

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

YOGA CLUB (Arts, Culture & Wellness Clubs)

1. Introduction

The Yoga Club provides students practical experience in yogic science to improve physical health, mental clarity, and spiritual growth. Aligned with Swami Rama Himalayan University's holistic philosophy, it promotes balance through yoga sessions, workshops, and mindful practices.

2. Objectives

The objectives of the Club are:

- Promote physical health and flexibility through regular yoga practice.
- Enhance mental clarity, focus, and stress management.
- Foster spiritual growth and self-awareness rooted in yogic philosophy.
- Encourage a balanced, holistic lifestyle among students.

3. Club Committee

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

Composition	Roles
Dr. Ankit Sharma- Club Coordinator* (SPOC)	Chairperson
Dr. Somlata Jha	Treasurer
Mr. Rahul Baluni	Member Secretary
Sipra Rani Sahoo -student coordinator	Member

Students Detail

S.No.	Student Name	Registration No	Enrollment No.	Programme Name
1.	Yash Attri	DD231107301047	SRHU23000212	B.Sc. YSHH Batch-2023
2.	Aastha	DD231107301050	SRHU23000215	B.Sc. YSHH Batch-2023
3.	Himanshu Sharma	DD231107301051	SRHU23000216	B.Sc. YSHH Batch-2023
4.	Nishant Nayal	DD231107301053	SRHU23000218	B.Sc. YSHH Batch-2023
5.	Sakshi	DD231107301054	SRHU23000219	B.Sc. YSHH Batch-2023
6.	Madhuri Panwar	DD231107301055	SRHU23000220	B.Sc. YSHH Batch-2023
7.	Tushar Dhiman	DD231107301056	SRHU23000221	B.Sc. YSHH Batch-2023
8.	Radhika	DD231107301057	SRHU23000222	B.Sc. YSHH Batch-2023
9.	Sipra Rani Sahoo	DD231107501009	SRHU19000531	M.Sc. YS Batch-2023
10.	Aayushi Nirwal	DD231107501011	SRHU19000494	M.Sc. YS Batch-2023
11.	Ankita Manwal	DD231107501012	SRHU19000529	M.Sc. YS Batch-2023
12.	Manvi	DD231107501013	SRHU23000226	M.Sc. YS Batch-2023
13.	Akriti Negi	DD241107301001	SRHU24000001	B.Sc. YSHH Batch-2024
14.	Tanshika Raghav	DD241107301002	SRHU24000002	B.Sc. YSHH Batch-2024
15.	Priya Rana	DD241107301003	SRHU24000003	B.Sc. YSHH Batch-2024

*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.

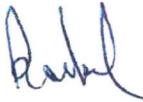
5. Services Offered

- Regular Yoga Classes** – Guided sessions covering various styles and skill levels.
- Meditation & Pranayama Workshops** – Breathing and mindfulness techniques to enhance mental well-being.
- Yoga Retreats and Wellness Camps** – Immersive experiences focusing on holistic health.
- Collaborative Events** – Partnering with wellness, meditation, and fitness clubs for integrated health programs.


Sign. of Chairperson

Chairperson
Yoga Club
Swami Rama Himalayan University


Sign. of Treasurer


Sign. of Member Secretary

Yoga Club
SWAMI RAMA HIMALAYAN UNIVERSITY

Office of the Principal

Date: - 05th September 2024

Dear Students,

Yoga Club, Swami Rama Himalayan University is going to conduct Teachers Day Celebrations on 05.09.2024, at 11:00 am.

All Faculty members and PhD Scholars are cordially invited in this event.

Venue: Yoga Hall, HSYS

for: Dubey
Chairperson
Yoga Club
Swami Rama Himalayan University

Dr. Ajay Dubey
Principal
Himalayan School of Yoga Sciences
Swami Rama Himalayan University

Program Report

Event: Teachers' Day Celebration

Organized by: Yoga Club, SRHU.

Date and Time: 5th September 2024, 11 AM

Venue: Yoga Hall, HSYS

Date: 05.09.2024

The BSc and MSc Yoga students of the Himalayan School of Yoga Sciences organized a vibrant Teachers' Day celebration on 5th September 2024. The event aimed to honor and express gratitude to the faculty members and PhD scholars for their invaluable contributions to the institution.

Various engaging games were organized for the faculty and PhD scholars, including the popular Lemon Race. The students ensured a fun-filled and competitive atmosphere, fostering camaraderie and appreciation among the participants.

