



Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal Pradesh - 176215



NAAC Criterion-III

Key Indicator – 3.6.3

3.6.3: Number of extension and outreach programs conducted by the institution through NSS/NCC, Government and Government recognized bodies during the last five years

3.6.3 Evidences



**Central University of Himachal Pradesh, Dharamshala,
Kangra**



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(2017-2018)

Sr. No	Name of the Activity	Name of the Scheme	Page No.
1.	Nookad Natak on Gender discrimination.	Awareness Programme	1
2.	Nookad Natak on Cleanliness	Swacch Bharat Abhiyan	1
3.	International Yoga Day	Awareness program	2
4.	Awareness Drive On Gender Sensitization & Promoting Equality	Awareness program	2
5.	Ekta March	Ek Bharat Shreshtha Bharat Scheme	3-4
6.	Vigilance Awareness Week	Awareness program	4
7.	Swacchata Pakhwada	Swachh Bharat Abhiyan	5
8.	Invited Lecture on Research Ethics and Plagiarism by Dr. Anu G S , School of Education, CUHP	Invited Talk	6
9.	Invited Lecture on Importance of Research in Quality Education by Dr. Anu G S , School of Education, CUHP	Invited Talk	6
10.	Invited Lecture on Digital Financial Literacy by Dr. Aditi Sharma ,School of Business & Management Studies, CUHP	Invited Talk	6
11.	Invited lectures on Marketing: A way of life by Dr. Chaman Lal, Department of Marketing & Supply Chain Management, CUHP	Invited lecture on Marketing: A way of life by Dr. Chaman Lal, Department of Marketing & Supply Chain Management, CUHP	7
12.	Capacity building workshop	Training Programme	8
13.	Awareness and sensitization workshop	Training Programme	8
14.	A Symposium on Conflict Management	A Symposium on Conflict Management	9
15.	Conflict Resolution Workshop	Conflict Resolution Workshop	9
16.	Departmental Seminar on Sociocultural aspects of Tribes of India	Seminar on Sociocultural aspects of Tribes of India	9
17.	Workshop on Domestic Violence	Workshop on Domestic Violence	10
18.	Orientation of NGO Management	Orientation of NGO Management	11
19.	Cleanliness sensitization drive	Swachh Bharat Abhiyan	12



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(2018-2019)

Sr.No.	Name of the Activity	Name of the scheme	Page No.
1.	International Yoga Day	Awareness program	13 - 14
2.	Unity run (regarding World No Tobacco Day & Anti-Terrorism Day)	Unity Run	14 - 15
3.	Cultural Programme	Ek Bharat Shreshtha Bharat Scheme	15 - 16
4.	Flood donation for Kerala	Donation to PMNRF	15 - 16
5.	Universal Brotherhood Day Marathon (From Old SDM Office Kangra to Tanda Medical College)	Universal Brotherhood Day Marathon	16 -17
6.	Water Stall on Every Entrance Exam	Vishesh Swacchta Abhiyan	17 - 18
7.	Workshop on Jal Shakti Abhiyan and India free from single Use of Plastics	Workshop on Jal Shakti Abhiyan and India free from single Use of Plastics	19 - 20
8.	Seminar on Solid Waste Management	Seminar on Solid Waste Management	20 - 21
9.	Participation of MSW students in medical Camp at Dharamshala	Participation of MSW students in medical Camp at Dharamshala	20 - 21
10.	One day Awareness health Camp on Urban Homeless of Dharamshala for MSW Students	One day Awareness health Camp on Urban Homeless of Dharamshala for MSW Students	22
11.	Youth Leadership Training Programme for youth Leaders With the spirit of Volunteerism	Youth Leadership Training Programme for youth Leaders With the spirit of Volunteerism	22 - 23



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(2019-2020)

Sr. No	Name of the Activity	Name of the Scheme	Page No.
1.	Street Play on Social issues	Beti Bachao Beti Padhao	24
2.	Clean India Special Campaign	Swachh Bharat Mission	24-25
3.	Awareness Campaign	Swachhta Hi Sewa	25
4.	International Yoga Day	Awareness program	25-26
5.	Wall Panting Campaign	Campaign	26-27
6.	Awareness Programme on Substance Abuse	Awareness program	27-28
7.	NO Plastic Day Rally	Awareness program	28-29
8.	Invited Lectures on Advances in Protected cultivation of High Value Vegetable Crops	Invited Talk	29
9.	Invited Talk on the Impact of Pesticides on the Environment, Agricultural Crops, and their Management	Invited Talk	30
10.	Academic Resources: Library Resources	Invited Talk	30-31
11.	Invited lecture on “APA Reference Style and Penalties in case of plagiarism in the submission of Thesis and Dissertations”	Invited Talk	31
12.	Invited lecture on “Dr. Y. S. Parmar ka Vyaktitv” based on my observations as a translator of Som P. Ranchan’s Shirgul Parmar: A Modern Folk Ballad into Hindi as Shirgul Parmar: Ek Aadhunik Lokgatha	Invited Talk	31-32
13.	Two invited lectures on i) “Literary Criticism—I (S. Coleridge) and ii) Literary Criticism—II (John Dryden)	Invited Talk	32-33
14.	Critical Thought” State Council for Educational Research & Training (SCERT), Solan (HP) 12 September, 2019 5. Lecture on “How to Prevent Drug Abuse as Responsible NSS Volunteers” during One-day Workshop on Drug Abuse Prevention	Invited Talk	33-34
15.	Polio Monitoring Programme	Polio Monitoring Programme	34
16.	Sustainable Development and Management of Ground water Resources	Sustainable Development and Management of Ground water Resources	34-35
17.	Drug De-Addiction Programme	Drug De-Addiction Programme	35
18.	Kisanvani	Live phone in based programme	35-36
19.	World Tourism Day	Socio-cultural programme	36-37



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(2020-2021)

Sr. No	Name of the Activity	Name of the Scheme	Page No.
1.	Innovation in Crop Improvement under changing Climatic Conditions	Public Awareness Programme	38
2.	T.V talk on DDKisan "Sabjion mein grafting technique	Public Awareness Programme	38-39
3.	Nematode problem in fruits and vegetables nurseries	Public Awareness Programme	39
4.	A radio talk on Ekikrit keet prabandhan	Public Awareness Programme	39
5.	A radio talk on Gobhi wargiye sabzion main lagne wale keet aur unka prabandhan.	Public Awareness Programme	39
6.	Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh	Anticarcinogenic effect of selected medicinal plants against ovarian cancer	39
7.	Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh	HYPOGLYCEMIC AND HEPATOPROTECTIVE EFFECT OF SELECTED MEDICINAL PLANTS AGAINST DIABETES	40
8.	Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh	Review of Literature	40
9.	Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh	Application of advanced separation techniques in research	40
10.	Invited Lectures delivered by Dr. Rakesh Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh	Role of fisheries in rural area	40
11.	Cleanliness Drive	Swachh Bharat Abhiyan	40
12.	Unnat Bharat Abhiyan	Unnat Bharat Abhiyan	41
13.	Plantation Drive	Awareness program	42
14.	Skill Training Programme	WHO Intensified Polio Immunization Programme	42
15.	ESBS Students Exchange Programme	Ek Bharat Shreshtha Bharat Scheme	42
16.	Donations to Prime Minister National Disaster Fund for Covid Pandemic	Donation to PMNDF	43
17.	Invited Talk on Contract Farming by Prof. Pradeep Kumar, School of Life Sciences	Invited Talk on Contract Farming	43
18.	Invited Lecture by Sunil Thakur, Associate Professor Department	Invited Talk / Skill INDIA Scheme	43



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	of Plant Sciences in Skill Development Training " Nursery Workers" on the Topic Nematode Problems in Fruits and Vegetable Nursery		
19.	Invited Talk by Dr. Subhankar Chatterjee, Assistant Professor, School of Earth & Environmental Sciences, CUHP on Microplastics in our food: Human health effect and future threat!"	Talk on Microplastics in our food: Human health effect and future threat!"	44
20.	Two invited lectures on "Creative and Critical Dimensions of Effective Communication" during AICTE Approved Two-week Faculty Development Programme on "Life Skill Development by Professor Roshan Lal Sharma, Dept. Of English , CUHP	Invited Talk	44
21.	Unnat Bharat Abhiyan	Unnat Bharat Abhiyan	44
22.	Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh	Environment exposure assessment	44
23.	Special activity :Leave No One behind ! A Journey of a Practicing Professional...	Leave No One behind ! A Journey of a Practicing Professional...	44
24.	Special activity: Practical Interventions for Social Development: Role of socio-animators	Practical Interventions for Social Development: Role of socio-animators	44
25.	Special activity : Adoption in India: Prospects for social work Practitioners	Adoption in India: Prospects for social work Practitioners	45
26.	Special activity : A social work Practitioner' Journey in Institution Building	A social work Practitioner' Journey in Institution Building	45
27.	Special activity : Working for sustainable livelihood by Grassroots NGO's : Reflections from the field	Working for sustainable livelihood by Grassroots NGO's : Reflections from the field	45
28.	Special activity : Role of Youth in building Self-Reliant Bharat	Role of Youth in building Self-Reliant Bharat	45
29.	Special activity : Role of ORMAS in Livelihood Promotion & marketing of rural products	Role of ORMAS in Livelihood Promotion & marketing of rural products	45
30.	Special activity : Preventing & managing disasters : community intervention strategies in national & international perspectives	Preventing & managing disasters : community intervention strategies in national & international perspectives	45
31.	Special activity : Community Participation & Engagement in conservation of Forests & Wildlife	Community Participation & Engagement in conservation of Forests &	45



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		Wildlife	
32.	Special activity : Social Impact Assessment: For infra structure Development Projects	Social Impact Assessment: For infra structure Development Projects	46
33.	Seven days training Programme on "Bee keeping for farmers of Kangra district" Coordinated by CUHP	Public Awareness Programme	46
34.	Delivered a lecture in five days refresher course on "Bee breeding" under managed pollination component of HPHDP for farmers of Hamirpur district"	Public Awareness Programme	46
35.	Tree Plantation	Plantation Drive	46
36.	International Yoga Day	Awareness program	47
37.	Public Awareness Programme (Prepared Own Hand Sanitizer)	Awareness program	47
38.	Covid Awareness Drive	Awareness program	47
39.	Awareness Drive on COTPA	Drug De-Addiction Programme	48
40.	Mask Task under COVID Awareness Drive	Covid Awareness Drive	48
41.	National Quiz Competetion to promote Human Value and celebrate Gandhi Jayanti	National Quiz Competetion to promote Human Value and celebrate Gandhi Jayanti	49
42.	Invited talk in 5 -Day refresher Course on Bee -breeding by Dr. Sunil Thakur, Department Of Life Sciences, CUHP	Skill Development Programme	49
43.	Yoga Camp	NSS	49
44.	National Constitution Day	NSS	50
45.	Role of Youth, Police & Communities in Disasters and Forest Fire Management	three Days Online Capacity Building Programme on the Role of Youth, Police & Communities Disasters and Forest Fire Management in collaboration	50
46.	Freshers' Party 2021	NA	50
47.	Capacity Building and Personality Development sponsored by National Commission for Women for UG & PG Girls Students	CBP&D for Girls Students	51
48.	Capacity Building and Personality Development sponsored by National Commission for Women for UG & PG Girls Students	CBP&D for Girls Students	52
49.	Capacity Building and Personality Development sponsored by National Commission for Women for UG & PG Girls Students	CBP&D for Girls Students	53

(2021-2022)

Sr. No	Name of the Activity	Name of the Scheme	Page No.
1.	Awareness rally in Dharamshala to save the environment	Awareness program	
2.	Cleanliness Drive	Swachh Bharat Abhiyan	54 - 56
3.	International Yoga Day	Awareness program	57 - 135
4.	Cleanliness Drive	Swachh Bharat Abhiyan	
5.	Cleanliness Drive Near HPCA and SAI Ground Dharamshala	Swachh Bharat Abhiyan	
6.	Shaheedi Diwas Rally	Shaheedi Diwas Rally	
7.	Awareness regarding Water Conservation, Cleanliness and Covid related Precautions	Awareness program	
8.	Seven days training Programme on "Bee keeping for farmers of Kangra district "Coordinated by CUHP	Public Awareness Programme	136 - 160
9.	Invited Lecture on Nursery Raising as a vocation for Higher Returns by Dr. Pradeep Kumar ,CUHP	6-Days Training Programme on Integrated Agriculture For the farmers of District Kangra	
10.	Invited Lecture on the Impact of Pesticides on the Environment & management by Dr. Sunil Thakur ,Department of Animal Sciences, CUHP	Session on Necessity for Judicious Use of Pesticide in Mushroom & other Minor Crops	
11.	Mini Marathon	Fit India Campaign	
12.	Visit to Industrial Area, Dehra	Skill and Entrepreneurship Development	
13.	Visit to Jhuggi Dwellers near Hanuman Chowk , Dehra	Swachhta Abhiyan	
14.	NSS NIC Camp	NSS NIC Camp	
15.	Cleanliness Drive at HPCA Stadium & SAI Dharamshala	NSS	
16.	Shaheedi Diwas		
17.	WHO Pulse Polio Monitoring Programme as External Monitors	Intensive Pulse Polio Monitoring programme (IPPI)	
18.	Awareness of Water Conservation Structures & Cleanliness Drive	Ministry of Jal Shakti, Government of India	
19.	Self-Defense Orientation Programme	SPARSH	161 - 168
20.	Wall Magazine Competition	NA	
21.	Yoga Asana Competition	Promotion of Yoga	
22.	Yuga Parivartan Ki Vela 3 days Programme- World Environment Day Celebration- "Only One Earth", Cleanliness Drive & Plantation Drive	Unnat Bharat Abhiyan	169 - 176
23.	Balidaani Diwas	Unnat Bharat Abhiyan	
24.	Indian Youth Advocacy Training	COTPA amendment Act	
25.	Entrepreneurial Exhibition	Extension & Outreach	
26.	SARAS Fair Campaign	Extension & Outreach	177 -178



Nookad Natak on Gender Discrimination

On one occasion, nookad natak on gender discrimination was performed by central university under the scheme Awareness Programme. Number of participants were 53. Below are the documented proof of the Events organized in 2017-2018

Sensitisation of the Masses by NOOKAD NATAK by Physics students

A Nookad Natak at Dramman Chowk was showcased by the BSc Physics students under the coordinator-ship of Dr Manpreet Arora on 23rd November. The theme of the street play was to create awareness about gender discrimination.

International Women's Day

On the occasion of **International Women's Day**, a self defense session was conducted by the **SPARSH Committee of CUHP** under the **chairmanship of Dr MANPREET ARORA**. A student of **MBA TT, Miss Kanika Prashar, Silver Medalist, Asian Kick Boxing** held in 2015 Conducted the session and taught various self defense mechanisms through kick boxing on 8th March 2018 in the Dharamshala and Shahpur Campus.

Nookad Natak on Cleanliness



NSS workers perform a 'nukkad natak' on the CUHP campus on Wednesday. PHOTO: ASHOK RAINA

OUR CORRESPONDENT

KANGRA, SEPTEMBER 26

A sensitisation and awareness programme — 'Swachhta Hi Sewa Hai' — was organised on Wednesday by the National Service Scheme (NSS) unit of Central University of Himachal Pradesh (CUHP) in connection with the "Swachh Bharat Abhiyan".

More than 100 students of CUHP performed "nukkad natak" at different places within the campus and outside it to give emphasis on better and clean environment.

Dr Ashish Nag, NSS Programme Officer and Programme Coordinator, said a large number of students participated in the programme and the activity

was supported by Assistant Prof Shabab Ahmad, Assistant Prof Amreen Jamali and Pankaj Kumar and other university students.

Dr Nag said "nukkad natak" was a major attraction of the day and an awareness rally was also organised with a cleanliness drive, which was held on the road adjacent to the CUHP campus.



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International Yoga Day



Awareness Drive on Gender Sensitization & Promoting Equality



- [Awareness Drive](#) by SPARSH committee and [Ek Bharat Shresth Bharat Abhiyaan](#) on 4th December 2017 in Shahpur Campus: Under the awareness drive for gender sensitization and promoting equality, the SPARSH Committee and Ek Bharat Shresth Bharat Abhiyaan, collectively sensitised the students and local community people on the issues like female foeticide, Shared values of the states by discussing their opinions in public.



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Ekta March

- A Peace Rally (Ekta March) on 12th May 2017:** Under the programme initiated by Govt of India “Ek Bharat, Shresth Bharat”, a Peace Rally (Ekta March) on two wheelers and four wheelers along with buses of university was flagged off from the campus at Shahpur on 12th May 2017 at 11.30 a.m . The rally as flagged off by the Pro–Vice Chancellor of Central University, Prof Hans Raj Sharma assisted by Dr B C Chauhan, Director Social Development Centre. The peace rally gathered in Government Senior Secondary School Rait, HP. Around 200 students including the faculty members joined the rally on bikes, cars and university buses. The message conveyed was Unity of India under “Ek Bharat Shresth Bharat Programme”





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Vigilance Awareness Week





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Swacchata Pakhwada





Invited Lecture on Research Ethics and Plagiarism by Dr. Anu G S , School of Education, CUHP

Invited lecture on research ethics and plagiarism by Dr. Anu GS, was organized by school of education at the parisar of CUHP. In this program 57 students have participated.

Invited Lecture on Importance of Research in Quality Education by Dr. Anu G S , School of Education, CUHP

Another lecture on “Importance of Research in Quality Education” was delivered by Dr. Anu G,S. School of Education has organized this talk. Number of participants in this event were 54.

Invited Lecture on Digital Financial Literacy by Dr. Aditi Sharma ,School of Business & Management Studies, CUHP





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Invited lectures on Marketing: A way of life by Dr. Chaman Lal, Department of Marketing & Supply Chain Management, CUHP





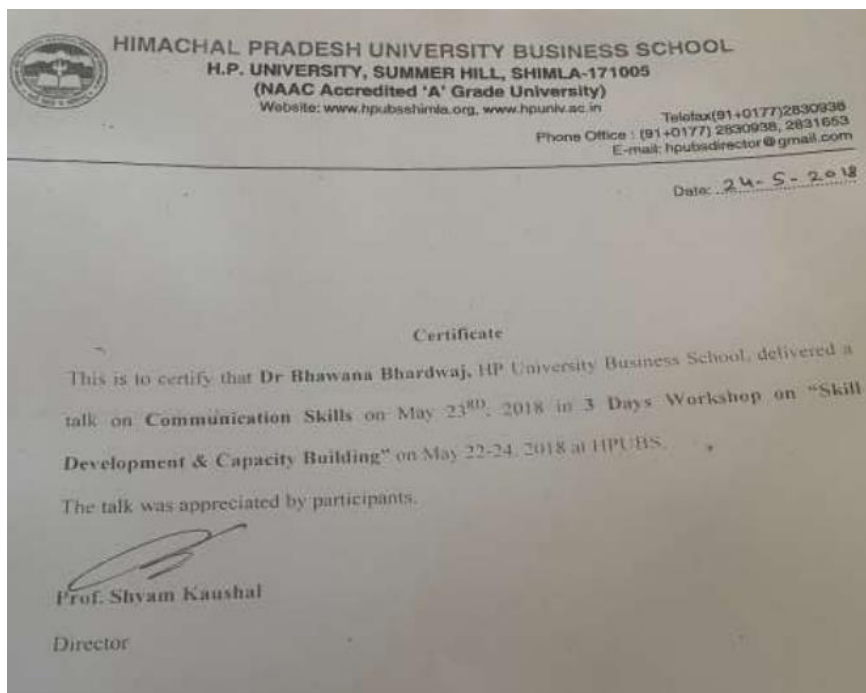
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Capacity building workshop



Awareness and sensitization workshop





A Symposium on Conflict Management



Conflict resolution Workshop

Conflict resolution workshop was also organized by the university, where 45 students have participated.

Departmental Seminar on Sociocultural aspects of Tribes of India





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Workshop on Domestic Violence





Orientation of NGO Management





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Cleanliness sensitization drive





International Yoga Day

The 4th International yoga day was celebrated in the University (CUHP) with a great fervor and collaboration of UBA, NSS wing, Yogdhara Club and people from local PRIs' on 21st June 2018. This programme was organized in the Main Conference Hall of the Temporary Academic Block (TAB), Shahpur, and started at 6:30 AM early in the morning. Prof. Kuldeep Chand Agnihotri, the honorable Vice Chancellor, was the Chief Guest and Subedar Major (Retd.) Omkar Guleria was the main Instructor of the IYD 2018.

Then Dr. Chauhan key person Yogdhara Club welcomed all the honorable guests, teachers, students, NSS volunteers and people participating in the function from local villages. He said Yoga is the biggest gift that India bestowed upon to the entire world and we all should be proud of it. The Chief Guest Prof. Agnihotri addressed the audience and said that IYD celebration on 21st June gives just a trailer of yoga power for all of us, but in practice we should not stop here only, rather adopts Yoga for the entire life. He said Yoga is not important only for our body, but it also teaches us about values, which are very important for any society and humanity as a whole.

The Instructor Sh. Guleria took the session for about 01 Hours as per the protocol issued by the AYUSH Ministry, Govt. of India. He attached small exercises to the Yoga protocol and made everybody feel energized. He started the session by introducing the importance and precautions of Yoga. Spreading growth, development and peace throughout the world. - Making people aware of physical and mental illnesses and providing solutions through yoga. - It also aims to develop a habit of meditation for peace of mind, self-awareness which is necessary to survive in a stress-free environment. Total 275 students has participitaed in this session.

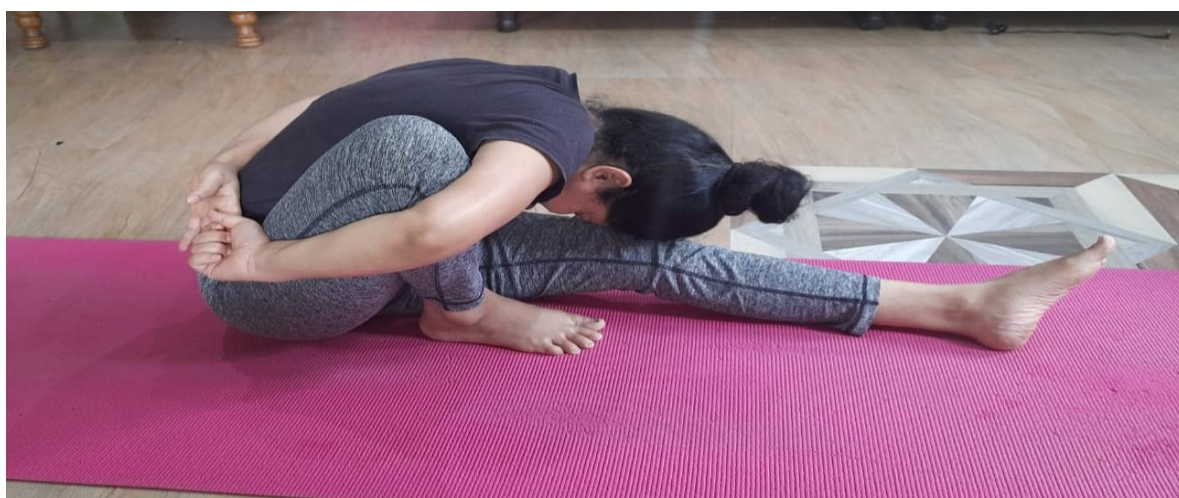
Dr. Vivek Sharma is the main coordinator of the event. Then Dr. Vikram Singh presented the vote of thanks and the programme ended with 'National Anthem'



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Yoga session was conducted by Department of Plant Sciences on 21st of June, 2018



Unity Run (Regarding World No Tobacco Day & Anti-Terrorism Day)

On dated 31 May 2018, observed as No tobacco day and Anti- terrorism day was organized at TAB Shahpur and TAB Dharamshala of Central University of Himachal Pradesh. In this program Unity run was organized, Nukaad Natak and open discussion were organized. These activities were organized by Dr. Ashish Nag, Program officer NSS .PVC of university Prof. Hans Raj Sharma presided over the function as a guest and Dr Ashish expressed

gratitude to hon'ble VC of the university Prof. Kuldeep Chand Agnihotri for motivating to organize these function of national value. Around 100 students participated in this activity

Unity run at HP Central University

OUR CORRESPONDENT

KANGRA, MAY 31

World No Tobacco Day and Anti-Terrorism Day were observed at the Central University of Himachal Pradesh at its temporary administrative block in Shahpur on Thursday.

Dr Ashish Nag, programme officer, NSS, CUHP, said Pro-Vice Chancellor of CUHP Prof Hans Raj Sharma presided over the function. He said a unity run and 'nukaad natak' was organised on the occasion, besides an open discussion on tobacco menace and terrorism threat to India and globe.

The Pro-Vice Chancellor said reducing tobacco use promoted global health. He said tobacco was the leading cause of death, killing millions every year and also highlighted the threat of terrorism the world was facing. More than 100 students participated in the programme.

The Tribune Fri, 
(Himachal Edition) epage

Flood donation for Kerala

The Central University of Himachal Pradesh (CUHP) recently organized a flood donation drive to support the relief efforts in the state of Kerala, which was devastated by floods in August 2018. The donation drive was organized by the NSS unit of the university and aimed to provide support to the flood victims by collecting essential items and funds.

The donation drive was a massive success, with a large number of students, faculty members, and staff participating in the drive. The participants donated a variety of essential items, including clothes, blankets, medicines, and food items. In addition, the participants



also donated funds, which were used to purchase essential items that were not donated.

The donations collected by CUHP were handed over to the Kerala Chief Minister's Relief Fund, which was responsible for distributing the items to the flood-affected areas. The donations provided by CUHP were greatly appreciated by the relief agencies and were instrumental in providing essential support to the flood victims.

