – Demo
- Cream bleach ·Practical and Notes

Unit 2: Facial

6 Hours

- Normal Fadal· Demo – m I Fadal • Practical and Notes
- Hair Style. (Front) French, Zig zac, PiMel French, Puff Fron
- Rose Style, Rose PiMel

Unit 3: Hair and Body Maintenance

6 Hours

- Head massage Demo
- Head massage Practical and Notes
- Preparation of hair oil, preparation of herbal bleach for face Hand massage ·Demo and Practical
- Les massage Demo and Practical

Unit 4 - Brightening Face Preparation of skin lightening Powder Notes

6 Hours

- Gold Facial ·Demo and Practical
- Types of skin
- Skin Maintenance

Unit5 -Hair style and Makeup

6Hours

- Pineapple hairstyle, butterfly, five roll, seven roll, ponytail model
- Bridal Makeup Tips Class



ART OF DRESSING BETTER

Unit I - Introduction to Personal Style 4 Hours

- What is personal style?
- Identifying your body shape and proportions.
- Understanding colour theory and its impact on appearance.
- Building a mood board for your ideal style.

Unit II- Wardrobe Essentials 6 Hours

- Choosing the right foundation garments.
- Selecting essential clothing pieces for different occasions.
- Learning about fabric types, quality, and care.
- Mastering the art of fit and tailoring.

Unit III- Colour Confidence 6 Hours

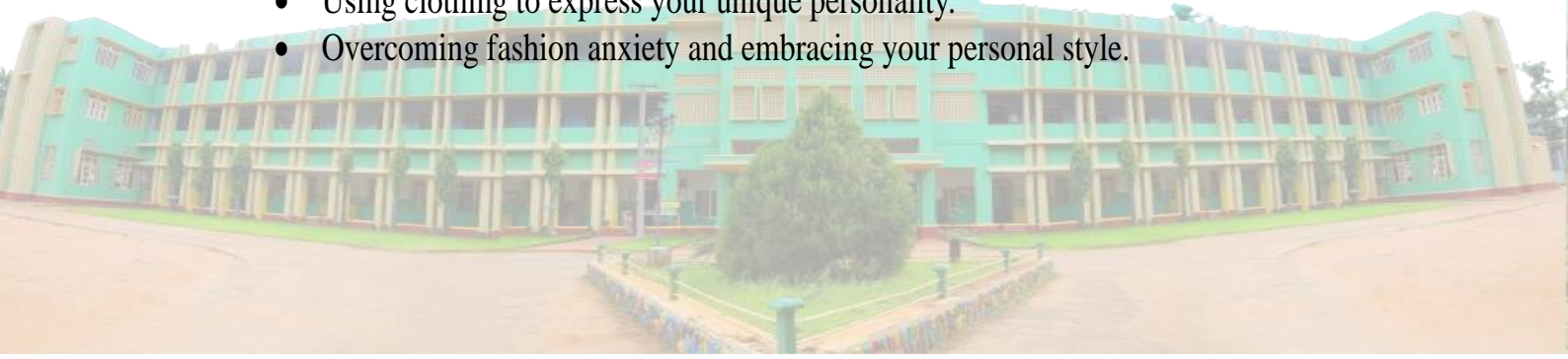
- Understanding the basics of colour theory.
- Discovering your most flattering colors.
- Creating harmonious colour palettes for outfits.
- Using colour to express your personality.

Unit IV- Exploring Fashion Trends and Building a Capsule Wardrobe 12 Hours

- Staying informed about current fashion trends.
- Identifying trends that suit your style and body type.
- Incorporating trendy elements into your wardrobe without sacrificing personal style.
- Avoiding fashion faux pas and over-the-top trends.
- The concept of a capsule wardrobe and its benefits.
- Creating a list of essential items for your capsule.
- Shopping for high-quality, versatile pieces.
- Mixing and matching capsule items to create multiple outfits.

Unit V- Confidence & Self-Expression 2 Hours

- The psychology of clothing and its impact on self-confidence.
- Dressing for different occasions and events.
- Using clothing to express your unique personality.
- Overcoming fashion anxiety and embracing your personal style.



CATERING

Unit: I Basic of catering and Baking

6 Hours

An Introduction to Catering – Entrepreneurship – Investments and sales Techniques – Profit oriented tips and techniques.

