

**Swami Rama Himalayan University**  
**School of Yoga Sciences**

Ref.SRHU/SYS/2025/254A

Date:-02.12.2025

**Notice**

**(Workshop on Career Counselling, Yoga & Entrepreneurship)**

All students are hereby informed that a Workshop on Career Counselling, Yoga, and Entrepreneurship will be conducted by School of Yoga Sciences, in association with Jairam Yoga Group. The guest speakers are Dr. Shivam Mishra and Mr. Manmohan founder of Jairam Yoga Group.

Date: 4 December 2025

Time: 11:30 AM

Venue: Nagarjuna VI

The purpose of this workshop is to guide students in understanding various career opportunities, the importance of yoga in daily life, and developing an entrepreneurial mind set. All students & faculty are requested to attend the workshop and make the most of this valuable session. Attendance is compulsory.

Order By:-

*Suhelli*  
21/12/2025

Officiating Principal

School of Yoga Sciences

Swami Rama Himalayan University

Principal

School of Yoga Sciences

Swami Rama Himalayan University

Jolly Grant, Dehradun, Uttarakhand-248016



**SR  
HU**

**योग विज्ञान स्कूल**

(स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई)

**School of Yoga Sciences**

(A Constituent Academic Unit of Swami Rama Himalayan University)

**Report-Workshop on Career Counseling Yoga and Entrepreneurship**

The School of Yoga Sciences (SYS), Swami Rama Himalayan University, in collaboration with the Jairam Yoga Group, successfully organized a Workshop on Career Counselling, Yoga and Entrepreneurship on 4 December 2025 at 11:30 AM. The workshop was attended by more than 150 students, along with faculty members, creating an engaging and academically enriching environment.

The program was conducted by esteemed resource persons Dr. Shivam Mishra and Mr. Manmohan, Founder of Jairam Yoga Group. Mr. Manmohan delivered an insightful session on the significance of yoga in achieving physical health, mental balance, and emotional stability. He emphasized that yoga is not only a wellness practice but also a promising professional field with national and international opportunities.

Dr. Shivam Mishra addressed the participants on the importance of career counselling and entrepreneurship. He guided students on identifying their strengths, setting career goals, and developing leadership and business skills. His session highlighted the importance of innovation, self-confidence, and perseverance in building a successful professional journey.

*Subeeh*  
4/12/2025

**Principal**

School of Yoga Sciences

Swami Rama Himalayan University

Jolly Grant, Dehradun, Uttarakhand-248016

**स्वामी राम नगर, जौलीग्रंट, देहरादून 248016, उत्तराखण्ड, भारत**

Swami Ram Nagar, Jolly Grant, Dehradun 248016, Uttarakhand, India.

Tel.: +91-135-2471137 | Fax: +91-135-2471141 | Email: principal.sys@srhu.edu.in | www.srhu.edu.in



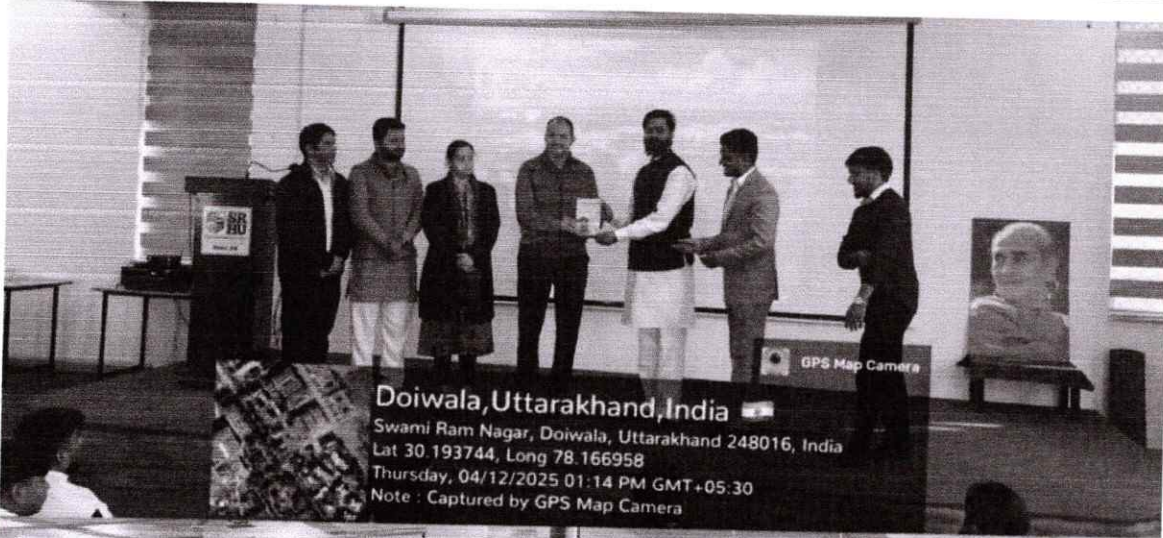
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# योग विज्ञान स्कूल

