



# Arts & Crafts

VALUE ADDED COURSE

COURSE CODE - 022

*Art and Craft is by far  
the most beautiful  
thing that has  
happened to this  
world.*

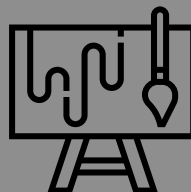
## Overview

Arts & Crafts is not only an exercise for quirky minds but has also produced some of the greatest thinkers of all times, over the years. The field of developmental sciences has recognized the significance of it beyond being just a subject.

Art & Crafts has, thus, been incorporated into the curriculum of our institute as a value-added course that is unanimously recommended by the National Assessment and Accreditation Council (NAAC).

Due to the several proven cognitive, social, physical and developmental benefits, Art & Crafts has been introduced by us for the benefit of those women who want to groom their personalities for good.

*You must let it  
flow, for art  
demands the purity  
of imagination and  
rawness of intellect.*



## Objectives

- To enhance the creative side of every individual for improving one's decision-making abilities
- To improve the connection between our motor senses, the cognitive & the visual learning compartments of the mind
- To help ingrain the power of tolerance & art of self-expression within women of tomorrow
- To help appreciate different cultures and communities through the knowledge of various art forms
- To improve the muscular agility and dexterity of our hands and to enhance the nerve-muscle coordination in those women who take up this art form
- To develop one's skills concerning rangoli, arts, crafts, songs, music, handicraft.

# Course Content

## Module 1

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	History of art & craft	3 Hours
2.	Famous personalities of Art & Craft	3 Hours
3.	Handicraft	4 Hours
4.	The science & art behind drawing	3 Hours
5.	The secrets of drawings	3 Hours
6.	Understanding music with respect to art	4 Hours

## Module 2

Total Duration - 20 Hours

S. No.	Name of the Topic	Number of Hours
1.	Painting and Drawing	4 Hours
2.	Rangoli Making	4 Hours
3.	Digital Illustration	4 Hours
4.	Sketching	4 Hours
5.	Figure drawing	4 Hours

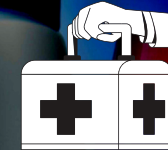
*Note: A certificate will be given upon the successful completion of this course.*

Reach out to us



**SATYAM COLLEGE OF EDUCATION**  
Address: C-56 A/14&15, Sector-62, Noida  
Email: [info@satyameducation.in](mailto:info@satyameducation.in)  
Website: [www.satyameducation.in](http://www.satyameducation.in)

*Health is wealth is probably the most underrated phrase in history. But once you comply with it, your life changes for good.*



# Health and Hygiene

VALUE ADDED COURSE

COURSE CODE - 055

## Overview

The practice of appropriate hygiene habits leads to proper health. In the past, we have seen nations succumbing to the outbreak of diseases primarily due to the fact that they have been negligent about maintaining proper hygiene.

It is essential to learn various hygiene practices so that we can protect ourselves and our families well. With the intent to make women hygiene conscious and to ensure that they can form the stable foundation on which the mighty society can be built, our institute offers a value-added course pertaining to health and hygiene based on National Assessment and Accreditation Council (NAAC) recommendations.

This course is particularly beneficial for individuals looking for some healthy tips and life-sustaining hygienic rules.

*Your contribution  
to community  
hygiene will go a  
long way.*



## Objectives

- To facilitate the understanding of maintaining health and hygiene
- To relate proper hygiene with a healthy life where the community can prosper
- To prevent the spread of germs and to prevent illness from touching people's lives
- To learn how proper hygiene can impact an individual's overall life from health issues to job opportunities
- To help the individuals achieve certain sanitation and hygiene goals when it comes to health
- To help contribute to a hygienic and healthy society
- To contribute to the cause of maintaining good health and educating women about the same

# Course Content

## Module 1

Total Duration - 26 Hours

S. No.	Name of the Topic	Number of Hours
1.	Introduction	2 Hours
2.	Personal Hygiene	4 Hours
3.	Community Hygiene	4 Hours
4.	Health-related problems	4 Hours
5.	Diseases spreading due to hygiene issues	4 Hours
6.	Public Health importance of Personal Hygiene	4 Hours
7.	Body part that can be kept hygienic	4 Hours

## Module 2

Total Duration - 14 Hours

S. No.	Name of the Topic	Number of Hours
1.	Planning of Health and Hygiene around the place	4 Hours
2.	Few tips on personal hygiene practices	4 Hours
3.	Tips on social/environmental hygiene practices	2 Hours
4.	Lifestyle changes that can help maintain hygiene	4 Hours

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