The donation drive organized by CUHP was a great initiative to support the relief efforts in Kerala and help the flood victims in their time of need. The initiative not only provided essential support to the flood victims but also showcased the humanitarian values of the university and its commitment to social responsibility. The efforts of CUHP must be commended for their efforts to support the relief efforts in Kerala.

Cultural Programme

Cultural programme on 9th February 2018, the students of Central University of Himachal Pradesh participated in the Cultural Programme under MELOW— 2018 (the 17th International Conference) on Space, Place and Landscape in Literatures of the World, being organized by the Department of English in collaboration with MELOW (the Society for the Study of the Multi-Ethnic Literatures of the World) on 9--11 March 2018 at Dhauladhar

Campus of Central University of Himachal Pradesh (CUHP), Dharamshala. The essence of Ek Bharat Shresth Bharat was duly represented on stage by presenting folk dances of various states of India. Himachali Nati, Haryanvi dances, Bhangra, Gidhha, Kashmiri dance, Gujarati dances were presented exhibiting the concept of shared states. Various folk songs of various states under Medley were nicely presented in the programme. Around 150 delegates participated in the conference and around 350 students of CUHP presented the programme. The cultural fest was organized by Dr Manpreet Arora, Dr Hemraj Bansal and Dr Roshan Lal Sharma.

Cultural Programme The essence of EK BHARAT SHRESTH BHARAT was duly represented on stage by presenting folk dances of various states of India. Himachali Nati,



Haryanvi dances, Bhangra, Gidhha, Kashmiri dance, Gujrati dances were presented exhibiting the concept of shared states. Various folk songs of various states under Medley

were nicely presented in the programme. Around 150 delegates participated in the conference and around 200 students of CUHP presented the programme.

Universal Brotherhood Day Marathon (From Old SDM Office Kangra to Tanda Medical College)

'सार्वभौमिक ब्रदरहुड डे'

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय में 11 सितंबर, 18 9 3 को शिकागो में विश्व धार्मिक सम्मेलन में स्वामी विवेकानंद द्वारा दिए गए ऐतिहासिक भाषण का जश्न मनाने के लिए 'सार्वभौमिक ब्रदरहुड डे' आयोजित करना प्रस्तावित है, 11 सितंबर, 2018 को इसकी वार्षिक विशेषता के रूप में यह कार्यक्रम करना प्रस्तावित है जिसमें बड़ी संख्या में युवाओं के अलावा बौद्धिक वर्ग भाग लेगा। यह कार्यक्रम विवेकानंद केंद्र कन्या कुमारी, हिमाचल विभाग, काँगड़ा (एक आध्यात्मिक उन्मुख सेवा मिशन) के सहयोग से आयोजित किया जाएगा।

इस अवसर पर यूनिवर्सल ब्रदरहुड मैराथन 7 किमी का रन स्मारक का हिस्सा होगा जो पुराने एसडीएम कार्यालय और कंगड़ा बाईपास के माध्यम से टांडा मेडिकल कॉलेज के लिए तहसील चौक में एसडीएम कार्यालय परिसर से 9.00 बजे शुरू होगा। मैराथन, जिसमें स्वामी जी के संदेश 'उदय, जागृत और और तब तक ना रुके जब तक लक्ष्य तक ना पहुंचे की टी शर्ट्स पहने हुए लड़कों और लड़कियों दोनों सैकड़ों युवाओं द्वारा भाग लिया जाएगा।

यूनिवर्सल ब्रदरहुड डे फंक्शन बाद में 10:00 बजे टांडा मेडिकल कॉलेज के सभागार में आयोजित किया जाएगा और 11.30 बजे समाप्त होगा। इस अवसर पर आईएनए से एक स्वतंत्रता सेनानी को हिमाचल प्रदेश उच्च न्यायालय के मुख्य न्यायाधीश श्री न्यायमूर्ति संजय करोल द्वारा यां स्वास्थ्य मंत्री श्री विपन परमार द्वारा सम्मानित किया जाएगा। इसके अलावा मैराथन के 15 विजेताओं को इस अवसर पर पुरस्कार और प्रमाण पत्र से सम्मानित किया जाएगा। उक्त कार्यक्रम में जलपान की भी उचित व्यवस्था होगी।

केन्द्रीय विश्वविद्यालय के समस्त स्नातक, स्नातोत्तर व शोधार्थी विद्यार्थियों एवं कर्मचारीवर्ग को सूचित किया



जाता है कि विवेकानंद केंद्र कन्याकुमारी, हिमाचल विभाग (इकाई) द्वारा 11 सितम्बर, 2018 को यूनिवर्सल ब्रदरहुड मेराथन का आयोजन किया जा रहा है। उपरोक्त कार्यक्रम हेतु विश्वविद्यालय की राष्ट्रीय सेवा योजना

(NSS) इकाई से सहयोग अपेक्षित है अतः आपसे निवेदन है की इस कार्यक्रम में भाग लें। Total 158 students has participitaed in this session.

Marathon today

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KANGRA, SEPTEMBER 10

Vivekananda Kendra, Kangra branch, in collaboration with Central University, will organise a 'Universal brotherhood marathon' on Tuesday to commemorate the historical speech delivered by Swami Vivekananda at a religious conference at Chicago, USA, on September 11, 1893.

Dr Naveen Sharma, vice-convenor of the kendra, said the marathon would start from Tehsil Chowk at 9 am. It would

pass through Kangra Bypass and Bhanganga before culminating at the Tanda medical college. It would be flagged off by Shashi Pal Negi, SDM, Kangra. —OC

TEMPORARY CANCELLATION OF TRAINS FOR PROVISION OF
In order to further strengthen work of provision of Electricity this work, Railways will Consequently the following

The Tribune
(Himachal Edition)

Tue, 11 September 2018

epaper.tribuneindia.com/c/320935



आब केसरी ई-पेपर

भा. पुर. श. न. के. न्या. (बो. शो. यह से न्द. नी. ने. क. री. पर. गा. जिस पर उसकी आत्महत्या अथवा हत्या को लेकर कई क्यास लगाए जा रहे थे।

स्वामी विवेकानंद ने सिखाई जीने की कला : परमार

विवेकानंद केंद्र कन्याकुमारी शाखा कांगड़ा व केंद्रीय विश्वविद्यालय द्वारा टांडा अस्पताल में विश्व बंधुत्व दिवस पर कार्यक्रम आयोजित



कांगड़ा : स्वास्थ्य मंत्री विपिन सिंह परमार मेराथन के विजेता को सम्मानित करते हुए।

कांगड़ा, 11 सितम्बर (किशोर): स्वास्थ्य एवं परिवार कल्याण मंत्री विपिन सिंह परमार ने सभी लोगों से स्वामी विवेकानंद के एकता, विश्व बंधुत्व और शांति के संदेश के प्रसार के लिए मिलकर काम करने का आग्रह किया है। परमार मंगलवार को विवेकानंद केंद्र कन्याकुमारी शाखा कांगड़ा व केंद्रीय विश्वविद्यालय हिमाचल प्रदेश द्वारा डा. राजेंद्र प्रसाद

को जीवन जीने की कला सिखाई। स्वास्थ्य मंत्री ने युवाओं से आह्वान किया कि वे अपना एकलक्ष्य निर्धारित करें तभी अपनी मंजिल को हासिल कर सकते हैं। इस अवसर पर डा. राजेंद्र प्रसाद मैडिकल कालेज टांडा के प्राचार्य भानु अवस्थी ने मुख्यातिथि का स्वागत किया। स्वास्थ्य मंत्री विपिन सिंह परमार द्वारा कारगिल में शहीद हुए नंगल निवासी कै. अमोल कालिया के पिता सतपाल कालिया तथा माता ऊषा कालिया को शाल व टोपी पहनाकर सम्मानित किया। इस अवसर पर विवेकानंद केंद्र कांगड़ा के प्रमुख अशोक रेणा तथा मानस भट्टाचार्य ने भी स्वामी विवेकानंद के जीवन कर्तव्य पर प्रकाश डाला।

डिजिटल एक्स-रे कक्ष का किया उद्घाटन

स्वास्थ्य मंत्री विपिन सिंह परमार ने डा. राजेंद्र प्रसाद मैडिकल कॉलेज टांडा में 55 लाख रुपये की लागत

से डिजिटल एक्स-रे कक्ष का भी उद्घाटन किया। कार्यक्रम में भाजपा जिला अध्यक्ष संजय चौधरी, सुनयना शर्मा सहित टी.आर. अग्निहोत्री तथा बड़ी संख्या में बच्चे मौजूद रहे।

1 हजार ने लिया मेराथन में हिस्सा

इस दौरान मेराथन दौड़ का आयोजन किया गया। इसमें विभिन्न

कॉलेज तथा स्कूलों के एक हजार लड़के, लड़कियाँ सहित वरिष्ठ जनों ने भाग लिया। मेराथन दौड़ प्रातः 9 बजे कांगड़ा तहसील चौक से आरंभ हुई और बाईपास होते हुए कांगड़ा मैडिकल कॉलेज में संपन्न हुई। इस मेराथन में विजेता रहे प्रतिभागियों को मुख्यातिथि ने स्मृति चिन्ह देकर सम्मानित किया।

दुर्लभ जन्माला में सुविधाओं की कोई कमी नहीं आने दी जाएगी

दुर्लभ (जन्माला): महाराज संसार चंद राजकीय मैमोरियल डिग्री कालेज दुर्लभ में सुविधाओं की कोई कमी रहने नहीं दी जाएगी। यह बात सुलह कालेज के शिक्षक एवं स्वास्थ्य परिवार कल्याण मंत्री विपिन सिंह परमार ने दुर्लभ कालेज में मंगलवार को आई.टी. लैब व मलबिखाल की कैबिनेट का शुभारंभ करते हुए कही। उन्होंने जनसमूह को संबोधित करते हुए कहा कि दुर्लभ कालेज में बी.बी.ए. और बी.सी.ए. कक्षाएं शुरू कर दी जाएंगी। उन्होंने कहा कि दुर्लभ कालेज में 5 करोड़ रुपये का मकान जल्दी ही बनाकर तैयार हो जाएगा। मलबिखाल के प्राचार्य एन. मिश्रा ने कालेज की शिफ्ट प्रस्तुत करने के साथ महविद्यालय की अन्य गतिविधियों पर प्रकाश डाला। कार्यक्रम में मंत्री की पत्नी रमिला परमार, सुलह मंडलाध्यक्ष देव राज वर्मा, महामंत्री पंडीत पाल, पी.टी.ए. अध्यक्ष बिता देवी, स्थानीय खान एण्डरस प्रधान रविंद शर्मा, डिएन पुलिस स्टेशन सुबोध सिंह, बी.डी.सी. सदस्य वरुण जैन, वी.पी.एस. सिनिग किमजी के ज.किमजी और गणपतलाल लोग मौजूद रहे।



Water Stall on Every Entrance Exam

The National Service Scheme (NSS) unit of the Central University of Himachal Pradesh (CUHP) recently set up a water stall at every entrance exam conducted by the university. The initiative was taken to provide free drinking water to the candidates appearing for the entrance exams and promote the importance of water conservation.

The water stall was set up with the help of volunteers from the NSS unit, who were responsible for managing the stall and distributing water bottles to the candidates. The water bottles provided were eco-friendly and made from recyclable material, promoting sustainable practices.

The initiative was well-received by the candidates, who appreciated the effort made by the university to provide free drinking water and promote water conservation. The candidates were also made aware of the harmful effects of plastic water bottles on the environment and the benefits of using eco-friendly alternatives. Total 26 students has participated in this work.

The Water Stall on Every Entrance Exam conducted by NSS, CUHP was a great initiative to promote sustainable practices and raise awareness about water conservation. The initiative not only provided free drinking water to the candidates but also encouraged them to adopt eco-friendly practices and reduce their carbon footprint.

Workshop on Jal Shakti Abhiyan and India free from single Use of Plastics

The Central University of Himachal Pradesh recently organized a workshop on "Jal Shakti Abhiyan and India Free from Single Use Plastics." The aim of the workshop was to create awareness among students, staff, and faculty members about the importance of water conservation and the harmful effects of single-use plastics on the environment.

The workshop began with a keynote speech by a distinguished guest speaker who



highlighted the critical role of water in human life and the urgent need to conserve it. The speaker also spoke about the various initiatives taken by the Indian government under the Jal Shakti Abhiyan to conserve water and promote sustainable water management practices.

The second part of the workshop focused on the harmful effects of single-use plastics on the environment and the need to reduce their usage. The workshop participants were shown a documentary highlighting the impact of plastic waste on marine life and the ecosystem. The participants were also made aware of the various alternatives to single-use plastics and the benefits of adopting eco-friendly practices.

The workshop concluded with an interactive session where participants shared their ideas and suggestions on how to promote water conservation and reduce the usage of single-use plastics. The participants were encouraged to take up individual and collective action to conserve water and reduce plastic waste. Total 23 students has participated in this activity.

Overall, the workshop was informative and engaging, providing participants with valuable insights into water conservation and sustainable practices. The Central University of Himachal Pradesh must be commended for organizing such a workshop and taking the initiative to create awareness and promote sustainable practices.

Seminar on Solid Waste Management

On March 23, 2018, a seminar on Solid Waste Management was organized by Waste Warriors in collaboration with the Central University of Himachal Pradesh (CUHP). The seminar aimed to educate and create awareness among the students and faculty members about the importance of proper waste management and the ways to reduce waste generation. The seminar also had various technical sessions where experts from the field of waste management addressed the audience. The first session focused on the types of waste and their sources, and the second session discussed the methods of waste collection and transportation. The third session dealt with the different techniques of waste treatment, including composting and recycling.



The seminar also included a panel discussion on the challenges of waste management in India and the measures that can be taken to overcome them. The panelists were experts from various fields, including waste management, environmental studies, and public policy.

Around 25 delegates participated in the seminar and around 100 students of CUHP presented the programme.

Participation of MSW students in Medical Camp at Dharamshala

On April 24, 2018, a medical camp was organized by Educare India and Fortis Hospital Kangra in collaboration with the Central University of Himachal Pradesh (CUHP) at Dharamshala. A group of Master of Social Work (MSW) students from CUHP participated in the event.

The medical camp aimed to provide basic medical facilities to the underprivileged sections of the society who have limited access to healthcare services. The MSW students participated in the event as volunteers and helped in organizing the camp and assisting the medical professionals.

The medical camp provided various medical services, including general health check-ups, eye check-ups, and dental check-ups. The MSW students assisted the medical professionals in registering the patients, maintaining records, and guiding them to the respective departments. Total 16 students has participitaed in this activity.

The participation of the MSW students in the medical camp was a great learning experience for them. They gained practical knowledge about organizing and managing such events and got an opportunity to serve the community. The event also provided a platform for the students to interact with medical professionals and understand the importance of healthcare services in society.

Overall, the participation of the MSW students in the medical camp was a success, and the event helped in promoting the spirit of community service among the students.



One day Awareness health Camp on Urban Homeless of Dharamshala for MSW Students

One day awareness Programme (30-03-2019) at Sai EducareVidya Pratisthan Khalui Dharmshala on prevention of **substance abuse problem sponsored by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India**, organized by National Service Scheme of Central University of Himachal Pradesh.

One day awareness Programme on prevention of substance abuse problem sponsored by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Government of India, organized by National Service Scheme of Central University of Himachal Pradesh at Sai EducareVidya Pratisthan Khalui Dharmshala for the school students under the guidance of Principal Smt. Isha sharma They inaugurated this event and motivated students by their remarks. The objective of this program was to inform and educate school students in prevention of substance abuse.

Mr. Ambrish social activist from Dharamshala delivered on the topic substance abuse and impart skills to participants to deal with drug and alcohol abused.

Total More than 26 Participants participated in the said event.

Youth Leadership Training Programme for youth Leaders With the spirit of Volunteerism

The Directorate of Youth Services and Sports Office (DYSSO) in Himachal Pradesh's Kangra district, in collaboration with the Central University of Himachal Pradesh (CUHP), recently conducted a Youth Leadership Training Programme for youth leaders with the spirit of volunteerism.



The programme aimed to provide leadership training to youth leaders and equip them with the necessary skills and knowledge to become effective leaders in their respective communities. The training programme focused on various aspects of leadership, including communication skills, teamwork, decision-making, problem-solving, and community engagement.

The participants of the programme were also encouraged to develop a spirit of volunteerism and engage in community service activities. They were given practical training on community engagement and provided with opportunities to work on community service projects.

The Youth Leadership Training Programme was a great success, with a large number of participants from different communities and backgrounds attending the training. The participants expressed their appreciation for the training and its impact on their personal and professional growth.

Overall, the Youth Leadership Training Programme conducted by DYSSO, H.P. Kangra & CUHP was an excellent initiative to promote leadership skills and community engagement among the youth. The programme provided a platform for the participants to develop their leadership potential and contribute positively to their communities. Total More than 55 Participants participated in the said event.



Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal Pradesh-176215





1. Street Play on Social issues

A Street Play on Social issues was initiated by *Department of Education* in the year of 2019 with the theme of “**Beti Bachao Beti Padhao**”. Approx **120** students performed the street play to raise awareness on the current issues faced by women in the society.

The program was held on a busy street in the city center, attracting a large crowd of people. The street play was performed by a group of young and talented artists who conveyed important messages related to social issues like gender equality, women empowerment, child labor, drug addiction, and environmental degradation.

The play started with a captivating performance by the artists who enacted the life of a girl facing discrimination in various forms. It was followed by a powerful message on the importance of education for girls and the need to end gender-based discrimination. The play also highlighted the struggles of women in society and the need for their empowerment.

The second act was centered on the issue of child labor. The artists portrayed the life of a young boy who is forced to work in a factory to support his family. The play effectively conveyed the message that child labor is a crime and that every child has the right to education and a normal childhood. The final act focused on environmental degradation and the need for conservation. The artists depicted the harmful effects of pollution on our planet and the importance of preserving natural resources for future generations.

The street play received a positive response from the audience. The program was successful in raising awareness about social issues and inspiring people to take action. The play left a lasting impression on the minds of the audience, motivating them to work towards a better and more equitable society.

2. Clean India Special Campaign

A Clean India Special Campaign was initiated by *Department of Environmental sciences* in the year of 2019 under the scheme of “**Swachh Bharat Mission**”. Approx **150** students participated in the campaign to raise awareness on eliminate open defecation and improve solid waste management.



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- [Awareness program/ Public outreach activities](#)



Awareness program was done by Himachal Pradesh Central University Environment Department under Green Brigade group in Dohab village of Shahpur under the Know River campaign. In which the students, scholars, faculty and dean of the department participated. Through this awareness campaign, the Dean made the students and the villagers aware about the plight of the river in Dohab and was informed about how to keep the river clean. Samples of the river were also taken by the students, 2021.

has spread so far and wide, that world environment day has become a global platform for countries to reach out to the public.



Tree plantation on the occasion of Environment Day



Conservation of "Boaries" has been initiated from the Department of Environmental Sciences in the Salol village of Kangra district to revive the dried Boaries/Springs. Awareness was created among the villagers regarding the sustainable use of fresh water resource.

- [Environment Day](#)

The day raises awareness about the environmental issues like global warming, marine pollution, human over-population, protection of wildlife, and sustainable consumption. It

3. Awareness Campaign

An Awareness Campaign was initiated by *National Service Scheme (NSS)* unit of CUHP in the year of 2019 with the theme of "*Swachhta Hi Sewa*". Approx **80** students participated in the campaign to increase enthusiasm and support, stimulate self-mobilization and action, and to mobilize local knowledge and resources.

4. International Yoga Day



Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal Pradesh-176215



An Awareness program on **International Yoga Day** was initiated by CUHP in the year of 2019, where approx **200** students participated in the campaign to highlight the importance of Yoga and its benefits on our mind and body among the students and locals in the vicinity of the university.

- **International Yoga Day**

Spreading growth, development and peace throughout the world. - Making people aware of physical and mental illnesses and providing solutions through yoga. - It also aims to develop a habit of meditation for peace of mind, self-awareness which is necessary to survive in a stress-free environment.



An Awareness program initiated by CUHP with 200 participants on the occasion of Internal Yoga Day in the year 2019.



Introductory session on Health Benefits of Yoga by CUHP in the year 2019.

5. Wall Panting Campaign



A wall painting campaign was initiated by *Department of Visual Art*, CUHP in the year of 2019, where approx **45** students participated in the campaign which provides creative, intellectual and emotional insights into society at large.

Event Name: Wall Painting Campaign

Department of visual art has done a wall painting campaign with the active corporation of the Dehra Judge Mrs. Sheetal in 2019 for this purpose faculty, students and people of dehra has painted the Wall of Dehra bus stop and make people aware about the importance of nature.



6. Awareness Programme on Substance Abuse

An Awareness Programme on Substance Abuse was initiated by *National Service Scheme (NSS)* unit of CUHP where approx **65** participants joined the session online aimed towards minimizing the abuse of drugs & alcohol encouraging addicts/dependents to access treatment.



Central University of Himachal Pradesh

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Dharamshala, Himachal Pradesh-176215



3/20/2019

Two-day programme on 'substance abuse problem' begins at CUHP



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North

Posted at: Mar 19 2019 6:55PM

Two-day programme on 'substance abuse problem' begins at CUHP

Kangra, Mar 19 (UNI) Two days programme on 'substance abuse problem' organised by National Service Scheme (NSS) was inaugurated at Central University of Himachal Pradesh on Tuesday.

The programme, sponsored by National Institute of Social Defence, Ministry of Social Justice and Empowerment is aimed to make awareness among students about services available for treatment, rehabilitation and prevention of drug abuse through various technical sessions. Dr. Ashish Nag, Assistant Professor and convener of the organising committee told UNI that the programme under the guidance of Vice Chancellor Prof. Kuldeep Chand Agnihotri and Pro Vice Chancellor Prof. HR Sharma was motivated students by their experience regarding the capacity building on substance abuse problem.

Please log in to get detailed story.

More News

Give record of your 5 years: Priyanka

20 Mar 2019 | 12:11 PM
Mirzapur, Mar 20 (UNI) Without taking Prime Minister Narendra Modi's name, Congress General Secretary Priyanka Gandhi Vadra on Tuesday said that one should stop asking for their record of past 60-70 years and provide their own.



I will not contest LS polls: Mayawati

20 Mar 2019 | 1:44 PM
Lucknow, Mar 20 (UNI) Allaying the all speculations, Bahujan Samaj Party (BSP) chief Mayawati on Wednesday announced that she would not contest in the Lok Sabha polls, which is slated to be held between April 11 and May 19.

Life comes to grinding halt in Kashmir due to strike against 'custodial killing'

20 Mar 2019 | 1:10 PM
Srinagar, Mar 20 (UNI) Life came to a grinding halt on Wednesday in Kashmir valley due to a strike called by separatists against the death of principal of a private school Riazwan Asad Pandit in police custody on Tuesday.

Curfew-like restrictions in SeK, Srinagar

20 Mar 2019 | 1:19 PM
Srinagar, Mar 20 (UNI) Curfew-like restrictions were imposed on Wednesday morning as a precautionary measure in the downtown and Shehar-e-Khas (SeK) Srinagar following a strike called by separatists against the death of a private school principal in police custody on Tuesday.

3/20/2019

Two-day programme on 'substance abuse problem' begins at CUHP

Two killed in road accident on Agra-Lucknow Expressway

20 Mar 2019 | 1:08 PM
Unnao, Mar 20 (UNI) Two people were killed and as many injured, when a car collided with the divider on Agra-Lucknow Expressway under Bangarua police station, here.



Wednesday, Mar 20 2019 | Time 14:53 Hrs (IST)

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<http://www.uninews.com/two-day-programme-on-substance-abuse-problem-begins-at-cuhp/north/news/1534255.html#XJEMYk1ZNMhM.whatsapp>

1/2

<http://www.uninews.com/two-day-programme-on-substance-abuse-problem-begins-at-cuhp/north/news/1534255.html#XJEMYk1ZNMhM.whatsapp>

2/2

7. NO Plastic Day Rally

An Awareness rally on No plastic day was initiated by *National Service Scheme (NSS)* unit of CUHP where approx **167 participated** in the session online aimed to raise awareness about the issues of plastic pollution and its harmful impact on the natural environment.

In 2019-2020, the National Service Scheme (NSS) unit of the Central University of Himachal Pradesh (CUHP) initiated an awareness rally on "No Plastic Day" to promote environmental sustainability and reduce the usage of single-use plastics.

The rally was organized on 3rd July 2019, and was attended by a large number of students, faculty members, and staff of CUHP. The participants carried placards with messages such as "Say No to Plastic," "Save Our Planet," and "Reduce, Reuse, Recycle," to create awareness about the harmful effects of plastic on the environment and human health. The rally started from the university campus and covered various locations in the city, including markets, public places, and residential areas. The participants interacted with the public and distributed pamphlets to educate them about the importance of reducing plastic usage and adopting eco-friendly alternatives.



