

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

AYURVEDA PROPAGATION CLUB (Special Interest & Specialty Clubs)

1. Introduction

The Ayurveda Propagation Club has been constituted to promote awareness and practice of Ayurveda as a holistic system of health and well-being. Drawing from SRHU's rich ecological setting, the legacy of H.H. Swami Rama's integrative health vision, and the expertise of the Ayurveda Centre, the club encourages students to explore nature-based healing, seasonal wellness routines, and sustainable self-care. The initiative is designed to foster experiential learning through herbal trails, yoga integration, and community outreach.

2. Objectives

The objectives of the Club are:

- Promote awareness of Ayurvedic principles and seasonal health routines for general well-being
- Facilitate student engagement with the HIHT Ayurvedic OPD and Panchakarma Centre for experiential exposure
- Encourage documentation and propagation of medicinal flora through SRHU's herbal nursery and forest trails
- Introduce basic Ayurvedic practices such as tongue scraping, oil pulling, seasonal detox, and dosha balancing
- Support national initiatives like *Ayurveda Day*, *Ayushman Bharat*, and *International Yoga Day* through collaborative events

3. Club Committee

The Club shall be governed by a committee comprising the following members:

Composition	Roles
Dr. Neelam Bisht Incharge Ayurvedic Centre	Chairperson
Dr. Rohit Prasad Bhatt Ayurveda Physician	Treasurer
Kulshreshthpal Singh Pharmacist	Member Secretary
Mr. Prabhat Pundir, B.Sc. YSHH, HSYS	Member (Student coordinator)

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Prabhat Pundir	DD231107301003	SRHU23000168	B.Sc. YSHH (2023 Batch)
2	Sakshi Chauhan	DD231107301008	SRHU23000173	B.Sc. YSHH (2023 Batch)
3	Neha Chettri	DD231107301036	SRHU23000201	B.Sc. YSHH (2023 Batch)

4	Anchal Chauhan	DD231107301037	SRHU23000202	B.Sc. YSHH (2023 Batch)
5	Anmol Binjola	DD231107501005	SRHU19000520	M.Sc. YS (2023 Batch)
6	Abhishek Negi	DD231107501006	SRHU19000496	M.Sc. YS (2023 Batch)
7	Diya Pokhriyal	DD231107501010	SRHU23000225	M.Sc. YS (2023 Batch)
8	Km Sneha	DD22115301014	SRHU22000456	B.Sc. Biotechnology (2022 Batch)
9	Pallavi Sati	DD23106301024	SRHU23000819	B.Sc. Biotechnology (2023 Batch)
10	Aditi Bisht	DD23106302001	SRHU23000842	B.Sc. Microbiology (2023 Batch)
11	Divya Pant	DD22113301037	SRHU22000839	B.Sc. Nursing (2022 batch)
12	Shristi Aswal	DD22113301121	SRHU22000923	B.Sc. Nursing (2022 batch)
13	Abhishek Singh Rana	DD23106502001	SRHU23000873	M.Sc. Biotechnology (2023 Batch)
14	Nivya Pal	DD231107501014	SRHU19000530	M.Sc. YS (2023 Batch)
15	Kavita	DD231107301011	SRHU23000176	B.Sc. YSHH (2023 Batch)

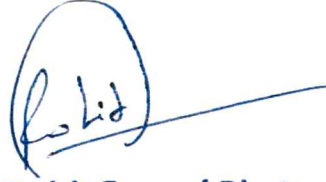
4. Terms and Conditions

Sr. No.	Clause	Details
1.	Quorum	50% of the total members
2.	Tenure of the Club	Perpetual
3.	Tenure of the Chairperson	3 years
4.	Tenure of the Members	2-3 years
5.	Frequency of Meetings	<i>Preferably once per quarter.</i>
6.	Meeting Notice and Agenda	The member secretary with prior approval of Chairperson shall circulate the Meeting Notice and Agenda to all the members at least seven (7) working days prior to date of the meeting.
7.	Minutes of the Meeting	The Secretary records the minutes, which are signed by the Chairperson and Secretary. A signed copy is forwarded to members within three (3) working days of the meeting.
8.	Duties and function	a) Conduct awareness sessions on daily Ayurvedic routines (<i>Dinacharya</i>), seasonal regimens (<i>Ritucharya</i>), and food habits. b) Facilitate herb walks and plant identification exercises across SRHU's green zones. c) Organize demonstrations of basic practices like Abhyanga (oil massage), Akshi Tarpan (Eyes cleansing), Vaman Therapy.

		d) Develop multilingual IEC materials on Ayurvedic lifestyle tips and distribute them during outreach events. e) Collaborate with the Yoga School and Nutrition Club for integrated wellness campaigns.
9.	Funding and Resources	a. Institutional budget allocation b. Donations and sponsorships
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the Swami Rama Himalayan University.


