




फ़ाइल सं.: MTH/2-2/Workshop-Seminar/CUHP/21/12
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
Central University of Himachal Pradesh
(Accredited by NAAC with 'A+' Grade with CGPA of 3.42)
(श्रीनिवास रामानुजन गणित विभाग)
(Srinivasa Ramanujan Department of Mathematics)



दिनांक: 20.04.2026

EVENT REPORT

Name of the Event	<ol style="list-style-type: none">1. A workshop on Guided Mindfulness & Relaxation2. Failure Resume Activity
Objective of the event	<ol style="list-style-type: none">1. To promote awareness about mental health, encourage emotional well-being among students2. To provide practical strategies such as guided meditation and reflective exercises to cope with stress and failure.
Date, Time and Venue	Date: 20/04/2026 Time: 10:30-11:30 AM & 12:30-1:30 PM Venue: CR-4 & CR-6, Srinivasa Ramanujan Department of Mathematics, Shahpur Campus, Kangra, CUHP-176206
Convener /Organising Secretary	Dr Meenakshi, Assistant Professor, Srinivasa Ramanujan Department of Mathematics, CUHP
Organising Unit	Mental Health and Well-being Cell, Srinivasa Ramanujan Department of Mathematics School of Mathematics, Computer & Information Sciences (SoMC&IS), Central University of Himachal Pradesh (CUHP)
Participants	67 participants in the combined 2 sessions consisting of faculty members, Ph.D. Scholars, and P.G. Students of Srinivasa Ramanujan Department of Mathematics were present.
Outcome of the event	<ol style="list-style-type: none">1. To enhance students' mental well-being by promoting relaxation, mindfulness, and effective stress management.2. To foster self-awareness and a growth-oriented mind-set by encouraging students to reflect on failures and learn from their experiences.

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

Event Detail Report (maximum 500 words)

In response to a request received from Prof. (Dr.) Amit Gangotia, Nodal Officer – MHWB Cell, CUHP, via email dated April 6, 2026, the Srinivasa Ramanujan Department of Mathematics, Central University of Himachal Pradesh, successfully conducted two activities on April 20, 2026: a workshop on *Guided Mindfulness & Relaxation* for first-year students and a *Failure Resume Activity* for final-year students. These initiatives aimed to promote self-reflection, resilience, and overall mental well-being among students.

A workshop on Guided Mindfulness & Relaxation for first-year students was conducted from 10:30 AM to 11:30 AM in CR-4. The session was attended by approximately 34 participants, including faculty members of the department, second-semester M.Sc. Mathematics students and some Ph.D. scholars.

The programme commenced with an insightful address by Dr. Sachin Kumar Srivastava, Head, Srinivasa Ramanujan Department of Mathematics, who highlighted the importance of mental health in students’ academic and personal lives. He emphasized the need to maintain emotional balance and effectively manage stress.

Following the address, second-semester students actively participated in a guided meditation session conducted with the support of instructional YouTube videos. The activity helped students relax, improve concentration, and develop mindfulness, thereby creating a calm and reflective environment.

The second session was held from 12:30 PM to 1:30 PM in CR-6 and was attended by 33 fourth-semester postgraduate students. Dr. Meenakshi commenced the session with an engaging talk on failure and its impact on mental health, highlighting how setbacks can be turned into learning experiences with the right perspective.



This was followed by an interactive “Failure Resume” activity, where students reflected on their past failures and noted the lessons learned. The activity helped participants adopt a positive outlook and build resilience.

The activity also incorporated a brief discussion segment, where a few volunteers shared their reflections. This exchange of experiences helped normalize failure as a common and valuable part of the learning process. It fostered a supportive environment in which students felt more comfortable acknowledging their challenges without fear of judgment.

Both sessions witnessed enthusiastic participation and engagement from the students. The workshop successfully created awareness about mental health and provided practical strategies for coping with stress and failure. Overall, the event was informative, interactive, and beneficial for the students.

