

# 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*<br>(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.      | <b>Quorum</b>                    | 50% of the total members   |
| 2.      | <b>Tenure of the Club</b>        | Perpetual  |
| 3.      | <b>Tenure of the Chairperson</b> | 3 years  |
| 4.      | <b>Tenure of the Members</b>     | 2-3 years  |
| 5.      | <b>Frequency of Meetings</b>     | <i>Preferably once per quarter.</i>  |
| 6.      | <b>Meeting Notice and Agenda</b> | 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.      | <b>Minutes of the Meeting</b>    | 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.      | <b>Duties and function</b>       | (a) Planning and helping manage events at the University level in accordance with the spirit and ethos of the institute.<br>(b) Promoting and arranging club activities to bring out the talents of students in performing the activities.<br>(c) To plan and organize competitions at the University, Regional and State Level. |
| 9.      | <b>Funding and Resources</b>     | a. Institutional budget allocation<br>b. Donations and sponsorships  |
| 10.     | <b>Amendments</b>                | Any amendment to this club must be proposed in writing and approved by a two-thirds majority of the Club Committee.  |
| 11.     | <b>Dissolution</b>               | 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

  
Sign. of Treasurer

  
Sign. of Member Secretary

**Yoga Club**  
**SWAMI RAMA HIMALAYAN UNIVERSITY**

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**Office of the Principal**

**Date: - 05<sup>th</sup> 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  


**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 

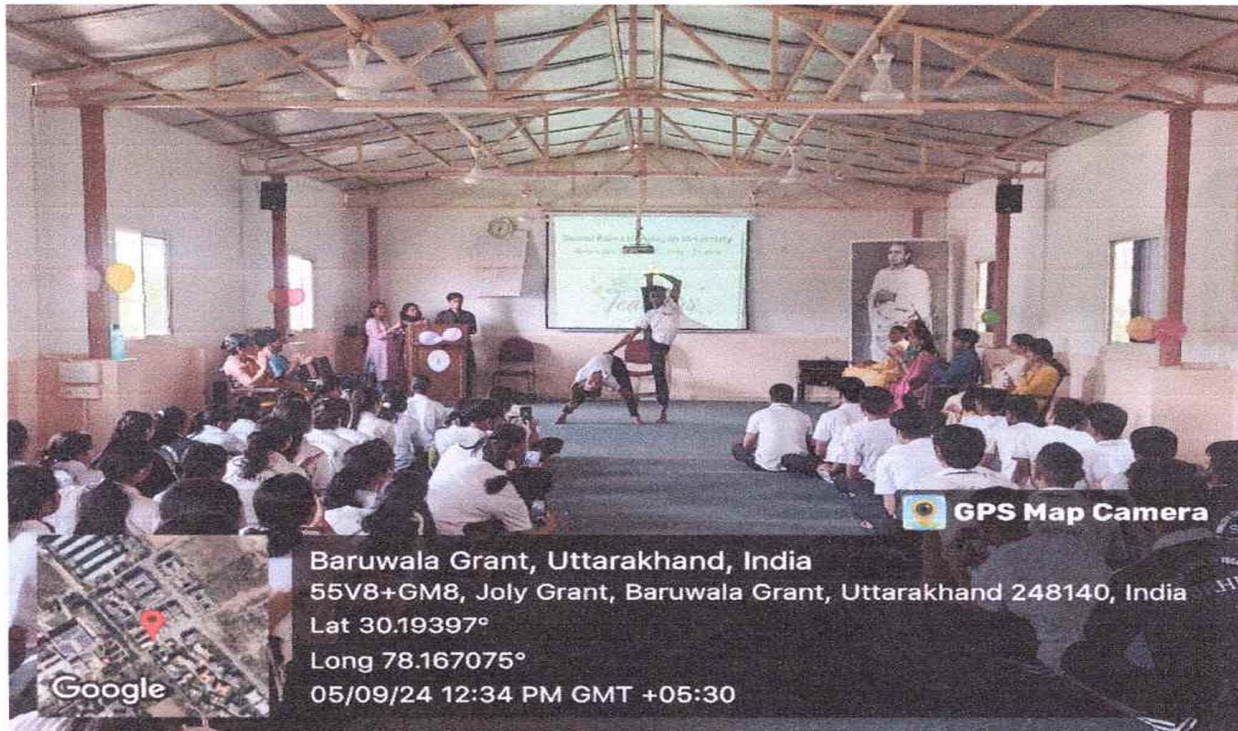
**Dr. Ajay Dubey**

**Principal**

**Himalayan School of Yoga Sciences**

**Swami Rama Himalayan University**

## Geo Tag Photos





**Yoga Club**  
Swami Rama Himalayan University  
Attendance Sheet

|                 |                           |              |
|-----------------|---------------------------|--------------|
| Manisha         | BSC 3rd sem               | manisha      |
| Anchal          | Bsc III <sup>rd</sup> sem | Anchal       |
| Akhil Negi      | //                        | Akhil        |
| ANISHA          | "                         | Aashi        |
| Monika Kothiyal | "                         | Monika       |
| Aman Kishali    | //                        | Aman         |
| Nitin Chaudhary | "                         | Nitin        |
| Divya Solanki   | "                         | Divya        |
| Madhuri         | "                         | Madhuri      |
| Gaurima         | "                         | Gaurima      |
| Aashi           | "                         | Ashi         |
| Sakshi Hamola   | "                         | Sakshi       |
| Charu Puri      | "                         | Charu        |
| Anushka         | Ph.D.                     | Ana          |
| Anoop           | Ph.D.                     | Anoop        |
| Neelam Patel    | Ph.D.                     | Neelam       |
| Diksha Patel    | Ph.D.                     | D.Patel      |
