

CHILDREN'S EDUCATION SOCIETY (Regd.)
THE OXFORD COLLEGE OF BUSINESS MANAGEMENT

(Recognised by the Government of Karnataka, Affiliated to Bangalore University,
Approved by A.I.C.T.E. New Delhi)

Accredited by NAAC with 'A' Grade & Certified by IAO
No.32, 19th Main, 17th 'B' Main, Sector-4, H.S.R. Layout, Bangalore -560102



YOGATHON

Title Of the Event	Yogathon
Date & Time	18/11/2020
Target Audience	Students
No. Of Participants	100
Organisation	The Oxford College of Business Management
Venue	TOCBM
Report prepared by:	Dr.Arpana.D
Faculty In-charge:	Dr.Arpana.D

Yogathon- Awareness of Suryanamskar and yoga by Art of living Volunteers of HSR layout

The oxford College of business management participated in the International Yoga day along with local population and the local MLA Mr. Satish Reddy graced the occasion.





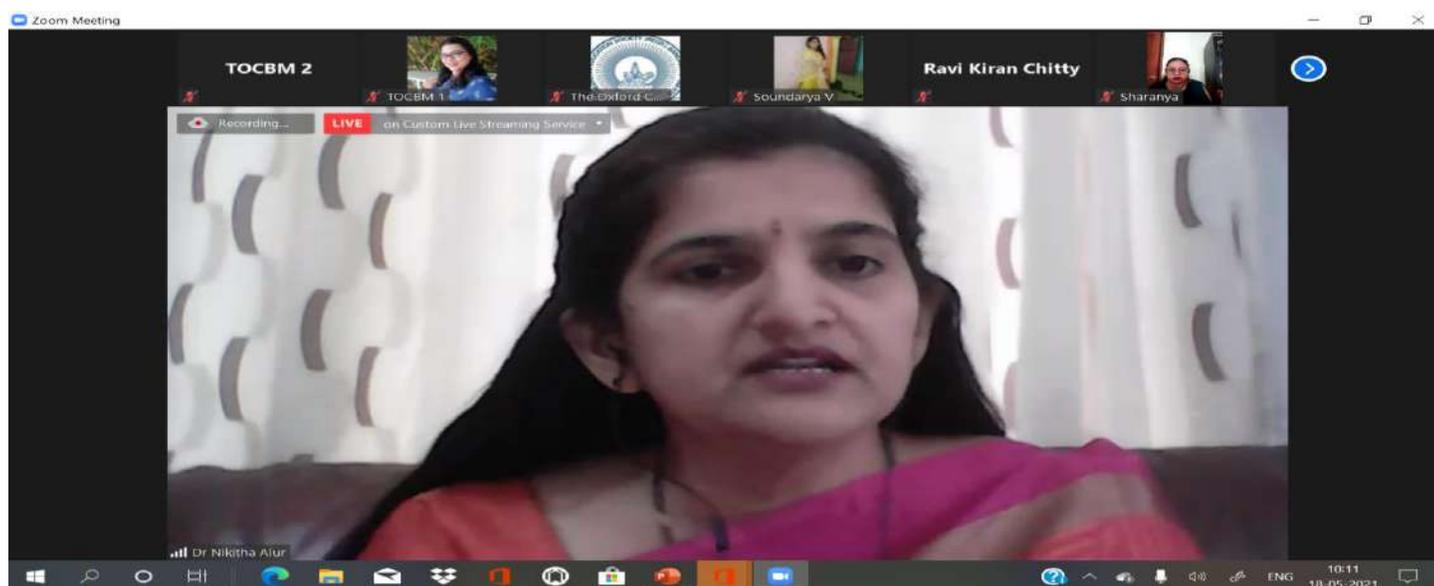
The Oxford college of Business Management organized Yogathon an Art of Living Initiative to create awareness about yoga and create interest in its practice for a healthier living. The objective of Yogathon was to make people aware of the benefits of yoga and inculcate its practice. All people from age 8-80 were invited to participate in this unique event. Those who wish to challenge themselves were allowed to participate in 'Yogathon Challenge' where they will have to compete 54 sets, i.e. 108 rounds of Surya Namaskar in a stipulated time.

The trainer explained the benefits of Surya Namaskar and how it has a very powerful influence on all the systems of the body: nervous, circulatory, respiratory, digestive, etc. Helps loosen the joints and muscles in the body. The combination of all asanas performed as cyclic practice has many health benefits such as weight loss, vitalizing the entire body, sharpening the mind and reaching optimal health. Cyclic Practice of yogic postures in Surya Namaskar helps to loosen up joints and muscles in a short period of time. Surya Namaskar practice helps immensely in developing the capacity of mindfulness in everything we do. When practiced in a community setting, the overall synergy and good will help the entire community to bind together for a good cause and to work for the society's well being.

