

Yoga for Mind, Body, and Soul:

An Awareness Session by Krishna Nayaka

On the auspicious occasion of Navaratri – Day 3, dedicated to Maa Chandraghanta, the goddess of courage and prosperity, the Department of Library and Information Science at Central University of Himachal Pradesh, in collaboration with the Red Ribbon Club and the Mental Health and Wellness Cell, organized an inspiring Yoga Awareness Session on 24th September 2025 at the Shahpur Campus.

CENTRAL UNIVERSITY OF HIMACHAL PRADESH

YOGA FOR MIND, BODY & SOUL

An Awareness Session by



KRISHNA NAYAKA

CERTIFIED YOGA INSTRUCTOR & PADAYATRI FROM KARNATAKA

On a mission to promote Yoga and Environmental Awareness through his Padayatra, he has walked over 18,000 km across 24 States, Union Territories, Nepal and Bhutan.

24th Sept 2025
11.30 AM Onwards



CHIEF PATRON
PROF. SAT PRAKASH BANSAL
Honorable Vice Chancellor, Central University of Himachal Pradesh

Organized By

DEPARTMENT OF LIBRARY & INFORMATION SCIENCE
Mental Health & Wellbeing Cell, And, Red Ribbon Club

Coordinated by: Muruli N, Assistant Professor, DLIS, CUHP

The session was conducted by **Mr. Krishna Nayaka**, a certified yoga instructor and *Padayatri* from Mysuru, Karnataka. His **Padayatra – “Walk for Yoga”**, which

commenced on 16th October 2022, covered over 18,000 kilometres across 24 Indian states including Himachal Pradesh and the Union Territories of Jammu & Kashmir and Leh–Ladakh, extending further to Nepal and Bhutan. This remarkable journey reflects his dedication to promoting yoga and environmental awareness, embodying the unifying philosophy of **“Divided by Nations, United by Yoga.”**



During the session, Mr. Nayaka highlighted the significance of yoga in enhancing **physical health, mental clarity, and spiritual balance**. He provided practical demonstrations of breathing techniques and postures, encouraging participants to integrate yoga into their daily lives. His approach emphasized **experiential learning** and the transformative potential of consistent practice and disciplined living.

The program commenced with a welcome note by **Ms. Rabia Gosal**, student of the Department of Library and Information Science, and included the **Presidential Address by Prof. Shivarama Rao, Head of the Department**, who felicitated Mr. Nayaka with a Himachali topi and shawl in recognition of his contributions.





The awareness session was coordinated by **Mr. Muruli N., Assistant Professor, Department of Library and Information Science, Coordinator of the Red Ribbon Club, Shahpur Campus, and Member of the Mental Health and Wellness Cell, Central University of Himachal Pradesh**, who concluded the program with a formal vote of thanks to **Prof. S.P. Bansal, Hon'ble Vice Chancellor**, other university officers, faculty members, and participants.

The session was highly appreciated and successfully integrated the **spiritual ethos of Navaratri with the practical and holistic benefits of yoga**, reinforcing the principles of courage, peace, and prosperity through a balanced mind and body.
