



Sri Siddhartha Dental College & Hospital

Constituent College of Sri Siddhartha Academy of Higher Education

Established under Section 3 of the Act, 1956

(Deemed to be University)

Accredited 'A+' Grade by NAAC

Agalakote, Tumkur - 572107



INTERNATIONAL DAY OF YOGA 2025

Resource Expert



Rashmi Jois

PG Dip. in Psy. (Gen)

Certified Yoga Trainer, Iyengar Yoga, Hrishikesh.

Certified Prenatal Yoga Training, Nasik.

Certified Yoga teacher from Svyasa, Jigni, Bangalore

Chief Mentor and Trainer, Pragnanam Yoga Center, Tumkur.

Organized by
NSS Committee, SSDC

ALL ARE CORDIALLY INVITED

Date :
21-06-2025, Saturday

Time :
10.00 am

Venue :
Savyasachi Auditorium
SSDC, Tumkur



Dr. Praveen B. Kudva
Principal /
Chairperson, IQAC
SSDC, Tumkur



**SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION
&
SRI SIDDHARTHA DENTAL COLLEGE AND HOSPITAL,
TUMAKURU**

Constituent college of Sri Siddhartha Academy of Higher Education
Established under Section 3 of the Act, 1956
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Accredited 'A+' Grade by NAAC
Agalakote, TUMKUR - 572107



Cordially invite you to

INTERNATIONAL YOGA DAY-2025

RESOURCE EXPERT:

RASHMI JOIS

PG Dip. in Psy.(Gen)

*Certified yoga trainer, Iyengar yoga, Hrishikesh,
Certified Prenatal Yoga Training, Nasik,
Certified Yoga teacher SVYASA, Jigani, Bangalore,
Chief mentor and trainer, Pragnanam Yoga Center, Tumkur.*

Chief Guest:

DR.G.PARAMESHWARA

*Honourable Chancellor, SSAHE,
Tumkur*

Guests of Honor:

DR.LINGEGOWDA K. B

Vice Chancellor, SSAHE, Tumkur

DR.ASHOK MEHATHA

Registrar, SSAHE

DR.G.GURUSHANKAR

*Controller of Examinations,
SSAHE*

DR.VIVEK VEERAI AH

Advisor to Chancellor

***ORGANISED BY,
NSS Committee, SSDC***

DR.PRAVEEN B KUDVA

Principal, SSDC

**Venue: Savyasachi Auditorium
SSDC**

**Date: 21/06/2025
Time: 10.00AM**

Your Gracious presence will be highly solicited



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SSAHE20241072

NSS COMMITTEE

CELEBRATION OF INTERNATIONAL DAY OF YOGA -21/06/2025

REPORT

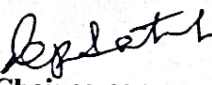
'International Day of Yoga' celebration was conducted by NSS Committee, Sri Siddhartha Dental College and Hospital, Tumkur in association with Ayush - Yoga Sangam on 21/06/2025 from 10am -12.45pm in the presence of esteemed guests; **Mrs. Rashmi Jois**, Certified Yoga Trainer, Chief Mentor & Trainer, Pragnanam Yoga Centre, Tumkur and her teammates **Aparna Prakash & Mrs. Arunadati Raghavendra Rao**, Tumkur, **Dr. KB Lingegowda**, Vice chancellor, SSAHE and **Dr. Praveen B Kudva**, Principal, SSDC.

Dr. Praveen B Kudva, Principal, SSDC welcomed the gathering. **Dr. KB Lingegowda**, Vicechancellor, SSAHE addressed the gathering and appreciated the student participation and instructed to continue such sessions in future as well.

Programme commenced with Guided Pranayama and meditation which was mentored by **Rashmi Jois**. She also spoke on importance of pranayama and meditation for students and faculty and mentioned in her speech that how the students have to inculcate the same practice in their routines as well.

Moderator and speakers were felicitated with gift and certificate. Vote of thanks was rendered by **Dr. Darshana B.**

Practice yoga session was conducted from 11am onwards where registered staff and students practiced different asana of yoga. Feedback was collected from participants and audience.


