

Expression of Interest (EOI)

Applied for: Conduct of the General Elective (Optional) course for UG and PG students at NIFT Gandhinagar

1. Name of the Subject: Yoga / Meditation Techniques

2. Course Description and Deliverables:

Purpose:

This course aims to inculcate rich Indian philosophies and guide individuals toward healthier and more fulfilling lives. Through yoga and meditation techniques, students will be empowered to reduce stress, enhance physical and mental efficiency, and cultivate clarity and emotional balance.

Learning Outcomes:

- Mastery of basic meditation techniques and yoga postures
- Development of a positive attitude toward learning and peers
- Improved clarity, peace of mind, focus, and discipline
- Enhanced sense of wellbeing

3. Duration and Credit Structure:

- **Total Hours:** 28
- **Credits:** 02

4. Payment Norms:

- ₹75,000/- plus applicable GST

5. Faculty Resource Details:

(To be provided by the applicant)

6. Prior Engagements with Institutes / Industry / Organizations:

(To be provided by the applicant)

7. Implementation Support:

Applicants are requested to outline how their organizational experience will contribute to effective coordination and delivery of the course at NIFT Gandhinagar.

Signature

Name of the Applicant & Designation:

Name of the Organization:

Contact Details:

Date: