

Certificate Course in Basic Baking

Discover the 'Baker' in you!

Desserts: brownies, pies & cakes
Savoury dishes: pizzas, quiches & breads

- Explore possibilities of self-employment
- Expand your baking repertoire
- Delight your family and friends with baked goodies

Mainly practical, in a Lab equipped with up-to-date equipment

Also includes a theory component

Duration: 15 sessions

Fees: Rs. 7,500/-

Thursday: 1.30 - 3.30

Limited number of seats

Certificate Course in Cooking

Fast, Easy to Make and Flavourful Meal Preparations

Salient Features of this Course:

- Hearty Breakfasts
- Wholesome Snacks
- Nourishing Low Calorie Cooking
- Tasty Chaats

Theory & Practical Sessions.

Cook appetizing, delightful, and cost-effective food with easy to cook techniques

Wed, Fri: 1.30 - 3.30pm

Fees: Rs. 7500/-

Duration: 18 sessions

Limited number of seats



ENHANCE YOUR KNOWLEDGE

Improve your academic profile and career prospects

Sign up for add-on certificate courses in

- **Women's Empowerment**
- **Baking**
- **Social Work**
- **Research Methods**
- **Cooking**

Registration forms and information about course content available at

*Sophia Centre for Women's Studies and Development,
Sophia College Campus,
Bhulabhai Desai Road, Mumbai 400026*

Call: 23513280

***Certificate Course in
Women's Empowerment***

An attractive addition to your CV

- In applying to Universities overseas
- In careers like
 - Journalism & Mass Media
 - HRD
 - Social Work
- Deepens your understanding of gender issues in Sociology, Psychology, History, Political Science and Literature
- Includes a module on Personality Development

The course uses lectures, discussions, audio-visuals and field visits

Duration: 4 months
Fees: Rs. 4,000/-
Tues, Fri: 1.30 - 3.30
Limited number of seats

***Certificate Course in Social Work
Focusing on Issues related***

to

Women and Girls

An attractive addition to your CV, offering

- Modules on concepts of volunteerism, legal knowledge, social problems - their causes and treatment
- Training in handling difficult situations with dignity and poise
- Interaction with Government Organisations / NGOs
- Opportunity to work on our research projects

The course uses lectures, discussions, audio-visuals and field visits

Duration: 4 months
Fees: Rs. 4,000/-
Mon, Wed: 1.30 - 3.30
Limited number of seats

***Certificate Course in
Social Research Methods***

***(Get equipped to shape your career in
the modern job market)***

- Understand the significance and variety of Social Research methods
- Learn to formulate questionnaires and interview schedules
- Get trained in data tabulation, management and presentation
- Appreciate the upcoming branch of Qualitative Research
- Interact with social researchers and scholars

The course uses lectures, discussions, audio-visuals and field visits

Duration: 4 months
Fees: Rs. 5,000/-*
Tues, Thurs: 1.30 - 3.30
Limited number of seats
(only for SY & TY students)

* Service tax applicable