



हिमालयन योग विज्ञान स्कूल

स्वामी राम हिमालयन विश्वविद्यालय की एक शैक्षणिक इकाई

Himalayan School of Yoga Sciences

A Constituent Academic Unit of Swami Rama Himalayan University



File No. SRHU/HSYS/2025/52

Dated: - 11/04/2025

5-Days Workshop on Acupressure and Reflexology

In recognition of the growing relevance and potential of Acupressure in modern wellness and therapeutic practices, we are pleased to inform you that Himalayan School of Yoga Sciences is organizing a workshop on **Acupressure and Reflexology** from 15th April to 19th April 2025 in association with **Orissa Swasthya Seva Sangh**, Cuttack, Odisha for 6th semester students of B. Sc. Yoga Science and Holistic Health, and 2nd and 4th semester students of M.Sc. Yoga Sciences.

This workshop aims to provide participants with foundational knowledge, hands-on training, and insights into the practical applications of Acupressure and Reflexology for self-care and professional practice. Eminent experts will share their knowledge, conduct theoretical, practical sessions and interact with the participants, making it a valuable learning experience for all the attendees.

Organizing Committee

Patron: Dr. Subodh Saurabh Singh, Officiating Principle, HSYS, SRHU, Dehradun, Uttarakhand.

Organizing Secretary: Dr. Mala Tripathi, Assistant Professor, HSYS, SRHU, Dehradun, Uttarakhand.

Committee members

Dr. Somlata Jha, Assistant Professor, HSYS, SRHU, Dehradun, Uttarakhand.

Dr. Ankit Sharma, Assistant Professor, HSYS, SRHU, Dehradun, Uttarakhand.

Dr. Saloni Malik, Assistant Professor, HSYS, SRHU, Dehradun, Uttarakhand.

Mr. Rahul Baluni, Assistant Lecturer, HSYS, SRHU, Dehradun, Uttarakhand.

Mr. Vijendra Dwivedi, Yoga Instructor, HSYS, SRHU, Dehradun, Uttarakhand.

Ms. Anuradha Sharma, Yoga Instructor, HSYS, SRHU, Dehradun, Uttarakhand.

Ms. Neelam Rawat, Yoga Instructor, HSYS, SRHU, Dehradun, Uttarakhand.

Ms. Kajal Pal, Yoga Instructor, HSYS, SRHU, Dehradun, Uttarakhand.

Registration Convener:

Ms. Nisha Yadav, PhD Scholars, HSYS, SRHU, Dehradun, Uttarakhand.

Registration Co-Convener

Ms. Sakshi Sharma, PhD Scholars, HSYS, SRHU, Dehradun, Uttarakhand.

Technical Support:

Mr. Saurabh Singh, Junior Office Assistant

Mr. Anoop Kumar, Attendant

Officiating Principal,

Himalayan School of Yoga Sciences

Swami Rama Himalayan University

Principal

Himalayan School of Yoga Sciences

Swami Rama Himalayan University

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Swami Ram Nagar, Jolly Grant, Dehradun (Uttarakhand) 248016

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Workshop Report

School of Yoga Sciences: - Inaugurated 5-Days Workshop on Acupressure and Reflexology

The Himalayan School of Yoga Sciences of Swami Rama Himalayan University (SRHU), Dehradun, Uttarakhand, inaugurated a transformative **5-days workshop on Acupressure and Reflexology** at 10:00 AM on 15-04-2025 in the Nagarjuna Hall of HSYS. The workshop aims to equip students with traditional therapeutic skills of acupressure therapy rooted in ancient healing systems. The **62 students** from HSYS participated enthusiastically in the workshop, demonstrating a growing interest in alternative healing practices and a commitment to holistic well-being.

The inaugural session commenced with a formal welcome and event overview, followed by the lighting of the ceremonial lamp along with chanting of sacred mantras. The program was graced by esteemed dignitaries of SRHU, including: **Dr. Ashok Kumar Deorari, Hon'ble Pro Vice-Chancellor, SRHU** and **Dr. Vijendra D. Chauhan, Director General of Academic Development, SRHU**.

