

Sree Siddaganga Education Society (R.)



Estd. 1982



Sree Siddaganga College of Arts, Science and Commerce for Women

(Affiliated to Tumkur University)

Re-accredited with
Grade **B+**

B.H. Road, Tumkur-572102. Karnataka Ph: 0816-2272312 E-mail : sscasc.women@gmail.com Website : www.sscwtumkur.org

Date:12/12/2023

From,

Pavana B S
HOD, Dept of Political science
SSCASCW, Tumakuru.

To,

The Principal
SSCASCW, Tumakuru.

Through IQAC Co-Ordinator

Respected Sir

Subject: One day Workshop on Importance of Yoga in Modern Life'

With respect to above subject the Alumni Association (R.) is for conducting **One day Workshop on "Importance of Yoga in Modern Life"** for our Students and Staff members on **21-12- 2023**. So, I kindly request you to give permission for the same and oblige.

Thanking you

G. Chidanand
Co-ordinator
IQAC/NAAC
SSCASCW, Tumkur



H.M. Dittanath
PRINCIPAL
Sree Siddaganga College of Arts,
Science and Commerce for Women
B.H. Road, TUMKUR.



SREE SIDDAGANGA COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN

B. H. ROAD, TUMKUR - 572102. KARNATAKA.
(Re-Accredited by NAAC With B+ Grade)



Alumni Association (R.)

2017 (DRTU/SOR/402/2017-2018)

**Date:21- 12 -2023
SATURDAY**

Report on

1. One day Workshop Report on Importance of Yoga in Modern Life' - 21-12-2023

In this technology almost every individual leading a modern life. In the busy schedule all are neglecting the health life. Thus to improve health, without any side effects 'yoga' is necessary. Now a day's Yoga making sound in every corner of the world.

Therefore, To Create awareness about the importance of 'yoga' Sree Siddaganga college of Arts Science and Commerce for Women Tumkur, Alumni Association (R.) Conducted "One Day Workshop on 'Importance of Yoga in Modern Life' for Students on 21-12-2023 Thursday at Akkamahadevi Seminar hall.

In this Workshop Chief Guest and Resource Person Shri .Virupaksha Belavadi Yoga Guruji gave a Informative Seminar on the mentioned topic. He is from Chikkamangaluru District . He is the founder of Yogakshema yogasadhana dhama yoga Centre at Bangalore. He is one of the successful yoga teacher honoured by many reputed Institutions and T V channels.

This Program was presided by Dr. H M Dakshinamurthy, Principal SSCASCW Tumkur also the President of Alumni Association. Organised by the Secretary Smt. Pavana B S and All the Executive Members of the Alumni Association is also took part in the Program. Also 85 students and 25 Teacher Alumni's registered in the workshop.



Sree Siddaganga Education Society (R.)



Sree Siddaganga College of Arts, Science and Commerce for Women

Dr. Sree Sree Shivakumara Swamiji Road, Tumakuru-572102. Karnataka Ph : 0816-2272312
Website : www.sscwtumkur.org | E-mail : sscasc.women@gmail.com

Accredited by NAAC with "B+" Grade

Alumni Association (R.)

organizes

One Day Workshop on Importance of Yoga in Modern Life

Date : 21-12-2023, Thursday

Venue :

Time : 10.30 am - 1.00 pm

Akkamahadevi Seminar Hall

With the divine blessings of

Sree Sree Sree Siddalinga Swamiji

President, Sree Siddaganga Education Society, Tumkur

Resource Person

Shri Virupaksha Belavadi

Yoga Guruji, Yogakshema Yoga Sadhana Dhama, Bangalore

Topic : Importance of yoga in Modern life

Presided by

Dr. H.M. Dakshina Murthy

Principal, SSCASCW, Tumkur

ALL ARE CORDIALLY INVITED

**Executive Members, Alumni Association
Management, Teaching, Non-teaching staff
and students**

Smt. Pavana B.S.

Secretary,
Alumni Association



Sree Siddaganga College of Arts, Science and Commerce for Women,

Tumakuru

ALUMNI ASSOCIATION (R.)

(DRTU/SOR/402/2017-18)

Certificate

One day Workshop on 'Importance of Yoga in Modern life'

This is to certify that _____ of

Sree Siddaganga College of Arts, Science and Commerce for Women, Tumkur has attended one day workshop

on 'Importance of Yoga in Modern life' held on 21st December, 2023 arranged by

Alumni Association, SSCASCW, Tumkur.

