



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

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

आन्तरिक गुणवत्ता आश्वासन प्रकोष्ठ

धर्मशाला, जिला काँगड़ा, हि.प्र.- 176215

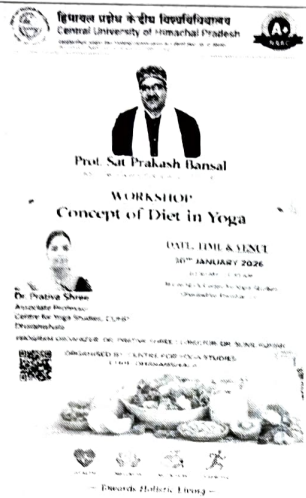

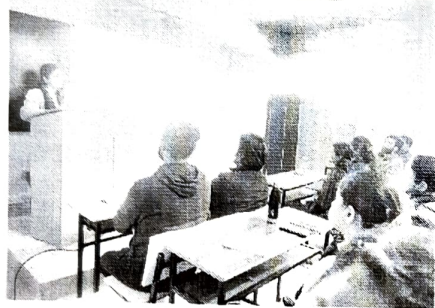
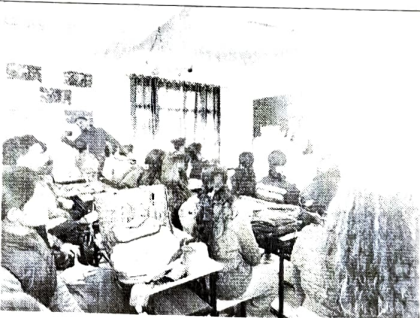


File No.: C.S./2-3/CU.HP/23/513

dated: 06/02/2026

Event Report

Name of the Event	Workshop on 'Concept of diet in Yoga'
Objective of the event	<ul style="list-style-type: none">➤ To know about the relevance of diet for health and wellbeing.➤ To become aware of prescribed and prohibited food in Classical Yoga.➤ To know and do the practical interpretation of the principles of healthy diet.➤ To manage different health issues by the intake of specific diet.
Date, Time and Venue	Date- 30.01.2026 Time- 10:30 AM – 11:30 AM Venue- Room No.- 3, Centre for Yoga Studies, Dhauladhara Parisar- II
Convener /Organising Secretary	Dr. Prativa Shree
Organising Unit	Centre for Yoga Studies
Participants	59 participants in physical mode and other participants on virtual mode were present. <ul style="list-style-type: none">➤ Faculty Members➤ Ph.D. Scholars➤ PG Students➤ Diploma Students
Outcome of the event	This event helped to: <ul style="list-style-type: none">➤ Have the basic concept of diet and its relevance.➤ To know about a well-balanced and healthy diet.➤ Become aware of the prescribed and prohibited food.➤ Have the knowledge of diet as per the classical texts.

	<ul style="list-style-type: none"> ➤ Understood the importance of Yuktahara, Mitahara and Sattwic diet.
	Rs..... UGC/DST/ICSSR/CUHP
Photos	
	
	

Event Detail Report (maximum 500 words)

(Sample)

On January 30, 2026, one Workshop has been conducted in Room No. 3, Centre for Yoga Studies, at the Central University of Himachal Pradesh. Dr. Prativa Shree, Associate Professor, Centre for Yoga studies has delivered a talk on **'Concept of diet in Yoga'**. During this event 59 participants consisting of Faculty Members, Ph.D. Scholars, Post Graduate Students, Diploma Students of the Yoga Department were physically present with the students as well as faculty members of other Universities (in virtual mode).

The talk started with the Om chanting followed by shantipath. Then the speaker delved into the concept of diet and its relevance in our day-to-day life. Diet is the most important factor for sustenance of life. It is conducive for the maintenance of good health, longevity, strength, intellect, good voice and complexion.

Yogic diet helps to stay alive, be active, move and work, build new cells and tissues for growth, remain healthy by preventing & fighting against the infections. Yogic diet enhances physical and mental efficiency, good health and a high standard of vigor and vitality. This segment of the talk was both enlightening and thought provoking, as it connected contemporary issues with deeper philosophical enquiries.

Transitioning into the core theme, the speaker has discussed about the concept, types (Sattvic, Rajasic and Tamasic), advantages of diet at the physio-psychological level according to the medical science and different yogic texts. She has mentioned about the prescribed and prohibited diet as described in the hatha yoga texts. One should take yogic diet which is nutritious, tasty, soft, prepared with ghee, milk, etc. to fuel the body and mind for the maintenance of life.

With the observation of moderation in diet the mental attitude towards food changes from sensual pleasure to divine communication with inner silence and contemplation. Emphasizing on the moderate diet the speaker described it as agreeable and sweet food, leaving one fourth of the stomach free, and eaten after as an offering to please Śiva. By eating pure food, the mind becomes pure and people with pure minds prefer pure foods.