All dignitaries were felicitated by **Dr. Subodh Saurabh Singh, Principal HSYS** in honour of their continuous support in promoting integrative healthcare education, which was followed by the welcome address delivered by the Principal HSYS who highlighted the relevance of *integrating acupressure and reflexology into mainstream wellness practices*.

A warm felicitation was also extended to the visiting expert team from **Orissa Swasthya Seva Sangh, Cuttack**, by the dignitaries of the university comprising: **Mr. Saumitra Das**, Senior Therapist, **Mr. Bikas Chandra Sahoo**, Senior Therapist, **Ms. Leena Sahoo**, Acupressure Therapist and **Ms. Shreya Kumari**, Acupressure Therapist.

Mr. Saumitra Das addressed the audience with an insightful overview of the course content and the heritage of their institution, setting the stage for a deeply engaging learning experience. Both Dr. Chauhan and Dr. Deorari highlighted the importance of Acupressure and Reflexology and encouraged participants to attend the sessions with focus and sincerity.



Subodh Saurabh Singh
Principal

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Subsequent addresses by the university leadership provided thoughtful perspectives: **Dr. Vijendra D. Chauhan** emphasized the academic value of integrative health workshops through his kind and supporting words. Also, he emphasized on the importance of such workshops how they can add value to the education yoga. The **inaugural keynote delivered** by **Dr. Ashok Kumar Deorari** highlighted SRHU's commitment to fostering holistic health education by bridging scientific innovation with ancient wisdom.

The session concluded with a **vote of thanks by Dr. Maia Tripathi**, Assistant Professor, HSYS, followed by the rendition of the **National Anthem**, marking a dignified close to the inaugural ceremony. The event was hosted by Sakshi Sharma, Ph.D. Scholar and Sudeeksha Panwar (B.Sc. 3rd Year). The session was attended by all the faculties, Yoga Instructors and, PhD. Scholars of HSYS:

The workshop was conducted in two sessions: from 10:30 AM to 1:00 PM and from 2:30 PM to 4:00 PM. The sessions included discussions on the origin and development of Acupressure and Reflexology, along with a detailed explanation of life-saving emergency points by Mr. Saumitra Das. The sessions were divided into two parts i.e. Theory & Practical demonstrations. Theory sessions were taken by Mr. Saumitra Das from 10:30 AM to 12:00 PM and the practical sessions were provided by Mr. Bikas Chandra Sahoo, Ms. Leena Sahoo & Ms. Shreya Kumari from 12:00 PM to 01:00 PM.

From April 15, 2025 to April 19, 2025, the workshop continued by covering detailed aspects of human body anatomy, major diseases, and their treatment through relevant Acupressure and Reflexology points along with a discussion of Magnet Therapy and its benefits in various cases. The content was presented in a simple yet in-depth manner to ensure complete understanding.

A viva voce was conducted on April 19, 2025 followed by examination which was conducted on April 20, 2025 to evaluate the learning outcomes of the participants.

On April 21, 2025, all participants shared their experiences and expressed heartfelt gratitude to the visiting therapists from Orissa Swasthya Seva Sangh. Certificates of participation were **awarded by Dr. Subodh Saurabh Singh, Dr. Mala Tripathi, and Mr. Saumitra Das**. The therapists from Odisha were also honoured by HSYS, SRHU.



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The event concluded with words of appreciation from **Dr. Subodh Saurabh Singh** who acknowledged the efforts of everyone involved in organizing the workshop and encouraged similar initiatives in the future. The final vote of thanks was delivered by **Dr. Somlata Jha** and **Dr. Ankit Sharma**, both Assistant Professors at HSYS, SRHU.



