

HOLY CROSS COLLEGE (AUTONOMOUS)

(Affiliated to M.S. University, Tirunelveli)

Accredited with A+ Grade (CGPA 3.35 – 4th Cycle) by NAAC

ISO 9001: 2015 Certified Institution

Nagercoil - 629 004, Tamil Nadu, India



CERTIFICATE COURSE

SYLLABUS

(2024 - 2025)

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Aari Needle Work - Course Code: UG241C01

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C01	-	1	1	-	1	2	30	25	75	100

Learning Objectives

1. To teach students to master Aari embroidery techniques, enabling them to create intricate traditional and contemporary designs with precision.
2. To help students design and produce market-ready Aari embroidered products, applying their skills to clothing, decor, and accessories.

Course Outcomes

On the successful completion of the course, student will be able to:		
1.	Promote Aari work in both local and global markets, raising awareness and appreciation for this intricate craft.	K2
2.	Provide training and skill development opportunities for artisans, particularly women, enabling them to master Aari embroidery techniques.	K1
3.	Encourage innovation within the realm of Aari embroidery by integrating contemporary designs and modern fashion trends, making the craft more appealing to a wider audience.	K3
4.	Perform basic stitches such as chain stitch, zigzag stitch, and buttonhole stitch.	K5
5.	Implement advanced stitches and techniques like circular buttonhole stitch and Zarthosi work in designs.	K4

Units	Contents	No. of Hours
I	BASICS OF AARI EMBROIDERY Choosing of Materials -How to fix the aari frame in aari stand - How to cover the frame with Nada -Types of Needles and Threads -How to hold the needle in the correct position.	6
II	FUNDAMENTAL STITCHES OF AARI EMBROIDERY	6

	Chain Stitch -Double chain stitch, Zig Zag stitch - Double zig zag stitch, stem stitch -Back Chain, Reverse Chain - Inner Stitch -Chain with zig zag- Single Button hole - Double Button hole stitch -Beads Stitching	
III	ADVANCE STITCHES IN AARI EMBROIDERY Circular Button hole stitch -Herrie Bone stitch -Savron Stitch - Waved Buttonhole Stitch, Fern Stitch -Chotti Stitch and its types-Stone Chain running – katta stitch - How to implement these stitches in various designs	6
IV	FILLING AND LOADING METHODS Leaf filling using Button hole stitch -Lock method filling - Fish bone filling -Flat Loading -Padded Loading -Embossed Filling using Button hole and Lock method - Beads Loading - Two Color Triangle Loading - Mat filling – Honey Comb & Pattern Stitch	6
V	CUTWORKS & ZARTHOSI WORKS, MIRROR & COIN WORKS Zarthosi Chain stitch- Zarthosi continues stitch -Zarthosi Mat filling - Zarthosi Loop Stitch -Mirror Works-Coin works -Cutwork – Cutwork design by honey comb stitch and beads -Zarthosi Loading - Patch work and Pendent work.	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Baking and Confectionary - Course Code: UG241C02

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C02	-	1	1	-	1	2	30	25	75	100

Learning Objective

1. To teach foundational baking techniques such as ingredient measurement, mixing methods, and baking principles necessary for successful cake baking.
2. To help students understand the characteristics of various types of cakes and develop the skills to select and execute appropriate recipes based on desired outcomes.

Course Outcomes

On the successful completion of the course, student will be able to:		
1.	To teach foundational baking techniques essential for baking cakes, including ingredient measurement, mixing methods, and baking principles.	K2
2.	To help students develop a deep understanding of different types of cakes and their characteristics to choose appropriate recipes and methods.	K1
3.	To prepare students with basic cake decorating skills, focusing on frosting application, basic piping techniques.	K3

Units	Contents	No. of Hours
I	INTRODUCTION TO BAKING AND INGREDIENTS Overview of Baking Tools and Equipment-Basic Ingredients: Flour, Sugar, Eggs, Fats, and Leavening Agents- Measuring and Mixing Techniques-Temperature Control and Its Importance	6
II	CAKE BAKING TECHNIQUES Sponge Cake Method (Vanilla & Chocolate)- Creaming Method- All-in-One Method- Foam Cake Method	6
III	LAYERED CAKES AND FILLINGS Baking Even Layers- Types of Fillings: Buttercream, Ganache, Fresh cream, Fruit Fillings- Assembling and Crumb Coating a Layered Cake	6

