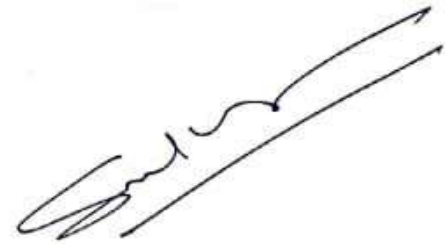


अंतर्राष्ट्रीय योग दिवस 2024

योग अध्ययन केंद्र

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय धर्मशाला

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय धर्मशाला में योग अध्ययन केंद्र द्वारा 21 जून 2024 को साईं ग्राउंड स्टेडियम में अंतर्राष्ट्रीय योग दिवस का भव्य आयोजन किया गया। भारत के यशस्वी प्रधानमंत्री श्री नरेंद्र मोदी के द्वारा इसकी संकल्पना की गई थी एवं प्रथम बार इसे 21 जून 2015 को मनाया गया था। आज दसवें अंतर्राष्ट्रीय योग दिवस का शुभारंभ माननीय कुलपति सत प्रकाश बंसल जी के विद्वतापूर्ण उद्बोधन से हुआ जिसमें उन्होंने योग को मानवता की अनमोल धरोहर बताते हुए विकसित एवं सशक्त भारत के निर्माण में इसके महत्व पर प्रकाश डाला। इसके उपरांत डॉ. सत्यानंद, सहायक आचार्य, योग अध्ययन केंद्र के निर्देशन में प्रोटोकॉल अभ्यास करते हुए सूक्ष्म व्यायाम, विभिन्न आसनों व प्राणायाम तथा ध्यान की विधियों के साथ-साथ उनके लाभों को भी व्यक्त किया गया तत्पश्चात शांति पाठ से इस अभ्यास का समापन हुआ। इस कार्यक्रम में दीनदयाल अध्ययन केंद्र के सह-आचार्य डॉ. इंद्र सिंह ठाकुर ने मंच संचालन किया तथा योग अध्ययन केंद्र के निदेशक डॉ. सुनील कुमार ने कार्यक्रम की रूप रेखा बनाते हुए महत्वपूर्ण भूमिका निभाई। इस कार्यक्रम में एक हजार से अधिक प्रतिभागियों ने हिस्सा लिया जिसमें मुख्य अतिथि माननीय कुलपति प्रो. सतप्रकाश बंसल जी, विशिष्ट अतिथि कर्नल संजय शांडिल जी, विशेष अतिथि डॉ. सुनीता बंसल, विशेष अतिथि अकादमिक अधिष्ठाता प्रोफेसर प्रदीप कुमार, विशेष अतिथि कुलसचिव प्रोफेसर सुमन शर्मा, योग विभाग के निदेशक डॉ. सुनील कुमार, डॉ. चर्चित, डॉ. सत्यानंद, डॉ. विकास नड्डा एवं कुलदीप सिंह तथा विश्वविद्यालय के अन्य विभाग के आचार्य डॉ. सूर्य रश्मि, डॉ. अमरीक सिंह, डॉ. चंद्रशेखर, डॉ. अनिल कश्यप आदि तथा विभिन्न विभागों के शोधार्थी व छात्र छात्राएं तथा कांगड़ा जिले के विभिन्न स्कूलों व महाविद्यालयों के छात्र छात्राएं, प्राचार्य, प्रधानाचार्य व अध्यापक उपस्थित रहें।



Director
Centre for Yoga Studies
Central University of Himachal Pradesh





S.1.2 - (2022 - 2023)

हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF HIMACHAL PRADESH

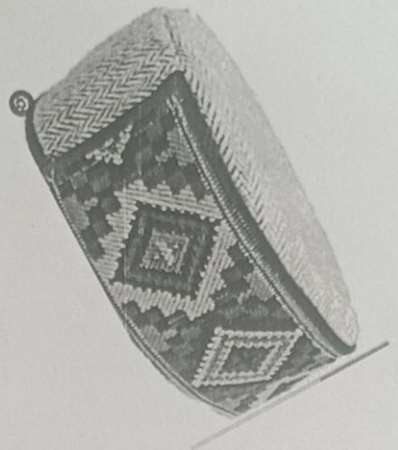
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विभागध्यक्ष / Head of Department
यात्रा एवं पर्यटन विभाग
DR. Suman Sharma
Dean, SOTTHM



Mr. Bipin Rana , BDM,
Assian Classic DMC



Prof. Ashish Nag,
HOD, DTTM
CUHP, Dharamshala

हिमाचल प्रदेश / Himachal Pradesh
Central University of Himachal Pradesh
Dharamshala, Distt. Kangra (H.P.)