Smt. Pavana B.S.
Secretary, Alumni Association

Sri Virupaksha Belavadi
Chief Guest

Dr. H.M. Dakshina Murthy
Principal









Sree Siddaganga college of Arts, Science and Commerce for women.
Tumakuru

Alumni Registration for One day workshop on Importance of Yoga in
Modern life

SL.NO	NAME OF THE CANDIDATE	CLASS/COMBINATION	PHONE NUMBER	SIGNATURE
1	IR Hemabathi	Lec - Kannada	9844099960	IR Hemabathi
2	Dr. Shanubhate C.R.	Asst. prof. Chem	9940584169	Dr. Shanubhate C.R.
3	Ahalya H.G.	Physics	9986173172	Ahalya H.G.
4	X. Harshakshree	Commerce	9682168655	X. Harshakshree
5	Smita K.	Microbiology	9741360273	Smita K.
6	Hema B.C.	Botany	6364804908	Hema B.C.
7	Soumya S.	Chemistry	9447021166	Soumya S.
8	Pooja S.	Chemistry	9113027904	Pooja S.
9	Deepika R. Sree	Office	9620637081	Deepika R. Sree
10	Apurba Palata	Office	8951861424	Apurba Palata
11	Shweta G.S.	Kannada	9964885160	Shweta G.S.
12	Pavana B.S.	Political Sci	9941709041	Pavana B.S.
13	Triveni T.	Chemistry	9941709041	Triveni T.
14	Durga Shree H.V.	Commerce	7959775754	Durga Shree H.V.
15	Amritha M.P.	Commerce	8877368695	Amritha M.P.
16	Romya M.	Computer Science	8197572955	Romya M.
17	Mallika	Bunmada	911932719	Mallika
18	R. Sanyal	Eng	992357881	R. Sanyal
19	H.G. Saravajal	Sanskrit	8892606324	H.G. Saravajal
20	Vathsala G.			Vathsala G.

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SL.NO	NAME OF THE CANDIDATE	CLASS/COMBINATION	PHONE NUMBER	SIGNATURE
1.	Rukhaya Takasam	III BSc [PM]	9591583699	Rukhaya Takasam
2	Pallavi T.P.	III BSc (MC)	8930841639	Pallavi T.P.
3	Nayana R.	III BSc (MS)	910994711	Nayana R.
4.	Fatima Afreen	III BSc (PM)	6363497639	Fatima Afreen
5.	Pooja H.V.	III BSc (MCP)	9686796138	Pooja H.V.
6.	Deepika H.N.	III BSc (PM)	7204832004	Deepika H.N.
7.	Pooja K.S.	III BSc (PM)	8944837975	Pooja K.S.
8.	Charitha A.	III BSc (MCS)	8296646117	Charitha A.
9.	Dhanushree S.	III BSc (PCS)	8068228918	Dhanushree S.
10.	Sinchana V.R.	III BSc (PM)	9972443109	Sinchana V.R.
11	Suchithra	III BSc (B.B)	9880669825	Suchithra
12	Thirumala N.C.	III BSc (B.B)	8814058181	Thirumala N.C.
13	Prasanna S.R.	III BSc (B.B)	7990909669	Prasanna S.R.
14	Hansitha P.T.	III BSc (SS)	6362711014	Hansitha P.T.
15.	Nagashree N.G.	III BA (EE)	9686003732	Nagashree N.G.
16	G. Suvama	III BSc (PM)	636615138	G. Suvama
17	Siddaganga M.P.	III BSc (PM)	8088201115	Siddaganga M.P.
18	Jeevitha M.	III BSc (CMB)	9740528299	Jeevitha M.
19	Mehak fathima	III BSc (C.B)	9113809351	Mehak fathima
20.	Spoorthy R.	III BSc (C2)	8123455925	Spoorthy R.
21.	N. Harika R.	III BSc (ZMB)	9618274733	N. Harika R.
22	Yasvi H.N.	III BSc (ZMB)	748320066	Yasvi H.N.
23	Angali	III BCom C2	8951294539	Angali
24.	Lakshitha T.G.	III B.Com (C2)	9353075019	Lakshitha T.G.
25.	Nanditha C.	III B.Com C2	8147840055	Nanditha C.
26	Sinchana D.	III B.COM (C2)	9901570035	Sinchana D.

