

SHRI GURU RAM RAI UNIVERSITY

(Estd. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017)



WELNESS AND HARMONY CLUB

ORGANIZED

Naturopathy camp

15/11/2025

SDG - No 3 (Good Health and Well-Being)

Coordinator

Prof. (Dr.) Saraswati Kala

Co- Coordinator

Dr. Mamta Bansal

Event Report

- **Club Name:** Wellness and Harmony club
- **Activity Title:** Naturopathy camp
- **Date :** 15/11/2025
- **Duration:** 11 am to 1 pm
- **Club president :**Minakshi Pundir BHA 3 SEM
- **Club vice president:** Priya pundir Msc yogic science
- **Club members,** Minakshi Rawat, BHA 3 sem Mnavi,BHA 1 sem,Manisha Msc yogic science ,Rashami panthri Msc 3 sem Sagun BHA 3 sem
- **Number of Participants:** 110 students
- **Description of Proceedings:**

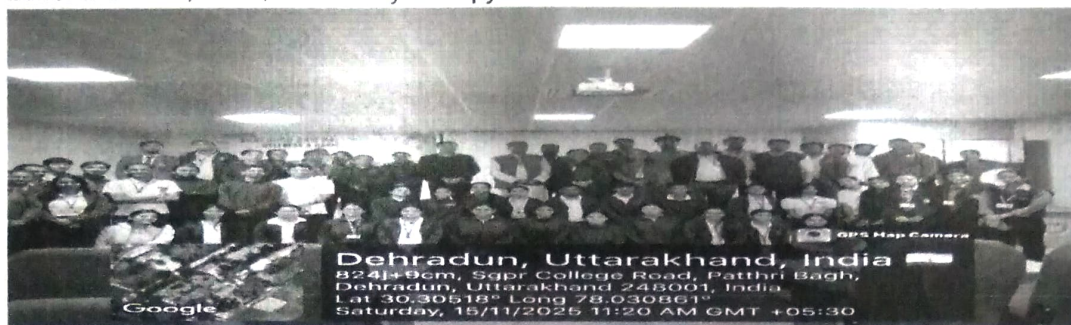
The Wellness and Harmony Club organized a special lecture on a healthy lifestyle.

The Wellness and Harmony Club of Dehradun's Shri Guru Ram Rai University organized a special lecture and naturopathy camp on a healthy and balanced lifestyle for students on Saturday. The program took place at the university auditorium in Pathribag.



During the program, Club Coordinator Prof. Saraswati Kala elaborated on the need for balance between mental, physical, social, and spiritual health. She emphasized that in changing times, physical and mental health alone is not sufficient; social and spiritual health is equally important. During the lecture, she provided information about the

composition of the five elements and their impact on health. She also discussed the benefits of mud, water, and sunray therapy.



Co-ordinators Dr. Mamta Bansal, Prof. Om Narayan Tiwari, Prof. Ashish Kulshrestha, Dr. Anil Thapliyal, Dr. Bijendra Singh, Dr. Rajendra Singh Negi, and a large number of students were present on the occasion.

Outcomes & Learning: (The program achieved SDG Goal 3. Students gained information about holistic health and learned ways to achieve optimal health.

- **Challenges Faced (if any):** Due to many activities taking place in the university at the same time this year, many students and teachers were deprived of its benefits.

- **Recommendations for Future Events:**

Even if the activities are less, the quality should be the best and most importantly, it should be ensured that everyone can attend them. This will happen only when each club has only 4 activities in a year and not 12 and all the clubs work together.

