

QUOTATION FOR ONE DAY WORKSHOP

Ref: SXC/RP/BMM2020-21/01

Date: 24/02/2020

St. Xavier’s College (Autonomous), Mumbai invites quotations from registered Training Organisations for providing professional assistance to conduct the RUSA 2.0 supported one-day Workshop on Somatic Practice to Build Self-Leadership organized by the Mass Media department.

The department of BMM will be conducting this program for 30 students. The selected training Organisation will assist the BMM department in conducting this program.

Description of Workshop	A one day workshop on Somatic Practice to Build Self-Leadership
Quotation to be addressed to	Principal, St. Xavier’s College (Autonomous) College, Mumbai-1.
Mode of submission	Online* <ol style="list-style-type: none"> 1. Quotation on company letter head to be emailed to rusapurchase@xaviers.edu and “s.periyanayagi@xaviers.edu” 2. Scanned copy of GST registration, 3. PAN Card
Last date of submission	29th February 2020

Details:

Date and Day of event: **9th March 2020. Monday.**

Venue: College Hall, St. Xavier’s College Autonomous, 5 Mahapalika Marg, Mumbai-1.

Expected no of **Student Participants: 30**

Duration: 8:30 am to 3:30 pm

Time	Particulars	Methods
8:30am to 10:30 am	Integrate the masculine and feminine approach.	Use body movement (Yoga, Tai Chi, Martial Arts, dance) to compliment cognitive understanding of concepts like Self.
10:45 pm to 12:45 pm	Discovering your Self and Leadership Style through Mythology, archetypes and stories.	Understand the relationship between Wellbeing, Purpose, and Resilience using a variety of frameworks to align Mind, Body and Soul.

1:30 pm to 3:30 pm	Building practices of Resilience to respond to stress prevent compassion fatigue and burnout.	How to prevent onset of low self esteem and replenish oneself to grow sustainably?

The service provider will assist with specific inputs for each session and also arrange for any stationery material/print out/etc, required for the workshop. The department will provide AV resources if required.

Payment will be credited online within seven working days to the bank account details provided by the service provider upon submission of a tax invoice raised in the name of 'Principal, St. Xavier's College (Autonomous), Mumbai-1'.

***Kindly submit a copy of GST registration, PAN Card and Food Licence of your company along with your quote.**

Principal