



सप्त-सिन्धु विश्वविद्यालय
Central University of Himachal Pradesh
सप्त-सिन्धु परिसर-II, देहरा, जिला कांगड़ा, १७७१०१ - १७७१०१
Sapt-Sindhu Parisar-II, Dehra, District Kangra (HP)-177101 (Accredited by NAAC with A+ Grade
with CGPA of 3.42) Website: <http://www.cuhimachal.ac.in>

File No.: M.H.W.B./I-1/0111/2025/6670

Dated: 10/12/2025

Event Report

Name of the Event	Workshop on Mental Health and Psychological Resilience
Objective of the Event	To raise awareness about mental-health issues, promote psychological resilience, and equip students, researchers, and staff with practical stress-management techniques. The lectures covered mental-health awareness, coping strategies, and the importance of early intervention, emphasizing that mental and physical health are equally important.
Date, Time and Venue	10/12/2025, 11 AM & Seminar Hall, Sapt Sindhu Parisar -II, Central University of Himachal Pradesh (CUHP)
Convener/ Organizing Secretary	Prof. Dr Shashi Punam Mrs. Shailza Bharti
Organising Unit	Mental Health and Wellbeing Cell (MHWB) CUHP
Participants	Nearly 183 Participants across various disciplines of Dehra Campus of CUHP participated in the above-mentioned Programme.
Outcome of the event	The workshop enhanced participants understanding of mental-health issues and strengthened their psychological resilience. They learned practical stress-management techniques, coping strategies and the importance of early intervention. The session also encouraged open conversations about mental well-being and informed participants about available support resources like the Tele-MANAS helpline (14416)
Expenditure & Funding agency if anyone otherwise CUHP	N/A



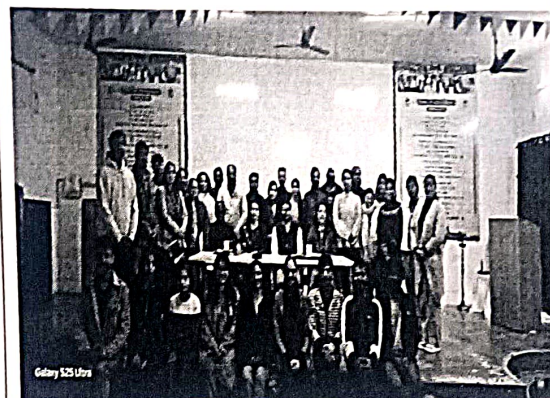
Photos



Dated – 10/12/2025
(Sapt Sindhu Parisar Dehra -II)



Dated – 10/12/2025
(Sapt Sindhu Parisar Dehra -II)



(10 दिसंबर 2025) हिमाचल प्रदेश केंद्रीय विश्वविद्यालय (सीयूएचपी) ने 10 दिसंबर 2025 को देहरा कैंपस में अपनी तीन-दिवसीय “मानसिक स्वास्थ्य एवं सायकोलॉजिकल रेज़िलिएंस” श्रृंखला का समापन किया। इस पहल की शुरुआत 8 दिसंबर को धर्मशाला कैंपस और 9 दिसंबर को शाहपुर कैंपस में आयोजित सत्रों से हुई, जिसके बाद अंतिम दिन देहरा कैंपस में आयोजित किया गया।

विशिष्ट अतिथियों में ज़ोनल अस्पताल, धर्मशाला के मनोचिकित्सक डॉ. ज्योति शर्मा और सीयूएचपी के मेडिकल ऑफिसर डॉ. अनुराग शर्मा शामिल थे। कार्यक्रम का समन्वय मानसिक स्वास्थ्य एवं कल्याण (MHWB) सेल के सदस्य प्रो. शशि पुनम और डॉ. शैलजा भारती ने किया।



केन्द्रिय विश्वविद्यालय

Central University of Himachal Pradesh

सप्त-सिन्धु परिसर-II, देहरा, जिला कांगड़ा, १७७१०१ - १७७१०१

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श्रृंखला का उद्देश्य मानसिक-स्वास्थ्य समस्याओं के प्रति जागरूकता बढ़ाना, सायकोलॉजिकल रेज़िलिएंस को प्रोत्साहित करना और छात्रों, शोधकर्ताओं तथा कर्मचारियों को व्यावहारिक तनाव-प्रबंधन तकनीकों से कम करना था। व्याख्यानों में मानसिक जागरूकता, सामना करने की रणनीतियाँ और शीघ्र हस्तक्षेप के महत्व को शामिल किया गया, तथा यह रेखांकित किया गया कि मानसिक और शारीरिक स्वास्थ्य समान रूप से महत्वपूर्ण हैं। राष्ट्रीय टेली-MANAS हेल्पलाइन (14416) को गोपनीय सहायता संसाधन के रूप में उजागर किया गया।

