



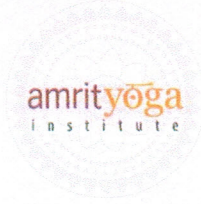
MEMORANDUM OF UNDERSTANDING

BETWEEN

**Swami Vivekananda Yoga Anusandhana
Samsthana (S-VYASA), Bengaluru, India**

And

Amrit Yoga Institute, Florida, USA



TO CONDUCT RESEARCH PROJECT ON YOGA NIDRA

PREAMBLE

Swami Vivekananda Yoga Anusandhana Samsthana ("S-VYASA"), located at Bengaluru, India is a Deemed University recognized by the Ministry of Human Resource Development, Govt. of India. It offers Bachelors, Masters, Post-graduate programs, and Doctoral Programs in the field of Yoga. The S-VYASA University is a pioneer in the field of Yoga Research and Education.

Amrit Yoga Institute is located in Salt Springs, Florida, amid the tranquil beauty of the Ocala National Forest on Lake Kerr, a spring-fed lake of nearly 3,000 acres. It is propagating I AM or the Integrative Amrit Methods of Yoga nidra, Yoga asanas, Yoga Therapy, Ayurveda and Wellness programs to transform one's health from within. Amrit Yoga Institute offers personal retreats and programs as well as in-depth professional level training in Yoga Nidra, Yoga Therapy and Yoga Teacher Training.

SCOPE OF AGREEMENT

This MoU is signed between Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), And Amrit Yoga Institute, Florida, USA, for the purpose of Research project on "immediate effect of I am Yoga nidra on state anxiety and mindfulness"

Terms of Agreement

- S-VYASA will provide subjects [around 50 volunteers] for research project and Amrit yoga institute will conduct I am yoga nidra training session at S-VYASA from March 9 - 13, 2019.
- Amrita yoga institute will pay Research consultancy fees of 2,500 USD to S-VYASA at the beginning of the project.
- Assessments, Data entry, Data analysis will be the responsibility of S-VYASA.
- Proposed timeline to complete Data analysis by May 15, 2019
- Publication will be joint effort by the both the parties.

Confidentially

Neither party shall, at any time disclose to any third party any confidential information of the project data / subject information / intervention details without the prior written consent of the other party

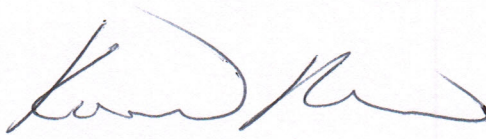
Publications

Parties agree that any publication or conference presentation that makes use of the results and data produced from the project shall be mutually approved by both parties. Joint efforts will be made to prepare the manuscript. Authors will be identified from both the institute by the principal investigators of the project on mutual agreement. Manuscript preparation would start in June and complete by 15th October 2019. Select the appropriate journal and submit manuscript in the month of November 2019.

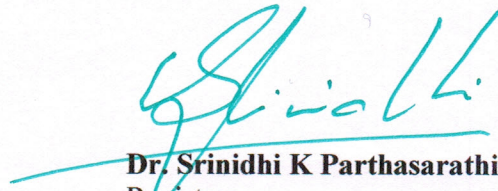
Validity

- Memorandum will enter into force on the date of signing
- Memorandum is valid for the period of two years

Signatures



Dr Kamini Desai
Director of Education
Amrit Yoga Institute, Florida, USA



Dr. Srinidhi K Parthasarathi
Registrar
S-VYASA, Bengaluru, India

11-03-2019

