



CHILDREN'S EDUCATION SOCIETY (Regd.)

THE OXFORD COLLEGE OF ARTS



(Recognized by Govt. of Karnataka & Affiliated to Bangalore University)

32, 17th 'B' Main, Sector IV, H.S.R. Layout, Bengaluru 560102

Ph : +91- 80 – 61754542 / 551 / 577 Fax : +91-80-61754545 www.theoxford.edu

Email : artsprincipal@theoxford.edu / hsradmissions@theoxford.edu

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION THEME OF ENERGIZE AND EMPOWER: YOGA FOR STRENGTH AND RESILIENCE

NAME OF THE CO-ORDINATOR– MS. HEMA M

The NSS Committee of The Oxford College of Arts celebrated International Yoga Day on 26th June 2024 with great enthusiasm. The event, held on the college premises, saw active participation from students, faculty, and staff. The theme for the celebration, "Energize and Empower: Yoga for Strength and Resilience," emphasized the importance of yoga in rejuvenating the body and fostering emotional and mental resilience.

This theme aimed to equip individuals with the strength and balance needed to overcome life's challenges. In a unique initiative, the college focused on the wellbeing of the housekeeping staff on the HSR campus, encouraging their participation in the activities. The highlight of the event was an interactive and invigorating yoga session led by certified yoga instructor, Ms. Pooja Jain A. Ms. Jain guided the participants through various poses and breathing exercises, leaving everyone feeling energized and empowered. The event was a successful blend of wellness, unity, and empowerment.

TOTAL STUDENTS	DATE	VENUE	TOTAL FACULTY PARTICIPATED
50	26th June 2024	College lobby, HSR Campus	10