Event Attendance Sheet:

attendance 15 nav 2025.pdf

Participant Feedback Form:

Graphs Wellness feedback.pdf

Submitted by:



Name & Signature of Club Coordinator: Prof.(Dr.)_Saraswati Kala

Event Attendance Sheet

Activity Title: NATUROPATHY CAMP

Date: 15/11/2025

Club: WELLNESS AND HARMONY Club

S.No.	Student Name	Enrolment no	Program	Signature
1.)	Ritu	R251281028	B.S.C. Yoga (1 st sem)	Ritu
2.)	Amisha Negi	R251281005	"	Amisha
3.)	Anushka Jaiswal	R251281010	"	Anushka
4.)	Anyan Negi	R251281013	"	Anyan
5.)	Saurabh bhandari	R251281047	"	Saurabh
6.)	Barikha bhawaniya	R251281020	"	Barikha
7.)	Stuti Sharma	R241281060	B.S.C. Yoga 2nd	Stuti
8.)	Prityal Joshi		B.Sc. Yoga	Prityal
9.)	Shalini Rawat	R251281048	B.Sc Yoga 1 st	Shalini
10.)	Shaurya pratapsingh	R251281050	B.Sc yoga 1 st	Shaurya
11.)	Priya Pandey		M.Sc Yoga & Naturopathy	Priya
12.)	Meknakschi Rawat	R240432017	Bachelor's Hospital Administration	Meknakschi
13.)	Simsan Parwar	R250432027	Bachelor's Hospital Administration	Simsan
14.)	Smriti	R250432028	Bachelor's hospital administration	Smriti
15.)	Manu Negi	R250432019	"	Manu
16.)	Aafiya	R250432001	Bachelors of hospital administ.	Aafiya
17.)	Cratam Aarthesh		M.A. Yoga 1 st	D.R. Cratam
18.)	Ankita kumar	R240432005	BHA	Ankita
19.)	Shiven Rawat	R240432025	BHA	Shiven

Event Attendance Sheet

Activity Title: NATUROPATHY CAMP
Club: WELLNESS AND HARMONY Club

Date: 15/11/2025

S.No.	Student Name	Enrolment no	Program	Signature
20.	Manyata		BJMC (1st sem)	<i>Manyata</i>
21.	Niharika		BJMC (1 sem)	<i>Niharika</i>
22.	Kajal		BJMC (1 sem)	<i>Kajal</i>
23.	Manvi		BJMC (1 sem)	<i>Manvi</i>
24.	Pooja Sharma		BJMC (1 sem)	<i>Pooja</i>
25.	Diya Jain		BJMC (1 st sem)	<i>Diya</i>
26.	Suyash Mandrakal	R2404321062	B.Sc 3 rd sem	<i>Suyash</i>
27.	Sneha Bokuzum	R240432026	BHA (3 rd Sem)	<i>Sneha</i>
28.	Anshika Bokuzum	R240432007	BHA (3 rd Sem)	<i>Anshika</i>
29.	Ankita Dhandiyal	R240432006	Bachelor's Hospital 'administration (3 rd sem)	<i>Ankita</i>
30.	Priyanshi	R241021073	B.Sc (Agri.) 3 rd sem	<i>Priyanshi</i>
31.	Prachi Joshi	R241021065	B.Sc (Hons.) Agri. 3 rd sem	<i>Prachi</i>
32.	Sorinphy dukam	R241021102	B.Sc (Hons.) Agri. 3 rd sem	<i>Sorinphy</i>
33.	Tanuja Gargwal	R241021111	B.Sc (Hons.) Agri. 3 rd sem	<i>Tanuja</i>
34.	Surajnil Chauhan	R241021108	B.Sc (Hons.) Agri. 3 rd sem	<i>Surajnil</i>
35.	Siddhant Chaudhary	R241021099	B.Sc (Hons.) Agri. 3 rd sem	<i>Siddhant</i>
36.	YASHICA	R231281072	B.Sc Yogic Science	<i>Yashika</i>
37.	Kunal Jha	R231281030	B.Sc Yogic Science	<i>Kunal</i>
38.	Aarti Rawat	R241021001	B.Sc (Hons.) Agriculture III - Sem	<i>Aarti</i>

