

**Swami Rama Himalayan University**  
**School of Yoga Sciences**  
Office of the Principal

Ref. SRHU/SYS/2025/273

Date: 11.12.2025

**NOTICE**

**“Two Hours Workshop on Mind Management”**

All students of M.Sc. Yoga Therapy / M.Sc. Yoga Sciences, and B.Sc. Yoga Sciences & Holistic Health Semester-I & III and Research Scholars are hereby informed that a **“Two-hour workshop on Mind Management”** has been scheduled as per the details mentioned below:

**Date:** 13th December 2025

**Time:** 02:30 PM to 04:30 PM

**Venue:** Nagarjuna Lecture Theater–VI, School of Yoga Sciences,  
Swami Rama Himalayan University

**Speaker:** Dr. Sandeep K. Singh

Assistant Professor, School of Yoga Sciences

Swami Rama Himalayan University

**Google form for the free registration:**

<https://docs.google.com/forms/d/e/1FAIpQLSchM0fGwvGHLvKnOxM8VidKovtQK9dGKdPDi4UGYQUzR9pS0g/viewform?usp=dialog>

Attendance is **mandatory** for all the above-mentioned students and scholars.

**Order by:**

*Suhree*  
11/12/2025

**Officiating Principal,**  
School of Yoga Sciences,  
Swami Rama Himalayan University

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Swami Rama Himalayan University  
Jolly Grant, Dehradun, Uttarakhand-248016

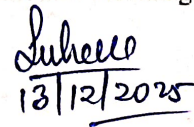
**Report on Mind Management**  
**Dr. Sandeep Kumar Singh, Assistant Professor**  
**School of Yoga Sciences, SRHU**

On 13<sup>th</sup> December, 2025 “Two-hours Workshop on Mind Management” was conducted by Dr. Sandeep Kumar Singh at the School of Yoga Sciences, SRHU from 2:30 – 4:30 PM. The program was designed to help students understand the nature of the mind and learn practical techniques for managing thoughts, emotions, and behavior through both theoretical and experiential approaches. The session was interactive, insightful, and rooted in yogic wisdom while being supported by modern psychology and neuroscience.

The program began with **Activity 1: SWON Analysis**, which stands for Strengths, Weaknesses, Opportunities, and Needs. Students were guided to reflect on their own mental patterns, habits, and emotional responses. This activity encouraged self-awareness and introspection, helping participants identify their inner strengths and areas that require improvement. The SWON exercise emphasized the importance of recognizing personal opportunities for growth while understanding one’s mental and emotional needs. This activity created a strong foundation for the rest of the session by aligning self-observation with mind management practices.

Following the activity, Dr. Singh delivered a **PowerPoint presentation** on Mind Management from three major perspectives: Yogic, Psychological, and Neuroscience-based. From the yogic perspective, the mind was explained in terms of *chitta*, *vrittis*, and mental fluctuations, focusing on the practices such as meditation, self-discipline, and awareness to attain mental balance. The psychological perspective focused on thought patterns, emotional regulation, stress management, and the impact of the subconscious mind on behavior. The neuroscience perspective explained how brain functions, neural pathways, and breathing influence mental states, attention, and emotional stability. This integrated approach helped students connect ancient wisdom with modern scientific understanding.

The session then moved to **Activity 2: Breathing Exercises**, which included Vipassana-based breathing and a Buddhist chant. Participants were guided to observe their breath mindfully, promoting inner calm and clarity. The Vipassana technique emphasized awareness without judgment, allowing students to experience the connection between breath and mind. The Buddhist chant created a soothing environment and helped synchronize breathing, sound, and

