

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 MEDICAL COLLEGE

[Constituent College of SSAHE] Agalakote, B.H. Road, Tumkur - 572107.
(Recognized by the National Medical Council)

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REPORT OF

THE CME / WORKSHOP / CONFERENCE / MEETINGS / SPORTS & CULTURALS

s.no	Particulars	
1	Activity Registration Number	SSAHE250121
2	Department	Psychiatry
3	Date/s of activity conducted	21-10-2025
4	Type of the activity	Guest Lecture.
5	Title of the activity	Guest Lecture on Stress Management for health care Professionals.
6	Number of participants	400
7	Budget	00

Report: The Grand white Coat Ceremony & Fresher's Day MBBS & BDS 2025-26 Batch for Sri Siddhartha Medical College, Sri Siddhartha Dental College, Agalakote, Tumkur & Sri Siddhartha Institute of Medical Sciences & Research Center, T. Begur Nelamangala TQ, took place on October 24, 2025, at the Dr. H.M. Gangadharaiiah Memorial Hall, SSMC Tumkur. This important event marked the formal beginning of a fresh batch of medical students' journey to become healthcare professionals. The event was packed with joy, dedication, and inspiration.

The ceremony had the honour of having the well-known psychiatrist Padmashree Dr. C. R. Chandrashekar as the chief Guest. Teachers, parents and students all came together with excitement to be a part of this special event.

Dr. Chandrashekar gave an inspiring speech in which he talked about the many problems that medical students face while they are in school. He emphasized the importance of managing stress effectively, noting that medical school is challenging and demands both mental and emotional resilience, as well as self-control. He advised students to make the most of their time, strike a good balance between studying and having fun, and begin developing good habits from the start.

He also emphasized the importance of maintaining both physical & mental health. He told the students that they need to learn how to take care of themselves before they can effectively care for others as future doctors. He told people to exercise regularly, get enough sleep and keep a supportive social network with their peers. Dr. Chandrashekar emphasized the importance of seeking help and advice when you feel overwhelmed.

Dr. Chandrashekar then turned to the parents and reminded them how important it is for them to take care of their own health. He said that as they get older, they are also at risk for several health problems & must work to maintain a healthy lifestyle. He said that helping their kids get

through medical college should go along with taking care of their own mental & physical health. The Chief Guest also praised the Sri Siddhartha Academy of Higher Education (SSAHE) campus warmly, he told that it is a great place to learn & relax because of its beautiful greenery, peaceful setting & clean air. He also told students to walk around campus every day because these simple habits are good for their health, clear their minds and make them feel good about themselves.

Boucher/ circular:



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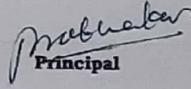
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Ref. No: SSMC/IQAC/52/2025 Date: 21/10/2025

CIRCULAR

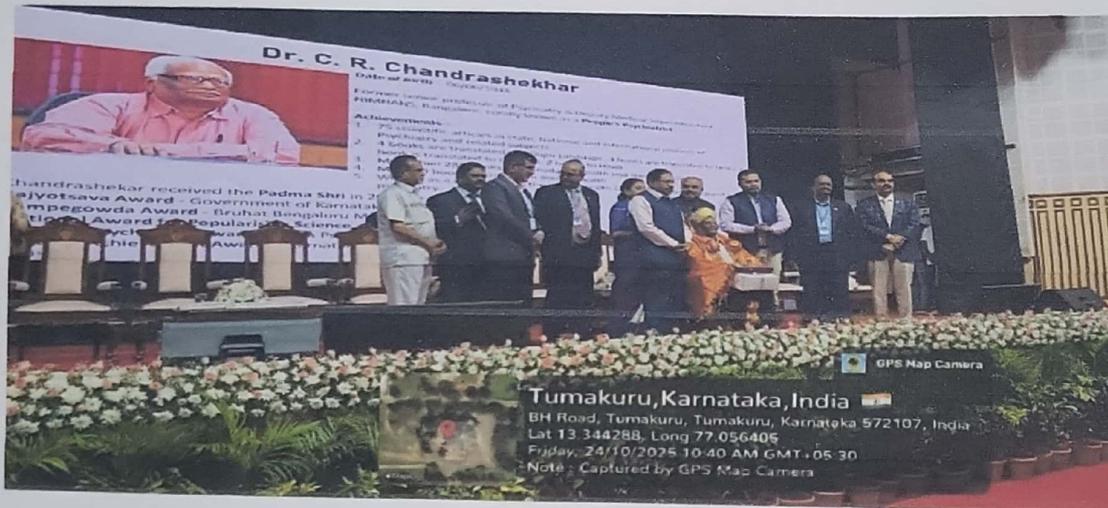
Guest Lecture has been organized by the department of Psychiatry on Stress Management for Health Care Professionals by Padmashree Dr. C R Chandrashakar Formar MS & HOD, Department of Psychaitry, NIMHANS, Banglore on 24/10/2025 in H M Gangadharaiah Memorial Hall at 11 am. All teaching faculty, Post Graduates students, and UG students shall attend the program.



Principal

PRINCIPAL
Sri Siddhartha Medical College & Hospital
Agalakote, B.H. Road, Tumkur.

Geotagged photos:



List of participants/ attendance: Nil

Copy of certificate: Nil

Photocopy of the Bills (If any): Nil

Date: 27-10-2025


Signature of the Organizing Chairman / HOD / PRINCIPAL