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To

Mr. Ashish Nag
HOD
Tourism department
Central University of Himachal Pradesh

S.1.3 (2023-24)

Subject: Request for Participation in HP Tourism- Dharamshala Spring Carnival

Dear Sir,

We are pleased to inform you about the upcoming 'HP Tourism- Dharamshala Spring Carnival' scheduled to be held at Mela Ground Dari (Dharamshala) from **February 25th to February 29th**. This collaborative initiative by Himachal Tourism, alongside various organizations, is designed to elevate the city's charm, boost tourism, and provide an enriching experience for both locals and visitors.

The Dharamshala Carnival transcends the ordinary; it's a meticulously crafted event aimed at offering depth and engagement to all attendees. Highlights of the event include a Fashion (Traditional) Show, Voice of Dhauladhar, Folk Dance Fest, Food Festival, Brass Band Contest, Exhibition of Local Handicrafts, Star Night Extravaganza, and numerous other captivating attractions. These activities are meticulously curated to promote tourism while also contributing to social causes

We would be honored to have your institution's participation in this grand event. We kindly request you to send your students to participate in cultural performances and also designate 10 students (both girls and boys) to volunteer during the carnival. As a token of appreciation, all volunteers will receive mementos and certificates of appreciation for their invaluable contribution.

Your participation would significantly contribute to the success of the event and help us in achieving our objectives of promoting tourism and fostering community engagement. We assure you that your students will have a memorable and enriching experience at the Dharamshala Spring Carnival.

Please confirm your institution's participation at your earliest convenience by replying to this letter or contacting us . Should you have any questions or require further information, please do not hesitate to reach out to us.

Sincerely,

Vanshita Sharma
Event Manager
The Newz Radar
7018568264

विभागाध्यक्ष / Head of Department

यात्रा एवं पर्यटन विभाग

Travel & Tourism Department

हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय

Central University of Himachal Pradesh

धौलाधार परिसर-II/Dhauladhar Pariser-II

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This was an Open Call to all the CUHP and outside community.