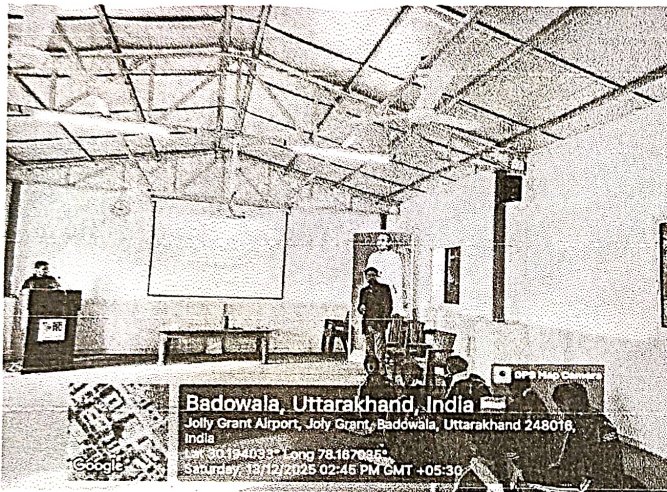
  
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mental focus. This experiential practice enabled students to directly feel the calming and centering effects of controlled breathing.

Two-hours workshop on mind management session by Dr. Singh was highly beneficial and enriching. It provided students with practical tools for self-awareness, emotional balance, and mental clarity. The combination of reflective activities, theoretical knowledge, and experiential practices made the session impactful and relevant for both personal growth and academic life. Total of 46 students registered for the workshop from School of Yoga Sciences and various other disciplines.



*Suhel*  
13/12/2025

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School of Yoga Sciences  
Swami Rama Himalayan University  
Topic:- mind management.

S.No.	Batch	Registration No.	Name of Student	Signature
1	2023-2026	231107301057	Radhika	<u>Radhika</u>
2	11	231107301037	Anehal	<u>Anehal</u>
3	2023-2026	231107301055	Madhuri	<u>Madhuri</u>
4	2023-2026	231107301016	Manisha	<u>Manisha</u>
5	2023-2026	231107301050	Aastha	<u>Aastha</u>
6	2023-2026	231107301005	Neha Ramey	<u>Neha Ramey</u>
7	2023-2026	231107301024	Monika Kothiyal	<u>Monika</u>
8	2023-2026	22118301011	DEVESH	<u>Devesh</u>
9	2023-2026	231107301053	Nishant	<u>Nisha</u>
10	2023-2026	231107301032	eKha Anand	<u>Neha</u>
11	2023-2026	231107301032	Kavita	<u>Kavita</u>
12	2023-2026	DD231107301008	Sakshi Chauhan	<u>Sakshi</u>
13	2023-2026	DD231107301046	Ayushi Dhanakshi	<u>Ayushi</u>
14	2023-2026	DD231107301020	Elhi Rawat	<u>Elhi</u>
15	2025-2027	DD251107502000	Suncina	<u>Suncina</u>
16	2025-2027	DD251107502000	RIYA JAIN	<u>Riya Jain</u>
17	2025-2027	DD251107502016	Komal Negi	<u>Komal</u>
18	2025-2027	DD251107502013	Alisha Pundir	<u>Alisha</u>
19	2025-2027	DD251107502004	Pooja Tiwari	<u>Pooja Tiwari</u>
20	2025-2027	DD251107502005	Ritisha Uniyal	<u>Ritisha</u>
21	2025-2027	DD251107502003	Prinyanka Ranakshi	<u>Prinyanka</u>
22	2025-2027	DD251107502014	Renu Pundir	<u>Renu</u>
23	2025-2027	DD251107502007	Uma Bhatkat	<u>Uma Bhatkat</u>
24	2025-2027	DD251107502011	Vaishnavi :V	<u>V. Vaishnavi</u>
25	2025-2027	DD251107502009	Simran Kalwa.	<u>Simran</u>
26	2025-2027	DD251107502012	Pooja Negi	<u>Pooja</u>
27	2025-2027	DD251107502007	Rahul kumar	<u>Rahul</u>
28	2023-2026	231107301051	Himanshu Sharma	<u>Himanshu</u>
29	2023-2026	231107301049	Porudhep Rathi	<u>Porudhep</u>
30	2023-2026	231107301039	ALOK - RAWAT	<u>ALOK</u>

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13/12/25

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