

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

Swami Rama Himalayan University Meditation Club

NOTICE

Date: 20/11/2025

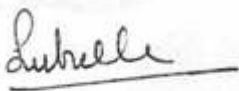
Subject: Completion of 5-Day Yogasana Training Program for International Delegates

This is to inform all students and faculty that a special **5-Day Yogasana Training Program** was successfully conducted by the **Meditation Club, Swami Rama Himalayan University** from **25th to 29th November 2024** at the university campus. The program was specially organized for a group of **20 international delegates from Denmark**.

The sessions were inaugurated by **Principal Dr. Subodh Saurabh Singh**, who also conducted an introductory session on the **scientific basis of yoga**. The program was supported by yoga instructors **Mr. Vijender Dwivedi** and **Ms. Kajal Pal**, who provided practical training in asanas, relaxation techniques, and meditation practices from the **Swami Rama Himalayan Tradition**.

The event witnessed enthusiastic participation and meaningful cultural exchange. It contributed significantly to the global outreach of Indian yogic traditions and highlighted the integrative approach of yoga in mental, physical, and spiritual wellness.

We extend our heartfelt thanks to all faculty, instructors, and participants for their efforts and cooperation in making the event a grand success.



Dr. Subodh Saurabh Singh
Officiating Principal

HSYS
SRHU

Work Completion Report

Yoga Training Program

Venue– Swami Ram Himalayan University Jollygrant Dehradun

Organizer– Meditation Club, HSYS.

Duration– 5 Days Yogasana Classes

Date – 25/11/2024 to 29 /11/2024

A special 5-day yogasana training program was organized for 20 guests from Denmark in the Himalayan Yoga Science Department. The program was inaugurated by Principal Dr. Subodh Saurabh Singh, in which yoga instructors Vijender Dwivedi and Kajal Pal also supported. Program was conducted by Meditation Club.

On the first day of the program, Dr. Subodh Saurabh Singh himself conducted yoga practice and discussed the scientific aspects of yoga in detail. The guests practiced various asanas with great enthusiasm and understood the depth of yoga. Yoga instructor Kajal Pal highlighted the importance of relaxation practice in yoga, which helps to maintain a mental and physical balance. At the end of the session, yoga instructor Vijender Dwivedi highlighted the features of meditation practices of Swami Rama Himalayan Tradition. He explained the importance of meditation to the guests and made them practice meditation, which helped them achieve mental peace and concentration.

Key points of the session

The focus was on the scientific and physical aspects of yoga.

The guests were introduced to the meditation practice of Swami Ram Himalayan Tradition.

The special importance of relaxation and meditation was explained during the class.

