



हिमाचल प्रदेश केंद्रीय विश्वविद्यालय

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

आन्तरिक गुणवत्ता आश्वासन प्रकोष्ठ

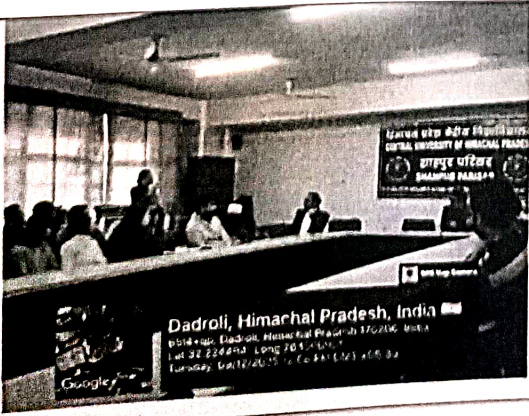
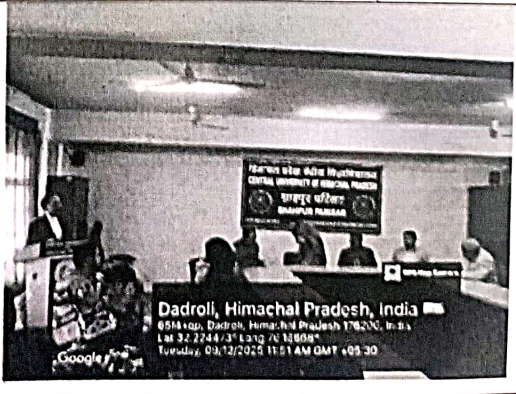
धर्मशाला, जिला काँगड़ा, हि.प्र.- 176215



File No...M.H.W.B./T-1/COHP/2025/68

dated...09/12/2025

Event Report

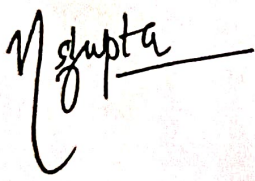
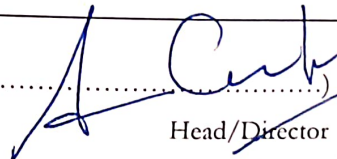
Name of the Event	Expert Talk: "Mental Health and Wellbeing: Lecture and Personal Consultation to Students Who are facing Anxiety, Neurosis, and Psychosis issues."
Objective of the Event	To promote awareness of mental health and equip participants with guidance for managing anxiety, stress, and emotional challenges.
Date, Time and Venue	09-12-2025, 10:30 AM & Seminar Hall, Academic Block Shahpur, CUHP
Convener /Organising Secretary	Dr. Neeraj Gupta
Organising Unit	Mental Health and Wellbeing Cell (MHWB)
Participants	63 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>Honorarium (1,000) + Transportation</u> UGC/DST/ICSSR/CUHP
Photos (at least one geo-tag)	<div></div> <div></div>

Event Detail Report

The second day of the three-day *Mental Health and Well-being Series*, organized under the patronage of Vice-Chancellor Professor Sat Prakash Bansal at the Central University of Himachal Pradesh, was successfully held on 9 December 2025 at the Shahpur Campus. The programme began with an inspiring address by Professor Sunil Thakur, Dean of Students' Welfare (DSW), who emphasized the importance of mental health in student life. He highlighted the need for positive thinking, emotional balance, and the adoption of a healthy daily routine. The event was coordinated by Dr. Neeraj Gupta.

The chief guest, Dr. Jyoti Sharma, Psychologist at the Dharamshala Community Health Centre, delivered an insightful session on stress management, mental balance, and emotional awareness. She explained practical techniques to improve concentration, calm the mind, and control negative thoughts, and also guided students through useful mental exercises. The special guest, Dr. Anurag Sharma, Medical Officer of the University, stressed that mental health is as important as physical health. He advised students to maintain regular sleep, a balanced routine, effective time management, and to practice digital detox as part of their daily lives.

At the conclusion of the programme, Professor Bhag Chand Chauhan presented the vote of thanks, expressing gratitude to the guests, organizers, and all participants. He encouraged everyone to make mental health a priority in life.

 (Sig.....) Dr Neeraj Gupta Convener	 (Sig.....) Head/Director (With Stamp)
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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

9 Dec. 2025

To promote mental well being among students, a workshop and interaction was organised in Seminar Hall - Shalimar Campus CUHP as per the notification MHWB Cell/1-1/CUHP/2025/37. Mrs Jyoti Sharma, Clinical Psychologist was the resource person and Dr Neeraj Gupta was the coordinator of the event.