(स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई)

## School of Yoga Sciences

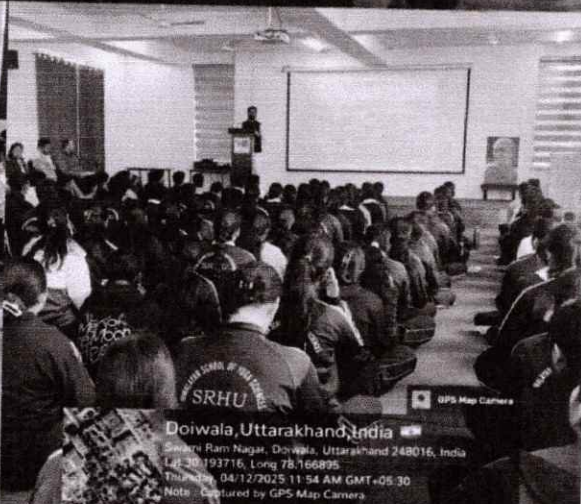
[A Constituent Academic Unit of Swami Rama Himalayan University]



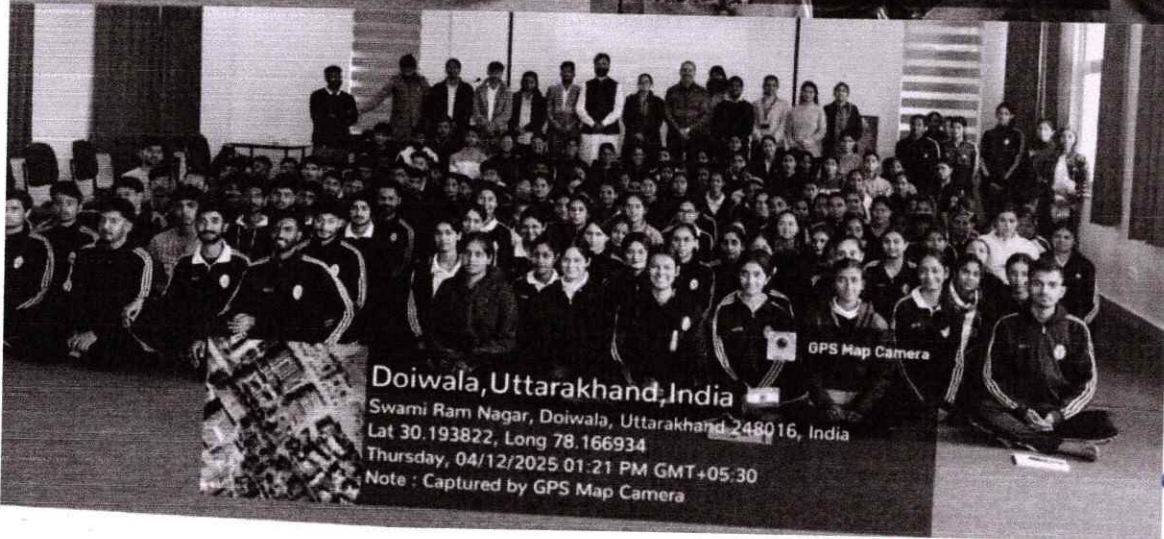
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Swami Ram Nagar, Doiwala, Uttarakhand 248016, India  
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Thursday, 04/12/2025 01:14 PM GMT+05:30  
Note: Captured by GPS Map Camera