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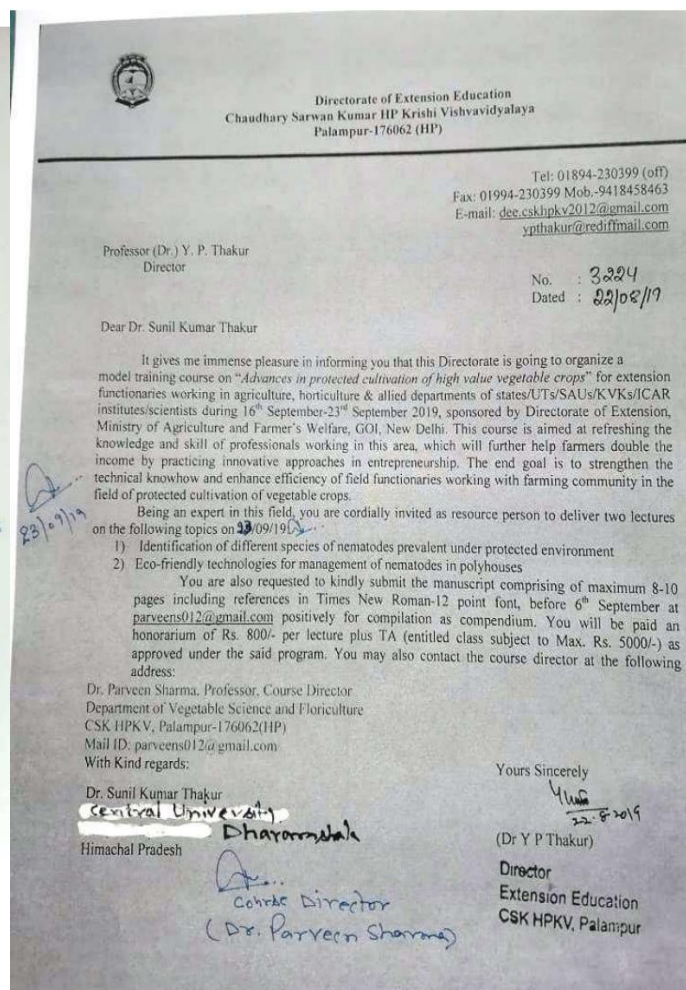
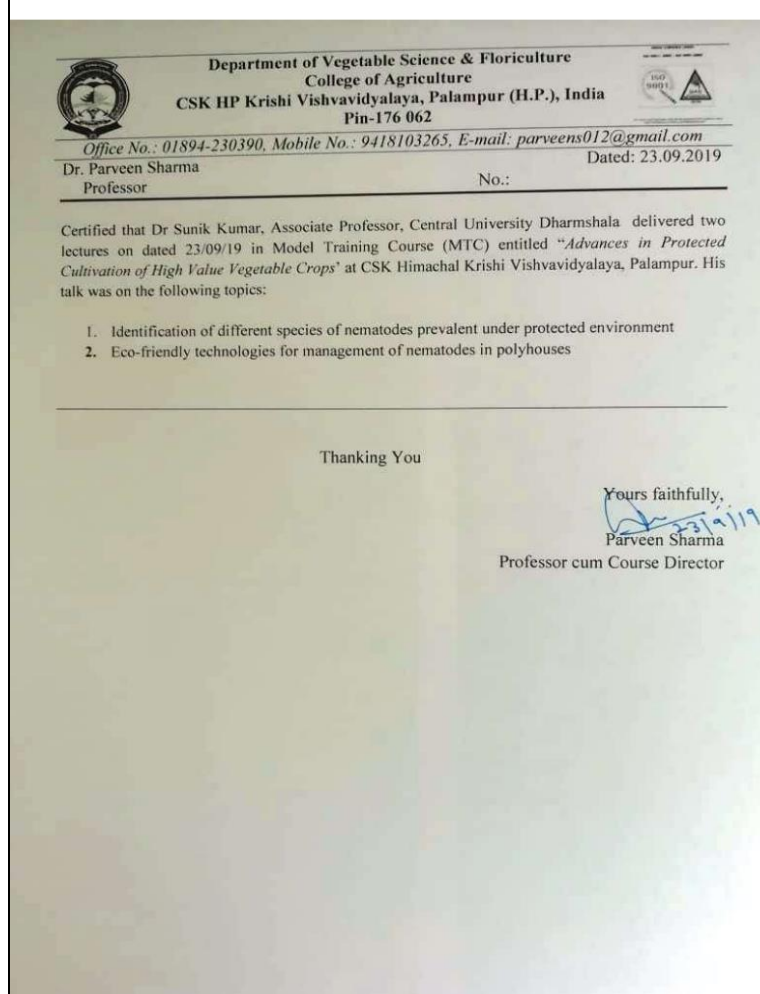


The NSS unit also organized a talk on "Plastic Pollution and its Impacts" by an environmental expert to further raise awareness among the participants about the issue.

Overall, the awareness rally on No Plastic Day by the NSS unit of CUHP was a great initiative that contributed to creating awareness about the hazards of plastic pollution and promoting sustainable practices among the public.

8. Invited Lectures on Advances in Protected cultivation of High Value Vegetable Crops

An Invited Lectures on Advances in Protected cultivation of High Value Vegetable Crops was presented by one of the professor of CUHP, where approx **33 participated** in the session online aimed to raise awareness about High Value Vegetable Crops among students.





9. Invited Talk on the Impact of Pesticides on the Environment, Agricultural Crops, and their Management

An Invited Talk on the Impact of Pesticides on the Environment, Agricultural Crops, and their Management was presented by one of the professor of CUHP, where approx **23 participants** joined the session online aimed to raise awareness about the Impact of Pesticides on the Environment, Agricultural Crops, and their Management.



GOVERNMENT COLLEGE OF TEACHER EDUCATION

DHARAMSHALA, DISTRICT KANGRA (H.P.) 176215

(NAAC Re-Accredited 'B' Grade)

(Estd. 1956)

Tel: 01892-223140 (Off.) | Fax: 01892-222575 | Email: gctedharamshala-hp@nic.in | Web: www.gcte.in

Ref: _____


Date: 15/02/2020

TO WHOM IT MAY CONCERN

This is to certify that **Dr. Sunil Thakur**, Associate Professor & Director, Cbb, Central University, Shahpur, District Kangra, H.P. delivered two lectures as resource person on topics "*Impact of Pesticides on Environment*" and "*Insect, Mite and nematode Pests of Agricultural Crops and their Management*" on dated **11th December, 2019** during the In-Service Teachers Training Programme (Capacity Building) for newly appointed/promoted/regular PGT's/Lecture's (Biology) School Cadre of six districts of H.P. w.e.f. 9th December, 2019 to 14th December, 2019 (One Week) organized by GCTE Dharamshala as a nodal agency of Department of Higher Education, Govt. of Himachal Pradesh under the Training and Development Policy of Department of Education, 2012, Govt. of H.P.

The total 23 participants were present in this training programme.


(Reenu Chaudhary)
Programme Coordinator


Principal
Govt. College of Teacher Education
Dharamshala (Kangra) H.P. 176215
प्राचार्य
राजकीय अध्यापक शिक्षा महाविद्यालय
धर्मशाला जिला कांगड़ा (हि0प्र0)

10. Academic Resources: Library Resources



An Invited Talk on Academic Resources: Library Resources was presented by Dr. Dimple Patel Department of Lib. & IT, CUHP, where approx **74 participants** joined the session online aimed to raise awareness about the essentials of academic research and learning.

11. Invited lecture on “APA Reference Style and Penalties in case of plagiarism in the submission of Thesis and Dissertations”

An Invited lecture on “APA Reference Style and Penalties in case of plagiarism in the submission of Thesis and Dissertations” was presented by Dr. Pawan Kumar Saini, Department of Lib. & IT, CUHP, where approx **71 participated** in the session. The lecture was likely aimed at students and scholars who are in the process of writing their theses or dissertations and need to be familiar with the proper use of the APA referencing style and the potential consequences of plagiarism.

During the lecture, Dr. Saini probably discussed the basics of the APA referencing style, including how to format in-text citations and reference lists correctly. He may have also covered some common mistakes that students make when using APA style, as well as strategies for avoiding these mistakes.

In addition to discussing the technical aspects of APA style, Dr. Saini likely emphasized the importance of avoiding plagiarism in academic writing. He probably explained what constitutes plagiarism, how it can be detected, and the potential consequences of engaging in academic dishonesty. This information is likely to be particularly relevant for students who are working on long-term research projects, such as theses or dissertations, which require a high degree of originality and scholarship.

Overall, the lecture by Dr. Pawan Kumar Saini on "APA Reference Style and Penalties in case of plagiarism in the submission of Thesis and Dissertations" is likely to have been a valuable resource for students and scholars at CUHP who are in the process of writing their academic work. By providing guidance on the proper use of APA style and the importance of academic integrity, Dr. Saini may have helped to ensure that students are able to produce high-quality research that meets the standards of their academic community.

12. Invited lecture on “Dr. Y. S. Parmar ka



Vyaktitv” based on my observations as a translator of Som P. Ranchan’s Shirgul Parmar: A Modern Folk Ballad into Hindi as Shirgul Parmar: Ek Aadhunik Lokgatha

An Invited lecture on “*Dr. Y. S. Parmar ka Vyaktitv*” based on my observations as a translator of Som P. Ranchan’s *Shirgul Parmar: A Modern Folk Ballad into Hindi as Shirgul Parmar: Ek Aadhunik Lokgatha* was presented by *Professor Roshan Lal Sharma*, Dept. of English, and CUHP. The programme was organized by Language, Art and Culture Academy, Shimla at Peterhoff on the occasion of *Parmar Jayanti*, where approx **65 participated** in the session.

The invited lecture given by Professor Roshan Lal Sharma on “*Dr. Y. S. Parmar ka Vyaktitv*” was a remarkable tribute to the life and achievements of the legendary leader. Professor Sharma’s lecture was based on his personal experiences as a translator of Som P. Ranchan’s “*Shirgul Parmar: A Modern Folk Ballad*” into Hindi as “*Shirgul Parmar: Ek Aadhunik Lokgatha*”.

During his lecture, Professor Sharma shed light on the various facets of Dr. Y. S. Parmar’s personality and his contributions towards the development of Himachal Pradesh. He emphasized Dr. Parmar’s unwavering dedication towards the upliftment of the state and its people, and how he overcame various challenges to achieve his goals.

Furthermore, Professor Sharma’s experience as a translator allowed him to provide a unique perspective on the significance of Dr. Parmar’s life and work. He highlighted the importance of preserving and promoting the folk literature of Himachal Pradesh, and how Dr. Parmar’s life and work inspired the creation of the modern folk ballad “*Shirgul Parmar*”.

Overall, Professor Roshan Lal Sharma’s lecture was a fitting tribute to the life and legacy of Dr. Y. S. Parmar. It showcased the enduring influence of Dr. Parmar’s ideas and values, and how they continue to inspire generations of people in Himachal Pradesh and beyond.

13. Two invited lectures on i) “Literary Criticism—I (S. Coleridge) and ii) Literary Criticism—II (John Dryden)

An Invited lecture on Two invited lectures on i) “*Literary Criticism—I (S. Coleridge)* and ii) *Literary Criticism—II (John Dryden)*” was presented by Professor Roshan Lal Sharma, Dept. of



English, CUHP. The programme was organized by the Dept of English, Govt. PG College; Bilaspur (HP) where approx **43 participants** joined the session.

In the year 2019-2020, the Department of English at Govt. PG College in Bilaspur (HP) organized two invited lectures on Literary Criticism. The lectures were delivered by Professor Roshan Lal Sharma, who is a renowned scholar in the field of English literature and teaches at the Central University of Himachal Pradesh.

The first lecture was titled "Literary Criticism—I (S. Coleridge)" and focused on the works and theories of Samuel Taylor Coleridge. Professor Sharma discussed Coleridge's influential ideas on poetry, imagination, and literary criticism, as well as his role in the development of the Romantic Movement in English literature. The lecture was well-attended by students, scholars, and faculty members, who engaged in a lively discussion on Coleridge's legacy and relevance in contemporary literary studies.

The second lecture, titled "Literary Criticism—II (John Dryden)," examined the contributions of the seventeenth-century English poet and critic, John Dryden. Professor Sharma discussed Dryden's influential ideas on literary genre, language, and style, and highlighted his role in shaping the literary canon of the English Restoration period. The lecture was again well-attended, with participants engaging in a stimulating discussion on Dryden's critical principles and their continuing relevance in literary studies.

14. Lecture on “How to Prevent Drug Abuse as Responsible NSS Volunteers”

A one day Workshop on 12 September, 2019 exhibiting theme on *Drug Abuse Prevention* was organized by NSS Wing of CUHP, Dharamshala in collaboration with National Institute of Social Defense (NISD) and National Action Plan for Drug Demand Reduction (NAPDD), with the technical session on “How to Prevent Drug Abuse as Responsible NSS Volunteers” was presented by Professor Roshan Lal Sharma, Dept. of English, CUHP, where approx **65 participants** joined the session. The lecture focused on the role of National Service Scheme (NSS) volunteers in preventing drug abuse among youth.

Professor Sharma highlighted the alarming rate of drug abuse in the country, particularly among young people. He emphasized that the NSS volunteers can play a crucial role in preventing drug abuse by creating awareness among their peers and community members. He discussed various



strategies that NSS volunteers can adopt to prevent drug abuse, including organizing awareness camps, conducting seminars, and distributing informative materials. He also emphasized the need for NSS volunteers to work in collaboration with government agencies, NGOs, and community leaders to address the issue of drug abuse effectively.

The lecture was attended by a large number of students and faculty members from different departments of the university. It was followed by a question-and-answer session where participants asked several questions related to drug abuse prevention.

Overall, the lecture was an informative and inspiring session that highlighted the importance of NSS volunteers in preventing drug abuse among young people. It provided valuable insights and practical strategies that NSS volunteers can adopt to create a drug-free society.

15. Polio Monitoring Programme

A Polio Monitoring Programme was initiated by *CUHP* in collaboration with *World Health Organization SNID* in the year of 2019. Approx **15** students performed the street play to raise awareness on the current issues faced by women in the society. It aimed to immunize children through improved social mobilization, plan mop-up operations in areas where poliovirus has almost disappeared and maintain high level of morale among the public.

16. Sustainable Development and Management of Ground water Resources

Sustainable Development and Management of Ground water Resources programme was initiated by Central Ground Water Board, Northern Himalayan Region, Department of Water Resources, GR & RD, MoJS, and CUHP Dharamshala in the year of 2019. Approx **30 Master's** students participated on the programme.

The program aimed to promote sustainable use of groundwater resources in the region while ensuring their efficient management.

The program focused on addressing the challenges related to groundwater depletion and contamination in the region. It aimed to create awareness among the stakeholders and the public about the importance of sustainable management of groundwater resources and the need to conserve them for future generations.

The program implemented various measures such as rainwater harvesting, artificial recharge, and groundwater monitoring to mitigate the adverse effects of over-exploitation of groundwater resources. The program also provided training and technical support to farmers to encourage the adoption of sustainable agriculture practices, including crop diversification, efficient irrigation,



and the use of organic farming techniques. The program has shown significant success in creating awareness and promoting sustainable groundwater management practices in the Northern Himalayan Region. It has also helped in reducing groundwater depletion and contamination in the region, resulting in improved groundwater quality and increased availability of groundwater resources for various purposes.

In conclusion, the Sustainable Development and Management of Groundwater Resources program has played a critical role in promoting sustainable use and management of groundwater resources in the Northern Himalayan Region. The program's success highlights the need for similar initiatives to address the growing concerns of groundwater depletion and contamination in other parts of the country.

17. Drug De-Addiction Programme

A Drug De-Addiction Programme was initiated by *CUHP* in collaboration with *NADA Foundation* in the year of 2019. Approx **21** students performed the street play to raise awareness on the current issues faced by women in the society. The aim of the programme was to help individuals struggling with drug addiction to overcome their addiction and lead a healthy and productive life.

The programme was designed to provide a comprehensive and holistic approach to drug de-addiction, including medical, psychological, and social interventions. It consisted of various components such as individual and group counseling sessions, motivational interviewing, cognitive-behavioral therapy, medication-assisted treatment, and support group meetings.

The programme was open to anyone struggling with drug addiction, and participants were provided with free and confidential services. The programme also focused on creating awareness and reducing the stigma surrounding drug addiction by conducting various community outreach programs. Since its inception, the Drug De-Addiction Programme has helped numerous individuals to overcome their addiction and lead a drug-free life. The programme has been successful in creating a positive impact on the lives of the individuals and the community as a whole. Overall, the Drug De-Addiction Programme initiated by *CUHP* in collaboration with *NADA Foundation* is a commendable initiative that aims to address the growing issue of drug addiction in society.

18. Kisanvani

A Live Phone In based Programme “*Kisanvani*” which is scheduled on 27-07-2020 was initiated



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by AIR Dharamshala in the year of 2019. The topic for the interview was “Integrated pest management”, delivered by *Dr. Sunil Thakur*. AIR Dharamshala initiated a live phone-in program called "Kisanvani" in 2019. The program aims to educate and inform farmers about various agricultural practices and technologies. On 27th July 2020, the program covered the topic of "Integrated Pest Management", which was delivered by Dr. Sunil Thakur.



प्रसार भारती / PRASAR BHARTI

(भारत का लोक सेवा प्रसारक) / (INDIA'S PUBLIC SERVICE BROADCASTER)

आकाशवाणी धर्मशाला हि० प्र० / ALL INDIA RADIO DHARAMSHALA

दूरभाष नंबर :- 01892-223293 / ई. मेल:- hopaardshala@gmail.com

No. DSL-1(7) Kisanvani/2020-21/P-2-1

Dated: 24/07/2020

Dr. Sunil Thakur

Head of Department of Animal Sciences and School of Life Sciences ,
Central University Himachal Pradesh ,
Camp -Dharamshala

Subject- Request to visit AIR Dharamshala to participate in a live phone in Programme on 27th July 2020

Sir,

This is to inform you that you have to participate in a Live Phone In based Programme “Kisanvani ” which is scheduled on 27-07-2020 at 06:30 PM to 7.00 PM and 7:10 PM to 7:40 PM and which is to be broadcast from this station .

The topic for the interview will be “एकीकृत कीट प्रबंधन (Integrated pest management) ”

You are, therefore, requested to kindly make it convenient to be present on the above mentioned date and time.

Thanking you,

Yours Faithfully,

(GARINDER C. THAKUR)
PROGRAMME HEAD

During the program, Dr. Thakur explained the concept of integrated pest management (IPM) and its importance in modern agriculture. He emphasized the need for reducing the use of chemical pesticides and adopting eco-friendly and sustainable methods to control pests and diseases in crops.

Dr. Thakur also discussed various techniques and approaches involved in IPM, including cultural



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practices, biological control, and chemical control. He explained how these methods could be used in combination to achieve better results and minimize the risks associated with chemical pesticides. The program received an overwhelming response from the farming community, with many farmers calling in to ask questions and seek advice from Dr. Thakur. The participants appreciated the efforts of AIR Dharamshala in providing them with valuable information and knowledge that could help them improve their agricultural practices.

In conclusion, the live phone-in program "Kisanvani" initiated by AIR Dharamshala in 2019 has been successful in reaching out to the farming community and educating them about various agricultural practices and technologies.



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दूरभाष नंबर :- 01892-223293 / ई.मेल:- hopairdhshala@gmail.com

No. DSL-1(7) Kisanvani/2020-21/P-2-1 Dated: 24/07/2020

Dr. Smit Thakur
Head of Department of Animal Sciences and School of Life Sciences,
Central University Himachal Pradesh,
Camp-Dharamshala

Subject-Request to visit AIR Dharamshala to participate in a live phone in Programme on
27th July 2020

Sir,

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You are, therefore, requested to kindly make it convenient to be present on the above mentioned date and time.

Thanking you,

Yours Faithfully,

(GARINDER C. THAKUR)
PROGRAMME HEAD

19. World Tourism Day Week

A *World Tourism Day Week* was celebrated by CUHP the year of 2019. In 2019, the Central University of Himachal Pradesh (CUHP) celebrated World Tourism Day Week with great enthusiasm and zeal. The event took place from September 23 to September 28, 2019, and was aimed at promoting the importance of tourism and its contribution to the economy.



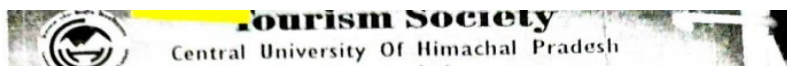
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The theme of World Tourism Day Week 2019 was "Tourism and Jobs: A Better Future for All". The event was organized by the Department of Tourism and Hospitality Management of CUHP, in collaboration with the Ministry of Tourism, Government of India.



OUR PATRONS
Vice Chancellor
Prof. Kuldip Chand Agnihotri
President
Dr. Suman Sharma
Dean, School of Tourism, Travel & Hospitality

**WORLD
TOURISM
DAY 2020**

Organizing Members
Dr. Ashish Nag
Dr. S. Sundararaman

PROGRAMME

27th September, 2020

**Inaugural Function
(10.00 AM)**

**Tree Plantation in the University Campus
(10.30 AM)**

**Tree Plantation by the students in their respective villages
(10.30 AM onwards)**

**Online Quiz competition
(12.00 PM)**

**Documentary Video Making Competition
(12.30 PM)**

**Online Webinar (Environment & animal rights awareness)
[SOTTHM, NSS-CUHP & Vegan Outreach NGO]
(3.00 pm)**

**Valedictory Session & Online Certificate Distribution
(5.00 PM)**



**World Tourism Day 2020
GOOD-PLANET-HEALTH**
of Tourism, Travel & Hospitality Manager,
Central University of Himachal Pradesh and
Central University of Himachal Pradesh
organizing a webinar with Vegan Outreach
September 2020 (Sunday) | 03:00 - 04:30 PM



Dr. Kuldip Agnihotri
Dean, SOTTHM
Dr. Suman Sharma
Dean, SOTTHM
Dr. Ashish Nag
Program officer,
NSS, CUHP
Jaydeep Singh J
Outreach
Coordinator
Vegan Outreach
(Speaker)

OF THE EVENT
Dr. Debasish Sahoo
Convener
World Tourism Day 2020

Dr. Ankit Sharma
Dr. Debasish Sahoo
Dr. S. Sundararaman

Time	Activity
10.00 AM	Inaugural Function (10.00 AM)
10.30 AM	Tree Plantation in the University Campus (10.30 AM)
10.30 AM	Tree Plantation by the students in their respective villages (10.30 AM onwards)
12.00 PM	Online Quiz competition (12.00 PM)
12.30 PM	Documentary Video Making Competition (12.30 PM)
3.00 PM	Online Webinar (Environment & animal rights awareness) [SOTTHM, NSS-CUHP & Vegan Outreach NGO] (3.00 pm)
5.00 PM	Valedictory Session & Online Certificate Distribution (5.00 PM)

Students of the University to kindly be online on the day to enable us to start the program on time.



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The week-long celebration began with an inauguration ceremony, which was attended by the Vice-Chancellor of CUHP, Dr. Kuldeep Agnihotri, and other dignitaries. The event saw the participation of students, faculty members, and industry professionals. During the week, various activities were organized to raise awareness about the importance of tourism. These included seminars, workshops, cultural programs, and competitions. The seminars and workshops focused on topics such as sustainable tourism, responsible tourism, and the role of tourism in economic development. The cultural programs showcased the diverse culture and heritage of Himachal Pradesh, with performances by local artists and musicians. The competitions included a photography competition, a quiz competition, and a culinary competition, where participants were judged on their cooking skills.

The event also saw the participation of representatives from the tourism industry, who shared their insights and experiences with the students. This provided an opportunity for the students to learn

about the latest trends and developments in the tourism industry. Overall, World Tourism Day Week 2019 was a great success, with the active participation of students, faculty members, and industry professionals. The event helped to create awareness about the importance of tourism and its potential to generate employment and contribute to the economic development of the country.



Innovation in Crop Improvement under changing Climatic Conditions

International Webinar
"Innovation in Crop Improvement Under Changing Climatic Conditions"
SCHOOL OF LIFE SCIENCES
CENTRAL UNIVERSITY OF HIMACHAL PRADESH

Patron : Prof. Kuldeep Chand Agnihotri
 (Hon. Vice-Chancellor)

Executive Committee
 : Dr. Sunil Kumar
 (Head of the Department, Department of Animal Sciences)
 : Dr. Mahesh Kulkarni
 (Director, Centre for Computational Biology and Bioinformatics)

Organizing Committee
Convener : Prof. Pardeep Kumar
 (Dean, School of Life Sciences)
Co-convener : Dr. Divya V. Nair

Members :
 : Dr. Rishi Thakur
 : Dr. Munish Sharma
 : Dr. Ashan Chaudhary
 : Dr. Shailender Kumar Verma
 : Dr. Vikram Singh
 : Dr. Ranjith Kumar
 : Dr. Rakesh Kumar
 : Dr. Tarkeshwar

Session I - 28/05/2020, 2pm - 3pm
Prof. Kalambert Siddique
 (Associate Professor of Agriculture Chair and Director,
 University of Western Australia, Australia)

Topic - "Innovations in crop improvement for climate change for dry land agriculture"

Session II - 28/05/2020, 3pm - 4pm
Dr. Salej Sood
 (Scientist Sr. Scale, ICAR Potato Research Institute, Shimla)

Topic - "Genetic Selection and Prediction"

Session III - 28/05/2020, 4pm - 5pm
Prof. Hong Zhang
 (Department of Biological Sciences, Texas Tech University, USA)

Topic - "More Plants More Options for Improving Crops"

For Registration Click the Link: https://docs.google.com/forms/d/1WbYdJwL1G0ZbQZkxHtPzUzWlWbWdTLk_AmCz00/edit
 Contact : Dr. Divya V. Nair | divyanair@centralup.ac.in

T.V talk on DDKisan "Sabjion mein grafting technique

Under the Public Awareness Programme Scheme, following events entitled as "Innovation in Crop Improvement under changing Climatic Conditions", "T.V talk on DDKisan Sabjion mein grafting technique", "Nematode problem in fruits and vegetables nurseries", "A radio talk on Ekikrit keet prabandhan" and "A radio talk on Gobhi wargiye sabzion main lagne wale keet aur unka prabandhan" was occurred, where number of students have participated.



- TV Talk on DD Kisan 'Sabjion mein grafting technique' by Prof. Pardeep Kumar, Head, Department of Plant Science on 16-11-2020 organized by DD Kisan-New Delhi to make aware the farmers/vegetable growers about the different techniques used for increasing vegetable production.