IV	CAKE DECORATION TECHNIQUES Buttercream and Ganache Frosting - Piping Techniques- Fondant Work and Decorative Elements - Using Edible Flowers and Other Decorations	6
V	SPECIALTY AND CELEBRATION CAKES Tiered Cakes and Structural Support-Themed and Celebration Cakes- Advanced Decoration Techniques- Final Project: Design and Create a Specialty Cake	6

K1 - Remember; **K2** - Understand; **K3** – Apply

Holy Cross College (Autonomous), Nagercoil

Certificate Course

New Look Beauty Therapy - Course Code: UG241C03

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C03	-	1	1	-	1	2	30	25	75	100

Learning Objectives

1. Understand the basic structure and types of skin and hair.
2. Learn the procedures and techniques for effective skin and hair care, including washing, moisturizing, and treating specific conditions.

Course Outcomes

On the successful completion of the course, student will be able to:		
6.	Describe the structure of skin and types of skin, and identify appropriate face wash and moisturizer products.	K1
7.	Demonstrate the ability to perform face hair removal using a thread remover.	K2
8.	Explain the process of deep cleaning and moisturizing hair, and identify solutions for dandruff treatment.	K4
9.	Apply various bleaching techniques (Normal, Pearl, Gold) and understand the procedure for bleach care.	K3
10.	Perform different facial treatments (Normal, Pearl, Gold) and follow the correct procedure for facial care	K5

Units	Contents	No. of Hours
I	SKIN CARE Face wash - deep clean face - Moisturizer - To moist the skin- Thread remover – To remove Face Hair - Structure of Skin and Types of Skin	6
II	HAIR CARE Hair wash – To deep clean the head - Dandruff Treatment – To remove dandruff from hair Moisturizer – To moist the hair - Structure of hair and Types of hair	6
III	WHITENING FOR THE FACE Normal Bleach - Pearl Bleach - Gold Bleach - The procedure of Bleach Caring	6

IV	BRIGHTENING FOR FACE Normal Facial - Pearl Facial - Gold Facial - The procedure of facial Caring	6
V	SHAPE HAIR AND CHANGING FACE Straight cut - U cut - Eyebrow Threading - Makeup Highlighting.	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** – Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Canvas Painting with Landscape - Course Code: UG241C04

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C04	-	1	1	-	1	2	30	25	75	100

Learning Objectives

1. Understand basic canvas painting techniques.
2. Learn different strokes and methods used in canvas painting.

Course Outcomes

On the successful completion of the course, student will be able to:		
1.	familiarize with canvas painting tools and basic techniques	K1
2.	paint a sunrise or sunset scene on canvas.	K2
3.	execute canvas paintings of a dancing girl and blue birds, showcasing stroke techniques.	K4
4.	produce a canvas painting featuring a mosque, displaying understanding of architectural elements and colour application.	K3
5.	create paintings of a waterfall and a scenery, demonstrating skills in composition and perspective.	K5

Units	Contents	No. of Hours
I	Introduction to canvas painting - Tools, and techniques - Drawing of Sunrise (or) Sunset and painting - Practice	6
II	Methods of strokes - Drawing of dancing girl and painting - Drawing of blue birds and painting - Practice	6

III	Drawing of waterfall and painting - Practice	6
IV	Drawing of Scenery and painting - Practice	6
V	Drawing of Mosque and painting - Practice	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Fabric Cloth Painting - Course Code: UG241C05

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C05	-	1	1	-	1	2	30	25	75	100

Learning Objectives

1. Understand basic fabric painting techniques and tools.
2. Apply tracing and painting methods to create various designs on fabric.