Chairperson
NSS Committee
[Dr. C.P. Sateesh]


Principal/ Chairperson
IQAC
[Dr. Praveen B Kudva]

Chairperson
Quality Assurance Cell
Sri Siddhartha Dental College
Tumkur - 572107



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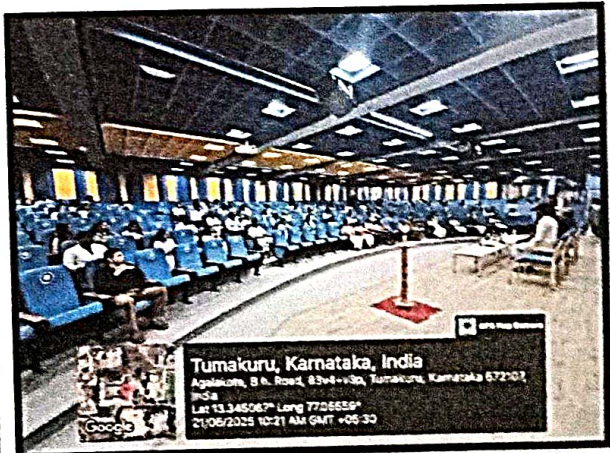


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NSS COMMITTEE

CELEBRATION OF INTERNATIONAL DAY OF YOGA -21/06/2025

SSESSION 1: Guided pranayama and meditation




Chairperson
NSS Committee
[Dr. C.P. Sateesh]


Principal/ Chairperson
IQAC

[Dr. Prayeen B. Kudva]
Chairperson
Internal Quality Assurance Cell
Sri Siddhartha Dental College
Tumakuru-572107



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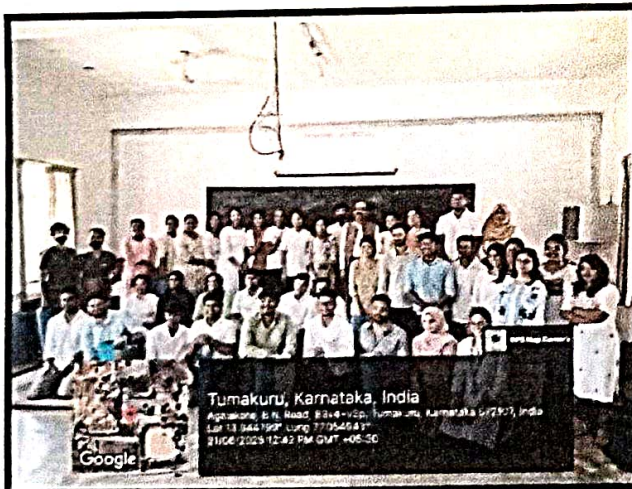


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NSS COMMITTEE

CELEBRATION OF INTERNATIONAL DAY OF YOGA -21/06/2025

SSESSION 2: Practice of yoga aasanas



Chairperson
NSS Committee
[Dr. C.P. Sateesh]

Principal/ Chairperson
IQAC
[Dr. Praveen B Kudva]

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Tumakuru-572107

Sri Siddhartha Academy of Higher Education

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Sri Siddhartha Dental College & Hospital

Agalakote, Tumkur - 572107



National Service Scheme, SSDC

Certificate of Appreciation

Presented To

Rashmi Jois

Certified Iyengar Yoga Teacher, Tumkur

for being the resource person on the occasion of International Day of Yoga, 2025 on 21st June organised at

