

UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



Web site- www.nssmu.in
Vidyapeeth Vidyarthi Bhavan,
2nd Floor, 'B' Road, Churchgate,
Mumbai – 400 020.
No. NSS/ECD/2024-2025/43
Date: 10.06.2024

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 17th to 19th and 21st June 2024

Dear Sir/ Madam,

National Service Scheme Cell, University of Mumbai and Kaivalyadham Yoga Institute is jointly organizing three-day yoga training camp **from 17th to 19th June 2023** for NSS volunteers of various College of **University of Mumbai University at Kaivalyadham,**

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 training will be held on **17th, 18th, and 19th June 2023 at Ishwardas Chunilal Yogic Health Centre, Kaivalyadhama, Marine 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.

17 th June 2023	10.00 am	Ishwardas Chunilal Yogic Health Centre, Kaivalyadhama Marine Drive, Charni Road Rly Station
18 th June 2023	10.00 am	
19 th June 2023	10.00 am	
21 st June 2023	Will be informed	Convocation Hall, Fort, University of Mumbai

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 21st 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,

Yours sincerely,

Mr. Sushil Shinde
OSD, NSS

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