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40 Students from Hotel Management Department Selected for Job Training in World Renowned Five Star Hotels

On 2nd March 2023, 40 students from Career Point University's department of Hotel Management have been selected among the world-renowned five-star hotels for job training. Head of the Department Dr. Vineet Kumar said that these students will be selected from the world famous Hotels The Vastin Gurgaon, The Claridges New Delhi, The Leela Ambience Delhi, The Lalit Chandigarh, Radisson Hotel Chandigarh, Regenta Hotel Delhi and Gujarat, The Royal Plaza Delhi, ITC Fortune Goa, Chowki Dhani has been in Jaipur for job training. They will also get a quarterly stipend. University is successfully providing employment to the students in different parts of India and Abroad. Our placement figures are increasing over time. The department is constantly working on the training and job placement of students. The head of the department has congratulated and congratulated the students on this achievement.

Annual Sports Meet at Career Point University, Hamirpur (H.P.)

On 3rd March 2023, Department of Commerce and Management was the overall winner in the annual sports meet. The two-day Sports Meet competition concluded on Saturday at Career Point University. The Chief Guest of the function was Dean Academic Prof. (Dr.) H.R. Sharma. On this occasion, The Registrar Prof. (Dr.) Sanjay Thakur and Sports Officer, Mr Ashwani Chandel was present. The Chief Guest said that sports bring discipline in life, while both body and mind are healthy. Play helps to keep a person's mind healthy and active. Due to which their negative energy goes away and positive energy spreads everywhere. It makes people strong, confident and skilled and plays an important role in their mental and physical development and character building. Sports will also help you to study with a healthy body and mind with better focus, but sports is considered secondary in today's time as everyone is engaged in scoring the highest marks and advancing in the competition. They do not understand that studies are not hindered by sports, but it helps them to remain optimistic and keep the competitive spirit positive.

Sports Meet Closing Ceremony

On 4th March 2023, the chief guest gave away prizes to the winners. In badminton boys' singles category, Ashish (Winner), Mohit (runner-up), Sunil and Nitin's team winner and Atul and Ramanujam's team runner-up, Bhavana winner in girls badminton singles category, Ruchika runner-up, Pooja, Bhavana winner in badminton double category, Diksha, Monica runner-up, Ashwani winner and Praveen runner-up in cross country, Varsha winner in cross country girls.



Shivani runner-up, Vishal team winner in Rassa Kassi, Druv team runner-up, Nikkshita team winner in girls' towing kassi category, Varsha team runner-up, Jeetendra winner in table tennis singles category, Abhishek runner-up, Diksha winner in girls' table tennis singles category, Varun winner in boys' 10m shooting rifle, Akshay runner-up, Preeti winner in girls' 10m shooting rifle, Varsha runner-up, Sahil team winner in Kabaddi, Ayush's team runner-up, Praveen's team winner in girls Kabaddi final, Riya's team was runner-up, Nikhil's team winner in basketball, Anuj's team runner-up, Varsha's team winner in girls' basketball category, Riya team runner-up, Himanshu's team winner in Volleyball, Sahil team runner-up, Monica's team winner in girls' category, Varsha's team runner-up. Overall winner was department of Commerce and Management. Finally, Dean Student Welfare Prof. (Dr.) Naveen Thakur congratulated the chief guests, professors for the successful organization of the program. He thanked the students and other dignitaries.

Bio-Science Department - Academic Tour

On 6th March 2023, Students of the University's Bio-Science Department took academic, spiritual and co-operative tours. 42 students of the Department of Bio-Science were given a five-day educational tour of Uttarakhand. During this time, he visited the Labs, Museum, Kitalaya Silbi culture Timber Labs and Harberium of Forest Research Institute in Dehradun and learned the activities there. He visited Patanjali research labs herbal garden in Haridwar, the world's largest painting herverium bird, bird museum and Patanjali Yogpeeth. In Haridwar, Ganga Bath, Ganga Aarti and Havan were performed in Shantikunj. In Rishikesh, students had the privilege of participating in the International Yoga Festival 2023, where they learned about various yoga, postures. In Rishikesh, students also performed adventure sports such as rafting in the River Ganga. Coordinator of this tour, Dr. Manu Vineet Sharma said that such activities develop management, coordination adjustment, leadership, acquiring knowledge, learning and intellectual qualities in the students, which are important in the overall development of the person. Dr. Hem Chandra, HOD of Bio-Science, Dr. Neha Kanoria, and Assistant Professor Prem Lata were also present during this tour.