Sri Siddhartha Dental College, Tumkur

Program officer
NSS Unit, SSDC
Tumkur

Dr. Praveen B Kudva

Chairperson IQAC/
Principal SSDC



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NSS COMMITTEE

21/06/2025

CELEBRATION INTERNATIONAL DAY OF YOGA ATTENDANCE SHEET

SL. NO	REG NO	STUDENT NAME	SIGNATURE
1.	24SD1001	Aamina Taskeen	
2.	24SD1002	Ananya Naveen	
3.	24SD1003	Ashutosh Ranjan	
4.	24SD1004	Benison Varghese	
5.	24SD1005	Chandana Y	
6.	24SD1006	Ch-Abhinaya	
7.	24SD1007	Chirag	
8.	24SD1008	Chiranthan	
9.	24SD1009	D. Siddhartha	
10.	24SD1010	Deepika	
11.	24SD1011	Dhanush	
12.	24SD1012	Inchara	
13.	24SD1013	Iqra	
14.	24SD1014	Jyoti vishwanath	
15.	24SD1015	Jyotishman	
16.	24SD1016	Kalwa sahasra	
17.	24SD1017	Kanak	
18.	24SD1018	Lensani	
19.	24SD1019	Manisha	
20.	24SD1020	Mohak	
21.	24SD1021	Monali	
22.	24SD1022	Nasir	
23.	24SD1023	Nidhi	
24.	24SD1024	Omer	
25.	24SD1025	Pooja GN	
26.	24SD1026	Poojashree	
27.	24SD1027	Prakruthi	



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28.	24SD1028	Preethi	Preethi
29.	24SD1029	Reethu	Reethu
30.	24SD1030	Rosanne	Rosanne
31.	24SD1031	Ryan	Ryan
32.	24SD1032	Sahana	Sahana
33.	24SD1033	Shamuna	Shamuna
34.	24SD1034	Shazin	Shazin
35.	24SD1035	Shilpashree	Shilpashree
36.	24SD1036	Vandana	Vandana N.G
37.	24SD1037	Vennela	Vennela
38.	24SD1038	Vishal	Vishal
39.	24SD1039	Yashasvi pandita	Yashasvi
40.	24SD1040	Zuha Fathima	Zuha Fathima


Chairperson
NSS Committee
[Dr. C.P. Sateesh]


Principal/ Chairperson
IQAC
[Dr. Praveen B Kudva]
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ATTENDANCE SHEET

Sl.No.	UniversityReg. No	Names	Signature
01	23SD1001	Abdul Azeez	<i>Abdul</i>
02	23SD1002	Abigail Suzan Jesus Braganza	<i>Abigail</i>
03	23SD1003	Affan Mohammed Bilaluddin	<i>Affan</i>
04	23SD1004	Arpit Das	<i>Arpit</i>
05	23SD1005	Ashik.M.S.	<i>Ashik</i>
06	23SD1006	ChagalamarriRavindranath	<i>Ravinder</i>
07	23SD1007	DhruthikaNishin	<i>Dhruthika</i>
08	23SD1008	Emmanuel Mandanath Joseph	<i>Emmanuel</i>
09	23SD1009	Hritunandana.U	<i>Hritunandana</i>
10	23SD1010	Keshav.P	<i>Keshav</i>
11	23SD1011	ManjulaSreeJahnavi	<i>M.Sree Jahnavi</i>
12	23SD1012	Mahanya.K.S.	<i>Mahanya</i>
13	23SD1013	Majid Ali	<i>Majid Ali</i>
14	23SD1014	Manisha Dung Dung	<i>Manisha</i>
15	23SD1015	Manya.V	<i>Manya</i>
16	23SD1016	Meghana Nair	<i>Meghana</i>
17	23SD1017	Mharhoni A Jami	<i>Mharhoni</i>
18	23SD1018	Mohamed YahyaAtif.S	<i>Mohamed</i>
19	23SD1019	Mohammed ShabazSaleem	<i>Shabaz</i>
20	23SD1020	Muhammad Aasim	<i>Aasim</i>
21	23SD1021	Namitha.K.S.	<i>Namitha.K.S.</i>



