```java
private static int findSumOfDigits(int num) {
  int sum = 0;
  while (num > 0) {
    sum += num % 10;
    num /= 10;
  }
  return sum;
}
```

```java
private static int sum_of_digits(int number) {

  int sum = 0;
  for (int i = 0; i <=number; i++) {
     int remain = number % 10;
      sum += remain;
      number/=10;
  }
  return sum;
}
```