



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

(NAAC-Accredited : A⁺ with CGPA of 3.42)

आन्तरिक गुणवत्ता आश्वासन प्रकोष्ठ

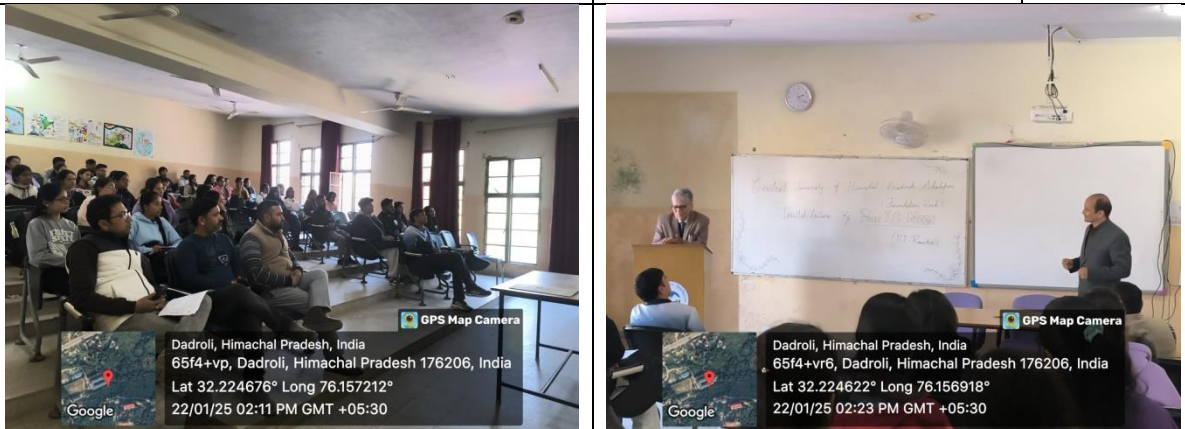
धर्मशाला- .प्र.हि , ज़िला काँगड़ा , 176215

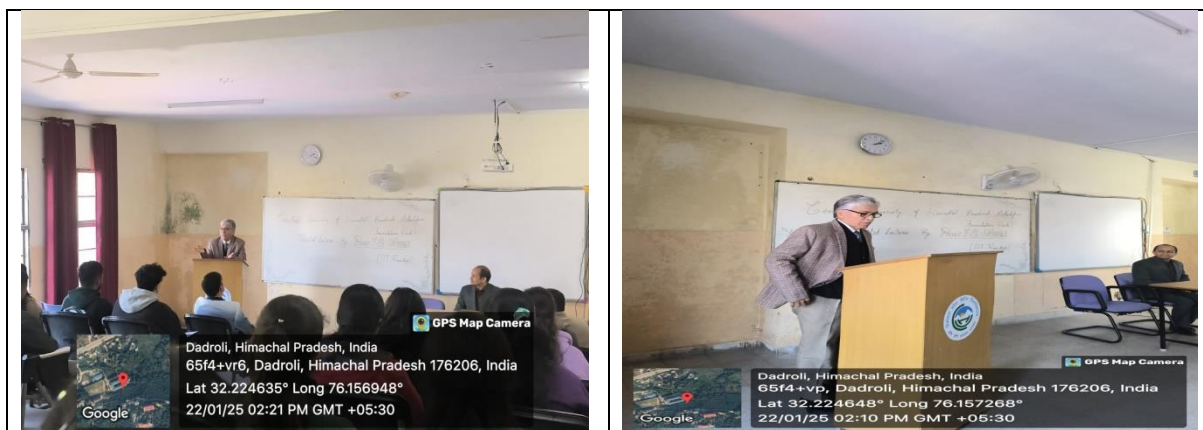


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dated: 22 January 2025

Event Report

Name of the Event	Expert talk on “Facing future challenges and achieving goals”	
Objective of the event	To inspire students to set and achieve meaningful personal and professional goals. To provide practical strategies for overcoming challenges in a rapidly changing world.	
Date, Time and Venue	22 January 2025, 2:00 PM and CR18 Shahpur Campus	
Convener /Organising Secretary	Dr. Alok Pandey	
Organising Unit	Department of Environment Science	
Participants	30 PG students of the Environment Science were participated in this event.	
Outcome of the event	Increased awareness among students about the importance of proactive planning to tackle the uncertainties of the future effectively. The students were also encouraged to develop emotional intelligence as a means of managing stress effectively.	
Expenditure & Funding Agency if anyone otherwise CUHP	Nil	
Photos (atleast one geo-tag)		
		