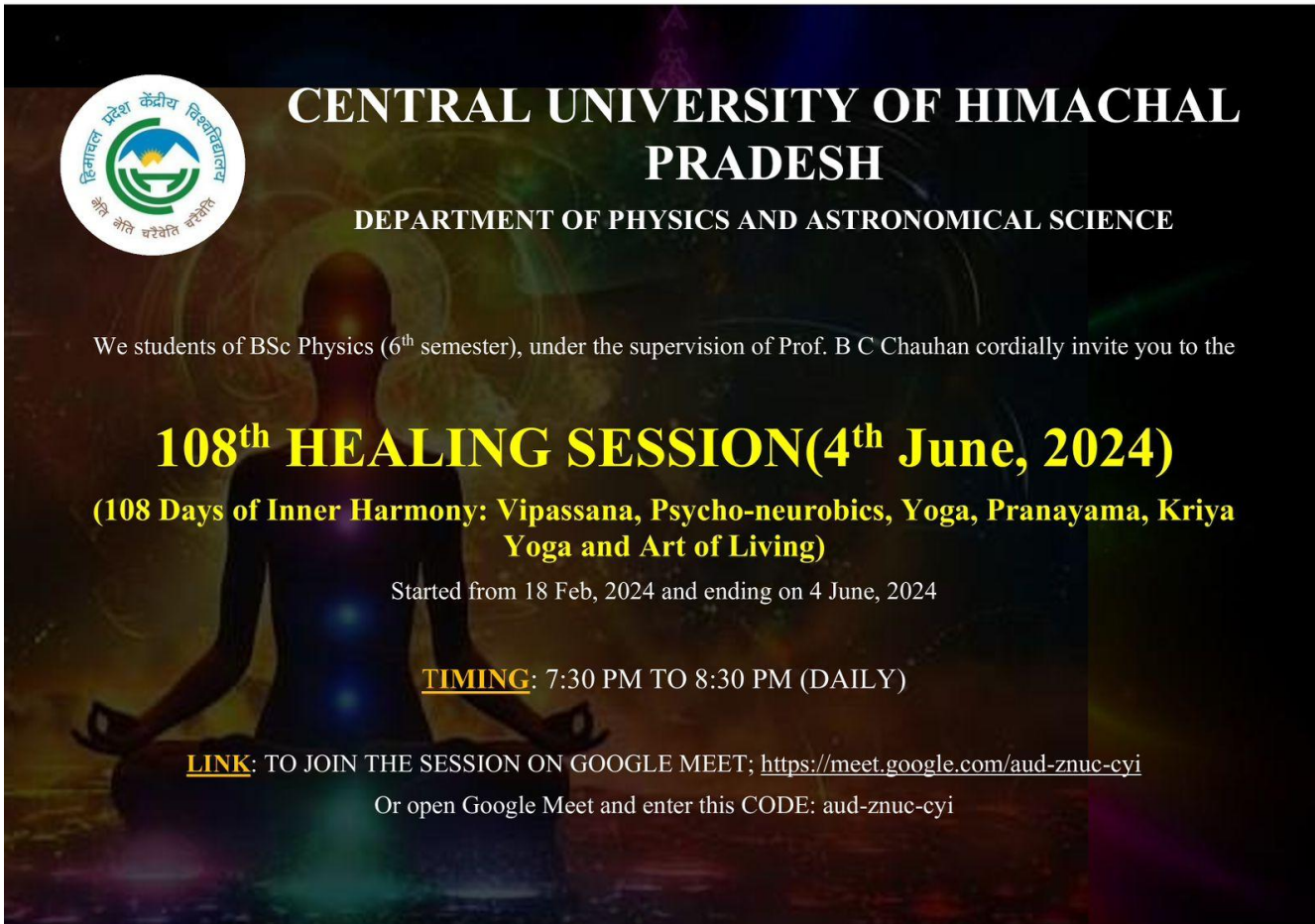
We, the students of B.Sc. Physics Honours (6th semester), warmly invite you to join us for our 108th and final ****HEALING SESSION**** on ****The Art of Living****. Your presence would greatly enhance the experience and we sincerely hope you can join us for this memorable occasion.


To join the session, click this link: <https://meet.google.com/aud-znuc-cyi>

Or open Google Meet and enter this code: aud-znuc-cyi

Warm regards,

Ananya, Sanya, Vanshita



**CENTRAL UNIVERSITY OF HIMACHAL PRADESH**
DEPARTMENT OF PHYSICS AND ASTRONOMICAL SCIENCE

We students of BSc Physics (6th semester), under the supervision of Prof. B C Chauhan cordially invite you to the

108th HEALING SESSION(4th June, 2024)
(108 Days of Inner Harmony: Vipassana, Psycho-neurobics, Yoga, Pranayama, Kriya Yoga and Art of Living)

Started from 18 Feb, 2024 and ending on 4 June, 2024

TIMING: 7:30 PM TO 8:30 PM (DAILY)

LINK: TO JOIN THE SESSION ON GOOGLE MEET; <https://meet.google.com/aud-znuc-cyi>
Or open Google Meet and enter this CODE: aud-znuc-cyi

An Interview of India's 1st Lady Auto Driver Ms. Avisha from Pune with some pics and online reports. The details in the following links

https://youtu.be/EKEkfahv0Hc?si=vUUMLJCBuxTQ_K9-

https://youtu.be/A_0nZzCut2U

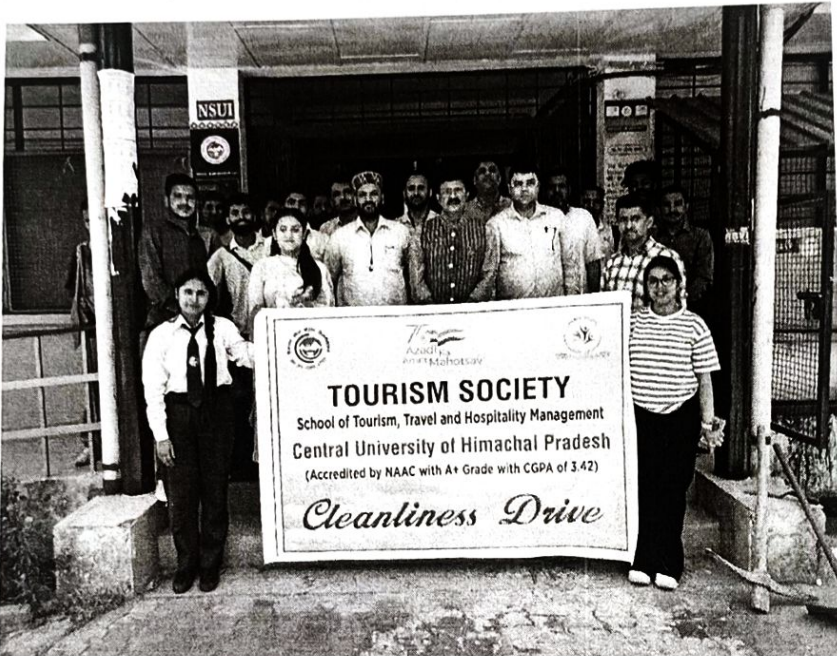
<https://ewn24.in/lady-driver-avisha-pune-maharashtra-even-drunken-husband-and-threats-could-not-break-her-courage/>