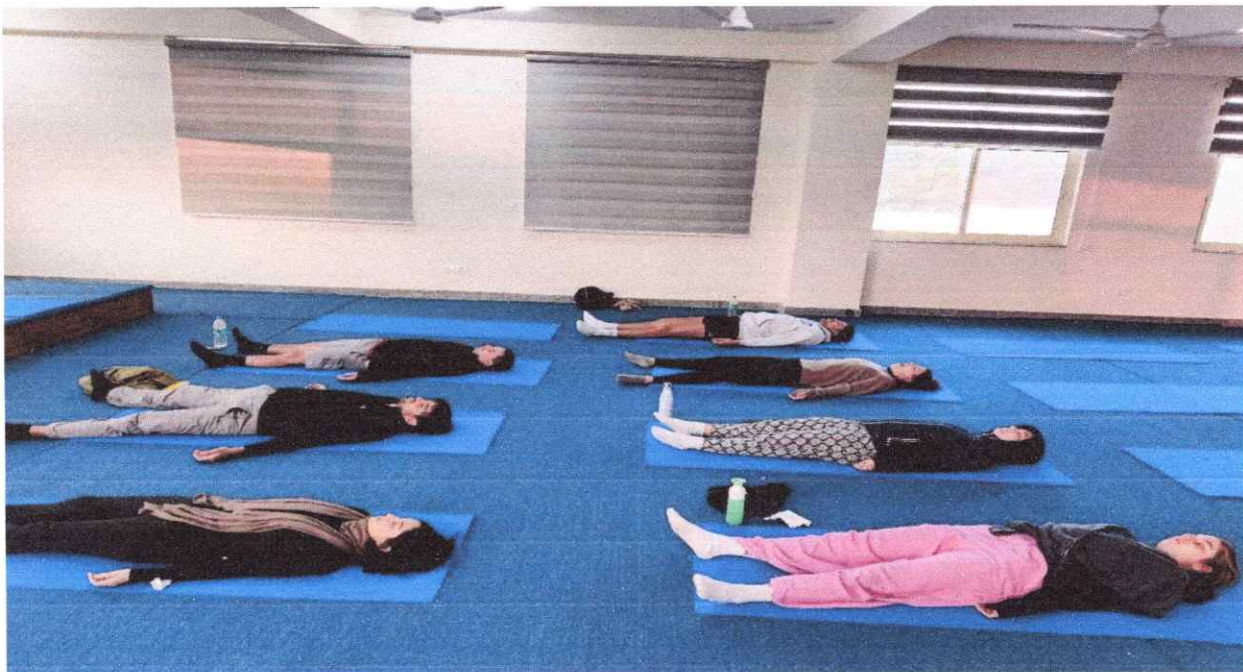
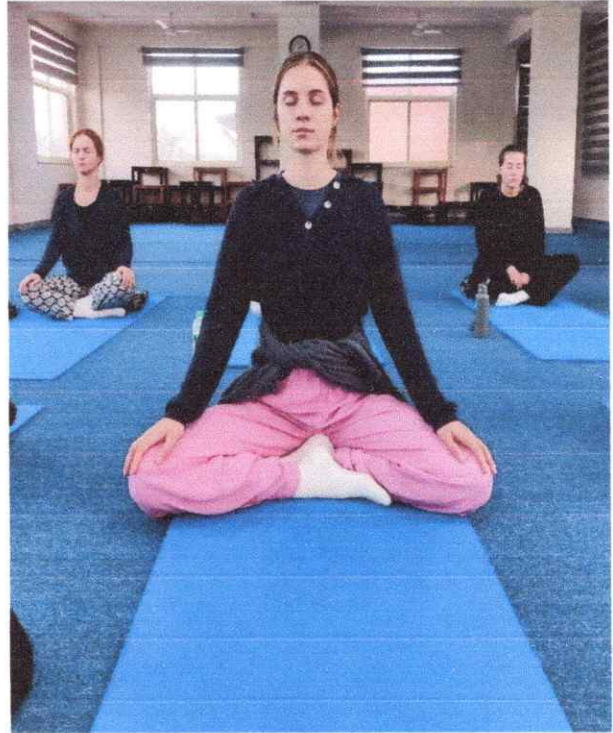
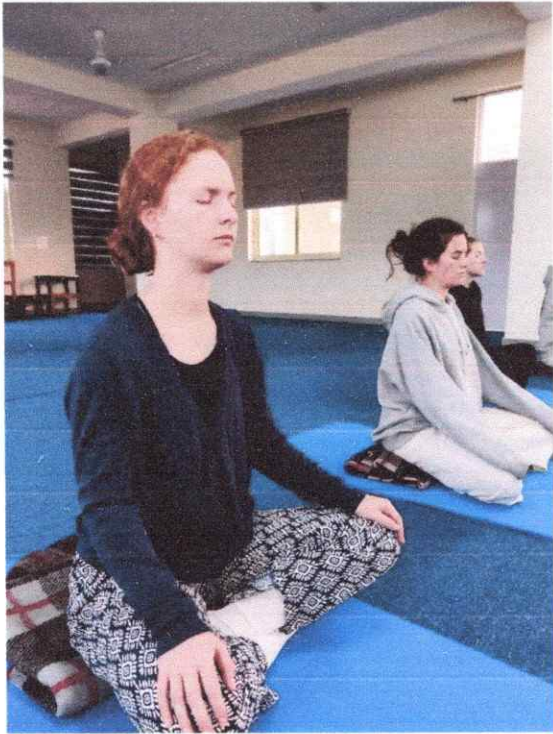
The guests enthusiastically participated in this 5-day yoga session and were mesmerized by the traditional forms of yoga. The session was full of enthusiasm, energy, and knowledge for all five days, in which various dimensions of yoga were explained in detail. This program not only taught yoga asanas to the guests from Denmark, but also provided a deep understanding of meditation and yoga of Swami Ram Himalayan Tradition.

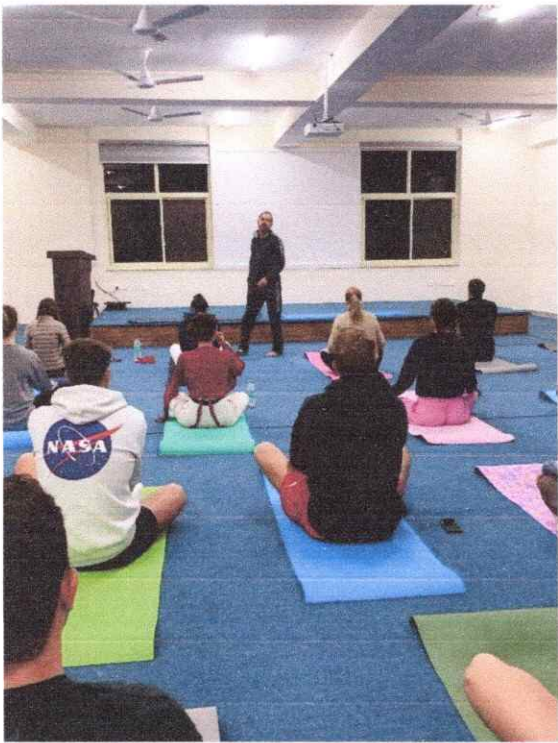

Principal

Himalayan School of Yoga Science


Yoga Instructor Vijendra Dwivedi


Yoga Instructor Kajal Pal





Expert Bio-brief

Name: Dr. Subodh Saurabh Singh

Qualification: M.Sc. Yogic Science & Holistic Health & UGC-NET Qualified, Ph.D. Yoga from Mahatma Gandhi Chitrakoot Gramodaya Vishwavidyalaya, Satna, M.P.

Designation: Assistant Professor

Total Experience: 14 years (Yoga Education & Yoga Research)

Special Interest: Yoga Therapy, Research

Members: Indian Yoga Association & AWGP

Publication: 12, Book Chapter: 02