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22	23SD1022	Naseeba	Klaascha
23	23SD1023	NaziyaKousar	Karar
24	23SD1024	NehaSubash	NehaSubash
25	23SD1025	NizbhaSulthana	Kish
26	23SD1026	Nuthan.S	Kutash
27	23SD1027	Prajwal.C	Prajwal
28	23SD1028	Pretty Rajput	Pretty
29	23SD1029	RanjithNaik.S.P.	Ranjith
30	23SD1030	RayzelCrissieMascarenhas	Rayzel
31	23SD1031	Rekha.B.O	Rekha B.O
32	23SD1032	Riffath	Riffath
33	23SD1033	SaaraAmina	Saara
34	23SD1034	Salma KasimPinjar	Salma
35	23SD1035	Sannamathi.D.C.	Sannamathi
36	23SD1036	Shristi Singh	Shristi Singh
37	23SD1037	ShriyashLaxmanSadekar	Shriyash
38	23SD1038	Sinchana.S	Sinchana
39	23SD1039	TharunkumarNaik.H	Tharunkumar
40	23SD1040	VinayakLokappaRathod	Vinayak

Chairperson
NSS Committee
[Dr. C.P. Sateesh]

Principal/ Chairperson

IQAC
[Dr. Praveen B Kudval]
Internal Quality Assurance Cell
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NSS COMMITTEE

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CELEBRATION INTERNATIONAL DAY OF YOGA

ATTENDANCE SHEET

1.	22SD1001	ABDUL JABBAR	<i>Abdul Jabbar</i>
2.	22SD1002	AMANDEEP	<i>Aman</i>
3.	22SD1003	ANUSURI.U	<i>Anusuri</i>
4.	22SD1004	ASWIN.B	<i>Aswin</i>
5.	22SD1005	AYESHA SHEHNAAZ	<i>Ayesha</i>
6.	22SD1006	AYUSHI SINHA	<i>Ayushi Sinha</i>
7.	22SD1007	CHETHANA HS	<i>Chethana</i>
8.	22SD1008	CHINMAYEE IB	<i>Chinmayee</i>
9.	22SD1009	HUMA MAZHAR	<i>Huma</i>
10.	22SD1010	JOYSMITA DEY	<i>Joysmita</i>
11.	22SD1011	K.H.KEERTHANA PRIYA	<i>Keerthana Priya</i>
12.	22SD1012	K.LOHITHA CHOWDRY	<i>K. Lohitha Chowdary</i>
13.	22SD1013	KAVYA .B	<i>Kavya</i>
14.	22SD1014	KHOZUO CHACHEI	<i>Kho</i>
15.	22SD1015	KILONG AMER	<i>Kilong</i>
16.	22SD1016	KIRUBA NEERAJA.K	<i>Neeraja</i>
17.	22SD1017	KOUNAIN FATHIMA	<i>Kounain</i>
18.	22SD1018	L.JHANAVI	<i>Jhanavi</i>
19.	22SD1019	LAVANYA.N.S	<i>Lavanya</i>
20.	22SD1020	MUHAMMED SAHIL.K	<i>Sahil</i>
21.	22SD1021	NAJMA JAHANARA	<i>Najma</i>
22.	22SD1022	NAZIYA SULTHANA	<i>Naziya Sulthana</i>
23.	22SD1023	NIVETHITHA.M	<i>Nivethitha</i>
24.	22SD1024	PADMAPRIYA	<i>Padmapriya</i>
25.	22SD1025	PRISCILLA OVUNG	<i>Priscilla</i>
26.	22SD1026	PUNYA K.R	<i>Punya</i>
27.	22SD1027	RAUT VISHWAJEET GOWARDHAN	<i>Vishwajeet Raut</i>
28.	22SD1028	SANMITA SARKAR	<i>Sanmita Sarkar</i>
29.	22SD1029	SELUNG TENISHA MARING	<i>Tenisha</i>
30.	22SD1030	SONA.S	<i>Sona</i>



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31.	22SD1031	SUCHISMITA CHHOTEROY	
32.	22SD1032	SUJIL.S	
33.	22SD1033	SUMAIYA SADIYA	
34.	22SD1034	SUMAN PATEL	
35.	22SD1035	TASMIYA	
36.	22SD1036	VEDASHREE.R.S	
37.	22SD1037	VISHWAJEET	

Chairperson
NSS Committee
[Dr. C.P. Sateesh]

Principal/ Chairperson
IQAC

[Dr. Praveen B Kudva]



