

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

FITNESS & PHYSIQUE CLUB (Sports & Fitness Clubs)

1. Introduction

The Fitness & Physique Club at SRHU encourages students and staff to stay active, build strength, and improve their overall fitness. Using the campus indoor gymnasium and open gym, the club offers a supportive space for regular workouts and healthy habits. It reflects SRHU's focus on excellence, integrity, and total well-being.

2. Objectives

The objectives of the Club are:

- Promote regular exercise and physical fitness through the use of gym and outdoor workout spaces.
- Encourage strength training and endurance-building activities for better health and confidence.
- Support a culture of discipline, motivation, and wellness among students and staff.
- Create inclusive fitness opportunities that contribute to holistic development in line with SRHU's values.

3. Club Committee

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

Composition	Roles
Deep Chandra Lohani, Senior Software Engineer, IT, SRHU	Chairperson
Dr Surabhi Mishra, Associate Prof., HIMS	Treasurer
Mr. Gagandeep Singh, Legal Assistant, Legal Cell	Member Secretary
Ashish Kashyap, BBA, HSMS	Member (Student Coordinator)

Students Detail

S.No	Student Name	Registration No.	Enrollment No.	Programme Name
1	Shivani Kothari	DD2311075010 03	SRHU19000499	M.Sc. YS (2023 Batch)
2	Ayush Lakhera	DD2311073010 29	SRHU23000194	B.Sc. YSHH (2023 Batch)
3	Vrinda Goyal	DD2311073010 01	SRHU23000166	B.Sc. YSHH (2023 Batch)
4	Rajeev Kumar	DD2311053010 28	SRHU23000308	BBA (2023 Batch)
5	Ashish Kashyap	DD2311053010 08	SRHU23000289	BBA (2023 Batch)
6	Rishabh Sindhwal	DD2311043030 02	SRHU23000926	B.Tech. CSE (2023 batch)

7	Aman Kandwal	DD2311043011 31	SRHU23001106	BCA (2023 Batch)
8	Parag Manwal	DD2311043010 13	SRHU23000989	BCA (2023 Batch)
9	Anjali Bisht	DD2310630100 7	SRHU23000802	B.Sc. Biotechnology (2023 Batch)
10	Divyanshi Rawat	DD2211530200 5	SRHU22000479	B.Sc. Microbiology (2022 Batch)
11	Nikita Panwar	DD2211330108 0	SRHU22000882	B.Sc. Nursing (2022 batch)
12	Anushka Bisht	DD2211330101 9	SRHU22000821	B.Sc. Nursing (2022 batch)
13	Saniya Negi	DD2211230203 0	SRHU22000121	B.Com (2022 Batch)
14	Sanchit Pokhriyal	DD2211130103 7	SRHU22000370	BCA (2022 Batch)
15	Deevanshu Bishriya	DD2211130101 4	SRHU22000347	BCA (2022 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	<ul style="list-style-type: none"> (a) Organize and facilitate regular gym and outdoor workout sessions to promote physical health, strength training, and fitness discipline. (b) Encourage healthy lifestyle practices by spreading awareness on exercise routines, posture, and wellness habits through peer engagement. (c) Support inclusive student participation by making fitness activities accessible, safe, and motivating for all experience levels across campus.
9.	Funding and Resources	<ul style="list-style-type: none"> a. Institutional budget allocation b. Donations and sponsorships

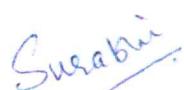
10.	Amendments	Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.
11.	Dissolution	In the event of dissolution, the assets and liabilities of the Club shall be transferred to the parent institution (SRHU).

5. Services Offered:

- Short interactive sessions that teach safe exercise techniques, gym etiquette, and injury prevention
- Organize weekly strength training groups in the campus gym.
- Conduct short talks on posture, form, and safe exercise habits.



Sign. of Chairperson



Sign. of Treasurer



Sign. of Member Secretary

Chairperson
Fitness & Physique Club
Swami Rama Himalayan University

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NOTICE

FITNESS & PHYSIQUE CLUB

(Sports & Fitness Clubs)

SRHU/SFC/FHC/2024/01

21st September 2024

The Fitness and Physique Club (Sports & Fitness Club), Swami Rama Himalayan University, is organizing Self Defence Classes for girls of Swami Rama Himalayan University. All interested students from different academic units, residence of Campus can participate in this class.

Event Details:

- Event : Self-Defence Classes (Girls)
- Venue : Campus Gymnasium, Swami Rama Himalayan University
- Date : 01st October 2024 to 29th October 2024
- Time : 02:30PM onwards

Interested Participants to register directly to the club co-ordinator. All students and the residence are encouraged to participate actively.



Chairperson

Chairperson
Fitness & Physique Club
Swami Rama Himalayan University

Copy to:

Hon'ble President

Hon'ble Vice Chancellor

Director General (Academic Development)

Pro-Vice Chancellor

Registrar

Deans of Academic Units

Heads of Departments

Finance Officer

Members of the club – For necessary arrangements and action



for kind information please

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
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REPORT

Organized by	: Fitness and Physique Club, Swami Rama Himalayan University
Date	: 01 st October 2024 to 29 th October 2024
Venue	: Campus Gymnasium, Swami Rama Himalayan University
Time	: Between 10:00 am to 04:30pm

The Fitness and Physique Club of Swami Rama Himalayan University successfully organized Self-Defence Classes held every Sunday from 1st October to 29th October 2024. The initiative received an overwhelming and encouraging response, with 67 female participants actively engaging in the training sessions. The classes were conducted by a professional martial arts trainer, who provided hands-on guidance and practical demonstrations of effective self-defence techniques designed for real-life situations. The program emphasized building confidence, enhancing quick reflexes, improving situational awareness, and developing the ability to physically defend oneself when required. Participants were trained in essential skills such as basic strikes, defensive blocks, escape maneuvers, and mental preparedness strategies. Feedback from attendees highlighted a noticeable improvement in their personal safety awareness, physical readiness, and self-assurance. Overall, the sessions not only empowered the participants but also reinforced a strong message of resilience, strength, and preparedness among young women across the campus.

EVENT HIGHLIGHTS



Mr. Deep Lohani
Chairperson

Chairperson
Fitness & Physique Club
Swami Rama Himalayan University