

One Day Yoga Awareness Session (24th Sept, 2025)

On the occasion of Navaratri – Day 3 (Maa Chandraghanta, symbol of courage and prosperity), the Department of Library and Information Science, CUHP, in collaboration with the Red Ribbon Club and the Mental Health and Wellness Cell, organized a Yoga Awareness Session on 24th September 2025 at the Shahpur Campus.



Mr. Krishna Nayaka, a certified yoga instructor and Padayatri from Mysuru, inspired participants with his journey of walking 18,000 km across India, Nepal, and Bhutan to spread yoga and environmental awareness.

The session was highly appreciated as it combined the spirit of Navaratri with the values of yoga, reminding all that courage, peace, and prosperity come from a balanced mind and body.