Dr. Meenakshi
Convener

Srinivasa Ramanujan Department of Mathematics


Head
Head Srinivasa Ramanujan Department of Mathematics
हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय
Central University of Himachal Pradesh
अस्थायी शैक्षणिक खण्ड / Temporary Academic Block
शाहपुर, काँगड़ा (हि.प्र.) / Shahpur, Kangra (H.P.)-176206


Annexure:

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



फ़ाइल सं.: MTH/2-2/Workshop-Seminar/CUHP/21/04-11
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
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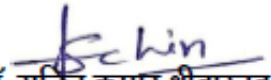


दिनांक: 16.04.2026

सूचना

हिमाचल प्रदेश केंद्रीय विश्वविद्यालय के श्रीनिवास रामानुजन गणित विभाग, गणित, कंप्यूटर एवम् सूचना विज्ञान स्कूल द्वारा Mental Health & Well-being प्रकोष्ठ के अंतर्गत निम्नलिखित विवरण के अनुसार गतिविधियों का आयोजन किया जा रहा है:-

दिनांक: 20 अप्रैल, 2025	
द्वितीय सेमस्टर के विद्यार्थियों के लिए	चतुर्थ सेमस्टर के विद्यार्थियों के लिए
समय: पूर्वाह्न 10:30 बजे से पूर्वाह्न 11:30 बजे तक	समय: अपराह्न 12:30 बजे से अपराह्न 01:30 बजे तक
कार्यशाला का शीर्षक: Guided Mindfulness & Relaxation	गतिविधि: Failure Resume
कार्यशाला का उद्देश्य/ मकसद: इसमें मानसिक स्वास्थ्य को बेहतर बनाने के लिए साँस लेने के व्यायाम और छोटे-छोटे ध्यान सत्र शामिल होंगे, जिनका मार्गदर्शन उपयुक्त YouTube वीडियो के माध्यम से किया जाएगा।	गतिविधि का उद्देश्य/ मकसद: लचीलापन कौशल विकसित करने के उद्देश्य से उपरोक्त गतिविधि आयोजित की जाएगी, जिसमें विद्यार्थी अपनी पिछली असफलताओं पर विचार करेंगे और उनसे सीखे गए सबकों को दर्ज करेंगे। इस गतिविधि का उद्देश्य असफलताओं को एक सामान्य बात के रूप में स्वीकार करना और विकासोन्मुखी मानसिकता को बढ़ावा देना है।
स्थान: कक्षा कक्ष-4, हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय, शाहपुर परिसर, शाहपुर।	स्थान: कक्षा कक्ष-6, हिमाचल प्रदेश केन्द्रीय विश्वविद्यालय, शाहपुर परिसर, शाहपुर।


डॉ. सचिन कुमार श्रीवास्तव,
विभागाध्यक्ष,
श्रीनिवास रामानुजन गणित विभाग

निम्नलिखित को सूचनार्थ एवम् आगामी कार्यवाही हेतु प्रति अग्रेषित:-

1. सूचना पट्ट।
2. सभी संकाय सदस्य, श्रीनिवास रामानुजन गणित विभाग, गणित, कंप्यूटर एवम् सूचना विज्ञान स्कूल, हिमाचल प्रदेश केंद्रीय विश्वविद्यालय, शाहपुर परिसर, शाहपुर।
3. अधिष्ठाता, गणित, कंप्यूटर एवम् सूचना विज्ञान स्कूल, हिमाचल प्रदेश केंद्रीय विश्वविद्यालय, शाहपुर परिसर, शाहपुर।
4. निदेशक, आंतरिक गुणवत्ता आश्वासन प्रकोष्ठ, हिमाचल प्रदेश केंद्रीय विश्वविद्यालय, धर्मशाला।


विभागाध्यक्ष,
श्रीनिवास रामानुजन गणित विभाग

Central University of Himachal Pradesh

(Established under Central Universities Act 2009)

