

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

WELLNESS & MINDFULNESS CLUB (Arts, Culture & Wellness Clubs)

1. Introduction

The club cultivates emotional well-being, resilience, and self-awareness through mindfulness practices, in alignment with Swami Rama Himalayan University's holistic approach to care.

2. Objectives

The objectives of the Club are:

- Promote mental and emotional well-being through mindfulness practices.
- Encourage stress management and self-care among students.
- Foster emotional resilience, inner awareness, and balanced living.

3. Club Committee

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

Composition	Roles
Dr. Somlata Jha, HSYS- Club Coordinator* (SPOC)	Chairperson
Mr. Vijendra Dwivedi, HSYS	Treasurer
Dr. Ankit Sharma, HSYS	Member Secretary
Anchal Dobhal, HSYS - Student coordinator	Member

Students Detail

S.No.	Student Name	Registration No	Enrollment No.	Programme Name
1.	Ishant Rayal	DD22118301001	SRHU22000007	B.Sc. YSHH Batch-2022
2.	Manvi Nautiyal	DD22118301002	SRHU22000008	B.Sc. YSHH Batch-2022
3.	Vaishnavi V	DD22118301003	SRHU22000009	B.Sc. YSHH Batch-2022
4.	Kartikey Dwivedi	DD22118301004	SRHU22000010	B.Sc. YSHH Batch-2022
5.	Shalini Chamoli	DD22118301005	SRHU22000011	B.Sc. YSHH Batch-2022
6.	Ambika Jayara	DD22118301008	SRHU22000014	B.Sc. YSHH Batch-2022
7.	Komal	DD22118301009	SRHU22000015	B.Sc. YSHH Batch-2022
8.	Diya Bhagat	DD22118301010	SRHU22000016	B.Sc. YSHH Batch-2022
9.	Shrishti Rawat	DD22118301012	SRHU22000018	B.Sc. YSHH Batch-2022
10.	Ritisha Uniyal	DD22118301013	SRHU22000019	B.Sc. YSHH Batch-2022
11.	Gopi Chand Joshi	DD22118301014	SRHU22000020	B.Sc. YSHH Batch-2022
12.	Kajal Kakran	DD22118301015	SRHU22000021	B.Sc. YSHH Batch-2022
13.	Anchal Dobhal	DD22118301016	SRHU22000022	B.Sc. YSHH Batch-2022
14.	Kanika Raturi	DD22118301020	SRHU22000026	B.Sc. YSHH Batch-2022
15.	Priyanka Ranakoti	DD22118301021	SRHU22000027	B.Sc. YSHH Batch-2022

*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 year
4.	Tenure of the Members	2-3 year
5.	Frequency of Meetings	Preferably <i>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

- **Gratitude Journaling** – Reflective writing to build positivity.
- **Stress-Relief Circles** – Open group discussions in a safe space.
- **Nature/Wellness Walks** – Mindful walks in quiet, natural surroundings.
- **Digital Detox Hours** – Tech-free time blocks with mindful activities.


Sign. of Chairperson


Sign. of Treasurer


Sign. of Member Secretary

Chairperson
Wellness & Mindfulness Club
Swami Rama Himalayan University

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NOTICE

WELLNESS & MINDFULNESS CLUB (Arts, Culture & Wellness Clubs)

SRHU/ACWC/WMC/2024/01

18th November 2024

This is to inform all students of **Himalayan School of Yoga Sciences (HSYS)** that a **Wellness and Mindfulness Workshop** will be organized on **25th – 29th November 2024**. The event aims to promote mental well-being, stress management, and mindfulness practices among students, fostering holistic health and personal growth.

Details of the Event:

- **Event:** Wellness and Mindfulness Workshop
- **Date:** 25th – 29th November 2024
- **Time:** 10:00 AM
- **Venue:** Swami Rama Himalayan University, Jolly Grant, Dehradun
- **Organized by:** Wellness & Mindfulness Club, HSYS
- **Eligibility:** All HSYS students interested in wellness, mindfulness, and holistic practices

Interested students are requested to register their names with the **Club Coordinator** or **Class Representative** by **23rd November 2024**. Active participation is highly encouraged.

