

Since 2001



Institute of Modeling, Acting, Dancing, Events & Production

“SUCCESS becomes a Habit with US
Let's begin with Your self-discipline.”



Join us on WhatsApp:
8770413885



Subscribe the channel on YouTube:
SIT XpressN



Follow us on Facebook:
SIT XpressN



Follow us on Instagram:
@sit_xpressn



SIT XpressN
Pictures & Entertainment



DIPLOMA IN ACTING

Course Duration: **3 months.**
Class: **5 days a week.**
Class Duration: **2 hours/day.**

Benefits of the Course to YOU:

1. Confidence to deliver dialogue.
2. Observation, Imagination and Creating a Story.
3. Face the Camera with confidence, focus & Concentration.

Syllabus of the course:

Three months
(100% theory & practical)

- **Basics of Acting**
- **Diction -n- speech**
- **Voice modulation**
- **Working with Body**
- **Skills of an Actor**
- **Theatre games with PRACTICAL learning**
- **Introduction Video**
- **Assignment IN Classroom**

Total Course Fees: 1,15,000/- | On Admission: 25,000/-

Installment: 45,000 x 2 | Registration Fees: 1,000 /-

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE





ADVANCE DIPLOMA IN ACTING AND CAMERA TECHNIQUES

Since 2001

Course Duration: **6 months.**
Class: **5 days a week.**
Class Duration: **2 hours/day**

Syllabus of the course:

Six months
(100% theory & practical)

- **Basics of Acting**
- **Diction -n- speech**
- **Voice modulation**
- **Listening**
- **Emotional experiences**
- **Imagination workout**
- **Video practical's**
- **Observation work out**
- **Concentration work out**
- **Character study**
- **Theatre games with PRACTICAL learning**
- **Assignment IN Classroom**
- **Introduction Video**
- **Skills of an Actor**
- **Speech, Effective Dialogue delivery**
- **Movements, Scene Work, Magic If, Monologue**

Total Course Fees: 2,25,000/- | On Admission: 25,000/-

Installments: 50,000 x 4 | Registration Fees: 1,000 /-

Benefits of the Course to You:

1. Confidence to deliver dialogue.
2. Observation, Imagination and Creating a Story.
3. Face the camera with confidence, focus & Concentration.
4. Understand camera operation in acting.
5. Diction, Gibberish, Storytelling Logically Logical
6. Body control techniques used in acting.
7. Focus on instruction.
8. Mind -body- thought co-ordination.

ADVANCE ONE YEAR DIPLOMA IN ACTING AND CAMERA TECHNIQUES

Course Duration: **1 year.**
 Class: **5 days a week.**
 Class Duration: **2 hours/day.**

Benefits of the Course to You:

1. Confidence to deliver dialogue.
2. TV & Stage Anchoring, Story-telling, Developing Communication Skills, Book Reading & Poem Reading, Acting for Camera, Mime & Mimicry
3. Face the camera with confidence.
4. Performances using Props & Actions, Positive & Negative Gesture, Five Senses, Behavior, Emotions
5. Body control techniques used in acting.
6. Focus on instruction.
7. Mind -body- thought co-ordination.
8. Improvisation Techniques, Confidence Building, Motivations, Problem Solving Skills
9. How to cheat the camera & face the emotions.
10. Bollywood Dance



Syllabus of the course:

(100% theory & practical)

- **Opening up workout**
- **Diction -n- speech**
- **Voice modulation**
- **Listening**
- **Assignment IN Classroom**
- **Expression work out**
- **Basics of Acting**
- **Emotional experiences**
- **Imagination workout**
- **Video practical's**
- **Scene Study**
- **Concentration work out**
- **Character study**
- **Improvisation**
- **Theatre games with PRACTICAL learning**
- **Skills of an Actor**
- **Scene Work, Magic If, Monologue**
- **Public relation & Profile Building**
- **Fashion Awareness**
- **Camera facing**
- **Make-up Awareness**
- **Movements**
- **Dance**

Total Course Fee: 2,75,000/- | On Admission: 50,000/-

Installments: 22,500 x 10 | Registration Fees: 1,000 /-

Get one year project PLACEMENT ASSISTANCE after you complete the course.