Title Of the Event	Workshop on Mental Well Being
Date & Time	May 18 th to 21 st 2021
Target Audience	Students
No. Of Participants	500+
Organisation	The Oxford College of Business Management
Venue	Virtual mode- Live on YouTube and Zoom
Report prepared by:	Prof. SarithaBollamma& Prof. Sowmya
Faculty In-charge:	Prof. SarithaBollamma& Prof. Sowmya

The counselling Cell of The Oxford College of Business Management organised 4 day workshop for students on mental well being. In today's globally competitive environment being mentally strong and fit is the need of the hour. Mental health services are important part of academic success and retention. On the above backdrop TOCBM witnessed 4 day workshop on mental well being for students.

Dr. Nikitha Alur, The Principal of the Oxford College of Business Management delivered the welcome address and introduced all our eminent speakers of the workshop.



DAY 1: Session 1

The first day of the workshop on May 18 2021 was presided by Miss Sharanya Prakash- Masters in Psychology and certified trainer with Skilling India.

Sharanya Prakash spoke on mental well being and emotional upskilling. She enlightened the entire audience with many imaginary stories and gave a thorough idea on how an individual should be mentally and emotionally strong in tough times. The session was very interesting and audience had many queries which were successfully answered by the speaker.

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TOCBM Counselling Cell

Organises

4-Day Workshop for Students on
"MENTAL WELL-BEING"

Day 1: 18th Tuesday May 2021

10:00

Ms. Sharanya Prakash

Masters in Psychology, Certified Trainer at Skilling India

Topic: "Mental Wellbeing & Emotional Up Skilling"

Zoom Meeting: TOCBM 2

Participants: TOCBM 1, Dr. Nikitha Alur

Buttons: You are screen sharing, Ask to Unmute

Logos: TOCBM, YouTube

Recording... LIVE on Custom Live Streaming Service You are viewing sharanya's screen View Options

Emotional upskilling



Emotional well-being refers to the emotional quality an individual experiences

On the positive side, enhanced emotional well-being is seen to contribute to upward spirals in increasing coping ability, self-esteem, performance and productivity at work, and even longevity.

The connection between the mind and the body is so strong that mental and physical states feed into each other in both a positive and negative way. Feelings depend on thoughts and both determine attitudes

Unmute Start Video Security Participants 99 Chat 34 Share Screen Pause/Stop Recording Reactions Leave

Zoom Meeting

TOCBM 2

TOCBM 1 Dr. Nikitha Aluri The Oxford C... Soundarya V The Oxford Colla...

Sharanya's network bandwidth is low

Recording... LIVE on Custom Live Streaming Service



Sharanya

10:14 18-05-2021

SESSION 2

The session 2 of the 4 day workshop was taken over by a prolific and generous personality- Dr. Ali Khwaja.

Dr Ali Khwaja is the chairman of Bhanjara academy and a life skill coach. The speaker spoke on Positive mental attitude. He importantly stressed on one important concept that 'work is joy everyday'. Mental awareness and attitude is the important part of the curriculum and the speaker efficiently drawn idea on how to learn and relive during the tough times and made the audience understand the practical aspects of day to day life. The interactive session was truly justified by the speaker.



DAY 2: SESSION 1

The 2nd day of the 4 day workshop was chaired by Dr. Uma Warriar.

Dr Uma Warriar -Professor and Area Chain counsellor at Jain University with 26 years of experience as a senior academican was one of the speaker at the workshop and she concentrated on mental awarness during unprecedented times. The session was witnessed by more than 300 participants where the speaker took time in enlightening the young minds on how to control and keep calm during unprecedented times. The session was extremely healthy and questions were pouring in numbers and the speaker with patience answered all the questions raised.

The screenshot shows a Zoom meeting interface. The main content is a presentation slide titled "Self Help for Mental Health". The slide includes a graphic of a "Self-Help" sign on the left and a list of 12 self-help tips on the right, each preceded by a checkmark. The tips are: Yoga, Call a friend, Make a cup of tea / coffee for yourself, Read a book, Watch comedy, Eat chocolates, Go for walk, Spend time with someone who makes you happy, Listen to music, Doodling / colouring, Scream loudly at a desolate place, and Bake a cake / cook something. On the right side of the Zoom window, there is a list of participants: TOCBM 2, Uma warrier (with a video thumbnail), Yashashwini B.V..., and Afeef. The Zoom control bar at the bottom shows options like Unmute, Start Video, Security, Participants (468), Chat (99+), Share Screen, Record, Breakout Rooms, Reactions, and a Leave button.