Event Attendance Sheet

Activity Title: NATUROPATHY CAMP
Club: WELLNESS AND HAPMONY Club

Date: 15/11/2025

S.No.	Student Name	Enrolment no	Program	Signature
39	Kumari Jankvi	R241021058	Bsc Hons Agriculture 1 st sem	Kumari Jankvi
40	Kimkhim Bhadale	R2310210050	Bsc Hons Agriculture 5 th sem	Kimkhim
41	Siddhant Chaudhary	R241021099	Bsc Hons Agriculture 1 st sem	Siddhant
42	Namini Dandbiyal	R210853045	MSc Alternative Therapies III sem	Namini
43	PUSHP RAJ	R241021078	Bsc Agriculture	PUSHP RAJ
44	Khushi Rawat	R231021029	Bsc. Agriculture	Khushi
45	Priya	R231021046	Bsc. Agriculture	Priya
46	Mannat Raturi	R231021035	Bsc. Agriculture	Mannat
47	Shubham Bisht	R231021074	B.Sc Agriculture	Shubham
48	Preeti	R241021070	B.Sc Agriculture	Preeti
49	Santosh Raturi	R231021066	B.Sc Agriculture	Santosh
50	Saurabh Chauhan	R231021067	B.Sc Agriculture	Saurabh
51	Kanishk Rawat	R231021026	B.Sc. Agriculture	Kanishk
52	Vinay Singh Negi	R24108512024	MA in HCE & RS	Vinay
53	Namini Rathi	R210853044	MSc A.T III sem	Namini
54	Megha	R210853041	MSc Yogic Sci III sem	Megha
55	Diksha Singh	R210853024	MSc Yogic Sci IV sem	Diksha
56	Aditi Chauhan	R231281003	B.S.C Yogic Science 5 th sem	Aditi
57	Saraswati	R220181051	M.S.C Naturopathy	Saraswati

Event Attendance Sheet

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Club: WELLNESS AND HARMONY Club

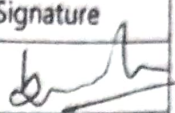
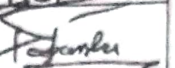
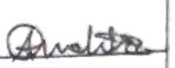
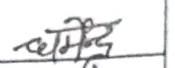
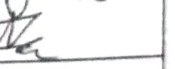
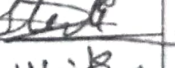
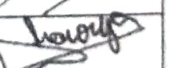
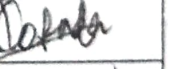
Date: 15/11/2025

S.No.	Student Name	Enrolment no	Program	Signature
58	Ameesha Negi	R241281002	B.Sc. Yogic Science	Ameesha
59	Naincy		M.Sc. AT Therapy	Naincy
60	Deepshika Shukla	R24128003	M.Sc. Yogic Science	Shukla
61	Preeti	R241285019	M.A.H.C.Y.S	Preeti
62	Ankit Kumar	R241021022	B.Sc. Agri III rd	Ankit
63	Aman Kumar	R241021013	B.Sc. Agri III rd	Aman
64	Anushka Kunwar	R241021030	B.Sc. (Hons.) Agri III rd Sem	Anushka
65	Anushree Dobral	R241021032	B.Sc. (Hons.) Agri III rd Sem	Anushree
66	Anjani	R241021021	B.Sc. (Hons.) Agri III rd Sem	Anjani
67	Pragya Kumari	R241021067	B.Sc. (Hons.) Agri III rd Sem	Pragya
68	Shreya Kumari	R241021095	B.Sc. (H) Agri III rd Sem	Shreya
69	Meenakshi Negi	R240852166	BA Psychology	Meenakshi
70	Vanshika Singh	R241288012	M.Sc. YS AT	Vanshika
71	Kiran Dargwal	R241289007	M.Sc. YS & Nat	Kiran
72	Rupinder Kaur	R240432022	BHA (3 rd Sem)	Rupinder
73	Rishita Jaiswal	R240432021	BHA (3 rd Sem)	Rishita
74	Ashvishale Singh	R231021003	B.Sc. (Agr) III rd Sem	Ashvishale
75	Shubam Choudhary	R231021069	)	Shubam
76	Yatin Badiyori		M.A. M.H.A	Yatin