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Attendance of Workshop
Topic- Acupressure and Reflexology
(15/04/2025) to (20/04/2025)

Day Tuesday


Date- 15/April/2025

Sl. N.	Student Name	Class	Signature
1.	Bhawana Jha	M.Sc 2nd yr	Bhawana
2.	Manvi	M.Sc. 2nd yr	<u>Manvi</u>
3.	Sipra Rani Sahoo	Msc. 2nd Yr	Sipra
4.	Aayushi Nirwal	Msc. 2nd Year	Aayushi
5.	Shivani Kothari	Msc 2nd year	Shivani
6.	Diya Pokhriyal	MSc 2 nd year	Diya
7.	Nivya Pal	Msc. 2nd year	Nivya Pal
8.	Ayushi Uniyal	Msc. 2nd year	Ayushi
9.	Anmol Bin Jola	Msc. 2nd year	Anmol
10.	Abhishek Negi	Msc 2nd year	Abhishek
11.	Hansu Baloni	Msc II year	Hansu
12.	Shailash Borthwal	Msc II year	Shailash
13.	Shalini Negi	Msc I year	Shalini
14.	Gargi Pal	Msc I st year	Gargi Pal
15.	Aruna Dutta	MSc - I st year	Aruna
16.	Jyoti	Msc. I st year	Jyoti
17.	Taniya	M.Sc - I st year	Taniya
18.	Riya	m.sc. I st year.	Riya
19.	Ananya Sharma	M.Sc. I st year	Ananya

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20.	ARZOO GAIROLA	MSC I st year	<u>Arzoo</u>
21.	ARYA VERMA	M.sc. I year	<u>Arya</u>
22.	Sumit Dhyani	MSC I st year	<u>Sumit Dhyani</u>
23.	Aman Rawat	MSC I st year	<u>Aman</u>
24.	Kunj Tyagi	MSC I st year	<u>Kunj</u>
25.	Priyanshu Kothala	BSC III rd year	<u>Priyanshu</u>
26.	Kajal Kakran	BSC III rd year	<u>Kajal</u>
27.	Rajni Tiwari	BSC II nd year	<u>Rajni Tiwari</u>
28.	Shreuti Bisht	BSC III rd year	<u>Shreuti</u>
29.	Kanika Raturi	BSC III rd year	<u>Kanika</u>
30.	Mami Nautiyal	BSC III rd year	<u>Mami</u>
31.	Akriti Semwal	BSC III rd year	<u>Akriti</u>
32.	Nidhi Jagori	B.S.C III rd year	<u>Nidhi</u>
33.	Komal negi	B.S.C III rd year	<u>Komal</u>
34.	Ditisha Uniyal	B.S.C III rd year	<u>Ditisha</u>
35.	Diksha nautiyal	B.S.C III rd year	<u>Diksha</u>
36.	Priyanka Rana Kati	B.S.C III rd year	<u>Priyanka</u>
37.	Ishant Rajal	bsc III year	<u>Ishant</u>
38.	Shubham Dhundiyal	BSC III rd year	<u>Shubham</u>
39.	Kartikay Dewindi	BSC III rd year	<u>Kartikay</u>
40.	Ambika Fayara	BSC III rd year	<u>Ambika</u>
41.	Shrishti Rawat	BSC III rd year	<u>Shrishti</u>
42.	Anchal Dhobhal	BSC III rd year	<u>Anchal</u>

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43.	APURVA	MSc. 2nd Sem	
44.	SIMRAN KALURA	BSC 3 rd yr	<u>Simran</u>
45.	VAISHNAVI : V	BSC 3 rd yr	<u>V. Vaishnavi</u>
46.	Tusshar Rawat	Ph.D.	<u>Tusshar Rawat</u>
47.	DEEPANJALI CHAUHAN	Ph.D.	<u>Deepanjali</u>
48.	Nisha	Ph.D	<u>Nisha</u>
49.	Diya	Bsc 3 rd year	Diya
50.	sakini	Bsc 3 rd year	Sakini
51.	NEELAM DATEL	PH.D	<u>Neelam Dattel</u>
52.	Diksha Patel.	Ph.D.	<u>Diksha Patel</u>
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Attendance of Workshop
Topic- Acupressure and Reflexology
(15/04/2025) to (20/04/2025)

Day- 2 (Wednesday)

