

**SWAMI RAMA HIMALAYAN UNIVERSITY**  
**Swami Ram Nagar, Jolly Grant,**  
**Uttarakhand 248016**

**SELF-GROWTH CLUB**  
**(Personal Development Club)**

### **1. Introduction**

The Self-Growth Club aims to nurture personal development, self-awareness, and inner confidence. By fostering a positive and supportive environment, the club encourages students to explore their potential, build resilience, and grow into mindful, purpose-driven individuals.

### **2. Objectives**

The objectives of the Club are:

- To promote self-awareness and emotional well-being
- To build resilience, confidence, and a positive mindset
- To develop essential life skills
- To create a safe and supportive space

### **3. Club Committee**

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

<b>Composition</b>	<b>Roles</b>
Dr Bindu Dey, Director Research, RDC	Club Coordinator
Dr Somlata Jha, Asst Professor, School of Yoga Sciences	Treasurer
Dr Anupama Mishra, Asst Professor, School of Science & Technology	Member-Secretary
Student (15 Students - preferably <b>ONE</b> student from each AU), One of them shall be designated as student coordinator	Members

### **Students Detail**

<b>S.No.</b>	<b>Student Name</b>	<b>Registration No.</b>	<b>Enrollment No.</b>	<b>Programme Name</b>
1	Kalpana Bhatt	DD221113010 20	SRHU2200035 3	BCA (2022 Batch)
2	Kanchan Krishali	DD221113010 21	SRHU2200035 4	BCA (2022 Batch)
3	Sawan Rawat	DD221113010 42	SRHU2200037 5	BCA (2022 Batch)
4	Sheetal Rawat	DD221113010 43	SRHU2200037 6	BCA (2022 Batch)
5	Achsah Sherry	DD221123010 02	SRHU2200004 6	BBA (2022 Batch)
6	Komal	DD221153010	SRHU2200045	B.Sc. Biotechnology (2022)

		15	7	Batch)
7	Priyanka	DD221153020 10	SRHU2200048 4	B.Sc. Microbiology (2022 Batch)
8	Kanupriya	DD231063010 19	SRHU2300081 4	B.Sc. Biotechnology (2023 Batch)
9	Khushi	DD231063010 20	SRHU2300081 5	B.Sc. Biotechnology (2023 Batch)
10	Jyoti Rawat	DD231065020 02	SRHU2000039 9	M.Sc. Biotechnology (2023 Batch)
11	Lakshya Nawani	DD231104301 063	SRHU2300103 8	BCA (2023 Batch)
12	Himanshu Negi	DD231104301 067	SRHU2300104 2	BCA (2023 Batch)
13	Sumit Bisht	DD231105301 042	SRHU2300032 2	BBA (2023 Batch)
14	Alok Rana	DD231105301 056	SRHU2300033 4	BBA (2023 Batch)
15	Ayushi Uniyal	DD231107501 015	SRHU1900050 2	M.Sc. YS (2023 Batch)

#### 4. Terms and Conditions

<b>Sr. No.</b>	<b>Clause</b>	<b>Details</b>
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>	3 years
5.	<b>Frequency of Meetings</b>	Preferably once per quarter
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>	(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 the performing the activities. (c) To plan and organize competitions at the University, Regional and State Level.
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.

## 5. Services Offered

- **Confidence Boosters:** Role-plays, mirror talk, and small group sharing.
- **Peer Talks:** Share personal stories and life lessons in a safe space.
- **Problem solving:** Helping tide over difficult personal/professional situations
- **Gratitude Wall:** Post notes of appreciation to foster positivity.
- **Mini TEDx Talks:** Members speak on turning points in their personal journeys.



Signature of Chairperson  
Director Research

Research and Development Cell  
Swami Rama Himalayan University  
Swami Ram Nagar, Jolly Grant  
Dehradoon-248016, Uttarakhand, India



Signature of Treasurer



Signature of Member Secretary

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## NOTICE

### PERSONAL DEVELOPMENT CLUB (*Self-Growth Club*)

SRHU/PDC/SGC/2024/02

01<sup>st</sup> February 2024

This is to inform all students, faculty and Staff of swami Rama Himalayan University that the Self Growth Club is going to organize a guest lecture on International Day of Women and Girls

Details of the Meeting:

