

BUILD

YOUR TOMORROW TODAY!

**COME & JOIN SLEEPWELL FOUNDATION
SKILL DEVELOPMENT CENTRE,
MIRPUR, KHURJA**



LOWEST FEES
10% of the market rate* under CSR initiative of Sheela Foam Ltd.

COURSES & PROGRAMMES

**PARAMEDICAL COURSES | FASHION DESIGNING | ADVANCED COMPUTER COURSES
SOFTWARE DEVELOPMENT (CODING) | PREPARATORY CLASSES FOR COMPETITIVE EXAMINATIONS
NEW COURSES: HOSPITALITY MANAGEMENT | LOGISTICS MANAGEMENT | BEAUTICIAN | SOFT SKILLS**

Highly Experienced and Committed Management

Built on a 3 Acre Plot on Main Road

Modern Laboratories & Classrooms

Experienced Trainers

Conference Room

Stage for Public Speaking Practice

CCTV Cameras & Security Guards in the Premises

Safe Drinking Water

Separate Toilets for Girls

Complete Safety for Girls

Bus Stop



PARAMEDICAL COURSES



- ▶ Get jobs in hospitals
- ▶ Start own clinic or lab
- ▶ Pursue higher education

▶ Diploma in Operation Theatre Technology (DOTT)

Duration: 2 Years

18 months / 5 hours per day at SDC & 6 Months Internship in Hospital

Min. Qualification: 10+2 Science

▶ Diploma in Medical Laboratory Technology (DMLT)

Duration: 2 Years

18 months / 5 hours per day at SDC & 6 Months Internship in Hospital

Min. Qualification: 10+2 Science

▶ Certificate in Emergency Medical Technology (CEMT) First Aid

Duration: 1 Year

9 month / 5 hours per day at SDC & 3 Months Internship in Hospital

Min. Qualification: 10th Pass

▶ Certificate in General Duty / Nursing Assistant (GDA/NA)

Duration: 1 Year

9 month / 5 hours per day at SDC & 3 Months Internship in Hospital

Min. Qualification: 10th Pass



Paramedical Lab



Theory Class



Internships in Hospitals

Highlights of the Course

- ▶ Curriculum designed by experts in the field.
- ▶ Training conducted by qualified & experienced Trainers.
- ▶ Labs with latest equipment for practical.
- ▶ Periodical assessment tests, both online and offline mode.
- ▶ Lowest Fees (approximate 10% of the market rate.)
- ▶ Hospital Visits for exposure.
- ▶ Internships in leading hospitals.
- ▶ NSDC Certification.
- ▶ Library facility.
- ▶ Compulsory Personality Development & Professional Skills Training.
- ▶ Option to join Computer & English Classes.
- ▶ Our past trainees are placed with well-known hospitals.

OUR ACHIEVERS



JYOTI
GOVERNMENT
HOSP. NOIDA



NEHA CHAUHAN
MULTI SPECIALITY
HOSP. KHURJA



PRASHANT KUMAR
AG POLY PACK
GHAZIABAD



SHIVANI THAKUR
RANA HOSPITAL
KAKOR BSR



POOJA SAINI
PT. PIYARE LAL
HOSP. KHURJA



SHIVAM CHAUHAN
SURAJMAL JATIYA
HOSP. KHURJA

Training Partners :



DPMI
VOCATIONAL INSTITUTE
"Come Reach the Skies with us"



FASHION DESIGNING



- ▶ Job opportunities with Garment Industries
- ▶ Start own boutique
- ▶ Pursue higher studies

Duration: 9 Months

2 hour per day

Min. Qualification: Reading & Writing Hindi



Highlights of the Course

- ▶ Curriculum designed by MasterG & Daughters led by Ms. Gayatri Jolly – A Parsons School of Design, New York alumni.
- ▶ Training conducted by qualified & experienced Trainers as per Industry standards on latest industrial machines.
- ▶ One machine per trainee.
- ▶ Periodical assessment tests.
- ▶ Hands on experience with Industry Projects / Production Orders.
- ▶ Educational Tour to apparel fashion markets.
- ▶ Exposure to Digital Learning.
- ▶ Lowest Fees (approximate 10% of the market rate).
- ▶ Compulsory Personality Development, Professional Skills & Entrepreneurship Skills training to the trainees.
- ▶ Our past trainees are working with export houses, training girls and doing own business.

OUR ACHIEVERS



ASTHA
SELF EMPLOYED



VARUN
SELF EMPLOYED



NEERJA
SELF EMPLOYED



VIKASH
SELF EMPLOYED



RUBY
SAHI EXPO PVT. LTD.

Training Partners :



ADVANCED COMPUTER COURSES



- ▶ Opportunities to work in software industry
- ▶ Start own computer Centre
- ▶ Pursue higher education

▶ Software Development (Coding)

Duration: 6 Months

4 hours per day

Min. Qualification: 10+2 Science ●●●

▶ Certificate Course in Active Basic IT (CCAB)

Duration: 4 Months

1.5 hours per day

Min. Qualification: 10th Pass ●●●

▶ Tally Prime

Duration: 6 months

1 hour per day

Min. Qualification: 12th Pass ●●●



Highlights of the Course

- ▶ Curriculum design & assessment by Staqa / NIIT Foundation.
- ▶ Training conducted by experienced Trainers.
- ▶ One computer per trainee.
- ▶ Periodical assessment tests.
- ▶ Lowest Fees (approximate 10% of the market rate.)
- ▶ Compulsory Personality Development & Professional Skills Training.
- ▶ Option of joining English classes.
- ▶ Successful Coding trainees will get an opportunity to join Staqa Software Development Centre in Khurja.