International Day of Yoga

On 17th March 2023, Yoga Ambassador of Career Point University, Rubber Doll Nidhi Dogra performed various yoga activities at The Yoga Festival 2023 organized by Pro CPU Morarji Desai National Institute of Yoga and Ministry of AYUSH. The Honorable Vice-Chancellor of the University, Dr. Sanjeev Sharma, was also present on the occasion, Assistant Professor from The Department of Yoga, Dr. Anjana, Assistant Professor, Dr. Kamaljit, Assistant Professor, Rahul Sharma, Assistant Professor, Asha Kumari and students from Ayurveda and Yoga Department, Himalayan and Women Public Welfare Organization, Women Self Help Group, Heads and Vice-Heads participated. International Yoga Day is celebrated every year on June 21. This year, the 100-day countdown for the 9th International Yoga Day began in 2023. Ahead of the International Yoga Day, the Ministry of AYUSH and Morarji Desai National Institute of Yoga (MDNIY) jointly organised a yoga festival at Talkatora Stadium from March 13 to 14. The three-day Yoga Festival 2023 saw a range of activities including talks by yoga gurus, Vice-chancellor summits - and heads of leading institutions sharing their experiences. This year's International Day of Yoga (IDY) seeks to connect with the larger global community, as India's 20th Presidency titled "One World, One Health" is inspired with the principle of "Vasudhaiva Kutumbakam". The International Day of Yoga focuses on taking Yoga to every village in India through the active participation of Gram Panchayats, Gram Sabhas, with global mass contact. This year, the Yoga Mahotsav will see active participation from Anganwadi workers, ASHA workers, self-help groups, AYUSH health and wellness centres, resident welfare associations (RWA), women welfare organisations, universities and yoga universities. The Ministry of AYUSH, being the nodal ministry for IDY in India, has taken the lead in organizing eight successful editions of the International Day of Yoga, which has received support across the world.



For the students of Career Point University, participating in the Ministry of AYUSH and Morarji Desai National Institute of Yoga will lead to holistic development of the students and in future they will be able to benefit from the schemes related to yoga and employment by the Ministry of AYUSH. The Vice Chancellor said that today Yoga has reached the global market. In the coming time, there is immense potential in the profession of yoga. The university has been working continuously for the last one year on yoga and traditional medicine system and yoga. And in the coming years, the university will work by connecting various yoga institutes to further the yoga and traditional system of medicine. Cabinet Minister for Ports, Shipping and Waterways and Ministry of AYUSH, Dr. Mahendra Munjpara , Minister of Women and Child Development and AYUSH, Founder, Chairman and Spiritual Director of Bhikkhu Sanghasena International Meditation Centre Leh-Ladakh India, Mulai Muhillan Commissioner, Department of Youth Empowerment and Sports, Government of India Dr. Ishwar V. Basavaradi, Director, MDNIY, Joined the Yoga Mahakumbh Conference.

Expert Talk on World TB Day

On 25th March 2023, the Department of Microbiology of Career Point University organized an expert talk on World TB Day. World TB Day 2023: World TB Day is celebrated every year on March 24. Dr. Shruti Kaushal, Obstetrician and Gynaecologist from AIIMS District Bilaspur were present as the main speaker in the program.

Addressing the students and professors present in the program, he said that TB disease is caused by the bacteria *Mycobacterium tuberculosis*. It is also called tuberculosis. Millions of TB patients are reported every year in India. TB is an infectious disease, but not incurable. If this disease is treated in time, it can be completely cured. It is also called World Tuberculosis Day. Like other diseases, TB has symptoms. It is important to identify them on time. People who are vulnerable to TB. They include fatigue and weakness, weight loss, high fever, chest pain, persistent cough, blood loss with cough. If the patient does not get treatment, he even dies. World TB Day is celebrated every year on March 24th to make people aware of TB disease. Dean Academic Prof. (Dr.) H.R. Sharma, Head of the Department Dr. Shikha, Professor and students were present.