1. Mrs Jyoti Sharma - Resource Person - Jyoti Sharma
2. Prof B. C. Chaudhary - Campus Director - B. C. Chaudhary
3. Prof Sumit Kumar - Dean Life Sciences - Sumit Kumar
4. Dr Anurag Sharma - Medical Officer - Anurag Sharma
5. Dr Neeraj Gupta - MHWB Coordinator - Neeraj Gupta
6. Dr Dinesh Lakshampal - Dr Dinesh Lakshampal
7. Dr Neeraj Gupta - Neeraj Gupta - Co-ordinator
8. Gurpreet Singh - CUHP25RDLIS01 - Gurpreet Singh - Dept. → Library Science
9. Sonali - CUHP25RDLIS04 - Sonali - Dept. → Library Science
10. Vishalika Singh - CUHP25RDLIS 06 - Vishalika Singh - Dept. → Library Science
11. Tanisha Dhiman - CUHP24CCS40 - Tanisha Dhiman - Dept. → Chemistry
12. Gliman Kaur - CUHP24CCS24 - Gliman Kaur - Dept. → Chemistry
13. Tamana Choudhary - CUHP24CCS29 - Tamana Choudhary - Dept. → Chemistry
14. Anamika Sharma - CUHP24RDBS01 - Anamika Sharma - Dept. → Plant Science
15. Ria - CUHP24RDBS10 - Ria - Dept. → Plant Science
16. Sahil - CUHP21RDCHEM11 - Sahil - Dept. of Chemistry
17. Madhu Sudan - CUHP21RDPHY09 - Madhu Sudan - Physics Department
18. Rahul Sharma - CUHP21RDPHY12 - Rahul Sharma - Physics Department
19. Shreya - CUHP21RDBPLS11 - Shreya - Plant Science Dept.
20. Kajal Choudhary - CUHP21RDBPLS06 - Kajal Choudhary - Plant Science Dept.
21. Siddharth Rana - CUHP24CCS28 - Siddharth Rana - Dept. of Chemistry
22. Shubham Sharma - CUHP25RSGIS01 - Shubham Sharma - Dept. of RSGIS
23. Ritu Raj Kumar - CUHP25RSGIS05 - Ritu Raj Kumar - Dept. of RSGIS
24. Anu Kumar - CUHP24RDCBB05 - Anu Kumar - Dept. of CBB
25. Vansha Kumari - CUHP24RDCBB02 - Vansha Kumari - " " CBB

26.	Parul Sharma	CUHP24RDCBB06	Parul Sharma	CCBB
28.	SAKSHI	CUHP24RDCBB07	Sakshi	CCBB
29.	Vinay Bhatnagar	CUHP24RDCBB01	Vinay	CCBB
30.	Ankit Thakur	CUHP24RDCBB01	Ankit	CCBB
31	Gaurav Sharma	CUHP24CCS11	Gaurav	CHEMISTRY
32	GHOPENDER PAL	CUHP24CCS07	Gopend	CHEMISTRY
33.	MS. AREEN	CUHP2470017	Areen	Animal Science
34	Sneha Thakur	CUHP24RDANS02	Sneha	Animal Science
35	Priya Sharma	CUHP24RDPHY08	Priya Sharma	Physical Sciences
36	Shreya Sinha	CUHP24RDPHY15	Shreya	Physics
37	Shruti Thakur	CUHP24RDCHEM03	Shruti	Chemistry
38	ANMOL SOOD	CUHP24RDCBB04	Anmol	CCBB
39	Shweta Doshi	CUHP24RDCBB05	Shweta	CCBB
40	Muskan Dhillon	CUHP24RDPHS07	Muskan	Plant Science
41	Jaya Thakur	CUHP24RDPHS04	Jaya	Plant Science
42	Virek	CUHP24RDPHY21	Virek	Physics
43	Komal Kumari	CUHP25RSGIS02	Komal	Remote Sensing GIS
44	Shreyas Sharma	CUHP25RSGIS08	Shreyas	Remote Sensing and GIS
45	Pooja	CUHP25RSGIS04	Pooja	Remote Sensing and GIS
46.	Riksha	CUHP24RDPHY07	Riksha	Physics
47.	Rinki	CUHP25RDPHS02	Rinki	Plant Science
48.	Nainy Gill	CUHP25RDPHS01	Nainy	Plant Science
49	Mukesh Verma	CUHP24RDPHS06	Mukesh	Plant Science
50	Vinay Singh	CUHP24RDANS03	Vinay	Animal Science
51	Kushant Chaudhary	CUHP24RDANS01	Kushant	Animal Science
52	Sangeeta Thakur	CUHP24RDANS02	Sangeeta	Animal Science
53	Tyoti Sharma	CUHP24RDPHY04	Tyoti	Physics
54	Anjali Paul	CUHP24RDENV01	Anjali Paul	Env. Science
55	Vishal Sharma	CUHP24RDPHY12	Vishal	Physics
56	Parul	CUHP24RDENV01	Parul	Environment
57	Adarsh Rana	CUHP24RDENV03	Adarsh	Env. Science
58	Satish Devdutt	CUHP24RDPHY14	Satish	Physics
59	Abhishek Soni	CUHP24RDCHEM01	Abhishek	Chemistry
60	Abhishek Thakur	CUHP24RDCHEM02	Abhishek	Chemistry

61. Dr. Ritam Ghose Upadhyay Asst. Prof. 
62. ASAY KUMAR Asst. Prof.  Computer Science
63. Viveni Thakur CVHP25CBB26  CCBB



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Dharamshala, District Kangra (HP) - 176215
Website: <http://www.cuhimachal.ac.in>

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

Date : 28/11/2025

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.

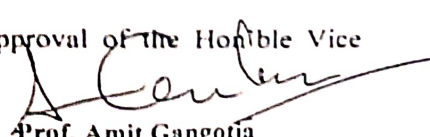
Sr.No.	Name of Resource Person	Topic	For Students of Campus	Month	Time	Venue	Coordinator of the session
1	Mrs. Jyoti Sharma, Clinical Psychologist	Mental Health and Wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues	Dhauladhar Parisar Campus- 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