Nematode problem in fruits and vegetables nurseries

Awareness of peoples for apiculture through scientific Methods. Number of villagers and faculties are present there.

A radio talk on Ekikrit keet prabandhan

A public awareness programme was started through radio talk to make many people aware. People show their interest in this programme.

A radio talk on Gobhi wargiye sabzion main lagne wale keet aur unka prabandhan

CUHP organized radio talk on Gobhi wargiye sabzion main lagne wale keet aur unka prabandhan. This talk helps to improve crop and vegetable yield .

Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh

A presentation on the anticarcinogenic impact of several medicinal plants against ovarian cancer was given by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science,



Central University of Himachal Pradesh. Students are interested in this subject and ask various questions about it.

Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh

Dr. Ranjit Kumar delivered the lecture on the topic of the hypoglycemic and hepatoprotective effects of selected medicinal plants against diabetes. Faculty members and students attend the lecture.

Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh

Dr. Ranjit Kumar delivered lecture on literature review. They talk about the role of the literature review in a thesis or dissertation.

Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh

In this lecture, Dr. Ranjit Kumar talks about **the application** of advanced separation techniques in research. In this lecture, students learn about different applications used in research. This lecture is very interesting and helpful for students in the research.

Invited Lectures delivered by Dr. Rakesh Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh

In this lecture, many students participated and showed their interest in learning about the role of fisheries in rural areas.

Cleanliness drive

Number of students and faculty participated in this Cleanliness programme.





Unnat bharat abhiyan

In Unnat bharat abhiyan students get the opportunity to interact with rural people.





Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal

Pradesh-176215



Plantation Drive



Skill Training Programme



धर्मशाला : सी.यू.एच.पी. धर्मशाला कैंपस में पोलियो निवारण निगरानी प्रशिक्षण के उपरान्त सामाजिक कार्य विभाग के विद्यार्थी व प्रोफेसर सामूहिक चित्र में। इस प्रशिक्षण में 20 विद्यार्थियों ने भाग लिया, जिनमें से 14 विद्यार्थी विभिन्न जिलों में 19 जनवरी से शुरू हो रहे पल्स पोलियो अभियान को मॉनीटर करेंगे।

(निमित्त)

ESBS Students Exchange Programme





Pradesh-176215

Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal



Donations to Prime Minister National Disaster Fund for Covid Pandemic



Invited Talk on Contract Farming by Prof. Pradeep Kumar, School of Life Sciences

Prof. Pradeep Kumar, School of Life Sciences organized an invited talk on contract farming. Number of students and faculty members join this Programme and also this talk was very helpful. People show there interest in this Programme.



Invited Lecture by Sunil Thakur, Associate Professor Department of Plant Sciences in Skill Development Training "Nursery Workers" on the Topic Nematode Problems in Fruits and Vegetable Nursery

Dr. Sunil Thakur, Associate Professor Department of Plant sciences, Central University, Shahpur, District Kangra, H.P. delivered lecture as resource person on topic "Nematode problems in fruit



and vegetable nursery and also their management. The total 23 participants were present in this training Programme.

Talk on Micro plastics in our food: Human health effect and future threat!”

Invited Talk by Dr. Subhankar Chatterjee, Assistant Professor, School of Earth & Environmental Sciences, and CUHP on micro plastics in our food: Human health effect and future threat was organized.

The number of participants and faculties were present there and show their interest in this.

Invited Talk Organized by Roshan Lal Sharma, Dept. Of English, CUHP

Two invited lectures on “Creative and Critical Dimensions of Effective Communication” during AICTE Approved Two-week Faculty Development Programme on “Life Skill Development by Professor Roshan Lal Sharma, Dept. Of English, CUHP. People Shows their interest in this Programme and also these lectures were very interesting & helpful.

Unnat Bharat Abhiyan



Environment exposure assessment

Invited Lectures delivered by Dr. Ranjit Kumar, Assistant Professor, Department of Animal Science, Central University of Himachal Pradesh. Number of students and faculties were attend this lecture, listen carefully and show more interest in this lecture (environmental exposure assessment).

Special activity: Leave No One behind! A Journey of a Practicing Professional...

“Leave no one behind” is the motto of the Sustainable Development Goals. It is also the guiding principle for our work towards an inclusive society. ...is a global and comprehensive framework of action for development and against poverty, inequality and climate change.

Special activity: Practical Interventions for Social Development: Role of socio-animators

Special activity : To know about the role of socio – animator that is the socio animator works with people to support them through difficult times and ensure that vulnerable people, including



children and adults are safeguarded from harm. Due this peoples were learn how to live on various social channels.

Special activity : Adoption in India: Prospects for social work Practitioners

In this activity social workers are professionals who aim to enhance overall well being and help meet basic and complex needs of communities and people. The prospect for social work practitioners for developing policies and programmes.

Special activity : A social work Practitioner' Journey in Institution Building

Special activity on Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people organised by the CUHP. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work.

Special activity : Working for sustainable livelihood by Grassroots NGO's : Reflections from the field

Special activity by grassroots groups can develop new solutions for existing problems and make use of both local governments and citizens for this. In both resource-rich and resource-poor contexts, grassroots organizations can develop an alternative neighbourhood-based voice that challenges prejudice and the discrimination of the poor.

Special activity : Role of Youth in building Self-Reliant Bharat

Students at the Central University of HP play an important role for youth in building a self-reliant India. They also visit schools and colleges to make students aware.

Special activity : Role of ORMAS in Livelihood Promotion & marketing of rural products

Special activity on role of ORMAS in Livelihood Promotion & marketing of rural products conducted by the CUHP.

Special activity : Preventing & managing disasters : community intervention strategies in national & international perspectives

Special activity conducting by CUHP to aware the students Preventing & managing disasters by conducting several mockdrill.

Special activity : Community Participation & Engagement in conservation of Forests & Wildlife

Special activity conducted to encourage students to give their participation more and more in the conservation of Forests & Wildlife.



Special activity : Social Impact Assessment: For infra structure Development Projects

Central university of himachal Pradesh organized seminar on social impact assessment. Students and faculty member participated this programme.

Seven days training Programme on “Bee keeping for farmers of Kangra district” Coordinated by CUHP



Public Awareness Programme

Delivered a lecture in five days refresher course on “Bee breeding” under managed pollination component of HPHDP for farmers of Hamirpur district.”

VENUE: CDHF Neri Hamirpur

COORDINATOR: Dr. VK Rana

CO-COORDINATOR: Dr Harish Sharma/ Dr Vishav Gaurav Chandel

Tree Plantation





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International yoga day

On the occasion of international yoga day many students and faculty members have participated



Awareness program

Public Awareness Programme (Prepared Own Hand Sanitizer)

During Corona Pandemic, Department prepared its own hand sanitizer for whole stakeholder of the university, 2021.



Covid Awareness Drive

The Department of Social work organized a covid 19 awareness drive the student aware the Anganwadi workers near the village because if we aware the Anganwadi workers they aware the community people. The student undertook WHO training in 2021. In the training they also aware the community people related to covid-19 pandemic. In this they told them how to wear masks properly, which type mask you use and how to make handmade cloth masks. The students also distribute the mask in the community. The social work students make and distribute masks to community people at an individual level, and teach them how to make masks at their own home. In covid pandemic the students at their own level aware the community people for covid19 vaccination. they told in community the vaccination was very important if they are vaccinated, they



will be safe. After that the social worker student recently went to Anganwadi centers and learned about his vaccination experience from the Anganwadi worker. They said in the first dose they had little fever and body pains but in the second dose nothing happened to them.

Awareness Drive on COTPA

The students of CUHP have participated in State level media consultation on COTPA.



Students participated in State level Media Consultation on COTPA at Dharamshala on dated 17-11-2021





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Mask task under COVID awareness drive



National Quiz Competition to promote Human Value and celebrate Gandhi Jayanti

On the occasion of Gandhi Jayanti, the Central University of Himachal Pradesh conducted a quiz competition. Students from all the departments participated in this competition. All students try to give the answer to each and every question. Overall, this was very interesting programme.

Invited talk in 5 -Day refresher Course on Bee -breeding by Dr. Sunil Thakur, Department Of Life Sciences, CUHP

Dr. Sunil Thakur, Department of Life Sciences, CUHP organized invited talk in 5- Day refresher course on Bee- breeding. This talk was very interesting, number of participants were there to learn bee – breeding. This talk was very helpful and enhance participant's skill towards apiculture.

Yoga camp





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National Constitution Day

National constitution Day also known as ‘Samvidhan Divas’ was celebrated in Central University of Himachal Pradesh, Shahpur on 26 November . On this day University organized Constitution-related activities ,Run for equality and Special Parliamentary session.

Role of Youth, Police & Communities in Disasters and Forest Fire Management

Three Days Online Capacity Building Programme on the Role of Youth, Police & Communities Disasters and Forest Fire Management in collaboration was organized by university. Due to this Programme youth and police learn how to manage disasters and Forest Fire by knowing the disaster reduction steps (i.e. Preparedness, prevention and mitigation, reconstruction, rehabilitation, relief).

Fresher’s Party 2021

When new session was start all the department students (seniors) of university organized welcome party to their Junior Batch students. All the Faculty members were invited to give their presence in this party.

Capacity Building and Personality Development sponsored by National Commission for Women for UG & PG Girls Students

Capacity building and personality Development sponsored by national commission for women of UG & PG girls students. The women’s/girls students of UG & PG attend this Programme and learn about simple yet crucial tips over how you can acquire a well-meaning personality.

Capacity Building and Personality Development sponsored by National Commission for Women for UG & PG Girls Students

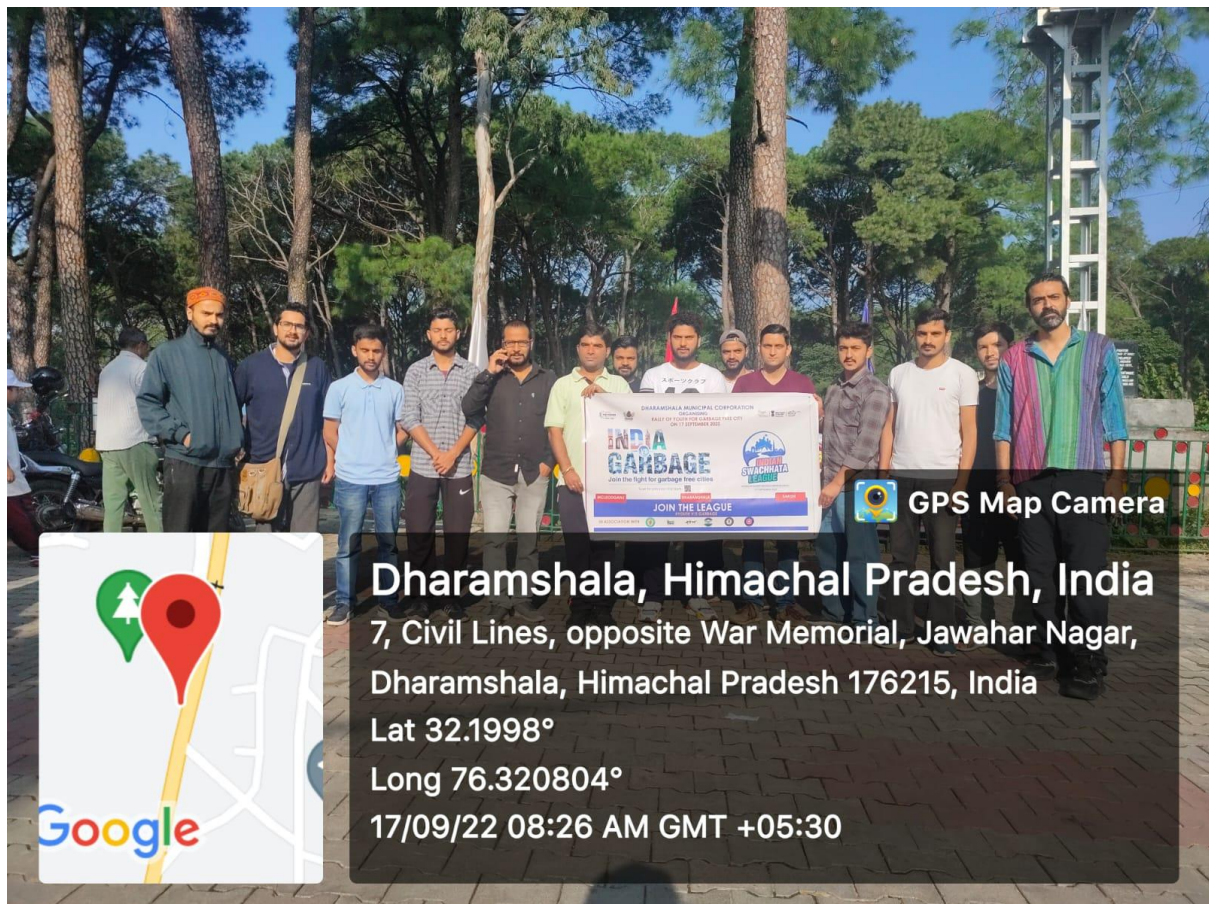
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Capacity Building and Personality Development sponsored by National Commission for Women for UG & PG Girls Students

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आज दिनांक 17-09-2022 को नगर निगम धर्मशाला द्वारा स्वच्छ भारत मिशन के अंतर्गत "इंडियन स्वच्छता लीग" का आयोजन शहीद स्मारक में किया गया। जिसमें हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के "राष्ट्रीय सेवा योजना" के अंतर्गत विधार्थी वर्ग ने भी बढ़-चढ़ कर भाग लिया। इस उपलक्ष्य पर हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय की टीम का नेतृत्व डॉ जगदीश कुमार ने किया और सभी ने देशव्यापी स्वच्छता के इस महायज्ञ में अपनी आहुति डाली।





Dharamshala, Himachal Pradesh, India

7, Civil Lines, opposite War Memorial, Jawahar Nagar,

Dharamshala, Himachal Pradesh 176215, India

Lat 32.1998°

Long 76.320804°

17/09/22 08:26 AM GMT +05:30



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Central University of Himachal Pradesh, Dharamshala



51 दिवसीय योग शिविर एवं अंतरराष्ट्रीय योग दिवस
2021 – रिपोर्ट

**51 Day Yoga Camp and International Yoga Day 2021 –
Report**

आयोजन समिति

प्रो० भागचन्द चौहान, आयोजक

अध्यक्ष, योगधारा क्लब, नोडल अधिकारी, अंतरराष्ट्रीय योग दिवस

डॉ. विवेक शर्मा, संयोजक

सचिव, योगधारा क्लब

- | | |
|--|--|
| ○ डॉ. आशीष नाग, सह-आचार्य | ○ श्री हरनाम चम्बयाल, समाजसेवी |
| ○ डॉ. योगेश गुप्ता, सहायकाचार्य | ○ डॉ. संजय कुमार सहायकनिदेशक (रा.भा.) |
| ○ डॉ. प्रिया शर्मा, सहायकाचार्य | ○ एन मुरली, सहायकाचार्य |
| ○ डॉ० चन्द्रदीप सिंह, निदेशक, योग अध्ययन केन्द्र | ○ डॉ. राकेश कुमार शर्मा, महाविद्यालय हमीरपुर सहायकाचार्य |
| ○ डॉ. ओम प्रकाश प्रजापति, सहायकाचार्य | ○ श्री नरेश शर्मा, नेहरू युवा केन्द्र |
| ○ डॉ. पंकज कुमार, सहायकाचार्य | ○ जगबीर चन्देल, शोधार्थी |
| ○ श्री भूमेश कुमार, योगशिक्षक | |

अंतरराष्ट्रीय योग दिवस 2021

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय द्वारा अंतरराष्ट्रीय योग दिवस 2021 के अवसर पर एक महत्वाकांक्षी 51 दिवसीय ऑनलाइन योग शिविर कार्यक्रम का सफलतापूर्वक आयोजन किया गया। 02 मई से प्रारंभ होकर 21 जून, 2021 को योग शिविर का समापन हुआ।

इस योग शिविर में 51 दिनों तक प्रत्येक सुबह 06.00 से 07.00 बजे तक कुल 36 योग प्रशिक्षकों द्वारा ऑनलाइन योग-सत्रों का संचालन किया गया। योग प्रशिक्षकों और अतिथियों का तिथि वार विवरण आने वाले पृष्ठों में विस्तार से प्रस्तुत किया गया है।

इन योग-सत्रों में विश्वविद्यालय के कर्मी, उनके परिवार के सदस्य और देश भर से जागरूक लोगों ने सक्रियता से भागीदारी की। औसत आधार पर कुल लगभग 400 व्यक्तियों ने इन योग-सत्रों का लाभ उठाया।

उल्लेखनीय है कि इस 51 दिवसीय ऑनलाइन योग शिविर का खर्च “शून्य” रहा एवं कुल सात अन्य संस्थाओं के सहयोग से चल रहे इस शिविर में सभी आमंत्रित योग प्रशिक्षकों ने विश्वविद्यालय को निःशुल्क सेवाएं दी हैं।

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के कुलपति के संरक्षण में आयोजित इस 51 दिवसीय ऑनलाइन योग शिविर के आयोजक प्रो. भाग चंद चौहान, नोडल अधिकारी एवं अध्यक्ष योगधारा क्लब और संयोजक डॉ. विवेक शर्मा, सहायक प्रोफेसर, संस्कृत विभाग रहे। इसकी प्रारम्भिक सूचना जो विश्वविद्यालय वेबसाइट पर डाली गई थी उसका लिंक इस प्रकार है –

<http://www.cuhimachal.ac.in/news/2021050519520771.pdf>

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय द्वारा दिनांक 02 मई 2021 से 51 दिवसीय योग शिविर का शुभारम्भ आभासी पटल पर किया गया। वास्तव में विश्वविद्यालय एवं संस्था द्वारा आयोजित किया गया यह एक अनूठा कार्यक्रम रहा है। इस कार्यक्रम का प्रारम्भ शिविर आयोजक प्रोफेसर भागचंद चौहान ने वर्तमान समय में योग के महत्व पर प्रकाश डालते हुए बताया कि इस कोविड महामारी (COVID-19) के दौर में योग करके कैसे हम स्वस्थ रह सकते हैं। कार्यक्रम संरक्षक एवं विश्वविद्यालय के माननीय कुलपति प्रोफेसर रोशन लाल शर्मा ने कहा कि निश्चित रूप से यह एक सकारात्मक पहल है जिससे मानव समुदाय को लाभ मिलेगा। विश्वविद्यालय परिवार इस तरह के आयोजन करता रहा है और आगे भी करता रहेगा।

कार्यक्रम के मुख्य अतिथि योग गुरु प्रोफेसर जी. डी. शर्मा ने कहा कि शरीर को स्वस्थ रखने के लिए योग की अत्यंत आवश्यकता है उन्होंने मानव जीवन को स्वस्थ रखने हेतु महत्वपूर्ण योग विधियों का प्रायोगिक रूप से जीवन्त प्रदर्शन करते हुए प्रत्येक विधि पर गहराई से प्रकाश डाला। सत्र में जिनमें उत्तानमण्डूकासन, भुजंगासन, अर्द्ध-भुजंगासन, नौकासन, गोमुखासन, अनुलोम - विलोम एवं भस्त्रिका प्राणायाम प्रमुख रूप से बतलाये गये। उन्होंने कहा कि ये सभी प्राणायाम हमें प्रतिदिन सुबह सूर्य की दिशा में बैठकर करने चाहिए। मन एवं शरीर की क्षमतानुसार ही योग क्रियाएं करनी चाहिए, जिससे लाभ और आनंद की प्राप्ति हो सकेगी एवं जीवन में उत्साह बना रहेगा। धर्म एवं योग के मार्ग को जीवन में हमेशा अपनाना होगा। सत्र के अन्त में जिज्ञासुओं के प्रश्नों का भी समाधान किया गया। कार्यक्रम का समापन कल्याण मंत्र के साथ सम्पन्न हुआ।

संयोजक डॉ. विवेक शर्मा द्वारा तकनीकी संयोजन भी किया गया। इस अवसर पर विश्वविद्यालय परिवार की ओर से डॉ. सुनील ठाकुर, डॉ. आशीष नाग, डॉ. प्रिया शर्मा, डॉ. योगेश गुप्ता, श्री संजय सिंह एवं अनेक शिक्षक साथी, विद्यार्थी तथा समाज से अनेक लोग

पूर्वक कार्यक्रम के आयोजन का विवरण इस प्रकार है :

51 दिवसीय ऑनलाइन योग शिविर

योग दिवस	दिनांक	योग प्रशिक्षक	प्रार्थना / वंदना	धन्यवाद ज्ञापन
1.	02.05.2021	प्रो० जी० डी० शर्मा	डॉ० प्रिया शर्मा, धर्मशाला	प्रो० भागचन्द चौहान
2.	03.05.2021	श्री भूमेश ठाकुर	श्री भूमेश ठाकुर, देहरा	प्रो० भागचन्द चौहान
3.	04.05.2021	श्री भूमेश ठाकुर	श्रीमती संतोष धीमान, बिलासपुर	प्रो० भागचन्द चौहान
4.	05.05.2021	श्री भूमेश ठाकुर	श्रीमती प्रीती, पंजाब	प्रो० भागचन्द चौहान
5.	06.05.2021	श्री लक्ष्मी दत्त शर्मा	डॉ० प्रिया शर्मा, धर्मशाला	प्रो० भागचन्द चौहान
6.	07.05.2021	श्री लक्ष्मी दत्त शर्मा	श्री जगवीर चन्देल, हमीरपुर	प्रो० भागचन्द चौहान
7.	08.05.2021	श्री श्रीनिवास मूर्ति	श्री अनुराग, ऊना	प्रो० भागचन्द चौहान
8.	09.05.2021	श्री श्रीनिवास मूर्ति	श्री पवन ठाकुर, हमीरपुर	प्रो० भागचन्द चौहान
9.	10.05.2021	श्रीमती अनु गोयल	श्री भूमेश ठाकुर, देहरा	प्रो० भागचन्द चौहान
10.	11.05.2021	श्री राजेश गोयल	डॉ० प्रिया शर्मा, धर्मशाला	प्रो० भागचन्द चौहान
11.	12.05.2021	श्री राजेश गोयल	डॉ० महेश डोगरा, जालंधर	प्रो० भागचन्द चौहान
12.	13.05.2021	डॉ० विद्यासागर गुप्ता	श्री जगवीर चन्देल, हमीरपुर	प्रो० भागचन्द चौहान
13.	14.05.2021	श्रीमती योगिनी शक्ति साधना	डॉ० प्रिया शर्मा, धर्मशाला	डॉ० विवेक शर्मा
14.	15.05.2021	श्रीमती योगिनी शक्ति साधना	डॉ० प्रिया शर्मा, धर्मशाला	श्री भूमेश जी
15.	16.05.2021	श्रीमती इच्छो चौहान	डॉ० प्रिया शर्मा, धर्मशाला	श्री हरनाम जी
16.	17.05.2021	श्रीमती देवकी शर्मा	श्री अनुराग, ऊना	डॉ० ओम प्रकाश प्रजापति

17.	18.05.2021	डॉ० महेश डोगरा	श्री अथर्व, हमीरपुर	डॉ० ओम प्रकाश प्रजापति
18.	19.05.2021	डॉ० महेश डोगरा	श्री पवन ठाकुर, हमीरपुर	डॉ० ओम प्रकाश प्रजापति
19.	20.05.2021	डॉ० महेश डोगरा	सुश्री शालु छात्रा, कांगड़ा	डॉ० ओम प्रकाश प्रजापति
20.	21.05.2021	योगी शिवा राठौड़	श्री अथर्व, हमीरपुर	डॉ० ओम प्रकाश प्रजापति
21.	22.05.2021	योगी राहुल शर्मा	सुश्री नेहा, धर्मशाला	डॉ० ओम प्रकाश प्रजापति
22.	23.05.2021	योगी राहुल शर्मा	श्री सुरजीत शर्मा, हमीरपुर	डॉ० ओम प्रकाश प्रजापति
23.	24.05.2021	श्री सी० एल० डोगरा	श्री पुरुशुत चौहान, धर्मशाला	श्री संजय सिंह
24.	25.05.2021	श्री बी० एस० पठानिया	श्री सुरजीत, हमीरपुर	डॉ० विवेक शर्मा
25.	26.05.2021	श्रीमती कल्याणी शर्मा	सुश्री प्रिया जी, धर्मशाला	डॉ० विवेक शर्मा
26.	27.05.2021	श्रीमती शान्ता आर्या	श्रीमती प्रीती, पंजाब	डॉ० विवेक शर्मा
27.	28.05.2021	श्री रजनेश शर्मा	डॉ० प्रिया शर्मा, धर्मशाला	डॉ० विवेक शर्मा
28.	29.05.2021	श्री रजनेश शर्मा	श्री सुरजीत शर्मा, हमीरपुर	प्रो० भागचन्द चौहान
29.	30.05.2021	डॉ० श्रीकान्त लगवाल	सुश्री लक्ष्मी रानी, हैदराबाद	प्रो० भागचन्द चौहान
30.	31.05.2021	योगी रणजीत सिंह	श्री देवी प्रसाद मिश्रा, हैदराबाद	श्री जगवीर चन्देल
31.	01.06.2021	योगी रणजीत सिंह	श्रीमती प्रीती, पंजाब	श्री जगवीर चन्देल
32.	02.06.2021	श्री राजेश शर्मा	अथर्व जी, हमीरपुर	श्री जगवीर चन्देल
33.	03.06.2021	श्री उमेश वर्मा	श्री पवन ठाकुर, हमीरपुर	श्री जगवीर चन्देल
34.	04.06.2021	श्री सुरेश कुमार	डॉ० अरुण मिश्रा, हैदराबाद	श्री जगवीर चन्देल
35.	05.06.2021	श्री गौतम पठानिया	श्री सुरजीत शर्मा, हमीरपुर	श्री जगवीर चन्देल
36.	06.06.2021	श्री गौतम पठानिया	सुश्री श्रेयाश्री चौहान, धर्मशाला	श्री जगवीर चन्देल
37.	07.06.2021	श्री भोगेश्वर शर्मा	श्रीमती संतोष धीमान,	प्रो० भागचन्द चौहान

