



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

(NAAC-Accredited : A<sup>+</sup> with CGPA of 3.42)

## आन्तरिक गुणवत्ता आश्वासन प्रकोष्ठ

धर्मशाला-प्र.हि , ज़िला काँगड़ा , 176215



File No: CDDUS/1-2/CUHP/2020/339

Dated 24/04/2026

### Event Report

Name of the Event	Workshop on Mental Health & Well-being with Mental Health Professional (MHP).
Objective of the event	To create awareness about mental health and to educate scholars and post graduate diploma students about common mental health issues such as stress, anxiety and depression.
Date, Time and Venue	09-04-2026
Convener /Organising Secretary	
Organising Unit	Centre for Deendayal Upadhyay Studies, CUHP-Dharamshala
Participants	It was attended by faculty members of the Centre, along with Ph.D. scholars and postgraduate diploma students.
Outcome of the event	The workshop successfully enhanced awareness about mental health among participants and encouraged open discussions on related issues. It helped in reducing stigma and motivated students and scholars to prioritize their mental well-being.
Expenditure & Funding Agency if anyone otherwise CUHP	Rs..... UGC/DST/ICSSR/CUHP
Photos (atleast one geo-tag)	



Add a Caption

Thursday • 9 Apr 2026 • 3:49 PM

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## Event Detail Report

On 9 April 2026, the Centre for Deendayal Upadhyay Studies at the Central University of Himachal Pradesh organized a Mental Health Awareness Workshop with the objective of fostering a deeper understanding of mental well-being and promoting sensitivity towards mental health concerns among students and research scholars. The session was delivered by Dr. Jyoti Sharma, a distinguished medical professional with expertise in the field of mental health. It was attended by faculty members along with Ph.D. scholars and postgraduate diploma students. The session aimed to address the growing concerns related to mental health in academic environments and to encourage a supportive and open atmosphere for discussing such issues.

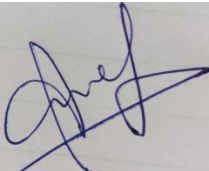


Dr. Jyoti Sharma began her lecture by emphasizing the importance of mental health as an integral part of overall well-being. She discussed common mental health challenges such as

stress, anxiety, and depression. She highlighted how these issues often go unnoticed due to stigma and lack of awareness.

The speaker further elaborated on the significance of early identification and timely intervention. She encouraged participants to seek professional help without hesitation and stressed the importance of maintaining a healthy balance between academic and personal life. Dr. Sharma also shared practical techniques for stress management, including mindfulness practices, maintaining a proper routine, and building strong social support systems.

An interactive question-and-answer session was also conducted, where Dr. Jyoti Sharma addressed the queries of scholars regarding how to effectively deal with mental health challenges. She also highlighted the impact of increasing screen time in today's digital age and advised participants to manage their screen usage mindfully to maintain better mental health.

In conclusion, the workshop proved to be highly informative and beneficial, as it not only enhanced awareness about mental health but also equipped participants with practical strategies to manage stress and improve their overall well-being. The session concluded with a vote of thanks to Dr. Jyoti Sharma for her valuable insights and contribution.

<p>(Sign.....)</p>  <p>Dr...Chandra Shekhar</p>  <p>Dr. Uday bhan Singh .....</p> <p>Convener</p>	 <p>(Sign.....)</p> <p>Director, Centre for Deendayl Upadhyay Studies</p>
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**Annexure:**

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