Doiwala, Uttarakhand, India  
Swami Ram Nagar, Doiwala, Uttarakhand 248016, India  
Lat 30.193788, Long 78.166936  
Thursday, 04/12/2025 11:47 AM GMT+05:30  
Note: Captured by GPS Map Camera



Doiwala, Uttarakhand, India  
Swami Ram Nagar, Doiwala, Uttarakhand 248016, India  
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Thursday, 04/12/2025 11:54 AM GMT+05:30  
Note: Captured by GPS Map Camera



Doiwala, Uttarakhand, India  
Swami Ram Nagar, Doiwala, Uttarakhand 248016, India  
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Thursday, 04/12/2025 01:21 PM GMT+05:30  
Note: Captured by GPS Map Camera

*Suhell*  
4/12/2025

स्वामी राम नगर, जौलीग्रान्ट, देहरादून 248016, उत्तराखण्ड, भारत

Swami Ram Nagar, Jolly Grant, Dehradun 248016, Uttarakhand, India.

Principal

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**School of Yoga Sciences**  
**Swami Rama Himalayan University**

Topic:- Workshop on Career Counselling  
Yoga and Entrepreneurship.

S.No.	Batch	Registration No.	Name of Student	Signature
1	BSC II <sup>nd</sup> Year	DD241101301022	Srishti	Srishti
2	Bsc II <sup>nd</sup> Year	DD241109301006	Daxshpreet kaur	Daxshpreet
3	"	59	Sneha Chauhan	Sneha
4	"	28	Aarti Chauhan	Aarti
5	"	36	Kanika	Kanika
6	"	04	Payal	Payal
7	"	22	Yashika	Yashika
8	"	38	Vidushi	Vidushi
9	"	61	Shreyashi	Shreyashi
10	"	63	Ashwini	Ashwini
11	"	02	Tejshika	Tejshika
12	"		Shreyashi	Shreyashi
13	"	29	Navya	Navya
14	"	30	Chitranshi	Chitranshi
15	"	08	Ayushi Sharma	Ayushi Sharma
16	"	52	Saloni Bisht	Saloni Bisht
17	"	55	Priya Bhatt	Priya
18	"	53	Monika	Monika
19	"	25	Khushi	Khushi
20	"	26	Aarti	Aarti
21	"	35	Aanchal	Aanchal
22	"	56	Ritik	Ritik
23	"	51	Raj Gisi	Raj Gisi
24	"	20	Nikhil	Nikhil
25	"	40	Aghish	Aghish
26	"	11	Rish	Rish
27	"	10	Atharv	Atharv
28	"	48	Kashish	Kashish
29	"	60	Khushi Kothari	Khushi
30	"	16	Shruv Chauhan	Shruv

31	"	17	Prabhakar Bhatt	Prabhakar
32	"	31	Ujjwal	Ujjwal
33	"	18	AKASH	AKASH
34	"	43	Saniva	Saniva

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4/12/2024

	Name	Batch	Roll.no.	Sign
35-	Ayushi Lekhwar	2 <sup>nd</sup> Year	24	Ayushi
36-	Kritika Thapa	2 <sup>nd</sup> Year	9	Kritika
37	Tanya	"	15	Tanya
38	Shreya	"	47	Shreya
39	Muskan	"	12	Mus
340	Megha	"	13	Me