S.1.3 - 2023-2024 .

**World Environment Day 05th June, 2024
Cleanliness Drive & Tree Plantation
Organised by
School of Tourism, Travel and Hospitality Management
Central University of Himachal Pradesh.**

On the occasion of World environment Day 05th June, 2024 Tourism Society, School of Tourism, Travel and Hospitality Management Central University of Himachal Pradesh Dharamshala has organised Cleanliness Drive at Dhauladhar Campus – II. In this drive students of Tourism and Travel Management has participated in drive along with faculty members. Head of the department Prof. Ashish Nag addressed students



and informed about various movements for saving the environment. In his speech he said that as human beings, the environment we exist in plays a very important role in the well-being of every life possible on this Earth, and it is our duty to preserve and keep everything in check. Throughout the years, there have been many movements and awareness campaigns

around the world that have been put forth to make people environmentally conscious. Chipko Movement, dated way back to 1970, carried out by rural villagers, particularly women, was directed towards stopping the government from cutting down trees and demolishing forests for various reasons. Van Mahotsav is yet another initiative, an annual tree-planting festival that goes on for a week in the month of July, which was initiated in 1950 by K. M. Munshi, the then Union Minister for Agriculture and Food. There were also many others like the Save Silent Valley Movement, the Jungle Bachao Andholan, Tehri Dam Movement and so on.

Dean of the School Tourism, Travels and Hospitality Management Prof. Suman



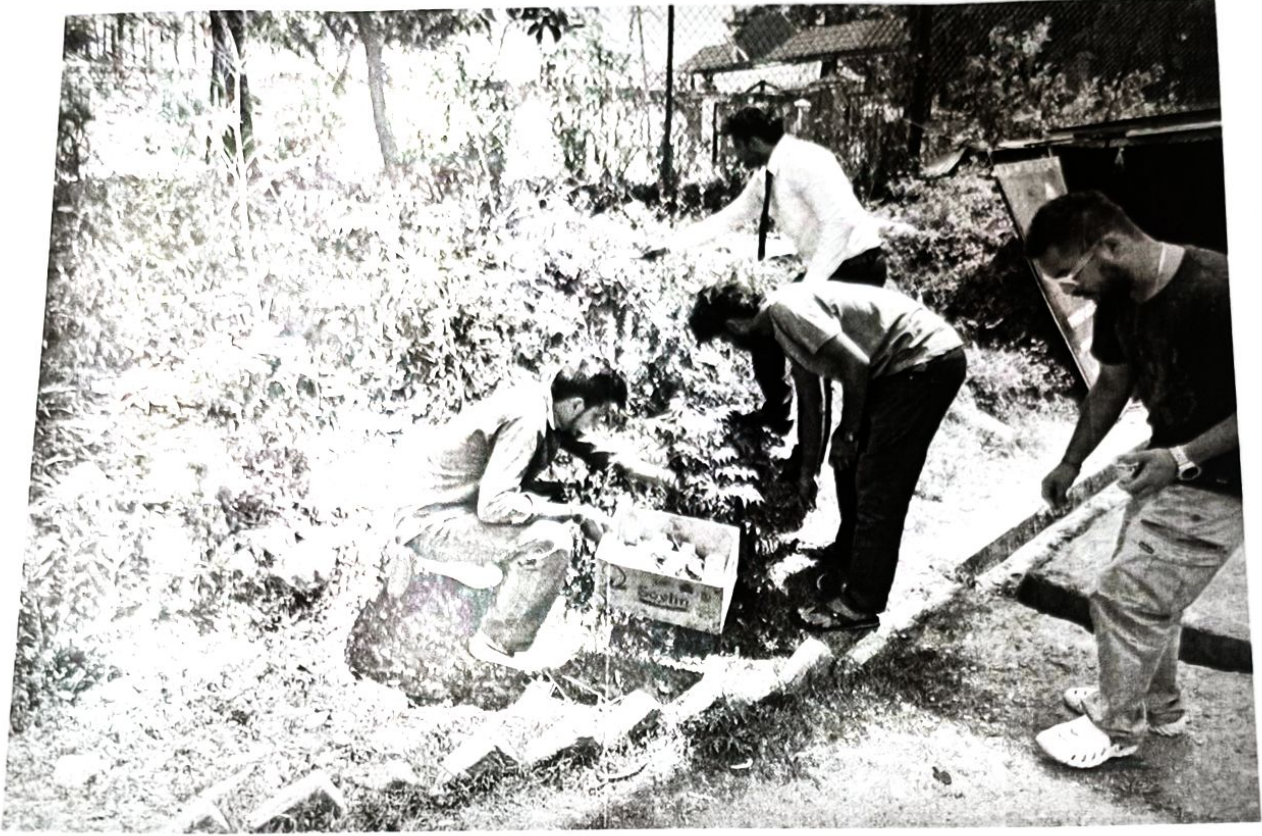
Sharma said in his speech, World Environment Day is celebrated every year on June 5 globally. It is a day on which we spread awareness about the environment and the need to conserve it. Moreover, it is essential to advocate for a greener environment and conservation of

