

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

FITNESS & PHYSIQUE CLUB (Sports & Fitness Clubs)

1. Introduction

The Fitness & Physique Club at SRHU encourages students and staff to stay active, build strength, and improve their overall fitness. Using the campus indoor gymnasium and open gym, the club offers a supportive space for regular workouts and healthy habits. It reflects SRHU's focus on excellence, integrity, and total well-being.

2. Objectives

The objectives of the Club are:

- Promote regular exercise and physical fitness through the use of gym and outdoor workout spaces.
- Encourage strength training and endurance-building activities for better health and confidence.
- Support a culture of discipline, motivation, and wellness among students and staff.
- Create inclusive fitness opportunities that contribute to holistic development in line with SRHU's values.

3. Club Committee

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

| Composition | Roles |
|---|------------------------------|
| Deep Chandra Lohani, Senior Software Engineer, IT, SRHU | Chairperson |
| Dr Surabhi Mishra, Associate Prof., HIMS | Treasurer |
| Mr. Gagandeep Singh, Legal Assistant, Legal Cell | Member Secretary |
| Ashish Kashyap, BBA, HSMS | Member (Student Coordinator) |

Students Detail

| S.No | Student Name | Registration No. | Enrollment No. | Programme Name |
|------|------------------|------------------|----------------|--------------------------|
| 1 | Shivani Kothari | DD231107501003 | SRHU19000499 | M.Sc. YS (2023 Batch) |
| 2 | Ayush Lakhera | DD231107301029 | SRHU23000194 | B.Sc. YSHH (2023 Batch) |
| 3 | Vrinda Goyal | DD231107301001 | SRHU23000166 | B.Sc. YSHH (2023 Batch) |
| 4 | Rajeev Kumar | DD231105301028 | SRHU23000308 | BBA (2023 Batch) |
| 5 | Ashish Kashyap | DD231105301008 | SRHU23000289 | BBA (2023 Batch) |
| 6 | Rishabh Sindhwal | DD231104303002 | SRHU23000926 | B.Tech. CSE (2023 batch) |

| | | | | |
|----|--------------------|--------------------|--------------|----------------------------------|
| 7 | Aman Kandwal | DD2311043011 31 | SRHU23001106 | BCA (2023 Batch) |
| 8 | Parag Manwal | DD2311043010 13 | SRHU23000989 | BCA (2023 Batch) |
| 9 | Anjali Bisht | DD2310630100 7 | SRHU23000802 | B.Sc. Biotechnology (2023 Batch) |
| 10 | Divyanshi Rawat | DD2211530200 5 | SRHU22000479 | B.Sc. Microbiology (2022 Batch) |
| 11 | Nikita Panwar | DD2211330108 0 | SRHU22000882 | B.Sc. Nursing (2022 batch) |
| 12 | Anushka Bisht | DD2211330101 9 | SRHU22000821 | B.Sc. Nursing (2022 batch) |
| 13 | Saniya Negi | DD2211230203 0 | SRHU22000121 | B.Com (2022 Batch) |
| 14 | Sanchit Pokhriyal | DD2211130103 7 | SRHU22000370 | BCA (2022 Batch) |
| 15 | Deevanshu Bishriya | DD2211130101 4 | SRHU22000347 | BCA (2022 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 | <p>(a) Organize and facilitate regular gym and outdoor workout sessions to promote physical health, strength training, and fitness discipline.</p> <p>(b) Encourage healthy lifestyle practices by spreading awareness on exercise routines, posture, and wellness habits through peer engagement.</p> <p>(c) Support inclusive student participation by making fitness activities accessible, safe, and motivating for all experience levels across campus.</p> |
| 9. | Funding and Resources | <p>a. Institutional budget allocation</p> <p>b. Donations and sponsorships</p> |

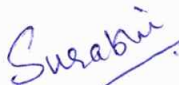
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| 10. | Amendments | Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee. |
| 11. | Dissolution | In the event of dissolution, the assets and liabilities of the Club shall be transferred to the parent institution (SRHU). |

5. Services Offered:

- Short interactive sessions that teach safe exercise techniques, gym etiquette, and injury prevention
- Organize weekly strength training groups in the campus gym.
- Conduct short talks on posture, form, and safe exercise habits.



Sign. of Chairperson



Sign. of Treasurer



Sign. of Member Secretary