Chairperson
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1.	21SD1001	AKASH KUMAR	
2.	21SD1002	AKHYA	
3.	21SD1004	ANKIT KUMAR	
4.	21SD1005	AYESHA THAMRAH	
5.	21SD1006	AKHILA	
6.	21SD1007	BABLOO	
7.	21SD1008	RUTHIKA	
8.	21SD1009	VISHNU VARDHAN REDDY	
9.	21SD1010	DANIYA AFREEN	
10.	21SD1011	DHANUSHRI	
11.	21SD1012	HARSHA	
12.	21SD1014	LIKHITHA	
13.	21SD1015	MEGHANA	
14.	21SD1016	MISRIYA	
15.	21SD1017	MITALI	
16.	21SD1018	NAJAYAN LAMA	
17.	21SD1019	NEHA	
18.	21SD1020	NAZREENA NOUSHAD	
19.	21SD1021	SHREYAS	
20.	21SD1022	SPOORTHY	
21.	21SD1023	SURABHI	
22.	21SD1024	TEJAS	



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23.	21SD1025	VARSHINI	
24.	21SD1026	SIDDIQ PASHA	<i>Varshini BS</i>
25.	21SD1027	JASWANTHI	<i>Jaswanthi</i>

26. 21SD1003

ALFIYA

[Signature]
Chairperson
NSS Committee
[Dr. C.P. Sateesh]

[Signature]
Principal/ Chairperson
IQAC

[Dr. Praveen B Kudva]



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2	20SD1002	Fathima Jumana	
3	20SD1003	Gowrav SV	
4	20SD1004	G. Jhanavi	
5	20SD1005	Hajra Tansin	
6	20SD1006	Haripriya N	
7	20SD1007	Hifza Khounine	
8	20SD1008	Impana B Vardhan	
9	20SD1009	Kritideepa Datta	
10	20SD1011	Mruganka Das Sarkar	
11	20SD1012	Neha Maria	
12	20SD1013	Noor Saniya	
13	20SD1014	Pratheeth Praveen Kudva	
14	20SD1015	Preethi BS	
15	20SD1016	Preethi P	
16	20SD1018	S A Ashik	



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17	20SD1019	Sajor Thakre	
18	20SD1020	Siva Ranjini E	
19	20SD1022	Maheshwari	
20	20SD1023	Yashashwini L	
21	20SD1024	Yogeshwaran G	

Chairperson
NSS Committee
[Dr. C.P. Sateesh]

Principal/ Chairperson
IQAC
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S.NO	STAFF NAME	Signature
DEPT OF PERIODONTICS		
1.	Dr. Praveen B Kudva	
2.	Dr. Sanjay Venugopal	
3.	Dr.C.P.Sateesh	
4.	Dr. Reetika	
5.	Dr. Santhosh Kumar.R.	
6.	Dr.Pushpalatha.G.	
7.	Dr.Roopavathi.K.M.	
DEPT OF PROSTHODONTICS		
1.	Dr. Raghavendra Prasad . S .	
2.	Dr.Padmaja , S	
3.	Dr.Chethana.K.	
4.	Dr.NeelanjaliMatapathi	
5.	Dr. Anusha	
6.	Dr.Sharon	
DEPT OF CONSERVATIVE		
1.	Dr.P Sharath Kumar	
2.	Dr. Champa C	
3.	Dr. Mujahid Ahmed	
4.	Dr. Shadab Ahmed	
5.	Dr. Bobby	
6.	Dr. Neetu	
7.	Dr. Sowmya TP	
DEPT OF ORAL AND MAXILLOFACIAL SURGERY		
1.	Dr. Ashok Kumar.K.R.	



