



**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)

File No. SRHU/SYS/2026/37

Date. 24/02/2026

NOTICE

All students of the School of Yoga Sciences, SRHU are hereby informed that a **One-Day National Seminar** sponsored by Indian Council for Philosophical Research, New Delhi will be organized on the theme:

"Prana and Mind Balance: Unlocking Inner Harmony"

Date: 27th February 2026

Time: 11:00 AM onwards

Venue: Nagarjuna VI

The seminar aims to explore the philosophical and scientific dimensions of *Prana* and its role in mental equilibrium, contributing to holistic well-being and inner harmony.

Eminent Experts for the Seminar:

1. **Prof. B. R. Sharma**, Former Vice Chancellor, Sri Sri University, Cuttack, Odisha.
2. **Dr. Balvir Talwar**, Ex-Executive Director (HR & CC), Bharat Heavy Electricals Limited (BHEL).
3. **Dr. Kamakhya Kumar**, Associate Professor, Uttarakhand Sanskrit University, Haridwar.
4. **Dr. Ram Narayan Mishra**, Research Officer, Ministry of Ayush, New Delhi.

All students (UG, PG, and Ph. Scholars) are required to attend the seminar positively. The participation will enhance understanding of the advances on interplay between Prana and Psychic functions required for optimizing holistic health and well-being.

Attendance will be marked.

P. Pandri
24.02.2026
Principal
School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

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Report

School of Yoga Sciences, Swami Rama Himalayan University successfully organized a One-Day National Seminar on 27th February, 2026 sponsored by the Indian Council for Philosophical Research. The seminar brought together eminent scholars, researchers, and students to deliberate on the therapeutic and philosophical dimensions of Yoga.

The inaugural session was presided over by Professor Rudra Bhandari, Chairperson and Principal, School of Yoga Sciences, who highlighted the preventive and therapeutic relevance of Yoga in modern health care. The seminar was convened by Dr. Somlata Jha, Assistant Professor, who expressed gratitude to the distinguished speakers and participants and emphasized the importance of research-driven inquiry in yogic sciences. Dr. Garima Jaiswal, Assistant Professor, was the master of ceremony.

Delivering the keynote address, Professor B. R. Sharma, Former Vice Chancellor of Sri Sri University, spoke on the deeper dimensions of Hatha Yoga, particularly Nadanusandhan. Dr. Ram Narayan Mishra, Research Officer, Ministry of AYUSH, elaborated on the teachings of Patanjali and the role of Pranayama, Dharana, and Dhyana in self-development.

Dr. Balvir Talwar, Former Executive Director, Bharat Heavy Electricals Limited (BHEL), shared practical insights on Gayatri Meditation and its significance into personal and professional life. Dr. Kamakhya Kumar from Uttarakhand Sanskrit University discussed yoga therapy from classical perspectives and highlighted the connection between prana and mind.

The seminar concluded with an interactive session and reaffirmed SRHU's commitment to promoting interdisciplinary research and the integration of ancient yogic wisdom with contemporary academic discourse.

Principal
05-03-2026

Principal
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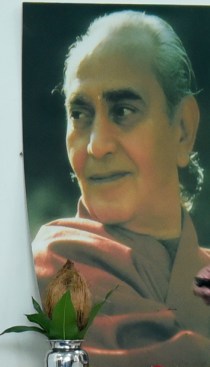


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One Day National Seminar
**Prana and Mind Balance:
Unlocking Inner Harmony**
Chairperson: Prof. Rudra Bhandari | Organizing Secretary: Dr. Somnata Bha
Date: 27 February 2026 | Time: 11:00 AM Onwards | Venue: Nagpur - V
Organized by: School of Yoga Sciences | Sponsored by: ICPS

One Day National Seminar
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School of Yoga Sciences
Swami Rama Himalayan University

One Day National Seminar
Topic:- Pran and Mind Balance: Unlocking Inner Harmony
Date:- 27/02/2026

