

# SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,  
Uttarakhand 248016

## Athletics Club (Sports & Fitness Clubs)

### 1. Introduction

The Athletics Club at SRHU fosters discipline, teamwork, and physical fitness through the sport of athletics. Rooted in the university's commitment to holistic development and excellence, the club provides a platform for character-building, sportsmanship, and vibrant community engagement.

### 2. Objectives

The objectives of the Club are:

- Enhance physical fitness, agility, and coordination through regular athletics training and matches.
- Cultivate leadership, communication, and team spirit through structured athletics practices and tournaments.
- Encourage inclusive participation in athletics to support all-round student development and build campus unity.
- Promote competitive performance and outreach through intra- and inter-university athletics competitions and friendly matches.

### 3. Club Committee

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

Composition	Affiliation with	Roles
Mr. Krishna Nand	Physical Instructor, SRHU	Chairperson
Mr. Shailendra Singh Sainwal	Assistant Professor, SMS	Treasurer
Dr. Prayank Sharma	Assistant Professor, SMS	Member Secretary
Mr. Nishant Singh-MBBS	Student, HIMS	Members (Student Coordinator)

### Students Detail

S. No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Akansha Gupta	DD231105301054	SRHU23000332	B.Com (2023 Batch)
2	Harman Preet Singh	DD231105301070	SRHU23000348	B.Com (2023 Batch)
3	Priyanshu Bisht	DD231105301086	SRHU23000364	B.Com (2023 Batch)
4	Sunidhi Ramola	DD231105301102	SRHU23000380	B.Com (2023 Batch)
5	Divya Bhardwaj	DD231109301004	SRHU23001294	B.Pharm
6	Divyanshi Rawat	DD231109301005	SRHU23001295	B.Pharm
7	Kritika Baduni	DD231109301006	SRHU23001296	B.Pharm
8	Manish Kumar	DD231109301008	SRHU23001298	B.Pharm
9	Anmol Tyagi	DD231102302005	SRHU23000461	BMLT
10	Aarushi Rawat	DD231102305001	SRHU23000501	BPT

11	Aditya Raj	DD231102305002	SRHU23000502	BPT
12	Aisha Tanzeem	DD231102305003	SRHU23000503	BPT
13	Anjali Rawat	DD231102305004	SRHU23000504	BPT
14	Garvit Khurana	DD231102305009	SRHU23000509	BPT
15	Hardika Aggarwal	DD231102305010	SRHU23000510	BPT
16	Aman Kandari	DD231104301099	SRHU23001074	BCA
17	Ashish Rana	DD231104301100	SRHU23001075	BCA
18	Ayush Chauhan	DD231104301101	SRHU23001076	BCA
19	Siddhant Rawat	DD231104301102	SRHU23001077	BCA
20	Vansh Rawat	DD231104301103	SRHU23001078	BCA

#### 4. Terms and Conditions

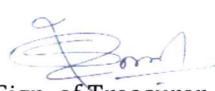
Sr. No.	Clause	Details
1	Quorum	50% of the total members
2	Tenure of the Club	Perpetual
3	Tenure of the Chairperson	3 years
4	Tenure of the Members	2-3 years
5	Frequency of Meetings	Preferably once per quarter
6	Meeting Notice and Agenda	Member Secretary (with Chairperson's approval) circulates the agenda at least 7 working days prior
7	Minutes of the Meeting	To be recorded and signed by Chairperson and Secretary; circulated within 3 working days
8	Duties and Functions	(a) Planning and managing athletics events at school/university level (b) Promoting club activities and talent development (c) Organizing competitions at University, Regional, and State levels
9	Funding and Resources	(a) Institutional budget allocation (b) Donations and sponsorships
10	Amendments	Require written proposal and approval by two-thirds majority of committee
11	Dissolution	Assets and liabilities to be transferred to SRHU

#### 5. Services Offered

- Regular Coaching & Practice Sessions
- SRHU Athletics Cup & Campus League Matches for internal competition
- Representation and participation in Intra- and Inter-University Athletics Tournaments

  
Sign. of Chairperson

Chairperson  
Himalayan Athletics Club  
Swami Rama Himalayan University

  
Sign. of Treasurer

  
Sign. of Member Secretary

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## NOTICE

Athletics Club

(Sports & Fitness Clubs)

SRHU/SFC/AC/2024/01

24th February 2024

This is to inform all students of the **Himalayan Institute of Medical Sciences (HIMS)** that a **Athletics Training & Conditioning Session** will be held on 1<sup>st</sup> March 2024. The session aims to enhance endurance, speed, and overall athletic performance through structured drills, fitness routines, and track practice.

