

# **Cultural Club Report 2022**

## **Central University of Himachal Pradesh**

*(Established Under Central Universities Act 2009)*

### **HPKV BUSINESS SCHOOL SCHOOL OF COMMERCE AND MANAGEMENT STUDIES**

*Central University of Himachal Pradesh  
School of Commerce and Management Studies  
Dhauladhar Parisar-II  
Dharamshala  
District-Kangra (H.P.)  
Pin Code: 176215*

The Cultural Club, HPKV Business School, School of Commerce and Management Studies celebrated International Women's Day on March 8, 2022. Women empowerment and how to break gender biasness were discussed along with highlighting the role of women in the society, promoting women's sense of self-worth, their ability to determine their own choices, and their right to influence social change for themselves and others. Women faculty were felicitated by the Department and their contribution towards the overall development of Department was appreciated by their male counterparts and superiors.





**School of Commerce and Management Studies**  
**Central University of Himachal Pradesh**

**Cultural Club, HPKV Business School**

Is organising Invited talk  
on

**Yoga For Management**

**Speaker: Prof. Bhag Chand Chauhan**  
**Department of Physics, CUHP**

**Date: 20th May, 2022**

**Time: 1:30 pm**

**Venue: Seminar hall, Dauladhar parisar 2, CUHP**



The Cultural Club, HPKV Business School, School of Commerce and Management Studies organized the invited talk on “Yoga for Management” on May, 20, 2022. The talk was delivered by Prof Bhag Chand Chauhan who spoke about the importance of various yoga asanas in leading a stress free life. Management professionals have a hectic schedule and lead a very stressful life. Research has proven that controlled breathing, meditation, stretching has positive effect on mind and body of the individual who practices yoga. He spoke on the importance of having satisfaction in our lives and also talked about valuing whatever we have in the present moment. Prof. Mohinder Singh thanked the speaker and the participants for their whole hearted participation.