Event Detail Report

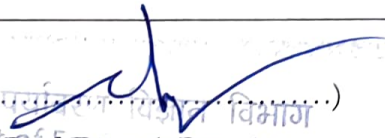
On January 22, 2025, Department of Environmental Science celebrated the third day of the Foundation week of Central University of Himachal Pradesh (CUHP) with great enthusiasm. As part of the celebration, department organized an insightful expert talk of Professor (Retd.) Yuvraj Singh Negi (IIT Roorkee) entitled “Facing Future Challenges and Achieving Goals” at CR-10 of Shahpur campus. This event was part of a series aimed at equipping students with the skills and mindset required to navigate the complexities of modern life and work towards their aspirations. The session was attended by students, faculty, and staff.

The primary objective of the talk was to inspire students to set and achieve meaningful personal and professional goals by helping them envision a clear path to success. It aimed to equip attendees with practical strategies to overcome challenges in a rapidly changing world, emphasizing the importance of adaptability and problem-solving skills. The session also focused on fostering a growth mindset and building resilience, encouraging participants to embrace setbacks as opportunities for learning and improvement. Additionally, the talk sought to bridge the gap between theoretical knowledge and real-world applications, offering expert insights to empower students to make informed decisions and excel in their endeavors.

The expert talk of Prof. Y.S. Negi began by addressing the challenges of today’s dynamic environment, highlighting key issues such as technological advancements, climate change, and the evolution of the workplace. The importance of adaptability and continuous learning was emphasized as essential tools for navigating these complexities effectively. Moving on to goal setting, the session provided practical techniques for creating realistic, specific, and measurable objectives using the SMART framework, while also underscoring the need to align personal values and aspirations with professional ambitions. The discussion then focused on building resilience, with strategies to stay motivated during setbacks, including positive self-talk, seeking mentorship, and maintaining a strong support network. Attendees were also encouraged to develop emotional intelligence as a means of managing stress effectively. Finally, achieving success was explored through the lens of discipline, time management, and prioritization, alongside leveraging opportunities for skill development, internships, and networking. The speaker also emphasized

the importance of adhering to ethical and sustainable practices in all endeavors, encouraging participants to approach their goals with integrity and responsibility.

The expert talk resulted in several key outcomes that left a lasting impact on the attendees. First, it increased awareness among students about the significance of proactive planning in addressing future challenges, helping them to better understand the importance of preparation and adaptability. Additionally, the session provided practical insights, equipping participants with actionable strategies for setting and achieving their goals effectively. A notable outcome was the motivational boost it offered, inspiring students to take ownership of their personal and professional journeys while aiming for excellence. The event also fostered interactive engagement through a dynamic Q&A session, which encouraged active participation and facilitated the exchange of ideas, making the session both enriching and impactful for all present.

(Sig.....)  Dr. Alok K Pandey Convener	(Sig.....)  Prof. Deepak Pant Head/Director (With Stamp) विभाग (Department) Head, Department of Environmental Sciences हिमाचल प्रदेश केंद्रीय विश्वविद्यालय Central University of Himachal Pradesh अस्थायी शैक्षणिक ब्लॉक / शाहपुर, कांगड़ा (हि.प्र.) / Shahpur, Kangra (H.P.)-176206 Academic Block
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(1) $\frac{2}{3} \times \frac{4}{5} = \frac{8}{15}$

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(2) Ishita Sharma CUP24 ENV11

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(4) Laxmana Singh CUMR24 ENV23