Course Outcomes

On the successful completion of the course, student will be able to:		
1.	Develop basic design concepts and paint candles and flowers on fabric.	K3
2.	Use appropriate tools and techniques to trace and paint butterflies on fabric.	K2
3.	Trace and paint sunflowers and parrots accurately on fabric.	K1
4.	Trace and paint floral designs and flower vases on fabric.	K2
5.	Trace and paint three roses, demonstrating proficiency in fabric painting techniques.	K1

Units	Contents	No. of Hours
I	Introduction to fabric painting- Methods of Design Development - Basic candle and flower painting – Practice.	6
II	Tools and techniques - Tracing and Painting of butterfly - Practice	6
III	Tracing and Painting of Sunflower and Parrot - Practice	6

IV	Tracing and Floral and flower vase painting - Practice	6
V	Tracing of three roses and painting - Practice	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Advance Fashion Designing - Course Code: UG241C06

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C06	-	1	1	-	1	2	30	25	75	100

Learning Objective

1. To teach mastery of complex garment construction techniques, including tailoring, draping, and integrating innovative materials and technologies.
2. To help develop a unique design aesthetic and brand identity, along with expertise in brand development and marketing strategies.

Course Outcomes

On the successful completion of the course, student will be able to:		
1.	To teach advanced tailoring, draping, and couture techniques.	K2
2.	To help develop a unique personal style and cohesive collections	K1
3.	To prepare students to establish and market a successful fashion brand.	K3

Units	Contents	No. of Hours
I	CLASSIC BLOUSE Introduction to Blouse Design- Types and styles of blouses- Pattern Making and Fabric Selection- Creating basic blouse patterns- Construction Techniques- Cutting and stitching basics-Seam finishes and hemming-Fitting and Alterations	6
II	LOUNGE COAT Design Fundamentals- Variations in design and style- Pattern Drafting- Creating house coat patterns-Adapting patterns for different sizes- Assembly Techniques- Adding details: pockets, collars, and closures- Hemming and seam finishes-Pressing and final adjustments	6
III	ELEGANT MAXI DRESS	6

	Maxi Dress Design Concepts-History and evolution of maxi dresses-Different styles and occasions- Sewing Techniques-Cutting and assembling maxi dresses-Handling different fabrics: knit, chiffon, etc-Customization-Adding embellishments: lace, embroidery, etc.-Techniques for creating unique designs	
IV	ETHNIC WEAR - SALWAR KAMEEZ Pattern Drafting and Cutting-Creating patterns for salwar and kameez-Techniques for cutting and assembling-Sewing Techniques-Construction methods for salwar and kameez-Incorporating traditional elements-Embellishments and Customization-Adding embroidery, beading, and other details-Ensuring proper fit and comfort	6
V	STITCHES AND SEAMS STANDARDS Design and Style Analysis-Pattern Development-Sewing and Construction-Techniques for sewing formal garments-Ensuring quality and precision in assembly-Creative Enhancements-Adding unique elements: appliqué, embellishments-Techniques for achieving desired silhouette and structure	6

K1 - Remember; **K2** - Understand; **K3** – Apply

HOLY CROSS COLLEGE (Autonomous), Nagercoil-4

Certificate Course

Fiber Art - Course Code UG241C07

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C07	-	1	1	-	1	2	30	25	75	100

Learning Objectives:

1. To introduce fundamental techniques of fiber crafting, working with different materials and mastering basic to intermediate stitches
2. To create various project from décor items to functional accessories

Course Outcomes

On the successful completion of the course, students will be able to:		
1.	identify the use of various types of yarn and tools	K1
2.	understand how to read and follow pattern	K2
3.	complete small projects including coaster, Amigurumi and a bag	K3
4.	analyze and distinguish the various types of yarns and crochet stitches	K4
5.	examine and interpret written crochet patterns and diagrams	K5

Units	Contents	No. of Hours
I	Introduction to Fiber art, significance of crochet, tools and materials, types of yarn, basic crochet stitches: chain stitch, slip stitch, single crochet, double crochet, half double crochet.	6
II	Understanding written pattern, common abbreviation, how to follow a diagram, stitches: treble crochet, double treble crochet, cluster stitch, shell stitch.	6
III	Project 1: Décor item (coaster), choosing appropriate yarn and hook, understanding the pattern, edging stitches: picot, knot stitch.	6

