






**हिमाचल प्रदेश केंद्रीय विश्वविद्यालय**  
**Central University of Himachal Pradesh**  
(Accredited by NAAC with 'A+' Grade with CGPA of 3.42)  
**(वाणिज्य विभाग)**  
(Department of Commerce)



**EVENT REPORT**

<b>Name of the Event</b>	Workshop on "Life Skills for Mental Health"
<b>Objective of the event</b>	<ol style="list-style-type: none"><li>1. To promote self-awareness about mental health, encourage emotional well-being among students</li><li>2. To develop personality, communication skills, and adaptability among students.</li><li>3. To strengthen teamwork, creativity, coordination, and leadership abilities.</li><li>4. To improve emotional intelligence, networking skills, and confidence in different environments</li></ol>
<b>Date, Time and Venue</b>	Date: 23–26 March 2026 Time: 10:30 AM- 3:30 PM Venue: Seminar Hall, TAB -1, Dharamshala, Central University of Himachal Pradesh
<b>Convener /Organising Secretary</b>	Dr. Mohinder Paul/ Dr. Varun Saini Department of Commerce, CUHP
<b>Organising Unit</b>	Department of Commerce School of Commerce and Management Studies Central University of Himachal Pradesh (CUHP)
<b>Participants</b>	42 master's students, comprising faculty members and P.G. Students of the Department of Commerce, were present.
<b>Outcome of the event</b>	<ol style="list-style-type: none"><li>1. Improved self-awareness, communication, teamwork, and leadership skills among students.</li><li>2. Enhanced emotional intelligence and ability to manage stress and real-life challenges.</li><li>3. Developed confidence, adaptability, and positive attitude toward personal growth.</li><li>4. Provided practical exposure through activities, improving problem-solving and decision-making skills.</li></ol>

<p><b>Expenditure &amp; Funding Agency if anyone otherwise CUHP</b></p>	<p>NA</p>
<p><b>Photos (atleast one geo-tag)</b></p> 	
	

### Event Detail Report

In response to the growing need for developing essential life skills among students, the Department of Commerce, Central University of Himachal Pradesh, in collaboration with RGNIYD, successfully conducted a four-day Life Skills Workshop from March 23 to March 26, 2026, at the Seminar Hall, TAB-1, Dharamshala campus. The workshop aimed to enhance students' competencies in communication, teamwork, leadership, adaptability, and emotional intelligence through interactive sessions and practical activities.

The workshop commenced on March 23, 2026, with an inaugural session conducted by trainers from RGNIYD. They introduced the objectives of the workshop and highlighted the importance of life skills in personal, academic, and professional growth. The first day focused on self-awareness and soft skills, where students learned to understand their strengths, weaknesses, and behavior. Key skills such as communication, teamwork, problem-solving, decision-making, and emotional intelligence were discussed, creating a strong foundation for personal development.

On March 24, 2026, the second day centered on personality development, communication skills, and adaptability. The trainers emphasized the importance of confidence, positive attitude, and effective communication, including body language and active listening. Students actively participated in indoor and outdoor activities designed to improve their interaction skills and adaptability to different situations.

The third day, held on March 25, 2026, focused on teamwork, creativity, coordination, and leadership. Students were divided into groups and engaged in activities such as banner-making on social topics like education, environment, and career planning. These activities enhanced their creativity, collaboration, and coordination


skills. An outdoor task further strengthened their ability to manage time, utilize resources effectively, and work efficiently as a team.

The workshop concluded on March 26, 2026, with sessions on comfortability, networking, and emotional intelligence. Students learned the importance of building relationships, managing emotions, and communicating effectively in different environments. The event concluded with a valedictory session where participants shared their experiences and expressed gratitude to the trainers and organizers.

Overall, the workshop witnessed active participation and engagement from students throughout all four days. It successfully enhanced their confidence, interpersonal skills, and ability to handle real-life challenges. The event proved to be highly informative, interactive, and beneficial in promoting holistic personal development among students.



**Dr. Mohinder Paul**  
Convener



**Prof. Mohinder Singh** 29/4/26  
Head  
Department of Commerce  
Department of Business Administration  
School of Commerce and Management Studies  
Central University of Himachal Pradesh,  
Dharamshala, Kangra, Himachal Pradesh,  
Bharat, 176215

**Annexure:**

- 1 Notice of the event and Program Schedule (if any)
- 2 Program brochure
- 3 Attendance Sheet (Name & Signature)
- 4 News if any: NA



Central University of Himachal Pradesh  
(NAAC Accredited A')

Department of Commerce  
School of Commerce and Management Studies  
Dhauladhar-II, Dharamshala, Kangra, HP, 176215

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File No. CUHP/Comm./1-19/TP&CC/2023/ 895-97

Dated: 19/2/26

## Notice

The following committee has been constituted to ensure the smooth organization of the training programme on Life Skills Education to be held on 23rd to 26th March, 2026:

- |                           |   |                      |
|---------------------------|---|----------------------|
| 1. Dr. Mohinder Paul      | - | Convenor             |
| 2. Dr. Varun Saini        | - | Organizing Secretary |
| 3. Dr. Gitanjali Upadhaya | - | Member               |
| 4. Dr. Akhil Sharma       | - | Member               |

  
Head  
Department of Commerce

### Copy to:

1. Dean, SCMS, Central University of Himachal Pradesh.
2. All concern committee members, Department of Commerce.

  
Head

**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
**Ministry of Youth Affairs and Sports, Government of India Regional**  
**Centre, Chandigarh – 160012**

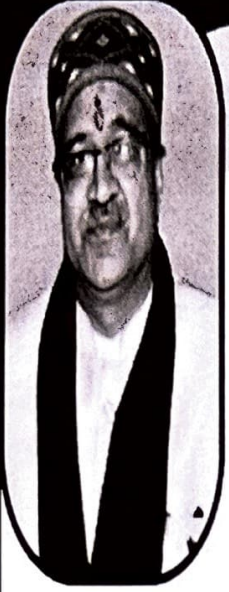
**Training on Life Skills for Mental health**

**Date:** 23<sup>rd</sup> -26<sup>th</sup> March, 2026

**Venue:** Central University of H.P., Dharamshala

**Tentative Programme Schedule**

<b>Day -1</b>	<b>Programme / Sessions</b>
<b>10:00 AM</b>	Participants Registration/ RGNIYD Film /Ice-breaking / Expectations
11:00 -11:30 AM	Tea Break
11:30 -01:00 PM	Understanding Self/ Self Awareness
01:00 -02:00 PM	Lunch
02:00 -03:30 PM	Empathy
<b>Day - 2</b>	<b>Programme / Sessions</b>
09:30 -10:00 AM	Recap
10:00 -11:30 AM	Effective Communication Skills
11:30 -11:45 AM	Tea Break
11:45 -01:15 PM	Interpersonal Relationship Skills
01:15 -02:00 PM	Lunch Break
02:00 -03:30 PM	Problem Solving
<b>Day - 3</b>	<b>Programme / Sessions</b>
09:30 -10:00 AM	Recap
10:00-11:30 AM	Decision Making Skills
11:30-11:45 AM	Tea Break
11:45 -01:00 PM	Creative Thinking
01:00 -02:00 PM	Lunch
02:00- 03:30 PM	Critical Thinking Skills
<b>Day - 4</b>	<b>Programme / Sessions</b>
9:30-10 AM	Recap
10:00- 11:30 AM	Coping with Emotions
11:30- 12:00 AM	Tea
12:00- 01:00 PM	Coping with Stress
01:00- 2:15 PM	lunch
02:15- 02:30 PM	Feedback and Evaluation
02:30 PM	<b>Valediction Ceremony</b>



# LIFE SKILLS FOR MENTAL HEALTH



What we learn:

- Coping with Stress
- Decision Making Skills
- Critical Thinking Skills
- Interpersonal Skills
- Effective Communication
- Problem Solving
- Creative Thinking
- Self Awareness
- Empathy Skills
- Coping with Emotions



## DEPARTMENT OF COMMERCE

*Organises*

### A Four-Day Training Programme

*in collaboration with*

RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT, CHANDIGARH

(Ministry of Youth Affairs and Sports, Government of India)

*On*

## LIFE SKILLS FOR MENTAL HEALTH

Central University of H.P., Dharamshala

23<sup>rd</sup>-26<sup>th</sup> March, 2020

Four days Training Programme on Life Skills Education Training Programme from 23<sup>th</sup> March, 2026 to 26<sup>th</sup> March, 2026 in seminar Hall of Dhauladhar Parisar - I, CUHP, Dharamshala, H.P.-176215 In Collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD).

Following participants were presented on First Day of the above training program:

S. No	Roll No	Name of the Participants	Signature
1	CUHP25MCO01	Aarushi Thakur	Aarushi Thakur
2	CUHP25MCO02	Alambusha Bharad.	Alambusha Bharadwaj
3	CUHP25MCO03	Anamika Devi	Anamika
4	CUHP25MCO04	Ashima Thakur	Ashima
5	CUHP25MCO05	Ayush	Ayush
6	CUHP25MCO06	Kamakshi Sharma	Kamakshi
7	CUHP25MCO07	Kapil Choudhary	Kapil
8	CUHP25MCO10	Padma Skitzom	Skitzom
9	CUHP25MCO11	Payal Kumari	Payal
10	CUHP25MCO13	Rajat Thakur	Rajat Thakur
11	CUHP25MCO14	Ritika	Ritika
12	CUHP25MCO15	Shivanand Shukla	Shivanand
13	CUHP25MCO16	Sunidhi Sharma	on leave
14	CUHP25MCO17	Vanshika	Vanshika
15	CUHP25MCO18	Vikas	Vikas
16	CUHP25MCO19	Vishal	Vishal
17	CUHP25MCO20	Yaadunandan Singh	Yaadunandan
18	CUHP25MCO21	Anjali Devi	Anjali
19	CUHP25MCO22	Arjun	Arjun
20	CUHP25MCO23	Ayan Verma	Ayan Verma
21	CUHP25MCO24	Bhargavi Dhiman	Bhargavi
22	CUHP25MCO27	Manish Kumar	Manish Kumar
23	CUHP25MCO28	Prakriti	Prakriti
24	CUHP25MCO29	Prince Pathania	Prince Pathania
25	CUHP25MCO30	Shivam Kumar	Shivam
26	CUHP25MCO31	Sourabh	Sourabh
27	CUHP25MCO32	Pratibha Rana	Pratibha
28	CUHP25MCO33	Sneha	Sneha
29	CUHP25MCO34	Riya Rishika	Riya
30	CUHP24MCO04	Ankush Sharma	Ankush Sharma
31	CUHP24MCO08	Dikshit Kumar	Dikshit Kumar
32	CUHP24MCO09	Hari Shankar Jha	Hari Shankar Jha
33	CUHP24MCO10	Isha	Isha
34	CUHP24MCO11	Kamini Pathania	Kamini
35	CUHP24MCO12	Manik	Manik
36	CUHP25MCO13	Mohammed Arif	Mohammed Arif
37	CUHP24MCO14	Nandani	Nandani
38	CUHP24MCO17	Pamil Thakur	Pamil Thakur
39	CUHP24MCO20	Rajesh Kumar Sodhi	Rajesh Kumar Sodhi
40	CUHP24MCO24	Shanvi	Shanvi
41	CUHP24MCO25	Shubham Singh	Shubham Singh
42	CUHP24MCO26	Suman Devi	Suman Devi
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Four days Training Programme on Life Skills Education Training Programme from 23th March, 2026 to 26th March, 2026 in seminar Hall of Dhauladhar Parisar - I, CUHP, Dharamshala, H.P.-176215 In Collaboration with Rajiv Gandhi National Institute of Youth Development (RGNIYD).m

Following participants were presented on Second Day of the above training program:

S. No	Roll No	Name of the Participants	Signature
1	CUHP25MCO01	Aarushi Thakur	Aarushi Thakur
2	CUHP25MCO02	Alambusha Bharad.	Alambusha Bharad.
3	CUHP25MCO03	Anamika Devi	Anamika
4	CUHP25MCO04	Ashima Thakur	Ashima
5	CUHP25MCO05	Ayush	Ayush
6	CUHP25MCO06	Kamakshi Sharma	Kamakshi
7	CUHP25MCO07	Kapil Choudhary	Kapil
8	CUHP25MCO10	Padma Skitzom	Skitzom
9	CUHP25MCO11	Payal Kumari	Payal Kumari
10	CUHP25MCO13	Rajat Thakur	Rajat Thakur
11	CUHP25MCO14	Ritika	Ritika
12	CUHP25MCO15	Shivanand Shukla	Shivanand
13	CUHP25MCO16	Sunidhi Sharma	Sunidhi
14	CUHP25MCO17	Vanshika	Vanshika
15	CUHP25MCO18	Vikas	Vikas
16	CUHP25MCO19	Vishal	Vishal
17	CUHP25MCO20	Yaadunandan Singh	Yaadunandan
18	CUHP25MCO21	Anjali Devi	Anjali
19	CUHP25MCO22	Arun	Arun
20	CUHP25MCO23	Ayan Verma	Ayan Verma
21	CUHP25MCO24	Bhargavi Dhiman	Bhargavi
22	CUHP25MCO27	Manish Kumar	Manish Kumar
23	CUHP25MCO28	Prakriti	Prakriti
24	CUHP25MCO29	Prince Pathania	Prince Pathania
25	CUHP25MCO30	Shivam Kumar	Shivam
26	CUHP25MCO31	Sourabh	Sourabh
27	CUHP25MCO32	Pratibha Rana	Pratibha
28	CUHP25MCO33	Sneha	Sneha
29	CUHP25MCO34	Riya Rishika	Riya
30	CUHP24MCO04	Ankush Sharma	Ankush Sharma
31	CUHP24MCO08	Dikshit Kumar	Dikshit Kumar
32	CUHP24MCO09	Hari Shankar Jha	Hari Shankar
33	CUHP24MCO10	Isha	Isha
34	CUHP24MCO11	Kamini Pathania	Kamini
35	CUHP24MCO12	Manik	Manik
36	CUHP25MCO13	Mohammed Arif	Mohammed Arif
37	CUHP24MCO14	Nandani	Nandani
38	CUHP24MCO17	Pamil Thakur	Pamil Thakur
39	CUHP24MCO20	Rajesh Kumar Sodhi	Rajesh Kumar
40	CUHP24MCO24	Shanvi	Shanvi
41	CUHP24MCO25	Shubham Singh	Shubham Singh
42	CUHP24MCO26	Suman Devi	Suman
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Following participants were presented on Third Day of the above training program:

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2	CUHP25MCO02	Alambusha Bharad.	Alambusha Bharadwaj
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Following participants were presented on Forth Day of the above training program:

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