

UNIVERSITY OF MUMBAI  
NATIONAL SERVICE SCHEME



Web site- [www.nssmu.org](http://www.nssmu.org)  
Vidyapeeth Vidyarthi Bhavan,  
2<sup>nd</sup> Floor, 'B' Road, Churchgate,  
Mumbai – 400 020.  
No. NSS/ECD/2023-2024/90  
Date: 16.06..2023

To,  
The Principal of All Colleges having NSS Unit in  
Mumbai City, Mumbai Suburbs, Thane and Palghar District Colleges.

**Subject: University Level Yoga Training Camp (CYP) from 18<sup>th</sup> to 21<sup>st</sup> June 2023**

Dear Sir/ Madam,

National Service Scheme Cell, University of Mumbai and Kaivalyadham Yoga Institute jointly organizing four-day yoga training camp **from 18<sup>th</sup> to 21<sup>st</sup> June 2023** for NSS volunteers of various College of **University of Mumbai University at Kaivalyadham, (Near Taraporewala Aquarium) Charni Road.**

At the proposed training camp of 3 days, basic yoga training as per CYP will be provided as prescribed by AAYUSH from the experts of Kaivalyadham Yog Institute. Yoga Training sessions (theory & practice) shall be aimed to create basic yogic skills and also to know the science behind the Yoga. The program shall help the participants to restore balance in life, helping to strengthen our body and mind, regain our focus and improve self-confidence. It is a complete package for beginners as well as regular practitioners and has something for everyone - of all age groups.

The NSS Volunteers from your College will learn the basic yoga exercise for four consecutive days i.e. **18<sup>th</sup>, 19<sup>th</sup>, and 20<sup>st</sup> June 2023 at Kaivalyadham, (Near Taraporewala Aquarium) Marin Drive, Charni Road Rly Station.** Regular participants completing the camp successfully will be awarded with a Yoga Acquaintance Certificate on **21 June 2023, International Day of Yoga (IDY) at Convocation Hall, Fort, University of Mumbai.** This activity will help us create individuals who can become nodal points for propagation of yoga and its benefits in our society.

You are requested to **depute Only 2 NSS Volunteers (1 male and 1 female)** to participate in this Yoga workshop / camp. The NSS Programme Officers are requested to fill the google form. Selected NSS Volunteers of your College should report as per below schedule and venue.

<b>18<sup>th</sup> June 2023</b>	<b>07.00 am</b>	<b>Kaivalyadham, (Near Taraporewala Aquarium) Marin Drive, Charni Road Rly Station</b>
<b>19<sup>th</sup> June 2023</b>	<b>10.00 am</b>	
<b>20<sup>th</sup> June 2023</b>	<b>10.00 am</b>	
<b>21<sup>st</sup> June 2023</b>	<b>08.00 am</b>	<b>Convocation Hall, Fort, University of Mumbai</b>

Every District / Zone may depute 2-3 NSS Programme Officers/ Area Co-ordinators to coordinate with volunteers and Kaivalyadham for attendance and discipline in day-to-day schedule and on 21<sup>st</sup> all District and Area Co-ordinators requested to attend IYD Programme at Convocation Hall, Fort, University of Mumbai.

Looking forward to your cooperation

With regards,

Mr. Sushil Shinde  
OSD, NSS

yours sincerely,

--- sd ---

Mr. Sudhir S. Puranik  
Director, NSS.

**Copy to NSS District Co-ordinator with request to co-ordinate with the colleges of respective jurisdiction.**