सीयूएचपी शैक्षणिक उत्कृष्टता के साथ-साथ मानसिक कल्याण को प्राथमिकता देते हुए एक सहायक कैंपस वातावरण को बढ़ावा देने की अपनी प्रतिबद्धता दोहराता है।

A. Guler
10/12/2025

Nodal Officer
NHMB Cell
CUHP



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 /I-I/CUHP/2025/37

Date : 28/11/2025

१६०१६६- 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.

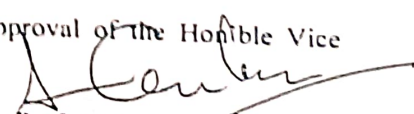
Sr.No.	Name of Resource Person	Topic	For Students of Campus	Month	Time	Venue	Coordinator of the session
1	Mrs. Jyoti Sharma, Clinical Psychologist	Mental Health and Wellbeing lecture and personal consultation to students who are facing anxiety, neurosis and psychosis issues	Dhauladhar Parisar Campus-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

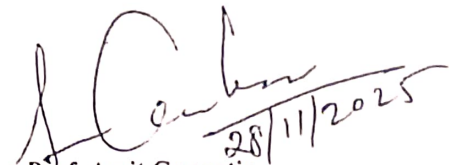
Dr. Anurag Sharma, Medical Officer, Central University of Himachal Pradesh will coordinate the overall sessions in all the campuses.

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 Honorable Vice Chancellor


Prof. Amit Gangotia
Nodal Officer, MHWB Cell

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

Mental Health & well-being Workshop

Date:- 10 December 2025

Venue:- Seminar Hall, Sri Sindhu Pavilion II, CUHP

Time:- 11 AM onwards

Title → Mental Health Wellbeing and Psychological Resilience

On 10th Dec 2025, Mental Health & well-being cell, CUHP organised a workshop title Mental well-being & Psychological Resilience. In the workshop Mrs. Tyoti Sharma, Clinical psychologist was present as a guest lecturer. She talked about the importance of Mental health & psychological resilience among Teachers, Students & Research scholars following members were also present in the workshop:-

Name	Designation	Signature
1) Anantosh Pradhan	Professor	Anantosh
2) Dr Shalabh Shrivastava	Asstt. Prof.	S. Shrivastava
3) Nivesh Sharma	Guest Faculty	Nivesh
4) Jaikant Singh	Asstt. Prof.	J Singh
5) Dr. CJNAL KADODE	Associate Prof (Dept of Visual Arts)	CJNAL
6) Dr Dinesh Paul	Associate Professor Visual Arts	D Paul
7) Manish Kumar Gond	Asstt. Prof - Visual Arts	M Gond
8) डॉ. गीता	सहायक आचार्य शोध वि.	Gita
9) DR. ANIL KUMAR	Professor, Sociology & SA	A Kumar
10) Vishay Tyoti	Associate Prof (Sociology)	Vishay Tyoti
11) Dr. Vimalakrishna	Asstt. Prof (POL SA)	Vimala

12) Sakshi Sharma	PhD Scholar S4 SA	Sakshi
13) Aman Singh	PhD Scholar S4 SA	Aman
14) Komal	PhD Scholar S4 SA	Komal
15) Shruti	PhD Social Work	Shruti
16) Mohan Lal	PhD Scholar S4 SA	Mohan Lal
17) Nishu Yadav	PhD Scholar Sociology & Social	Nishu
	Anthropology	

Designation of P.H.D.

