

SWAMI RAMA HIMALAYAN UNIVERSITY

Swami Ram Nagar, Jolly Grant,
Uttarakhand 248016

SCIENCE OF JOYFUL LIVING CLUB (Arts, Culture & Wellness Clubs)

1. Introduction

Embodying Swami Rama's teachings, this club explores wellness practices, values, and philosophies that lead to lasting happiness and inner growth.

2. Objectives

The objectives of the Club are:

- Promote emotional well-being and mental clarity through mindful living.
- Encourage the practice of gratitude, empathy, and positive thinking.
- Introduce scientific and spiritual tools for balanced and joyful living.

3. Club Committee

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

Composition	Roles
One faculty - Club Coordinator* (SPOC)	Chairperson
One faculty	Treasurer
One Faculty	Member Secretary
Mr. Uttkarsh Pal, B.Sc. Nursing, HCN	Member (Student Coordinator)

Students Detail

S.N o.	Student Name	Registration No.	Enrollment No.	Programme Name
1	Inderjeet Singh	DD22112302 015	SRHU220001 06	B.Com (2022 Batch)
2	Aashna Ghildiyal	DD23106301 001	SRHU230007 96	B.Sc. Biotechnology (2023 Batch)
3	Tamanna Verma	DD23106301 042	SRHU230008 36	B.Sc. Biotechnology (2023 Batch)
4	Manisha Arya	DD23106302 015	SRHU230008 56	B.Sc. Microbiology (2023 Batch)
5	Naina Dobliyal	DD22113301 075	SRHU220008 77	B.Sc. Nursing (2022 batch)
6	Uttkarsh Pal	DD22113301 140	SRHU220009 42	B.Sc. Nursing (2022 batch)
7	Sudiksha Panwar	DD23110730 1027	SRHU230001 92	B.Sc. YSHH (2023 Batch)
8	Vedant Nainwal	DD22111307 008	SRHU220003 24	B.Tech. (Hons.) CSE-AI&ML (2022 batch)
9	Priyanshu Jain	DD23110530 1025	SRHU230003 05	BBA (2023 Batch)

10	Sumit Singh Khati	DD23110530 1101	SRHU230003 79	BBA (2023 Batch)
11	Ashish Kumar	DD22111301 012	SRHU220003 45	BCA (2022 Batch)
12	Sahil	DD22111301 035	SRHU220003 68	BCA (2022 Batch)
13	Sanjeev Singh Rawat	DD23110430 1011	SRHU230009 87	BCA (2023 Batch)
14	Vivek Negi	DD23110430 1128	SRHU230011 03	BCA (2023 Batch)
15	Shailesh Barthwal	DD23110750 1001	SRHU190005 24	M.Sc. YS (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 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 (Suggested Activities can be added more activities)

- **Mindfulness & Gratitude Sessions** – Guided practices to build presence and positivity.

- **Collaborations with Wellness/Meditation Clubs** – Joint events to promote holistic well-being.
- **Life Skills Training** – Workshops on stress management, time balance, and purpose-driven living.

Sign. of Chairperson

Sign. of Treasurer

Sign. of Member Secretary