Sl. No.	Name of the student	Department	Contact No.	Signature
1	Sumit Dhyani	Yoga Science (Msc)	7895037629	
2	Shalini Negi	Msc Yoga Science	9520099434	
3	Riya	"	7668823201	
4	Georgi Pal	"	6398583533	
5	Pranjal Rana	"	9068310158	
6	Aman Kumar	"	8077884718	
7	Azro Gairala	"	9548221771	
8	Ashu Verma	M.sc Yoga science	9871472402	
9	Jyoti	M.Sc Yoga Science	9012537216	
10	Taniya	M.sc Yoga Science	7895680933	
11	Aruna Dutta	"	7078300247	
12	Apurva	"	9917163409	
13	Vanshika	"	9213153814	
14	Neelam patel	PhD Scholar	9557190250	
15	Navneet	Ph.D. Scholar	9896449292	
16	Ritu	Ph.D. scholar	8851661236	
17	Anushka	Ph.D scholar	8650680859	
18	Nisha Yadav	Ph.D. Scholar	7999596245	
19	Diya Pokhriyal	Ph.D. Scholar	7982384476	
20	Bhavana Gha	Ph.D Scholar	6396520795	
21	Lancy	Ph.D Scholar	9136778409	
22	Muskan Kapoor	Ph.D scholar	8368825348	
23	Saurabh Singh Sindhwai	Ph.D) Scholar	6396896682	
24	Anup Raturi	Ph.D. Scholar	8196990359	
25	Gaurav Juriyal	Ph.D) Scholar	8755143768	
26	SANJAY BANANI	Ph. D. SCHOLAR	8800998779	
27	Vikas Pandey	"	7007102056	
28	Diksha patel	"	8445008358	
29	Biya Tiwari	"	7060785447	

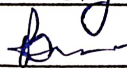
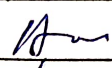
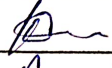
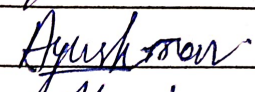
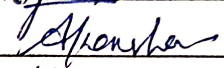
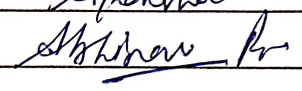
30	Sakshi Sharma	Yoga Sciences	7248536749	Sharma
31	Nidhi Jagori	Msc Yoga Therapy	9634057893	Nidhi
32	Komal negi	"	6395962942	Komal
33	Alisha Pundir	"	6398096154	Alisha
34	Diksha nautiyal	"	7505442409	Diksha
35	Pragati Bhatt	BSc Yoga 1yr	9897711351	Pragati
36	Maitree	"	8218643084	Maitree
37	SHREYA MAMGAIN	BSc Yoga 2nd year	9389508686	Shreya
38	Ayushi Lekhuwar	"	9808353743	Ayushi
39	Kritika Shaper	"	9068771687	Kritika
40	Janyā Negi	"	9389864796	Janyā
41	Muskan Sharma	"	9897252062	Muskan
42	Megha Rana	"		Megha
43	Sheetal Chauhan	"		Sheetal
44	Shruti Nautiyal	"		Shruti Nautiyal
45	Kashish Rana	"	7078149698	Kashish
46	Khushi Kothari	"	7455041299	Khushi
47	Diya Bisht	"	875593460	Diya
48	Ayushi Gusain	BSc 1st yr YSHH	8077600923	Ayushi
49	Nikhil Doshi	BSc 2 year YSHH	9389717269	Nikhil
50	Rishabh	"		Rishabh
51	Ishant	"		Ishant
52	Rag	"		Rag
53	Megha	"	6399296297	Megha
54	Sheetal	"	6398176330	Sheetal
55	Sakshi Chauhan	BSc 3rd yr	8126401855	Sakshi
56	Aastha	BSc 3rd yr	9389140084	Aastha
57	Priyanka Ramakoli	Msc Yoga Therapy 1st	7455926803	Priyanka
58	Ritika Khuyal	" " " 1st	9286247325	Ritika
59	Diksha Nautiyal	" " " 1st	7505442409	Diksha
60	Yashika Bisht	BSc 2nd year	9289448934	Yashika
61	Aarshi Chauhan	"	7819969391	Aarshi
62	Sheela Chauhan	"	8218153770	Sheela

