

Memorandum of Strategic Understanding

SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA (S-VYASA)

And

PORTUGUESE YOGA CONFEDERATION (PYC)

Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) is a Deemed to be University recognized by University Grants Commission (UGC), accredited with an A+ grade by the NAAC, and recognized as a Centre of Excellence in Yoga by the Ministry of AYUSH, Government of India with a registered office at Eknath Bhavan, No. 19, Gavipuram Circle, Kempegowda Nagar, Bengaluru - 560 019, Karnataka, India and its Head Quarters at Prashanti Kutiram, Vivekananda Road, Kalluballu Post, Jigani, Anekal, (20 miles from Bengaluru - 560105), India, hereinafter referred to as **S-VYASA**.

And

Portuguese Yoga Confederation (PYC) is a non-profit organization, registered as #507837860, located at Av. República, 18 - 1º, 1050-191 Lisboa, Portugal, EU

1. Institutional Information

1.1 On Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA)

- a. Whereas S-VYASA is a Yoga University declared-to-be under Section 3 of UGC Act by the Government of India, Ministry of HRD through UGC, New Delhi, India and has been named as Swami Vivekananda Yoga Anusandhana Samsthana
- b. Whereas S-VYASA has been recognized as a Centre of Excellence in Yoga by the Government of India, Ministry of Health and FW, Dept of AYUSH, New Delhi, India
- c. Whereas S-VYASA has done extensive scientific research in Yoga and applications over the last 25 years, standardized the modules of Yoga suited for various applications of Yoga, such as Yoga for Health,

including mental health, Yoga in education, Yoga for stress management, etc.;

- d. Whereas S-VYASA has published 900 research papers on Yoga & its applications in leading national & international journals, as BMJ, Journal of Asthma, etc.;
- e. The mother organization of S-VYASA is VYASA (Vivekananda Yoga Anusandhana Samsthana) and it has extended its activities in many countries around the globe including USA, UK, Japan, etc.
- f. Whereas S-VYASA has trained a large number of Yoga teachers and researchers and is continuing to train them in their international headquarters in Prashanti Kutiram, Bengaluru and various cities around the globe;
- g. Whereas S-VYASA has collaborative research projects with NIMHANS, Indian Institute of Science, Ramaiah Medical College, Kidwai Memorial Institute of Oncology, Bengaluru Institute of Oncology etc
- h. Whereas VYASA/S-VYASA have/had collaborative research projects Royal Free Hospital in London, Middleborough General Hospital in UK and has MOU with MDACC in Houston, UCSF in San Francisco, UCLA in LA, Harvard University, the University of South Florida, Centre for positive health, Tampa, Florida, in USA, etc., for purposes of Yoga research.
- i. Whereas S-VYASA runs Swami Vivekananda Yoga Prakasana (SVYP) which is the publication wing of S-VYASA and published many titles in the form of books and media and distributes the same throughout the world

1.2 On Portuguese Yoga Confederation (PYC)

- a. Whereas the Portuguese Yoga Confederation (PYC) is a non-profit Philosophical and Cultural Institution that aims at human development, wellbeing and happiness of its practitioners, and the perpetuation of the noblest and most ancient theoretical-practical philosophical traditions.
- b. Whereas the Portuguese Yoga Confederation has a strong social solidarity orientation, with dedicated departments for Social Solidarity, Medical Research, Psychology, Youth Affairs, Yoga for Children (Balaki-Ganesha), and International Relations.

- c. Whereas the Portuguese Yoga Confederation supports cultural and educational initiatives including an Orchestra (Omkára), an Amateur Theatre Group (Máyá), and an Advanced Yoga Demonstration Group (Pashupati).
- d. Whereas the Portuguese Yoga Confederation operates regional structures across Portugal and is involved with a network of Yoga centers from north to south of the country, involving thousands of practitioners.
- e. Whereas the Portuguese Yoga Confederation practices excellence in its teacher training programs, offering advanced multi-year training courses for Yoga Teachers, Professors, and Masters.
- f. Whereas the Portuguese Yoga Confederation has promoted national and international events including Portuguese Yoga Congresses, National Yoga Meetings, and Iberian and World Yoga Encounters.

