

# 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	DD2311073010 03	SRHU230001 68	B.Sc. YSHH (2023 Batch)
2	Sakshi Chauhan	DD2311073010 08	SRHU230001 73	B.Sc. YSHH (2023 Batch)
3	Neha Chettri	DD2311073010 36	SRHU230002 01	B.Sc. YSHH (2023 Batch)

4	Anchal Chauhan	DD2311073010 37	SRHU230002 02	B.Sc. YSHH (2023 Batch)
5	Anmol Binjola	DD2311075010 05	SRHU190005 20	M.Sc. YS (2023 Batch)
6	Abhishek Negi	DD2311075010 06	SRHU190004 96	M.Sc. YS (2023 Batch)
7	Diya Pokhriyal	DD2311075010 10	SRHU230002 25	M.Sc. YS (2023 Batch)
8	Km Sneha	DD2211530101 4	SRHU220004 56	B.Sc. Biotechnology (2022 Batch)
9	Pallavi Sati	DD2310630102 4	SRHU230008 19	B.Sc. Biotechnology (2023 Batch)
10	Aditi Bisht	DD2310630200 1	SRHU230008 42	B.Sc. Microbiology (2023 Batch)
11	Divya Pant	DD2211330103 7	SRHU220008 39	B.Sc. Nursing (2022 batch)
12	Shristi Aswal	DD2211330112 1	SRHU220009 23	B.Sc. Nursing (2022 batch)
13	Abhishek Singh Rana	DD2310650200 1	SRHU230008 73	M.Sc. Biotechnology (2023 Batch)
14	Nivya Pal	DD2311075010 14	SRHU190005 30	M.Sc. YS (2023 Batch)
15	Kavita	DD2311073010 11	SRHU230001 76	B.Sc. YSHH (2023 Batch)

#### 4. Terms and Conditions

Sr. No.	Clause	Details
1.	<b>Quorum</b>	50% of the total members
2.	<b>Tenure of the Club</b>	Perpetual
3.	<b>Tenure of the Chairperson</b>	3 years
4.	<b>Tenure of the Members</b>	2-3 years
5.	<b>Frequency of Meetings</b>	<i>Preferably once per quarter.</i>
6.	<b>Meeting Notice and Agenda</b>	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.	<b>Minutes of the Meeting</b>	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.	<b>Duties and function</b>	<ul style="list-style-type: none"> <li>a) Conduct awareness sessions on daily Ayurvedic routines (<i>Dinacharya</i>), seasonal regimens (<i>Ritucharya</i>), and food habits.</li> <li>b) Facilitate herb walks and plant identification exercises across SRHU's green zones.</li> <li>c) Organize demonstrations of basic practices like Abhyanga (oil massage), Akshi Tarpan (Eyes cleansing), Vaman Therapy.</li> </ul>

		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.	<b>Funding and Resources</b>	a. Institutional budget allocation b. Donations and sponsorships
10.	<b>Amendments</b>	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	<b>Dissolution</b>	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 Kayashiksa (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

10<sup>th</sup> 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 **20<sup>th</sup> 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** : 20<sup>th</sup> 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 **09<sup>th</sup> 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

<b>Organized by</b>	: Ayurvedic Propogation Club, Swami Rama Himalayan University
<b>Date</b>	: 20 <sup>th</sup> August 2024
<b>Venue</b>	: Ayurveda Centre, Swami Rama Himalayan University
<b>Time</b>	: 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 20<sup>th</sup> 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.



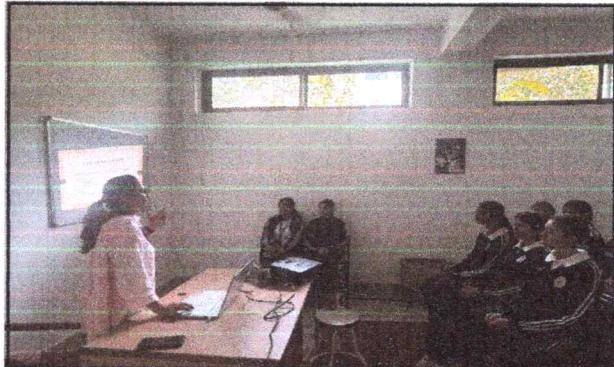
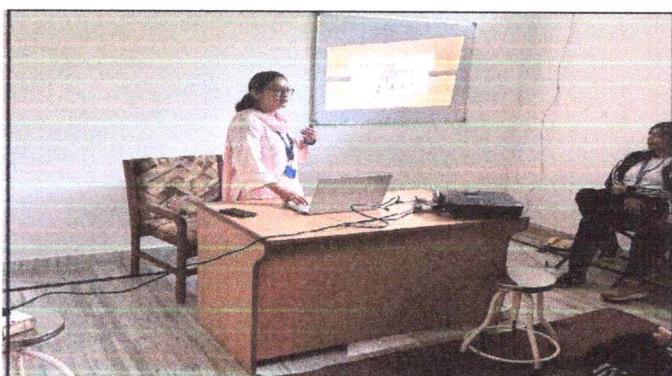
Dr. Neelam Bisht  
Chairperson

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