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SL.NO	NAME OF THE CANDIDATE	CLASS/COMBINATION	PHONE NUMBER	SIGNATURE
27	Kusum Kanwar	III Bcom C2	9008214957	Kusum Kanwar
28	Vandana S.G.	III Bcom (C2)	7495944289	Vandana S.G.
29	Ananya K.P.	III Bcom (C2)	9019849899	Ananya K.P.
30	Urmithi Jain A.J.	III Bcom C2	9148478617	Urmithi Jain A.J.
31	Bagana C.N.	III B.com (C2)	7766384252	Bagana C.N.
32	Binda S.	III B.com (C2)	8197803573	Binda S.
33	Punya D.K.	III Bcom C1	626314508	Punya D.K.
34	Tajshwini.	III Bcom C1	4411613774	Tajshwini.
35	Tegashwini M.	III Bcom C1	8862800902	Tegashwini M.
36	Tanisha V.	III Bcom C1	7395509904	Tanisha V.
37	Hansitha K.S.	III Bcom C2	9116615841	Hansitha K.S.
38	Ritika K.	III Bcom C1	8946590901	Ritika K.
39	Manasa R.	III Bcom C1	8310463486	Manasa R.
40	Poojaka R.	III Bcom C1	6364308689	Poojaka R.
41.	Hansitha R.S.	III Bcom C2	709138704	Hansitha R.S.
42	chandana.T	III B.com C2	9019150880	chandana.T
43	THANUSHA.D	III BA (HE)	7332410268	THANUSHA.D
44	Marissa C.M	III BA (EE)	8108613377	Marissa C.M
45	Chinamani SA.	III BA (EE)	955971899	Chinamani SA.
46	Nandini N.	III BA (EE)	8852983306	Nandini N.
47	Sindhu M.R.	III BA (HP)	8431351088	Sindhu M.R.
48	Meghana.H.P	III BA (HP)	8105628400	Meghana.H.P
49.	Chitra M.S.	III BA (HP)	8073442940	Chitra M.S.
50.	Shivaganga C.p	III BA (HP)	9110911031	Shivaganga C.p
51	tanishika	III BA (SP)	6360314134	tanishika
52	Bhumiya	III BA (HP)	8431349578	Bhumiya

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SL.NO	NAME OF THE CANDIDATE	CLASS/COMBINATION	PHONE NUMBER	SIGNATURE
53	Aishwarya T.N	SP III BA	7259955290	Aishwarya T.N
54.	Sakshi S.	SP III BA	9980475983	Sakshi S.
55.	Anushree K.H	SP III BA	8861049397	Anushree K.H
56	Dhanushree B.S	SP III BA	7975230112	Dhanushree B.S
57	Robini	SP III BA	8904342960	Robini
58	Manjushree H.G.	HP III BA	9448444023	Manjushree H.G.
59	Aishwarya M.R.	III BA (H.P)	7040466103	Aishwarya M.R.
60	Veera H.P.	III BA (H.P)	9858835303	Veera H.P.
61	Chandana H.	III BA (H.P)	8105144880	Chandana H.
62	Laxmya M.N.	III BA (SP)	8217682444	Laxmya M.N.
63	Hansitha R.	III B.C.A	9110403171	Hansitha R.
64	Geetha K.A.	III B.C.A	8088726869	Geetha K.A.
65	Nitya Tejwani	III B.C.A	7879472270	Nitya Tejwani
66	Priyanka K.P.	III B.C.A	2019661104	Priyanka K.P.
67	Vinayalakshmi N.	III B.C.A	6360801094	Vinayalakshmi N.
68	Ruchamma T.R.	III B.C.A	8192143305	Ruchamma T.R.
69	Rachana M.	III B.C.A	9535218583	Rachana M.
70	Rachitha M.	III B.C.A	6364602096	Rachitha M.
71	Hema D.M.	III B.C.A	7204935024	Hema D.M.
72	Nayana N.	III B.C.A	953589310	Nayana N.
73	Poojitha T.P.	III BA (SP)	7795230062	Poojitha T.P.
74	Poojanima R.	III BA (H.S)	7899993036	Poojanima R.
75	Kavya N.	III BA (SP)	9035236360	Kavya N.
76	Lathashree R.C	III BA (HK)	7795919415	Lathashree R.C
77	Lakshmi T.S.	III BA (HK)	8618964107	Lakshmi T.S.
78	Ranjitha S.R.	III BA (HK)	8050351160	Ranjitha S.R.