2. The Scope of Understanding:

Now herein, Portuguese Yoga Confederation – PYC and S-VYASA agree to enter into an arrangement to establish a working agreement for training and research for mutual benefit for non-profit activities in the areas of traditional Yoga and related fields.

3. The areas included in the agreement are:

- 3.1 Traditional Yoga and its technical disciplines.
- 3.2 Content sharing, including co-authoring and translations.
- 3.3 Exchange of students - Yoga teachers will be sent to S-VAYASA for advanced training and Yoga teachers from S-VYASA will be called to Portugal for training in Samsktam / Devanagari
- 3.4 Ayurveda exclusively for health professionals that are also Yoga teachers from Yoga Portuguese Confederation

3.5 Exchange of information about activities of both parties.

4. Reporting Mechanism

Both S-VYASA and Portuguese Yoga Confederation – PYC will meet, physically and/or through virtual conference regularly. The agenda for these meetings will be review of the progress of the cooperation and enhancement of areas of cooperation. S-VYASA and Portuguese Yoga Confederation – PYC will develop web-based reporting mechanisms

5. Duration and Amendment

The present agreement will be in effect for a period of Five years, beginning on the date it is signed by the parties and is automatically renewed for Five additional years. Any change, addition or deletion to this document must be agreed to by both parties. The agreement may be amended at any time by written consent through the exchange of letters.

6. Indemnity

Both, Portuguese Yoga Confederation – PYC and S-VYASA will hold the other harmless and keep the other indemnified from and against all claims, demands, losses, damages, costs and expenses that one party may sustain or incur in consequence or arising just of this memorandum.

No party to this agreement shall be deemed to be in default for or shall be liable for the non-performance of any covenant, agreement or obligation in this document if such non-performance is caused by or attributable to any occurrence which is beyond the reasonable control of the partner affected.

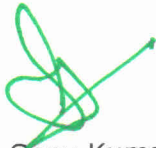
7. Jurisdiction

This agreement is subject to the laws and jurisdiction of Bengaluru, Karnataka, India. In case of any disputes or differences of opinion, the two parties agree to resolve such disputes through discussions in an atmosphere of goodwill and understanding according to Dharma

No party to this agreement shall be deemed to be in default for or shall be liable for the non-performance of any covenant, agreement or obligation in this document if such non-performance is caused by or attributable to any occurrence which is beyond the reasonable control of the partner affected.

Signed by:

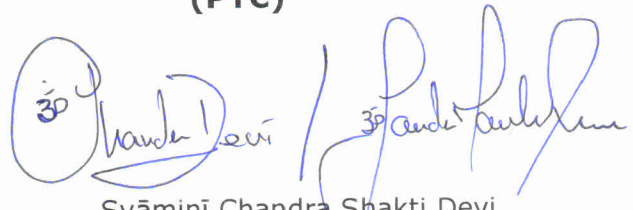
**Swami Vivekananda Yoga
Anusandhana Samsthana
(S-VYASA)**



Prof. Sony Kumari
(Registrar)

Date: December 21, 2025

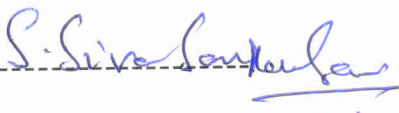
**Portuguese Yoga Confederation
(PYC)**

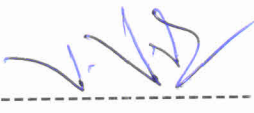


Svāminī Chandra Shakti Devi
(Sandra Marília Xavier – President)

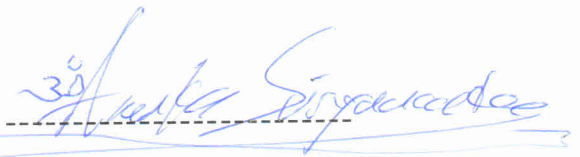
Date: December 21, 2025

Witnesses:

1. 

2. 

Date: December 21, 2025

1. 

2. 

Date: December 21, 2025