nature. It is quite simple as when we conserve the environment today, the future generations will be able to lead a healthier life. We cannot be so selfish and use up all the resources for ourselves. World Environment Day is the perfect opportunity to make people aware of the issues we are facing and how one can contribute to saving it. Thus, it is quite important in its own way. He congratulates students and faculty members for their participation in this noble cause and for floating awareness message about sustainable development and neat environment.

In this said event students and teachers ran an extensive cleanliness drive in campus and also planted sapling of medicinal plant. About 10 saplings of these medicinal plants was planted in campus.



[Handwritten signature]



In this cleanliness drive Faculty Members Prof. Sandeep Kulshreshtha, Dr. Dabasis Sahu, Dr. Arun Bhatia, De. S. Sunderraman, Dr. Harish Kumar, Dr. Amrik Singh, Ph.D. Scholars and the students of the School of Tourism, Travel and Hospitality Management were present.

विभागाध्यक्ष / Head of Department
यात्रा एवं पर्यटन विभाग
Travel & Tourism Department
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
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Dharamshala, Distt Kangra (H.P.)-176215

S.1.3 (2023-24)

पर्यटन, यात्रा एवं आतिथ्य प्रबंधन विभाग, हिमाचल प्रदेश केंद्रीय विश्वविद्यालय ने पर्यटन में नवाचार और ऊष्मायन पर कार्यशाला की मेजबानी की।

29 फरवरी 2024

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के स्कूल ऑफ टूरिज्म, ट्रेवल एंड हॉस्पिटैलिटी मैनेजमेंट (एसओटीटीएचएम) ने आज *पर्यटन में नवाचार और इनक्यूबेशन" विषय पर एक कार्यशाला का आयोजन किया। इस कार्यक्रम में विशिष्ट वक्ता के रूप में बुन्देलखण्ड विश्वविद्यालय के प्रो.सुनील काबिया ने पर्यटन व्यवसाय के क्षेत्र में नवाचार और इनक्यूबेशन पर अंतर्दृष्टि साझा की।

माननीय कुलपति प्रो. एसपी बंसल के मार्गदर्शन में, डीन प्रो. सुमन शर्मा और विभाग के प्रमुख प्रो. आशीष नाग के साथ, संकाय सदस्य और उपस्थित लोग नवाचार, ऊष्मायन और पर्यटन के बीच संभावनाओं का पता लगाने के लिए एकत्र हुए।