PO BOX: 21, DHARAMSHALA, DISTRICT KANURA - 176215, HIMACHAL PRADESH

Attendance Sheet

Programme of Studies: M. Sc. Mathematics (2025-2027) Semester: II

Name of the Event : A workshop on Guided Mindfulness & Relaxation

Sr.No.	Roll Number	Name of the Faculty Member/Student	Signature of the Faculty member/ student
1.	Faculty	Dr. S.K. Srivastava	[Signature]
2.	Faculty	Dr. Parveen Kumar	[Signature]
3.	Faculty	Dr. Meenakshi	[Signature]
4.	CUHP25IAM19	Kulshan	[Signature]
5.	CUHP25IAM16	Nayika	[Signature]
6.	CUHP25IAM02	Anshika	[Signature]
7.	CUHP25IAM10	Kanishka	[Signature]
8.	CUHP25IAM22	Ruchika	[Signature]
9.	CUHP25IAM20	Priyanka Sharma	[Signature]
10.	CUHP25IAM32	Shiksha Banyal	[Signature]
11.	CUHP25IAM05	Gurjan	[Signature]
12.	CUHP25IAM37	Anima	[Signature]
13.	CUHP25IAM03	Bhumiika Choudhary	[Signature]
14.	CUHP25IAM25	Vikender Thakur	[Signature]
15.	CUHP25IAM06	Vikender Surje	[Signature]
16.	CUHP25IAM09	Kanchan Kumar	[Signature]
17.	CUHP25IAM13	Leena Devi	[Signature]
18.	CUHP25IAM27	Iti Chaturvedi	[Signature]
19.	CUHP25IAM31	Sarvagya	[Signature]
20.	CUHP25IAM18	Priyanka	[Signature]
21.	CUHP25IAM34	Tanujalya	[Signature]
22.	CUHP25IAM14	Monika	[Signature]
23.	CUHP25IAM26	Mrimoy	[Signature]
24.	CUHP25IAM33	Shubham	[Signature]
25.	CUHP25IAM19	Priyanka Kalucha	[Signature]
26.	CUHP25IAM17	Palak Dhiran	[Signature]
27.	CUHP25IAM15	Nikhil Singh	[Signature]
28.	CUHP25IAM07	Titika	[Signature]
29.	CUHP25IAM28	Dhansher	[Signature]
30.	CUHP25IAM21	Rajvansh	[Signature]
31.	CUHP25IAM29	Neeeraj	[Signature]
32.	CUHP25IAM01	Ankita	[Signature]
33.	CUHP23RDPMTH02	Pooja DEVI	[Signature]
34.	CUHP24RDNAT01	ANSHITA	[Signature]
35.			
36.			
37.			

Total number of participants: 34

Central University of Himachal Pradesh

(Established under Central Universities Act 2009)
PO BOX 21, DHARAMSHALA, DISTRICT KANGRA - 176215, HIMACHAL PRADESH

Attendance Sheet

Programme of Studies: M. Sc. Mathematics (2024-2026) Semester: IV

Name of the Event : Failure Resume Activity

Sr.No.	Roll Number	Name of the Faculty member/Student	Signature of the Faculty member / student
1.		Faculty	<i>Dr Meekshi</i>
2.			
3.	CUHP24IAM25	Palak Bhargava	Palak
4.	CUHP24IAM05	Akash Sharma	Akash
5.	CUHP24IAM07	Amool Garg	Amool
6.	CUHP24IAM13	Chanchal	chanchal
7.	CUHP24IAM09	Anjali	Anjali
8.	CUHP24IAM32	Sidhant	Sidhant
9.	CUHP24IAM15	Divyanshu Sharma	<i>[Signature]</i>
10.	CUHP24IAM40	Shreya Thakur	<i>[Signature]</i>
11.	CUHP24IAM14	Shrujana	<i>[Signature]</i>
12.	CUHP24IAM14	Nandini	Nandini
13.	CUHP24IAM27	Riya	Riya
14.	CUHP24IAM10	Rishi Sharma	Rishi
15.	CUHP24IAM12	Shawna Thakur	<i>[Signature]</i>
16.	CUHP24IAM16	Gaurav Sharma	<i>[Signature]</i>
17.	CUHP24IAM18	Ishant Sharma	<i>[Signature]</i>
18.	CUHP24IAM05	Abhishek	Abhishek
19.	CUHP24IAM22	Love Kumar	Love Kumar
20.	CUHP24IAM08	Aniket Sam	Aniket Sam
21.	CUHP24IAM39	Neeraj Kashan	Neeraj Kashan
22.	CUHP24IAM23	Megha Dhinan	Megha
23.	CUHP24IAM20	Komal Kumari	Komal Kumari
24.	CUHP24IAM06	Ashika Kumari	Ashika
25.	CUHP24IAM28	Rishika Kumari	Rishika
26.	CUHP24IAM30	Shivani Choudhary	Shivani
27.	CUHP24IAM42	Vishali	Vishali
28.	CUHP24IAM41	Tanvi	Tanvi
29.	CUHP24IAM35	Yash Rawat	Yash
30.	CUHP24IAM02	Abhinav Samrat	Abhinav
31.	CUHP24IAM32	Vaishnavi Shrivastava	Vaishnavi
32.	CUHP24IAM21	Kunal	Kunal
33.	CUHP23RDMATH02	POOJA DEVI	Pooja
34.	CUHP24RDMATH01	ANSHITA	Anshita
35.			
36.			
37.			

Total number of participants: 34