| Gaurav          | Ph.D.                     | Gaurav       |
| Ankit Semwal    | Ph.D.                     | Ankit Semwal |

| Faculty Names            | Sign.                       |
|--------------------------|-----------------------------|
| Dr. Ankit Sharma         | <u>Ankit</u><br>25/11/24    |
| Anuradha Sharma          | <u>Anuradha</u><br>25/11/24 |
| Dr. Soumitra Jha         | <u>Soumitra</u>             |
| Dr. Mala Tripathi        | <u>Mala</u><br>25/11/24     |
| Mr. Visendra Divedi      | <u>Vis</u><br>25/11/24      |
| Dr. Subodh Saurabh Singh | <u>Subodh</u>               |
| Dr. Saloni Malik         | <u>Saloni</u>               |
| Neelam Pawar             | <u>Neelam</u>               |
| Kajal Pal                | <u>Kajal</u>                |
| Ashish Painuly           | <u>Ashish</u>               |

Sign

25/11/20

Amenachas  
2.5 | 11 | 29

Sonlata

Male  
25/11/24

2511124

Subtotal

Saloni

Neelam

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Artish

**Yoga Club**

**SWAMI RAMA HIMALAYAN UNIVERSITY**

**Office of the Principal**

**Date: - 11<sup>th</sup> September 2024**

**Dear Students,**

**Yoga Club, Swami Rama Himalayan University is going to conduct Vivekanand Speech day celebration on 11.09.2024, at 03 :00 pm.**

**All Faculty members, PhD Scholars and Students are coordinally invited in this event.**

**Venue: Yoga Hall, Himalayan School of Yoga Sciences.**

for  
  
\_\_\_\_\_

**Dr. Ajay Dubey**

**Principal**

**Himalayan School of Yoga Sciences**

**Swami Rama Himalayan University**



# **Program Report**

**Event: Vivekananda Speech Day Celebration**

**Organized by: Yoga Club, Swami Rama Himalayan University**

**Date and Time: 11th September 2024, 3:00 PM**

**Venue: Yoga Hall, HSYS**

The 'Yoga Club' of Himalayan School of Yoga Sciences at Swami Rama Himalayan University commemorated Vivekananda Speech Day on 11th September 2024. The event was conducted by Dr. Ankit Sharma, a distinguished faculty member, in the presence of the Principal, Dr. Ajay Dubey, and all faculty members, PhD scholars, and students.


The celebration was a tribute to the inspiring life and teachings of Swami Vivekananda, a renowned Indian monk and philosopher. The event featured a series of speeches by students, highlighting their understanding of Swami Vivekananda's philosophy, his impact on Indian society, and his relevance in the contemporary world.

The students showcased their oratory skills and delivered powerful speeches on various themes, including spiritual awakening, social service, and the power of positive thinking. Their speeches were insightful, inspiring, and reflected their deep appreciation for Swami Vivekananda's legacy.

Dr. Ankit Sharma, the event coordinator, commended the students for their exceptional performances and emphasized the importance of carrying forward Swami Vivekananda's message of courage, conviction, and compassion.

The Principal, Dr. Ajay Dubey, addressed the gathering and expressed his admiration for the students' enthusiasm and commitment. He encouraged them to embrace Swami Vivekananda's teachings and strive to make a positive difference in the world.