### Details of the Meeting:

**Organized by** : Himalayan Athletics Club, Swami Rama Himalayan University

**Date** : 1<sup>st</sup> March 2024

**Venue** : University Sports Ground, Swami Rama Himalayan University

**Time** : 09:30AM Onwards

**Eligibility:** All undergraduate and postgraduate students interested in athletics, running, and fitness

All students are encouraged to participate actively in the session to strengthen their stamina, discipline, and competitive spirit. Attendance of registered club members is **mandatory**.

For further details, please contact the **Club Coordinator** or respective **Batch representatives**.

*Run, Endure, and Achieve Together!*



### Chairperson

Chairperson,

Himalayan Athletics Club  
Swami Rama Himalayan University

### Copy to:

Hon'ble President

Hon'ble Vice Chancellor for kind information please

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Dean, HSMS

Heads of Departments

Finance Officer

Members of the club – For necessary arrangements and action

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## REPORT

Organized by	: Himalayan Athletics Club, Swami Rama Himalayan University
Date	: 1 <sup>st</sup> March 2024
Venue	: University Sports Ground, Swami Rama Himalayan University
Time	: 09:30AM Onwards

The Inter-School Athletics Meet was successfully organized by the Himalayan Athletics Club of Swami Rama Himalayan University on 1st March 2024, with the primary objective of fostering a strong sporting culture, encouraging student participation in physical activities, and promoting qualities such as discipline, teamwork, and resilience. The event drew enthusiastic participation from various constituent schools of SRHU, filling the university grounds with energy, competitive spirit, and an atmosphere of healthy rivalry. The opening ceremony was graced by Dean Student Welfare, Dr. Vinit Mehrotra, and the Principal of Himalayan School of Management Studies, Dr. Mohit Verma, who attended as the Chief Guests. In their motivating addresses, they commended the unwavering determination of the athletes, emphasizing the crucial role of athletics in shaping well-rounded personalities, building endurance, and fostering leadership skills. They further encouraged students to adopt sports as an integral part of their lifestyle for enhanced physical and mental well-being. The competition featured a wide range of track and field events including sprints, relay races, long jump, shot put, discus throw, and javelin throw each of which witnessed exceptional athleticism, close finishes, and commendable displays of technique and effort. Spectators were treated to gripping races, powerful throws, and impressive jumps, reflecting the months of practice and dedication put in by the participants. Among the standout performers, Mr. Rahul Negi from HSST delivered extraordinary performances across multiple events, earning him the prestigious title of Best Athlete (Male) of the year 2024 with a total of 17 points. Similarly, Ms. Simranjeet Kaur from HIMS (MBBS) showcased remarkable consistency and athletic excellence, securing 11 points and being recognized as the Best Athlete (Female) of the year 2024. Following the conclusion of the events, the Chief Guests, along with faculty coordinators, felicitated all winners and runners-up with medals and certificates, acknowledging their commitment, sportsmanship, and competitive zeal. They also appreciated the efforts of the organizing committee, volunteers, coaches, and event marshals for ensuring smooth, fair, and well-coordinated conduct of the meet. The Athletics Meet served not only as a platform to recognize emerging talent but also as an opportunity to strengthen camaraderie among students from diverse academic backgrounds. Overall, the Inter-School Athletics Meet 2024 proved to be a highly inspiring and memorable event that successfully celebrated excellence in sports while reinforcing SRHU's commitment to holistic student development.



Mr. Krishna Uniyal  
Chairperson  
Himalayan Athletics Club  
Swami Rama Himalayan University

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## EVENT HIGHLIGHTS



A handwritten signature in black ink, appearing to read 'Uniyal'.

Mr. Krishna Uniyal  
Chairperson  
Himalayan Athletics Club  
Swami Rama Himalayan University