DR. NEELAM BISHT
BAMS, MD Kaya Chikitsa (UK 3099)
Consultant Ayurveda
Ayurveda Centre, SRHU
Sign. of Chairperson

Chairperson
Ayurveda Propagation Club
Swami Rama Himalayan University


Dr. Rohit Prasad Bhatt
B.A.M.S. (UK4232)
Ayurvedic Physician
S.R.H.U.
Sign. of Treasurer


Sign. of Member Secretary

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NOTICE

AYURVEDA PROPAGATION CLUB (Special Interest & Specialty Clubs)

SRHU/SISC/APC/2024/01

10th August 2024

This is to inform all students of the **Himalayan Institute of Medical Sciences (HIMS)** that a **Ayurveda Propagation & Awareness Session** will be organized on **20th August 2024**. The session aims to promote traditional Ayurvedic wisdom, highlight its relevance in modern healthcare, and encourage students to explore integrative approaches to wellness and preventive medicine.

Details of the Event:

- **Organized by** : Ayurvedic Propagation Club, Swami Rama Himalayan University
- **Date** : 20th August 2024
- **Venue** : Ayurveda Centre, Swami Rama Himalayan University
- **Time** : 10:00 AM - 12:30 PM
- **Eligibility**: All undergraduate and postgraduate students interested in Ayurveda, holistic health, and specialty medicine

Interested students are requested to register their names with the **Club Coordinator** or **Class Representative** by **09th August 2024**. All students are encouraged to participate actively in the session to strengthen their understanding of Ayurveda, its preventive and therapeutic applications, and its role in integrative healthcare. Attendance of registered club members is **mandatory**.

For further details and workshop schedules, please contact the **Club Coordinator – HIMS**.

Preserve Tradition, Promote Wellness, and Propagate Ayurveda!



Chairperson

Chairperson
Ayurveda Propagation Club
Swami Rama Himalayan University

Copy to:-

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Deans/Heads of the Constituent Academic Departments

Finance Officer

Members of the club-For necessary arrangements and action

} for kind information please

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REPORT

Organized by : Ayurvedic Propagation Club, Swami Rama Himalayan University
Date : 20th August 2024
Venue : Ayurveda Centre, Swami Rama Himalayan University
Time : 10:00AM - 12:30PM

The Ayurvedic Propagation Club of Swami Rama Himalayan University organized a lecture titled “Dincharya -The Ayurvedic Art of Daily Living” on 20th August 2024 at the Ayurveda Centre. The session was conducted by Dr. Neelam Bisht and attended by 12 participants. The primary objective of the event was to introduce the Ayurvedic concept of *Dincharya*, or daily routine, and to guide participants on how these traditional health practices can be adapted to modern lifestyles to enhance physical, mental, and emotional well-being.

Dr. Bisht explained that *Dincharya*, rooted in classical Ayurvedic wisdom, emphasizes living in harmony with natural daily cycles to maintain balance in the body and mind, prevent disease, and promote long-term wellness. Key components such as waking up during Brahma Muhurta, practicing oral hygiene through tongue scraping and oil pulling, engaging in daily exercise or yoga, consuming healthy and timely meals, incorporating evening relaxation, and sleeping early were elaborated on with practical insights.

The session created meaningful awareness about preventive healthcare through lifestyle regulation, encouraging participants to adopt Ayurvedic daily routines for improved health and productivity. Attendees expressed keen interest in integrating aspects of *Dincharya* into their everyday lives, making the event both impactful and informative.

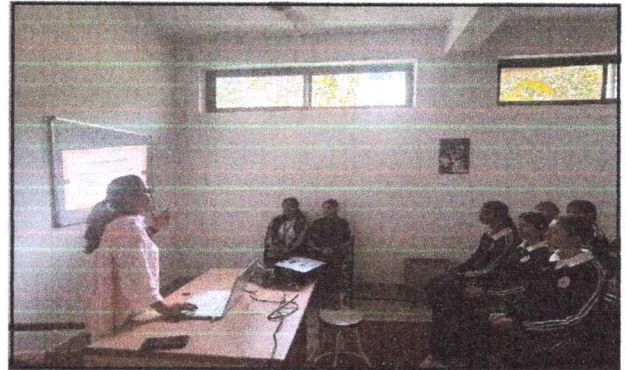

Dr. Neelam Bisht
Chairperson

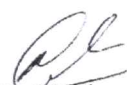
Chairperson
Ayurveda Propagation Club
Swami Rama Himalayan University

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EVENT HIGHLIGHT




Dr. Neelam Bisht
Chairperson

Chairperson
Ayurveda Propagation Club
Swami Rama Himalayan University