The Vivekananda Speech Day celebration was a resounding success, fostering a sense of inspiration and intellectual stimulation among the students. It served as a reminder of the enduring legacy of Swami Vivekananda and his timeless message of universal brotherhood and human upliftment.

for. 

**Dr. Ajay Dubey**

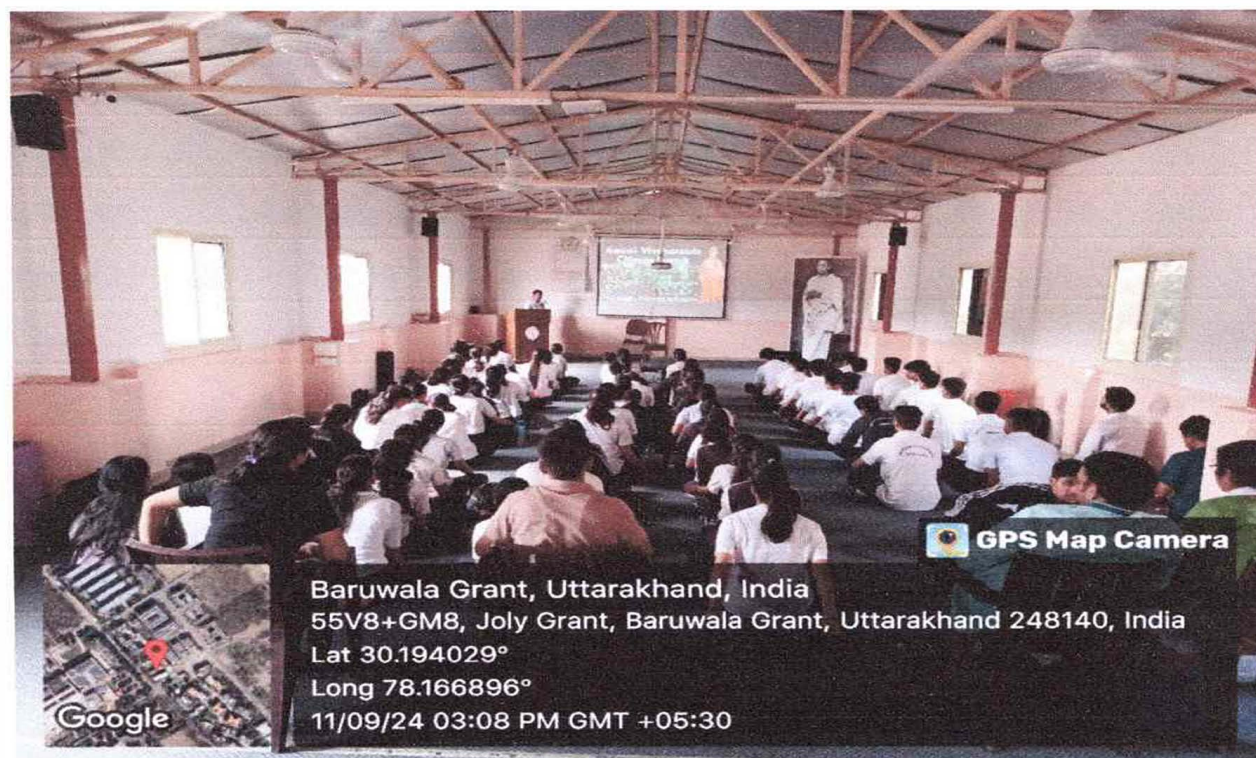
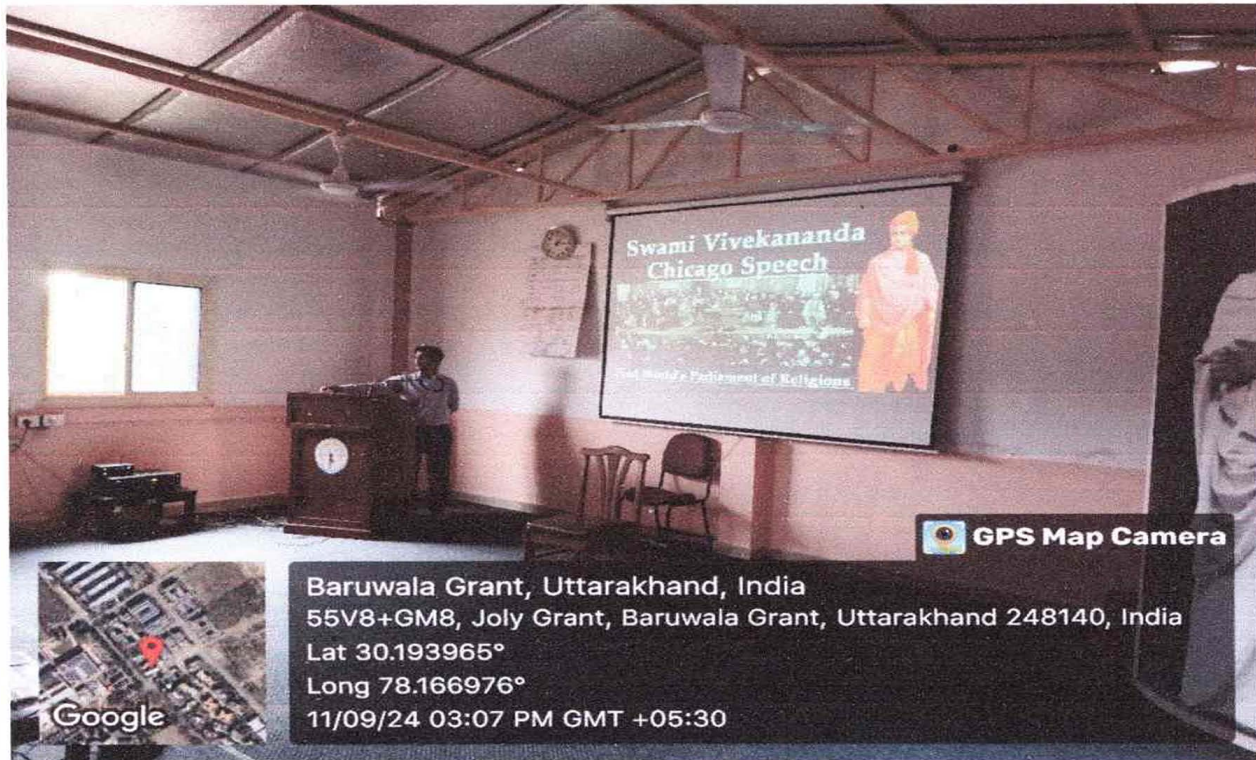
**Principal**