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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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2.	Dr. Mahesh Kumar.R	<i>Mahesh Kumar</i>
3.	Dr. Jambukeshwar	<i>Jambukeshwar</i>
4.	Dr. Supriyo Pal	<i>Supriyo Pal</i>
DEPT OF ORTHODONTICS		
1.	Dr. Shailaja	<i>A.M. Shailaja</i>
2.	Dr. Madhusudhan. V.	<i>Madhusudhan V.</i>
3.	Dr. Chethan Kumar. D	<i>Chethan Kumar D.</i>
4.	Dr. Aswini	<i>Aswini</i>
5.	Dr. Jyothi Ganesha	
DEPT OF PEDODONTICS AND PREVENTIVE DENTISTRY		
1.	Dr. Jyothsna S	<i>Jyothsna S.</i>
2.	Dr. Rajashekar Reddy. V	<i>Rajashekar Reddy V.</i>
3.	Dr. Veena. S	<i>Veena S.</i>
4.	Dr. Mahesh Kumar	
5.	Dr. Amogha	
DEPT OF ORAL PATHOLOGY		
1.	Dr. Kokila. G	
2.	Dr. Laxmidevi. B.L.	<i>Laxmidevi B.L.</i>
3.	Dr. Praveen. K.S	<i>Praveen K.S.</i>
4.	Dr. Likhitha Swamy. H.R	
5.	Dr. Shubha.	<i>Shubha</i>
DEPT OF ORAL MEDICINE AND RADIOLOGY		
1.	Dr. Suhas. S.	<i>Suhas S.</i>
2.	Dr. S. Jayadev.	<i>S. Jayadev.</i>
3.	Dr. Mahalakshmi. S.	<i>Mahalakshmi S.</i>
4.	Dr. Suchetha. D.N.	
DEPT OF PUBLIC HEALTH DENTISTRY		
1.	Dr. Bharateesh. J. V.	



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2.	Dr. Mythri.H	
3.	Dr. DarshanaBennadi	
4.	Dr. Mohan Kumar.C.T.	


Chairperson
NSS Committee
[Dr. C.P. Sateesh]


Principal/ Chairperson
IQAC
[Dr. Praveen B Kudva]



Chairperson
Internal Quality Assurance Cell
Sri Siddhartha Dental College
Tumakuru-572107

SRI SIDDHARTHA DENTAL COLLEGE AND HOSPITAL, TUMKUR

**FEEDBACK FORM-CDE/ WORKSHOP / FACULTY DEVELOPMENT
PROGRAM / CLINICAL SKILL TRAINING PROGRAM GUEST LECTURE**

Rating values:

a) Poor =1 b) Average=2 c) Good=3 d) Very good =4 e) Excellent=5

Please Circle the answer which most closely corresponds to your views about each statement

Org by: NSS 21/6/25

Title: CELEBRATION OF INTERNATIONAL DAY OF YOGA

How well this program helped to in terms of following statements

Sl. No.	Courses	EXCELLENT	VERY GOOD	GOOD	AVERAGE	POOR
1.	Learning value (in terms of skills, concepts, knowledge, analytical abilities, broadening perspectives)		/			
2.	Applicability or relevance to real life situations		/			
3.	Depth and pace of the course content		/			
4.	Teaching/presentation method used		/			
5.	Overall rating of the Program			/		

Any suggestions:

Thank you for your valuable feedback...



SRI SIDDHARTHA DENTAL COLLEGE AND HOSPITAL, TUMKUR

**FEEDBACK FORM-CDE/ WORKSHOP / FACULTY DEVELOPMENT
PROGRAM / CLINICAL SKILL TRAINING PROGRAM/GUEST
LECTURE/NSS PROGRAM**

Please Circle the answer which most closely corresponds to your views about each statement

Org by: NSS 21/6/25

Title: CELEBRATION OF INTERNATIONAL DAY OF YOGA

Institution conducting programmes to enhance the competency of faculty and students

a) Strongly agree b) Agree c) Disagree d) Strongly Disagree

1. Applicability / relevance and learning values in terms of skills, concept and knowledge of the program ✓

a) Strongly agree b) Agree c) Disagree d) Strongly Disagree

2. How periodically you need these programmes to be conducted

a) Monthly b) Quarterly c) Half yearly d) Yearly

3. These programmes are helping you to update recent trends

a) Strongly agree b) Agree c) Disagree d) Strongly Disagree

4. Overall how would you like to rate the programme;

a) Poor b) Average c) Good d) Very good e) Excellent

Suggestions (if any):

Thank you for your valuable feedback....