Event Attendance Sheet

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Club: WELLNESS AND HARMONY Club

Date: 15/11/2025

S.No.	Student Name	Enrolment no	Program	Signature
77	Smrvesh Mahan		M.H.A	
78	Hemant Singh	2024BSCAGR0014	B.Sc. Agriculture	Hemant
79	Deepanshu Bandy	2024BSCAGR0035	B.S-C Agriculture	
80	Aditya Mahto	2024BSCAGR0004	B.S-C Agriculture	
81	Anshul Bhandari	241021027	B.S.c Agriculture	Anshul
82	Dharmendra	R210853021	M.Sc Yoga	
83	Manasi Rana	R210853040	M.Sc Yoga	Manasi
84	Nansi Rathore	R210853044	M.Sc Yoga	
85	Shruti Sharma	R241281060	B.S. Yoga Science 2nd year	
85	Nikita Chauhan	R241281076	B.S.C Yoga Sci 2nd year	Nikita
86	Kavita Gupta	R241281025	B.S.C Yoga Sci 2nd year	Kavita
87	Shravya	R241281056	B.S.C Yoga 2nd year	
88	Prakriti	R251281034	B.Sc. Yoga	
89	Sakshi Sati	R251287023	MSc Yogic Science	Sakshi
90	Himani Goyal	A251285015	M.A. in Human Conscience & Yogic Science	Himani
91	Gaurav	R241021043	B.S.C. Hons. Agriculture	Gaurav
92	Ansh Mahan	R241021034	B.Sc. Hons. Agr	Ansh Mahan
93	Himanshu	R241021046	B.Sc. Hons. Agr	Himanshu
94	Rashmi Panthi	R241285023	MAHCYS 3rd sem	Rashmi

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Date: 15/11/2025

S.No.	Name	School	Program	Signature
95	Monika Sharma	R241285012 SYSA	MAHCYS 3 rd	<i>[Signature]</i>
96	Deepthy Kuryal	R241287004	M.Sc. Yog. Sc	<i>[Signature]</i>
97	Kalpana Mehra	R241289008	M.Sc. Yog. Sc	<i>[Signature]</i>
98	Priyanka Bishu	R241285022	MA(HCYS)	<i>[Signature]</i>
99	Uma Rani Gupta	R241285028	MA(HCYS)	<i>[Signature]</i>
100	Abhishek Veda		MA(HCYS)	<i>[Signature]</i>
101	Yashraj	(SMCS)	M.Sc. (YSNP)	<i>[Signature]</i>
102	Jaspreet Singh	R240432012	BHA	<i>[Signature]</i>
103	Kardikay Pathour	(SMCS) R240432015	BHA	<i>[Signature]</i>
104	Narvik	R240432018	BHA	<i>[Signature]</i>
105	Anchal	R240432003	BHA	<i>[Signature]</i>
106	Shaurya	R251281049	B.Sc	<i>[Signature]</i>
107	Ayush Chandra	R240432004	BHA	<i>[Signature]</i>
108	Shivangi Mishra	R230850042	BJMC	<i>[Signature]</i>
109	Ayush Rana	R251281019	BSC Y.S.	<i>[Signature]</i>
110	Janki Gajjar	R251289003	M.Sc Naturopathy	<i>[Signature]</i>
	Vaishali Bishu	R241281068	BSC Yogic Sci	<i>[Signature]</i>
	Shraddha Katar	R241281057	BSC Yogic Sci	<i>[Signature]</i>



“Quest for Excellence”

SHRI GURU RAM RAI UNIVERSITY

(Established. By Govt. of Uttarakhand, vide Shri Guru Ram Rai University, Act no. 3 of 2017)

NOTICE

Ref. No.: DSW/Club/Wellness & Harmony/2025

Date: 10/11/2025

Subject: Invitation to the [Naturopathy camp] organized by the [Wellness & harmony club]

Dear Deans, HODs, & Students,

This is to inform you that the Wellness & harmony club will be organizing an event on "**Naturopathy camp**."