**Himalayan School of Yoga Sciences**

**Swami Rama Himalayan**

**University**

## Geo Tag Photos





**Yoga Club**  
**Swami Rama Himalayan University**  
**Attendance Sheet**

|                   |            |               |
|-------------------|------------|---------------|
| AKASH Negi        | B.S.C. Ist | Aneji         |
| Ayushi Sharma     | B.S.C. Ist | Ayushi Sharma |
| Arati             | B.S.C. Ist | Arati         |
| Muskan Sharma     | BSC Ist    | Muskan Sharma |
| Sheetal Chaudhan  | BSC Ist    | Sheetal       |
| Shruti Nautiyal   | BSC Ist    | Shruti        |
| Megha Rana        | BSc Ist    | (Megha)       |
| Sheeta Bhatt      | BSc Ist    | Sheeta        |
| Deepika Bijalwan  | BSC Ist    | Deepika       |
| Anchal Khanduri   | BSC Ist    | Anchal        |
| Srishti Panwar    | BSC Ist    | Srishti       |
| Vidushi Chaudhary | BSC Ist    | Vidushi       |
| Pooja Bhatt       | BSC I Sem. | Pooja         |
| Monika Kaintura   | BSC I Sem  | Monika        |
| Ritika Panwar     | BSC I Sem  | Ritika        |
| Yashika Bisht     | BSC I Sem  | Yashika Bisht |
| Sneha Chaudhan    | BSC I Sem  | Sneha         |
| Payal Krishali    | BSC I Sem  | Payal         |
| Arati Chaudhan    | BSC I Sem  | Arati         |

|                 |             |          |
|-----------------|-------------|----------|
| Kaushika        | BSC Ist Sem | Kaushika |
| Sanya Sindhu    | BSC Ist Sem | Sanya    |
| Divya           | BSC III Sem | Divya    |
| Vandana         | BSC III Sem | Vandana  |
| Ayush           | BSC III Sem | Ayush    |
| Shubham         | BSC III Sem | Shubham  |
| Nisha           | BSC III Sem | Nisha    |
| Ananya          | MSC Ist     | Ananya   |
| Amrita          | BSC III Sem | Amrita   |
| Gargi           | MSC Ist     | Gargi    |
| Riya            | MSC Ist     | Riya     |
| Tanishka        | BSC Ist     | Tanishka |
| Nisha Adhikari  | BSC Ist     | Nisha    |
| Kanika Krishali | BSC Ist     | Kanika   |
| Rumkum          | BSC Ist     | Rumkum   |
| Aakriti Negi    | BSC Ist     | Aakriti  |
| Nikita Rana     | BSC Ist     | Nikita   |
| Tanya Negi      | BSC Ist     | Tanya    |
| Ayushi Lekhwan  | BSC Ist     | Ayushi   |



