



5.1.3
हिमाचल प्रदेश केंद्रीय विश्वविद्यालय
(NAAC-Accredited : A⁺ with CGPA of 3.42)
आन्तरिक गुणवत्ता आश्वासन प्रकोष्ठ
धर्मशाला, जिला बाँगडा, हि.प्र.- 176215



File No: PAS/22/(Workshop-Seminar)/CO-1P/24/579 Dated: 04.06.2024

Event Report

Name of the Event and type	108-Day Healing Session: 108 Days of Inner Harmony
Objective of the event	To provide participants with daily guided practice in Vipassana, Psycho-neurobics, Yoga, Pranayama, and Kriya Yoga over 108 days to promote inner harmony, well-being, and holistic health.
Date, Time and Venue	Date: February 18, 2024, to June 4, 2024 (108 days) Time: 7:30 PM - 8:30 PM (Daily) Venue: Online via Google Meet
Convener /Organising Secretary	Prof. B. C. Chauhan (Supervisor) & Students of B.Sc. Physics (6th Semester)
Organising Unit	Department of Physics & Astronomical Science, Central University of Himachal Pradesh
Participants	Participants included students from the B.Sc. Physics program, other university students, and faculty members.
Outcome of the event	The 108-day session successfully concluded, providing participants with consistent practice in various healing techniques. Attendees reported improved mental clarity, reduced stress, and a deeper understanding of Yoga, Pranayama, and Vipassana. The project also included a 'Health and Food Habits Survey' and 'e-fasting' component, enhancing participants' knowledge of holistic well-being.
Expenditure & Funding Agency if anyone otherwise CUHP	CUHP
Photos (at least one geo-tag)	



Detail Event Report

The Department of Physics and Astronomical Sciences, under the guidance of Prof. B. C. Chauhan, successfully organized a 108-day online healing session titled "108 Days of Inner Harmony." The session was planned, organized, and hosted by the students of the B.Sc. Physics 6th Semester class as part of their project work for course PAS7205.

Running from February 18, 2024, to June 4, 2024, the session was held daily from 7:30 PM to 8:30 PM via Google Meet. This long-term initiative was designed to promote holistic well-being among the university community by establishing a consistent, accessible routine for mental and physical health.

Each evening session guided participants through a variety of powerful techniques, including Vipassana meditation, Psycho-neurobics, traditional Yoga asanas, Pranayama (breathing

exc
hel
their overall quality of life. Yoga, and principles from the Art of Living. The daily consistency aimed to build a strong habit of mindfulness, manage stress effectively, and improve

In addition to the daily healing sessions, the project also involved a "Yoga, Health and Food Habits Survey" and an "e-fasting" component. These elements provided a comprehensive approach to health that extended beyond physical practice to include awareness of diet and digital well-being.

The 108-day program formally concluded on its 108th session on June 4, 2024. As a related and culminating activity, the organizing students also participated in the celebration of International Yoga Day on June 21, 2024. They attended a yoga session at "The New Millennium International School Ladwara" with esteemed Yoga Gurus Sh. Onkar Chandel and Sh. Hernam Chambyal, extending their project's spirit of wellness to the wider community. The entire project was a great success, fostering a culture of health and inner harmony.

(Sig.....)

Prof. Bhag Chand Chauhan
Convener

हिमाचल प्रदेश विश्वविद्यालय
(Sig.....)
Head, Department of Physics and Astronomical Science
हिमाचल प्रदेश विश्वविद्यालय
Central University of Himachal Pradesh
शाहपुर परिसर, शाहपुर / Shahpur Parisar, Shahpur
(With Stamp)
शाहपुर कांगड़ा (हि.प्र.) / Shahpur, Kangra (H.P.) 176206

1. Poster



CENTRAL UNIVERSITY OF HIMACHAL PRADESH

DEPARTMENT OF PHYSICS AND ASTRONOMICAL SCIENCE

We students of BSc Physics (6th semester), under the supervision of Prof. B C Chauhan cordially invite you to the

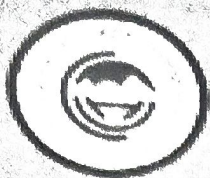
108th HEALING SESSION(4th June, 2024)

(108 Days of Inner Harmony: Vipassana, Psycho-neurobics, Yoga, Pranayama, Kriya Yoga and Art of Living)

Started from 18 Feb, 2024 and ending on 4 June, 2024

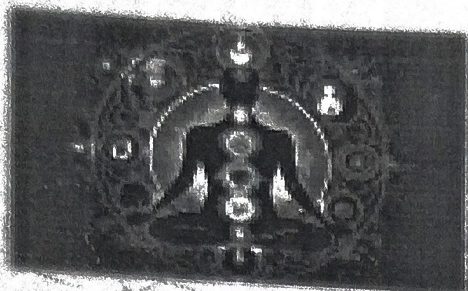
TIMING: 7:30 PM TO 8:30 PM (DAILY)

LINK: TO JOIN THE SESSION ON GOOGLE MEET: <https://meet.google.com/aud-znuc-cyi>
Or open Google Meet and enter this CODE: aud-znuc-cyi



CENTRAL UNIVERSITY OF HIMACHAL PRADESH

DEPARTMENT OF PHYSICS AND ASTRONOMICAL SCIENCE



HEALING SESSION (YOGA MEDITATION)

OPEN TO ALL

Link: To join the meeting on Google Meet, click this link:

<https://meet.google.com/aud-znuc-cyl> Or open Meet and enter this code: aud-znuc-cyl

**TIME: 7:15 PM TO 7:30 PM
(DAILY)**

2. Schedule

S.No.	Activity	Student Roll No.	Student Name
1.	Evening Healing Session	CUHP21UGPAS02 CUHP21UGPAS04 CUHP21UGPAS10 CUHP21UGPAS14 CUHP21UGPAS15 CUHP21UGPAS19 CUHP21UGPAS26 CUHP21UGPAS32 CUHP21UGPAS33	Akansha Ananya Dikshay Kumar Hitesh Manhas Kanika Nishant Katoch Sanya Wardhan Tanisha Thakur Vanshita
2.	Morning Yoga Session	CUHP21UGPAS01 CUHP21UGPAS09 CUHP21UGPAS13 CUHP21UGPAS22 CUHP21UGPAS27	Abhay Katnoria Ayush Chambyal Harshik Ranveer Kaswan Sanyam Walia
3.	e-Fasting	CUHP21UGPAS11 CUHP21UGPAS12 CUHP21UGPAS20 CUHP21UGPAS17 CUHP21UGPAS28 CUHP21UGPAS30	Disha Thakur Gargi Thakur Payal Sharma Khushi Sharma Shivangi Jaswal Shivani Thakur
4.	Survey on Knowledge of Yoga and Food Habits	CUHP21UGPAS03 CUHP21UGPAS08 CUHP21UGPAS23	Amit Jaswal Aryan Tanwar Sachin Dharwal
5.	Publicity and Exposure	CUHP21UGPAS16 CUHP21UGPAS25 CUHP21UGPAS35	Kartik Sakshi Mehra Janvi Thakur

Attendance:

