

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

AYURVEDA PROPAGATION CLUB (Special Interest & Specialty Clubs)

1. Introduction

The Ayurveda Propagation Club has been constituted to promote awareness and practice of Ayurveda as a holistic system of health and well-being. Drawing from SRHU's rich ecological setting, the legacy of H.H. Swami Rama's integrative health vision, and the expertise of the Ayurveda Centre, the club encourages students to explore nature-based healing, seasonal wellness routines, and sustainable self-care. The initiative is designed to foster experiential learning through herbal trails, yoga integration, and community outreach.

2. Objectives

The objectives of the Club are:

- Promote awareness of Ayurvedic principles and seasonal health routines for general well-being
- Facilitate student engagement with the HIHT Ayurvedic OPD and Panchakarma Centre for experiential exposure
- Encourage documentation and propagation of medicinal flora through SRHU's herbal nursery and forest trails
- Introduce basic Ayurvedic practices such as tongue scraping, oil pulling, seasonal detox, and dosha balancing
- Support national initiatives like *Ayurveda Day*, *Ayushman Bharat*, and *International Yoga Day* through collaborative events

3. Club Committee

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

Composition	Roles
Dr. Neelam Bisht Incharge Ayurvedic Centre	Chairperson
Dr. Rohit Prasad Bhatt Ayurveda Physician	Treasurer
Kulshreshthpal Singh Pharmacist	Member Secretary
Mr. Prabhat Pundir, B.Sc. YSHH, HSYS	Member (Student coordinator)

Students Detail

S.No.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Prabhat Pundir	DD2311073010 03	SRHU230001 68	B.Sc. YSHH (2023 Batch)
2	Sakshi Chauhan	DD2311073010 08	SRHU230001 73	B.Sc. YSHH (2023 Batch)
3	Neha Chettri	DD2311073010 36	SRHU230002 01	B.Sc. YSHH (2023 Batch)

4	Anchal Chauhan	DD2311073010 37	SRHU230002 02	B.Sc. YSHH (2023 Batch)
5	Anmol Binjola	DD2311075010 05	SRHU190005 20	M.Sc. YS (2023 Batch)
6	Abhishek Negi	DD2311075010 06	SRHU190004 96	M.Sc. YS (2023 Batch)
7	Diya Pokhriyal	DD2311075010 10	SRHU230002 25	M.Sc. YS (2023 Batch)
8	Km Sneha	DD2211530101 4	SRHU220004 56	B.Sc. Biotechnology (2022 Batch)
9	Pallavi Sati	DD2310630102 4	SRHU230008 19	B.Sc. Biotechnology (2023 Batch)
10	Aditi Bisht	DD2310630200 1	SRHU230008 42	B.Sc. Microbiology (2023 Batch)
11	Divya Pant	DD2211330103 7	SRHU220008 39	B.Sc. Nursing (2022 batch)
12	Shristi Aswal	DD2211330112 1	SRHU220009 23	B.Sc. Nursing (2022 batch)
13	Abhishek Singh Rana	DD2310650200 1	SRHU230008 73	M.Sc. Biotechnology (2023 Batch)
14	Nivya Pal	DD2311075010 14	SRHU190005 30	M.Sc. YS (2023 Batch)
15	Kavita	DD2311073010 11	SRHU230001 76	B.Sc. YSHH (2023 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) Conduct awareness sessions on daily Ayurvedic routines (<i>Dinacharya</i>), seasonal regimens (<i>Ritucharya</i>), and food habits. b) Facilitate herb walks and plant identification exercises across SRHU's green zones. c) Organize demonstrations of basic practices like Abhyanga (oil massage), Akshi Tarpan (Eyes cleansing), Vaman Therapy.

		d) Develop multilingual IEC materials on Ayurvedic lifestyle tips and distribute them during outreach events. e) Collaborate with the Yoga School and Nutrition Club for integrated wellness campaigns.
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.

DR. NEELAM BISHT
BAMS, MD Kayashiktsa (UK 3099)
Consultant Ayurveda
Ayurveda Centre, SRHU

Sign. of Chairperson

Dr. Rohit Prasad Bhatt
B.A.M.S. (UK4232)
Ayurvedic Physician
S.R.H.U.

Sign. of Treasurer

Sign. of Member Secretary

SWAMI RAMA HIMALAYAN UNIVERSITY

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AYURVEDA PROPAGATION CLUB

NOTICE

Date: 23/05/2025

This is to inform all students that a practical demonstration on the basic Ayurvedic practices **Abhyanga** (oil massage) and **Udwartana** (herbal powder massage) will be conducted on **28th May 2025**, from 10:00 AM to 11:30 AM at the Ayurveda Centre.

The session aims to provide hands-on understanding of these traditional therapies, their techniques, benefits, and their role in promoting health and wellness.



DR. NEELAM BISHT
BAMS, MD Kayashikitsa (UK 3099)
Consultant Ayurveda
Ayurveda Centre, SRHU
Chairperson

Dr. Neelam Bisht
Incharge
Ayurveda Centre

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AYURVEDA PROPAGATION CLUB

Name of Activity: Organise demonstration of basic practice (Abhyanga & Udwartana)

Date: 28th May 2025

Expert: Dr. Neelam Bisht

Venue: Ayurveda Centre

No. Of participants: 10

Introduction:

Abhyanga and Udwartana are two fundamental practices in Ayurveda that play a vital role in maintaining health and preventing disease. **Abhyanga** is a full-body massage using warm medicated oils, aimed at nourishing the body, calming the nervous system, and promoting circulation. It is known for its rejuvenating and detoxifying effects.

On the other hand, **Udwartana** is a specialized dry or wet massage using herbal powders, typically performed in an upward motion. It is particularly effective in reducing excess fat, improving skin tone, enhancing lymphatic drainage, and invigorating the body.

Objective:

The main objectives of this demonstration session are

- **To introduce participants** to the basic principles and importance of Abhyanga and Udwartana in Ayurvedic daily practice (Dinacharya).
- **To demonstrate the correct techniques and procedures** of performing Abhyanga (oil massage) and Udwartana (herbal powder massage).
- **To explain the therapeutic benefits** of each practice in promoting physical and mental well-being.

- **To create awareness** about the role of these therapies in disease prevention, detoxification, and overall rejuvenation.
- **To encourage practical skill development** for students and practitioners interested in Ayurvedic therapies.

Outcome:

The demonstration session on Abhyanga and Udwartana will enable participants to gain a clear understanding of the Ayurvedic principles underlying these two important therapies. They will learn the step-by-step procedures to perform both oil massage (Abhyanga) and herbal powder massage (Udwartana) effectively and safely. The session will highlight the numerous health benefits, including improved blood circulation, detoxification, enhanced skin health, and muscular relaxation.

Photographs







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AYURVEDA PROPAGATION CLUB

NOTICE

Date: 11th Feb 2025

The Plant Identification exercise across SRHU green zones is scheduled to take place on 21st February 2025. All participants to be prepared and arrive on time. Please bring any necessary materials such as notebooks, identification guides, and tools for the activity. This exercise will be a great opportunity to enhance your knowledge and skills in identifying various plant species.

All students and members of the community are welcome to attend.



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AYURVEDA PROPAGATION CLUB

Name of Activity: Plant Identification exercise across SRHU green zones

Date: 21 Feb 2025

Expert: Dr. Rohit Prasad Bhatt

Venue: Ayurveda Centre

No. Of participants: 10

Introduction:

The Plant Identification exercise is designed to help participants learn how to recognize and classify plants that have therapeutic uses. Through this activity, individuals gain knowledge about the physical characteristics of medicinal plants, their traditional and modern applications, and their importance in healthcare and natural remedies. This exercise promotes awareness of the benefits and conservation of medicinal plants, encouraging responsible use and appreciation of their role in medicine and biodiversity.

Objective:

Objectives of the Plant Identification Exercise:

1. To develop the ability to accurately identify common medicinal plants based on their morphological features such as leaves, flowers, stems, and roots.
2. To understand the traditional and modern uses of various medicinal plants in treating ailments and promoting health.
3. To enhance knowledge about the active compounds and therapeutic properties found in medicinal plants.
4. To promote awareness about the conservation and sustainable use of medicinal plant resources.
5. To encourage practical skills in documenting and classifying medicinal plants in natural habitats.

Outcome:

Upon completing the Plant Identification exercise, participants will be able to confidently recognize and classify various medicinal plants based on their distinctive features. They will gain a deeper understanding of the therapeutic uses and benefits of these plants, as well as their role in traditional and modern medicine. Additionally, participants will develop an appreciation for the importance of conserving medicinal plant species and using them responsibly. The exercise will also enhance observational and documentation skills, preparing learners to contribute to botanical studies and promote sustainable health practices.

Photographs:





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AYURVEDA PROPAGATION CLUB

NOTICE

Date: 19/11/2024

This is to inform all participants that a session on “**Shirodhara**” will be conducted on 25th Nov 2024, from 10:00 AM to 11:30 AM at the Ayurveda Centre. The session will focus on the significance, procedure, benefits, and precautions associated with **Shirodhara**, which is a key mind relaxation and rejuvenation therapy.

All students and members of the community are welcome to attend.



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AYURVEDA PROPAGATION CLUB

REPORT ON SHIRODHARA

Name of Activity: Shirodhara

Date: 25th Nov 2024

Expert: Dr. Neelam Bisht

Venue: Ayurveda Centre

No. Of participants: 09

Introduction:

Shirodhara is a classical Ayurvedic therapy known for its deeply relaxing and rejuvenating effects on the mind and body. The term "Shiro" means head, and "Dhara" means flow or stream. In this therapy a continuous, gentle stream of warm medicated oil (or sometimes other liquids like buttermilk, milk, or herbal decoctions) is poured over the forehead, specifically on the "third eye" area (the space between the eyebrows).

Shirodhara is traditionally used to balance the nervous system, calm the mind, and relieve stress and anxiety. It is believed to soothe the brain, improve mental clarity, and promote sound sleep. This therapy is often recommended for conditions such as insomnia, migraine, tension headache, mental fatigue, and certain neurological disorders.

Objective:

The primary objectives of **Shirodhara** therapy are:

1. **Promote deep relaxation** of the mind and body by calming the nervous system.
2. **Reduce stress, anxiety, and mental tension.**
3. **Improve sleep quality** by alleviating insomnia and promoting restful sleep.
4. **Enhance mental clarity, focus, and concentration.**
5. **Balance the doshas** (especially Vata and Pitta) in the head region.
6. **Relieve headaches, migraines, and related neurological discomforts.**
7. **Support emotional stability and reduce symptoms of depression and fatigue.**
8. **Detoxify and rejuvenate the brain and nervous system.**

Overall, Shirodhara aims to restore mental calmness, improve neuro-psychological health, and promote holistic well-being.

Outcome of Shirodhara:

1. **Deep mental relaxation and stress relief** — significant reduction in anxiety, tension, and mental fatigue.
2. **Improved sleep patterns** — relief from insomnia and better quality of restful sleep.
3. **Reduction in headaches and migraines** — decreased frequency and intensity of headaches.
4. **Enhanced mental clarity and focus** — better concentration and cognitive function.
5. **Balanced nervous system** — harmonization of the autonomic nervous system, leading to emotional stability.
6. **Alleviation of symptoms related to depression and mood disorders.**
7. **Calmness and emotional well-being** — feeling of inner peace and mental tranquillity.
8. **Rejuvenation of the mind and body** — increased overall sense of vitality and reduced fatigue.

Photographs





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NOTICE

Date:12/08/2024

This is to inform all participants that a session on “Dincharya – The Ayurvedic Daily Routine” will be conducted on 20 August 2024, from 09:00 AM to 11:30 AM at the Ayurveda Centre. The session will focus on the importance of following a healthy daily routine as per Ayurvedic principles to maintain overall physical and mental well-being.

All students and community members are cordially invited to attend and get benefited from this informative session.



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AYURVEDA PROPAGATION CLUB

REPORT ON DIN CHARYA (The Ayurvedic principle of Daily Living)

Name of Activity: Lecture on Dincharya-The Ayurvedic Art of Daily Living

Date: 20 August 2024

Expert: Dr. Neelam Bisht

Venue: Ayurveda Centre

No. Of participants: 12

Objective of the Session:

The primary objective was to introduce the concept of **Dincharya**, a daily regimen recommended in Ayurveda, and to educate participants on how it can be incorporated into modern lifestyles to enhance physical, mental, and emotional health.

Summary on Din Charya:

Dincharya is a Sanskrit term meaning "daily routine." It is a concept from Ayurveda that outlines a structured way of living in harmony with the natural cycles of the day. According to Ayurveda, following a daily routine helps maintain balance in the body, mind, and spirit, preventing diseases and promoting long-term well-being.

Key components of Dincharya include:

- Waking up early (during Brahma Muhurta)
- Oral hygiene (tongue scraping, oil pulling)
- Exercise and yoga
- Healthy, timely meals
- Evening relaxation
- Sleeping early

Outcome:

The session successfully raised awareness about preventive healthcare through lifestyle practices based on Ayurveda. Many participants expressed interest in adopting Dinacharya in their lives for better health and productivity.

Photographs





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