

**CENTRAL UNIVERSITY OF
KARNATAKA**

(Established by an Act of the Parliament in
2009)



CENTRAL UNIVERSITY OF KARNATAKA

Administration
SH-10, Aland Road
Kalaburagi - 585 367
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Email: registrar@cuk.ac.in

No. CUK/ADMN-III/F-749/5/2026-27/918.

29 SEP 2026

CIRCULAR

Sub: Daily Yoga Practice at CUK – reg.

The Central University of Karnataka is pleased to organize **daily yoga practice** for the benefit of all **Students, Research Scholars, Teaching and Non-Teaching Staff Members** of the University, with a view to promoting physical health, mental well-being and a healthy lifestyle on the University Campus.

The daily yoga practice will be conducted as per the following schedule:

- **Time:** 6:30 AM to 7:30 AM
- **Venue:** 1st Floor, University Guest House CUK
- **Yoga Instructor:** Dr. Rajashekar Zulpe, Yoga Instructor, CUK

All **Students, Research Scholars, Teaching and Non-Teaching Staff Members** of the University are encouraged to participate in the daily yoga practice and avail the benefits of yoga for their overall health and well-being.

Registrar

29/9/26

To,

1. All Teaching, Non-Teaching and Students/Research Scholars of the University
2. All Deans/Heads/Coordinators/Directors of Department/Sections/Centres-Requested to bring the content of the circular to their respective students & Staff.

Copy to:

1. PS to Vice-Chancellor
2. Dr. Rajashekar Zulpe- Yoga Instructor
3. System Analyst – requested to upload in website.
4. Concerned file

कुलसचिव / REGISTRAR
कर्नाटक केन्द्रीय विश्वविद्यालय
Central University of Karnataka
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