प्रोफेसर सुनील काबिया ने हमारे देश की प्रगति की आधारशिला के रूप में *इनोवेट एंड एजुकेट" के मंत्र पर जोर देते हुए, पर्यटन के क्षेत्र में नई-तकनीकी प्रगति को आगे बढ़ाने में नवाचार की महत्वपूर्ण भूमिका पर प्रकाश डाला। उन्होंने स्टार्टअप यात्रा के बारे में विस्तार से बताया, इसमें विचार-विमर्श से लेकर फंड जुटाने तक के विभिन्न चरण शामिल हैं और स्टार्टअप के विकास को सुविधाजनक बनाने वाली सरकारी योजनाओं पर चर्चा की।

सत्र एक इंटरैक्टिव चर्चा के साथ संपन्न हुआ, जिससे प्रतिभागियों को प्रोफेसर काबिया के साथ सीधे जुड़ने का मौका मिला। उनकी समापन टिप्पणी, *प्रत्येक विचार एक अच्छा विचार है, जब भी इसे सही ढंग से क्रियान्वित किया जाता है," शिक्षा में नवाचार के सार को समाहित करते हुए, दर्शकों के बीच गूंज उठा।

कार्यशाला ने न केवल ज्ञान का प्रसार किया बल्कि सहयोग को भी बढ़ावा दिया, जिससे उपस्थित लोगों को पर्यटन और भविष्य की स्टार्टअप योजनाओं में नवीन समाधान तलाशने के लिए प्रेरणा मिली। इस कार्यशाला में विभाग के शिक्षक डॉ. हरीश, डॉ. अरुण भाटिया, डॉ. देबासीस साहू, डॉ. सुंदररामन, डॉ. अमरीक सिंह इत्यादि मौजूद रहे।

विभागाध्यक्ष / Head of Department
यात्रा एवं पर्यटन विभाग
Travel & Tourism Department
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
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Dharamshala, Distt. Kangra (H.P.)-176215

S.1.3. 2023-2024.

Report on Two Days Research Methodology Workshop

Under the guidance of Prof. SP Bansal Vice Chancellor CUHP, Dean SOTTHM Prof. Suman Sharma, and Head of Department Prof. Ashish Nag. The School of Tourism Travel and Hospitality Management, Central University of Himachal Pradesh organized a two-day workshop on Research Methodology in which the department has invited Dr. Amit Gangotia (Sr. Assistant Professor, Central University of Jammu) as a resource person. The idea of organizing this workshop was to give an overview of research methods and the usefulness of various research tools. The main objective of this workshop:

- 1 How to select an appropriate statistical test for your research.
- 2 Application of Parametric and Non-parametric tests in research.
- 3 Level of measurement in research.
- 4 What are the new themes in tourism research?

DAY1: Topics Cover

- 1 Types of Statistics (Descriptive and Inferential statistics)
- 2 Level of Measurement in Research (Types of Scale)
- 3 Parametric and Non-Parametric Test (Basic assumption of Parametric and Non-Parametric Test)
- 4 How to Check Normality of Data (Using SPSS)