Swami Rama Himalayan University

Swami Ram Nagar, Jollygrant,

Uttarakhand- 248016

## Notice

Date: 10 October 2024

The Yoga Club, SRHU, invites all students to participate in a debate competition scheduled for October 15, 2024. The debate topic, **“Is Kapalbhathi Pranayama or Shat Kriya?”** will encourage students to explore both philosophical/scriptural and scientific viewpoints on Kapalbhathi, an essential yogic practice. Participation is mandatory, offering a unique chance to delve deeply into yogic concepts, enhance analytical skills, and gain valuable insights from various perspectives. The competition will be held at 10:00 AM in the Lecture Hall, and students are expected to prepare thoroughly, presenting arguments supported by scriptural references and scientific research. For further details, students can reach out to Dr.

Apkit Sharma.

for. 

Principal's Office

Himalayan School of Yoga Science

Swami Rama Himalayan University

### **Word Report on the Debate**

The recent debate held in the **Yoga Club, Swami Rama Himalayan University**, explored the classification of Kapalbhati: Is it Pranayama or a Shat Kriya? This topic sparked considerable engagement, drawing on ancient yogic texts and modern scientific research, as students deliberated whether Kapalbhati aligns more closely with breath regulation practices or cleansing actions.

On one side, students presented arguments for Kapalbhati as Pranayama, focusing on scientific research that highlights the physiological impact of this technique. Scientific studies reveal that Kapalbhati influences respiratory rate, enhances lung capacity, and aids in autonomic regulation—benefits typically associated with Pranayama practices. Students underscored how Kapalbhati improves oxygenation, supports stress management, and stabilizes the autonomic nervous system, all of which align with Pranayama's aims of mental and physiological balance.

Conversely, the opposing side presented a perspective deeply rooted in scriptural understanding. Classical texts such as the Hatha Yoga Pradipika and Gheranda Samhita describe Kapalbhati as a cleansing action, specifically within the Shat Kriya framework. According to these texts, Kapalbhati functions as a preliminary purification exercise, often regarded as a preparatory action within Ghat Shuddhi, which involves the physical and subtle body's cleansing to ready the practitioner for advanced Pranayama techniques. The students supporting this view argued that the rapid, forceful exhalations of Kapalbhati primarily serve to expel impurities, making it a kriya (cleansing action) rather than a breath-control exercise.

The debate highlighted the complexity of yoga's ancient practices in light of contemporary scientific validation, with each side offering well-founded insights. Those who favored classifying Kapalbhati as Pranayama emphasized its physiological outcomes—balancing breath, influencing heart rate variability, and inducing a calm yet alert state. They pointed out that Kapalbhati's rhythmic nature enhances Prana (vital energy) circulation, which is central to Pranayama's purpose.

Meanwhile, the group advocating for its classification as a Kriya underscored its role in cleansing the body of excess Kapha (phlegm) and stimulating Agni (internal fire), essential in yogic detoxification. They argued that this action aligns more closely with preparatory kriyas intended to purify and balance the body before the refined practices of Pranayama.



In conclusion, this debate provided a holistic view, bridging traditional yogic wisdom with scientific insights and fostering a greater understanding of Kapalbhathi's multifaceted role. The event served not only as a platform for intellectual exploration but also highlighted the importance of respecting and integrating diverse perspectives within yoga's philosophical and practical framework. This balanced discussion offered students a meaningful opportunity to engage deeply with yoga's foundational practices and their relevance in contemporary contexts.