	Srishti	"	7088683552	Srishti
64	Kanika	"	9259476781	Kanika
65	Payal Jaisali	"	8779059024	Payal
66	Shrishti Rawat	Msc Yoga Science	7608031767	Shrishti
67	Ambika Jayara	Msc Yoga Science	8534059501	Ambika
68	Aradhana Sajwan	Msc Yoga Science	6396983127	Aradhana
69	Bunty	Msc Yoga Science	7027696037	Bunty
70	Renu Pundir	MscYT	8279928617	Renu
71	Neelam	B.Sc Yoga Science	9259808068	Neelam
72	Ambika Rawat	BSc Yoga Science Ist yr	8630634570	Ambika
73	Anjali Khanda	BSc Yoga Science Ist yr	8218584243	Anjali
74	Dakshiniet Kaur	Bsc Yoga Science II nd yr	7152878757	Daksh
75	Tripiti Sanyal	B.Sc Yoga Science II nd yr	8979323697	Tripiti
76	Uma Bhakat	MscYT II nd Sem.	8193876517	Uma Bhakat
77	Pooja Negi	"	7037154463	Pooja
78	Tanishka	Bsc yoga I st year	9557190287	Tanishka
79	Dsha	"	9286484707	Dsha
80	Isha	"	9084734251	Isha
81	Muskan	"	7895978821	Muskan
82	Sandhya Rama	"	6397244290	Sandhya
83	Yashika Gupta	BSC Yoga VI th Sem	9557391285	Yashika
84	Vrinda Goyal	BSC Yoga 6 th sem	8272889150	Vrinda
85	Ayushi Bandhavi	B.Sc Yoga 6 th sem	8630271359	Ayushi
86	Aditi	BSC Yoga II Sem	9259271398	Aditi
87	Tulsi Kaur	Bsc Yoga II sem	7409298261	Tulsi
88	Ayushi Chawhan	BSC Yoga II Sem	9259409731	Ayushi
89	Saniya	BSC Yoga II Sem	817993826	Saniya
90	Megha	BSC Yoga II nd Sem	7819041004	Megha
91	Vanshika	BSC Yoga II nd Sem	8218634194	Vanshika
92	Ayushi Sharma	BSC Yoga II nd year	8396139800	Ayushi Sharma
93	Chitranshi Rawat	Msc Yoga I Year	9258192126	Chitranshi
94	Pooja Bhatt	B.Sc Yoga IV Year	6397664385	Pooja
95	Saloni Bisht	Bsc Yoga III Sem	9756331715	Saloni

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97	Dr. Ankit Sharma	S V S	8800652813	
98	Ms. Kajal Pal	SYS	6399715809	
99	Mr. Saurabh Singh	SYS	9761040067	
100	Dr. Rohit Bhatt	Ayurveda DPT	8279510460	
101	Yuvraj Singh	BSC Yoga II nd ^{Year} Sem	9027354432	
102	Ashish Rawat	BSC Yoga II nd ^{Year} Sem	7300618033	
103	Piyush Mirala	II Sem (Yoga)	9149037317	
104	Aditya Bhandari	II Sem (Yoga)	8979484323	
105	Aman Krishali	II Sem (Yoga)	7900685729	
106	Avinish	III Sem (Yoga)	9410370128	
107	AKASH singh	IV sem (Yoga)	7830354790	
108	Vijwal	IV sem (Yoga)	8954297367	
109	Prabhakar Bhatt	IV sem (Yoga)	8630865573	
110	Abhishek Bist	BSC Yoga III rd Year	7252032370	
111	Ekmanya Dixit	BSC Yoga I st Year	9068415296	
112	Aditya Panwar	BSC Yoga 1 Year	8214016178	
113	Aditya Panwar	BSC Yoga 1 Year	9368826606	
114	Avinish Rawat	BSC Yoga 1 st Year	8630127667	
115	Neeraj Pundir	BSC Yoga 1 Year	9627701017	
116	Ganesh Pundir	BSC Yoga 1 Year	9368123858	
117	Shubham Bhatt	BSC Yoga III rd Year	9410904111	
118	Ashutosh Dukan	BSC Yoga III rd Year	8630343359	
119	Mohit Kaintura	BSC Yoga I st Year	7217579082	
120	Ananya Mishra	BSC Yoga I st Year	8923207258	
121	Ritesh Negi	BSC Yoga I st Year	9298347639	
122	Udit Singh	"	8938889006	
123	Sanyam Bishra	BSC Yoga I st Year	9310719823	
124	Vijendra Divedya	"	9411121340	
125	Shubham Garg	BSC Yoga II nd Sem	4412212216	
126	Priya Rana	BSC Yoga IV th Sem	8279554977	
127	Atharav Tomar	BSC Yoga IV th Sem	9877938226	
128	Khushi Joshi	BSC Yoga III rd Sem	7454026017	
129	Navya	"	8994760628	
130	Arati	BSC Yoga IV th Sem	7452952812	
131	Panchal	BSC Yoga IV th Sem	7248628864	

