



# CPUH MONTHLY E-NEWSLETTER

December 2022, 7 (12), 01-06

(A Monthly E-Newsletter of Career Point University, Hamirpur)



## In This Issue

- Inauguration of Three Day Workshop on Foundation of Yoga for Health and Wellbeing 01
- Yashpal Jayanti Celebration at Career Point University, Hamirpur, H.P 02
- Gold Medals were Given to 32 Promising Students in the Convocation 03
- 2<sup>nd</sup> Edition of Career Point Cricket League Concluded on 7<sup>th</sup> Dec. 2022 04
- Three-Day National Yoga Program Concluded on 4th Dec. 2022 04
- Neha Dhiman Selected as JRF at DRDO 04
- National Workshop on Promoting Livelihood Options for Rural Communities through Vocal for Local to Global 05

## Inauguration of Three Day Workshop on Foundation of Yoga for Health and Wellbeing

A Three Days (2<sup>nd</sup> , 3<sup>rd</sup> and 4<sup>th</sup> December 2022 ) National Workshop on Foundation of Yoga for Health and Wellbeing was organized in collaboration with Morarji Desai National Institute for Yoga (Ministry of Ayush, Govt of India). This workshop is associated with one Month Foundation Course on the same theme which is Yoga Science for Wellness. Dr. Ishwar V. Basavaraddi, Director of Morarji Desai National Institute of Yoga, Ministry of AYUSH, and Prof (Dr.) P.L Gautam, Pro-Chancellor, Career Point University were the chief guest in the workshop.



Addressing the program, Dr. Ishwar V. Basavaraddi said that yoga is very important for life and to stay healthy in today's changing lifestyle, one should practice yoga on daily basis. Different diseases like stress, blood pressure, diabetes can be avoided by practicing yoga on regular basis.



During the Program, the Director of National Institute of Yoga also inaugurated the Advanced Yoga Center at CPU.



The aim of this workshop is to spread awareness about Yoga and Naturopathy and to prepare Yoga Trainers which will also create employment opportunities under the different schemes of the Government. The Honorable Vice Chancellor, Career Point University, Hamirpur, Dr. Sanjeev Sharma. Coordinator of the program Prof. (Dr.) H.R. Sharma, Prof. (Dr.) Sanjay Thakur, Dr. Ram Avtar, Co-Convener Dr. Arpit Kumar Dubey, Dr. Kamal Jeet, Dr. Indu Sharma, Dr. Vijay Bhatia, Dr. Gulshan Sharma, Program Coordinator Morarji Desai National Institute of Yoga, All the professors and students of the Pharmacy Department of Career Point University were there.

### **Yashpal Jayanti Celebration at Career Point University, Hamirpur, H.P**

On 3<sup>rd</sup> Dec. 2022, under the aegis of Career Point University, Hamirpur and Himachal Kala Sanskriti Bhasha Academy, a “Kavi Sammelan” was organized on the occasion of State Level Yashpal Jayanti Celebration.



The Chief Guest in the program was the Honorable, Prof. (Dr.) P.L. Gautam, Pro- Chancellor, Career Point University, Hamirpur and Director of Research Institute Neri, Dr. Chet Ram Garg were present as special guest. Vice Chancellor of the University Dr. Sanjeev Sharma, Dean Academic Prof.(Dr.) H.R. Sharma, Dean Engineering Prof. (Dr.) M.R.Sharma, Registrar Dr. Sanjay Thakur, Dr. Karm Singh (Secretary, Himachal Kala Sanskriti Bhasha Academy) were also present.



## Gold Medals were Given to 32 Promising Students in the Convocation

On 14<sup>th</sup> Dec. 2022, Career Point University organized the 8<sup>th</sup> convocation ceremony, where Major General Atul Kaushik, Chairman of the Himachal Pradesh Private Educational Regulatory Commission, was present as the chief guest. The program began with Saraswati Vandana and the lighting of the lamp, followed by the commencement of the 8<sup>th</sup> convocation ceremony.