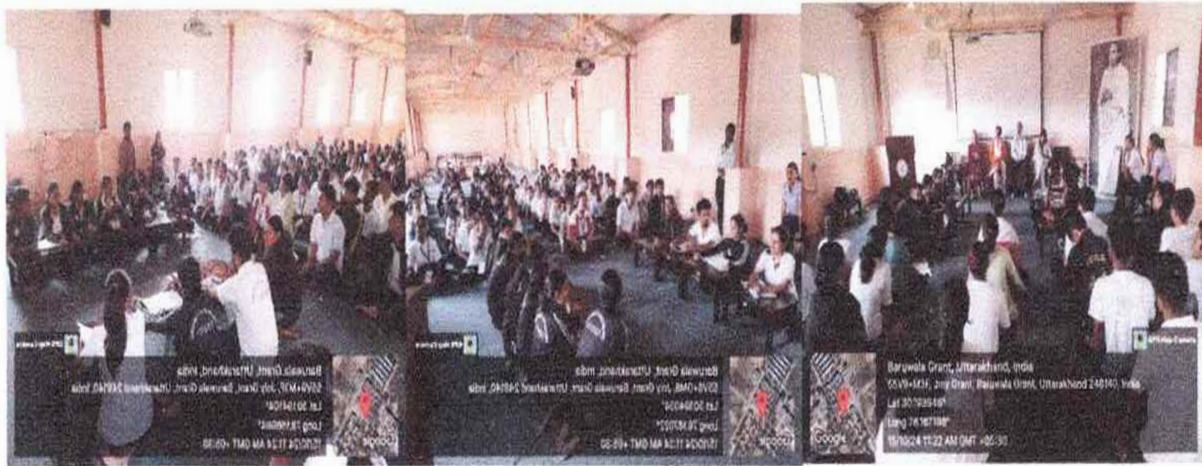
In this Competition, **96 Students** Participated. Attendance is included below.



Competition Coordinator

Dr Ankit Sharma

## Jeotag Pictures



"Students & teachers engaging in a Vaad-Vivaad competition."



## Yoga Club


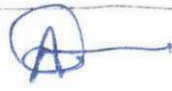

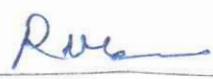










Swami Rama Himalayan University  
Attendance of Vaad-Vidad Pratiyogita  
(15/10/2024) 11:00 Am to 01:00 Pm















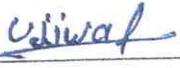
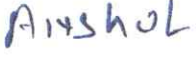



| Sl. N. | Student Name       | Class                    | Signature |
|--------|--------------------|--------------------------|-----------|
| 1.     | Priyanka Kankatoli | Bsc. 5 <sup>th</sup> Sem | Priyanka  |
| 2.     | Diksha Nautiyal    | "                        | Diksha    |
| 3.     | Ritika Uniyal      | "                        | Ritika    |
| 4.     | Kartikay           | "                        | Kartikay  |
| 5.     | Shubham            | "                        | Shubham   |
| 6.     | Mammi              | "                        | Mammi     |
| 7.     | Anchal             | "                        | Anchal    |
| 8.     | Shruti             | "                        | Shruti    |
| 9.     | Pallavi            | "                        | Pallavi   |
| 10.    | Komal              | "                        | Komal     |
| 11.    | Diya               | "                        | Diya      |
| 12.    | Shalini            | "                        | Shalini   |
| 13.    | Ambika             | "                        | Ambika    |
| 14.    | Ishant             | "                        | Ishant    |
| 15.    | Vaishnavi          | "                        | Vaishnavi |
| 16.    | Simran             | "                        | Simran    |

|     |                   |                           |                    |
|-----|-------------------|---------------------------|--------------------|
| 17. | Aradhana Ghansela | Bsc 5 <sup>th</sup> sem   | <del>Aziz</del>    |
| 18. | Akshith           | "                         | <u>Akshith</u>     |
| 19. | Aradhana Sajwan   | "                         | <u>Aradhana S.</u> |
| 20. | Nidhi             | "                         | <u>Nidhi</u>       |
| 21. | Priyanshu         | "                         | <u>Priyanshu</u>   |
| 22. | Pooja             | "                         | <u>Pooja</u>       |
| 23. | Kajal             | "                         | <u>Kajal</u>       |
| 24. | Tulsi             | "                         | <u>Tulsi</u>       |
| 25. | Kanika            | "                         | <u>Kanika</u>      |
| 26. | Shreuti           | "                         | <u>Shreuti</u>     |
| 27. | Gopi              | "                         | <u>Krishna</u>     |
| 28. | ekha Anand        | Bsc 5 <sup>th</sup> Sem   | <u>ekha</u>        |
| 29. | Tushar Dhiman     | BSC III <sup>rd</sup> sem | <u>Tushar</u>      |
| 30. | Vipul Bailwal     | BSC III <sup>rd</sup> Sem | <u>Vipul</u>       |
| 31. | Nitin chaubey     | "                         | <u>Nitin</u>       |
| 32. | Aman krishali     | "                         | <u>Aman</u>        |
| 33. | Karan Parmar      | "                         | <u>Karan</u>       |
| 34. | Aditya Bohandari  | "                         | <u>Aditya</u>      |
| 35. | Abhishek Bisht    | "                         | <u>Abhishek</u>    |

