

UNIVERSITY OF MUMBAI  
NATIONAL SERVICE SCHEME



Web site- [www.nssmu.in](http://www.nssmu.in)  
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Mumbai – 400 020.  
No. NSS/ ECD/2021-22/24  
Date: - 7/06/2021

To,  
The Principals,  
Affiliated Colleges of University of Mumbai having NSS units.

**Subject: 15<sup>th</sup> to 21<sup>st</sup> June 2021- Yoga Common Protocol Workshop to celebrate International Yoga Day- 2021 (University Level).**

Dear Sir/ Madam,

For the 7<sup>th</sup> Year in succession, as part of the International Yoga Day (IYD), a 7-day Yoga Common Protocol Workshop is being organized as a joint venture of the University of Mumbai, the HSNC University, the Hyderabad (Sind) National Collegiate Board, Mumbai, and Kaivalyadhama.

This year also the Workshop is being conducted in the online mode due to the COVID 19 pandemic restrictions. Kaivalyadhama, in coordination with the other organisers, will conduct the training sessions of the Yoga Intern Training Program every day from **15<sup>th</sup> to 21<sup>st</sup> June 2021**.

This year the online training camp shall be a blending of Teaching-Learning and structured time-bound Self-Learning. The schedule of the Yoga Intern Program is as follows:

**15<sup>th</sup> June 2021 and 16<sup>th</sup> June 2021: Induction and Introduction (Online Teaching-Learning)**

Each participant shall login on Zoom platform to perform Yoga practices under the instructors of Kaivalyadhama.

**17<sup>th</sup> June 2021 to 19<sup>th</sup> June 2021: Self Learning**

The One-Credit Common Yoga Protocol Appreciation program which is self-paced on an Online learning platform. This gives the individual participants the space, the time and motivation to understand and initiate Yoga practices by themselves.

The participants shall self-learn through Online resources. Each Participant completing this module successfully shall be awarded the Certificate of Participation by the Ministry of Aayush.

**20<sup>th</sup> June 2021: Conclusion and Evaluation**

Each participant shall login on Zoom platform to perform Yoga practices under Yoga instructors of Kaivalyadhama

**21<sup>st</sup> June 2021: Yoga Day celebrations**

Five concurrent Zoom Sessions will be conducted on 15<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> June 2021, with not more than 200 participants in each Session. The University of Mumbai will host four sessions, and HSNC University and HSNC Board will host one session each on the designated days.

Each NSS Cell of the Colleges of the University of Mumbai will depute 05 NSS Volunteers and 01 NSS Program Officer for the “Yoga Intern Program” through Zoom Sessions and 100 Volunteers to join Yoga Intern Program through live-feed on YouTube.

**This year, we wish to train 11000 students from University of Mumbai, HSNC University and HSNC Board Institutions. Of which 1000 shall be trained through Online Contact sessions and 10000 through live-feed of Online Session on You Tube.**

Participants and volunteers will be awarded the University of Mumbai / HSNC University Certificate, as the case may be, on completion of the program. Attendance will be taken for every session based on participants joining on Zoom / You tube session.

The celebration of the International Yoga Day and the Valedictory function of the Common Yoga Protocol Workshop will be held in the online mode on **21<sup>st</sup> June 2021.**

**Time and link for Training Workshop and Celebration of IYD shall be circulated on 12<sup>th</sup> June, 2021 to the registered participant.** Participants will have to register themselves on <https://kdham.com/yoga-for-young-minds/>

Kindly send the list of NSS Volunteers through email on [HSNCB\\_YIP2021@hsncb.com](mailto:HSNCB_YIP2021@hsncb.com) on or before **11<sup>th</sup> June 2021.**

Looking forward to your co-operation.

With regards,

Yours sincerely,



Sudhir S. Puranik,  
Director, NSS

Copy for information to :

1. PA to Hon'ble Vice-Chancellor, University of Mumbai
2. PA to Hon'ble Vice-Chancellor, HSNC University, Mumbai
3. PA to Hon'ble Pro Vice-Chancellor, University of Mumbai
4. PA to the Registrar, University of Mumbai
5. Shri. Subodh Tiwari ji, Kaivalyadhama