



Tie & Dye (Pidilite)

VALUE ADDED COURSE

COURSE CODE - 099

Overview

The prominence of Tie and Dye as a practice dates back to several years. It has been one of the most conspicuous fields concerning the textile industry, and rightly so, for it pours the colours of the world on the fabric we use.

Besides that, Tie and Dye opens up several career opportunities, including profiles like Tie and Dye technician, Tie and Dye sales representative, Tie and Dye R&D, Quality control and Production, etc. For this reason, our institute offers a value-added course, something that the National Assessment and Accreditation Council (NAAC) also recommends.

This course is specifically designed to cater to the requirements of Tie and Dye and how, the women of today, can excel in making a career in the same.

*By adding colours
to the fabric, you
can add colours to
your life.*

Objectives

- To explain techniques of tie and dye.
- To help acquire knowledge about the history of the Indian textile industry.
- To familiarise the students about textile design and the opportunities associated with it.
- To facilitate the recognition of the materials and tools that are required for dyeing.
- To understand the current trends in the tie and dye industry
- To promote knowledge about textile designing and the responsibilities of the professional.
- To help understand the role of tie and dye in the fashion industry.

Course Content

Module 1

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	Introduction to Tie & Dye	4 Hours
2.	Historical Background	4 Hours
3.	Colour Theory	4 Hours
4.	The process of Tie-Dye	4 Hours
5.	Equipment & Materials to be used for Tie & Dye	4 Hours

Module 2

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	Identification of Fabric	4 Hours
2.	Knotting	4 Hours
3.	Binding	4 Hours
4.	Folding	4 Hours
5.	Employment opportunities after Tie-Dye	4 Hours

Note: A certificate will be given upon the successful completion of this course.

Reach out to us

SATYAM COLLEGE OF EDUCATION
Address: C-56 A/14&15, Sector-62, Noida
Email: info@satyameducation.in
Website: www.satyameducation.in



Yoga & Heartfulness

VALUE ADDED COURSE

COURSE CODE - 088

*Be good to yourself
by committing your
time to Yoga.*

Overview

Traditionally, Yoga indicates a spiritual way of life & living. It contributes to the strengthening of a human's spiritual, physical and mental state. As a result, Yoga is constantly perceived as the practice for healing and uniting an individual's mind, body and soul, thus, positively transforming the existence.

Due to its endless advantages, Yoga has been added into our curriculum as a value-added course. The National Assessment and Accreditation Council (NAAC) has also recommended it, as Yoga is capable of bringing about a holistic change in an individual.

Yoga has also been classified as a mind-body therapy by the National Center for Complementary & Alternative Medicine (NCCAM). The institution believes that the course will help women achieve visionary heights during their lifetime.

*Explore yourself to
the utmost extent
through the power
of Yoga.*



Objectives

- To improve overall mental hygiene of women
- To facilitate the understanding of mental stability, agility and strength in women
- To impart moral values and contribute to heart and mind co-ordination
- To allow the participants to understand their potential and capabilities
- To habituate a proper breathing technique thereby expanding the focus of an individual
- To help reduce body stress and postural pains by subjecting to different types of yoga
- To discipline and train the mind with a regular course of meditation.

Course Content

Module 1

Total Duration - 26 Hours

S. No.	Name of the Topic	Number of Hours
1.	Introduction to Yoga	2 Hours
2.	Indian philosophy and history of Yoga	4 Hours
3.	Breathing & Pranayam Techniques	4 Hours
4.	Types of Yoga	4 Hours
5.	Applied Mindfulness	4 Hours
6.	Basic overview of physiology of body	4 Hours
7.	Basic overview of direction	4 Hours

Module 2

Total Duration - 14 Hours

S. No.	Name of the Topic	Number of Hours
1.	Breathing practice and Meditation	8 Hours
2.	Chanting of Hymns	6 Hours

Note: A certificate will be given upon the successful completion of this course.

Reach out to us →

SATYAM COLLEGE OF EDUCATION
Address: C-56 A/14&15, Sector-62, Noida
Email: info@satyameducation.in
Website: www.satyameducation.in