

UNIVERSITY OF MUMBAI
NATIONAL SERVICE SCHEME



Web site - www.nssmu.org.in
Tel. - 022-22873696
Vidyapeeth Vidyarthi Bhavan,
2nd Floor, 'B' Road, Churchgate,
Mumbai – 400 020.

No. NSS/ 167 /2017-2018
Date: 13.06.2017

To,
The Principal of All Colleges having NSS Unit in
Mumbai City, Western & Central Suburb Colleges.

Subject: University Level Yoga Training Camp on 17th, 18th and 19th June 2017

Dear Sir/ Madam,

University NSS Cell & R.D.National College, Bandra jointly organizing a three-day yoga training camp on 17th, 18th and 19th June 2017 for NSS volunteers of various college of Mumbai City & Suburb colleges by experts from Kaivalyadham. At the proposed training camp of 3 days, basic yoga training will be provided as prescribed by AAYUSH.

Yoga Training sessions including lecture and practice shall be aimed to create basic yogic skills and know how on Yoga which is our heritage. The program shall help to restore balance by helping to strengthen our body, calm our 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 three consecutive days i.e. 17th, 18th and 19th June 2017. Regular participants will be awarded with a Yoga Acquaintance Certificate after completion of the camp. 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 4 (Four) NSS Volunteers of your College at R.D.National College, Bandra at 09.00 a.m. sharp on 17th to 19th June 2017.

Expected for your co-operation.

Yours Sincerely,

Prof. B.S. Bidve
NSS Programme Co-ordinator

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