- Event : International Day of Women and Girls
- Date : 11<sup>th</sup> February 2024
- Time : 10:00AM – 11:00AM
- Venue : Academic Units, *Swami Rama Himalayan University*
- Organized by : Self growth Club, SRHU

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



Chairperson

Chairperson  
Self Growth Club  
Swami Rama Himalayan University

**Copy to:**

Hon'ble President  
Hon'ble Vice Chancellor  
Director General (Academic Development)  
Pro-Vice Chancellor  
Registrar  
Dean, HSMS  
Heads of Departments  
Finance Officer  
Members of the club – For necessary arrangements and action



*for kind information please*

# SWAMI RAMA HIMALAYAN UNIVERSITY

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## REPORT

<b>Organized by</b>	: Self Growth Club, <i>Swami Rama Himalayan University</i>
<b>Date</b>	: 11 <sup>th</sup> February, 2024
<b>Venue</b>	: Adi Kailash Auditorium, <i>Swami Rama Himalayan University</i>
<b>Time</b>	: 02:30PM - 04:30PM

Dr Sadhana Srivastava, Former Head, IPR, Innovation and Translation Research (ITR) Division, Indian Council of Medical Research, New Delhi visited Swami Rama Himalayan University on the 11th February, 2024 with a purpose of guiding Researchers, Scientists, Faculty and students on technology commercialization and scientific research

Sadhana Srivastava began her speech by emphasizing the growing need for gender inclusivity in science, particularly in the areas of research and technology transfer. She pointed out that women scientists, researchers, and technologists are contributing immensely to innovations across various fields, from biotechnology and pharmaceuticals to artificial intelligence and environmental sciences. Srivastava stressed the importance of recognizing these contributions and creating environments where women can thrive in these critical fields.

A significant portion of Srivastava's address focused on the field of technology transfer—a crucial mechanism for translating scientific innovations into real-world applications. She underscored how intellectual property rights (IPR) and technology commercialization play a key role in transforming scientific discoveries into products that can benefit society at large. Srivastava highlighted the increasing role of women in technology transfer at institutions like ICMR, where many of the country's health innovations are developed and protected.

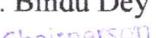
The event concluded with a powerful call to action: to work together in closing the gender gap in science and technology and to create a world where women and girls can freely pursue their passions in research and innovation. Sadhana Srivastava's speech was a timely reminder of the importance of breaking down barriers, fostering equality, and amplifying the voices of women in shaping the future of science.

The International Day of Women and Girls in Science 2024, with its focus on women in research, technology transfer, and intellectual property rights, marked another important step in the global movement for gender equality in science.



Chairperson

Dr. Bindu Dey



Chairperson

Self Growth Club



Swami Rama Himalayan University

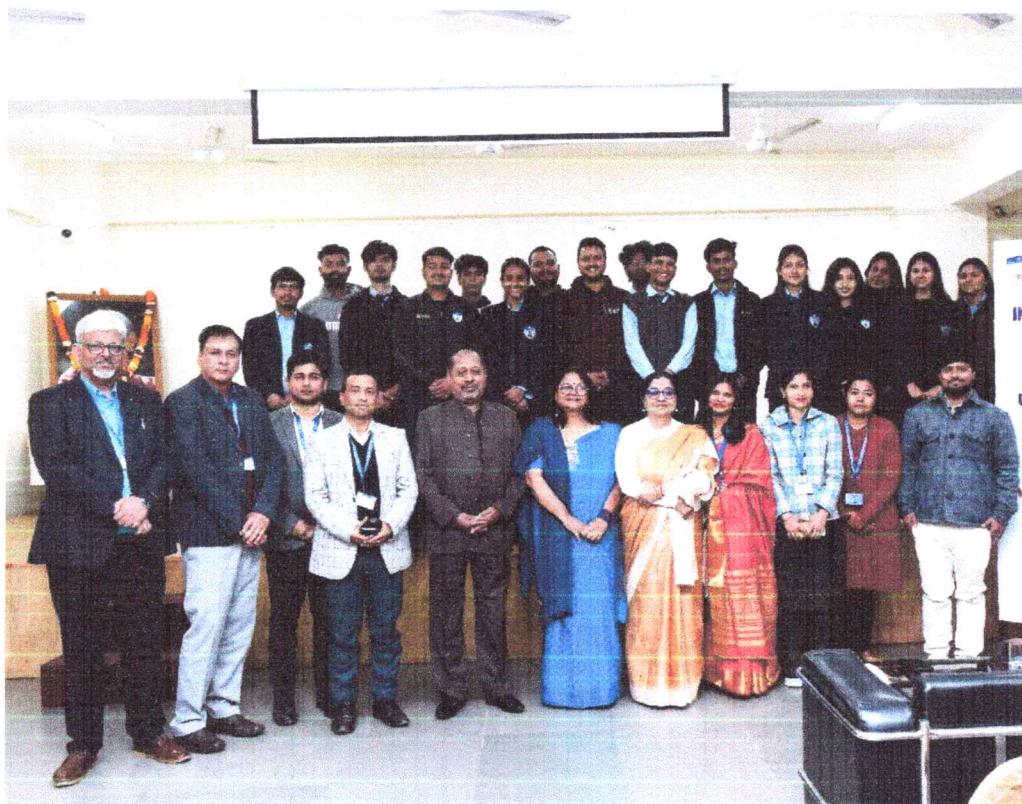
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## EVENT HIGHLIGHTS



