



# SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION

(Deemed to be University Declared under Section 3 of the UGC Act, 1956)

Accredited 'A+' Grade by NAAC

## SRI SIDDHARTHA DENTAL COLLEGE & HOSPITAL

Agalakote, B.H. Road, Tumkur - 572107, Karnataka

Recognised by Dental Council of India, New Delhi

A Constituent College of Sri Siddhartha Academy of Higher Education (Deemed to be University)

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ARN : SSAHE 20241035

Date: 24/06/2024

### NSS COMMITTEE

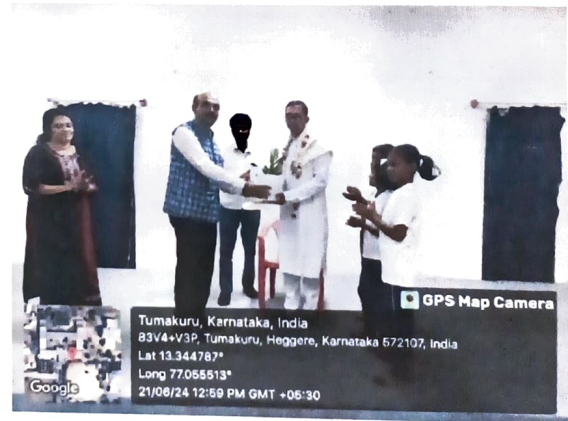
#### REPORT ON INTERNATIONAL YOGA DAY 2024


A Guest lecture followed by demonstration of yogasanas was organized by the NSS committee, on the occasion of International yoga day on 21/06/2024. The Resource person for the programme was Mr. Puneeth K, BE, M.Tech, (MSc. Yoga) Founder president, Sri Ranga Academy of Yoga & Arts, Tumkur.


The Programme commenced with a welcome speech followed by principal's address where he enlightened students with his words of wisdom regarding importance and benefits of daily practice of yoga.

The Lecture on Yoga was delivered by Mr. Puneeth K for staff and students. Chair Suryanamaskara and few pranayama techniques were taught to students and staff by the resource expert. The Programme was well attended by all the faculty, postgraduate students, interns and third year students and appreciated.

Lastly the event ended by honoring the guest speaker with a certificate & token of appreciation by our Principal Dr. Praveen B Kudva. Vote of thanks was delivered by Dr. Roopavathi K M.



  
Chairperson, NSS Committee  
(Dr. Sateesh C P)

  
IQAC Chairperson /Principal  
(Dr. Praveen B Kudva)



Chairperson  
Internal Quality Assurance Cell  
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