



## MBIT Pageant Basics Certification Program:

### About:

Organized by Miss Bangladesh-In Training (MBIT), a registered non-profit organization in Indiana, USA, this comprehensive pageant certification course empowers Bangladeshi girls to excel in pageants, focusing on:

- Leadership
- Social Work
- Positively influencing youth through creative endeavors

This rigorous 13-week (3-month) program encompasses:

- 27+ interactive classes
- 3 comprehensive multiple-choice exams
- Multiple assignments (videos, Microsoft Office documents, PowerPoint presentations, photographs)
- A 30-minute individual VIVA (viva voce) session

Upon successful completion, participants will receive:

- A certified pageant certification
- A transcript with Cumulative Grade Point Average (CGPA)

### Course Outcomes:

- Basic pageant catwalk
- Introduction speech script and delivery
- Advocacy speech script and delivery
- Preparing for interview questions (both in-person and on-stage)
- Developing an impactful voice for speech delivery
- Creating a well-planned pageant social work project/advocacy
- Basic etiquette
- Creating self-care regimes (skincare routines, nail care, etc.)
- Personal branding
- Effective social media handling
- Wardrobe selection advice
- Knowledge of essentials to bring to an international pageant
- Personalized diet routine
- Customized gym routine
- Photography posing techniques
- Winning strategy development (mindset and mental strength)
- Basic portfolio creation (Top 10 participants only, no extra cost)
- Tk 25,000 cash prize or advanced pageant training
- Certificate of Completion and CGPA from the academy (upon successful completion)



## Course Name and Credits:

Below are the subjects and the credits related to this certification exam:

Number	Subject Name	Credit
1	Etiquette	2
2	Diet- Fitness-Mental health	4
3	Communication and Social Media	3
4	Portfolio and Posing	2
5	Pageant Advocacy	3
6	Pageant Catwalk	3
7	Public Speaking	7
8	Fashion and makeup	3

## WEEK 1

### Class 1: Basics-Pageantry, Safety, Mental Health and Mindset

Time: 1 hr

- Definition of Pageantry
- Difference between pageant and fashion modeling
- Signs to look for anything concerning
- How to handle trolling
- How to take care of your mental health
- Steps to follow for distraction-free pageant participation

### Class 2: Etiquette 1- Basics and Strategies

Time: 1 hr

- Day-to-day etiquette and basic steps for attention from national director
- How to show confidence but not be overconfident
- Steps to build up your confidence
- Conflict resolution
- Handling tough situations created by other contestants
- Handling stress during grooming classes
- Strategies to highlight during your pageant journey

### Class 3: Etiquette 2- Etiquette and Table Manners

Time: 1 hr

- What is etiquette?
- Social etiquette
- Dining etiquette
- Female etiquette



## **WEEK 2**

### **Class 4: Diet - The Basics**

Time: 1hr

- Definition of fitness
- BMI calculation
- Basics of portion control - Plate Theory
- List of foods to buy and recipes to cook
- Habits for quick weight reduction or muscle building
- Entering personal height, weight, and goal weight in an Excel log

### **Class 5: Fitness & Exercise Basics- Gym Training Basics**

Time: 1hr

- An ideal exercise routine
- Why you are not losing weight
- Creating an individual exercise routine

### **Bootcamp 1: Submitting regular diet and exercise photos to the instructor**

## **WEEK 3**

### **Class 6: Professional Communication**

Time: 1 hr

- Writing email
- Importance of email signature and how to create it
- What not to do while communicating with organizers, fashion designers

### **Class 7: Social Media and Personal Branding**

Time: 1 hr

- Organizing Facebook, Twitter, and Instagram
- Effectively writing social media posts
- What to post and what not to post on social media
- Social media etiquette
- Importance of regular posting, especially during international pageants
- Managing social media when busy for international pageant
- How to Create Personal Branding

### **Class 8: Pageant Lingerie Essentials**

Time: 1 hr



- What to buy as lingerie for different type of attire
- Common mistakes

## **Submission 1: Email & Signature**

## **WEEK 4**

### **Class 9: What to Eat & What Not to Eat**

Time: 30mins

- Foods to eat for weight loss
- Foods to eat for healthy weight gain
- Things to avoid in fitness journey

### **Class 10: Basic Pageant Catwalk**

Time: 1 hour

- Importance of perfect posture
- Steps to create perfect posture
- Pageant Shoe
- Importance of Pageant Catwalk
- Difference between Pageant Walk & Runway Walk
- Pageant Catwalk Shoe
- Basic Pageant Catwalk Steps
- Common Mistakes
- Anatomy of a Pageant Catwalk

## **Bootcamp 2: Submitting Catwalk practice videos to instructor**

## **WEEK 5**

### **Class 11: Portfolio and Posing**

Time: 1 hr

- Portfolio basics, and common mistakes
- Makeup and dress for portfolio shoot
- Posing tips
- Preparation before portfolio shoot



## Class 12: Self-Care

Time: 1.5hr

- Skincare basics
- How to check skin type
- Unwanted hair removal
- Hair care, Nail, hand, and feet care