For further details and workshop schedules, please contact the **Club Coordinator – HSYS**.

Breathe, Reflect, Thrive!



Chairperson

Chairperson

Wellness & Mindfulness 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

Organized by : Wellness and Mindfulness Club, Swami Rama Himalayan University
Date : 25th – 29th November 2024
Venue : Swami Rama Himalayan University, Jolly Grant, Dehradun
Time : 10:00 AM

The Meditation Club, Himalayan School of Yoga Sciences (HSYS), Swami Rama Himalayan University, organized a special five-day Yogasana Training Program from 25th to 29th November 2024 for 20 international guests from Denmark. The program was conducted under the able guidance of Principal Dr. Subodh Saurabh Singh and supported by yoga instructors Mr. Vijender Dwivedi and Ms. Kajal Pal.

The event commenced with an inaugural session led by Dr. Subodh Saurabh Singh, who personally conducted the initial yoga practice and elaborated on the scientific and philosophical aspects of yoga. The guests actively participated in various asanas, gaining insights into the depth and discipline of traditional yoga practices.

Throughout the sessions, Yoga Instructor Ms. Kajal Pal emphasized the importance of relaxation techniques in maintaining mental and physical harmony, while Mr. Vijender Dwivedi introduced participants to the meditation practices of the Swami Rama Himalayan Tradition. His session on meditation allowed guests to experience calmness, focus, and inner peace through guided mindfulness practices.

Key Highlights:

- Emphasis on the scientific, physical, and mental aspects of yoga.
- Introduction to the Swami Rama Himalayan Tradition of meditation.
- Detailed understanding of the importance of relaxation and mindfulness in daily life.
- Active and enthusiastic participation from all guests throughout the five days.

The international participants were deeply inspired by the traditional teachings of yoga and meditation imparted during the program. The sessions were filled with enthusiasm, energy, and knowledge, providing participants not only with yogic techniques but also with a profound understanding of holistic well-being rooted in the Swami Rama Himalayan Tradition.


Dr. Somalata Jha

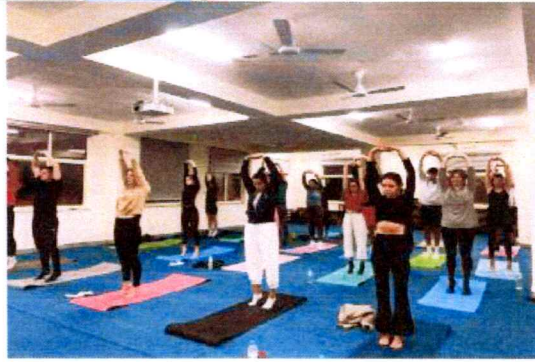
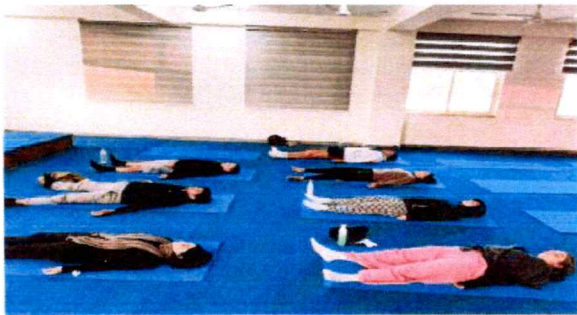
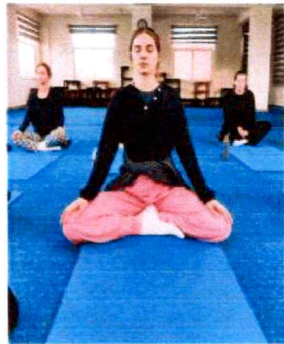
Chairperson

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EVENT HIGHLIGHT



Glimpses of Denmark students practicing yoga

Somalata
Dr. Somalata Jha

Chairperson

Chairperson
Wellness & Mindfulness Club
Swami Rama Himalayan University