Unit: II

6 Hours

Carrot Halwa – Bread Omelette making – Tips and training – Training for cooking – group work – Theory and practical knowledge.

Unit: III

6 Hours

Potato Balls – veg cutlet – coconut milk paniyaram – cooking training – group discussion.

Unit: IV

6 Hours

Different sauces – Tomato sauces – chili sauces – soya sauces – Masala pastes – creamy cheese pasta making – Training for cooking

Unit: V

6 Hours

Presentation – Sport Topics – Evaluation Test (written)

DESIGN THINKING FOR INNOVATION AND PROBLEM SOLVING

Unit I

6 hours

Mindset Metrics: Why Entrepreneurship right from College _ Focusing on the metrics related to wellbeing _ safety goals and aspirations challenges _ support system and building a progressive mindset to achieve personal excellence and Emotional Intelligence

Unit II

5 hours

Creative Metrics: Focusing on Creative Thinking – Creative ways of Solving a Problem _ (Includes Outdoor Training) Theory – 35 % Experiential – 65%

Unit III

7 hours

21st Century Skills Learning Metrics: Team Building _ Theme Appreciation Test _ Rorschach Inkblot Test Word Association Test _ (Perspective Analysis) Fumage _ (Surrealist Technique) Holtzman Inkblot test _ Picture Arrangement Techniques

Unit IV

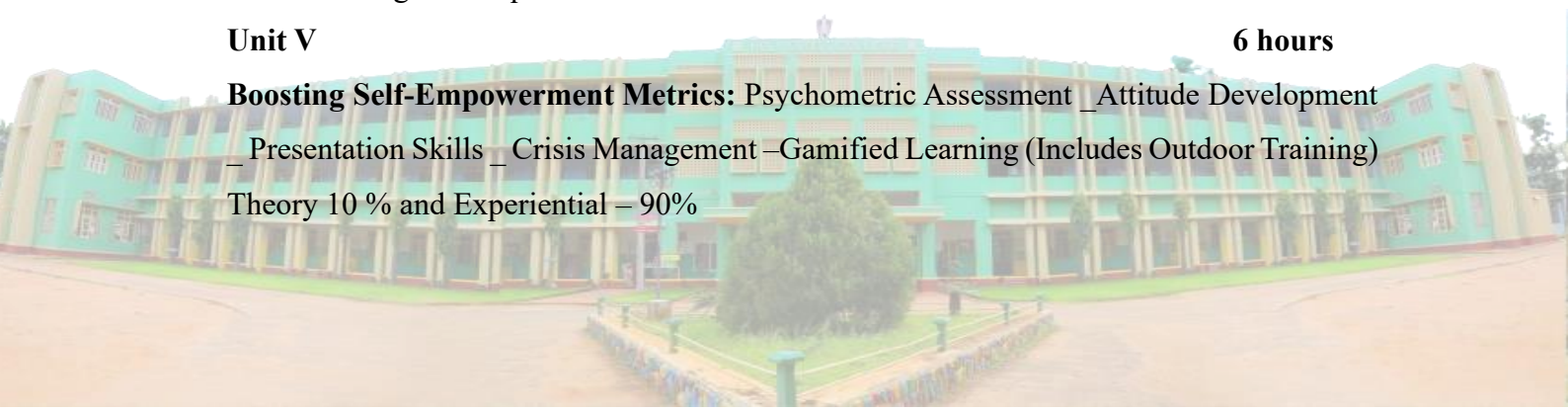
6 hours

Standard Metrics: Collaboration Skills - Self Description - Situation Reaction Test _ Brainstorming Techniques

Unit V

6 hours

Boosting Self-Empowerment Metrics: Psychometric Assessment _ Attitude Development _ Presentation Skills _ Crisis Management – Gamified Learning (Includes Outdoor Training) Theory 10 % and Experiential – 90%



FLOWER ARRANGEMENT

- Unit I - Introduction-** Floral history, tools & care, design principles **4 hours**
- Unit II- Basics -** Stem preparation, mechanics, colour theory, foliage use. **8 hours**
- Unit III - Styles & Techniques-** Line, mass, Ikebana, European, tropical, etc. **8 hours**
- Unit IV- Special Events-** Weddings, centrepieces, bouquets, gift arrangements. **6 hours**
- Unit V- Advanced Skills-** Texturing, wiring, special materials, sustainability. **4 hours**
- Project & Assessment: Create an arrangement reflecting your style **2 hours**

