



ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ, ಬೆಂಗಳೂರು
Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore

4th T Block, Jayanagar, Bangalore – 560 041

RGU/SWF/General-001/2026-27

Date:11.05.2026

CIRCULAR

To,
 The Principals of All Affiliated Colleges

Subject: Yoga Training Programme for Students and Staff

Dear Sir/Madam,

This is to inform all affiliated colleges that a Yoga Training Programme will be conducted as part of the initiative to promote physical fitness, mental well-being, and healthy living among students and staff members.

All colleges are instructed to organize and encourage active participation in the yoga training sessions. The programme may include basic yoga practices, meditation, breathing exercises, and awareness on healthy lifestyle habits.

The details regarding the schedule and resource persons will be communicated separately. Colleges are requested to nominate coordinators and make necessary arrangements for the smooth conduct of the programme.

Your cooperation and support in making this initiative successful are highly appreciated.

Anjuna S. Adleyar
 REGISTRAR 11/5/26