Date- 16/ April / 2025

Sl. N.	Student Name	Class	Signature
1.	Kunj Tyagi	MSC II Sem	
2.	Kunjyal Rana	Msc II Sem	
3.	Aman Rawat	MSC II sem	
4.	Sumit Dhyani	Msc II Sem	
5.	Shalini Negi	Msc II Sem	
6.	Gargi Pal	Msc. II Sem	
7.	Arya Verma	Msc. II sem.	
8.	Arzoo Gairola	M.Sc. II sem.	
9.	Bhawna Jha	M: Sc IV sem	
10.	Shivani Kothari	"	
11.	Hansh Balaui	"	
12.	Abhishek Negi	"	
13.	Nivya Pal	"	
14.	Anmol Binjola	"	
15.	Shailesh	"	
16.	Ayushi Vniyal	"	
17.	Ayushi Nirwal	"	
18.	Sipura	"	
19.	Diya	"	
20.	Swati Negi	"	

21.	Manvi	M.Sc. IV th Sem	<u>Manvi</u>
22.	Vanshika Raghav	M.Sc. II nd sem	<u>Vanshika</u>
23.	Riya	M.Sc. II nd Sem.	<u>Riya</u>
24.	Ananya Sharma	M.Sc. II nd Sem	<u>Ananya</u>
25.	Deepanjali Chauhan	Ph.D	<u>Deepanjali</u>
26.	AMIT	Ph.D	<u>Amit</u>
27.	Nisha Yadav	Ph.D.	<u>Nisha</u>
28.	Neelam Patel	Ph.D.	<u>Neelam</u>
29.	Diksha Patel	Ph.D.	<u>Diksha</u>
30.	Mahima Mishra	Ph.D	<u>Mahima</u>
31.	Shruti Bhatt	BSC III rd Year	<u>Shruti</u>
32.	Kanika Raturi	BSC III rd Year	<u>Kanika</u>
33.	Manvi Neutiyal	BSC III rd Year	<u>Manvi</u>
34.	Akhil Semwal	BSC III rd Year	<u>Akhil</u>
35.	Ambika Jayara	BSC III rd year	<u>Ambika</u>
36.	Priyanshu Kothala	BSC III rd year	<u>Priyanshu</u>
37.	Anchal Dabhal	BSC III rd year	<u>Anchal</u>
38.	Gopi Joshi	BSC III rd year	<u>Gopi</u>
39.	Jyoti	M.Sc. I st year	<u>Jyoti</u>
40.	Shalini Chamoli	BSC III rd year	<u>Shalini</u>
41.	Diya Bhaspt	BSC III rd year	<u>Diya</u>
42.	Aradhana Ghanwala	BSC III rd year	<u>Aradhana</u>
43.	Tulsi	BSC III rd Year	<u>Tulsi</u>

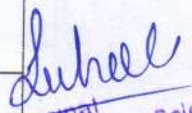
44.	Shubham Dhordiyal	B.Sc Yoga Sem 6 th	Shubham
45.	Kaatikey Dwivedi	Bsc. YSHH	Kaatikey
46.	Pooja Tiwari	B.S.C YSHH	Pooja Tiwari
47.	Litisha Uniyal	Bsc YSHH	Litisha
48.	Komal Negi	"	Komal
49.	Nidhi Jagori	"	Nidhi
50.	Priyanka Kanakoti	"	Priyanka
51.	Diksha Nautiyal	"	Diksha
52.	Simran Kalwa	"	Simran
53.	Vaishnavi V.	"	Vaishnavi
54.	Aruna Dutta	MSc-I st year	Aruna
55.	Aparna	"	Aparna
56.	Jyoti	"	Jyoti
57.	Sheeshti	"	Sheeshti
58.	Vijendra Dwivedi		Vijendra
59.			
60.			Shreya
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**Swami Rama Himalayan University
Himalayan School of Yoga Sciences
Attendance of Workshop
Topic- Acupressure and Reflexology
(15/04/2025) to (20/04/2025)**