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Tumakuru**

Alumni Registration for One day workshop on Importance of Yoga in Modern life

SL.NO	NAME OF THE CANDIDATE	CLASS/COMBINATION	PHONE NUMBER	SIGNATURE
79	Manushree G	BCA V Sem	8073926071	Manushree.G
80	Shwetha K.R.	BCA V Sem	8369090565	Shwetha.K.R.
81	Srinama.K.S.	BCA V Sem	9353796319	Srinama.K.S.
82	Saundarya K.S	Bc A V Sem	7889148173	Saundaryak.S
83	Sangeetha.D	Bc A V Sem	7890658081	Sangeetha.D
84	Chaitanya B	B.A V Sem	8549835332	Chaitanya.B
85	Jyothi B.T	B.A V Sem	843162461	Jyothi



**ಯೋಗಕ್ಷೇಮ ಯೋಗ ಮತ್ತು ನ್ಯಾಚುರೋಪಚಿ ರಿಸರ್ಚ್ ಸೆಂಟರ್
ಪುಶ್ಕಿ ಪತ್ರಿಕೆ**

ಹೆಸರು: ರೇಖಿತೆ ಎಂ

ದಿನಾಂಕ: 21-12-23

1. ಈ ಕೆಳಗಿನ ಎಲ್ಲ ಪುಶ್ಕಿಗಳನ್ನು ಮೊದಲಿಗೆ ಸರಿಯಾಗಿ ಓದಿಕೊಳ್ಳಿ ನಂತರ ಉತ್ತರಿಸಿ.
2. ಮೇಲೆ ನಿಮ್ಮ ಹೆಸರು ಮತ್ತು ದಿನಾಂಕವನ್ನು ಬರೆಯಿರಿ
3. ಈ ದೇಶದ ಪ್ರಧಾನ ಮಂತ್ರಿ ಯಾರು ?
4. ಈ ರಾಜ್ಯದ ಮುಖ್ಯ ಮಂತ್ರಿ ಯಾರು ?
5. ನಿಮ್ಮ ಯೋಗ ಶಿಕ್ಷಕರ ಈ ತರಬೇತಿ ಶಿಬಿರ ಶುರುವಾದ ದಿನಾಂಕವನ್ನು ಒಮ್ಮೆ ಜೋರಾಗಿ ಹೇಳಿ.
6. ನಿಮ್ಮ ತಂದೆ ತಾಯಿಯ ಹೆಸರನ್ನು ಬರೆಯಿರಿ.
7. ನಿಮ್ಮ ಇಷ್ಟವಾದ ಗುರುಗಳ ಹೆಸರನ್ನು ಜೋರಾಗಿ ಹೇಳಿ
8. ಯೋಗದ ಆದಿಗುರು ಯಾರು ?
9. ಯೋಗ ಪಿತಾಮಹ ಎಂದು ಯಾರನ್ನು ಕರೆಯುತ್ತಾರೆ ?
10. ಸೂರ್ಯ ನಮಸ್ಕಾರದಲ್ಲಿ ಒಟ್ಟು ಎಷ್ಟು ಆಸನಗಳಿವೆ ?
11. ನಿಮಗೆ ಇಷ್ಟವಾದ ತಿಂಡಿಯ ಹೆಸರನ್ನು ಒಮ್ಮೆ ಜೋರಾಗಿ ಹೇಳಿ.
12. ಭಾರತಕ್ಕೆ ಯಾವಾಗ ಸ್ವಾತಂತ್ರ್ಯ ಬಂದಿತು ?
13. ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವವನ್ನು ಯಾವಾಗ ಆಚರಿಸುತ್ತಾರೆ ?
14. ನಿಮ್ಮ ಹೆಸರನ್ನು ಒಮ್ಮೆ ಜೋರಾಗಿ ಹೇಳಿ.
15. ಇದೀಗ ಇಲ್ಲಿರುವ ಮೊದಲಿನ ಪುಶ್ಕಿಯಂತೆ ತಮ್ಮ ಪುಶ್ಕಿ ಪತ್ರಿಕೆಯನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ಓದಿದ್ದೀರಾ. ಈಗ ಯಾವುದೇ ಪುಶ್ಕಿಗಳಿಗೆ ಉತ್ತರಿಸದ ಹಾಗೆಯೇ ಬಿಟ್ಟು ಬಿಡಿ.