## WEEK 6

### EXAM 1

- 2-hour MCQ online exam
- 60 multiple choice questions
- Minimum 70% marks required to pass
- Failing in this exam terminates training at this stage
- Exam 1 Details:
  - Diet, Fitness, Mental Health, self care, - 10 questions
  - Etiquette- 20 Questions
  - Communication, Social Media,- 10 questions
  - Posture, Posing- 10 questions

## Class 13: Pageant Advocacy

Time: 1hr

- What is advocacy? Importance of Advocacy
- Misconceptions about pageant advocacy
- Differences in advocacy across different pageants
- How to select your advocacy topic
- Strategies for effective social work project work
- Essential items before your National and International pageant

## Class 14: Interview Basics

Time: 1hr

- Steps to prepare for your interview
- Study areas: General knowledge, Current affairs in Bangladesh and the world, Interesting facts about Bangladesh, Bangladeshi pageantry, the pageant you want to participate in, top burning issues
- Dos and don'ts during the interview
- Interview dress up and makeup



## **Class 15: Interview Checklist**

Time: 1.5hr

- A checklist to follow for a total successful interview

## **WEEK 7**

### **Class 16: Voice Modulation - Basics**

Time: 1hr

- Basics of Voice Modulation

### **Class 17: Voice Modulation – Indoor and Stage Interview**

Time: 1hr

- Advanced class on Indoor and Stage interview
- How to make your voice more impactful.

### **Submission 2: 2 Mins Catwalk Video**

### **Submission 3: Q&A Questions 1-10 Video**

## **WEEK 8**

### **Class 18: Pageant Makeup & Mistakes**

Time: 1 hr

- Makeup evaluation
- Modern makeup trends
- Makeup in Pageantry
- Differences between interview and stage makeup
- Common makeup mistakes
- Essential makeup elements
- Makeup tutorial

### **Class 19: Catwalk Advanced**

Time: 1hr

- Individual feedback on previously submitted catwalk videos
- Difference between swimsuit and gown walk
- Personalized Catwalk



## **Submission 4: Advocacy Topic & Plan**

## **Submission 5: Q&A Questions 11-20 Video**

# **WEEK 9**

## **Class 20: Fashion - Pageant Gown & Dress Selection**

Time: 1hr

- Pageant Fashion and Types
- Selecting Gowns/Dresses according to Body Type
- Pageant Gown Mistakes
- Interview Outfit selection
- Accessories
- Dress List for National Costume
- Attire List for International Pageant

## **Class 21: National Costume**

Time: 30 mins

- Importance of national costume
- Considerations for national costume
- Common mistakes in national costume selection
- Strategies to create a perfect national costume

## **Class 22: Introduction and Advocacy Speech**

Time: 1hr

- Background and importance of on-stage speech
- What to highlight in your speech introduction and advocacy speech
- Common mistakes in pageant speeches
- Steps for content creation
- Speech delivery techniques: posture, expression, voice modulation
- Memorizing tips



## **Submission 6: Q&A Questions 21-40 Video**

## **Bootcamp 3: Wardrobe Selection**

# **WEEK 10**

## **EXAM 2**

- 1.5-hour MCQ online exam
- 35 multiple choice questions
- Minimum 70% marks required to pass
- Failing in this exam terminates training at this stage
- Exam 2 Details:
  - General Knowledge- 20 question,
  - On-Stage Speech- 5 Questions,
  - Makeup, Hair- 5 questions,
  - Advocacy- 5 questions

## **Class 23: Talent Round**

Time: 30 mins

- Common mistakes
- How to prepare
- What to prepare

## **Class 24: Shopping List for National & International Pageants**

Time: 30 mins

- Dress List for national pageants
- Strategies for listing dresses for International Pageants
- Shopping List for International Pageants

## **Class 25: Natural and Nude Makeup**

Time: 1hr

- Practical class where the instructor will teach how to do nude makeup.





## **Submission 7: Nude Makeup Photo**

## **Submission 8: Introduction and Advocacy Speech Script**

# **WEEK 11**

## **Submission 9: Advocacy Poster/Flyer**

## **Class 26: Glam Make Up**

Time: 1hr

- Common mistakes for stage makeup
- Practical class where the instructor will teach how to do stage makeup.

## **Class 27: Strategies for International Pageants**

Time: 1hr

- Team building
- Social Media Strategies
- Step by Step guidelines to follow
- How to create dress selection

## **Class 28: Creating an Introduction Video Script**

Time: 30min

- Highlights for your video
- Content inclusion in your video
- Time division for the video
- Writing script for your video

# **WEEK 12**

## **Submission 10: Advocacy Speech Video**

# **EXAM 3**

- 20 Questions
- 1-hour MCQ online exam



- Minimum 70% marks required to pass
- Exam 3 Details:
  - Fashion, National Costume, Shopping List, -10 questions
  - On-Stage Q&A,- 5 questions
  - Interview- 5 questions

### **Submission 12: Final Catwalk Video**

### **Submission 13: Final Weight Tracking**

## **WEEK 13**

### **VIVA:**

30 mins in-person Q&A session, covering all topics studied in the last 4 months

### **Portfolio Shoot**