

MEMORANDUM OF UNDERSTANDING

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Between

KAIVALYADHAMA YOGA INSTITUTE, MUMBAI

(Partner)

And

**RAMNIRANJAN JHUNJHUNWALA COLLEGE OF ARTS, SCIENCE & COMMERCE,
MUMBAI**

(Partner)

This Memorandum of Understanding (MOU) sets forth the terms and conditions between the said College and Kaivalyadhama Yoga Institute, to promote Yoga for the youth, by forming a Yoga Club of students of the said college.

Yoga is a cultural heritage of India, which has been practiced for several thousand years.

Kaivalyadhama, Mumbai, is registered as a Charitable Trust with the Charity Commissioner of Mumbai. Its activities are guided by the Board of Trustees and implemented under the guidance of the Director, Justice D.R. Dhanuka (Retd) and Executive Trustee -Administration, Shri Subodh Tiwari and his team. It functions as a Yoga Center in Mumbai with **Daily practice sessions, Group Classes, Academic courses and Workshops.**

When Swami Kuvalayanandaji, founder of Kaivalyadhama Yoga Institute, investigate the effects of Yoga in a scientific way, it became well known and more number of people started coming to the institute at Lonavla, with a desire to learn Yoga for the purpose of health and wellbeing. Many amongst them were from Mumbai.

In response to their request, the Mumbai branch of Kaivalyadhama was started on the January 6th, 1932.

Later on, for greater convenience of the people, the Health Centre was shifted from the suburbs to its present site, at **Marine Drive.**

Swami Kuvalayananda had a clear vision about how Yoga can play a great role in health and healing. In an information booklet, published during the beginning of the Mumbai branch, he had mentioned that, he was far more anxious to prevent diseases than to cure them. He was also convinced on scientific grounds that Yogic culture is capable of building such vitality, in every individual, that seriously takes to it. If Yoga is practiced daily and systematically, it would help develop immunity against all diseases. All through the last 70 years, this has remained the main thrust of the activity of Kaivalyadhama, Mumbai.

Ramniranjan Jhunjunwala College Of Arts, Science & Commerce Ghatkoper, Mumbai completely agrees with Kaivalyadhama Yoga Institute's vision and hopes to inculcate Yoga into every student's daily routine. Therefore, the signing of this MOU would lead to combined efforts, towards a common goal i.e. making Yoga a part of the education and lifestyle of today's youth.

Purpose:

1. To establish a yoga club in **Ramniranjan Jhunhunwala College Of Arts, Science & Commerce Ghatkoper, Mumbai** and invite students to practice and experience the yogic practice.
2. To increase the awareness and importance of Yogic practices towards holistic growth in personality, by holding regular talks & workshops on Yoga, for schools and colleges in India and abroad.
3. Our ultimate goal is to see Yoga as an inherent part of every curriculum all over the world. We believe that such "integration" would result in the student population being more empathetic, self-confident and mindful of themselves & others.

Process: The above goals will be accomplished by undertaking the following activities:

1. Place of practice, in form of Asana Hall would be made available for the students of **Ramniranjan Jhunhunwala College Of Arts, Science & Commerce Ghatkoper, Mumbai** to come and practice Yoga at Kaivalyadhama, Marine Drive, Mumbai.
2. A weekly academic course or yoga practice sessions starting every Monday to Saturday (Any 3 days) or Weekend course Saturday /Sunday would be planned jointly with prior intimation by Yoga club to Kaivalyadhama.
3. **Ramniranjan Jhunhunwala College Of Arts, Science & Commerce, Ghatkoper, Mumbai** could also request resource person from **Kaivalyadham Yoga Institute** to the college. Timing of such engagement shall be mutually agreed upon. **Rs.1000 per hour honorarium** shall be paid to **KAIVALYADHAM** for covering cost of such resource person.
4. Kaivalyadhama Yoga Institute will invite the said college students and its staff, at all major events, conference and lectures that are held at Kaivalyadhama Yoga Institute (Mumbai branch and Lonavla branch).
5. Kaivalyadhama would organize Special lecture from renowned speakers for students as required by the said college.

Reporting:

The effectiveness and adherence to this MOU will be done by signing the same, by both the parties **Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunhunwala College of Arts, Science & Commerce, Ghatkoper Mumbai**, Evaluation of the students will be done quarterly, from the day that this MOU comes into effect.

Funding:

MOU does not lay down any commitment of funds by any party, except the remuneration of resource person paid to the Kaivalyadhama Yoga teachers by the said college.

Duration:

This MOU is at will and may be modified by mutual consent of concerned authorities from **Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunhunwala College of Arts, Science & Commerce, Ghatkoper Mumbai**. This MOU shall become effective upon attesting the signatures of the concerned authorities of **Kaivalyadhama Yoga Institute, Mumbai and**

Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunjunwala College of Arts, Science & Commerce, Ghatkoper Mumbai, this MOU shall stand terminated on 06.10.2023

Contact Information

Partner name: Kaivalyadhama Yoga Institute, Mumbai

Partner representative: Dr. Nutan W. Pakhare

Position: Medical Consultant & External Project Coordinator

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Partner Name: Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunjunwala College of Arts, Science & Commerce, Ghatkoper Mumbai,

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Signature

Principal,

Ramniranjan Jhunjunwala College of
Ghatkopar, Mumbai-400 086.

Arts, Science & Commerce, Ghatkoper Mumbai

Trustee,

Kaivalyadhama Yoga Institute,

Charni Road Mumbai

Witness

1 DR(MRS) Seema S. Ratnaparkhi 882

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Certified as
TRUE COPY