Signature

Sl. No.	Name	Designation	Signature	Roll No.	Grade
18.	Shubham Kishor	RD Scholar (Sociology)	<i>[Signature]</i>	52	
19.	Pooja Dhar	RD Scholar (Sociology)	<i>[Signature]</i>	53	
20.	Manjot Singh	RD Scholar (Sociology)	<i>[Signature]</i>	54	D.A.
21.	Abhilasha Thakur	M.S.W 3 rd sem	<i>[Signature]</i>	55	Pass
22.	Mehulish	M.S.W 1 st sem	<i>[Signature]</i>	56	Kur
23.	Rohini	MA Sociology	<i>[Signature]</i>	57	Ni
24.	Dr. Bha	M.A Sociology	<i>[Signature]</i>	58	S.
25.	Priyanka	M.A Sociology	<i>[Signature]</i>	59	Ans
26.	Yuvika Tanna	ED (Socialwork)	<i>[Signature]</i>	60	Has
27.	Sanjana Thakur	M.A Sociology 3 rd sem	<i>[Signature]</i>	61	Ans
28.	Shivraj	M.A Sociology 3 rd sem	<i>[Signature]</i>	62	Bh
29.	Anshika	M.A Sociology 3 rd sem	<i>[Signature]</i>	63	Pa
30.	ANJALI SHARMA	Ph.D Sociology	<i>[Signature]</i>	64	Priya
31.	LALIT KUMAR	RD Scholar	<i>[Signature]</i>	65	Priya
32.	Faizan Ansari	M.S.W 3 rd Sem	<i>[Signature]</i>	66	
33.	Abhilash Nathania	M.S.W 1 st sem	<i>[Signature]</i>	67	
34.	Kumari Priyanka	Ph.D Economics	<i>[Signature]</i>	68	
35.	Navin Kaur	Ph.D Visual Arts	<i>[Signature]</i>	69	
36.	Jayajita Mohapatra	Ph.D Economics	<i>[Signature]</i>	70	
37.	Dev Toshi	MA SOCIOLOGY	<i>[Signature]</i>	71	
38.	MJ Goutham	MA Sociology	<i>[Signature]</i>	72	
39.	Seluka	M.F.A (Painting)	<i>[Signature]</i>	73	
40.	Anurag Kumar	M.F.A (Painting)	<i>[Signature]</i>	74	
41.	Minai Nayam Suman	BFA (Painting)	<i>[Signature]</i>	75	
42.	Sakshi	BFA (Painting) 1 sem	<i>[Signature]</i>	76	
43.	Harshit	BFA (Painting) 1 sem	<i>[Signature]</i>	77	
44.	Yikham	BFA (Sculpture) 1 sem	<i>[Signature]</i>	78	
45.	Samridhi	BFA (Sculpture) 1 sem	<i>[Signature]</i>	79	
46.	Vivek Kumar Tiwari	Ph.D Socialwork	<i>[Signature]</i>	80	
47.	Karan	BFA (Painting) 1 sem	<i>[Signature]</i>	81	
48.	Babita Sharma	MFA 3 rd sem (Painting)	<i>[Signature]</i>	82	
49.	Neha	BFA (Painting) 1 st Sem	<i>[Signature]</i>	83	
50.	Priya	BFA (Painting) 1 st Sem	<i>[Signature]</i>	84	
51.	Chetan	MFA (Painting) 1 st Sem	<i>[Signature]</i>	85	

Sl. No.	Name	Department / Designation	Signature
(53)	Sidhami Komal	MFA (Painting)	
(54)	Shravya Shree	MFA (Painting)	
(55)	Digra Mangal	MFA (Painting)	
(56)	Paros Sharma	MFA (Painting)	
(57)	Kunal Hasda	BFA (Painting)	
(58)	Nimisha Dixit	BFA (Sculpture)	
(59)	Smita Jha	BFA (Painting)	
(60)	Anshika Ruhela	BFA (Painting)	
(61)	Harsh Mishra	BFA (Painting)	
(62)	Ambij Chauhan	BFA (Painting)	
(63)	Bhushika Jashi	BFA (Painting)	
(64)	Prachi Vyas	BFA (Painting)	
(65)	Priyanka Kankoli	BFA (Painting)	
(66)	Priyanka Taksar	MSW 3rd Sem	
(67)	Rakesh Sharma	"	
(68)	Shivender	"	
(69)	Hadi Muhammed Ip	"	
(70)	Ajit Kumar	"	
(71)	Arun Sarech	MA Sociology Sem I	
(72)	Akash	BFA (Painting) Sem V	
(73)	Riddhima Chaudhary	BFA (Painting) Sem V	
(74)	Sarita Kumari	PG Diploma Hindu Studies	
(75)	Abhinav Kalie	MA Hindu Studies	
(76)	Pradipta Kumar Bhunia	BFA Painting	
(77)	Tomy Tongia	BFA Painting	
(78)	Anushka	BFA (Painting)	
(79)	Randeep Sharma	History	
(80)	Rohit Sharma	History	
(81)	Kirti Devi	PhD Economics	
(82)	Anchal Gupta	MFA (Painting)	
(83)	Priyanka Kumari	PhD Economics	
(84)	Meera Rani	PhD Economics	
(85)	Kushal Thakur	PhD Economics	
(86)	Akshay	PhD Economics	