**Dr. Bindu Dey Director Research, SRHU Presenting Sampling to the Chief Guest**



**Chairperson**

Dr. Bindu Dey  
Chairperson  
Self Growth Club  
Swami Rama Himalayan University

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## NOTICE

### PERSONAL DEVELOPMENT CLUB (*Self-Growth Club*)

SRHU/PDC/SGC/2024/02

20<sup>th</sup> April 2024

This is to inform all students of the Model United Nation (MUN) is going to organize a series on Orientation event to introduce students to the Model United Nations framework.

Details of the Meeting:

- Event : World IP Day
- Date : 26<sup>th</sup> April 2024
- Time : 02:30PM - 04:30PM
- Venue : Adi Kailash Auditorium, *Swami Rama Himalayan University*
- Organized by : Self Growth Club, SRHU
- Eligibility : All students, faculties and interested trainees

All students are encouraged to participate actively in the discussion to strengthen their clinical understanding and professional competencies. Attendance of registered club members is mandatory.

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



Chairperson

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Self Growth Club  
Swami Rama Himalayan University

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Hon'ble Vice Chancellor  
Director General (Academic Development)  
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## REPORT

<b>Organized by</b>	: Self Growth Club, Swami Rama Himalayan University
<b>Date</b>	: 26 <sup>th</sup> April, 2024
<b>Venue</b>	: Adi Kailash Auditorium, Swami Rama Himalayan University
<b>Time</b>	: 02:30PM - 04:30PM

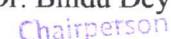
RJ Kaavya and Himanshu Darmora (Vocalist) visited Swami Rama Himalayan University on the 26<sup>th</sup> April, 2024 with a purpose of celebration of World IP Day where a panel discussion was held on the theme “Music and IP: Feel the beat of IP”.

The primary objective of the panel discussion would focus on educating creators and entrepreneurs about the significance of IP rights in protecting their musical innovations as also freely expanding their reach in the global market without infringement. Dr. Rajendra Dobhal, Vice Chancellor, SRHU emphasized on the importance of IP protection for musicians, especially in the context of both traditional forms like gharana music and the modern digital music landscape. The panel highlighted the rich legacy of gharana music, emphasizing its historical and cultural importance in India's musical tradition. The discussion touched on the need to preserve and protect the unique styles of different gharanas under IP laws, ensuring that artists' rights are respected and that their cultural contributions are safeguarded from unauthorized use. The rapid rise of digital platforms has transformed the music industry, enabling global access to music. However, it also raises concerns about piracy and unauthorized reproductions. RJ Kaavya shared insights on how digitization has both benefited and challenged musicians, offering greater exposure but also opening the door for potential IP violations. Himanshu Darmora discussed the importance of leveraging digital tools to protect music rights, such as using blockchain and other technologies to track the origin and ownership of digital content. The panel also focused on the growing issue of copyright infringement in the music industry. With the ease of sharing music online, unauthorized use of songs and compositions has become a major problem. Experts discussed the role of IP laws in enforcing copyright protection, educating artists and consumers about respecting musical works, and encouraging stronger legal measures to combat piracy.



**Chairperson**

Dr. Bindu Dey



Chairperson

Self Growth Club

Swami Rama Himalayan University

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