



Sri Siddhartha Academy of Higher Education, Tumkur

8th International Day of Yoga-2022

Theme: 'Yoga for Humanity'

National Service Scheme

Sree Ranga Academy of Yoga

21-6-2022

A Report

Sri Siddhartha Institute of Technology, Tumkur

International Yoga Day was celebrated in SSIT, Tumkur on 21-6-2022. Dr. B.S. Ravikiran, NSS Programme coordinator, SSAHE welcomed the gathering. Mr. K. Puneeth, Asst Professor, Dept of Mech Engg, SSIT, Tumkur who is a yoga expert gave a talk on yoga, his team demonstrated few asanas and conducted pranayama session. Dr. M.Z. Kurian, Registrar, SSAHE spoke on importance of yoga. Dr. M.S. Raviprakash, Principal SSIT told the gathering to practice yoga daily. Dr. M. Siddappa Dean (Academics), Dr. K. Karunakara Dean (Examinations), Dr. R. Prakash Chief Coordinator IQAC, Hods and section heads, NCC Officer Dr. H.V. Jayaprakash were present on the occasion. Prof. S.H. Jeevith, NSS Officer, SSIT proposed the vote of thanks.

Photo Gallery



Dr. M.S. Raviprakash, Principal SSIT speaking on this occasion





Pranayama session

Sri Siddhartha Medical College, Tumkur

International Yoga Day was celebrated in SSMC, Tumkur on 21-6-2022. Dr. B.S. Ravikiran, NSS Programme coordinator, SSAHE welcomed the gathering. Mr. K. Puneeth, Asst Professor, Dept of Mech Engg, SSIT, Tumkur who is a yoga expert gave a talk on yoga, conducted few asanas and pranayama session. Dr. M.Z. Kurian, Registrar, SSAHE spoke on importance of yoga. Dr. S.C. Mahapatra, Principal SSMC told the gathering to practice yoga daily. Hods and section heads, staff and students were present on the occasion. Dr. J.P. Geetha proposed the vote of thanks.





Dr.B.S.Ravikiran
 NSS Programme Coordinator
 SSAHE, TUMKUR