			बिलासपुर	Page No 62
38.	08.06.2021	श्री विनोद कुमार शर्मा	श्री अथर्व शर्मा, हमीरपुर	श्री जगवीर चन्देल
39.	09.06.2021	डॉ० ज्योति प्रकाश शर्मा एवं डॉ० विवेक शर्मा	श्री सुरजीत शर्मा, हमीरपुर	प्रो० भागचन्द चौहान
40.	10.06.2021	प्रो० बी० सी० चौहान एवं डॉ० पंकज कुमार	श्रीमती अमिता देवी, धर्मशाला	प्रो० भागचन्द चौहान
41.	11.06.2021	श्रीमती नर्वदा शर्मा	डॉ. शशी शर्मा, हमीरपुर	प्रो० भागचन्द चौहान
42.	12.06.2021	प्रो० ओ०एस० के० एस० शास्त्री	डॉ० विवेक शर्मा, धर्मशाला	श्रीमती नर्वदा
43.	13.06.2021	श्री नरेन्द्र सिंह एवं श्रीमती श्वेता	श्री राघव शर्मा, हमीरपुर	श्रीमती नर्वदा
44.	14.06.2021	श्रीमती सुकेश लता	श्री जगवीर चन्देल, हमीरपुर	डॉ० विवेक शर्मा
45.	15.06.2021	श्रीमती लक्ष्मी वर्मा	श्री पुरुशुत चौहान, धर्मशाला	डॉ० विवेक शर्मा
46.	16.06.2021	श्री लीलाधर	श्रीमती सुमन शर्मा, सुन्दरनगर	डॉ० चन्द्रदीप जी
47.	17.06.2021	श्रीमती शोभा शर्मा	डॉ० शशी शर्मा, हमीरपुर	डॉ० चन्द्रदीप जी
48.	18.06.2021	श्रीमती रक्षा कंवर	श्रीमती प्रीती, पंजाब	डॉ० आशीष नाग
49.	19.06.2021	श्री बलविन्दर सिंह	श्रीमती संतोष धीमान, बिलासपुर	श्री भूमेश जी
50.	20.06.2021	प्रो० जी० डी० शर्मा	सुश्री कृत्तिका, करसोग	डॉ० विवेक शर्मा
51.	21.06.2021	प्रो० जी० डी० शर्मा	डॉ० शशी शर्मा, हमीरपुर	डॉ० विवेक शर्मा

करोना महामारी की इस विकट स्थिति में विश्वविद्यालय परिवार के सदस्य (छात्र - छात्राएं, शिक्षक एवं कर्मचारी) तथा समाज के लोगों द्वारा योग - प्राणायाम से स्वयं और अपने घर परिवार को स्वस्थ रखते हुए हिमाचल प्रदेश केंद्रीय विश्वविद्यालय द्वारा इस 51 दिवसीय योग शिविर को सफलतापूर्वक पूरा कर लिया गया।

सहयोगी संस्थाएं :

1. एन.एस.सी.बी.एम. राजकीय महाविद्यालय हमीरपुर
2. योगधारा क्लब, हि०प्र०के०वि० धर्मशाला
3. राष्ट्रीय सेवा योजना (NSS) – हि०प्र०के०वि० धर्मशाला
4. विज्ञान भारती (विज्ञासा) हिमाचल प्रदेश
5. ठा. राम सिंह इतिहास शोध संस्थान नेरी, हमीरपुर
6. नेहरू युवा केंद्र संगठन कांगड़ा
7. नेहरू युवा केंद्र संगठन हमीरपुर

51 दिवसीय ऑनलाइन योग शिविर का समापन समारोप सोमवार दिनांक 21 जून, 2021 को सुबह 06.00 से 08.00 बजे तक एक व्याख्यान और 108 स्थानों पर यज्ञ में आहुति द्वारा सम्पन्न हुआ।

02 मई से 21 जून तक एक दीर्घकालीन समयावधि के लिये यह आनलाइन योग शिविर सफलतापूर्वक अबाध रूप से चला। इस योग शिविर में हिन्दी अधिकारी श्री संजय सिंह, डॉ० ओमप्रकाश प्रजापति, डॉ० आशीष नाग, डॉ० महेंद्र सिंह, डॉ० नन्दुरी गोपाल, डॉ० प्रिया शर्मा, डॉ० पंकज कुमार, डॉ० योगेश कुमार गुप्ता, श्री जगवीर चन्देल, डॉ० राकेश शर्मा, डॉ. एन. आर. गोपाल, भूमेश योगी, डॉ० ऋचा राणा, श्री एन मुरली एवं डॉ० चन्द्रदीप जी ने योग शिविर समिति में रहते हुए अपनी उद्यमता एवं दृढ संकल्प से सफल बनाया। साथ ही विश्वविद्यालय के कई शिक्षकों ने प्रोक्षाप्रोक्ष रूप से साफल्य के लिये सहयोग किया। योग धारा क्लब के अध्यक्ष प्रो० भाग चन्द चौहान के निर्देशन में इस कार्यक्रम के संयोजन का दायित्व डॉ० विवेक शर्मा को दिया गया था। इसमें आभासी माध्यम से विश्वविद्यालय सहित देश भर से सैंकड़ों प्रतिभागियों ने भाग लिया था।

कुछ अपरिहार्य दिनों को छोड़कर इसके लगभग सभी कार्यक्रमों की वीडियो रिकार्डिंग की गई है, जिसे बाद में योग धारा क्लब हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय के आधिकारिक फेसबुक पेज पर स्थापित किया गया। लिङ्क इस प्रकार हैं:

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51 दिनों तक अबाध गति से निरन्तर रूप से चलने वाले इस कार्यक्रम को मीडिया कवरेज भी बहुत हुई है। इलैक्ट्रॉनिक मिडिया सहित कई समाचार पत्रों ने प्रमुखता से 51 दिवसीय योग शिविर के समाचारों को प्रकाशित किया है, जिनमें प्रमुख हैं :

51 दिवसीय योग शिविर का आगाज

आयोजक प्रोफेसर भागचंद चौहान ने बताई योग की अहमियत



नगर संवाददाता- धर्मशाला

हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय द्वारा आज से 51 दिवसीय योग शिविर का शुभारंभ आभासी पटल पर किया गया। इस अवसर पर कार्यक्रम का प्रारंभ शिविर आयोजक प्रोफेसर भागचंद चौहान ने वर्तमान समय में योग की महत्त्व पर प्रकाश डालते हुए बताया कि इस कोविड महामारी के दौर में योग करके कैसे स्वस्थ रह सकते हैं।

करें योग, हो जाएं निरोग। कार्यक्रम संरक्षक एवं विश्वविद्यालय के माननीय कुलपति प्रोफेसर रोशन लाल शर्मा ने कहा कि निश्चित रूप से यह एक सकारात्मक पहल है, जिससे मानव समुदाय को लाभ मिलेगा। विश्वविद्यालय परिवार इस तरह के आयोजन करता रहा है और आगे भी करता रहेगा। कार्यक्रम के मुख्यातिथि योग गुरु प्रोफेसर जीडी शर्मा ने कहा कि शरीर को स्वस्थ रखने के लिए योग की अत्यंत आवश्यकता है। मानव जीवन को स्वस्थ रखने हेतु महत्वपूर्ण योग विधियों का प्रायोगिक रूप से

जीवंत प्रदर्शन करते हुए प्रत्येक विधि पर गहराई से प्रकाश डाला। जिनमें उतानमडूकासन, भुजंगासन, अर्द्ध भुजंगासन, नौकासन, गोमुखासन, अनुलोम-विलोम एवं भस्त्रिका प्राणायाम हैं। ये सभी प्राणायाम हमें प्रतिदिन सुबह सूर्य की दिशा में बैठकर करनी चाहिए। मन एवं शरीर की सहनशक्ति के अनुसार ही योग क्रिया करनी चाहिए, जिससे लाभ और आनंद की प्राप्ति हो सकेगी-एवं जीवन में उत्साह को बनाए रखना चाहिए। धर्म एवं योग के मार्ग को जीवन में हमेशा अपनाया होगा, जिज्ञासुओं को जिज्ञासाओं का भी समाधान किया। कार्यक्रम का समापन कल्याण मंत्र के साथ हुआ। संयोजक डा. विवेक शर्मा द्वारा तकनीकी संयोजन भी किया गया। इस अवसर पर विश्वविद्यालय परिवार के प्रोफेसर सुनील ठाकुर, डाक्टर बृहस्पति मिश्र, डा. आशीष नाग, डाक्टर प्रिया शर्मा, डाक्टर योगेश गुप्ता, संजय सिंह एवं अनेक शिक्षक साथी एवं विद्यार्थी उपस्थित रहे। कार्यक्रम को फेसबुक पर भी लाइव दिखाया गया।

सीयू का 51 दिवसीय योग शिविर शुरू

धर्मशाला। हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय (सीयू) द्वारा 51 दिवसीय योग शिविर का संचालन आभासी पटल पर दो मई से किया जा रहा है। कार्यक्रम के संयोजक डा. विवेक शर्मा जिनके द्वारा तकनीकी संयोजन भी किया गया, ने बताया कि इस कोविड महामारी के दौर में योग करके कैसे स्वस्थ रहें, इसके लिए ऑनलाइन योग शिविर का आयोजन केन्द्रीय विश्वविद्यालय द्वारा किया जा रहा है।

शिविर में शामिल होने वाले विद्यार्थी

कार्यक्रम की सूचना जो एडमिट कार्ड पर जारी किए जा चुके दौरान मान्य होंगे।

10 अ

लेखक रति

दिव्य हिमाचल ब्यूरो

मशहूर लेखक

साहित्यकार रवि

पेशकश भद्रकाल

अमर कहानी पर

जल्द ही बाजार

जवालापुर में... के अंतर्गत गत रात एक महिला निवासी डकैतों ने थाना में शिकायत दर्ज करवाई है कि गांव के 2 व्यक्तियों ने उसके पति के साथ मारपीट की। थाना प्रभारी प्यार सिंह ने कहा कि शिकायत के आधार पर मामले की जांच शुरू कर दी है।

'गोयल दंपति 12 तक सिखाएंगे योग'

धर्मशाला, 10 मई (नवीन): आभासी पटल (गूगल मीट) पर चल रहे हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के 51 दिवसीय योग शिविर के तहत 12 मई तक आर्ट ऑफ लीविंग कांगड़ा के जिला प्रभारी राजेश गोयल एवं अनु गोयल योग प्रशिक्षक के रूप में उपस्थित रहेंगे। नोडल अधिकारी डा. भागचन्द एवं कुलपति प्रो. रोशन लाल के निर्देशन में इस योग शिविर का आयोजन केंद्रीय विश्वविद्यालय द्वारा किया जा रहा है। योग शिविर के संयोजक डा. विवेक शर्मा ने बताया कि गोयल दंपति पिछले 19 वर्षों से आर्ट ऑफ लीविंग से जुड़कर गांव-गांव में निःशुल्क योग का प्रचार कर रहे हैं। शिविर का आयोजन प्रातः 6 से 7 बजे तक किया जाता है।

'मैपल फार्म भेजी गाय'

गगल, 10 मई (अनजान): पिछले कुछ दिनों से

'योग शिविर से स्वास्थ्य लाभ उठा रहे लोग'

धर्मशाला, 4 जून (ब्यूरो): नोडल अधिकारी डा. भागचन्द एवं कुलपति प्रो. रोशन लाल के निर्देशन में आभासी पटल पर 2 मई से हिमाचल प्रदेश केंद्रीय विश्वविद्यालय द्वारा 51 दिवसीय योग शिविर का संचालन डा. विवेक शर्मा के संयोजन में किया जा रहा है। इस विस्तृत ऑनलाइन योग शिविर का आयोजन केंद्रीय विश्वविद्यालय द्वारा किया जा रहा है जिसका लाभ देशभर के लोग प्राप्त कर रहे हैं। गत 3 दिन पतंजलि योग समिति एवं भारत स्वाभिमान ट्रस्ट से संबद्ध राजेश शर्मा, उमेश कुमार वर्मा तथा सुरेश ने योगाभ्यास करवाया। 5 जून को गौतम पठनिया योग का प्रशिक्षण देंगे। आगामी सत्रों में अमृता विश्वविद्यालय के प्रख्यात योग विशेषज्ञ नरेंद्र योग प्रशिक्षण देंगे। शिविर का आयोजन प्रातः 6 से 7 बजे तक किया जाता है।

केंद्रीय विवि में 51 दिवसीय शिविर का आयोजन

धर्मशाला। प्रदेश केंद्रीय विश्वविद्यालय धर्मशाला की ओर से 51 दिवसीय योग शिविर का आयोजन किया जा रहा है। आभासी पटल पर इस शिविर का आयोजन दो मई से आरंभ किया गया था। शिविर के संयोजक डा. विवेक शर्मा ने कहा कि इस कोविड महामारी के दौरान स्वास्थ्य लाभ एवं रोग प्रतिरोधक क्षमता के विकास के लिए नोडल अधिकारी डा. भाग चंद और कुलपति प्रो. रोशन लाल के निर्देशन में इस विस्तृत ऑनलाइन योग शिविर का आयोजन किया जा रहा है। इस शिविर में विश्वविद्यालय के सभी शिक्षक एवं कर्मचारियों सहित बच्चे भी उत्साह से भाग ले रहे हैं। शिविर का आयोजन सुबह छह बजे से सात बजे तक किया जाता है। शिविर में जुड़ने का लिंक विश्वविद्यालय की वेबसाइट पर स्थित योग पोस्टर में दिया गया

योग का शारीरिक व मानसिक महत्व बताया



हमीरपुर में योग करते लोग ● जागरण

जागरण संवादकर्ता, हमीरपुर : नेताजी सुभाष चंद्र बोस स्मारक राजकीय महाविद्यालय हमीरपुर की राष्ट्रीय सेवा योजना इकाई व नेहरू युवा केंद्र के तत्वाधान में पहली से 21 जून तक योग का एक महायोग कार्यक्रम आयोजित किया जा रहा है। कार्यक्रम में प्रतिदिन सुबह छह बजे योग शिविर लगाया जाता है। कोरोना संकट के कारण गूगल मीट के माध्यम से सभी

लोग परिवार संग जुड़कर स्वास्थ्य लाभ प्राप्त कर रहे हैं। योगधार क्लब के अध्यक्ष एवं हिमाचल प्रदेश केंद्रीय विश्वविद्यालय धर्मशाला योगाचार्य प्रो. भाग चंद चौहान ने वीरवार को सहयोगी डा. पंकज कुमार के सहयोग से योगासन व प्राणायाम करवाए। प्रो. चौहान ने साधकों को योग के शारीरिक, मानसिक और आध्यात्मिक पक्षों को समझाया।

इस भव्य कार्यक्रम को सफल बनाने के लिये एक भगवत प्रयास करने के साथ साथ प्रचार प्रसार का कार्य भी तन्मयता से किया गया था। इसे प्रमुख रूप से सोशल मिडिया पर प्रचारित करने के लिये प्रतिदिन पोस्टर निर्माण किये जाते रहे। जो इस प्रकार हैं :-



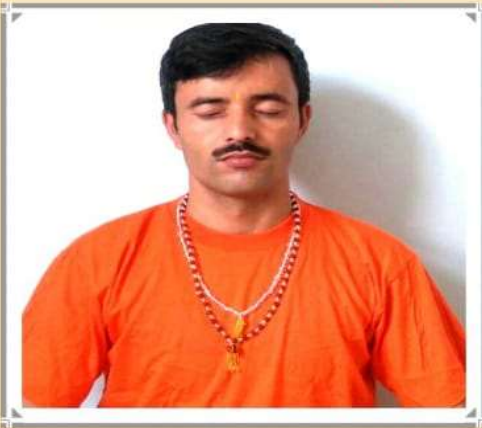
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

02 मई से 21 जून



Online
Day-2,3,4

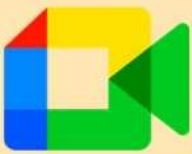


श्री भूमेश कुमार

आप सादर आमंत्रित हैं।

सोमवार, 03 -05 मई 2021

समय : प्रातः 06:00 - 07:00 बजे



Google Meet link

<https://meet.google.com/xtd-aewo-amt>

संयोजक
डॉ. विवेक शर्मा

आयोजक
डॉ. भाग चन्द चौहान

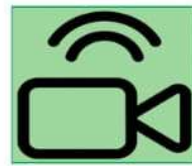
संरक्षक
प्रो. रोशन लाल शर्मा,
कुलपति, हि. प्र. के. वि.



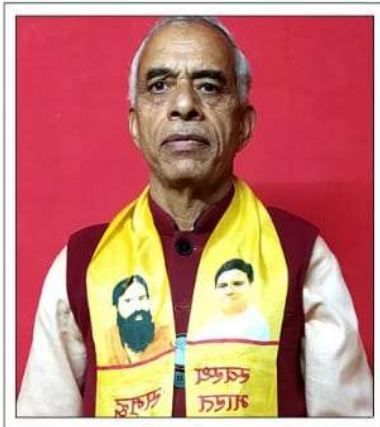
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

02 मई से 21 जून



Online
Day - 05,06



श्री लक्ष्मी दत्त शर्मा

आप सादर आमंत्रित हैं।

वीरवार, 06 - 07 मई 2021

समय : प्रातः 06:00 - 07:00 बजे

Google Meet link



<https://meet.google.com/xtd-aewo-amt>

संयोजक
डॉ. विवेक शर्मा

आयोजक
डॉ. भाग चन्द चौहान

संरक्षक
प्रो. रोशन लाल शर्मा,
कुलपति, हि. प्र. के. वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

02 मई से 21 जून



Online
Day- 7,8



श्री मान श्रीनिवास मूर्ति

आप सादर आमंत्रित हैं।

शनिवार, 08—09 मई 2021

समय : प्रातः 06:00 - 07:00 बजे

Google Meet link



<https://meet.google.com/xtd-aewo-amt>

संयोजक

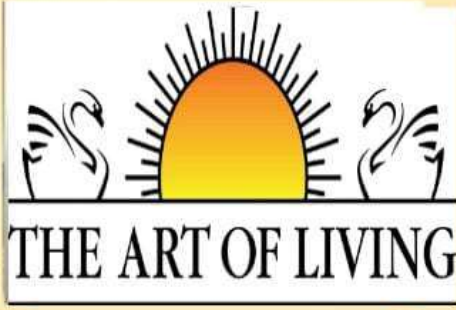
डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

डॉ. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

02 मई से 21 जून



Online
Day - 9,10



श्रीमती अनुगोयल, श्री राजेश गोयल

आप सादर आमंत्रित हैं।

सोमवार, 10-11 मई, 2021

समय : प्रातः 06:00 - 07:00 बजे



Google Meet link

<https://meet.google.com/xtd-aewo-amt>

सन्योजक
डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक
डॉ. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक
प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

"करो योग, रहो निरोग" **Online** (Day - 12)



डॉ. विद्यासागर गुप्ता

कोरोना के संकट काल में अपनी इम्युनिटी को बढ़ाने के लिए आप सादर आमंत्रित हैं :

वीरवार 13 मई, 2021

समय: प्रातः **06:00** से **07:00** बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day -13,14)



योगिनी शक्ति साधना

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शुक्रवार, 14-15 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

"करो योग, रहो निरोग" **Online** (Day -15)



श्रीमती इच्छो चौहान

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

रविवार, 16 मई, 2021

समय: प्रातः **06:00** से **07:00** बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

"करो योग, रहो निरोग" **Online** (Day -16)



कोरोना के संकट काल में अपनी इम्युनिटी को बढ़ाने के लिए आप सादर आमंत्रित हैं :

सोमवार, 17 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

श्रीमती देवकी शर्मा

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय 51 दिवसीय योग शिविर 2 मई से 21 जून

Online
"करो योग, रहो निरोग" (Day 17,18,19)



डॉ. महेश डोगरा
(पी.एच.डी.) वैदिक योग

इमोशनल इम्यूनिटी द्वारा शारीरिक इम्यूनिटी को सुदृढ़ बनाने की अनूठी वैदिक योग सत्र विधा में आपका हार्दिक स्वागत है।

मंगलवार 18,19, 20 मई, 2021

समय:- प्रातः 06:00 से 07:00 बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day - 20)



शिवा राठौर

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शुक्रवार 21 मई, 2021

समय: प्रातः **06:00** से **07:00** बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day - 21,22)



राहुल शर्मा

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शनिवार 22-23 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day - 23)



Er.C.L.Dogra

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

सोमवार 24 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day - 24)



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

मंगलवार 25 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

Dr. B.S.Pathania

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day - 25)



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

बुधवार 26 मई, 2021

समय: प्रातः **06:00** से **07:00** बजे

श्रीमती कल्याणी शर्मा

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online

"करो योग, रहो निरोग" (Day - 26)



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

वीरवार 27 मई, 2021

समय: प्रातः **06:00** से **07:00** बजे

श्रीमती शांता आर्य

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
"करो योग, रहो निरोग" (Day - 27,28)



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शुक्रवार 28,29 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

श्री रजनेश शर्मा

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.

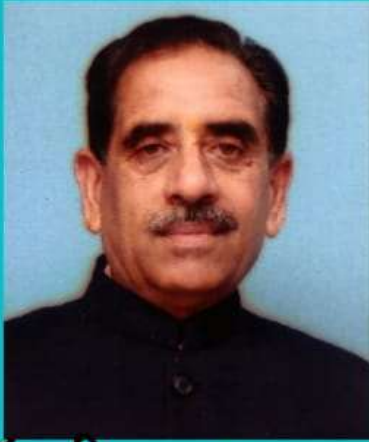


हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

"करो योग, रहो निरोग" Online (Day - 29)



कोरोना के संकट काल में अपनी इम्युनिटी को बढ़ाने के लिए आप सादर आमंत्रित हैं :

रविवार 30 मई, 2021

समय: प्रातः 06:00 से 07:00 बजे

डॉ. श्रीकान्त लगवाल

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
"करो योग, रहो निरोग" (Day - 30,31)



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

31 मई, 1 जून 2021

समय: प्रातः 06:00 से 07:00 बजे

योगी रणजीत सिंह

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 32)

"Be with Yoga, Be at Home"



श्री राजेश शर्मा

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

बुधवार 2 जून, 2021

समय: प्रातः **06:00** से **07:00** बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 33)

"Be with Yoga, Be at Home"



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

वीरवार 3 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

श्री उमेश कुमार वर्मा

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 34)

"Be with Yoga, Be at Home"



श्री सुरेश कुमार

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शुक्रवार 4 जून, 2021

समय: प्रातः **06:00** से **07:00** बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून Online

(Day - 35,36)

"Be with Yoga, Be at Home"



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शनिवार 5,6 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

श्री गौतम पठानिया

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 37)

"Be with Yoga, Be at Home"



श्री भागेश्वर शर्मा

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

सोमवार 7 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 38)

"Be with Yoga, Be at Home"



श्री विनोद शर्मा

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

मंगलवार 8 जून, 2021

समय: प्रातः **06:00** से **07:00** बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



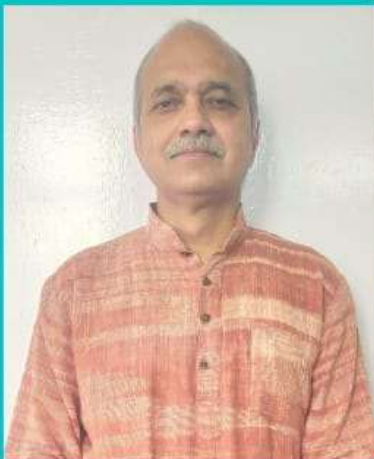
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 39)

"Be with Yoga, Be at Home"



प्रो. ज्योति प्रकाश

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

बुधवार 9 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

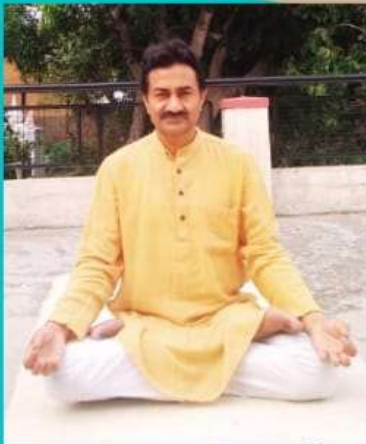
51 दिवसीय योग शिविर

2 मई से 21 जून

Online

(Day - 40)

"Be with Yoga, Be at Home"



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

वीरवार 10 जून, 2021

समय: प्रातः **06:00** से **07:00** बजे

प्रो.भाग चंद चौहान **"करो योग, रहो निरोग"**

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 41)

"Be with Yoga, Be at Home"



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शुक्रवार 11 जून, 2021

समय: प्रातः **06:00** से **07:00** बजे

श्रीमती नर्वदा शर्मा **"करो योग, रहो निरोग"**

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 42)

"Be with Yoga, Be at Home"



कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

शनिवार 12 जून, 2021

समय: प्रातः **06:00** से **07:00** बजे

Prof. OSKS Sastri **"करो योग, रहो निरोग"**

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 43)

"Be with Yoga, Be at Home"



श्री नरेन्द्र सिंह

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

रविवार 13 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

2 मई से 21 जून

Online
(Day - 44)

"Be with Yoga, Be at Home"



श्रीमती सुकेश लता

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

सोमवार 14 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

Online 2 मई से 21 जून Day-45

"Be with Yoga, Be at Home"



श्रीमती लक्ष्मी वर्मा

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

मंगलवार 15 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

Online 2 मई से 21 जून Day-46

"Be with Yoga, Be at Home"



श्री लीलाधर शर्मा

कोरोना के संकट काल में अपनी इम्युनिटी को बढ़ाने के लिए आप सादर आमंत्रित हैं :

बुधवार 16 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

51 दिवसीय योग शिविर

Online 2 मई से 21 जून Day-47

"Be with Yoga, Be at Home"



श्रीमती शोभा शर्मा

कोरोना के संकट काल में अपनी
इम्युनिटी को बढ़ाने के लिए आप
सादर आमंत्रित हैं :

वीरवार 17 जून, 2021

समय: प्रातः 06:00 से 07:00 बजे

"करो योग, रहो निरोग"

Google meet link:



<https://meet.google.com/xtd-aewo-amt>

संयोजक

डॉ. विवेक शर्मा
सचिव, योगधारा क्लब

आयोजक

प्रो. भाग चंद चौहान
नोडल अधिकारी,
अंतराष्ट्रीय योग दिवस

संरक्षक

प्रो. रोशन लाल शर्मा
कुलपति, हि.प्र.के.वि.