Educational Tour of Career Point University

On 14th March 2023, students from department of Botany, Microbiology and Pharmacy took an educational tour at the Institute of Horticulture and Forestry, Neri Hamirpur. About 80 students from B.Sc, M.Sc. from micro biology, pharmacy and botany departments went on this tour. Dr. Mahendra Bharmi Associate Professor, Dr. Preeti Kumari Chaudhary and Dr. SomDat Sharma, Renu Kumari and Dr. Negi explained the medicinal properties of food technology, lab equipment and medicinal plants like *cinnamon*, *cardamom*, *rudraksha*, *harad*, *vaidamla*. He said that these medicinal plants are used in Ayurvedic medicines made for constipation, liver, lung disease and cough cold. Along with this, the students also got detailed information about research. Associate Professor Dr. Hem Chandra, Assistant Professor Dr. Manu Vineet Sharma, Assistant Professor Dr. Priyanka, Assistant Professor Dr. Shikha Chandel and Assistant Professor Dr. Anjana Kumari went on this educational tour with the students.

A Chef Competition Organized by Department of Hotel Management

On 27th March 2023, the Chef competition was organized among the students of the department by the Department of Hotel Management at Career Point University. The theme of this competition was based on traditional Himachali theme. The objective was to showcase the creative skills of the students as well as to give them a chance to cook Himachali food. The chef competition was all about the best food and better kitchen skills. Such competitions can foster creativity, enhance cooking skills, build confidence and self-discipline, and also teach humility. The students participated in this competition and prepared famous dishes of Himachal according to the given theme. Harsh, Aniket and Yash won the first place in this chef competition, while Harish and Kamlesh got the second place. The head of the department said that the students showcased their skills by competing with chefs.



Expert Talk of Physics Department about Artificial Physics Science

On 28th March 2023, the Department of Physics of Career Point University, Hamirpur conducted an expert talk which was about Artificial Physics Science. Dr. Satya Prakash Pati was present in this workshop as an Expert. Dr. Pati spoke about his latest researches and developments in the field of artificial physics science in India which will likely be available in the form of new products and services in the next few years. The talks were held to give information about the latest technologies of technical artificial physics science and their developments. It also had the opportunity to learn about the latest research and developments in artificial physics science, using apps-as-high tech and techniques. Students, experts and others from the university were present in this talk.

The Department of Ayurveda, Naturopathy and Yoga of Career Point University Organized Yoga and Havan Ceremony

On 29th March 2023, the Department of Ayurveda, Naturopathy and Yoga of Career Point University organized yoga and Havan ceremony by the students. At the beginning of the program the Honorable Vice Chancellor welcomed the Chief Guest Dr. Ram Avtar. After that university addressing the gathering, the Vice Chancellor said that the tradition of Yoga is very ancient. The Yoga Campaign launched by the Prime Minister is being seen as a world yoga guru all over the world.

Under this, a campaign has been launched by the Ministry of AYUSH keeping in mind the International Yoga Day celebrated on June 21. Under which, when 100 days of the 9th International Yoga Day are left, then this campaign will be celebrated by doing yoga all over India. A program of Yoga and Havan was organized by the class representatives of all the departments. Students of university have taken up responsibility to impart yoga training to Kharwar village and under which its report will be sent to the Prime Minister's Office and the Ministry of AYUSH before June 21, 2023. *Sanskar* is a subject that is related to good moral values, best behavior; many institutions are working on subjects like engineering, science etc. We are making good technocrats for the society, but only through culture can a good society be built. Keeping this in mind, we are going to run a course on *Sanskar* theme from the coming session.