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE

ADVANCE DIPLOMA IN ACTING, DIPLOMA IN MODLING & DIPLOMA IN DANCE

CREATE YOUR OWN PROFILE, WITH WORK ASSISTANCE IN PROJECTS



Course Duration: **1 year 4 months.**

Class: **5 days a week.**

Class Duration: **3 hours/day.**



Syllabus of the Course:

(100% theory & practical)

- **Opening up workout**
- **Diction -n- speech**
- **Voice modulation**
- **Listening**
- **Assignment IN Classroom**
- **Expression work out**
- **Basics of Acting**
- **Emotional experiences**
- **Imagination workout**
- **Video practical's**
- **Scene Study**
- **Concentration work out**
- **Character study**
- **Improvisation**
- **Theatre games with PRACTICAL learning**
- **Skills of an Actor**
- **Scene Work, Magic If, Monologue**
- **Public relation & Profile Building**
- **Fashion Awareness**
- **Camera facing**
- **Make-up Awareness**
- **Movements**
- **Dance**



Benefits of the Course to You:

1. Confidence to deliver dialogue.
2. Understand the concept of body language.
3. Face the camera with confidence.
4. Understand space management in acting.
5. Feelings & emotions of the character build.
6. Body control techniques used in acting.
7. Focus on instruction.
8. Mind -body- thought co-ordination.
9. Emoting the emotion right.
10. How to cheat the camera & face the emotions.
11. To come out of scene emotions.
12. Drama improves a child's confidence
13. Increases memorization.
14. Drama improves an actors public speaking skills
15. Acting increases a teamwork mentality.
16. Acting makes an actor more physically active.
17. Being in drama and on stage improve professionalism.
18. Helps you became more self-aware
19. It gives you a sense of direction.
20. You become more motivated.
21. It gives you greater resilience.
22. It improves focus and effectiveness.

Total Course Fee: **3,90,000/-** | On Admission: **50,000/-**

Installments: **34,000 x 10** | Registration Fees: **1,000 /-**

Get one year project PLACEMENT ASSISTANCE after you complete the course.

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE

SPECIALIZATION DIPLOMA IN ACTING, DIPLOMA IN MODELING & DIPLOMA IN DANCE WITH PORTFOLIO

CREATE YOUR OWN PROFILE, WORK IN MUSIC ALBUM/WEB SERIES/SHORT FILM PROJECT TRAINING

SIT X
PRESS
Pictures & Entertainment

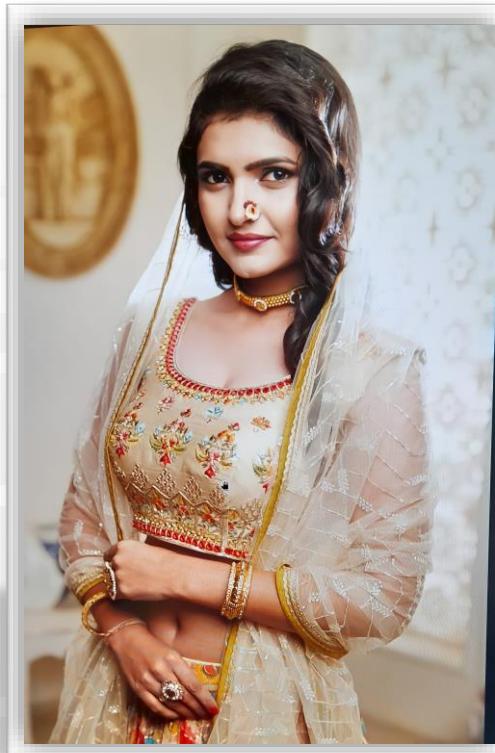


Since 2001

Syllabus of the course:

(100% theory & practical)

- **Opening up workout**
- **Diction -n- speech**
- **Voice modulation**
- **Listening**
- **Assignment IN Classroom**
- **Expression work out**
- **Basics of Acting**
- **Emotional experiences**
- **Imagination workout**
- **Video practical's**
- **Scene Study**
- **Concentration work out**
- **Character study**
- **Improvisation**
- **Theatre games with PRACTICAL learning**
- **Skills of an Actor**
- **Scene Work, Magic If, Monologue**
- **Public relation & Profile Building**
- **Fashion Awareness**
- **Camera facing**
- **Make-up Awareness**



Course Duration: **1 year 6 months**
Class: **5 days a week.**
Class Duration: **3 hours/day.**

Benefits of the course:

1. Confidence to deliver dialogue.
2. Understand the concept of body language.
3. Face the camera with confidence.
4. Understand space management in acting.
5. Feelings & emotions of the character build.
6. Body control techniques used in acting.
7. Focus on instruction.
8. Mind -body- thought co-ordination.
9. Emoting the emotion right.
10. How to cheat the camera & face the emotions.
11. To come out of scene emotions.
12. Drama improves a child's confidence
13. Increases memorization.
14. Drama improves an actor's public speaking skills
15. Acting increases a teamwork mentality.
16. Acting makes an actor more physically active.
17. Being in drama and on stage improve professionalism.
18. Helps you become more self-aware
19. It gives you a sense of direction.
20. You become more motivated.
21. It gives you greater resilience.
22. It improves focus and effectiveness.

