



# Career Point University Hamirpur (HP)



## Office Order

No. CPUH/Estt/OO/2023-9301-50

Dated: 28.03.2023

In view of ensuing Yoga & Hawan Programme on the occasion of 'Durga Ashtami' being organized by the students (CRs) of the University on dated: 29.03.2023, the Competent Authority has ordered that all the Deans, Associate Deans, Assistant Deans, Directors, Associate Directors, Assistant Directors, Faculty & students of Division of Ayurveda, Yoga & Naturopathy and students identified by the CRs will attend the said event from 09:00 AM onwards and After 12:00 Noon all the faculty members will join the Yoga & Hawan event.

Further, it has also been ordered that Yoga Participants shall come in the dress code i.e. T-shirt & Lower and also bring the Yoga mat with them.

All concerned to note accordingly.

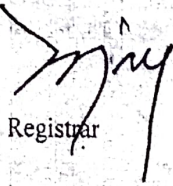
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Registrar

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Dated: 28.03.2023

Copy of above is forwarded to the following for information and necessary action:

1. Dean Academic Affairs CPUH
2. All Deans/Associate Deans CPUH
3. All Directors/ Associate Directors/Assistant Directors CPUH
4. All HODs CPUH
5. All Faculty Members CPUH
6. PS to VC

  
Registrar

# Yogotsav

## 100 Days Countdown Programme to International Day of Yoga - 2023

Career Point University Hamirpur celebrated Yoga Mohotsav with the support of Morarji Desai National Institute of Yoga (MDNIY), on 29-03-2023 to honour the 84th day of the 100 days countdown to International Yoga Day 2023 with the theme “Yoga for Happiness”. Dr Sanjeev Sharma (Vice Chancellor, CPU Hamirpur (H.P.)), Dr Ram Avtar (Sanskari Yog Guru) Director (Hony.), CPU-PSI center for Traditional Medicines, Yoga Science & Sanskar), Mrs. Kuntesh Kumari, Prof. (Dr.) H.R. Sharma Dean Academic Affair, Mrs Anjana Kumari (Founder chairperson of Himalayan Mahila Evam Jan Kalyan Sanstha), Mr Suresh Kashyap (Managing Director of Himalayan Mahila Evam Jan Kalyan Sanstha), Dr Naveen Thakur, Dean of Students Welfare, Dr Kuldeep Kumar (Director Research-cum-Dean Post Graduates Studies), Dr Sanjay Thakur, Registrar, CPU-Hamirpur., Prof. (Dr.) M.R. Sharma (Dean of Civil Engineering), Dr. Yogesh Kumar Walia (Dean Basic & Applied Sciences), Dr Anupama Manahas (Dean of Legal Studies & Governance), Ms. Richa Sharma (P.S. to V.C.), Dr. D.K. Gautam (Dean of Engineering & Technology), and Ms. Nidhi Dogra (Brand Ambassador of Yoga- CPU, Hamirpur) graced the occasion with their presence. This event included a Lamp Lighting by our Chief guests, a yoga performance by **Nidhi Dogra A.K.A Rubber Doll** of Himachal Pradesh, a speech to address the participants by Honourable Vice Chancellor Dr Sanjeev Sharma, a special lecture by Prof Dr. Ram Avtar (Sanskari Yog Guru), a **Common Yoga Protocol (CYP)** practice session instructed by Dr. Ram Avtar (Sanskari Yog Guru) and Yogacharya Mr Abhishek Sindal followed by the **Havana and Prasad distribution**.

The event started by welcoming all the dignitaries with a flower bouquet followed by Lamp Lightning during which Vedic mantras were chanted. After this, Ms. Nidhi Dogra gave a mesmerizing yoga demonstration. Then our Honourable Vice Chancellor of CPU Hamirpur (H.P.) Dr. Sanjeev Sharma addressed one and all present at the event and highlighted the achievements and discussed the future plans of the University. Two focal points of his speech were:

1. He directed the Yoga and Ayurveda department to deliver the knowledge of Yoga to the Kharvad Panchayat and make it a “**Yoga Sakshar Panchayat**” before 21 June 2023 and send the report to the Ministry of Ayush. He believes that the health of individuals has a profound impact on the prosperity and stability of a nation. By promoting individual health through Yoga, our nation can ensure a healthier and more prosperous future. He further announced that,
2. From the next session onward i.e July, **Sanskar** as a **subject** will be taught to students of every department at Career Point University, Hamirpur. He believes Sanskar plays an important role in the personal and professional development of students by promoting character development, ethics and morality, cultural identity, mental health, and leadership skills.

After the inspiring speech of VC sir, Dr Ram Avtar (Sanskari Yog Guru) talked about the benefits of incorporating yoga and the importance of Sanskar in our life.

The next event after the expert talk was the practice of the **Common Yoga Protocol (CYP)**, which was instructed by Dr. Ram Avtar (Sanskari Yog Guru) and Yogacharya Mr.

Abhishek Sindal and demonstrated by the students of B.Sc Yoga Science. The Common Yoga Protocol (CYP) is a set of simple yoga practices that can be practised by anyone, regardless of their age, gender, or physical ability. The CYP was developed by the Ministry of AYUSH in India and is promoted as a global initiative to encourage people to adopt yoga as a way of life.

The main highlight of the day was **Havan**. It is also known as **homa or yajna**, which is a Hindu fire ritual that has been practised for thousands of years. It has spiritual, physical, and social significance. It is a way of connecting with the divine, purifying the mind and body, promoting healing, and fostering community building. The main purpose of practising homa was to build and to get in touch with our Sanskar and Hindu rituals. Sanskar is considered an essential aspect of Hindu culture and is believed to shape a person's character and personality. It is believed that they can have a significant impact on their future development, leading to a well-rounded and balanced individual.

This event ended with the delicious Prasad distribution among the participants. This whole event was organised by the Class Representatives and students from different departments. Events like this being organised by the students build leadership quality, and management skills in them.



