



□□□□□□ □□□□□□ □□□□□□ □□□□□□ □□□□□□

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

□□□□□□ □□□□□□ □□□□□□ □□□□□□

□□□□□□ □□□□□□

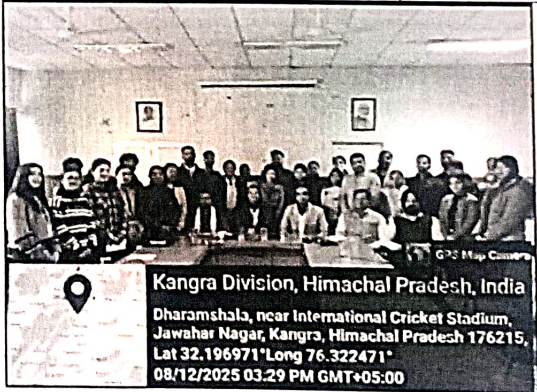

□□□□□□□□, □□□□ □□□□□□, □□.□□□□. - 176215



File No. M.H.W.B./1-1/1.C.UHP/2025/69

dated. 08/12/2025

Event Report

Name of the Event	Expert Talk: "Mental Health and Wellbeing: Lecture and Personal Consultation to Students Who are facing Anxiety, Neurosis, and Psychosis issues."
Objective of the Event	To promote awareness of mental health and equip participants with guidance for managing anxiety, stress, and emotional challenges.
Date, Time and Venue	08-12-2025, 1:30 PM & Seminar Hall, TAB-1, CUHP
Convener /Organising Secretary	<u>Dr. Anshik Singh Bhatia</u>
Organising Unit	Mental Health and Wellbeing Cell (MHWC)
Participants	40 participants, consisting of PhD scholars and PG students of various departments, were present.
Outcome of the Event	The event successfully fostered mental-health awareness and motivated participants to integrate wellbeing practices into their daily lives.
Expenditure & Funding Agency if anyone otherwise CUHP	Rs..... UGC/DST/ICSSR/CUHP
Photos (at least one geo-tag)	<div></div>



□□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□□□

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

□□□□□□□□ □□□□□□□□ □□□□□□□□

□□□□□□□□



□□□□□□□□, □□□□ □□□□□□, □□.□□□□. - 176215



File No M.H&B/1-1/COHP/2025/69

dated 08/12/2025

Event Report

Name of the Event	Expert Talk: "Mental Health and Wellbeing: Lecture and Personal Consultation to Students Who are facing Anxiety, Neurosis, and Psychosis issues."
Objective of the Event	To promote awareness of mental health and equip participants with guidance for managing anxiety, stress, and emotional challenges.
Date, Time and Venue	08-12-2025, 1:30 PM & Seminar Hall, TAB-1, CUHP
Convener /Organising Secretary	<u>Dr. Amrik Singh Pakur</u>
Organising Unit	Mental Health and Wellbeing Cell (MIWB)
Participants	40 participants, consisting of PhD scholars and PG students of various departments, were present.
Outcome of the Event	The event successfully fostered mental-health awareness and motivated participants to integrate wellbeing practices into their daily lives.
Expenditure & Funding Agency if anyone otherwise CUHP	Rs. <u>Memorandum + Transportation (2,000)</u> UGC/DST/ICSSR/CUHP
Photos (at least one geo-tag)	<div></div> <div></div>

Event Detail Report

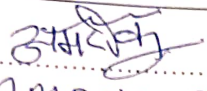
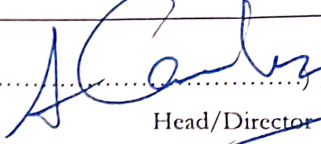
On December 8, 2025, the Central University of Himachal Pradesh inaugurated a three-day series on Mental Health and Well-being under the guidance of Hon'ble Vice Chancellor **Prof. Sat Prakash Bansal**. In his inaugural message, Prof. Bansal encouraged all faculty members, staff, research scholars, and students to adopt mental health-related practices in their daily lives and to provide adequate time for both the body and the mind. He emphasised that in the present era, mental health has gained immense importance and must become a priority for every individual.

The first day of the series commenced on December 8 with **Dr. Jyoti Sharma**, Psychiatrist from the Zonal Hospital, Dharamshala, as the Chief Guest. Dr. Sharma highlighted the significance of psychological awareness and resilience, stating that mental and social well-being have become essential components of modern living. She stressed the need to openly acknowledge mental-health challenges and to continuously promote awareness so that individuals can address these concerns effectively. Guest Speaker and Medical Officer of the Central University, **Dr. Anurag Sharma**, explained that health is not limited to physical wellbeing but includes mental and emotional balance as well. He pointed out that while people regularly visit hospitals for routine physical checkups, they often hesitate to seek support for mental-health issues. Referring to teachings from the Bhagavad Gita, he mentioned that controlling the mind is indeed difficult, but it can be achieved through consistent practice and self-reflection. **Prof. Amit Gangotia**, Nodal Officer of the Mental Health and Wellbeing Cell, also shared insights about the objectives and structure of the three-day programme, outlining its relevance for the university community.