Total Course Fees: **6,00,000/-** | On Admission: **50,000/-**
Installments: **45834 x 10** | Registration Fees: **1,000 /-**

Get one year project PLACEMENT ASSISTANCE after you complete the course.

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE



REGULAR (monthly) ACTING COURSE

(Certification courses)

Registration Fees : 1,000/-



WEEKEND CLASS:

3,500/- per month.

2 days a week.

1 hour/day.



WEEKDAYS CLASS:

5,100/- per month.

3 days a week.

1 hour/day.

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE

DIPLOMA IN RAMP MODELING & GROOMING

Course Duration: **3 months.**

Class: **2 days a week.**

Class Duration: **2 hours/day.**

Syllabus of the Course:

(100% theory & practical)

- **Opening up body language workout**
- **Commercial Modeling**
- **Listening to rhythm (beats)**
- **Body language for different poses**
- **Expression work out**
- **Runway walk (male/female)**
- **Pose study, Pose practical**
- **Health & Fashion Awareness**
- **Walk basics**
- **Make-up awareness**
- **Introduction Practice**



Total Course Fees: 45,000/- | On admission: 45,000/-

Registration Fees: 1,000 /-



PROFESSIONAL DIPLOMA IN FASHION RAMP MODELING & COMMERCIAL MODELING

Course Duration: **6 months.**

Class: **3 days a week.**

Class Duration: **3 hours/day.**

Benefits of the Course to You:

1. Uniquely Conceptualized Model Grooming Program.
2. You have the chance to work with many established people in fashion & modeling industry.
3. You learn the perfect model walk and the relevant skills.
4. You will be taught the art of professional model make-up, given fitness and styling tips.
5. Get your portfolio done with renowned photographers and will be trained on the various career opportunities in the industry.
6. You can become famous and get chance to endorse brands.

Total Course Fees: 85,000/- | On Admission: 20,000/-

Installments: 16,250 x 4 | Registration Fees: 1,000/-

Since 2001



Syllabus of the Course:

(100% theory & practical)

- Catwalk Lessons and Runway Training
- Commercial Modeling
- Listening to rhythm (beats)
- Body language for different poses
- Expression work out
- Nutrition & Fitness Guidance
- Video practical's
- Observation work out
- Model Makeup
- Pose practical's
- Types of ramps & ramp floors
- Health & Fashion Awareness
- Introduction Practice
- Camera facing
- Make-up awareness
- Movements Walk Basics

ADVANCE DIPLOMA IN FASHION RAMP MODELING & COMMERCIAL MODELING

Syllabus of the Course:

(100% theory & practical)

- Catwalk Lessons and Runway Training
- Commercial Modeling
- Listening to rhythm (beats)
- Body language for different poses
- Expression work out
- Nutrition & Fitness Guidance
- Video practical's
- Observation work out
- Model Makeup
- Pose practical's
- Types of ramps & ramp floors
- Health & Fashion Awareness
- Introduction Practice
- Camera facing
- Make-up awareness
- Movements Walk Basics

Benefits of the Course to You:

1. Uniquely Conceptualized Model Grooming Program.
2. You have the chance to work with many established people in fashion & modeling industry.
3. Be a part of brand campaigns and photoshoots with leading professionals from fashion, modelling and entertainment.
4. You learn the perfect model walk and the relevant skills.
5. You will be taught the art of professional model make-up, given fitness and styling tips.
6. Get your portfolio done with renowned photographers and will be trained on the various career opportunities in the industry.
7. Emphasis on Developing Composure and Self-Confidence.

Course Duration: 1 year.

Class: 3 days a week.

Class Duration: 2 hours/day.