The Hon'ble Pro-Chancellor of the University, Prof. Dr. P.L. Gautam, chaired the ceremony. Addressing the students present at the program, the Pro-Chancellor Sir said that young people should use their knowledge to contribute to the upliftment of the nation. The responsibility of the youth in making the country a global guru again is crucial. The Hon'ble Vice Chancellor, Dr. Sanjeev Sharma, honored the chief guest Major General Atul Kaushik and other dignitaries by presenting them with a traditional *Pahadi Topi* and *Shawl*, and presented the annual report to the guests. In his address, the Honorable Vice Chancellor of the University, Dr. Sanjeev Sharma, described the convocation ceremony as a glorious day for the students, which would continue to inspire them throughout their lives. He also praised the quality of education provided by the University and the trend of students opting for this University.



The chief guest, Major General Atul Kaushik, congratulated the graduates and emphasized the importance of contributing to the environment and staying away from substance abuse. He also advised start-ups to persevere even in their initial stages of failure. The program had a total of 588 students receiving degrees, including undergraduate, postgraduate, diploma, M.Phil, and Ph.D students. Of these, 247 were female and 341 were male. Additionally, 32 students were honored with gold medals, including 22 females and 10 males. Professor Shashi Kant Sharma also addressed the students and emphasized the importance of staying healthy for success.



## 2<sup>nd</sup> Edition of Career Point Cricket League Concluded on 7<sup>th</sup> Dec. 2022



The second edition of Career Point Cricket League was organized at Career Point University. Players from various departments participated in the league. The final match was played between Boys Hostel and Pharmacy department. Boys Hostel set a target of 65 runs while batting first. However, the Pharmacy department achieved the target in just 10 overs and won the championship. Abhishek Kumar from the Chemistry department was the Man of the Series in this edition, scoring 107 runs and taking 7 wickets in three matches. The Best Bowler award was given to Nikhil Rangra from the Chemistry department who took 12 wickets in three matches.

## Three-Day National Yoga Program Concluded on 4th Dec. 2022

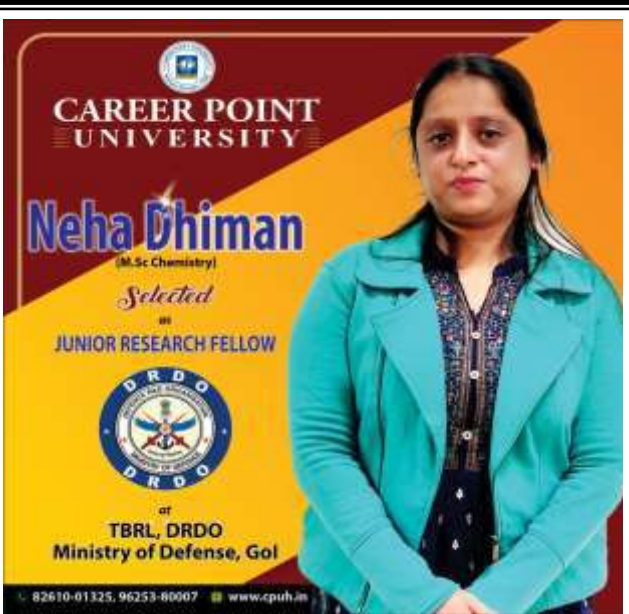


The three-day workshop organized with the cooperation of the Career Point University and Morarji Desai National Institute of Yoga, Delhi, has concluded today. On the first day of the program, Dr. Ishwar V. Basavaraddi, Director of Morarji Desai National Institute of Yoga, Ministry of AYUSH, was present as the chief guest.