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133	Dereesh Punwar	Bsc III Year	7579205280	<u>Dereesh</u>
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135	Vanshika Sharma	B.Sc. I Year	8864849881	<u>Vanshika</u>
136	Shivani	BSC I Year	6396825784	<u>Shivani</u>
137	Sheetal	BSC I Year	7579241020	<u>Sheetal</u>
138	Mimansa	Bsc. "	9045133995	<u>Mimansa</u>
139	Suraj Gawnigal	PHD	9894825939	<u>Suraj</u>
140	Khushi Joshi	BSC 2nd year III Sem	7454026017	<u>Khushi</u>
141	Charu Painuly	BSC 5 th year VI Sem	7017376067	<u>Charu</u>
142	Pinki Rano	BSC 3 rd year VI Sem	7505791748	<u>Pinki</u>
143	Alhi Rawat	BSC 3 rd year VI Sem	8445654225	<u>Alhi</u>
144	Tanushree Rana	BSC 3 rd year I	8755299767	<u>Tanushree</u>
145	Garima Bhatt	BSC 3 rd yr. V th sem.	8126180468	<u>Garima</u>
146	Ratandep Singh	BSC Yoga II nd Sem	9389023320	<u>Ratandep</u>
147	Sujeet Mandal	" " " "	9027665894	<u>Sujeet</u>
148	Vaibhav -	" " " "	8006153368	<u>Vaibhav</u>
149	Vansh	" " " "	6395638292	<u>Vansh</u>
150	Nisha	" " " "	9368097329	<u>Nisha</u>

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154	Mahima Mishra	PhD Yoga	9034560524	
155	Neelam Rawat	Ph.D Yoga	6395851381	Neelam
156	Deepangali Chauhan	PhD Yoga	6397830644	
157	Disha Pal	PhD Yoga	9520985006	
158	Vandana Rawat	BSC Yoga	8979265493	Vandana.
159	Avika Chauhan	BSC Yoga	8266864788	Avika
160	Ankita	B-sc Yoga	7983695600	Ankita
161	Priyanshi Rawat	BSC Yoga	9548874451	
162	Anisha Panwar	B.S.C Yoga 1 st year	7354336948	
163	Raveena Rawat	B.S.C Yoga 1 st year	9897857978	Raveena
164	Akansa Pundir	BSC Yoga 1 st year	8218558659	Akansa
165	Bhumi Arora	BSC Yoga 1 st Year	7055159423	Bhumi A.
166	Kalpna	Bsc yoga 1 st year	807760653796	Kalpna
167	Tiya	BSC yoga 1 st year	7668488311	Tiya
168	Sneha Bailwal	BSC Yoga 1 st Year	9068252251	Sneha
169	Sagar	B.S.C yoga 1 st year	8171555890	Sagar
170	Anam Mishra	B.sc. Yoga 1 st year	7000516737	Anam
171	Nitin Bisht	B.Sc Yoga 1 st year	8171859207	Nitin
172	Rahul Kumar	M.Sc. Yoga therapy 1 st	6395424024	Rahul
173	Koushna Sogwan	B.S.C Yoga 1 st year	7017672669	
174	Dhairya Rana	B.S.C Yoga 1 st year	8433268418	
175	Aditya Panwar	BSC yoga 1 st year	8218016178	
176	Simeran	B.S.C Yoga 1 st year	8923738577	Simeran.
177	Anish Rawat	BSC yoga 1 st year	8630127667	
178	Aviral Semwal	BSC yoga 1 st year	731054626	Aviral
179	Aditya Panwar	BSC Yoga 1 st year	9368826606	
180	Radhika	B.Sc Yoga VI th sem	9193981245	
181	Anchal Chauhan	B.Sc Yoga VI th sem	7017740860	Anchal
182	Dr. Shivom Shivom	M.Sc. Yoga 1 st year	7027696037	
183	Dr. Dandeep Kumar Singh	Assistant Professor, SYS	89468-70057	
184	Prof. Ritik Dubey	Professor.		Ritik
185	Ankit Semwal	PhD scholar	7805277282	
186	Dr. Geeta Rana	Associate pro.		

	Name	Dept.	Contact.	Sign.
	Dr. Ravindra Sharma	HSMS		
188	Mr. Sumit Mangaij	Research cell		
189	Dr. Kumar Sachin	Bio Sciences		
190	Dr. Ayushman Srivastava	Research Cell		
191	Ms. Akansha Sharma	Bio Statist.		
192	Mr. Abhinav Bahuguna	Bio Statist.		
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