**School of Yoga Sciences**  
**Swami Rama Himalayan University**

Topic:- *Career Counselling, Yoga & Entrepreneurship*

S.No.	Batch	Registration No.	Name of Student	Signature
1	2023	DD231107301008	Sakshi Chauhan	Sakshi
2	2023	DD231107301011	Kavita	Kavita
3	2023	DD231107301050	Aastha	Aastha
4	2023	DD231107301005	Neha Rana	NR
5	2023	DD231107301020	Osli Rawat	Osli
6	2023	DD231107301025	Charan Jain	Charan
7	"	DD231107301026	Vipul Baidwal	Vipul
8	"	DD231107301053	Nishant Nayak	Nishant
9	"	DD231107301047	Yash Arora	Yash
10	"	DD231107301049	Pradeep	Pradeep
11	"	DD231107301027	Sudiksha	Sudiksha
12	"	DD231107301041	Kaashvi	Ka
13	"	DD231107301029	Ayush	Ayush
14	"	DD231107301039	Alok	Alok
15	"	DD231107301051	Himanshu Ghosh	Himanshu
16	"	DD231107301023	Himanshu Dwid	Himanshu
17	"	DD231107301015	Brigya	Brigya
18	"	DD231107301019	Pinki	Pinki
19	"	DD231107301038	Garima	Garima
20	"	DD231107301016	Manisha	Manisha
21	"	DD231107301057	Radhika	Radhika
22	"	DD231107301055	Madhuri	Madhuri
23	"	DD231107301031	Nisha	Nisha
24	"	DD231107301054	Sakshi	Sakshi
25	"	DD231107301018	Tanushree	Tanushree
26	"	DD231107301017	Ashi Arora	Ashi
27	"	DD231107301048	Aditya	Aditya
28	"	DD231107301003	Prabhat	Prabhat
29	"	DD231107301045	Shubham	Shubham
30	"	DD231107301056	Tushar	Tushar
31	"	DD231107301033	Aman	Aman
32	"	DD231107301009	Abhishek	Abhishek

*Dubey*  
4/11/2021

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Piyush Misra

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School of Yoga Sciences  
Swami Rama Himalayan University

Topic:- Career Counselling, Yoga  
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S.No.	Batch	Registration No.	Name of Student	Signature
1.	BSc 1 <sup>st</sup> year		Maitree	<u>Maitree</u>
2.	BSc 1 <sup>st</sup> year		Mohit	<u>Mohit</u>
3.	"		Shivani	<u>Shivani</u>
4.	"		Tamanna	<u>Tamanna</u>
5.	"		Nitin	<u>Nitin</u>
6.	"		Ritesh	<u>Ritesh</u>
7.	"		Pragati Bhatt	<u>Pragati</u>
8.	"		Anushka	<u>Anushka</u>
9.	"		<del>Anushka</del>	
10.	"		Aditya Panwar	<u>Aditya</u>
11.	"		Kalpna	<u>Kalpna</u>
12.	"		Tanisha	<u>Tanisha</u>
13.	"		Sakshi	<u>Sakshi</u>
14.	"		Aditi	<u>Aditi</u>
15.	"		Sandhya	<u>Sandhya</u>
16.	"		Tulsi	<u>Tulsi</u>
17.	"		Tanisha	<u>Tanisha</u>
18.	"		Muskaam	<u>Muskaam</u>
19.	"		Diya	<u>Diya</u>
20.	"		Isha sha	<u>Isha</u>
21.	"		Priyanshi	<u>Priyanshi</u>
22.	"		Isha Rethod	<u>Isha</u>
23.	"		Raveena	<u>Raveena</u>
24.	"		Anisha	<u>Anisha</u>
25.	"		Ananya	<u>Ananya</u>
26.	"		Neelam	<u>Neelam</u>
27.	"		Mimansa	<u>Mimansa</u>
28.	"		Bhumiika	<u>Bhumiika</u>
29.	"		Akansa	<u>Akansa</u>
30.	"		Anjali	<u>Anjali</u>

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4/12/2025