DAY2: Topics Cover

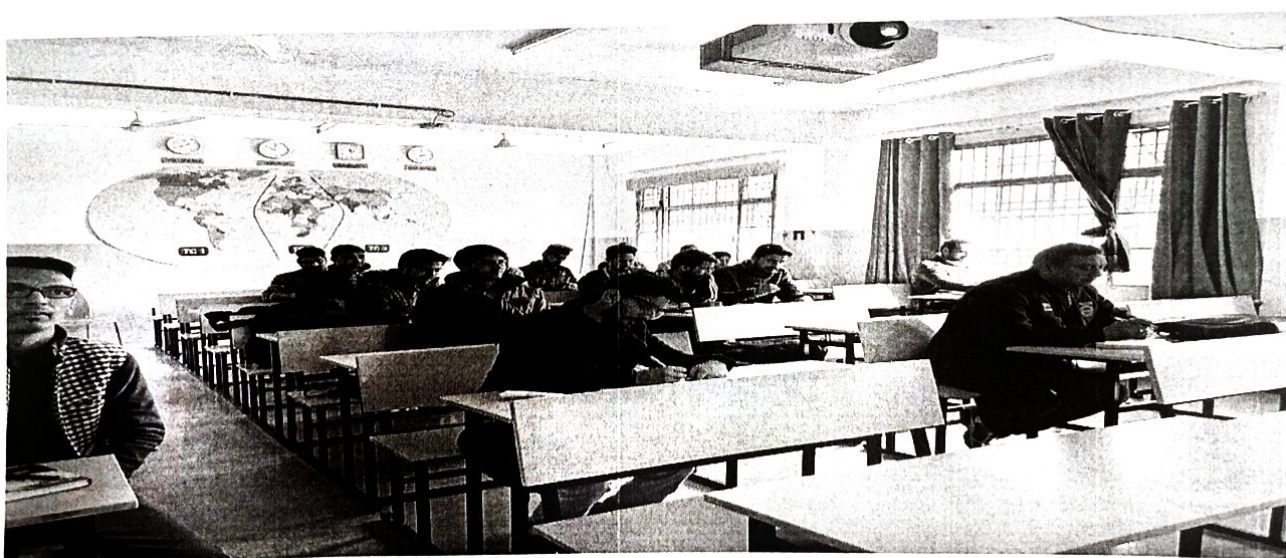
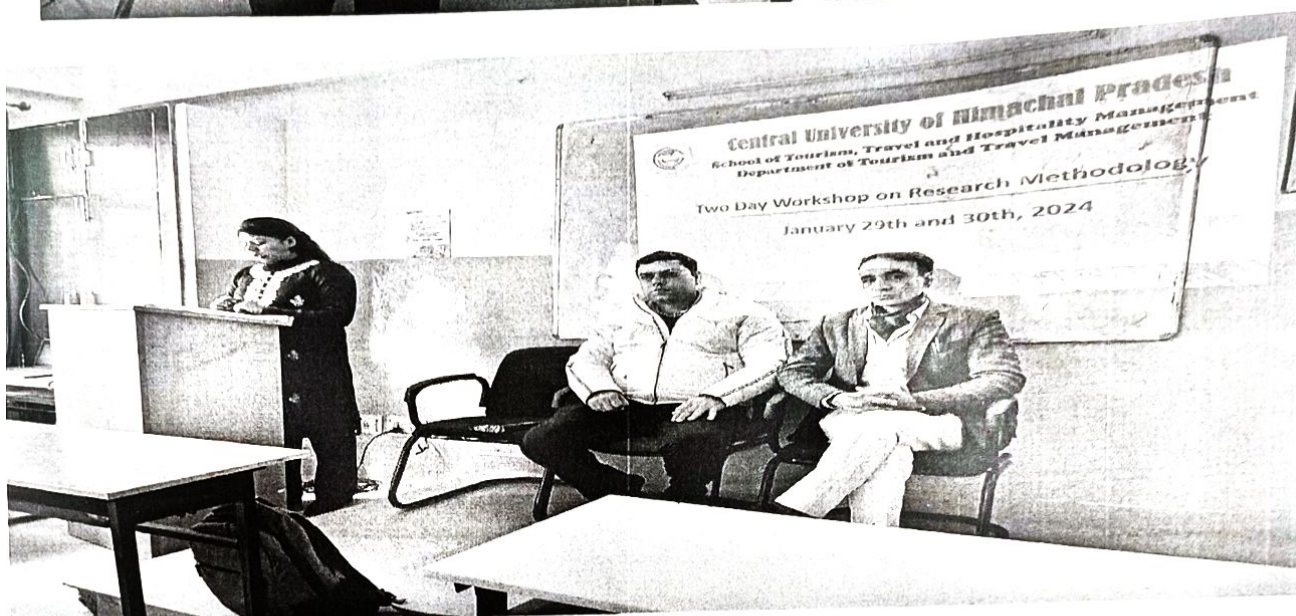
- 1 Research with AI
- 2 How to do a meaningful literature review
- 3 How to run different statistical tests according to different datasets (SPSS)
- 4 Literature Review using AI Tools

