

# NATIONAL INSTITUTE OF FASHION TECHNOLOGY, GANDHINAGAR

## EXPRESSION OF INTEREST (EOI)

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

1. Name of the Subject: Yoga/Meditation Techniques
2. Course description and deliverables including learning outcomes:

### **Purpose:**

This course in yoga/meditation aims at inculcating rich Indian philosophies and guiding individuals to live happier and healthier lives. These techniques empower and strengthen one's body to reduce stress and become more efficient. It also promotes relaxation for clearer minds and better decision-making ability.

### **Learning outcomes:**

- Mastery over simple meditation techniques and yoga postures.
  - Positive attitude towards learning and peers.
  - Increased clarity, peace of mind, focus and discipline.
  - Enhanced sense of wellbeing
3. Timeframe and no. of hours of the course (breakdown of credits): 28 Hours course and 02 credits
  4. Payment norms: Payment may be made at the rate of INR 75,000/- plus GST as applicable.
  5. Provide the details regarding faculty resource in the domain:
  6. Details of work done with other Institutes / Industry/ organisation:
  7. How will your organisation experience help us to coordinate & implement this course at our campus?

(Signature)

Name of the Person & Designation:

Name of the Organisation:

Contact details:

Date:

# NATIONAL INSTITUTE OF FASHION TECHNOLOGY, GANDHINAGAR

## EXPRESSION OF INTEREST (EOI)

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

1. Name of the Subject: Media Studies
2. Course description and deliverables including learning outcomes:

### **Purpose:**

This course will enable broad awareness and evaluation of the various forms of media and their role in the transmission of information and formation of opinion. It will study the connect between popular trends and entertainment. It will explore the impact of social media and online publishing on the media landscape and the portents for the future

### **Learning outcomes:**

- Understanding the structure and format of expression of various media.
  - Ability to discern the relationship between communication/ media theories and journalistic practice.
  - Ability to ascertain bias and interest in information dissemination.
  - Reflection on the student's own use of media and the role media plays in one's life.
3. Timeframe and no. of hours of the course (breakdown of credits): 28 Hours course and 02 credits
  4. Payment norms: Payment may be made at the rate of INR 75,000/- plus GST as applicable.
  5. Provide the details regarding faculty resource in the domain:
  6. Details of work done with other Institutes / Industry/ organisation:
  7. How will your organisation experience help us to coordinate & implement this course at our campus?

(Signature)

Name of the Person & Designation:

Name of the Organisation:

Contact details:

Date: