

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

MEDITATION CLUB (Arts, Culture & Wellness Clubs)

1. Introduction

The Meditation Club is dedicated to promoting mental clarity, inner peace, and emotional well-being through regular mindfulness and meditation practices. It offers students a calm and supportive space to disconnect from daily stress, cultivate focus, and embrace holistic personal growth.

2. Objectives

The objectives of the Club are:

- Promote regular meditation practices for mental clarity and emotional balance.
- Enhance self-awareness, focus, and inner resilience among students.
- Encourage holistic well-being rooted in SRHU's spiritual and philosophical values.

3. Club Committee

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

Composition	Roles
Mr.Rahul Baluni,Assistant Lecturer,HSYS- Club Coordinator*(SPOC)	Chairperson
Ms.Neelam Rawat,Yoga Instructor,HSYS	Treasurer
Mr.Ankit Sharma,Assistant Professor,HSYS	Member Secretary
Student Coordinator- Tulsi Bahuguna	Member

Students Detail

S.No.	Student Name	Registration No	Enrollment No.	Programme Name
1.	Akriti Semwal	DD22118301022	SRHU22000028	B.Sc. YSHH Batch-2022
2.	Shubham Dhondiyal	DD22118301023	SRHU22000029	B.Sc. YSHH Batch-2022
3.	Pooja Tiwari	DD22118301024	SRHU22000030	B.Sc. YSHH Batch-2022
4.	Aradhana Ghansela	DD22118301025	SRHU22000031	B.Sc. YSHH Batch-2022
5.	Priyanshu Kotnala	DD22118301026	SRHU22000032	B.Sc. YSHH Batch-2022
6.	Aradhana Sajwan	DD22118301027	SRHU22000033	B.Sc. YSHH Batch-2022
7.	Shruti Bisht	DD22118301029	SRHU22000035	B.Sc. YSHH Batch-2022
8.	Tulsi Bahuguna	DD22118301030	SRHU22000036	B.Sc. YSHH Batch-2022
9.	Nidhi Jaguri	DD22118301031	SRHU22000037	B.Sc. YSHH Batch-2022
10.	Diksha Nautiyal	DD22118301032	SRHU22000038	B.Sc. YSHH Batch-2022
11.	Simran Kalura	DD22118301033	SRHU22000039	B.Sc. YSHH Batch-2022
12.	Vrinda Goyal	DD231107301001	SRHU23000166	B.Sc. Yoga Science & Holistic Health

13.	Nitin Chobey	DD231107301002	SRHU23000167	B.Sc. Yoga Science & Holistic Health
14.	Abdul Quadir	DD231107301004	SRHU23000169	B.Sc. Yoga Science & Holistic Health
15.	Alok Rawat	DD231107301039	SRHU23000204	B.Sc. YSHH Batch-2023

*Note: Preferred roles in the clubs is defined by Club coordinator

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 the 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) Planning and helping manage events at the University level in accordance with the spirit and ethos of the institute. (b) Promoting and arranging club activities to bring out the talents of students in performing the activities. (c) To plan and organize competitions at the University, Regional and State Level.
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.

5. Services Offered

- **Guided Meditation Sessions** – Regular group practices led by trained facilitators or student volunteers.
- **Talks on Inner Well-being** – Guest sessions on topics like stress relief, self-awareness, and spiritual growth.
- **Collaborative Wellness Events** – Partner with yoga or wellness & mindfulness club for joint events.


 Sign. of Chairperson
 Chairperson
 Meditation Club
 Swami Rama Himalayan University


 Sign. of Treasurer


 Sign. of Member Secretary

Swami Rama Himalayan University Meditation Club

NOTICE

Date: 20/11/2025

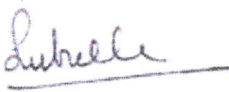
Subject: Completion of 5-Day Yogasana Training Program for International Delegates

This is to inform all students and faculty that a special **5-Day Yogasana Training Program** was successfully conducted by the **Meditation Club, Swami Rama Himalayan University** from **25th to 29th November 2024** at the university campus. The program was specially organized for a group of **20 international delegates from Denmark**.

The sessions were inaugurated by **Principal Dr. Subodh Saurabh Singh**, who also conducted an introductory session on the **scientific basis of yoga**. The program was supported by yoga instructors **Mr. Vijender Dwivedi** and **Ms. Kajal Pal**, who provided practical training in asanas, relaxation techniques, and meditation practices from the **Swami Rama Himalayan Tradition**.

The event witnessed enthusiastic participation and meaningful cultural exchange. It contributed significantly to the global outreach of Indian yogic traditions and highlighted the integrative approach of yoga in mental, physical, and spiritual wellness.

We extend our heartfelt thanks to all faculty, instructors, and participants for their efforts and cooperation in making the event a grand success.



Dr. Subodh Saurabh Singh
Officiating Principal
HSYS
SRHU
Chairperson
Meditation Club
Swami Rama Himalayan University

Work Completion Report

Yoga Training Program

Venue– Swami Ram Himalayan University Jollygrant Dehradun

Organizer– Meditation Club, HSYS.

Duration– 5 Days Yogasana Classes

Date – 25/11/2024 to 29 /11/2024

A special 5-day yogasana training program was organized for 20 guests from Denmark in the Himalayan Yoga Science Department. The program was inaugurated by Principal Dr. Subodh Saurabh Singh, in which yoga instructors Vijender Dwivedi and Kajal Pal also supported. Program was conducted by Meditation Club.

On the first day of the program, Dr. Subodh Saurabh Singh himself conducted yoga practice and discussed the scientific aspects of yoga in detail. The guests practiced various asanas with great enthusiasm and understood the depth of yoga. Yoga instructor Kajal Pal highlighted the importance of relaxation practice in yoga, which helps to maintain a mental and physical balance. At the end of the session, yoga instructor Vijender Dwivedi highlighted the features of meditation practices of Swami Rama Himalayan Tradition. He explained the importance of meditation to the guests and made them practice meditation, which helped them achieve mental peace and concentration.

Key points of the session

The focus was on the scientific and physical aspects of yoga.

The guests were introduced to the meditation practice of Swami Ram Himalayan Tradition.


The special importance of relaxation and meditation was explained during the class.

The guests enthusiastically participated in this 5-day yoga session and were mesmerized by the traditional forms of yoga. The session was full of enthusiasm, energy, and knowledge for all five days, in which various dimensions of yoga were explained in detail. This program not only taught yoga asanas to the guests from Denmark, but also provided a deep understanding of meditation and yoga of Swami Ram Himalayan Tradition.