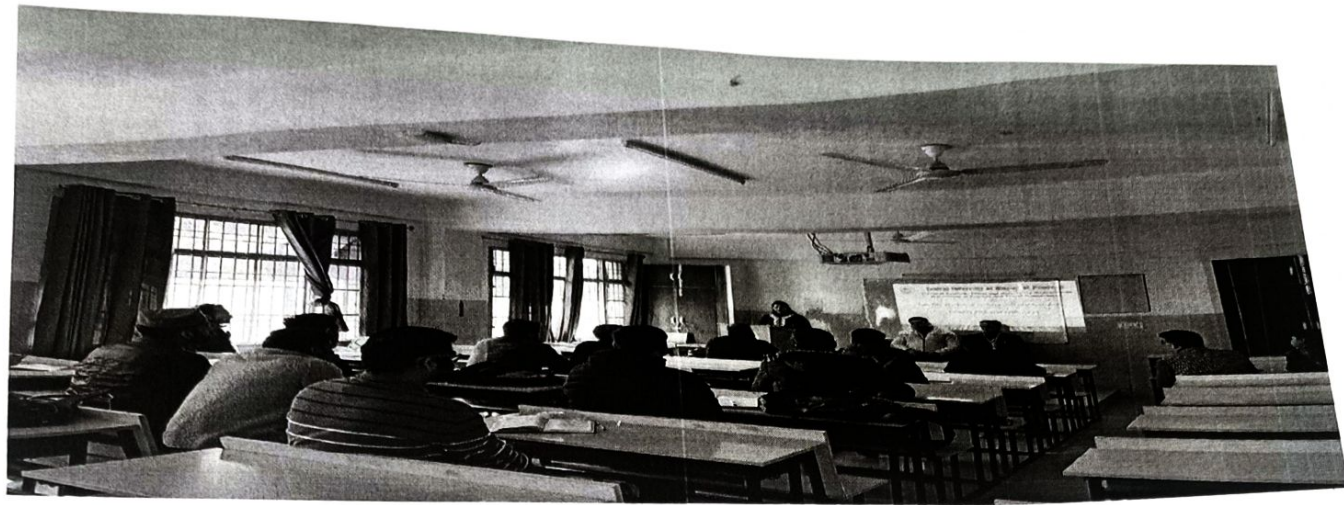
Head of Department



Central University of Himachal Pradesh
School of Tourism Travel and Hospitality Management
Jammu, Distt. Kangra (H.P.)-176215

Photographs:





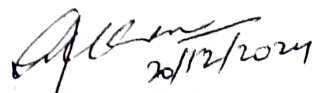
2023-24

5.1.3 Following Capacity development and skills enhancement initiatives are taken by the Department/Centre (Session

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. Awareness of trends in technology

Name of Course: Practical techniques to manage stress (BIN 575)

S No.	Name	Roll No
1	Kriti	CUHP22CBB19
2	Tarun	CUHP22CBB36
3	Sanjay	CUHP22CBB41
4	Sapna	CUHP22CBB36
5	Bhanu	CUHP22CBB36
6	Anu Kumari	CUHP22CBB 07
7	Avantika Sharma	CUHP22CBB 09
8	Balbir kumar	CUHP22CBB 10
9	Diksha	CUHP22CBB 12
10	Jyoti Singh	CUHP22CBB 42
11	Abu Sofiur Rahman	CUHP22CBB01
12	Akash Dhiman	CUHP22CBB03
13	Parth Kumar	CUHP22CBB23
14	Prakamya Puruhoot Pushkal Patel	CUHP22CBB24
15	Shikha Sharma	CUHP22CBB28
16	Shalav Sharma	CUHP22CBB39
17	Ajay Kumar	CUHP22CBB02
18	Amardeep	CUHP22CBB05
19	Anjali Devi	CUHP22CBB06
20	Nenakshi Thakur	CUHP22CBB21
21	Uma Dadwal	CUHP22CBB37
22	KOUSHIK PAUL	CUHP22CBB18

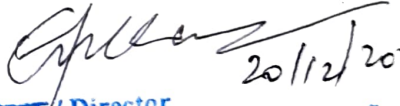

20/12/2024
निदेशक / Director
अभिकलनात्मक जीव विज्ञान एवं जैवसूचना विज्ञान के
Centre for Computational Biology and Bioinformatics
हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय, धर्मशाला
Central University of Himachal Pradesh,
Dharamshala-176115

2023-24

5.1.3 Following Capacity development and skills enhancement initiatives are taken by the Department/Centre (Session

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. Awareness of trends in technology

23	Nidhi Medhi	CUHP22CBB22
24	Ram Prakash Kumar	CUHP22CBB25
25	Surbhi Nag	CUHP22CBB33
26	Riteesha Singh	CUHP22CBB26
27	Shweta Bisht	CUHP22CBB31
28	Anusuiya Negi	CUHP22CBB08
29	Hanish Verma	CUHP22CBB14
30	Shivangi Sangrai	CUHP22CBB29
31	Shreya Paul	CUHP22CBB30
32	Somprita Dutta	CUHP22CBB32


20/12/2024
निदेशक / Director
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