

**SDM INSTITUTE OF AYURVEDA AND HOSPITAL, BENGALURU**  
**EXTRACURRICULAR ACTIVITIES 2025**

**JANUARY 2025**

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. On the Occasion of Makara Sankranti festival students celebrated the festival with sports and cultural events.</li><li>2. As part of the Youth Week SDMSC 2025 organised an Interaction on the Topic-"Community Health &amp; Service in Tribal Areas" on 11/01/2025. The interaction featured speakers like Padmashri Sri. Mahesh Sharma Ji, Founder Shivganga Abhiyan, Madhya Pradesh. Vishwanath Allannavar, Advocate &amp; Volunteer at Shivganga Abhiyan Abhishek Somani, IIT Roorkee Alumnus, Research Assistant, Purdue University, USA along with Vd. Muktha Subrahmanyam, Alumnus, SDMIAH Bengaluru, they Interacted with the young minds of SDM on various dimensions of how they can impact the country they're living in and Bring a Change.</li></ol> |
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**MARCH 2025**

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. Student Council celebrated Ugadi Festival in the month of March 2025 and Womens day with a motivating lecture by Dr L Gomathi Devi, Retired Vice Chancellor of Maharani Cluster University, Place Road Bengaluru.</li></ol> |
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**APRIL 2025**

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. NIL</li></ol> |
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**MAY 2025**

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. NIL Department of Kaumarabhritya in association with Swasthavritta at SDMIAH organised "Summer camp -2025" - from 12/05/2025-17/05/2025 13 parents availed the benefit.</li></ol> |
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## AUGUST 2025

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. Student council and III BAMS Students organized Ganesh Chaturti Celebration on 27-8-2025. Various Cultural programmes and activities were conducted on this occasion.</li></ol> |
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## SEPTEMBER 2025

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. The RGUHS Bangalore South Zone Intercollegiate Cricket Tournament (Men's) for the academic year 2025–26 was held from 23rd to 30th September 2025 at St. John's Medical College Cricket Ground, Bengaluru. The event was organized by the Department of Physical Education and Sports, St. John's Medical College. A total of 25 teams from various colleges participated in the tournament.</li><li>2. The RGUHS Bangalore South Zone Intercollegiate Football Tournament 2025–26 was held from 16th to 19th September 2025 at T. John College of Nursing, organized by the Department of Physical Education and Sports, RGUHS. A total of 44 teams participated in the tournament. SDM Institute of Ayurveda and Hospital represented the college with 15 players in the team.</li></ol> |
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## OCTOBER 2025

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. Institution organised Vishikanupravesha (Convocation Day) 2025 on 9-10-2025. The dignitaries on this occasion were<ul style="list-style-type: none"><li>• Dr C. N Manjunath, Member of Parliament Government of India was the Chief Guest.</li><li>• Shri Surendra Kumar, Vice president SDME Ujire, was the President of the Programme.</li><li>• Dr Kiran Kumar K, Senate Member RGUHS, Bengaluru,</li><li>• Dr Prasanna N Rao, Director SDM Ayurveda Institutions, SDME, Ujire.</li></ul></li><li>2. Dr Krishna Prasad, Director, Cauvery Ayurveda College Mysore visited the Institution and appreciated the infrastructure and the working environment.</li></ol> |
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## NOVEMBER 2025

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. Sports- Five students of Undergraduation participated in RGUHS Badminton Selection on 10-11-2025 and One Undergraduate student participated in Cricket selections at RGUHS Bengaluru.</li></ol> |
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## DECEMBER 2025

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| Extra-Curricular Activities conducted (University level and above) | <ol style="list-style-type: none"><li>1. Institution organised Sports Day on from 3-12-2025 to 5-12-2025 and Cultural Day on 17-12-2025 and 18-12-2025. All the Undergraduate, Post Graduate Scholars and Staff actively Participated in the Events.</li><li>2. Dr Reena Kulkarni, Professor and Head Department of Kaumarabritya was conferred with prestigious AYURVEDA VISHWA RATNA award at the 2nd Ayurveda World Summit 2025 in Bengaluru in recognition of her Academic and Clinical excellence.</li><li>3. II BAMS Students (Batch 2022-23) secured a motivational prize for the AYURTAINMENT PROGRAMME held at the WORLD AYURVEDA SUMMIT 2025 with a cash prize Rs 50,000.</li></ol> |
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