Date: 15/11/2025

Time: 11 AM - 1 AM

Venue: [Seminar Hall Pathribag campus]

The objective of this activity is Raising students' & Teachers awareness about naturopathy and it aligns with our commitment to promoting good health and well-being

We cordially invite all interested students and faculty members to participate.

Thank you.

Prof. (Dr.) Saraswati Kala

Club Coordinator Wellness & harmony club

Patel Nagar, Dehradun-248001, Uttarakhand, India

Phone: (0135) 2721763, (0) 7248889111/222, **Fax :** 2721762, **Visit us at :** sgrru.ac.in,

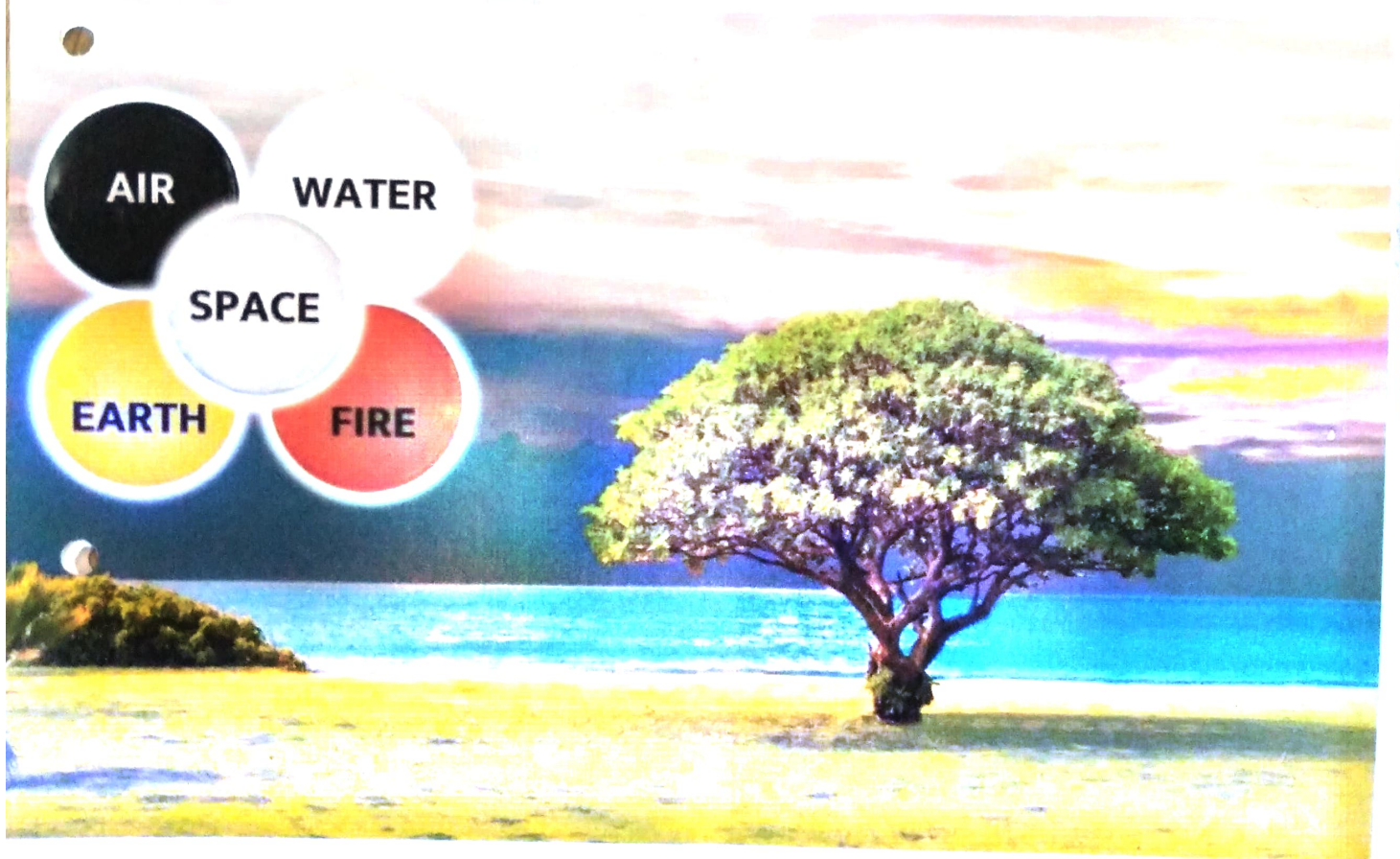
Email: info@sgrru.ac.in



Shri Guru Ram Rai University Wellness and Harmony Club



Ensure healthy
lives and promote
well-being for
all at all ages



