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Group 1 – XHAW 5112

Milestone 1

**A black and white logo

Description automatically generated**

Figure 1:Logo

**Wireframe:**

A screenshot of a computer screen

Description automatically generated

Figure 2: Wireframe

User centred design:

At the top left is going to be the logo. In the middle I’ve decided to put the heading and right under it on the left will be the search engine. In the middle will all the information about the business will be provided for the user to get an idea about the business. After that on both sides will be the courses that are there. At the bottom the page is going to be the navigation page.

**Six-month courses**

**First aid:**

First aid is a crucial skill that can save lives in emergency situations, and the nation has taken significant steps to empower its citizens with this knowledge. One way in which the nation has empowered first aid is through widespread training programs. These programs are often offered by organizations such as the Red Cross and provide individuals with the necessary skills and confidence to respond effectively in critical situations. By making these training programs accessible to all, regardless of their background or profession, the nation ensures that anyone can become equipped with life-saving techniques.  
  
Additionally, the nation has encouraged the dissemination of information about first aid through various mediums. The internet, for example, has been instrumental in providing easily accessible resources on basic first aid procedures. Numerous websites and online videos offer step-by-step instructions on how to handle common emergencies like choking, CPR, or stopping bleeding. This accessibility empowers individuals to educate themselves at their own pace and from the comfort of their homes.  
  
Furthermore, legislation plays a vital role in empowering individuals with first aid skills. Many states have implemented Good Samaritan laws that protect those who provide reasonable assistance during an emergency from liability. These laws encourage citizens to take action without fear of legal repercussions, further incentivizing them to learn and apply first aid techniques when needed. By enacting such legislation, the nation not only promotes a culture of compassion but also encourages more people to acquire first aid skills.  
  
In conclusion, the empowerment of first aid within the nation is evident through widespread training programs, easy access to information via the internet, and supportive legislation like Good Samaritan laws. These initiatives ensure that individuals from all walks of life can equip themselves with life-saving knowledge and confidently respond in emergency situations. By empowering its citizens with first aid skills, the nation takes a proactive approach towards building a safer society where everyone plays an active role in promoting well-being and saving lives.

**Sewing:**

Sewing has long been a skill passed down through generations, but in recent years, the nation has witnessed a resurgence in interest and empowerment through this age-old craft. From DIY fashion trends to sustainable practices, sewing has become a powerful tool for individuals to express their creativity, save money, and promote environmental consciousness.  
  
One way sewing has empowered the nation is by allowing individuals to create their own unique style and express themselves through fashion. With social media platforms like Instagram and Pinterest showcasing countless sewing projects and designs, people are inspired to take up sewing as a means of personal expression. By making their own clothing or altering thrifted pieces, individuals can tailor garments to fit their body shape and sense of style. This self-expression not only boosts confidence but also fosters a sense of individuality and uniqueness.  
  
Another aspect of empowerment that sewing offers is financial independence. In an era where fast fashion dominates the market and clothes are often seen as disposable items, sewing allows individuals to break free from this cycle by creating high-quality garments that last longer. Sewing enthusiasts can save significant amounts of money by making their own clothes instead of purchasing expensive branded items. Additionally, they have the freedom to experiment with different fabrics, textures, patterns, and colours without being limited by mass-produced options available in stores.  
  
Lastly, sewing empowers the nation by promoting sustainability and eco-consciousness. The fashion industry is one of the largest contributors to global pollution and waste. By choosing to sew their own clothes or mend old ones instead of buying new ones constantly, individuals contribute directly to reducing textile waste. Furthermore, many environmentally conscious sewists opt for using organic or recycled fabrics when possible, further reducing their ecological footprint.  
  
In conclusion, the nation has experienced a newfound empowerment through sewing due to its ability to foster self-expression in fashion choices, provide financial independence through cost-effective clothing options, and promote sustainability practices within the realm of consumerism. As more people embrace this timeless skill, the nation benefits as a whole from increased creativity, self-sufficiency, and a reduced impact on the environment. Sewing has truly become a powerful tool for individuals to take control of their personal style and make a positive impact on both themselves and the world around them.