|     |                   |                           |                 |
|-----|-------------------|---------------------------|-----------------|
| 17. | Aradhana Ghansela | Bsc 5 <sup>th</sup> sem   | <del>Aziz</del> |
| 18. | Akshith           | "                         | Akshith         |
| 19. | Aradhana Sajwan   | "                         | Aradhana S.     |
| 20. | Nidhi             | "                         | Nidhi           |
| 21. | Priyanshu         | "                         | Priyanshu       |
| 22. | Pooja             | "                         | Pooja           |
| 23. | Kajal             | "                         | Kajal           |
| 24. | Tulsi             | "                         | Tulsi           |
| 25. | Kanika            | "                         | Kanika          |
| 26. | Shreuti           | "                         | Shreuti         |
| 27. | Gopi              | "                         | Krishna         |
| 28. | ekha Anand        | Bsc 5 <sup>th</sup> Sem   | ekha            |
| 29. | Tushar Dhimar     | BSC III <sup>rd</sup> sem | Tushar          |
| 30. | Vipul Bailwal     | BSC III <sup>rd</sup> Sem | Vipul           |
| 31. | Nitin chaubey     | "                         | Nitin           |
| 32. | Aman krishali     | "                         | Aman            |
| 33. | Karan Parmar      | "                         | Karan           |
| 34. | Aditya Bohandari  | "                         | Aditya          |
| 35. | Abhishek Bisht    | "                         | Abhishek        |



|     |                  |                            |   |
|-----|------------------|----------------------------|---|
| 36. | Sudiksha Panwar  | B.Sc III <sup>rd</sup> Sem |    |
| 37. | Ashutosh Dutlaun | "                          |    |
| 38. | Nikita           | "                          |    |
| 39. | Radhika          | "                          |    |
| 40. | Anehal           |                            |    |
| 41. | Manisha          |                            |    |
| 42. | Madhuri          |                            |    |
| 43. | Mayuri           |                            |    |
| 44. | Pragya Badoni    |                            |   |
| 45. | Soni + Gussain   |                            |  |
| 46. | Ritik            |                            |  |
| 47. | Raj Gini         |                            |  |
| 48. | Wibhish Bishu    |                            |  |
| 49. | Parabhakar Bhatt | B.Sc I                     | Parabhakar  |
| 50. | Ujjwal           | B.Sc I                     | Ujjwal  |
| 51. | Anshuk           | B.Sc I                     | Anshuk  |
| 52. | Yuvraj           | B.Sc I                     | Yuvraj  |
| 53. | Deepak           | B.Sc I                     | Deepak  |
| 54. | Avnish           | BSC-I                      |  |

|     |                 |                            |   |
|-----|-----------------|----------------------------|---|
| 36. | Sudiksha Panwar | B.Sc III <sup>rd</sup> sem |    |
| 37. | Ashutosh Dutta  | "                          |    |
| 38. | Nikita          | "                          |    |
| 39. | Radhika         | "                          |    |
| 40. | Anchal          |                            |    |
| 41. | Manisha         |                            |    |
| 42. | Madhuri         |                            |    |
| 43. | Mayuri          |                            |    |
| 44. | Pragya Badoni   |                            |   |
| 45. | Sonit Gusain    |                            |  |
| 46. | Ritik           |                            |  |
| 47. | Raj Guri        |                            |  |
| 48. | Wibhish Dishi   |                            |  |
| 49. | Prabhakar Bhatt | B.Sc I                     |  |
| 50. | Ujjwal          | BSC I                      |  |
| 51. | Anshuk          | B.SC I                     |  |
| 52. | Yuvraj          | BSC, I                     |  |
| 53. | Deepak          | BSC, I                     |  |
| 54. | Avnish          | BSC-I                      |  |