Total Course Fees: 1,65,000/- | On Admission: 25,000/-

Installments: 14,000x 11 | Registration Fees: 1,000 /-

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE

Benefits of the Course to You:

1. **Uniquely Conceptualized Model Grooming Program.**
2. **Be a part of brand campaigns and photoshoots with leading professionals from fashion, modelling and entertainment**
3. **You learn the perfect model walk and the relevant skills.**
4. **You will be taught the art of professional model make-up, given fitness and styling tips.**
5. **Get your portfolio done with renowned photographers and will be trained on the various career opportunities in the industry.**
6. **Emphasis on Developing Composure and Self-Confidence**
7. **Competition based coaching depending on the categories in your pageant**
8. **You will Develop Composure and Self-Confidence**

Basic Course Fees: 55,000/-
On Admission: 20,000/- | Installment: 35,000 within 15 days of admission
Registration Fees: 1,000 /-

PAGEANT COACHING FOR NATIONAL & INTERNATIONAL TITLES

Syllabus of the Course:

(100% theory & practical)

- **Personal Grooming**
- Hair Styling & Hair Care recommendations by professional Nutrition & Fitness Guidance
- Video practical's
- Makeup recommendations by famous artist and beauty expert
- Detailed wardrobe analysis with professional stylist and subsequent fittings for all pageant wardrobe selections
- **Interview Preparation**
- Introduction Preparation: Please bring a draft or copy of your introduction. Verbal suggestions on adjustments will be made
- Platform Essay Development: Please bring draft or copy of your platform choice. Verbal suggestions on adjustments will be made
- **Posture & Body Language**
- Catwalk Lessons and Runway Training
- Types of ramps & ramp floors
- Health & Fashion Awareness
- Camera facing tips & tricks
- Movements Walk Basics

Course Duration: AS PER REQUIREMENT
Class: 3 days a week.
Class Duration: AS PER REQUIREMENT


Benefits of the PORTFOLIO to You:

Uniquely Conceptualized Model Portfolio Program.
 A modeling portfolio is an essential tool to help you land dream clients; that's why you should take your model portfolio seriously. Perhaps the most important element here? Making sure you have the right variety of between 10 to 15 images. That includes headshots (smiling and not smiling), full-length shots, three-quarter-length shots, with a number of different poses to show your versatility. Of course, these images should look as professional as possible. It's important to work with a top-notch photographer who has proper gear and a background in the craft.

- **Personal Grooming to you**
 We will Determine your modeling type
- We will Hire a good photographer
- We will Hire a professional hair and makeup artist
- We will Hire location as per your portfolio theme
- **Portfolio Preparation for you**
 Practice posing
- Choose your outfits
- Have your photo shoot done
- **Portfolio Production for you**
 Choose your best shots
- Have your portfolio hardcopy printed
- Create a softcopy modeling portfolio

PROFESSIONAL PORTFOLIO Fees: 21,000/-

MASTER PORTFOLIO WITH ONE YEAR PR SERVICES Fees: 45,000/-

MODELING PORTFOLIO SERVICES

BOOK YOUR DATES: **AS PER REQUIREMENT**
 INDOOR & OUTDOOR: **LOCATION.**
 PROFESSIONAL/MASTER: **AS PER REQUIREMENT**



CERTIFICATE COURSE IN FASHION DESIGNING



Course Duration: **6 months.**

Class: **4 days a week.**
Class Duration: **2 hours/day.**

Syllabus of the course:

(100% theory & practical)

- **Fashion designing**
- **Fashion accessory**
- **Textile science**
- **Pattern making and garment construction**
- **Fashion illustration**
- **Fashion ornamentation**
- **Product specification**
- **Fashion marketing and management.**

Total Course Fees: **32,000/-** | On Admission: **4,800/-**

Installments: **6,800 x 4** | Registration Fees: **1,000 /-**

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE



UNDERGRADUATE DIPLOMA IN FASHION AND APPAREL DESIGN



Syllabus of the Course:

(100% theory & practical)

- Sewing technology
- Fashion designing
- Foundation art
- Fashion and apparel design foundation
- Element & principles of fashion & apparel Design
- Introduction to textiles
- Creative embroidery
- Sewing technology
- Textile science
- Fashion Designing :
- Introduction to Pattern making
- Introduction to garment manufacturing technology
- Introduction to Draping
- Textile science processing (Dying and Printing)
- Garment manufacturing history of Indian fashion
- Fashion accessories
- Fabric testing and quality control
- Visual merchandising

