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 Jhunjhunwala 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 Jhunjhunwala 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:

- Place of practice, in form of Asana Hall would be made available for the students of Ramniranjan Jhunjhunwala 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 Jhunjhunwala 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.
- 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).
- 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 Jhunjhunwala 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 Jhunjhunwala 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 Jhunjhunwala 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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Page 2 of 3

Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunjhunwala College of Arts, Science & Commerce, Ghatkoper Mumbai, this MOU shall stand terminated on 0.6.../23.../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

Website:

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

Website:

http://www.rjcollege.edu.in

Signature

Principal,

Ramaninarian Ahumbunwala College of GHATKOPAR, MUMBAI-400 086.

Arts, Science & Commerce, Ghatkoper Mumbai

Kaivalyadhama Yoga Institute,

Charni Road Mumbai

Witness

1 DRCMRS) Seema S. Ratnaparkhi 882 2 Dr Nutan Pakher Off.



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

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NOTICE

DEGREE COLLEGE

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

Principal





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

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REPORT

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

AUTONOMOUS SALE RE-accredited A' Grade A' Grade

RAMNIPAL PRINCIPAL COLLEGE OF ARTS, Ghatkopar (W), Mumbar-400 000, Manuarashtra, MDIA



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

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharaşhtra, INDIA. Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

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PHOTOS OF STUDENTS DURING THE YOGA SESSIONS





-accredited 2019: Star College Status by DBT

PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghalkopar (W), Mumbai-400 086, Maharashtra, INDIA



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Hindi Vidya Prachar Samiti's

R. J. COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)

Opposite Ghatkopar Railway Station, Ghatkopar (W), Mumbai 400 086.

YOGA TRAINING CAMP

in collaboration with

KAIVALYADHAMA
White Your tradition and Science meet

This is to certify that

Bhavna Acharya

of Class FYBA Roll No 278 Div B

has completed 30 hours of Skill Enhancement Course in Foundation Course for Yoga Intern, Training for Common Yoga

Protocol, conducted by ICYHC Kaivalyadhama, Mumbai in association with R. J. College, Mumbai

from 1^{st} November, 2019 to 7^{th} November, 2019 and has earned **2 credit points** in the academic year 2019-20

Shri. Subodh Tiwari, CEO, Kaivalyadhama

Dr. Usha Mukundan Principal

Certificate ID: RJC-NSSNCC-YT-201920-001

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RAMNIRANJAN JHUNJEUNWALA COLLEGE OF ARTS, SCIENCE & CO. FROE (AUTONOMOUS) Guatkopar (W), Mumbai-400 086, Maharashtra, iNDIA

2019: Star College Status by DBT



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LIST OF STUDENTS WHO ATTENDED THE SESSIONS

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OF ARTS, SCIENCE & COMMERCE (AUTONON
Ghatkopar (W), Mumbai-400 086, Maharashtra,



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