**Landscaping:**

Landscaping plays a crucial role in enhancing the beauty and functionality of our nation. Over the years, there has been a growing emphasis on landscaping as a means to empower communities and promote environmental sustainability. The nation's commitment to empowering landscaping can be seen through various initiatives that promote green spaces, urban planning, and community involvement.  
  
One way in which the nation has empowered landscaping is through the creation of more green spaces. Parks, gardens, and public open areas are not only aesthetically pleasing but also provide numerous benefits for communities. These green spaces offer opportunities for recreation, relaxation, and physical activity, promoting overall well-being among citizens. By investing in creating more parks and green areas, the nation empowers landscaping as it encourages people to connect with nature and fosters a sense of community pride.  
  
Furthermore, empowering landscaping involves incorporating it into urban planning strategies. Many cities now prioritize integrating natural elements into their design plans, such as planting trees along streets or adding rooftop gardens to buildings. This approach helps combat issues such as air pollution, heat island effect, and water runoff while improving the quality of life for residents. By actively including landscaping in urban planning efforts, the nation demonstrates its commitment to sustainable development and empowers both the environment and its citizens.  
  
Lastly, empowering landscaping entails fostering community involvement in maintaining and beautifying public spaces. Many neighbourhoods organize volunteer programs or gardening clubs where residents come together to plant flowers, maintain parks, or create community gardens. These initiatives not only improve the appearance of local areas but also strengthen social bonds within communities. By encouraging citizen participation in landscaping projects, the nation empowers individuals to take ownership of their surroundings and contribute towards creating vibrant and liveable environments.  
  
In conclusion, the nation's empowerment of landscaping can be witnessed through its focus on creating green spaces, integrating landscaping into urban planning strategies, and fostering community involvement. Landscaping enhances the aesthetics of our country while providing numerous benefits such as improved well-being, environmental sustainability, and social cohesion. By recognizing the importance of landscaping and implementing initiatives that support it, the nation demonstrates its commitment to creating a more beautiful, sustainable, and empowered future for all.

**Life Skills:**

Life skills are essential tools that individuals need to navigate through the challenges and complexities of daily life. They encompass a wide range of abilities, including communication, problem-solving, decision-making, and self-management. The nation has recognized the importance of empowering its citizens with these skills and has implemented various strategies to promote their development.  
  
One way in which the nation has empowered life skills is through education. Schools have incorporated life skills training into their curriculum, ensuring that students receive a well-rounded education that goes beyond academic subjects. By teaching young people how to manage their time effectively, communicate assertively, and make informed decisions, the nation is preparing them for success in all aspects of life. Moreover, educational institutions provide opportunities for students to practice these skills through extracurricular activities such as team sports or leadership programs.  
  
In addition to education, the nation has also focused on providing resources and support systems that empower individuals with life skills. Community centres, non-profit organizations, and government initiatives offer workshops and training sessions on various aspects of life skills development. These programs aim to equip individuals with practical knowledge and techniques that can enhance their personal growth and overall well-being. For example, financial literacy programs teach individuals how to budget effectively and make wise financial decisions, while mental health awareness campaigns promote emotional resilience and stress management techniques.  
  
In conclusion, the nation's empowerment of life skills demonstrates its commitment to nurturing well-rounded individuals who can thrive in society. Through education and various support systems, individuals are equipped with the necessary tools to handle everyday challenges with confidence and competence. By investing in the development of life skills, the nation ensures that its citizens are prepared to overcome obstacles, achieve their goals, and contribute positively to their communities.

**Six-week short courses**

**Child Mining:**

Child mining is a deeply concerning issue that continues to persist in many nations around the world. It is an unfortunate reality that children are often forced into dangerous and exploitative work environments, where they are subjected to hazardous conditions and denied their right to education and a normal childhood. However, it is heartening to see that some nations have taken steps towards empowering these children and working towards eradicating child mining.  
  
One way in which nations have empowered child miners is by implementing laws and regulations aimed at protecting their rights. Governments have recognized the need for strict legislation to prevent child labour and ensure that all children have access to quality education. These laws not only deter employers from hiring underage workers but also provide legal recourse for those who fall victim to exploitation. By enacting such measures, nations send a strong message that they value the well-being of their youth and are committed to breaking the cycle of poverty that perpetuates child mining.  
  