**Staqa is a leading software and data science company with global presence in India, USA, Hungary & UAE.*

OUR ACHIEVERS



Ankit Saini
STAQO WORLD



Bhoomi Kumari
STAQO WORLD



Chandan Singh
STAQO WORLD



Jatin Kumar
STAQO WORLD



Rekha Raghav
STAQO WORLD



Vibhu Singh
STAQO WORLD



Vipin Bhati
STAQO WORLD

Training Partners :



PREPARATORY CLASSES FOR COMPETITIVE EXAMINATIONS

Col Gautam
Academy for
Armed Forces

Agniveer, State Police, Paramilitary Forces, Railway Police etc.

Min. Qualification: 10th & 12th Pass

▶ Theory Class

Duration: 12 Months (4 hours per day)

- ▶ Math
- ▶ Reasoning
- ▶ General Knowledge
- ▶ English & Hindi Grammar

▶ Physical Training

Duration: 12 Months

2 hours per day



Classrooms



Physical Training



Open Gym

Highlights of the Course

- ▶ Experienced instructor from the Indian Army.
- ▶ Uniformed Services compliant facilities, 400 Mtr. Track & Open Gym - ideal for fitness.
- ▶ Separate bathing facility and change rooms for boys and girls.
- ▶ Lowest Fees (approximate 10% of the market rate.)
- ▶ Qualified and Experienced Trainers for theory classes.
- ▶ Tests are conducted every week and the score card of each trainee is maintained.
- ▶ Online Practice on computers.
- ▶ Our past trainees are posted with Indian Army, Delhi Police, U.P. Police, Railways etc.

OUR ACHIEVERS



Arti Baliyan
U.P. POLICE



Ankesh Raghav
U.P. POLICE



Shiva Jadoun
U.P. POLICE



Arvind Kumar
U.P. POLICE



Neha Sharma
DELHI POLICE



Ritu Raghav
DELHI POLICE



Priyanka Sharma
DELHI POLICE



Gaurav Sharma
AGNIVEER ARMY



Shivam Raghav
AGNIVEER ARMY



Ankit Raghav
AGNIVEER ARMY



Sumit Sharma
AGNIVEER ARMY



Ankush Choudhary
AGNIVEER ARMY



Rupendra Choudhary
AGNIVEER ARMY



Vivek Kumar
INDIAN RAILWAY



Pradeep Choudhary
ASSAM RIFLES

NEW COURSES STARTING IN 2024-25

- ▶ Unlimited opportunities for jobs in hotels, offices, logistic parks and warehouses at the upcoming Jewar Airport
- ▶ Setting up own businesses

HOSPITALITY MANAGEMENT

▶ Diploma in Food Production

Duration: 15 months / 6 hours per day
9 months theory & 6 months industrial training
Min. Qualification: 12th Pass



▶ Diploma in Front Office Management

Duration: 15 months / 6 hours per day
9 months theory & 6 months Industrial training
Min. Qualification: 12th Pass



LOGISTICS MANAGEMENT

▶ Documentation Executive

Duration: 6 Months / 6 hours per day
including industrial training
Min. Qualification: 12th Pass



Highlights of the Course

- ▶ Curriculum design & assessment by DPMI and Safeducate.
- ▶ Training conducted by qualified and experienced Trainers.
- ▶ Periodical assessment tests.
- ▶ Lowest Fees (approximate 10% of the market rate.)
- ▶ Industry visits for hands on experience.
- ▶ NSDC Certification.
- ▶ Compulsory Personality Development & Professional Skills Training.
- ▶ Networking Opportunities.
- ▶ Continuous support.

Training Partners :



NEW COURSE STARTING IN 2024-25

- ▶ Setting up own salon
- ▶ Pursue higher studies

BEAUTICIAN

Duration: 4 months / 4 hours per day

Min. Qualification: 10th Pass

Highlights of the Course

- ▶ Labs for practical and theory classes.
- ▶ Lakme certified trainer.
- ▶ Comprehensive curriculum
- ▶ Hands on experience.
- ▶ Lowest Fees (approximate 10% of the market rate.)
- ▶ Compulsory Personality Development & Entrepreneurship Skill Training.
- ▶ Recession-proof career.



SOFT SKILLS TRAINING FOR JOBS (24 HOURS)

We conduct Soft Skills Training complimentary to all our trainees to build confidence, interpersonal skills and management skills.

TOPICS

Grooming & Etiquette

Perception

Basic Communication Skills

Time Management

Resume Writing

Interview Skills

Corporate Ethics

Customer Service

REGISTRATION OPEN

JOIN TODAY!






Wake up to a New India

**SLEEPWELL FOUNDATION
SKILL DEVELOPMENT CENTRE
NH-34, MIRPUR, KHURJA (UP)**

**9821019993
9958435666**

Time: 10 am to 4:30 pm

   www.sleepwellfoundation.com

Sleepwell Foundation is the CSR arm of Sheela Foam Ltd, the makers of Sleepwell Mattress. The Foundation is creating awareness, doing action & advocating Proactive Emotional Wellness in the society at grassroots level. Our very successful IEC campaign is directed to empower masses with knowledge of various emotional issues before they go out of hand and become serious mental ailments.