Course Duration: **1 year.**

Class: **4 days a week.**

Class Duration: **2 hours/day.**

Total Course Fees: 72,000/- | On Admission: 10,800/-

Installments: 7,650 x 8 | Registration Fees: 1,000 /-

POSTGRADUATE DIPLOMA IN FASHION DESIGNING



- Sewing technology
- Fashion designing
- Foundation art
- Fashion and apparel design foundation

Course Duration: **2 year.**
Class: **4 days a week.**
Class Duration: **2 hours/day.**

Syllabus of the course:

(100% theory & practical)

- Element & principles of fashion & apparel
- Design
- Introduction to textiles
- Creative embroidery
- Sewing technology
- Textile science
- Fashion Designing : Introduction to Pattern making
- Introduction to garment manufacturing technology
- Introduction to Draping
- Textile science processing (Dying and Printing)
- manufacturing history of Indian fashion
- Fashion accessories
- Fabric testing and quality control
- Visual merchandising
- Fashion Designing process
- Visualization and presentation techniques
- Contextual design studies and communication
- Fashion form and functions
- Traditional textiles & crafts



Total Course Fees: 1,20,000/-
On Admission: 30,000/-
Installments: 9,000 x 10
Registration Fees: 1,000 /-

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE

DIPLOMA IN EVENT MANAGEMENT



Course Duration: **6 months.**
Class: **3 days a week.**
Class Duration: **1hr. 30min.**

Since 2001
SIT XPRESS N
Institute of Modeling, Acting, Dancing, Events & Production

Syllabus of the course: (100% theory & practical)

- The centrality of tourism in event management
- Events as a destination attraction
- The types of events
- The role of events in creating and interpreting a destination's sense of place.
- Economic impact of events for destinations
- The operations and functions of event planning
- The role of a destination marketing organization as it relates to events
- How to develop a management plan for a special event
- How to develop a management plan for a special event
- How to develop sponsorships
- Negotiation techniques to develop sponsorship agreements
- Establishment of event organizations
- Volunteer recruitment and management
- Event revenue sources and risk management
- The application of evaluation techniques to event management.

Total Course Fees: 90,000/- | On Admission: 45,000/-

One Installment: 45,000/- | Registration Fees: 1,000 /-

YOUR CLASS WILL START ONLY AFTER YOU COMPLETE YOUR ADMISSION PROCEDURE

ADVANCE DIPLOMA IN EVENT MANAGEMENT

Course Duration: 1 year.
 Class: 4 days a week.
 Class Duration: 2 hrs.

Syllabus of the course:

(100% theory & practical)

- The centrality of tourism in event management
- Events as a destination attraction
- The types of events
- The role of events in creating and interpreting a destination's sense of place.
- Economic impact of events for destinations
- The operations and functions of event planning
- The role of a destination marketing organization as it relates to events
- How to develop a management plan for a special event
- How to develop a management plan for a special event
- How to develop sponsorships
- Negotiation techniques to develop sponsorship agreements
- Establishment of event organizations
- Volunteer recruitment and management
- Event revenue sources and risk management
- The application of evaluation techniques to event management.
- The associations and certifications available for event managers.
- Careers opportunities in event management
- The importance of professionalism in event management.

Total Course Fee: 1,80,000/- | On Admission: 80,000/-

Installments: 10,000 x 10 | Registration: 1,000 /-

Benefits of the course:

1. Event management is a thriving sector.
2. You learn management skills.
3. Event management create job security.
4. Event management gives financial rewards.
5. Event management gives immense job satisfaction.



REGULAR

DANCE CLASS



I. 5 DAYS IN A WEEK

1500/- Per month fees.

II. 3 DAYS IN A WEEK

1000/- Per month fees.

Class Options:

TUESDAY

WEDNESDAY

THRUSDAY

FRIDAY

SATURDAY



Class Duration: 1hr. / day.

“No Registration Fees ”



PEOPLES SKILL MANAGEMENT

(Public Relation Personal Grooming Class)

Course Duration: **3 Months.**
Class: **2 days a week.**
Class Duration: **3 hours/day.**

Syllabus of the Course:

- Develop Leadership Quality
- Improve Interpersonal relations
- Learn Communication in organizations
- Learn to handle Stress management
- Group dynamics and team building
- How to deal Conflict management
- Increase Your Performance Appraisal
- Tips to Time management
- Self Motivation Techniques
- Wardrobe Management Tips

Fees : 5,000/- per month.

"No Registration Fees"



If "On admission fees" amount is paid by Cheque class will start only after clearance of the Cheque.