

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.**

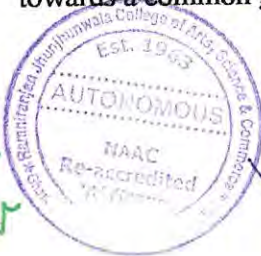
When Swami Kuvalayanandaji, founder of Kaivalyadhama Yoga Institute, investigate the effects of Yoga in a scientific way, it became well known and more number of people started coming to the institute at Lonavla, with a desire to learn Yoga for the purpose of health and wellbeing. Many amongst them were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



Certified as
TRUE COPY

Principal
Ramniranjan Jhunjunwala College,
(W), Mumbai-400086.

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:

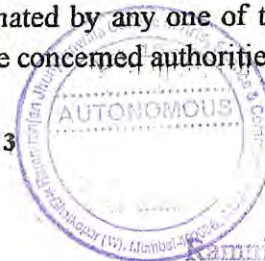
The effectiveness and adherence to this MOU will be done by signing the same, by both the parties **Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunjunwala College of Arts, Science & Commerce, Ghatkoper Mumbai**, Evaluation of the students will be done quarterly, from the day that this MOU comes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

Ramniranjan Jhunjunwala College,
Ghatkoper (W), Mumbai-400086.

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Kaivalyadhama Yoga Institute, Mumbai and Ramniranjan Jhunjhunwala College of Arts, Science & Commerce, Ghatkoper Mumbai, this MOU shall stand terminated on 06/03/2023

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 Ghatkoper Railway Station,
Ghatkoper 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,

Ramniranjan Jhunjhunwala College of
Arts, Science & Commerce, Ghatkoper Mumbai

Trustee,

Kaivalyadhama Yoga Institute,
Charni Road Mumbai

Witness

1 DR(MRS) Seema S. Ratnaparkhi 882
2 Dr Nutan Pakhare



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Ramniranjan Jhunjhunwala College,
Ghatkoper (W), Mumbai-400086.



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

Email: 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)

International Yoga Day Celebration in Collaboration with Kaivalyadhama

Date: 21st June 2020

Theme: Yoga at Home

Online Streamed Live on You tube

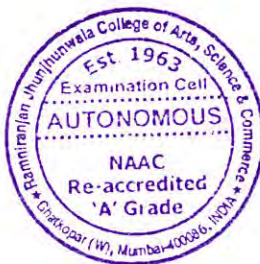
Link: <https://youtube.com/rjopencourseware>

Name of the Resource Person: Ms. Komal Sharma and Mr. Amit Sharma

The college has signed an MoU with Kaivalyadhama Yoga Institute and Research Centre for training staff and students in Yoga for mental and physical fitness. From the year 2015, 21st June is celebrated as International Yoga Day. This year in view of pandemic the day was celebrated virtually and staff and students participated by learning basic yoga exercises which are essential for keeping oneself fit during the pandemic. The NSS unit of our college along with IQAC helped in organisation of this programme. This also provided an insight to students that in the new normal Yoga can be practiced at home and can help one to be physically and mentally fit


Principal

RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400086, Maharashtra, INDIA



2019: Star College Status by DBT

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

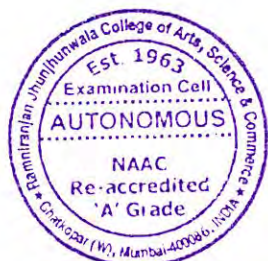
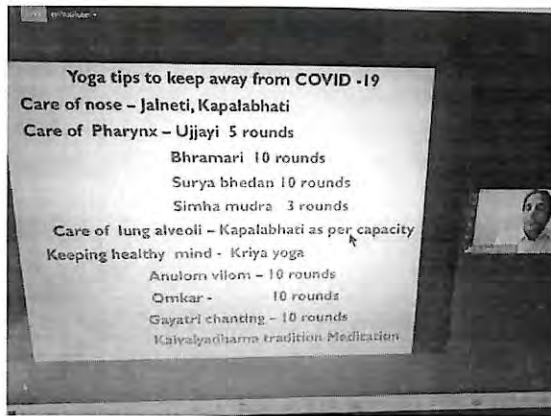
2013 & 2014: 'Jagar Jaanivancha Award' by Govt, of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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)

Activity conducted under MOU with Kaivalyadhama

Staff Academy arranged a special session for Faculty members of R. J. College on Yogic and General Tips to Prevent Covid – 19 on May 31, 2021. Dr. Satish Phatak, Assistant Director, Scientific Research Department, Kaivalyadhama Yoga Institute, Lonavala was the Resource Person for this programme. He explained in great detail the benefits of Yoga to combat the CoronaVirus. More than 22 faculty members joined the session and appreciated the tips received as the need of the hour.

Snap Shot




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