ALUMNI CONTRIBUTION




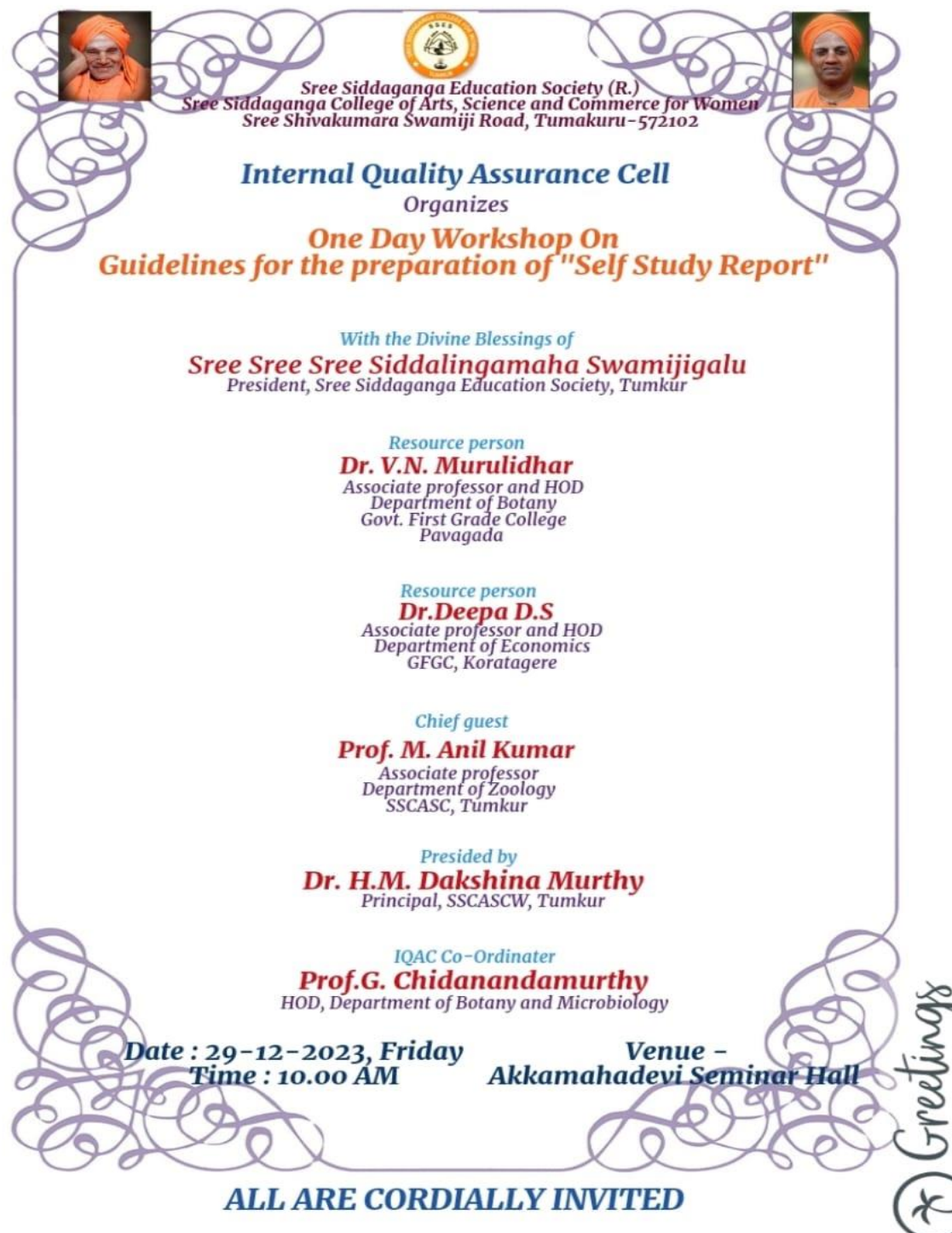
a) Chief Guest contribution

The Workshop Chief Guest and Resource Person Sri Virupaksha Belavadi Yoga Guruji contribute 5000 rupees to Alumni Association in this Program.



2. One day workshop on “Guidelines for the preparation of Self study report”- 29-12-2023

The Alumni Association of Sree Siddaganga college of arts science and commerce for women keeps track of most of the Alumni’s from different array and has always tried to reach the alumni in order to build a continued relationship with the students who have been successful intellectually and career wise as well.