Day- Saturday

Date- 19/April/2025

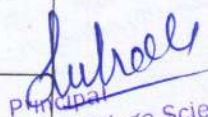
Sl. N.	Student Name	Class	Signature
1.	Anchal Dobhal	BSc III rd yr	Anchal
2.	Ambika	BSc II nd yr.	Ambika
3.	Priyanshu Kotnala	BSc III rd yr.	Priyanshu
4.	Kajal	BSC III rd yr	Kajal
5.	Gopi	BSC III rd yr	Gopi
6.	Manvi Nautiyal	BSC III rd year	Manvi
7.	Shruti Bisht	BSC III rd year	Shruti
8.	Kanika Patuni	BSc III rd year	Kanika
9.	Akshiti Semwal	BSC III rd year	Akshiti
10.	Shalini Chamoli	BSC III rd year	Shalini
11.	Diya Bhagat	"	Diya
12.	Simran Kalwa	"	Simran
13.	Tulsi	BSC III rd year	Tulsi
14.	Aradhan	BSC III rd year	Aradhan
15.	Pooja Tiwari	BSC III rd year	Pooja Tiwari 19 April 2025
16.	Ritisha Uniyal	B.S.C III rd year	Ritisha
17.	Nidhi Jagori	B.S.C III rd year	Nidhi
18.	Diksha nautiyal	B.S.C III rd year	Diksha
19.	Priyanka ranakoti	B.S.C III rd year	Priyanka
20.	Komal negi	B.S.C III rd year	Komal


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21.	Kaartikey Dwivedi	Bsc. 3 rd year	
22.	Shubnam Dhondiyal	"	Shubnam
23.	Ishant Rajal	"	Ishant
24.	AMIT	Ph.D.	Amit
25.	DEEPANJAI CHAUHAN	Ph.D.	Deepanjali
26.	Tusshar Rawat	Ph.D.	
27.	Diksha patel	ph.D.	
28.	Neelam patel	Ph.D.	
29.	Nisha Yadav	Ph.D.	
30.	Abhishek Negi	Msc II yr	
31.	Harsh	Msc II yr	
32.	Anmol Brijola	Msc II yr	
33.	Shailesh Dasthmal	Msc II yr	
34.	Mahima Mishra	Ph.D.	
35.	Anya verma	Msc. I year	
36.	Aruno Gairola	Msc I st year	
37.	Vanshika Raghav	Msc Ind yr	
38.	Sipra Rani Sahoo	Msc 2 nd yr	
39.	Manvi	Msc 2 nd yr	
40.	Niyaa Pal	Msc 2 nd yr	Niyaa Pal
41.	Aniceta manwal	Msc 2 nd yr	
42.	Beant Rana	Msc I st yr	
43.	Sumit Dhyani	Msc I st year	

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44.	Ananya Sharma	MSc III rd Sem	Ananya
45.	Riya Khaduri	MSc II nd Sem	Riya
46.	Shobni Negi	MSc II nd Sem	Shobni
47.	Crayzi Pal	MSc - II nd Sem	Crayzi Pal
48.	Ayushi Uniyal	MSc. II nd Sem	Ayushi
49.	Bhawna	MSc. 2 nd yr	Bhawna
50.	Shirani Kothari	MSc. 2 nd yr	Shirani
51.	Diya	MSc. 2 nd yr	Diya
52.	Swati Negi	MSc 2 nd yr	Swati
53.	Aayushi Nirwal	MSc 2 nd yr	Aayushi
54.	Nivya	"	Nivya
55.	Sipora	"	Sipora
56.	manvi	"	manvi
57.	Apurva	MSc. Ind. Sem.	Apurva
58.	Aruna	MSc. Ind Sem.	Aruna
59.	Jyoti	MSc. Ind Sem.	Jyoti
60.	Ananya Sharma	M.Sc II nd Sem	Ananya
61.	Riya Khaduri	M.Sc II nd Sem	Riya
62.	Aman Rawat	M.Sc II nd Sem	Aman
63.	Sanjiv Tyagi	M.Sc II nd Sem	Sanjiv
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