SPOKEN HINDI

- Unit I** **6 hours**
One Letter words (verb & noun) in Hindi, Pronoun: Tu, Tum, Aap, Mujhe, Framing sentences using tu, tum, aap, mujhe, Name of Colours, Nouns by classes – Masculine nouns/ Feminine nouns Vocabulary
- Unit II** **6 hours**
Name of Animals, Name of Flowers, Name of Vegetables, Name of fruits, Parts of the Body, Adjectives, List of verbs, Numbers, Vocabulary
- Unit III** **6 hours**
Days of the Week, Name of Months, seasons, Yes/no questions, Greetings Questions with kyaa and kahaaN, Vocabulary
- Unit IV** **6 hours**
Descriptive words, Self- Introduction , Translating simple sentences from English and Tamil to Hindi, Use interrogative pronouns (kaun, kiskaa, kiskii, kiske, kahaaN se), Ask and answer questions about price, quality and quantity, Identify and list ingredients used in cooking, Use present habitual tense, Use connectors (is liye, kyonki, fir, etc.)
- Unit V** **6 hours**
Members in a Family, Daily Routines, Use present habitual tense, Questions words Correct use of pronouns, adjectives



HIP HOP DANCE

Unit I - Intro	2 Hours
Hip hop history, styles, terminology, warm-up & cool-down.	
Unit II -Foundational Moves	8 Hours
Footwork (shuffles, stomps), isolations (pops, locks), floorwork (rolls, freezes).	
Unit III- Groove & Technique	8 Hours
Building combos, developing musicality, adding personal flavour.	
Unit IV - Choreography & Freestyle	8 Hours
Learning routines, exploring improvisation, expressing your style.	
Unit V - Showcase & Assessment	4 Hours
Putting it all together, performing for peers, celebrating your progress.	

PENCIL SHADING AND CALLIGRAPHY

Unit I- Introduction: Materials, safety, basic concepts.	2 Hours
Unit II Pencil Shading: Form & value, light & shadow, blending, textures, realistic drawing exercises.	12 Hours
Unit III Calligraphy: Alphabet drills, flourishing techniques.	6 Hours
Unit IV Calligraphy: letterforms, creating personalized compositions	6 Hours
Unit V Project: Combine skills in a creative final project, get instructor feedback.	2 Hours

TRADITIONAL SOUTH INDIAN PICKLES MAKING (VEG & NON-VEG)

Unit I- Introduction	4 Hours
History, safety, sanitation, equipment.	
Unit II- Pickling Basics	8 Hours
Brining, fermentation, vinegar-based pickles, chutneys.	
Unit III- Indian Pickles	8 Hours
Regional specialties, spices & blends, mango, lime, chili pickles.	
Unit IV- Global Flavors	6 Hours
Kimchi, sauerkraut, pickled vegetables, fruits & meats.	
Unit V- Preserving & Storage	4 Hours
Canning, bottling, shelf life, troubleshooting.	



WEB DESIGNING

Unit I Introduction: **6 Hours**

- Web design overview, career paths, tools & setup.
- HTML Basics, Structure, elements, attributes, creating web pages.

Unit II CSS Fundamentals **8 Hours**

- Styling, layouts, colors, fonts, responsiveness.

Unit III Advanced HTML/CSS **6 Hours**

- Forms, interactivity, media, accessibility.

Unit IV Project 1 **4 Hours**

- Apply skills to build a simple static website.
- Resources & Next Steps (2 hrs): Tools, communities, continuing education.

Unit V Project 2 **6 Hours**

- Build a more complex website with forms and interactivity.
- Assessment

Unit I- Intro Yoga & mudra basics, benefits, safety **4 Hours**

Unit II- Yogasanam Asanas for strength, flexibility & relaxation **14 Hours**

Unit III - Mudra Explore hand & finger positions for energy & focus. **8 Hours**

Unit IV- Practice & Integration Flow sequences & meditation. **2 Hours**

Unit V – Practical Assessment **2 Hours**