Naturopathy Camp

Date-15th Nov 2025

Time: 11AM

Coordinator: Dr. Sarswati Kala

Co-Coordinator: Dr. Mamta Bansal



SHRI GURU RAM RAI UNIVERSITY

WELLNESS & HARMONY CLUB



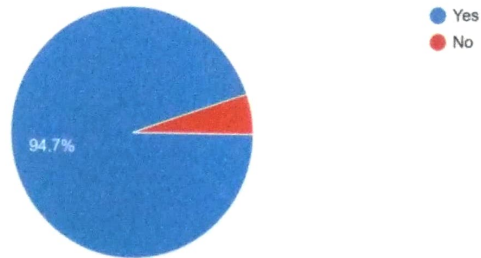
Coordinator:- Dr. Saraswati Kala

Co-ordinator:- Dr. Mamta Bansa

Students Feed Back.

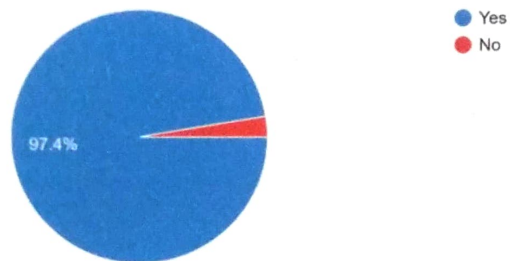
Were you satisfied with this kind of program organized by the wellness and harmony club?

38 responses



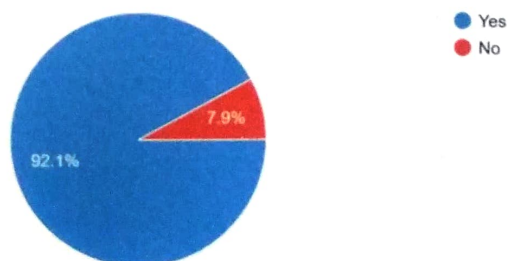
Was it helpful for you to learn new things?

38 responses



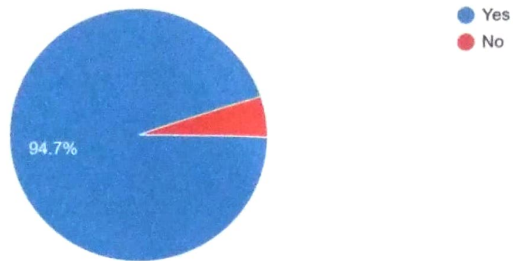
Will you recommend this kind of activity to others?

38 responses



Would you like to join in the future events also?

38 responses



Any suggestions?

38 responses