IV	Introduction to Amigurumi, tools and materials, basic amigurumi technique: magic ring, working in rounds, stitches: increase and decrease stitch, project 2: Flower.	6
V	Project 3: Bag with T-shirt yarn, choosing appropriate yarn and hook, reading pattern, creating base, working sides, handle and straps, Embellishments.	6

K1 - Remember; **K2** - Understand; **K3** - Apply; **K4** - Analyse; **K5** - Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

The Foodies Palette - Course Code: UG241C08

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C08	-	1	1	-	1	2	30	25	75	100

Learning Objectives

1. Understand the basics of baking and food safety, including making various cakes and cookies.
2. Learn how to plan and start a successful catering business, focusing on layout, facilities, and business procedures.

Course Outcomes

On the successful completion of the course, student will be able to:		
11.	Recall the basic steps in baking and key food safety rules.	K1
12.	Understand how the location and layout affect a catering business.	K2
13.	Prepare snacks like sandwiches and pizzas, and sweets like carrot halwa.	K4
14.	Break down the steps needed to plan a catering business.	K3
15.	Assess different methods for starting and running a catering business.	K5

Units	Contents	No. of Hours
I	Definition of Baking – Prescribe Food Safety. Introduction to Food safety -Variety of cakes and cookies.	6
II	Location, Layout, Facilities -Veg cutlet – Sandwich – Panner mayo - Sandwich – Burger – Pizza.	6
III	Describe the business planning process for successful catering business. Carrot Halwa – Milk Sweet – Bread Halwa.	6
IV	Personal Hygiene – Food Production- Chocolate Brownies – Sponge cake – Rava pudding.	6

V	Techniques and procedure for catering business - Variety of Biryani – Fried Rice – Ghee Rice – Chicken Variety.	6
----------	---	----------

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Pencil Shading with Portraits - Course Code: UG241C09

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C09	-	1	1	-	1	2	75	25	75	100

Learning Objectives

1. Understand basic shading techniques and apply them to various subjects.
2. Develop skills in drawing and shading portraits, sceneries, and objects.

Course Outcomes

On the successful completion of the course, student will be able to:		
1.	Draw and shade basic flowers using fundamental shading techniques.	K1
2.	Draw and shade basic faces, capturing essential features and details.	K2
3.	Create and shade drawings of sceneries such as waterfalls and sunsets.	K4
4.	Draw and shade birds and animals in black and white.	K3
5.	Use coloured pencils to shade drawings of flowers and fruits effectively.	K5

Units	Contents	No. of Hours
I	Introduction to shading method - Basic flower drawing and shading - Practice	6
II	Portrait methods - Basic face drawing and shading- Practice	6
III	Drawing and shading of Sceneries - Water fall, Sun setting - Practice	6

IV	Black & White Drawings - Brid and animal- Practice	6
V	Colour Pencil Shading - Flowers and fruits - Practice	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Personality Development and Communication Skills - Course Code: UG241C10

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C10	-	1	1	-	1	2	30	25	75	100

Learning Objectives

1. Develop insight into personal strengths and areas for growth, and manage emotions effectively.
2. Achieve proficiency in verbal, non-verbal, and written communication to express ideas clearly and confidently.
3. Build effective personal and professional relationships, prepare for job interviews, and maintain a professional image.

Course Outcomes

On the successful completion of the course, student will be able to:		
1	Demonstrate an understanding of self-awareness, emotional intelligence, and their importance in personal and professional development.	K1
2	Identify and analyze personal communication styles and interpersonal skills, recognizing areas for improvement.	K2
3	Apply effective verbal, non-verbal, and written communication techniques in various contexts.	K3
4	Evaluate and improve public speaking and presentation skills through practice and feedback.	K4
5	Integrate learned skills to build strong professional relationships, prepare for job interviews, and maintain a professional image.	K5