On the second day of the program, yoga experts Tanuj Yadav, Neetu Sharma, Amita Sharma, and Lalit Gangwal from Morarji Desai National Institute of Yoga, Ministry of AYUSH, provided information related to yoga. Yoga is not just a physical exercise but a path to spiritual advancement. Yoga is a complete science that unites the body, mind, and soul. When we lift our hands for yoga, we first become aware of our hands. Moving from one posture to another in yoga is like a beautiful dance. Through yoga, the body, mind, and brain can be completely healthy. By keeping the body, mind, and brain healthy, one feels healthy oneself. Through yoga, not only can diseases be treated, but many physical and mental deficiencies can also be overcome. Yoga postures and *mudras* regulate both the body and mind. On the third day of the program, Anjana Thakur, President of the Himalayan Women and Welfare Society, spoke about the importance of yoga in women's health.

## Neha Dhiman Selected as JRF at DRDO (05.12.2022)



On 5<sup>th</sup> Dec. 2022, Neha Dhiman, a student of Career Point University, has been selected as a Junior Research Fellow at the Defence Research and Development Organisation (DRDO). This is the largest research institution of the Indian government, which has a network of laboratories engaged in developing various defence technologies. The Defence Research and Development Organization is a defence research and development center that develops defence technologies, systems/products necessary for the Indian Armed Forces. Neha Dhiman has received an M.Sc degree in chemistry from the department of chemistry at Career Point University. She had cleared the UGC NET examination. To become a Junior Research Fellow, candidates must have a postgraduate degree in the first division and must be eligible for the UGC NET qualification. The administration and professors of the university congratulated Neha Dhiman and her parents.



## National Workshop on Promoting Livelihood Options for Rural Communities through Vocal for Local to Global

On 13<sup>th</sup> Dec. 2022, the national workshop was organized by Career Point University to promote livelihood options for rural communities. The workshop was chaired by the Pro-Chancellor of the university, Prof. (Dr.) P.L. Gautam. As the chief guest at the workshop, Neeraj Rajadhyaksha, an industrialist, social worker, member of the Federation of MSME Vendors of Defence and Aerospace, and National President of the Indian People's Education Council, was present. Major General Atul Kaushik, Chairman of the Regulatory Commission, was a distinguished guest at the program. First, Anjana Thakur, the chairperson of the Himalayan Women and Jan Kalyan Foundation, honored all the guests present at the workshop by presenting them with a souvenir. Addressing the women who had come from the self-help groups, the chief guests said that the Vocal for Local campaign would instill a sense of pride in the country's companies, so that they would be encouraged to make better products.



The aim of this workshop is to increase the income of people at a global level by promoting local products. This can be achieved by organizing small self-help groups and enhancing their business levels. This will help in increasing self-employment in rural areas. At this conference, self-help groups from 12 districts of Himachal Pradesh exhibited their products. In addition, traditional knowledge can be revitalized through modern technology, and new dimensions can be established in industries and groups.

The workshop was organized in collaboration with partner organizations such as Himachal Biotechnology Palampur, Sher-e-Kashmir University of Jammu, National Innovation Foundation, Union Bank of India Hamirpur, Himachal Pradesh, Packwell Pump Tube Industries, and Himalayan Women and Development Foundation, Innovative Industrial Patterns University.

Experts from the industry who participated in the conference provided relevant information to take the products made by women to the international level. The products brought by women will be stored, quality tested, and evaluated for their value in order to reach the global market under the "vocal for local to global" scheme for regions and industries.

## Editorial Board



*First row: Ms Pooja Sandhu, Ms Navya Sharma and Mr Rajat Kumar (BA Hons English 5<sup>th</sup> Sem.)*



*Second row: Dr Priyanka Kaushal (AP English) and Dr. Sushil Chauhan (AP Comm. & Management)*



### CPUH MONTHLY E-NEWSLETTER

(An Official e-Newsletter of Career Point University, Tikker (Kharwarian), Bhoranj, Hamirpur, H.P.) Tel : 01972-269701, 96253-80006/07, e-mail : [hp@cpuniverse.in](mailto:hp@cpuniverse.in)  
Web. : [www.cpuh.in](http://www.cpuh.in)