The event was a resounding success, leaving a lasting impression on all those involved. It served as a testament to the strong bond between the students and their mentors, and the vibrant spirit of the Himalayan School of Yoga Sciences.

for:

Dubey

Dr. Ajay Dubey

Principal

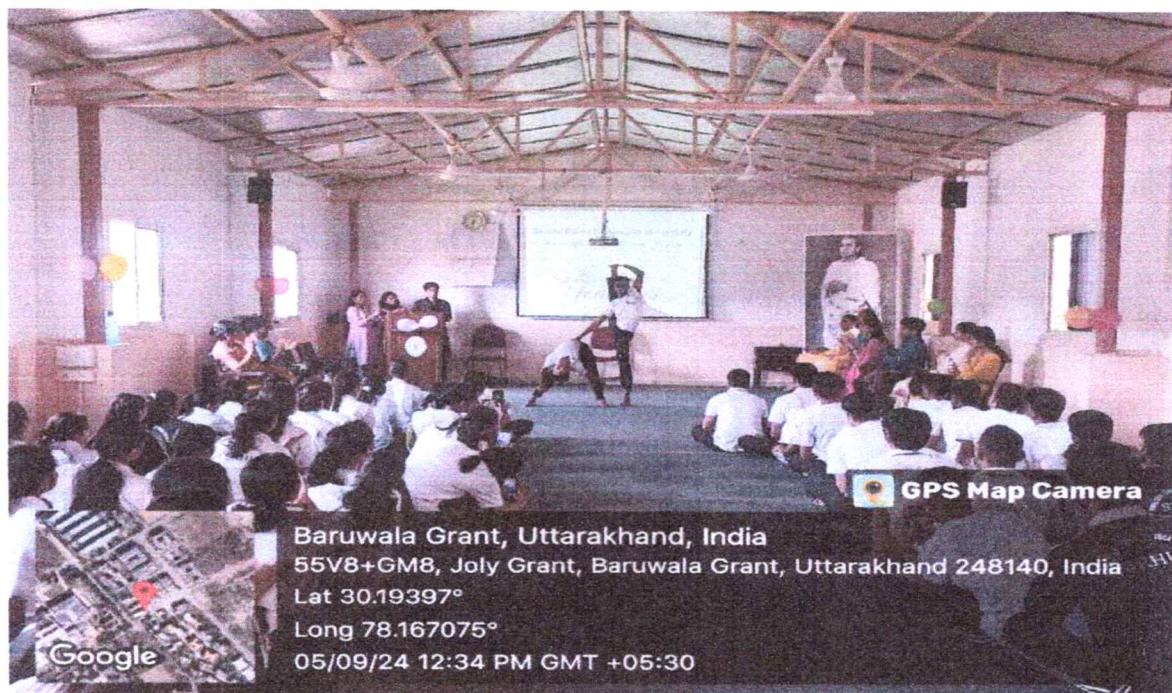
Himalayan School of Yoga Sciences

Swami Rama Himalayan University

Chairperson
Yoga Club

Swami Rama Himalayan University

Geo Tag Photos



Yoga Club
Swami Rama Himalayan University
Attendance Sheet

Manisha	BSC Wndresm	manisha
Archal	BSC III rd Sem	Archal
Akhil Negi	II	Akhil - Aasha
Aastha	"	
Monika Kathiyal	"	Monika
Aman Krishali	"	Aman
Nitin Chauhan	"	Nitin
Divya Solanki	"	Divya
Madhuri	"	Madhuri
Garima	"	Garima
Aashi	"	Aashi
Sakshi Hamoda	"	Sakshi
Charu painuly	"	Charu
Anushka	Ph.B.	Anushka
Roop	Ph.D.	Roop
Neelam Patel	Ph.D.	Neelam
Diksha Patel	Ph.D.	D.Patel
Gaurav	Ph.D.	Gaurav
Ankit Semwal	Ph.D.	Ankit Semwal

Swami Rama Himalayan University
Himalayan School of Yoga Sciences
Training for Himalayan Yoga Tradition for Students along with Faculty
(25/11/2024) 10:00 Am to 04:00 Pm

Faculty Names	Sign.
Dr. Ankit Sharma	<u>Ankit</u> 25/3/24
Anuradha Sharma	<u>Anuradha</u> 25/3/24
Dr. Somlata Tha	<u>Somlata</u>
Dr. Mala Tripathi	<u>Mala</u> 25/3/24
Mr. Virendra Dwivedi	<u>Mr.</u> 25/3/24
Dr. Lubdh Jaurabh Singh	<u>Lubdh</u>
Dr. Satvini Malik	<u>Satvini</u>
Neelam Pawar	<u>Neelam</u>
Kajal Pal	<u>KJ</u>
Ashish Painuly	<u>Ashish.</u>