Let us learn and practice the art of right living being in the tune of the nature and lead a happy as well as healthy life.

(Sig.
Dr. Pratva Shree.....
Convener

(Sig.
Head/Director
(With Stamp)

Annexure:

1. Notice of the event
2. Program brochure
3. Attendance Sheet (Name & Signature)

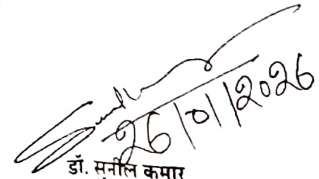
परिवर्तित कार्यालय आदेश

विश्वविद्यालय के पत्रांक संख्या: 2-10/हि.प्र.के.वि./शै./2024/479-90 के अनुसार हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के स्थापना दिवस के अवसर पर योग अध्ययन केंद्र में विभिन्न कार्यक्रम 26 से 31 जनवरी तक आयोजित किये जा रहे हैं, जिसमें सभी शोधार्थी एवं विद्यार्थी अपनी उपस्थिति एवं सहयोग सुनिश्चित करें। कार्यक्रम का विवरण इस प्रकार है —

क्र. सं.	विषय	समन्वयक शिक्षक	दिनांक	समय
1.	कार्यशाला - योग में आहार की अवधारणा	डॉ. प्रतिभा श्री	30 जनवरी	12 बजे
2.	मर्म चिकित्सा शिविर	डॉ. चर्चित कुमार	27, 28 जनवरी	
3.	योग निद्रा कार्यशाला	डॉ. विकास नड्डा	27 जनवरी	
4.	स्वर चिकित्सा कार्यशाला	डॉ. सत्यानन्द	26 जनवरी	03:30 बजे
5.	योग निबंध, पोस्टर प्रतियोगिता	श्री कुलदीप	29 जनवरी	12 बजे

नोट:

- संबंधित शिक्षक कार्यक्रम की समस्त व्यवस्थाएँ जैसे - विद्यार्थियों को सूचित करना, संचालन एवं स्थान स्वयं सुनिश्चित करेंगे।
- कार्यक्रम के उपरान्त कार्यक्रम प्रतिवेदन (Report) निदेशक के माध्यम से अधिष्ठाता (अकादमिक) एवं योग अध्ययन केंद्र के IQAC प्रभारी को दिनांक 31/01/2026 तक हार्ड एवं सॉफ्ट कॉपी में प्रस्तुत करेंगे।


डॉ. सुनील कुमार
निदेशक, योग अध्ययन केंद्र



हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय
Central University of Himachal Pradesh

Established under the Central Universities Act 2009 (No. 25 of 2009)
Accredited by NAAC with 'A' Grade with 'CUHP' (2022)



Prof. Sat Prakash Bansal
Hon'ble Vice Chancellor, CUHP

WORKSHOP

Concept of Diet in Yoga



Dr. Pratiba Shree
Associate Professor
Centre for Yoga Studies, CUHP
Dharamshala

DATE, TIME & VENUE

30th JANUARY 2026

10:30 AM - 11:30 AM

Room No. 3, Centre for Yoga Studies
Dhauladhar, Parashar - II

PROGRAM ORGANIZER: DR. PRATIBA SHREE | DIRECTOR: DR. SUNIL KUMAR



ORGANISED BY: CENTRE FOR YOGA STUDIES
CUHP, DHARAMSHALA



HEALTH



WELLNESS



NUTRITION



EXERCISE

— Towards Holistic Living —



Name

Signature

1) Parul Sharma

Parul Sharma

2) Nisha Devi

Nisha

3) Jhansi

Jhansi

4) Punj

Punj

5) DIKSHA

Diksha

6) Vasudha

Vasudha

7) Deepika

Deepika

8) Saundh

Saundh

9) Saundh

Saundh

10) Saundh

Saundh

11) Chumbeyoti

Chumbeyoti

12) Anu Kumari

Anu

Manish Singh

Manish Singh

13) Aditi Kadiyan

Aditi

14) Niti

Niti

15) Atul Kapoor

Atul

16) Nidhi

Nidhi

17) Rakesh Kumar

Rakesh

18) Chinan

Chinan

19) Archana Bilyan

Archana Bilyan

20) Akansha Shukhawat

Akansha Shukhawat

21) Anjali Kalen

Anjali

22) Tamanna

Tamanna

23) Santoshi

Santoshi

24) Meenakshi Devi

Meenakshi

25) Kamlesh

Kamlesh

26) Kamleshwar Kretap

Kamleshwar

27) Anmol Chaudhary

Anmol

28) Dr. Vikas Nadda

Vikas

30.01.2026



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31.

Monika

32

Manish Singh

33

Dr. Prativa Sharma

Prativa 30/11/20