Sanjana

(5) Tahvi Sharma CUHP24ENV33

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Komal Verma CUHP24ENV12

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Divya Bhardwaj CVHP24ENV09

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8) Diegen Das CHP24ENV06

Ananya

9) Mannji Pradhan COMPANY/02

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11)	Riya kashwal	CUHP24ENV22	Riya
12)	Himanshi Rehela	CUHP24ENV10	Himanshi
13)	Ananya Sharma	CUHP23ENV03	Ananya Sharma
14)	Muskan	CUHP23ENV31	Muskan
15)	Vishal	CUHP23ENV29	Vishal
16)	Divyansh Sharma	CUHP23ENV06	Divyansh
17)	Anam Thakur	CUHP24ENV36	Anam
18)	Raghu Rana	CUHP24ENV20	Raghu
19)	Nakita Kumari	CUHP24ENV34	Nakita
20)	Raksh Pathania	CUHP23ENV33	Raksh
21)	Anshul	CUHP23ENV04	Anshul
22)	Damini Naryal	CUHP24ENV08	Damini
23)	Satgun Sharma	CUHP24ENV24	Satgun
24)	Tanvi	CUHP24ENV32	Tanvi
25)	Payal	CUHP24ENV19	Payal
26)	Muskaan Chaudhary	CUHP24ENV15	Muskaan
27)	Nandita Chaudhary	CUHP24ENV16	Nandita
28)	Aashita Moudgil	CUHP24ENV04	Aashita
29)	Neha Thakur	CUHP24ENV17	Neha
30)	Shakshi Verma	CUHP24ENV25	Shakshi
31)	Ritika	CUHP24ENV21	Ritika
32)	Swathi	CUHP24ENV30	Swathi
33)	Shrutika	CUHP24ENV27	Shrutika
34)	Madhab Rathi	CUHP24ENV13	Madhab
35)	Stanley Dorjey	CUHP24ENV28	Stanley
36)	Abhay	CUHP24ENV01	Abhay
37)	Patel Nancy	CUHP24ENV18	Nancy
38)	Deepika Rana	CUHP24ENV35	Deepika



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय पर्यावरण विज्ञान विभाग



द्वारा आयोजन

स्थापना दिवस एवं सप्ताह समारोह-2025



विभागाध्यक्ष
प्रो० दीपक पंत



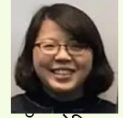
संयोजक:
डॉ आलोक पाण्डेय

दिनांक	कार्यक्रम सूची	स्थान
20 जनवरी 2025	Student debate on CUHP build up the development of Kangra (H.P.) Region सीयूएचपी के कांगड़ा (हि.प्र.) क्षेत्र के विकास पर छात्रों की वाद-विवाद प्रतियोगिता	CR-10
21 जनवरी 2025	हिमाचल प्रदेश केंद्रीय विश्वविद्यालय धर्मशाला स्थापना दिवस कार्यक्रम	कॉलेज सभागार धर्मशाला
22 जनवरी 2025	Expert talk on "Facing future challenges and achieving goals" "भविष्य की चुनौतियों का सामना करना और लक्ष्य प्राप्त करना" विषय पर विशेषज्ञ वार्ता (प्रो० युवराज सिंह नेगी आईआईटी रुड़की)	CR-10
23 जनवरी 2025	Experts talk on "Disaster Management" विशेषज्ञों द्वारा "आपदा प्रबंधन" पर संवाद (डॉ ग्लोरिया ताइवान एवं डॉ कोमल एस्टन विश्वविद्यालय यू० के०)	Seminar Room सम्मेलन कक्ष
24 जनवरी 2025	Idea competition and Cultural Programme विचार प्रतियोगिता एवं सांस्कृतिक कार्यक्रम	CR-10

कार्यक्रम मुख्यवक्ता
एवं अतिथि



प्रो० यु० एस० नेगी



डॉ ग्लोरिया



डॉ कोमल अर्याल

पर्यावरण विज्ञान विभाग
पृथ्वी एवं पर्यावरण विज्ञान स्कूल
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय शाहपुर परिसर-176206