S.	Name	Designation	Signature
86	Suresh Kumar	PhD Soc.	
87	Shikha	MFA (Sculpture)	
88	Shikha	MSW (Second year)	
89	Shikha	MSW (Sem 1st)	
90	Shikha	MFA (Sculpture)	
91	Shikha	MFA (Painting)	
92	Shikha	MFA (Sculpture)	
93	Shikha	MFA (Painting)	
94	Shikha	MFA (Sculpture) 1st	
95	Shikha	MFA (Painting)	
96	Shikha	MFA (Painting)	
97	Shikha	MA Sociology	
98	Shikha	MA Sociology	
99	Shikha	RD CKS	
100	Shikha	MA Sociology	
101	Shikha	MA Sociology	
102	Shikha	MSW III rd Sem	
103	Shikha	MFA 1 st sem	
104	Shikha	MSW III rd Sem	
105	Shikha	MSW III rd Sem	
106	Shikha	MSW 1 st sem	
107	Shikha	MSW 1 st Sem	
108	Shikha	MSW 1 st Sem	
109	Shikha	MSW 1 st Sem	
110	Shikha	MSW 1 st Sem	
11	Shikha	MSW 1 st sem	
2	Shikha	MSW 1 st Sem	
13	Shikha	MSW 1 st Sem	
4	Shikha	PhD Sociology	
5	Shikha	PhD Social Work	
6	Shikha	PhD Economics	
7	Shikha	MSW 3 rd	
18	Shikha	MSW 3 rd Sem	
19	Shikha	MSW 1 st Sem	

No	Name	Department/Designation	Signature
120	Pahar Al-Rami	MSW 1st Sem	[Signature]
121	Heathra K	MSW 1st Sem	[Signature]
122	Alvin	MSW 3rd Sem	[Signature]
124	Sachin Sharma	M.A Soci- 1st Sem	[Signature]
125	Samanta Kumari	MFA 1st Sem	[Signature]
126	Manisha Thakur	M.A Sociology 1st Sem	[Signature]
127	Anshika S	MSW 1st Sem	[Signature]
128	Bhuvni Singh	History 3rd Sem	[Signature]
129	Jyoti Kumari	MSW 1st Sem	[Signature]
130	Shivan Raj	Sociology	[Signature]
131	Rizayel	PhD Economics	[Signature]
132	Muhammed Ashiqueen	MSW 1st Sem	[Signature]
134	AMEENA DIYA	MSW 1st Sem	[Signature]
135	Prasanna Kumar	MSW 1st Sem	[Signature]
136	Daniel Duhole	MSW 1st Sem	[Signature]
137	Aksharanda M.R	MSW 3rd Sem	[Signature]
138	Sakshi	M.A Pol Sci Sem	[Signature]
139	Bisham Kumar	M.A Pol Sci 3rd Sem	[Signature]
140	Saket Kashyap	CUHP 24 M.A Pol Sci 3rd Sem	[Signature]
141	Smriti Roy	CUHP 24 M.A Pol Sci 3rd Sem	[Signature]
142	Rishi Roushan Roy	CUHP 24 M.A Pol Sci 3rd Sem	[Signature]
143	Aditya Kr	CUHP 25 M.A Pol Sci 3rd Sem	[Signature]
144	Aman	CUHP 25 M.A Pol Sci 3rd Sem	[Signature]
145	Dinesh Thakur	CUHP 25 M.A Pol Sci 3rd Sem	[Signature]
146	Dr. Anurag	M.A. CUHP	[Signature]
147	Jyoti Sharma	Clinical Psychologist	[Signature]
145	Aijali Tadau	CUHP 24 MFA S02	[Signature]
146	Preethi Kumari	CUHP 25 MFA S03	[Signature]
147	Shruti Rajan	CUHP 25 MFA S12	[Signature]
148	Kabul	CUHP 24 MFA S13	[Signature]
149	Himanshu Tadau	CUHP 24 MFA S-4	[Signature]
150	Jatin	CUHP 24 MFA S-7	[Signature]
151	Gulshan	CUHP 24 MFA S-2	[Signature]
152	Swinkhale	CUHP 25 MFA 28	[Signature]

152	Shakunam	CUHP25MEAP07	Adnan
153	Slathar	CUHP25MEAP19	Siddhant
154	Kajal	CUHP25MEAP10	Hyman
155	Ashish Raj	CUHP25MEAP25	Ashish Raj
156	Shreyas Singh	CUHP25MEAP23	Shreyas
157	Rajesh Kumar	CUHP21BEAP503	157
158	Nishant	01CUHP0096	Nishant