



**SRI SIDDHARTHA
ACADEMY OF HIGHER EDUCATION, TUMKUR
National Service Scheme**



OBSERVATION OF INTERNATIONAL YOGA DAY

21-06-2020 (Sunday)

Report

Theme: Yoga @ Home and Yoga with family.

Sri Siddhartha Dental College, Tumkur organized online yoga demonstration and explaining the benefits of performing yoga

SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION
(DEEMED TO BE UNIVERSITY)
Agalakote, B.H. Road, Tumkur - 572 107, KARNATAKA, INDIA

SRI SIDDHARTHA DENTAL COLLEGE

**INTERNATIONAL YOGA DAY
CELEBRATION 2020**
ON E-PLATFORM
YOGA AT HOME YOGA WITH FAMILY
JOIN US VIRTUALLY
Date : 21-06-2020 Time : 7-30 am

Resource Person : **Mr. Venkatesan**
M.Sc App. Psyc., M.Sc Yoga, M.A Yoga for Human Excellence,
P.G dip Varma, (Ph.D) in Yoga at SVYASA Yoga University.

Join Webex Meeting
<https://meetingsapac7.webex.com/join/karyasiddhiyoga>

Organised by:
NSS Unit, SSDC.

"Shikshana Bheeshma"
Dr. H M Gangadharaiah

Late. Dr. G Shivaprasad,
Founder Chancellor, SSAHE.

Dr. G. Parameshwara
Hon'ble Chancellor, SSAHE.

Sri Siddhartha Institute Of Technology, Tumkur: International Yoga Day preparation started one week ahead of IDY2020. Mr.K.Puneeth, Asst Professor, Dept of Mech Engg, SSIT, Tumkur who is a yoga expert gave live demonstration on various asanas ,pranayama, meditation and highlighted the benefits of each asana through youTube channel in the morning daily, which was watched by staff and NSS volunteers. Later the staff and volunteers practiced Yoga in their home with their family members every day. The **International Day of Yoga-2020** was observed by the staff and volunteers with their family members in their home on 21st June, 2020 from 7:00 A.M. to 7.45 A.M by performing yogasanas, meditation and pranayama. Thus International Yoga Day was celebrated as per the theme **Yoga @Home and Yoga with family.**

SRI SIDDHARTHA INSTITUTE OF TECHNOLOGY
(A Constituent College of Sri Siddhartha Academy of Higher Education)

&
PK's Power Yoga
(SREE RANGA ACADEMY OF YOGA(R))



Wishes You a Happy International Yoga Day

Mr. K. Puneeth, Asst Professor, Dept of Mechanical Engineering, SSIT, Tumkur, who is a yoga expert and certified trainer conveying good wishes



**Faculty performing
yoga in the house**



**NSS volunteers
performing yoga in their
houses**

Web links: <https://www.youtube.com/watch?v=V3oXEsJ8MtY>

<https://www.youtube.com/watch?v=Kphr4ytVQrU>

<https://www.youtube.com/watch?v=ATJdP8RcCOM>

<https://www.youtube.com/watch?v=PXAM2VGhPqU>

https://www.youtube.com/watch?v=iV6oBKEN_4

<https://www.youtube.com/watch?v=Me-wo3nolr8>

https://www.youtube.com/watch?v=w3Yv9p_uMFs

<https://www.youtube.com/watch?v=OpTomFwDEfo>

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