|     |                   |                        |               |
|-----|-------------------|------------------------|---------------|
| 55. | AKASH Negi        | B.S.C. I <sup>st</sup> | Angi          |
| 56. | Ayushi Sharma     | B.S.C. I <sup>st</sup> | Ayush Sharma  |
| 57. | Arati             | B.S.C. I <sup>st</sup> | Arati         |
| 58. | Muskan Sharma     | BSC Ist                | Muskan Sharma |
| 59. | Sheetal Chaudhan  | BSC Ist                | Sheetal       |
| 60. | Shruti Nautiyal   | BSC Ist                | Shruti        |
| 61. | Megha Rana        | BSc Ist                | Megha         |
| 62. | Sheeta Bhatt      | BSc Ist                | Sheeta        |
| 63. | Deepika Bijalwan  | BSC Ist                | Deepika       |
| 64. | Aanchal Khanduri  | BSC Ist                | Aanchal       |
| 65. | Srishti Panwar    | BSC Ist                | Srishti       |
| 66. | Vidushi Chaudhary | BSC Ist                | Vidushi       |
| 67. | Pooja Bhatt       | Bsc I Sem              | Pooja         |
| 68. | Monika Kaintura   | Bsc I Sem              | Monika        |
| 69. | Ritika Panwar     | BSC I Sem              | Ritika        |
| 70. | Yaswita Bisht     | BSC I Sem              | Yaswita Bisht |
| 71. | Sneha Chaudhan    | BSC I Sem              | Sneha         |
| 72. | Payal Krishali    | BSC I Sem              | Payal         |
| 73. | Arati Chaudhan    | BSC I Sem              | Arati         |

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| 55. | AKASH Negi        | B.S.C. I <sup>st</sup> | Angi          |
| 56. | Ayushi Sharma     | B.S.C. I <sup>st</sup> | Ayushisha     |
| 57. | Arati             | B.S.C. I <sup>st</sup> | Arati         |
| 58. | Muskan Sharma     | BSC Ist                | Muskan Sharma |
| 59. | Sheetal Chaudhan  | BSC Ist                | Sheetal       |
| 60. | Shruti Nautiyal   | BSC Ist                | Shruti        |
| 61. | Megha Rana        | BSc Ist                | Megha         |
| 62. | Sheeta Bhatt      | BSc Ist                | Sheeta        |
| 63. | Deepika Bijalwan  | BSC Ist                | Deepika       |
| 64. | Aanchal Khanduri  | BSC Ist                | Aanchal       |
| 65. | Srishti Panwar    | BSC Ist                | Srishti       |
| 66. | Vidushi Chaudhary | BSC Ist                | Vidushi       |
| 67. | Pooja Bhatt       | BSC I Sem              | Pooja         |
| 68. | Monika Kaintura   | BSC I Sem              | Monika        |
| 69. | Ritika Panwar     | BSC I Sem              | Ritika        |
| 70. | Yaswita Bisht     | BSC I Sem              | Yaswita Bisht |
| 71. | Sneha Chaudhan    | BSC I Sem              | Sneha         |
| 72. | Payal Krishali    | BSC I Sem              | Payal         |
| 73. | Arati Chaudhan    | BSC I Sem              | Arati         |



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| 74. | Kaunika         | BSC Ist Sem | Kanika          |
| 75. | Saniya Sindural | BSC Ist Sem | <u>Saniya</u>   |
| 76. | Diya            | BSC III sem | <u>Diya</u>     |
| 77. | Vrinda          | BSC III sem | <u>Vrinda</u>   |
| 78. | Ayush           | BSC III sem | <u>Ayush</u>    |
| 79. | Shubham         | BSC III sem | <u>Shubham</u>  |
| 80. | Nisha           | BSC III sem | <u>Nisha</u>    |
| 81. | Ananya          | MSC Ist     | <u>Ananya</u>   |
| 82. | Amrita          | BSC III sem | <u>Amrita</u>   |
| 83. | Gangri          | MSC Ist     | <u>Gangri</u>   |
| 84. | Riya            | MSC Ist     | <u>Riya</u>     |
| 85. | Tanishka        | BSC Ist     | <u>Tanishka</u> |
| 86. | Nisha Adhikari  | BSC Ist     | <u>Nisha</u>    |
| 87. | Kanika Krishali | BSC Ist     | <u>Kanika</u>   |
| 88. | Kumkum          | BSC Ist     | <u>Kumkum</u>   |
| 89. | Aakriti Negi    | BSC Ist     | <u>Aakriti</u>  |
| 90. | Nikita Rana     | BSC Ist     | <u>Nikita</u>   |
| 91. | Tanya Negi      | BSC Ist     | <u>Tanya</u>    |
| 92. | Ayushi Lekhwan  | BSC Ist     | <u>Ayushi</u>   |

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| 93.  | Avantika Raturi | BSC 1st | <u>Avantika</u> |
| 94.  | Kritika Thapa   | BSC 1st | <u>Kritika</u>  |
| 95.  | Tripti Sayana   | BSC 1st | <u>Sayana</u>   |
| 96.  | Anjali          | BSC 1st | <u>Anjali</u>   |
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