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

Units	Contents	No. of Hours
I	Introduction and Self-Awareness- Understand the Importance of Personality Development -Identify Personal Strengths and Areas for Improvement- Develop Emotional Intelligence	6
II	Communication Fundamentals- Enhance Verbal Communication Skills- Master Non-Verbal Communication- Improve Written Communication	6
III	Interpersonal Skills- Build Strong Relationships- Collaborate Effectively in Teams- Develop Networking Skills	6
IV	Public Speaking and Presentation Skills- Overcome Public Speaking Anxiety- Deliver Effective Presentations- Handle Audience Interactions	6
V	Professional Development and Practical Applications- Maintain a Professional Image- Prepare for Job Interviews- Reflect on Personal Growth	6

HOLY CROSS COLLEGE (Autonomous), Nagercoil-4**Certificate Course****SELF GROOMING – Course Code UG241C11**

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C11	-	1	1	-	1	2	75	25	75	100

Learning Objectives:

1. **Understand** the principles of personal grooming and hygiene, including skin, hair.
2. **Identify** different skin types and appropriate skincare routines and treatments.

Course Outcomes

On the successful completion of the course, students will be able to:		
1.	List the basic components of good grooming practices, including personal and public hygiene	K1
2.	Explain the characteristics of various skin types and the steps for their care and maintenance	K2
3.	Demonstrate the correct procedures for performing facials and bleaches for different skin types using both herbal and chemical methods	K3
4.	Analyze different hair types and conditions to determine the most suitable hair care treatments and products	K4
5.	Assess various makeup and hairstyle techniques for their effectiveness and appropriateness for different occasions	K5

Units	Contents	No. of Hours
I	Personal Grooming and Hygiene: Basics of Good grooming- Care of yourself- Care of your skin, hair and nails- Personal and public Hygiene- Wardrobe planning- Jewelry- Self grooming tips.	6
II	Skin types and skin care: 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	6

III	FACIAL & BLEACH for all skin types: 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.	6
IV	Hair care and treatments: 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.	6
V	Makeup and hairstyle techniques: Basic makeup – Self makeup – party makeup – Different hair styles.	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate

.

Holy Cross College (Autonomous), Nagercoil

Certificate Course

Textile Designing - Course Code: UG241C12

Course Code	L	T	P	S	Credits	Inst. Hours	Total Hours	Marks		
								CIA	External	Total
UG241C12	-	1	1	-	1	2	30	25	75	100

Learning Objective

1. To teach students to develop creative and original textile designs, incorporating various artistic techniques and design principles.
2. To help students gain technical skills in fabric selection, textile production processes, and the application of different textile design methods.

Course Outcomes

On the successful completion of the course, student will be able to:		
16.	study fabric spreading methods and marking techniques for accurate positioning and efficient use of markers.	K1
17.	understand textile materials and fabric construction processes.	K2
18.	prepare students for careers in the textile industry with market-ready product development and industry trend awareness.	K3
19.	create innovative and appealing textile designs using various techniques.	K5
20.	explain the functions of sewing machines like single needle, double needle, overlock, bar tacking, buttonhole making, button fixing, and blind stitching machines.	K4

Units	Contents	No. of Hours
I	SEWING EQUIPMENT	6
	Classification of sewing machines- Parts and functions of single needle-double needle-overlock- bar tacking- buttonhole making-button fixing-and blind stitching machines -Care, maintenance, common problems, and remedies	
II	STITCHING COMPONENTS	6
	Components: Needle, Bobbin case, Bobbin winding, Shuttle, Shuttle hook, Loops, Loop spreader, Threading finger, Upper and lower threading, Auxiliary hooks, Throat plate, Presser foot (types), Take-up lever, Tension Guide-Functions of each component	

III	FABRIC SPREADING AND MARKING Spreading methods and tools, types of spreading-Marking methods: positioning, types of markers, marker plan efficiency, marker planning requirements	6
IV	CUTTING TECHNOLOGY Definition, function, and equipment for cutting-Cutting tools: Straight knife, Rotary, Band knife, Die cutters, Drills, Computerized Machines-Pressing equipment: Iron, steam press, steam air finisher, steam tunnel	6
V	STITCHES AND SEAMS STANDARDS Types and applications of stitches and seams-Industrial finishing machines: Pressing, fusing, stain removing- needle detecting machines.	6

K1 - Remember; **K2** - Understand; **K3** – Apply; **K4** - Analyse; **K5** - Evaluate