Principal

Himalayan School of Yoga Science

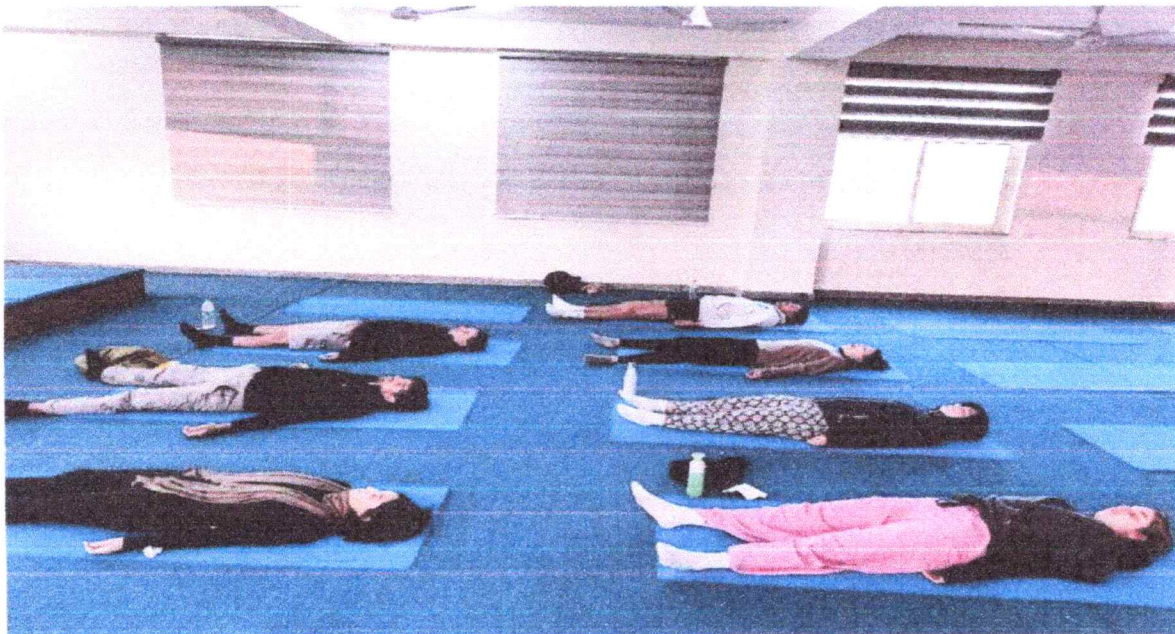
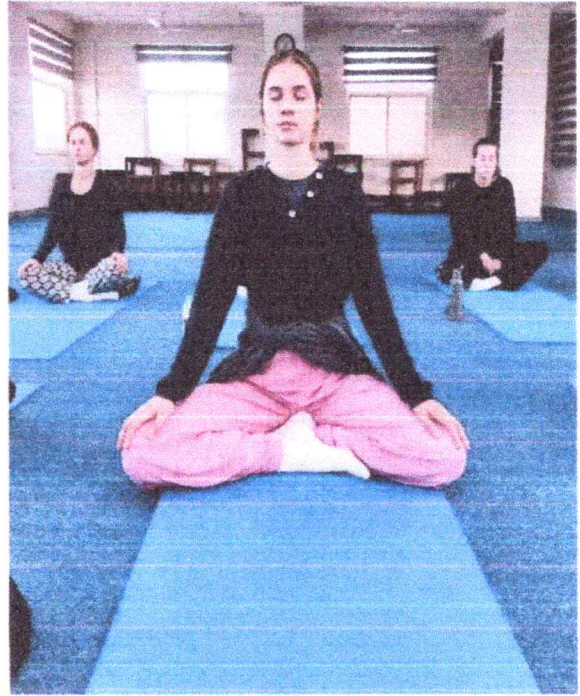
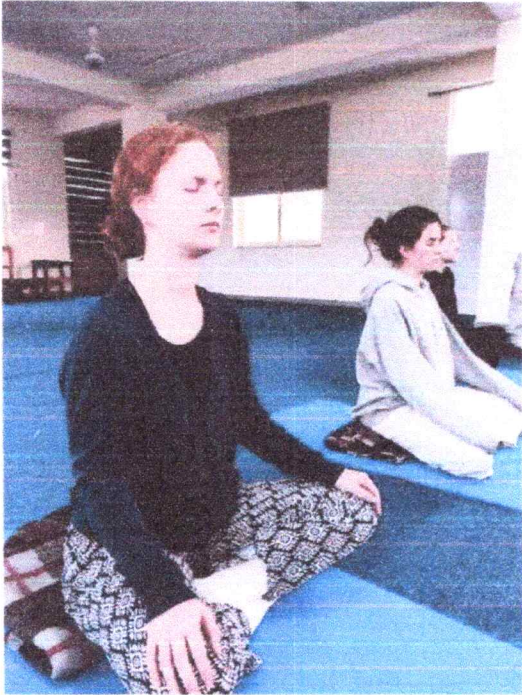


