

## 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 Kunalayanandaji, 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 6<sup>th</sup>, 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 Kunalayananda 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.

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**Purpose:**

1. To establish a yoga club in **Ramniranjan Jhunjunwala 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 Jhunjunwala 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 Jhunjunwala 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 Jhunjunwala 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 Jhunjunwala 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 Ramniranjan Jhunjunwala College of Arts, Science & Commerce, Ghatkoper Mumbai**. This will remain in effect, until modified or terminated by any one of the partners' by mutual consent. In the absence of a mutual agreement by the concerned authorities of

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**Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunjhunwala 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

**Address:** Ishwardas Chunilal Yogic Health Centre Kaivalyadhama,  
43, Netaji Subhash Road, Mumbai 400 002.

**Phone:** (+91-22) 2281 8417/2288 6256

**Fax:** (+91-22) 2281 0494

**E-mail:** [kdhamyogcenter@gmail.com](mailto:kdhamyogcenter@gmail.com)

**Website:** [www.yogcenter.com/www.kdham.com](http://www.yogcenter.com/www.kdham.com)

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

**Address:** **Ramniranjan Jhunjhunwala College,**  
Opposite Ghatkopar Railway Station,  
Ghatkopar West, Mumbai 400086,  
Maharashtra, INDIA.

**Partner representative:**

**Phone:** +91 22 2515 2731

+91 22 2515 1763

**Fax:** +91 22 25150957

**E-mail:** [rjcollege@rjcollege.edu.in](mailto:rjcollege@rjcollege.edu.in)

**Website:** <http://www.rjcollege.edu.in>



**Signature**

**Principal,**

Ramniranjan Jhunjhunwala College of  
GHATKOPAR, MUMBAI-400 086.

Arts, Science & Commerce, Ghatkoper Mumbai

*[Handwritten Signature]*

**Trustee,**

Kaivalyadhama Yoga Institute,

Charni Road Mumbai

**Witness**

1 DR(MRS) Seema S. Ratnaparkhi 882

2 Dr Nutan Pakhare

*[Handwritten Signature]*





# R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: [www.rjcollege.edu.in](http://www.rjcollege.edu.in)

Email: [rjcollege@rjcollege.edu.in](mailto:rjcollege@rjcollege.edu.in)

Tel No: +91 22 25151763

Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

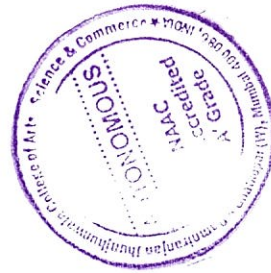
Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

## NOTICE

### DEGREE COLLEGE

A yoga session will be conducted by Kaivalyadham in the Stilt area on 1<sup>st</sup> November 2019 at 9 am. Students and teachers are requested to assemble in Saboo Hall and participate in the session.

Principal



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2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

2013 & 2014: 'Jagar Jaanivancha Award' by Govt, of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)



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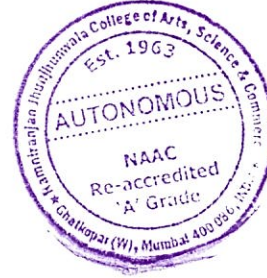
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## REPORT

A yoga session was organised by Kaivalyadham on 1<sup>st</sup> November 2019 in the stilt area. A trained personnel conducted the yoga session with students. 61 students actively participated in the session.



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(AUTONOMOUS)  
OF ARTS,  
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

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## PHOTOS OF STUDENTS DURING THE YOGA SESSIONS



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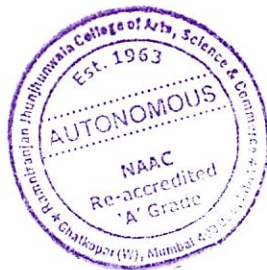
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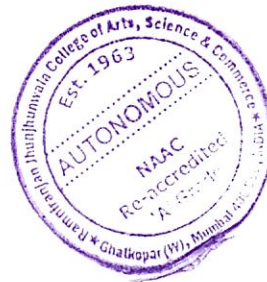
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## LIST OF STUDENTS WHO ATTENDED THE SESSIONS

Sr No	Name	Mobile Number	Email ID	Signature
01	SHAMITA NAIK	9320784242	naikshamitas21@gmail.com	[Signature]
02	MARTI KAKDE	8692996854	Marti.Pali.1122001@gmail.com	[Signature]
03	SAPNA GAUTAM	9892631011	---	[Signature]
04	HARSHADA BARI	9987329884	harshadbari11@gmail.com	[Signature]
05	SHIVANGI PANDEY	8454810973	shivipandey70pc@gmail.com	[Signature]
06	SURBHI RANE	8169767010	surbhirane16@gmail.com	[Signature]
07	AADITI BAWSLER	7045094691	nadibawslar@gmail.com	[Signature]
08	SHIVANI GUPTA	9926011901	Shivanigupta213878@gmail.com	[Signature]
09	Kadam sayali	9324091776	Sayalikadam811706@gmail.com	[Signature]
10	Udeshi Rajeshwari	9930397128	rajeshwariUpadhyay096@gmail.com	[Signature]
11	Shrutika Dhangre	7715092129	shruti.dhangre21@gmail.com	[Signature]
12	Raj. Ravindra Athak	8879976092	myapathakmumbai@gmail.com	[Signature]
13	Shilpa Anush Pathak	7678017028	shilpapatthak99@gmail.com	[Signature]
14	Oza Preeti Kaushal	8433609081	preeti.913095184@gmail.com	[Signature]
15	Priyanka Ramchandra Bajapate	9967204307	---	[Signature]
16	Moni Katar Pal	9372703877	---	[Signature]
17	Sandhya Vishwanathram	9324084923	---	[Signature]
18	Madhya Tyagi	9322710091	---	[Signature]



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Sr No	Name	Mobile Number	Email ID	Signature
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07	SHILPA KALCHANDAN	7738726600	shilpa.kalchandani@gmail.com	
08	NEHA ANSHU WADGAONKAR	9102833639		
09	SANAM JYOTSNA MILWADE	9870919987	sanamjyotsna20@gmail.com	
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11	NIPALAN GUPTA	8527521690		
12	ASHI GUPTA	9917211716		
13	SHRADDHA PATIL	8898395978	shraddhapatil@gmail.com	
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15	RAHUL P. KAMBLE	9032741280	rahul.p.kamble@gmail.com	



  
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