



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

DEMONSTRATION & GUEST LECTURE

on

YOGA USING ROPE

RESOURCE EXPERT

Mr. Roshan

Yoga & Acupuncture therapist



Organized by NSS Committee

Date: 08.08.2023

**Venue: A V Hall
SSDC**

Time: 02.00-03.00 pm



**Dr Praveen B Kudva
Chairperson IQAC/ Principal**

SSDC IQAC,

**Sri Siddhartha Dental College,
TUMKUR.**

SRI SIDDHARTHA DENTAL COLLEGE AND HOSPITAL

AGALAKOTE, B.H.ROAD, TUMKUR-572107, KARNATAKA.

Recognized by Dental Council of India, NEW DELHI

A Constituent College of Sri Siddhartha Academy of Higher Education (Deemed-to-be-university) Accredited 'A' Grade by NAAC

Phone No: / Fax No: 0816-2275536

Web: www.ssdctumkur.org

Email: ssdctumkur@gmail.com

NSS COMMITTEE

Report: "Yoga with rope"

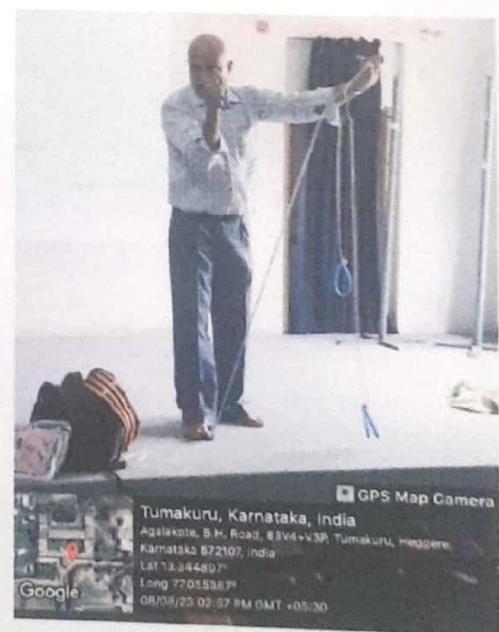
Date: 08/8/23

Yoga demonstration and Guest lecture was organized for the staff & interns by NSS Committee on the topic "**Yoga with rope**" on 8/08/23 from 2.00 pm to 3.00 pm at AV hall by Mr. Roshan, Yoga & Acupuncture therapist, Mysore.

The event started at 2.00 pm with introduction and welcoming the gathering by Dr. Likhitha swamy HR followed by demonstration of yoga asanas with help of rope. Each asana was performed and explained in brief about its benefits by Mr. Roshan. The guest was felicitated by Dr. CP Sateesh and Dr. Jayashankar. The program was concluded by vote of thanks.

37 SSDC staff and 32 interns attended the program.

Program attendance list is attached with the report.



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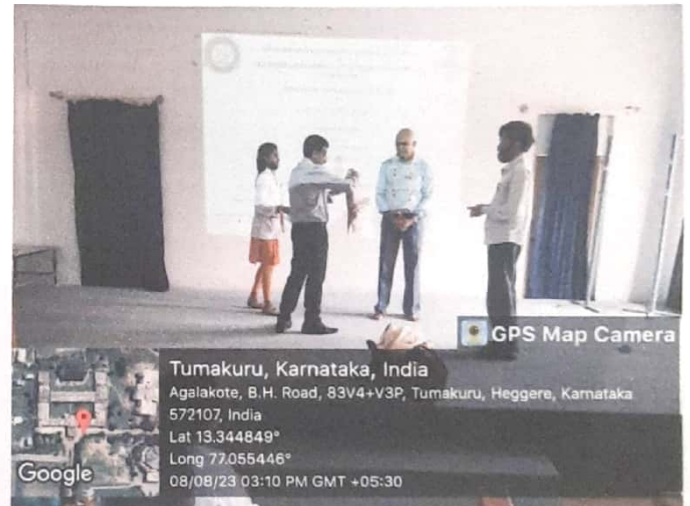
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Program coordinator

Dr. Likhitha swamy HR

Likhitha Swamy
9/8/23

CP Sateesh
Chairperson

NSS committee

Dr. CP Sateesh

Sanjay Venugopal
Human Resource co-ordinator
Dr. Sanjay Venugopal

Coordinator Human Resource, IQAC
Sri Siddhartha Dental College,
TUMKUR.

Praveen B Kudva
Principal/IQAC Chairperson

Dr. Praveen B Kudva
Chairperson, IQAC,
Sri Siddhartha Dental College,
TUMKUR.