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
के
“योग अध्ययन केंद्र” के सहयोग से
योगधारा क्लब
द्वारा योग-गुरुओं के मार्गदर्शन में आयोजित
51 दिवसीय ऑनलाइन
योग शिविर
दिनांक 02 मई - 21 जून, 2021
(सुबह 06.00 से 07.00 बजे तक)
में आप सभी का हार्दिक स्वागत है !
कृपया उत्तम स्वास्थ्य और निरोग रहने के प्रत्येक दिन नि:शुल्क अभ्यास सत्र में अवश्य जुड़ें !
<https://www.facebook.com/cuhpwsc>

करो योग, रहो निरोग
Yoga for well-being







हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
के
योगधारा क्लब और योग अध्ययन केंद्र
द्वारा
अंतरराष्ट्रीय योग दिवस
के अवसर पर आयोजित
51 दिवसीय ऑनलाइन
योग शिविर के समापन समारोह
सोमवार, दिनांक 21 जून, 2021
(सुबह 06.00 से 08.00 बजे तक)
में आप सभी का हार्दिक स्वागत है !

योग के साथ रहो, घ
Be with Yoga, be




सहयोगी संस्थाएं

- ▶ राजकीय महाविद्यालय हमीरपुर
- ▶ एनएसएस (NSS) हिप्रकेवि धर्मशाला एवं
- ▶ एनएसएस (NSS) राजकीय महाविद्यालय हमीरपुर



प्रो. वी. के. शर्मा
योगधारा क्लब
सत्र संयोजक



श्री अखिलेश भारती
यज्ञ आचार्य एवं
यज्ञ संयोजक

सहयोगी संस्थाएं

विज्ञान समिति, हि.प्र.
इतिहास शोध संस्थान, ने
नेहरू युवा केंद्र संगठन कांगड़ा ए



श्री रामनानंद दास
मुख्य वक्ता (विषय: योग एवं विज्ञान)

 **Zoom Meeting ID: 371 866 3748 Passcode: 4603**

संयोजक
डॉ. विवेक शर्मा
सचिव, योगधारा क्लब
हि. प्र. के. वि.



निदेशक
डॉ. कंवर चंदरदीप सिंह
योग अध्ययन केंद्र
हि. प्र. के. वि.

आयोजक
प्रो. भाग चंद चौहान
अध्यक्ष, योग धारा क्लब एवं
नोडल अधिकारी, अंतरराष्ट्रीय योग दिवस

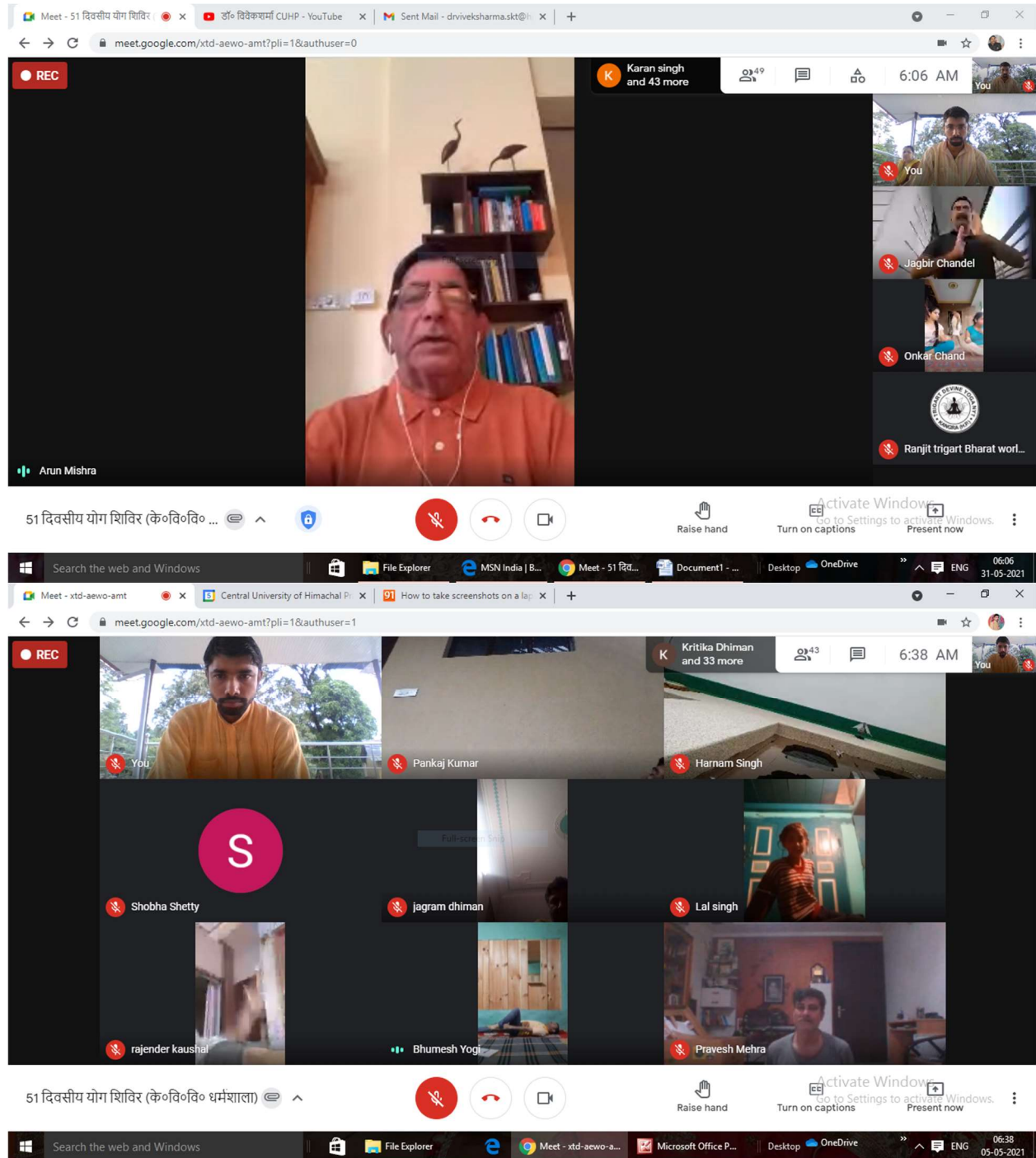


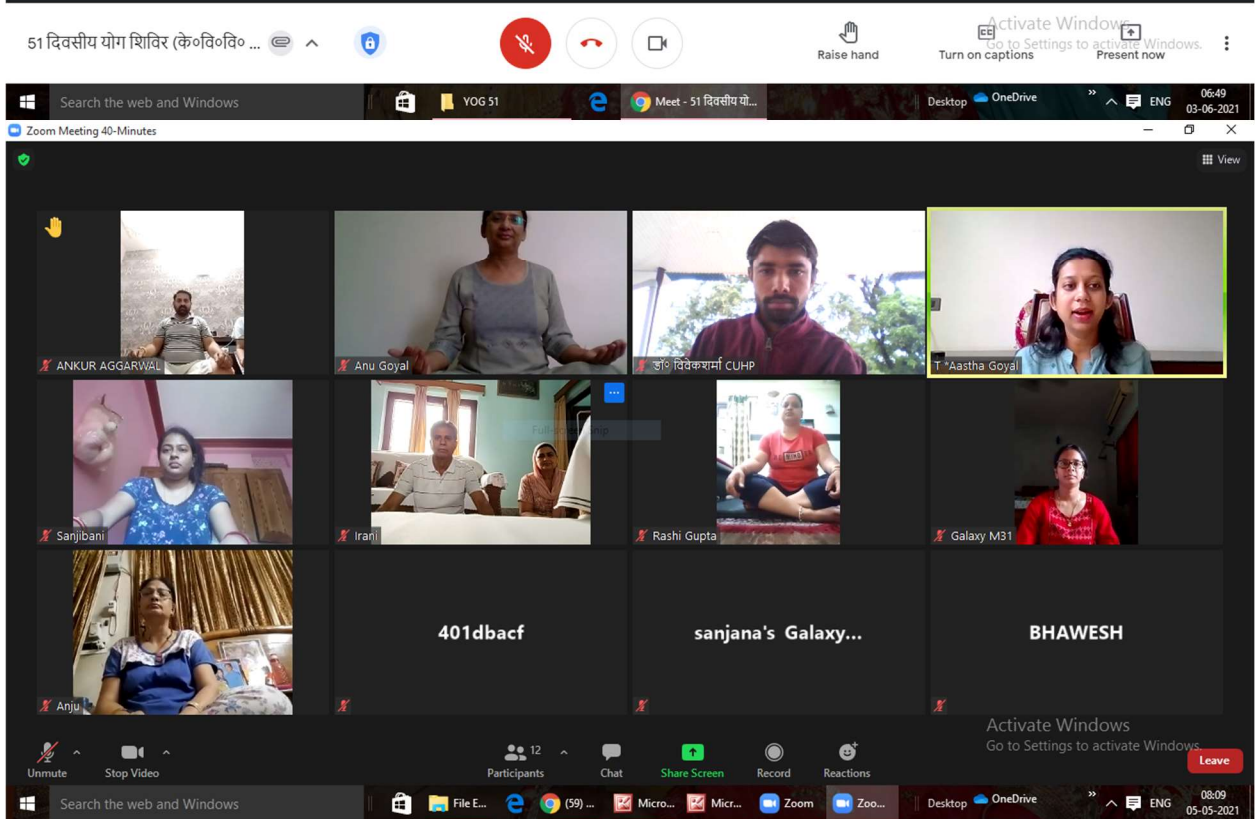
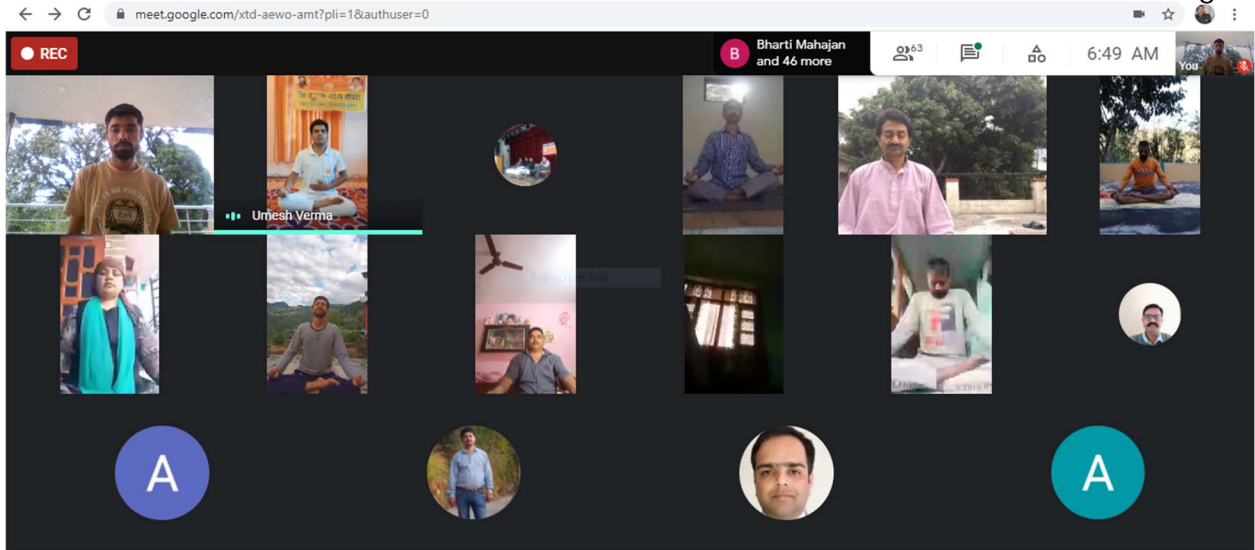
संरक्षक
प्रो. रोशन लाल शर्मा
माननीय कुलपति
हि. प्र. के. वि.

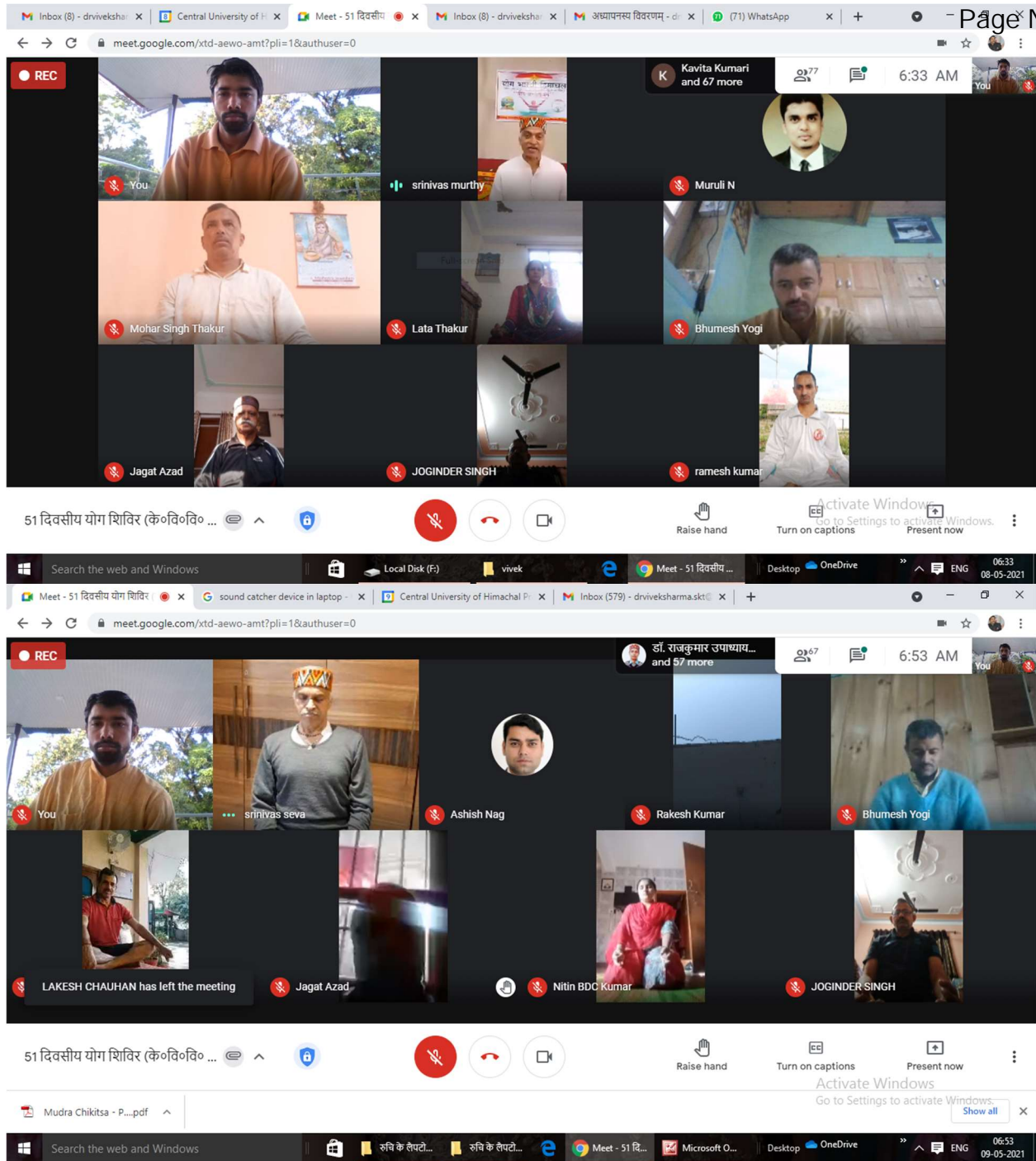
आयोजक
प्रो. भाग चंद चौहान
अध्यक्ष, योग धारा क्लब एवं
नोडल अधिकारी, अंतरराष्ट्रीय योग दिवस

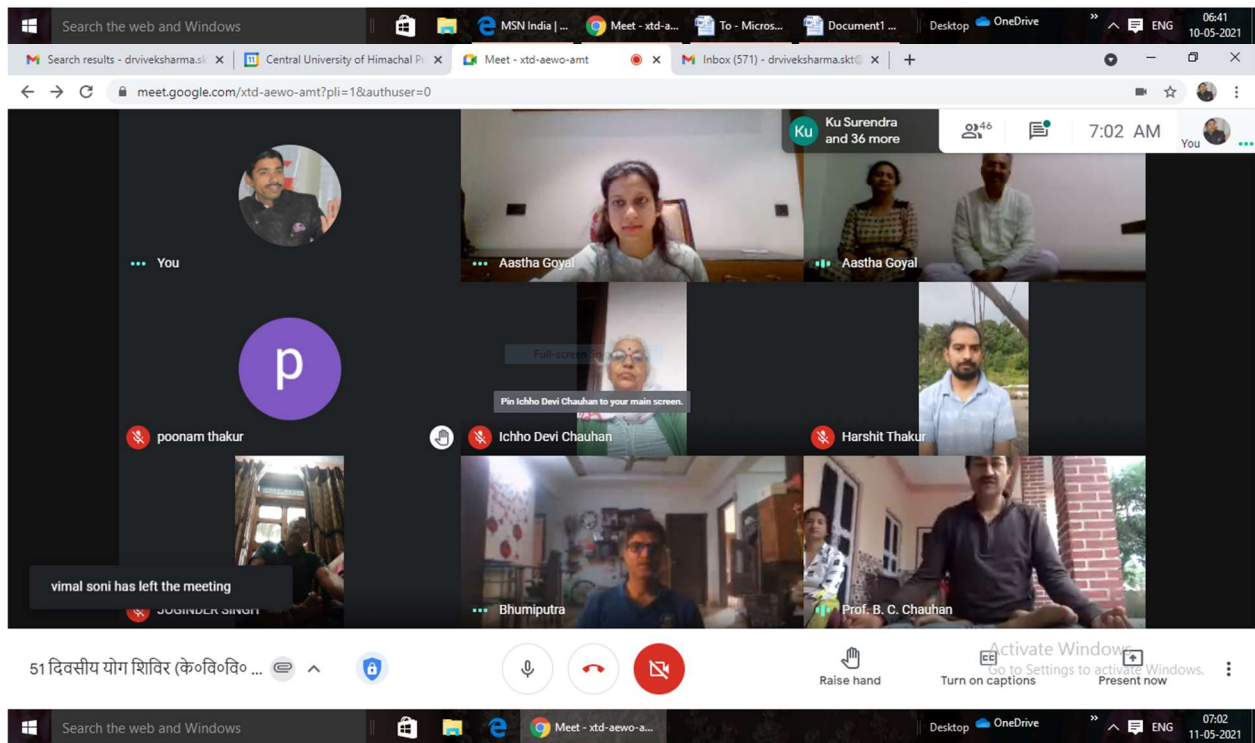
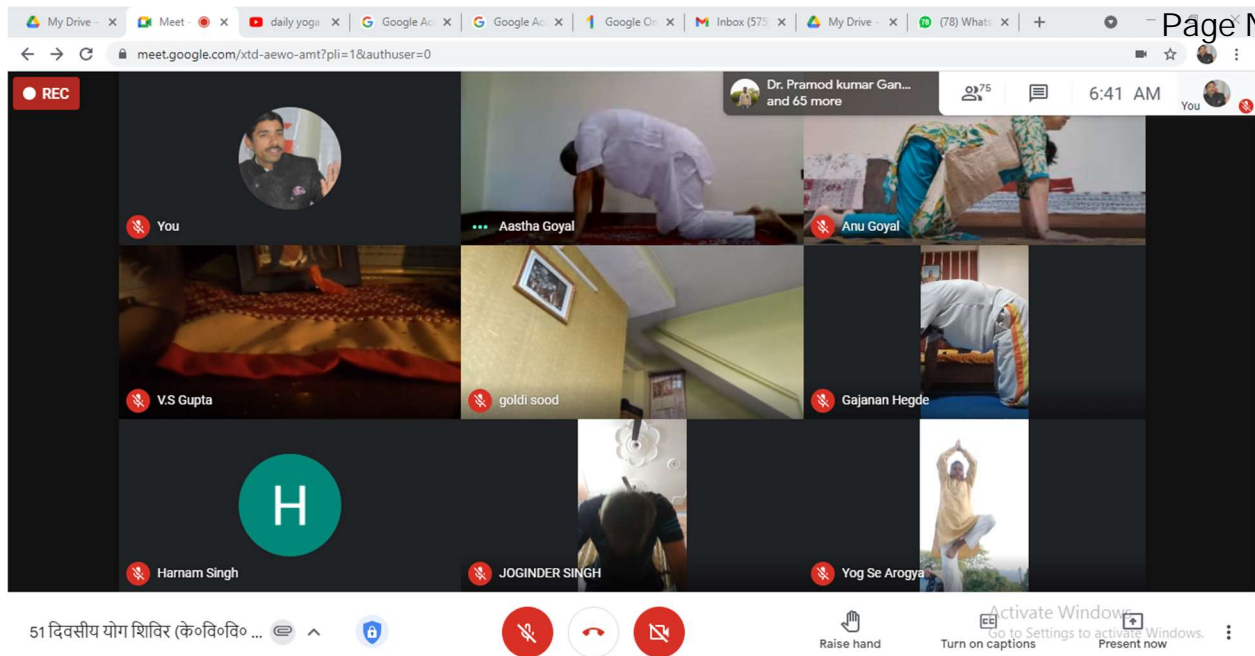
संरक्षक
प्रो. रोशन लाल शर्मा
माननीय कुलपति
हि. प्र. के. वि.