Additionally, governments can empower child miners through various social programs and initiatives. These programs aim to provide support, rehabilitation, and educational opportunities for former child miners, enabling them to break free from the vicious cycle of poverty and gain skills needed for a brighter future. Through vocational training, counseling services, and financial assistance, these programs offer hope and a chance at a better life for these vulnerable children. Moreover, they help shift societal attitudes towards child labor by raising awareness about its detrimental effects on both individuals and communities as a whole.  
  
While progress has been made in empowering child miners, there is still much work ahead. Nations must continue to prioritize this issue by strengthening legislation further, establishing effective enforcement mechanisms, and providing long-term support systems for survivors of child mining. Only through collective efforts can we truly eradicate this violation of human rights and create a society where every child can grow up free from exploitation and with equal opportunities for success.

**Cooking:**

The act of cooking has always been a powerful tool for empowerment within a nation. When individuals are able to cook their own meals, they gain control over what they consume and can make healthier choices. This autonomy leads to improved overall health and well-being for citizens, reducing the strain on healthcare systems. Additionally, cooking at home encourages the use of locally sourced ingredients, supporting local farmers and businesses, which in turn strengthens the economy.  
  
Furthermore, empowering cooking promotes cultural preservation and appreciation. Traditional recipes passed down through generations carry with them the history and identity of a nation. By encouraging citizens to learn and practice these traditional cooking techniques, we ensure that our cultural heritage remains alive and celebrated. This not only fosters a sense of national pride but also attracts tourists who seek authentic culinary experiences.  
  
Moreover, empowering cooking has the potential to address social inequalities within a nation. Cooking classes or workshops can be provided to marginalized communities or low-income families, equipping them with essential skills and knowledge to prepare affordable, nutritious meals at home. By providing access to fresh ingredients and teaching basic cooking techniques, we can empower these individuals to take charge of their own nutrition and improve their quality of life.  
  
In conclusion, empowering cooking is an effective way to promote individual autonomy, preserve cultural heritage, strengthen the economy, and address social inequalities. By investing in programs that encourage citizens to cook their own meals using locally sourced ingredients, nations can reap numerous benefits such as improved health outcomes, increased tourism revenue, and reduced inequality. Empowering individuals through cooking ultimately leads to stronger communities and a more prosperous nation as a whole.

**Garden Maintenance:**

Garden maintenance plays a vital role in enhancing the beauty and sustainability of our nation's landscapes. Therefore, empowering individuals to take charge of garden maintenance not only benefits them personally but also contributes to the overall well-being of our society. By promoting gardening skills and providing resources, such as workshops and community programs, the nation can empower its citizens to confidently care for their gardens, fostering a sense of pride and ownership.  
  
Engaging in garden maintenance activities provides numerous physical and mental health benefits. Gardening is known to reduce stress levels, improve mood, and increase physical activity. When individuals are empowered to maintain their gardens, they have the opportunity to connect with nature and engage in a productive hobby that promotes relaxation and mindfulness. Additionally, garden maintenance requires physical exertion, leading to improved cardiovascular health and muscle strength. By empowering people to take care of their own gardens, the nation encourages healthy lifestyles among its citizens.  
  
Moreover, empowering individuals in garden maintenance fosters environmental awareness and sustainability practices. Maintaining a garden involves nurturing plants, cultivating healthy soil, conserving water resources, and managing waste effectively. When people actively participate in these activities, they develop an understanding of ecological processes and become more conscious of their impact on the environment. Empowering individuals in garden maintenance helps create a greener society by encouraging sustainable practices such as composting organic waste or planting native species that support biodiversity.  
  
In conclusion, empowering individuals in garden maintenance has numerous advantages for both personal growth and societal development. By providing resources and support through educational programs or community initiatives, the nation can encourage its citizens to take responsibility for their own gardens. This empowerment leads to improved physical and mental health outcomes while promoting environmental stewardship practices necessary for creating a sustainable future.

**Total fees for both Courses:**

**Six-month Courses:**

1. First Aid – R1500
2. Sewing – R1500
3. Landscaping – R1500
4. Life Skills – R1500

Total = R6000

**Six-week Courses:**

1. Child Mining – R750
2. Cooking – R750
3. Garden Maintenance – R750

Total = R2250

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