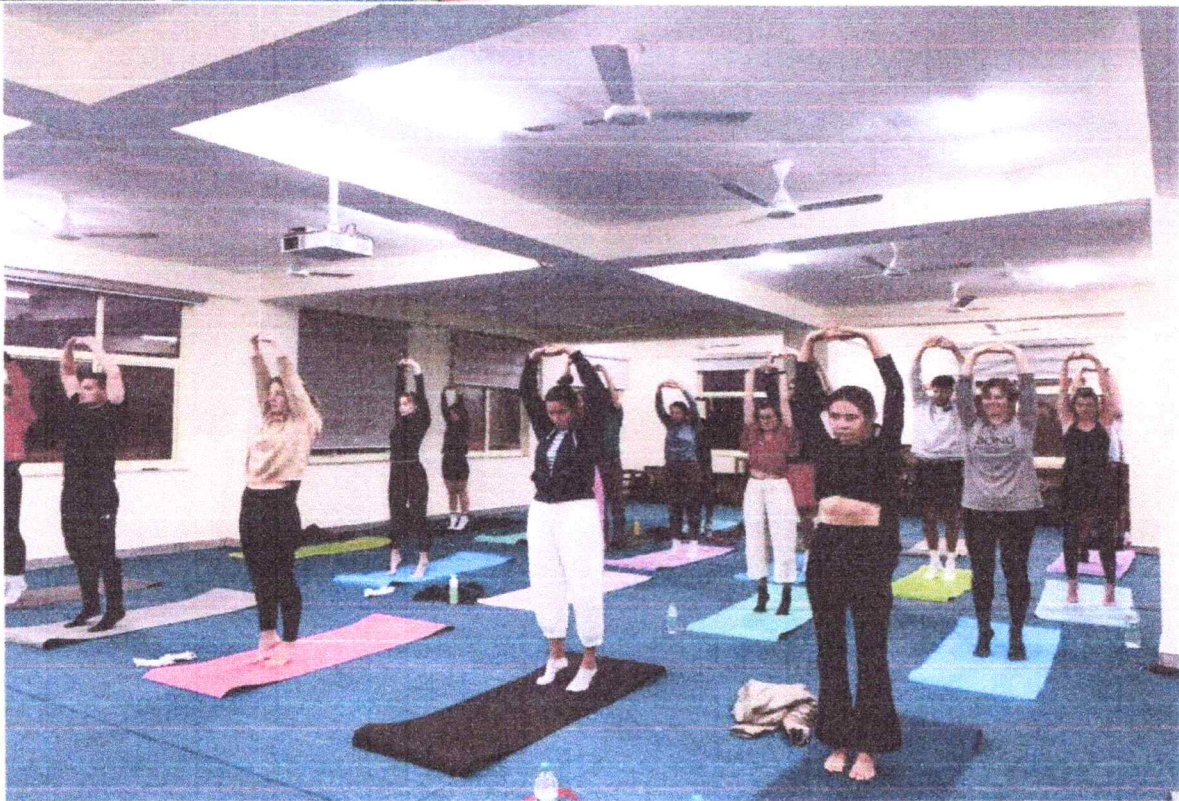
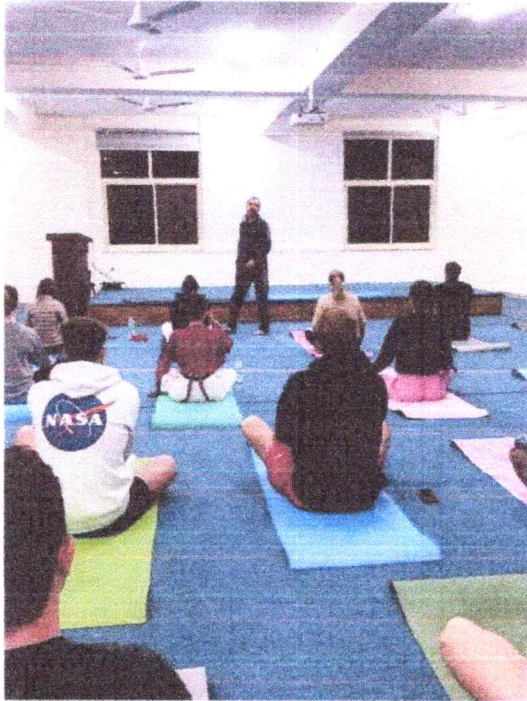
Yoga Instructor Vijendra Dwivedi



Yoga Instructor Kajal Pal

Chairperson
Meditation Club
Swami Rama Himalayan University





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REPORT

Organized by : Media Club, Swami Rama Himalayan University
Date : 25th October 2023
Venue : Media Department, Swami Rama Himalayan University
Time : 11:00AM – 12:00PM

The Media Club of Swami Rama Himalayan University organized an informative session on "*Introduction to Media and Communication*" on 25 October 2023. The session was designed to give students a broad understanding of the media and communication field, covering its evolution, functions, and expanding career opportunities. Participants were introduced to various forms of media, including print, electronic, and digital platforms, and gained insights into how communication impacts society at multiple levels.

The resource person provided a detailed overview of contemporary media practices, emerging trends, and the crucial role of media in shaping public opinion and awareness. Students actively engaged in discussions, demonstrating keen interest in the subject, and participated enthusiastically in the interactive Q&A session that followed.

The session proved to be engaging and highly beneficial for the participants, enhancing their awareness of the diverse opportunities within the media and communication sector. Positive feedback was received from attendees, and the activity succeeded in motivating students to further explore and develop skills in this dynamic field.

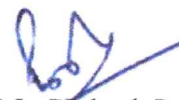
EVENT HIGHLIGHT



Speaker giving information on media communication



Students attending Q&S Session



Mr. Prakash Pandey
Chairperson

Chairperson
Meditation Club
Swami Rama Himalayan University