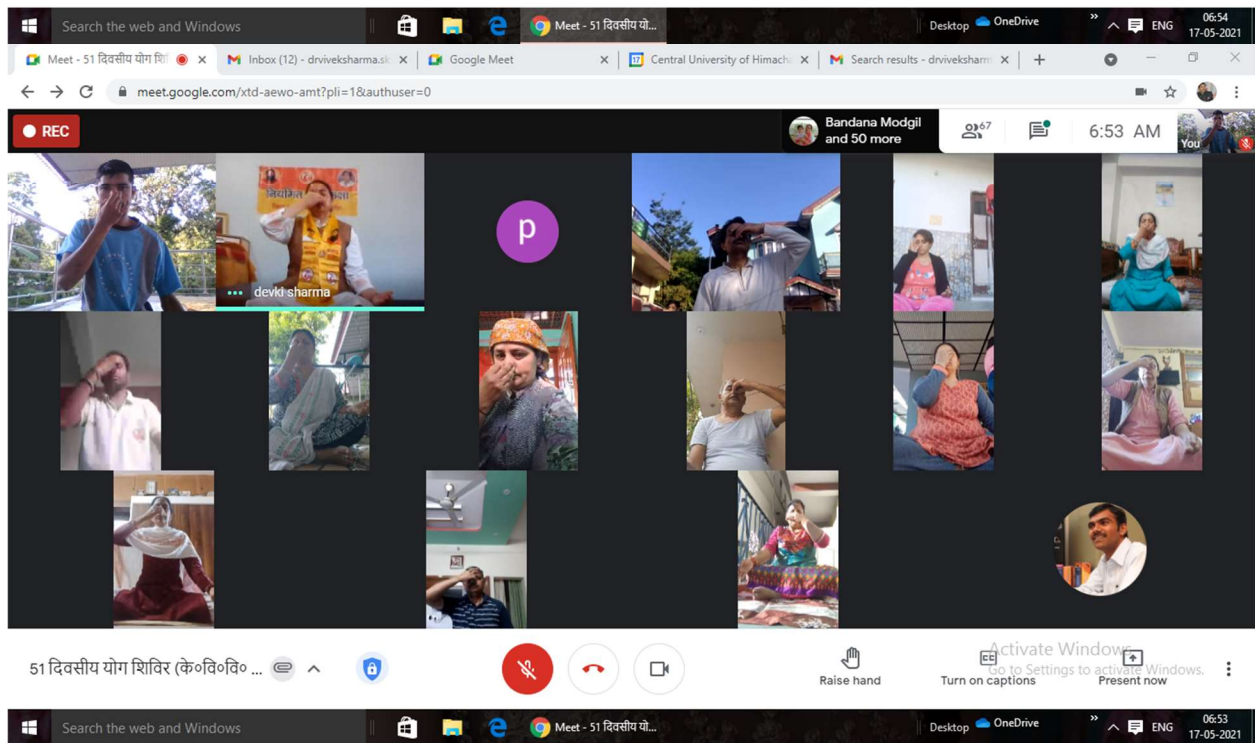
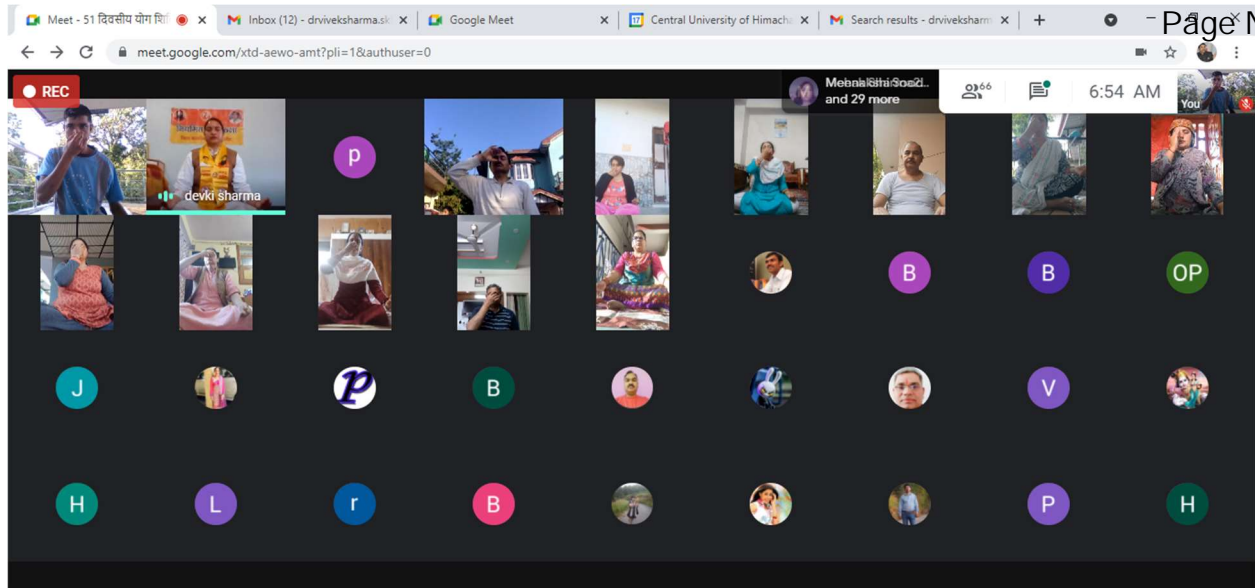
51 दिवसीय योग कार्यक्रम का आयोजन आनलाईन माध्यम से हुआ जो अपने आप में भव्य एवं अलौकिक था। इसके आनलाईन कार्यक्रम की कुछ झलकियाँ इस प्रकार हैं –

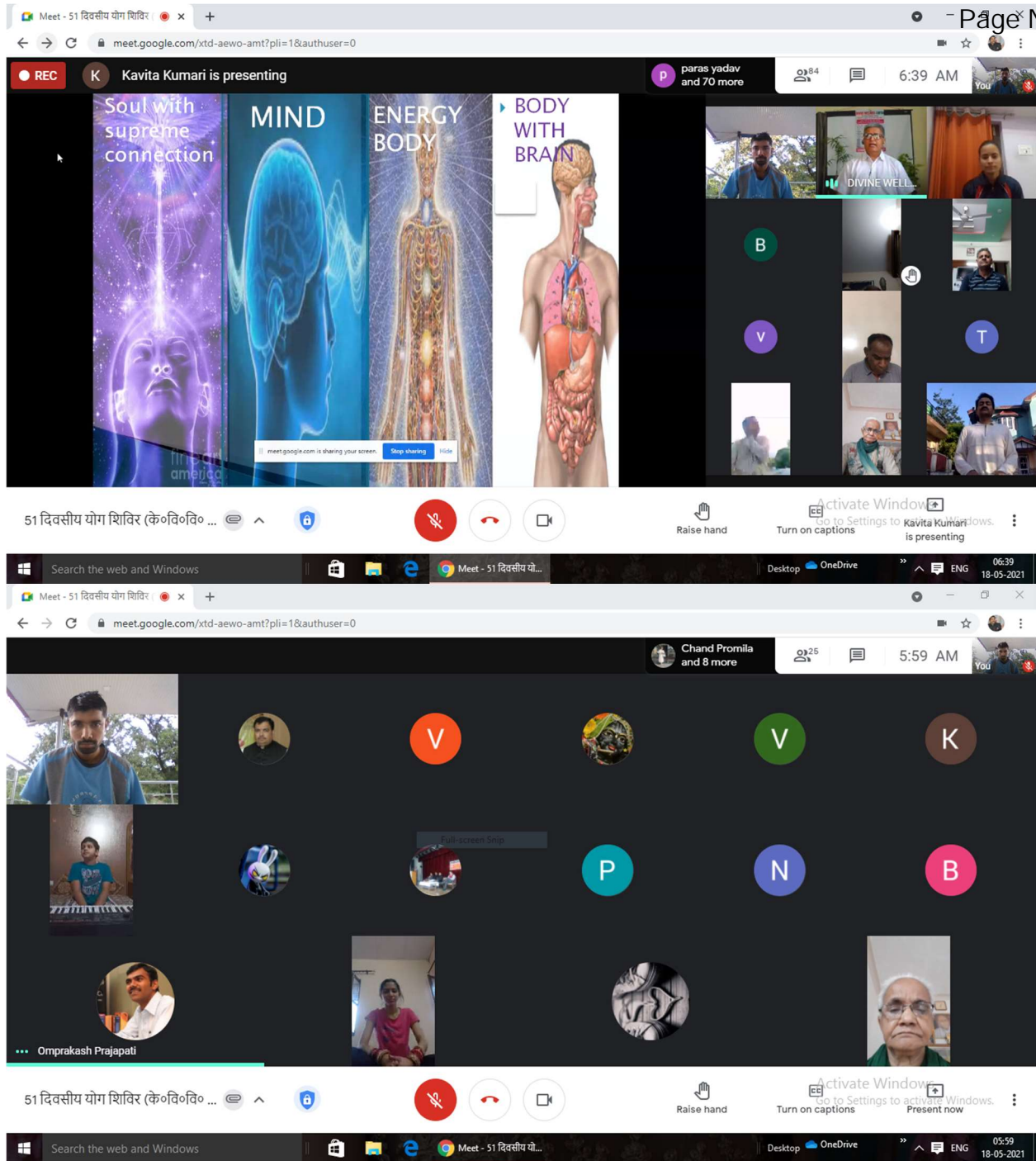


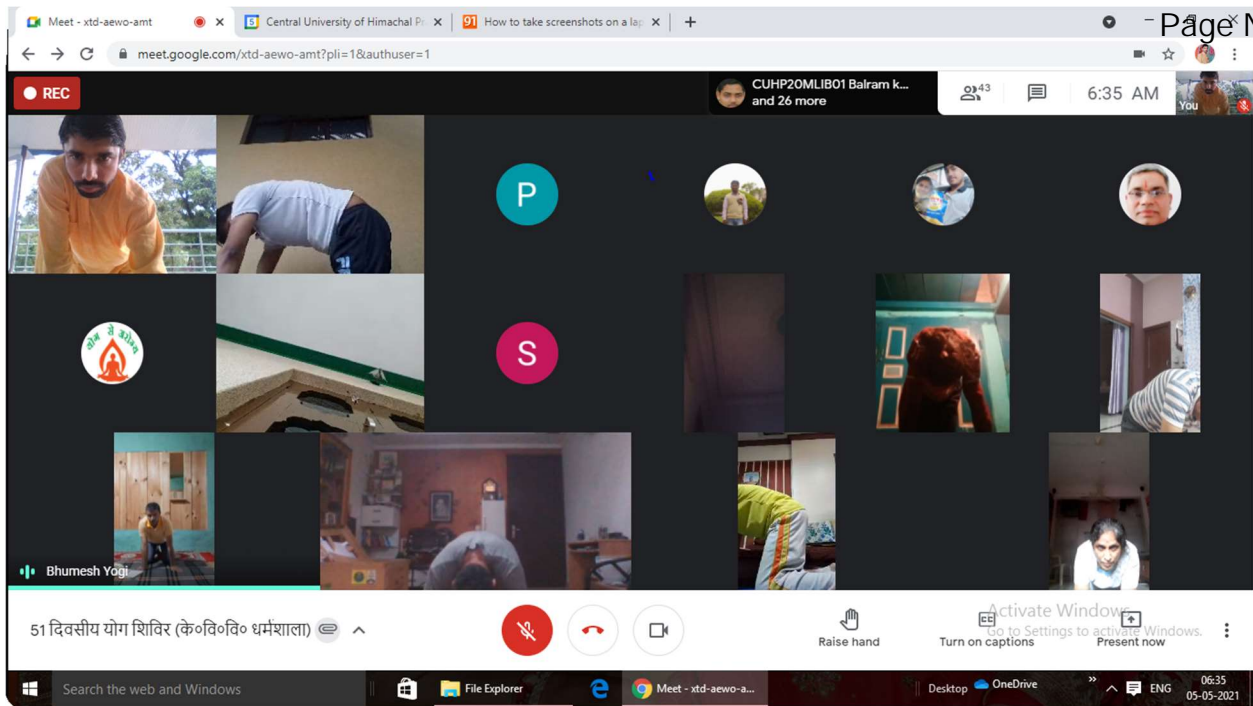












50 दिवसों के उपरान्त जब यह कार्यक्रम अपने समारोप की स्थिति पर पहुँचता है, तब प्रोफेसर भागचन्द के निर्देशन में गायत्री परिवार के योगाचार्य के द्वारा यज्ञ द्वारा शुभ समारोप किया गया। सभी प्रतिभागियों ने अपने घर से ही आनलाइन माध्यम से यज्ञ किया। हमीरपुर से आनलाईन माध्यम से यज्ञ करने वाले प्रतिभागी परिवार के यज्ञ करते हुये चित्र :-



4. Cleanliness Drive Near HPCA and SAI Ground Dhamshala by NSS, Central University of Himachal Pradesh on 17-3 -2022



5. International Women Day Was organized by NSS, Central University of Himachal Pradesh on 8-3. Total 50 Volunteers participated in this program.



हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय सप्त सिन्धु परिसर देहरा (हि.प्र.)



राष्ट्रीय सेवा योजन (NSS UNIT), देहरा
अंतरराष्ट्रीय महिला देवस के अवसर पर एक दिवसीय संगोष्ठी

21वीं शताब्दी में महिलाएं: अवसर एवं चुनौतियां
On Google Meet



Dr. Jagmeet Bawa
Associate Dean Students Welfare
(CUHP)



Dr. Nandita Pathak
Social Entrepreneur (Main Speaker)



Dr. Shreeya Bakshi
Programme Coordinator
NSS Unit, Dehra

दिनांक - 08/03/2021
समय 3 बजे

6. केन्द्रीय विश्वविद्यालय, में आज 31 May 2021 को विश्वविद्यालय की राष्ट्रीय सेवा योजना (NSS) द्वारा तंबाकू रहित दिवस आयोजन किया गया। अतः उक्त कार्य उक्त कार्यक्रम में 50 विद्यार्थियों ने भाग लिया।



7. Saheedi Diwas was organized by Central University of Himachal Pradesh, NSS on 23rd of March, 2022 . Total 30 Volunteers were present in the event.



5 days Refresher course on "Bee Breeding" under Managed Pollination Component of HP-HDP

Venue: COHF Neri Hamirpur

Dated: 08.11.2021-12.11.2021

Coordinator: Dr VK Rana

Co-coordinator: Dr Dr Harish Sharma/Dr Vishav Gaurav Chandel

Day 1 (08.11.2021)

10:00-11:00PM	<i>Registration and Inauguration</i>	HP-HDP Staff
11:00-12:00pm	Role of honey bees in crop pollination	Dean, COHF Neri
12:00-12:15PM	<i>Tea Break</i>	
12:15-01:00PM	<i>Colony organization and species of honey bees</i>	Dr VK Rana
01:00-02:00PM	<i>Lunch</i>	
02:00-03:00PM	<i>Queen rearing w.r.t production of drone bee colonies</i>	Dr RK Thakur
<i>Afternoon Workshops</i>		
03:00-05:00PM	<ul style="list-style-type: none"> <i>Inspection of bee colonies/Bee and queen rearing equipments</i> 	HP-HDP Staff

Day 2 (09.11.2021)

10:00-11:00AM	<i>Commercial queen rearing, its importance and economics</i>	Dr HK Sharma
11:00-11:15AM	<i>Tea Break</i>	
11:15- 12:00 PM	<i>Mating Nucs/ Recent Trends in Apiculture and its Entrepreneurship Opportunity</i>	Dr RK Thakur
12:00-01:00 PM	<i>Bee breeding & Managed pollination as an entrepreneurship</i>	Dr HK Sharma
01:00-02:00 PM	<i>Lunch</i>	
<i>Afternoon Workshops</i>		
02:00-05:00 PM	<ul style="list-style-type: none"> <i>Colony selection and preparing the grafting/ rearing colonies/Bee and queen rearing equipments</i> 	Dr Kiran Rana

Day 3 (10.11.2021)

10:00-11:00 AM	<i>Importance and methods of queen rearing</i>	Dr Meena Thakur
11:00-11:15AM	<i>Break</i>	
11:15-12:00 PM	<i>Honey bee Management w.r.t. Diseases</i>	Dr B.S. Rana
12:00-1:00 PM	<i>Pesticide poisoning and safe use of pesticides in honeybee</i>	Dr Ajay Sharma
01:00-02:00 PM	<i>Lunch</i>	
Afternoon Workshops		
02:00-5:00 PM	<i>Preparation of queen cell cups and grafting frames Grafting procedure for queen rearing</i>	HP-HDP Staff

Day 4 (11.11.2021)

10:00-11:30 AM	<i>Entrepreneurial activity/ Beekeeping schemes under KVIC</i>	Dr Ajay Sangarai BKDO Kangra
11:30-11:45 AM	<i>Break</i>	
11:45-01:00 PM	<i>Beekeeping Schemes: Success stories Department of Horticulture</i>	DDH Hamirpur
01:00-02:00 PM	<i>Lunch</i>	
Afternoon Workshops		
02:00-03:00 PM	<i>Selection of bee colony for queen rearing</i>	Dr Vishav Gaurav Chandel
03:00-04:00 PM	<i>Interaction with progressive beekeeper</i>	Sh Suresh Kumar, Hamirpur
04:00-05:00 PM	<ul style="list-style-type: none"> • <i>Preparation and care of mating nuclei, Grafting procedure</i> • <i>Demonstration of honeybee management practices</i> • <i>Practical on Managed pollination</i> 	HP-HDP Staff

Day 5 (12.11.2021)

10:00-11:00 AM	<i>Honey bee management w.r.t. enemies</i>	Dr Sunil Thakur
11:30-11:45 AM	<i>Break</i>	
11:45-01:00 PM	<i>Honey bee management w.r.t different seasons</i>	Dr VK Rana
01:00-02:00PM	<i>Lunch</i>	

Afternoon Workshops

Page No.138

02:00-03:00 PM	<ul style="list-style-type: none">• <i>Feedback and question answer session</i>	Dr VK Rana/Dr RK Thakur/Dr HK Sharma and/HP-HDP Staff
02:00-03:00 PM	<ul style="list-style-type: none">• <i>Closing ceremony</i>	All the Staff

all by him
27/10/2021

VK Rana
Principal Scientist/Head
Deptt. Of Entomology

Kamal Sharma
Kamal Sharma
Dean
COHF Neri

CSK HIMACHAL PRADESH KRISHI VISHVAVIDYALAYA
KRISHI VIGYAN KENDRA, KANGRA 176 001 (HP) INDIA
 Phone No. & Fax: 01892 264550, E mail: kvkkangra@gmail.com

No.QSD.KVK/KGR/CSKHPKV/Trg/-~~6~~ 129-151 Dated:28.02.2022

Six days Training Programme on Integrated Agriculture for the farmers of District Kangra
sponsored by SJVN, Shimla to be held at KVK-KANGRA

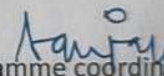
Training Incharge: Dr.Sanjay Sharma

Training Coordinator: Dr.NeetuSharma &Dr. Deep Kumar

Date: 03.03.2022 to 08.03.2022

First Day (03.03.2022)		
10.00-10.30 am	Registration and Introduction of course	Dr.Jagdish Kumar
10.30-11.30 am	Introduction about training programme and prospects and potential of Agri and allied enterprises in Himachal Pradesh	Dr. Sanjay Sharma
11.30-12.30 pm	Nursery raising as a vocation for higher returns	Dr.Pardeep Kumar, CUHP
12:30-1:30 pm	Soil testing methods, its importance as a tool for diagnosis and maintenance of soil health	Dr. Sanjay Sharma
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Scientific Maize Cultivation	Dr UttamChandel
3.00-4.00 pm	White button and Dhingri cultivation technology for better returns	Dr.Pardeep Kumar, KVK, Bara
Second Day (04.03.2022)		
10.30-11.30 am	Scientific Cultivation of Vegetable Crops	Dr.Sant Prakash
11.30-12.30 pm	Integrated disease management (IDM) in high value cash vegetable crops under protected cultivation	Dr Ashok Kumar
12:30-1:30 pm	Experiences sharing regarding mushroom cultivation	Dr. Sunil Dutt
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Rice Cultivation	Dr Neelam Bhardwaj
3.00-4.00 pm	Protected cultivation of vegetable crops	Dr.Parveen Sharma
Third Day (05.03.2022)		
10.30-11.30 am	Scope and importance of flowers cultivation with emphasis on protected cultivation of flowers in Himachal Pradesh	SMS (Hort)/ Dr.Desh Raj
11.30-12.30 pm	Beekeeping and its management	Dr Surinder Sharma/BKDO officer
12:30-1:30 pm	Livestock management and dairy farming as an enterprise	Dr. Rakesh Thakur
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Poultry farming as an enterprise for higher returns	Dr. Rakesh Thakur
3.00-4.00 pm	Bank Schemes for farmers of HP	Bank Official
Fourth Day (06.03.2022) Exposure visit to Palampur		
10.30-11.30 am	Natural Farming for Sustainable Agriculture	Dr.Sanjay Sharma
11.30-12.30 pm	Post harvest management of fruits and vegetables	Dr.Neetu Sharma
12:30-1:30 pm	Micro Irrigation Systems for hill farmers	Dr.Sanjay Sharma
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Scientific weed Management in Kharif& Rabi crops	Dr Deep Kumar
3.00-4.00 pm	Quality parameters in cereal, pulse and oil seed crops	Dr.AdarshBala
4.00-5.00 pm	Visit to KVK, Museum	Dr.Neetu Sharma

Fifth Day (07.03.2022)		
10.30-11.30 am	Nutritional disorders and management in crops	Dr NK Sankhyan/ Sanjay Sharma
11.30-12.30 pm	Fertilizers application approaches	Dr Pardeep Kumar/ Sanjay Sharma
12.30-1:30 pm	Schemes of department of horticulture and scientific cultivation of temperate/ tropical fruits in Himachal Pradesh	SMS/ DDH Horticulture
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Pomato cultivation and grafting techniques in vegetables crops	Dr Pardeep Kumar, CUHP
3.00-4.00 pm	Cultivation of Important Kharif& Rabi Crops	Dr.BS Mankotia
Sixth Day (08.03.2022)		
10.30-11.30 am	Departmental Schemes of Animal Husbandry in HP	SVO Kangra
11.30-12.30 pm	Management of Pests in different crops	Dr.Sunil Thakur, CUHP
12.30-1:30 pm	Schemes of department of agriculture	SMS Kangra
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Scope and Importance of Horticulture	Dr.Sarita Sharma, SMS (Horticulture)
3.00-4.00 pm	Feedback session-	All Scientists and participants
4.00-5.00 pm	Concluding session and distribution of certificates to the farmers	All scientists & farmers


 Programme coordinator
 Programme Coordinator
 KVK, Kangra - 176001

CC:

1. The Director Extension Education, CSK HPKV, Palampur for kind information, please.
2. Dean COA/ COVAS/ Concerned HODs/ DDA/ DDH/ SMS/Bank/ Scientists Incharge with the request to permit the concerned scientists/ Speaker to deliver lecture as per the schedule, please.
3. Individuals concerned.

No.QSD.KVK/KGR/CSKHVKV/Trg/- 169-189. Dated:10.03.2022

**Six days Training Programme on Integrated Agriculture for the farmers of District Kangra
sponsored by SJVN, Shimla to be held at KVK-KANGRA**

Training Incharge: Dr.Sanjay Sharma

Training Coordinator: Dr.NeetuSharma &Dr. Deep Kumar

Date: 11.03.2022 to 16.03.2022

First Day (11.03.2022)		
10.00-10.30 am	Registration and Introduction of course	Dr.JagdishChand
10.30-11.30 am	Introduction about training programme and prospects and potential of Agri and allied enterprises in Himachal Pradesh	Dr. Sanjay Sharma
11.30-12.30 pm	Nursery raising as a vocation for higher returns	Dr.Pardeep Kumar, CUHP
12:30-1:30 pm	Soil testing methods, its importance as a tool for diagnosis and maintenance of soil health	Dr. Sanjay Sharma
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Scientific Maize Cultivation	Dr UttamChandel
3.00-4.00 pm	White button and Dhingri cultivation technology for better returns	Dr.Pardeep Kumar, KVK, Bara
Second Day (12.03.2022)		
10.30-11.30 am	Scientific Cultivation of Vegetable Crops	Dr.Sant Prakash
11.30-12.30 pm	Integrated disease management (IDM) in high value cash vegetable crops under protected cultivation	Dr Ashok Kumar
12:30-1:30 pm	Experiences sharing regarding mushroom cultivation	Dr. Sunil Dutt
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Rice Cultivation	Dr Neelam Bhardwaj
3.00-4.00 pm	Protected cultivation of vegetable crops	Dr.Parveen Sharma
Third Day (13.03.2022)		
10.30-11.30 am	Natural Farming for Sustainable Agriculture	Dr.Sanjay Sharma
11.30-12.30 pm	Post harvest management of fruits and vegetables	Dr.Neetu Sharma
12:30-1:30 pm	Micro Irrigation Systems for hill farmers	Dr.Sanjay Sharma
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Scientific weed Management in Kharif& Rabi crops	Dr Deep Kumar
3.00-4.00 pm	Quality parameters in cereal, pulse and oil seed crops	Dr.AdarshBala
4.00-5.00 pm	Visit to KVK, Museum	Dr.Neetu Sharma
Fourth Day (14.03.2022)		
10.30-11.30 am	Scope and importance of flowers cultivation with emphasis on protected cultivation of flowers in Himachal Pradesh	SMS (Hort)/ Dr.Desh Raj
11.30-12.30 pm	Beekeeping and its management	Dr Surinder Sharma/BKDO officer
12:30-1:30 pm	Livestock management and dairy farming as an enterprise	Dr. Rakesh Thakur
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Poultry farming as an enterprise for higher returns	Dr. Rakesh Thakur
3.00-4.00 pm	Bank Schemes for farmers of HP	Bank Official

Fifth Day (15.03.2022)		
10.30-11.30 am	Nutritional disorders and management in crops	Dr NK Sankhyan/ Sanjay Sharma
11.30-12.30 pm	Fertilizers application approaches	Dr Pardeep Kumar/ Sanjay Sharma
12:30-1:30 pm	Schemes of department of horticulture and scientific cultivation of temperate/ tropical fruits in Himachal Pradesh	SMS/ DDH Horticulture
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Pomato cultivation and grafting techniques in vegetables crops	Dr Pardeep Kumar, CUHP
3.00-4.00 pm	Cultivation of Important Kharif& Rabi Crops	Dr. BS Mankotia
Sixth Day (16.03.2022)		
10.30-11.30 am	Departmental Schemes of Animal Husbandry in HP	SVO Kangra
11.30-12.30 pm	Management of Pests in different crops	Dr. Sunil Thakur, CUHP
12:30-1:30 pm	Schemes of department of agriculture	SMS Kangra
1.30-2.00 pm	Lunch Break	
2.00-3.00 pm	Scope and Importance of Horticulture	Dr.Sarita Sharma, SMS (Horticulture)
3.00-4.00 pm	Feedback session-	All Scientists and participants
4.00-5.00 pm	Concluding session and distribution of certificates to the farmers	All scientists & farmers


 Programme coordinator
 KVK Kangra
 Programme Coordinator
 KVK, Kangra - 176001

CC:

1. Copy to Dean COA/ COVAS/ Concerned HODs/ DDA/ DDH/ SMS/Bank/ Scientists Incharge/ Controlling Officer with the request to permit the concerned scientists/ Speaker to deliver lecture as per the schedule, please.
2. Individuals concerned.