Special Guest and Additional Controller of Examinations, **Prof. Inder Singh Thakur**, spoke about the importance of perception and understanding in shaping one's worldview. He reflected on the balance between social and personal aspects of life. Citing an example from the Mahabharata, he explained that despite Karna's rigorous penance, his inability to introspect and his growing envy prevented him from realising his true potential. Through this, he conveyed the message that individuals must develop an understanding of their own minds. **Prof. Gangotia** further informed that sessions on mental health and well-being would be conducted from December 8 to 10, 2025, across all three campuses of the university—Dharamshala, Shahpur, and Dehra.

The programme was attended by Coordinators **Dr. Amrik Singh** and **Dr. Naresh**, along with **Prof. Om Prakash Prajapati**, **Prof. Malkiyat**, **Dr. Preeti**, **Dr. Monika**, **Dr. Kuldeep**, **Dr. Chandrakant**, **Dr. Ashok**, **Dr. Bharat**, **Dr. Lalit**, numerous research scholars, and students.

The event was conducted at the Dharamshala campus, where participants engaged in meaningful discussions with experts on various aspects of mental health. The attendees took a collective resolve to prioritise mental well-being in their lives and to approach emotional challenges with awareness, balance, and a positive mindset.

<p>(Sig. ) Dr. AMRIK SINGH Convener</p>	<p>(Sig. ) Head/Director (With Stamp)</p>
--	--

Annexure:

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

मानसिक स्वास्थ्य एवं कल्याण प्रमोष्ठ द्वारा
आयोजित कार्यशाला जिसका उद्देश्य विद्यार्थियों
को तनाव प्रबंधन, भावनात्मक संबंधों से निपटने
और जीवन में समारोहमक दृष्टिकोण विकसित
करने में सहायता प्रदान करना ।

इस कार्यशाला का विषय "मानसिक स्वास्थ्य एवं
कल्याण : चिंतन, न्यूरोसाइंस तथा साइकोलॉजिस्ट से
जुड़ा रहे विद्यार्थियों हेतु लेबल एवं निजी
परामर्श ।"

इस कार्यशाला में निम्न विशिष्ट लोग उपस्थित रहे,

- | | | | |
|-----|-----------------------------------|----------------------|---------|
| 1. | सुष्मी ज्योति शर्मा | Jyoti Sharma | 8/12/25 |
| 2. | प्रो. नरेंद्र खरेणान | Dr. N. R. Khare | |
| 3. | डॉ. नरेश कुमार | Dr. N. R. Kumar | |
| 4. | डॉ. अमीर सिंह | Dr. A. Singh | |
| 5. | प्रो. अमित गंगोटीया | Prof. A. Gangotriya | |
| 6. | प्रो. चंद्रकांत सिंह हिन्दी विभाग | Prof. C. S. Singh | |
| 7. | डॉ. शक्ति सिंह हिन्दी विभाग | Dr. S. Singh | |
| 8. | डॉ. अशोक कुमार हिन्दी विभाग | Dr. A. K. Kumar | |
| 9. | डॉ. सरत सिंह | Dr. S. Singh | |
| 10. | भारतेश मिश्र विभाग | Bharatesh Mishra | |
| 11. | अनु | Anu | |
| 12. | आकाश वर्मा | Aakash Verma | |
| 13. | वैभव चौधरी | Vaibhav Choudhary | |
| 14. | नमन चौधरी | Naman Choudhary | |
| 15. | मिथिल मिश्र | Mithila Mishra | |
| 16. | मोनिता | Monita | |
| 17. | मोनिका | Monika | |
| 18. | सौचल चौधरी | Souchal Choudhary | |
| 19. | सुलशान | Sulashan | |
| 20. | Shivam Chauhan | Research Scholar DDU | |
| 21. | Biswajit Das | Research Scholar DDU | |
| 22. | मंगल मिश्र | RD Scholar | |
| 23. | Dr. Zahid Mohan Sharma | Dept. of Education | |

Sl. No.	Name	Subject	Signature
24	Rishav Sharma	DACE	Rishav
25	Manish Vazhishy	PG DAT	Manish Vazhishy
26	Megha	पंजाबी हिंदाग	
27	Megha	पंजाबी हिंदाग	
28	Dr. Anil Kumar Singh	CUHP23 RDITTO 2	
29	Dr. Anil Kumar Singh	हिंदी विभाग	
30	Barna Sharma	अंग्रेजी भाषा एवं साहित्य विभाग	Barna
31	Shanti Sharma	MBATT	
32	Kanika Thakur	CUHP25 MBATT24	
33	Aryan Sharma	MBATT	
34	Arunshi Markkar	CUHP24 MBATT38	
35	Poonam Sozen	CUHP24 MBATT18	
36	Basundha Bhiman	CUHP24 MBATT07	
37	Shanti	CUHP20 RD HINDI 12	
38	Shanti	CUHP24 MBATT110	
39	Mamta Maurya	CUHP25 RD HINDI 01	
40	Shobhna Devi	CUHP25 RD HINDI 02	
41	Chandraggoli	CUHP23 RDYS 06	
42	Anju Kumari	CUHP23 RDYS 03	
43	Mamta	संस्कृत विभाग	
44	Sapna	संस्कृत विभाग	
45	Saurabh Kumar	Yoga studies	
46	Saurabh	Yoga studies	
47	Abhinav Sharma	PG DAT 07	
48	PREKSHICKA SHARMA	CUHP25 RDYS 04	
49	Santoshi Verma	CUHP25 RDYS 05	
50	Kamlesh Sharma	CUHP25 RDYS 05	
51	Nilata Beni	CUHP24 DACE 48	
52	Sapna	CUHP24 DACE 64	
53	Suman Lata	CUHP24 RDITTO 5	
54	Manish Singh	CUHP25 RDYS 03	

56. Abhishek Kumar CUHP23RDCPEAHLC001 08-12-25
57. Raveesh Mridendra CUHP24RDTT02 Raveesh 08-12-25
58. Dr. Anurag Sharma Medical officer 8/12/25
59. Dr. Anurag Sharma Medical officer 8/12/25
60. Dr. Anurag Sharma JHC 8/12/25
61. Dr. Anurag Sharma JHC 8/12/25



हिमाचलप्रदेशकेन्द्रीयविश्वविद्यालय
Central University of Himachal Pradesh
Accredited by NAAC with A+ Grade with CGPA of 3.42
धर्मशाला, जिला कांगड़ा - हिमाचल प्रदेश - 176215
Dharamshala, District Kangra (HP) - 176215
Website: <http://www.cuhimachal.ac.in>

File Number: MHWB Cell /1-1/CUHP/2025/37

Date : 28/11/2025

Revised Notice

The Mental Health and Well Being Cell (MHWB Cell), Central University of Himachal Pradesh is organizing the workshop and Interaction with students regarding mental health and wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues. The objective of this interaction and workshop is to promote mental well-being among the students in Central University of Himachal Pradesh and to prevent any psychological stress amongst students, and ensuring timely access to mental health support is of utmost importance. The MHWB Cell has invited Mrs. Jyoti Sharma, Clinical Psychologist, Zonal Hospital, Dharamshala (Himachal Pradesh), to serve as a Resource Person for this interaction. Mental Health and Well Being Cell (MHWB Cell), Central University of Himachal Pradesh is organising one day session on the theme and Interaction with students regarding mental health and wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues. Please find below the details of the same.

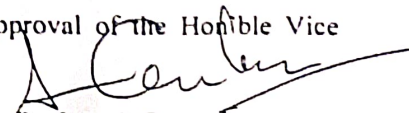
Sr.No.	Name of Resource Person	Topic	For Students of Campus	Month	Time	Venue	Coordinator of the session
1	Mrs. Jyoti Sharma, Clinical Psychologist	Mental Health and Wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues	Dhauladhar Parisar Campus- I and Parisar -II, CUHP	8th Dec, 2025	1:30 P.M Onwards	Seminar Hall, Dhauladhar Parisar I, CUHP	Dr. Naresh Kumar and Dr. Amrik Singh (MEMBER - MHWB Cell)
2	Mrs. Jyoti Sharma, Clinical Psychologist	Mental Health and Wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues	Shahpur Campus, CUHP	9th Dec, 2025	11:00 P.M Onwards	Seminar Hall, Shahpur Campus, CUHP	Dr. Neeraj Gupta (Department of Chemistry - MHWB Coordinator)
3	Mrs. Jyoti Sharma, Clinical Psychologist	Mental Health and Wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues	Dehra Campus, CUHP	10th Dec, 2025	11:00 P.M Onwards	Seminar Hall, Dehra Campus, CUHP	Prof. Shashi Punam (MEMBER - MHWB Cell)

All the research scholars/ students of Central University of Himachal Pradesh are advised to attend the same and get benefitted from the above mentioned sessions from resource person.

Dr. Anurag Sharma, Medical Officer, Central University of Himachal Pradesh will coordinate the overall sessions in all the campuses.


After the workshop, the Coordinators are requested to submit the report to the undersigned.

The above is presented for your information and necessary action after the approval of the Hon'ble Vice Chancellor


Prof. Amit Gangotia
Nodal Officer, MHWB Cell

Copy to:

1. All Members, MHWB Cell, Central University of Himachal Pradesh
2. All Campus Directors , Central University of Himachal Pradesh
3. Mrs. Jyoti Sharma, Clinical Psychologist, Zonal Hospital for her kind Information.
4. Deans of all Schools, Central University of Himachal Pradesh
5. HOD's of all departments, Central University of Himachal Pradesh
6. All MHWB Coordinators of Department/centres for their kind information.
7. Office of the Registrar, CUHP for kind information.
8. Office of Dean Academics for kind information.
9. SVC to HVC for kind information of HVC.
10. Campus Directors of CUHP for kind information.
11. Registrar, Central University of Himachal Pradesh
12. Dean Students Welfare, Central University of Himachal Pradesh
13. Dean Academics, Central University of Himachal Pradesh
14. Director, IQAC, Central University of Himachal Pradesh
15. Notice Board of all Campuses, CUHP


28/11/2025
Prof. Amit Gangotia
Nodal Officer, MHWB Cell