Those who have a degree in any subject here for 2, 3, 4 or 5 years, it will be mandatory to study the subject related to *Sanskar* in a semester. The university has been working continuously for the last one year on yoga and traditional medicine system and yoga. It will work by connecting various yoga institutes to further the yoga and traditional system of medicine. Ms. Nidhi Dogra, National Brand Ambassador of Yoga Book of Records was also the Guest of Honour at the event and mesmerized everyone by performing yoga activities. Dr. Ram Avtar, who was present as the chief guest at the event, started yoga by reciting '*Om Sound*'. In his address, he told that yoga means to connect with each other, just as yoga is formed by the combination of two things.

In the same way, by doing two yogas Shiva and Parvati Idi, Pingala, Shusma Yoga in our body, the body can be made healthy and mental peace is obtained. If we want to know the whole of yoga, then the union with the living soul with God is called yoga. Lord Buddha has said that yoga leads to all-round development because yoga will keep the mind, words and deeds connected with the breath. Yoga is not just an exercise but along with exercise it is a disciplined science which helps in balancing the mind, body and soul of a human being. India's Ayurveda is thousands of year's old and popular medical practice. The knowledge of life is Ayurveda in which human beings are protected from almost all physical and mental diseases. According to Ayurveda, in our body, talk, drink and kapha should maintain a natural balance so that we can stay healthy. If any of these three elements become more or less in our body, then we get the disease.

First yoga was done followed by Havan, which is a traditional fire ceremony to bring balance and healing in nature and self. Expressing his heartfelt wishes, Dr Ram Avtar said, "These rituals connect us to life at large and take us on the desired path of self-fulfillment."

By being a part of the holy Havan, one experiences divine contentment and happiness. These sacrifices and pujas have some scientific basis. In yoga and havan ceremony of university, more than 200 students participated. Chairperson of Himalayan Mahila Jan Kalyan Sanstha Ms Anjana Thakur, Mr Suresh Kashyap and Ms Disha workers from all over Himachal participated. Dean of Student Welfare, Prof. Naveen Thakur, Prof. Yogesh Kumar Walia, faculty, students and staff offered prayers with Vedic chants.

The Department of Ayurveda, Naturopathy and Yoga of Career Point University will make a Panchayat yoga literate by June 2, 2023 under the Yoga Sanskar District Campaign and its report will be sent to the Prime Minister's Office and the Ministry of AYUSH. Along with qualitative education, the university is also emphasizing the importance of sanskar education. It will become the first university in Himachal Pradesh to take the initiative of *sanskar* education because along with higher education, sanskar education is also of great importance



Career Point University got a Project under Indian Grassland and Fodder Research Institute, Government of India

Dr. Gulshan, Director of Community Services, Career Point University, has received a project from the Indian Grassland and Fodder Research Institute Jhansi. Which will work to improve the fodder and livestock based farming system to improve the livelihood of scheduled caste farmers, and will contribute to meet the shortage of fodder in rainfed areas for the coming times. This project has been given for the first time by the national level fodder production and management of Indian Agricultural Research Institute Pusa to meet the fodder problem of the farmers of Bilaspur district of Himachal Pradesh. Combining cropping with livestock enterprises would greatly increase the labor requirement and help in mitigating the employment problems to a great extent. With the proper use of available resources and environmental protection for economic development, agricultural systems diversify agricultural production, increase income, improve nutritional security, and promote nutrient recycling. Due to the increase in the fertility of the land, we also get good income from the produce. Along with this, dung gas is obtained from animal dung, and dung cakes (dung cake) etc. are obtained for burning fuel. Livestock production can play a supporting role. For example, an "integrated crop-livestock system" may help support sustainable rangeland management, preserve wildlife and other forms of biodiversity, and directly promote soil fertility and the amenity value of particular landscapes to other users. Is a form of mixed production one who uses crops and livestock in such a way that they can complement each other through space and time. The entire cost of this project will be borne by the Indian Grassland and Fodder Research Institute, Jhansi. The administration has congratulated Dr. Gulshan, Director of Community Services on this achievement.

Editorial Board



First row: Ms Pooja Sandhu, Ms Navya Sharma and Mr Rajat Kumar (BA Hons English 6th Sem.)



Second row: Dr Priyanka Kaushal (AP English), Ms Manju Bala (AP Computer Science & Engineering) and Ms Rutika (AP Pharmacy)



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