No. QSD.33/KVK/KGR/489-
Dated: 25/9/2021. 510

Seven Days Training Programme on Bee Keeping for the farmers of Kangra district

Venue: Krishi Vigyan Kendra, Kangra

Training Coordinators: Dr. Sanjay Sharma, Dr. Deep Kumar & Dr. Neetu Sharma

Date: 04-10.10.2021

Date	Time	Topic	Speaker
04.10.2021	10-11AM	Registration	Dr. Jagdish Chand
	11-12 AM	Introductory remarks and importance of training programme	Dr. Sanjay Sharma
	12-1 PM	Introduction and Importance of honeybees	Dr. Surinder Sharma
	1-2 PM	Lunch	
	2-3 PM	Bee Hive and beekeeping equipments	Dr. Surinder Sharma
	3-5 PM	Species of honey bees, their lifecycle, colony members, hive parts, site selection for bees, winter packing and artificial feeding	Dr. Surinder Sharma
05.10.2021	10-11AM	Role of honey bees in vegetable seed production	Dr. Pardeep Kumar
	11-12 AM	Importance of honey bee as pollinator in horticulture crops	Dr. Pardeep Kumar
	12-1 PM	Commercial bee flora	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-3 PM	Traditional beekeeping	Dr. Ravinder Rana
	3-4 PM	Hands on bee and mud hive making practical	Dr. Ravinder Rana
06.10.2021	10-11AM	Management practices of honey bee colonies	Sanjeev Parmar
	11-12 AM	Enemies of honey bees and their management	Dr. Sunil Thakur
	12-1 PM	Diseases of honey bees and their management	Sh.Sanjeev Parmar
	1-2 PM	Lunch	
	2-3 PM	Seasonal management of honey bees	Sh.Sanjeev Parmar
	3-4 PM	Management of honey bees for honey and extraction, processing and marketing of honey	Sh.Sanjeev Parmar
07.10.2021	10-11AM	Shifting and migration of colonies	Dr. Sunil Thakur
	11-12 AM	Bee products	Dr. Neetu Sharma
	12-1 PM	Diversification of beekeeping and Government assistance	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-5 PM	Hands on bees, inspection and record keeping-practical	Sh. Rajesh Sharma
08.10.2021	10-4 PM	Visit to Bee Research Station Nagrota Bagwan at Hatwas	Dr. Deep Kumar & Dr. Jagdish Chand
09.10.2021	10-11AM	Pesticide poisoning of honey bees	Dr. Sunil Thakur
	11-12 AM	Bee venom and Royal jelly extraction	Dr. Gaurav Chandel
	12-1 PM	Loan and subsidies for commercial beekeeping by bank	Bank Officer
	1-2 PM	Lunch	
	2-3 PM	Economics and importance of beekeeping	Dr. Gaurav Chandel
	3-4 PM	Practical on migration of honey bee colony	Dr. Gaurav Chandel
10.10.2021	10-11AM	Migratory beekeeping-designing floral calendar	Sh. Rajesh Sharma
	11-12 AM	Swarm installation	Sh.Prabhat Chaudhary
	12-1 PM	Dividing and uniting colonies	Sh.Prabhat Chaudhary
	1-2 PM	Lunch	
	2-4 PM	Hand on training on Bio-pesticides	Dr. Surinder Sharma
	4-5 PM	Future projections for commercial beekeeping in the area and views of farmers/feedback	All Scientists

CC.:

1. DEE, CSKHPKV, Palampur
2. Head, Deptt. Of Entomology, CSKHPKV, Palampur with the request to kindly depute the concerned scientists
3. Associate Director, Regional Research & Training Station, Jachh with the request to kindly depute the concerned scientists
4. Dean COHF, Neri, Hamirpur with the request to kindly depute the concerned scientists
5. Head, Entomology, COHF, Neri with the request to kindly depute the concerned scientists
6. BKDO, Deptt. Of Horticulture, HP.
7. Individual concerned.

NOTE 9

AD CAMERA

Programme Coordinator
KVK, Kangra - 176001

**CSK Himachal Pradesh Krishi Vishvavidyalaya
Krishi Vigyan Kendra, Kangra-176001**

No. QSD-3-3/KVK/KG/21
Dated: 03/11/2021

**Seven Days Training Programme on Bee Keeping for the farmers of Kangra district
Venue: Krishi Vigyan Kendra, Kangra**

Training Coordinators: Dr. Sanjay Sharma, Dr. Deep Kumar & Dr. Neetu Sharma

Date: 08-14.11.2021

Date	Time	Topic	Speaker
08.11.2021	10-11AM	Registration	Dr. Jagdish Chand
	11-12 AM	Introductory remarks and importance of training programme	Dr. Sanjay Sharma
	12-1 PM	Introduction and Importance of honeybees	Dr. Surinder Sharma
	1-2 PM	Lunch	
	2-3 PM	Bee Hive and beekeeping equipments	Dr. Surinder Sharma
	3-5 PM	Species of honey bees, their lifecycle, colony members, hive parts, site selection for bees, winter packing and artificial feeding	Dr. Surinder Sharma
09.11.2021	10-11AM	Role of honey bees in vegetable seed production	Dr. Pardeep Kumar
	11-12 AM	Importance of honey bee as pollinator in horticulture crops	Dr. Pardeep Kumar
	12-1 PM	Commercial bee flora	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-3 PM	Traditional beekeeping	Dr. Ravinder Rana
	3-4 PM	Hands on bee and mud hive making practical	Dr. Ravinder Rana
10.11.2021	10-11AM	Management practices of honey bee colonies	Sanjeev Parmar
	11-12 AM	Enemies of honey bees and their management	Dr. Sunil Thakur
	12-1 PM	Diseases of honey bees and their management	Sh.Sanjeev Parmar
	1-2 PM	Lunch	
	2-3 PM	Seasonal management of honey bees	Sh.Sanjeev Parmar
	3-4 PM	Management of honey bees for honey and extraction, processing and marketing of honey	Sh.Sanjeev Parmar
11.11.2021	10-11AM	Shifting and migration of colonies	Dr. Sunil Thakur
	11-12 AM	Bee products	Dr. Neetu Sharma
	12-1 PM	Diversification of beekeeping and Government assistance	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-5 PM	Hands on bees, inspection and record keeping-practical	Sh. Rajesh Sharma
12.11.2021	10-4 PM	Visit to Bee Research Station Nagrota Bagwan at Hatwas	Dr. Deep Kumar & Dr. Jagdish Chand
13.11.2021	10-11AM	Pesticide poisoning of honey bees	Dr. Sunil Thakur
	11-12 AM	Bee venom and Royal jelly extraction	Dr. Gaurav Chandel
	12-1 PM	Loan and subsidies for commercial beekeeping by bank	Bank Officer
	1-2 PM	Lunch	
	2-3 PM	Economics and importance of beekeeping	Dr. Gaurav Chandel
	3-4 PM	Practical on migration of honey bee colony	Dr. Gaurav Chandel
14.11.2021	10-11AM	Migratory beekeeping-designing floral calendar	Sh. Rajesh Sharma
	11-12 AM	Swarm installation	Sh.Prabhat Chaudhary
	12-1 PM	Dividing and uniting colonies	Sh.Prabhat Chaudhary
	1-2 PM	Lunch	
	2-4 PM	Hand on training on Bio-pesticides	Dr. Surinder Sharma
	4-5 PM	Future projections for commercial beekeeping in the area and views of farmers/feedback	All Scientists

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6. BKDO, Deptt. Of Horticulture, HP.
7. Individual concerned.

Sanjay Sharma
Programme Coordinator
KVK, Kangra - 176001

**CSK Himachal Pradesh Krishi Vishvavidyalaya
Krishi Vigyan Kendra, Kangra-176001**

No. 33/KVK/KGR/34-58
Dated: 9/2/2022

**Seven Days Training Programme on Bee Keeping for the farmers of Kangra district
Venue: Krishi Vigyan Kendra, Kangra**

Training Coordinators: Dr. Sanjay Sharma, Dr. Deep Kumar & Dr. Neetu Sharma

Date: 14-20.02.2022

Date	Time	Topic	Speaker
14.02.2022	10-11AM	Registration	Dr. Jagdish Chand
	11-12 AM	Introductory remarks and importance of training programme	Dr. Sanjay Sharma
	12-1 PM	Introduction and Importance of honeybees	Dr. Surinder Sharma
	1-2 PM	Lunch	
	2-3 PM	Bee Hive and beekeeping equipments	Dr. Surinder Sharma
	3-5 PM	Species of honey bees, their lifecycle, colony members, hive parts, site selection for bees, winter packing and artificial feeding	Dr. Surinder Sharma
15.02.2022	10-11AM	Role of honey bees in vegetable seed production	Dr. Pardeep Kumar
	11-12 AM	Importance of honey bee as pollinator in horticulture crops	Dr. Pardeep Kumar
	12-1 PM	Commercial bee flora	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-3 PM	Traditional beekeeping	Dr. Neeraj Sharma
	3-4 PM	Hands on bee and mud hive making practical	Dr. Neeraj Sharma
16.02.2022	10-11AM	Management practices of honey bee colonies	Sanjeev Parmar
	11-12 AM	Enemies of honey bees and their management	Dr. Sunil Thakur
	12-1 PM	Diseases of honey bees and their management	Sh. Sanjeev Parmar
	1-2 PM	Lunch	
	2-3 PM	Seasonal management of honey bees	Sh. Sanjeev Parmar
	3-4 PM	Management of honey bees for honey and extraction, processing and marketing of honey	Sh. Sanjeev Parmar
17.02.2022	10-11AM	Shifting and migration of colonies	Dr. Sunil Thakur
	11-12 AM	Bee products	Dr. Neetu Sharma
	12-1 PM	Diversification of beekeeping and Government assistance	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-5 PM	Hands on bees, inspection and record keeping-practical	Sh. Rajesh Sharma
18.02.2022	10-4 PM	Visit to Bee Research Station Nagrota Bagwan at Hatwas	Dr. Deep Kumar & Dr. Jagdish Chand
19.02.2022	10-11AM	Pesticide poisoning of honey bees	Dr. Sunil Thakur
	11-12 AM	Bee venom and Royal jelly extraction	Dr. Gaurav Chandel
	12-1 PM	Loan and subsidies for commercial beekeeping by bank	Bank Officer
	1-2 PM	Lunch	
	2-3 PM	Economics and importance of beekeeping	Dr. Gaurav Chandel
	3-4 PM	Practical on migration of honey bee colony	Dr. Gaurav Chandel
20.02.2022	10-11AM	Migratory beekeeping-designing floral calendar	Sh. Rajesh Sharma
	11-12 AM	Swarm installation	Sh. Prabhat Chaudhary
	12-1 PM	Dividing and uniting colonies	Sh. Prabhat Chaudhary
	1-2 PM	Lunch	
	2-4 PM	Hand on training on Bio-pesticides	Dr. Surinder Sharma
	4-5 PM	Future projections for commercial beekeeping in the area and views of farmers/feedback	All Scientists

CC.:

1. DEE, CSKHPKV, Palampur
2. Head, Deptt. Of Entomology, CSKHPKV, Palampur with the request to kindly depute the concerned scientists
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7. Individual concerned.

Programme Coordinator
KVK Kangra

**CSK Himachal Pradesh Krishi Vishwavidyalaya
Krishi Vigyan Kendra, Kangra-176001**

No. QSD.3-3/KVK/KGA/85-
Dated: 15/2/2022. 105

Seven Days Training Programme on Bee Keeping for the farmers of Kangra district
Venue: Krishi Vigyan Kendra, Kangra

Training Coordinators: Dr. Sanjay Sharma, Dr. Deep Kumar & Dr. Neetu Sharma

Date: 22-28.02.2022

Date	Time	Topic	Speaker
22.02.2022	10-11 AM	Registration	Dr. Jagdish Chand
	11-12 AM	Introductory remarks and importance of training programme	Dr. Sanjay Sharma
	12-1 PM	Introduction and Importance of honeybees	Dr. Surinder Sharma
	1-2 PM	Lunch	
	2-3 PM	Bee Hive and beekeeping equipments	Dr. Surinder Sharma
	3-5 PM	Species of honey bees, their lifecycle, colony members, hive parts, site selection for bees, winter packing and artificial feeding	Dr. Surinder Sharma
23.02.2022	10-11 AM	Role of honey bees in vegetable seed production	Dr. Pardeep Kumar
	11-12 AM	Importance of honey bee as pollinator in horticulture crops	Dr. Pardeep Kumar
	12-1 PM	Commercial bee flora	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-3 PM	Traditional beekeeping	Dr. Neeraj Sharma
	3-4 PM	Hands on bee and mud hive making practical	Dr. Neeraj Sharma
24.02.2022	10-11 AM	Management practices of honey bee colonies	Sanjeev Parmar
	11-12 AM	Enemies of honey bees and their management	Dr. Sunil Thakur
	12-1 PM	Diseases of honey bees and their management	Sh. Sanjeev Parmar
	1-2 PM	Lunch	
	2-3 PM	Seasonal management of honey bees	Sh. Sanjeev Parmar
	3-4 PM	Management of honey bees for honey and extraction, processing and marketing of honey	Sh. Sanjeev Parmar
25.02.2022	10-11 AM	Shifting and migration of colonies	Dr. Sunil Thakur
	11-12 AM	Bee products	Dr. Neetu Sharma
	12-1 PM	Diversification of beekeeping and Government assistance	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-5 PM	Hands on bees, inspection and record keeping-practical	Sh. Rajesh Sharma
26.02.2022	10-4 PM	Visit to Bee Research Station Nagrota Bagwan at Hatwas	Dr. Deep Kumar & Dr. Jagdish Chand
27.02.2022	10-11 AM	Pesticide poisoning of honey bees	Dr. Sunil Thakur
	11-12 AM	Bee venom and Royal jelly extraction	Dr. Gaurav Chandel
	12-1 PM	Loan and subsidies for commercial beekeeping by bank	Bank Officer
	1-2 PM	Lunch	
	2-3 PM	Economics and importance of beekeeping	Dr. Gaurav Chandel
	3-4 PM	Practical on migration of honey bee colony	Dr. Gaurav Chandel
28.02.2022	10-11 AM	Migratory beekeeping-designing floral calendar	Sh. Rajesh Sharma
	11-12 AM	Swarm installation	Sh. Prabhat Chaudhary
	12-1 PM	Dividing and uniting colonies	Sh. Prabhat Chaudhary
	1-2 PM	Lunch	
	2-4 PM	Hand on training on Bio-pesticides	Dr. Surinder Sharma
	4-5 PM	Future projections for commercial beekeeping in the area and views of farmers/feedback	All Scientists

CC:

1. DEE, CSKHPKV, Palampur
2. Head, Deptt. Of Entomology, CSKHPKV, Palampur with the request to kindly depute the concerned scientists
3. Associate Director, Regional Research & Training Station, Jash with the request to kindly depute the concerned scientists
4. Dean COHF, Neri, Hamirpur with the request to kindly depute the concerned scientists
5. Head, Entomology, COHF, Neri with the request to kindly depute the concerned scientists
6. BKDO, Deptt. Of Horticulture, HP.
7. Individual concerned.

Kanfar
Programme Coordinator
KVK, Kangra - 176001

**CSK Himachal Pradesh Krishi Vishvavidyalaya
Krishi Vigyan Kendra, Kangra-176001**

115-128
No. AKD-KVK/KGR/33/-
Dated: 25/2/2022

**Seven Days Training Programme on Bee Keeping for the farmers of Kangra district
Venue: Krishi Vigyan Kendra, Kangra**

Training Coordinators: Dr. Sanjay Sharma, Dr. Deep Kumar & Dr. Neetu Sharma

Date: 03-09.03.2022

Date	Time	Topic	Speaker
03.03.2022	10-11 AM	Registration	Dr. Jagdish Chand
	11-12 AM	Introductory remarks and importance of training programme	Dr. Sanjay Sharma
	12-1 PM	Introduction and Importance of honeybees	Dr. Surinder Sharma
	1-2 PM	Lunch	
	2-3 PM	Bee Hive and beekeeping equipments	Dr. Surinder Sharma
	3-5 PM	Species of honey bees, their lifecycle, colony members, hive parts, site selection for bees, winter packing and artificial feeding	Dr. Surinder Sharma
04.03.2022	10-11 AM	Role of honey bees in vegetable seed production	Dr. Pardeep Kumar
	11-12 AM	Importance of honey bee as pollinator in horticulture crops	Dr. Pardeep Kumar
	12-1 PM	Commercial bee flora	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-3 PM	Traditional beekeeping	Dr. Neeraj Sharma
	3-4 PM	Hands on bee and mud hive making practical	Dr. Neeraj Sharma
05.03.2022	10-11 AM	Management practices of honey bee colonies	Sanjeev Parmar
	11-12 AM	Enemies of honey bees and their management	Dr. Sunil Thakur
	12-1 PM	Diseases of honey bees and their management	Sh. Sanjeev Parmar
	1-2 PM	Lunch	
	2-3 PM	Seasonal management of honey bees	Sh. Sanjeev Parmar
	3-4 PM	Management of honey bees for honey and extraction, processing and marketing of honey	Sh. Sanjeev Parmar
06.03.2022	10-11 AM	Shifting and migration of colonies	Dr. Sunil Thakur
	11-12 AM	Bee products	Dr. Neetu Sharma
	12-1 PM	Diversification of beekeeping and Government assistance	Dr. Ajay Sangrai
	1-2 PM	Lunch	
	2-5 PM	Hands on bees, inspection and record keeping-practical	Sh. Rajesh Sharma
07.03.2022	10-4 PM	Visit to Bee Research Station Nagrota Bagwan at Hatwas	Dr. Deep Kumar & Dr. Jagdish Chand
08.03.2022	10-11 AM	Pesticide poisoning of honey bees	Dr. Sunil Thakur
	11-12 AM	Bee venom and Royal jelly extraction	Dr. Gaurav Chandel
	12-1 PM	Loan and subsidies for commercial beekeeping by bank	Bank Officer
	1-2 PM	Lunch	
	2-3 PM	Economics and importance of beekeeping	Dr. Gaurav Chandel
	3-4 PM	Practical on migration of honey bee colony	Dr. Gaurav Chandel
09.03.2022	10-11 AM	Migratory beekeeping-designing floral calendar	Sh. Rajesh Sharma
	11-12 AM	Swarm installation	Sh. Prabhat Chaudhary
	12-1 PM	Dividing and uniting colonies	Sh. Prabhat Chaudhary
	1-2 PM	Lunch	
	2-4 PM	Hand on training on Bio-pesticides	Dr. Surinder Sharma
	4-5 PM	Future projections for commercial beekeeping in the area and views of farmers/feedback	All Scientists

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5. Individual concerned.

Sanjay
Programme Coordinator















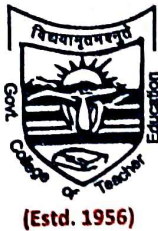












GOVERNMENT COLLEGE OF TEACHER EDUCATION

DHARAMSHALA, DISTRICT KANGRA (H.P.) 176215

(NAAC Re-Accredited 'B' Grade)

Tel: 01892-223140 (Off.) | Fax: 01892-222575 | Email: gctedharamshala-hp@nic.in | Web: www.gcte.in

Ref: _____

Date: 15/02/2020

TO WHOM IT MAY CONCERN

This is to certify that **Dr. Sunil Thakur**, Associate Professor & Director, Cbb, Central University, Shahpur, District Kangra, H.P. delivered two lectures as resource person on topics "*Impact of Pesticides on Environment*" and "*Insect, Mite and nematode Pests of Agricultural Crops and their Management*" on dated **11th December, 2019** during the In-Service Teachers Training Programme (Capacity Building) for newly appointed/promoted/regular PGT's/Lecture's (Biology) School Cadre of six districts of H.P. w.e.f. 9th December, 2019 to 14th December, 2019 (One Week) organized by GCTE Dharamshala as a nodal agency of Department of Higher Education, Govt. of Himachal Pradesh under the Training and Development Policy of Department of Education, 2012, Govt. of H.P.

The total 23 participants were present in this training programme.


(Reenu Chaudhary)
Programme Coordinator



Principal
Govt. College of Teacher Education
Dharamshala (Kangra) H.P. 176215
प्राचार्य
राजकीय अध्यापक शिक्षा महाविद्यालय
धर्मशाला जिला कांगड़ा (हि०प्र०)

Photo Gallery of SPARSH Activities

ASP Sh. Raman Sharma interacting on the topic Harassment at Work Places under the aegis of IQAC



ASP Raman Sharma highlighted on the topic “Menace of Corruption and its Eradication also” the session was chaired by SPARSH Chairperson Dr Manpreet Arora



How to Use a Pen Camera explained by the ASP





A SENSITIZATION SESSION IN SHAHPUR WITH THE STUDENTS



Showcasing of Short Films for Gender Sensitization



A Nookad Natak at Dramman Chowk





A session on Equality at work place



Showcasing a short movie Mukaan on Girl's Empowerment



News coverage



SPARSH CHAIRPERSON

Dr Manpreet Arora

EXTENSION ACTIVITIES REPORT
(YEAR 2021)

- **Plantation drive by the Department around the CUHP campus**



- **Organized a Guest Lecture on Mushroom Cultivation a prospective entrepreneurship by Vaidya Sushen Club, Department of Plant Science, Central University of Himachal Pradesh (15-11-2021)**



- **Under Green Campus initiative, the students of Department of Plant Science have prepared beautiful Bottle gardens consist of important ornamental plants having human values**



➤ **Exploration of medicinal orchids in the nearby area of the Shahpur on 05-02-2021**



The Department of Plant Science has been equally engaged in its public outreach activities wherein the faculty members served as resource personnel for the executed the various programmes. The outreach efforts for understanding the plant diversity and their ethnobotanical information around the University campus with the support of local residents who were well familiar with these plants have been already initiated. The different areas around the campus were visited by the students of M.Sc. Botany.

➤ **Exposure Visit of RD students to Hydroponic facility developed at CSK-HPKV, Palampur**

One day exposure visit of RD students of Department of Plant Science to the Himachal Pradesh Agricultural University, Palampur has been organized. The scholars were introduced to the process of Hydroponic facility (a form of precision agriculture in which crops are grown in vertical stacks of plant beds without use of soil) developed at the Campus and its role for growing vegetables and other crops.



➤ **Organized a One day Exposure Visit to Regional-cum-Facilitation Centre (RCFC) at RIISM, National Medicinal Plant Board, Joginder Nagar, Himachal Pradesh by Vaidya Sushen Club, Department of Plant Sciences, Central University of Himachal Pradesh (04-12-2021)**



- Visit of M.Sc Plant Science, 4th Semester Students to nearby villages regularly to explore the plant vegetation and discussion with the locals under Community development course (PLS 508)



- One day field trip of M.Sc Plant Science, 4th Semester Students to Triund Dharamshala for exploring the medicinal vegetation/plant diversity growing there and understanding the effect of environmental factors on their growth.



EXTENSION ACTIVITIES REPORT **(YEAR 2022)**



Vaidya Sushen Club, Department of Plant Science and Himalayan Life Science Society, Central University of Himachal Pradesh organized a Lecture on Native Wild Ornamentals of Himalayas (07-03-2022)



Himalayan Life Science Society and Vaidya Sushen Club, Department of Plant Science, Central University of Himachal Pradesh organized a Guest Lecture on Diversity of Wild Edible Tubers (09-03-2022)

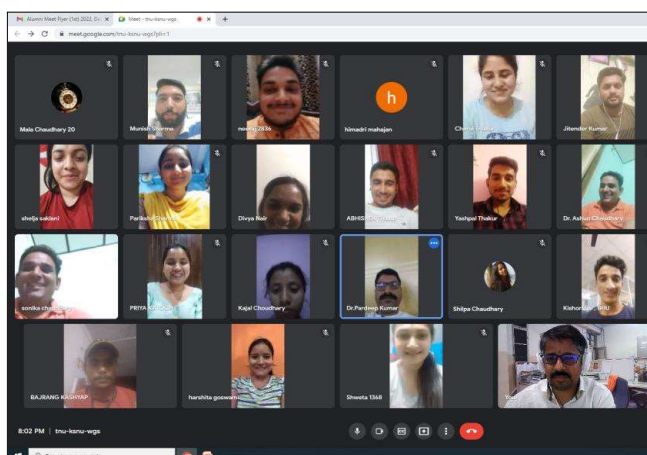


Vaidya Sushen Club, Department of Plant Science and Himalayan Life Science Society, Central University of Himachal Pradesh organized a Guest Lecture on Hybrid Seed production of Vegetable crops (10-03-2022)



Himalayan Life Science Society and Vaidya Sushen Club, Department of Plant Science, Central University of Himachal Pradesh organized a Guest Lecture on Plant Disease Management (14-06-2022)

- Department of Plant Science, Central University of Himachal Pradesh witnessed its 1st Alumni Meet (11-04-2022)





Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal Pradesh-176215

Centre for Entrepreneurship and Innovation, School of Commerce and Management Studies

A Report on Social Outreach Initiative during SARAS Fair-2022

Smart City Dharamshala has witnessed a mega exhibition of a variety of products produced by rural artisans of India, especially by Self Help Groups during the *Saras* fair organised by the Department of Rural Development from 21 to 30 March 2022. Products like Bamboo Artwork, Bengali Saari, Kangra Paintings, Chamba Rumaal, Toys, processed food products, Handloom and Handicraft products, etc. were the major products that were exhibited during this fair. The Centre for Entrepreneurship and Innovation, School of Commerce and Management Studies under the extension and outreach initiative of the Central University of Himachal Pradesh took the lead and formed a group of 5 MBA students under the supervision of the teachers to promote the products of the participating rural artisans in the University as well as on various social media platforms.





Central University of Himachal Pradesh

(ESTABLISHED UNDER CENTRAL UNIVERSITIES ACT 2009)

Dharamshala, Himachal Pradesh-176215

This initiative of the Centre not only provides an opportunity for MBA students to explore the potential of rural products but also offers an environment for experiential learning. Students under the leadership of Mr. Divyanshu and Mr. Ananya Goel visited the stalls of these rural artisans and gathered product-related information to design an effective marketing program for their products.



These students identified the product attributes to be used as 'USP' and used these while communicating the value proposition to the potential customers. They have further interviewed the members of the SHGs and prospective buyers to design a promotional campaign. As a result of a campaign run by these students in the University, many of the students, faculty, and other staff members visited the fair and purchased these unique and traditional products of rural India. The students further designed a promotional advertisement in the form of a short video to launch a social media campaign to ensure the mass publicity of these products.

The Vice-Chancellor of CUHP, Prof. S.P. Bansal, and Prof. Mohinder Singh, Dean, School of Commerce and Management Studies Officials appreciated the efforts of the Centre and the students for innovative implementation of the social outreach initiative of the University.

(Dr. Chaman Lal)

Hon. Director

Centre for Entrepreneurship and Innovation
School of Commerce and Management studies