Sree Siddaganga Education Society (R.)
Sree Siddaganga College of Arts, Science and Commerce for Women
Sree Shivakumara Swamiji Road, Tumakuru-572102

Internal Quality Assurance Cell
Organizes

One Day Workshop On
Guidelines for the preparation of "Self Study Report"

With the Divine Blessings of
Sree Sree Sree Siddalingamaha Swamijigalu
President, Sree Siddaganga Education Society, Tumkur

Resource person
Dr. V.N. Murulidhar
Associate professor and HOD
Department of Botany
Govt. First Grade College
Pavagada

Resource person
Dr. Deepa D.S
Associate professor and HOD
Department of Economics
GFGC, Koratagere

Chief guest
Prof. M. Anil Kumar
Associate professor
Department of Zoology
SSCASC, Tumkur

Presided by
Dr. H.M. Dakshina Murthy
Principal, SSCASCW, Tumkur

IQAC Co-Ordinator
Prof.G. Chidanandamurthy
HOD, Department of Botany and Microbiology

Date : 29-12-2023, Friday
Time : 10.00 AM

Venue -
Akkamahadevi Seminar Hall

ALL ARE CORDIALLY INVITED

☺ Greetings

B) ALUMNI CONTRIBUTION

Dr. Deepa D. S, alumni of SSCASCW, Associate Professor and HOD, Department of Economics, GFGC Koratagere is one such pride of the college. Dr. Deepa was invited as a resource person for a one day workshop on "Guidelines for the preparation of Self study report". Dr Deepa was issued the letter of appreciation on this occasion at SSCASCW. Dr. Muralidhar V N, Associate professor and HOD, Department of Botany, GFGC Pavagada did the honours of felicitating Dr. Deepa for her effortless contribution in NAAC preparation. The Alumni Association of SSCASCW feels proud of Dr. Deepa D S and takes the pride of her achievements.

Government  of Karnataka
Department of Collegiate Education
Government First Grade College of Arts, Science & Commerce, Sira-572137
Affiliated to Tumkur University, Karnataka

Dr. V. N. Murulidhar, MSc, MPhil, PhD, FSESc
Head of the Department of Botany
Chairman, BOE [Botany] Member, BOS [Botany & En Sci]
Facilitator, NAAC

Letter of Appreciation



Dr. DEEPA D S MA, Ph.D
Head of the Department of Economics & Institutional IQAC Coordinator

Department of Botany deems it to be delighted to honour her intelligentsia, who obtained doctoral degree from Bangalore University, professing Economics for over a decade under whose bestowed teaching and mentoring ample of graduates were chiselled, authored good number of research articles and book chapters, presented dozen of Research papers in National and International conferences, despite visited few institutions on academic assignments is Dr. Deepa D.S, served Government First Grade College, Tyamagondlu in various capacities aside academics. Added to this, being institutional coordinator of Internal Quality Assurance Cell she has nurtured inherent magnanimous virtues such as professional ethics, belongingness, sincerity and enthusiasm which are of prime importance in creating quality circles in higher educational institutions and required to be followed by the contemporaries and new recruits.

Consistent, meticulous and pivotal attempt made by her in completing Self Study Report is commendable where she was instrumental in obtaining B+ grade to the College in its first cycle of assessment by National Assessment and Accreditation Council. Her diligence and scrupulous approach as IQAC coordinator has set a benchmark for the successors during post accreditation period for nourishment and augmentation of quality in broad-spectrum in the institution

Being worked as IQAC & NAAC Steering committee coordinator for two subsequent cycles of assessment and accreditation by NAAC, I know the limitations and constraints of an IQAC coordinator in Government institutions. Positioned in analogous circumstances Dr. Deepa used to have marathon useful debates for clarifications to complete the herculean task to the best of her ability. In order to adore her talent I am honoured to felicitate and admire the achiever on her success and plead her to adopt recent pedagogical methods to cope up with changes in higher education policies beside accreditation techniques and work to the expectations of the institutions in particular and the society in general during her endeavours .

When her Saga of success was brought to the notice of Prof. D. Chikkatimmaiah and Dr. R. K. Ramesh Babu, formerly Director and Regional Joint Director respectively, figured themselves as best academic administrators who strictly adopted morality, ethicacy, transparency and cleanliness in teaching and administration in the Department of Collegiate Education in Karnataka, admired her hard work and joined me to venerate and felicitate Dr. Deepa on 5th September 2022 on the auspicious occasion of Teachers Day on her attainment and wholeheartedly consented to affix their signatures to this citation


Let omnipotent almighty shower all blessings on Dr. Deepa D.S in the years ahead. We wish her all the best in her accomplishments during the remaining part of her professional hurdle


Dr.R. K. Ramesh Babu


Dr. V. N. Murulidhar


Prof. D. Chikkatimmaiah

Scanned with CamScanner


Co-ordinator
IQAC/NAAC
SSCASCW, Tumkur




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