DAY 3 AND 4

On the 3rd and 4th day of The 4 day workshop on mental well being for students was carried out by the faculty members where they took time and mentored and counselled the student community. The mentors carefully listened to the problems the students and tried to give maximum solution. The mentoring session was a great success as the entire students of TOCBM actively participated.

FINAL SLIDES - Mental Well-Being (1) [Compatibility Mode] - PowerPoint

Sowmya N

File Home Insert Draw Design Transitions Animations Slide Show Review View Help Tell me what you want to do Share

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4-Day Workshop for Students on "Mental Well-being"

Program Schedule

Date	Time	Resource Person	Topic
18 th May 2021	10 am to 11:15 am	Ms. Sharanya Prakash	Mental Wellbeing & Emotional Up Skilling
	11:30 am to 12:30 pm	Dr Ali Khwaja	Positive Mental Attitude
19 th May 2021	10:30 am to 11:30 am	Dr. Uma Warriar	Mental well being awareness during unprecedented times
	1:30 pm to 4 pm	TOCBM Faculty Mentors	Mentoring Session for TOCBM Students
20 th May 2021	1:30 pm to 4 pm	TOCBM Faculty Mentors	Mentoring Session for TOCBM Students
21 st May 2021	1:30 pm to 4 pm	TOCBM Faculty Mentors	Mentoring Session for TOCBM Students

Slide 5 of 5 English (India) Accessibility: Unavailable

Notes Comments

79%

11:16 26-05-2021

Title Of the Event	Yoga for wellbeing
Date & Time	12-06-2021
Target Audience	All students of UG and PG of TOCBM
No. Of Participants	185
Organisation	The Oxford College of Business Management
Venue	Teams Meeting
Report prepared by:	Dr Sweta Bhasin
Faculty In-charge:	Dr M Surekha

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THE ART OF LIVING

THE STUDENT DEVELOPMENT CELL
PRESENTS
"YOGA FOR WELL-BEING"



Dr.Kanda Barathi
Consultant & Anesthetist
NHS -UK
Teacher - Art of Living





21/06/2021
10:30 AM

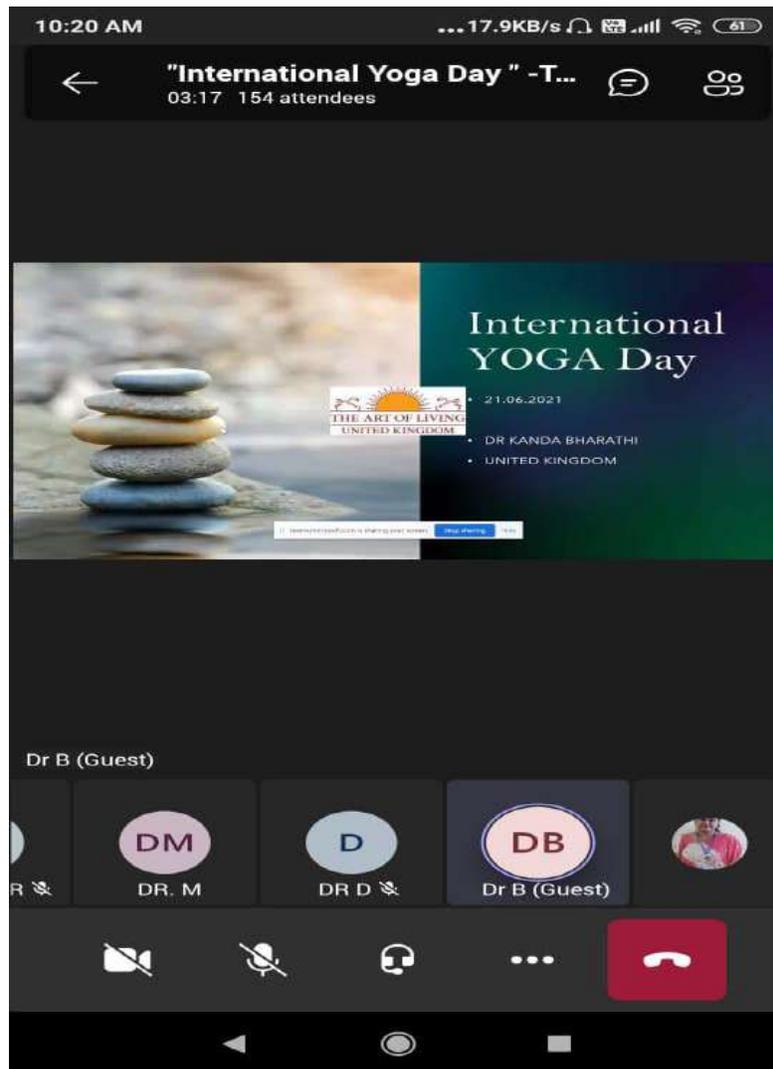






Yoga for Harmony & Peace

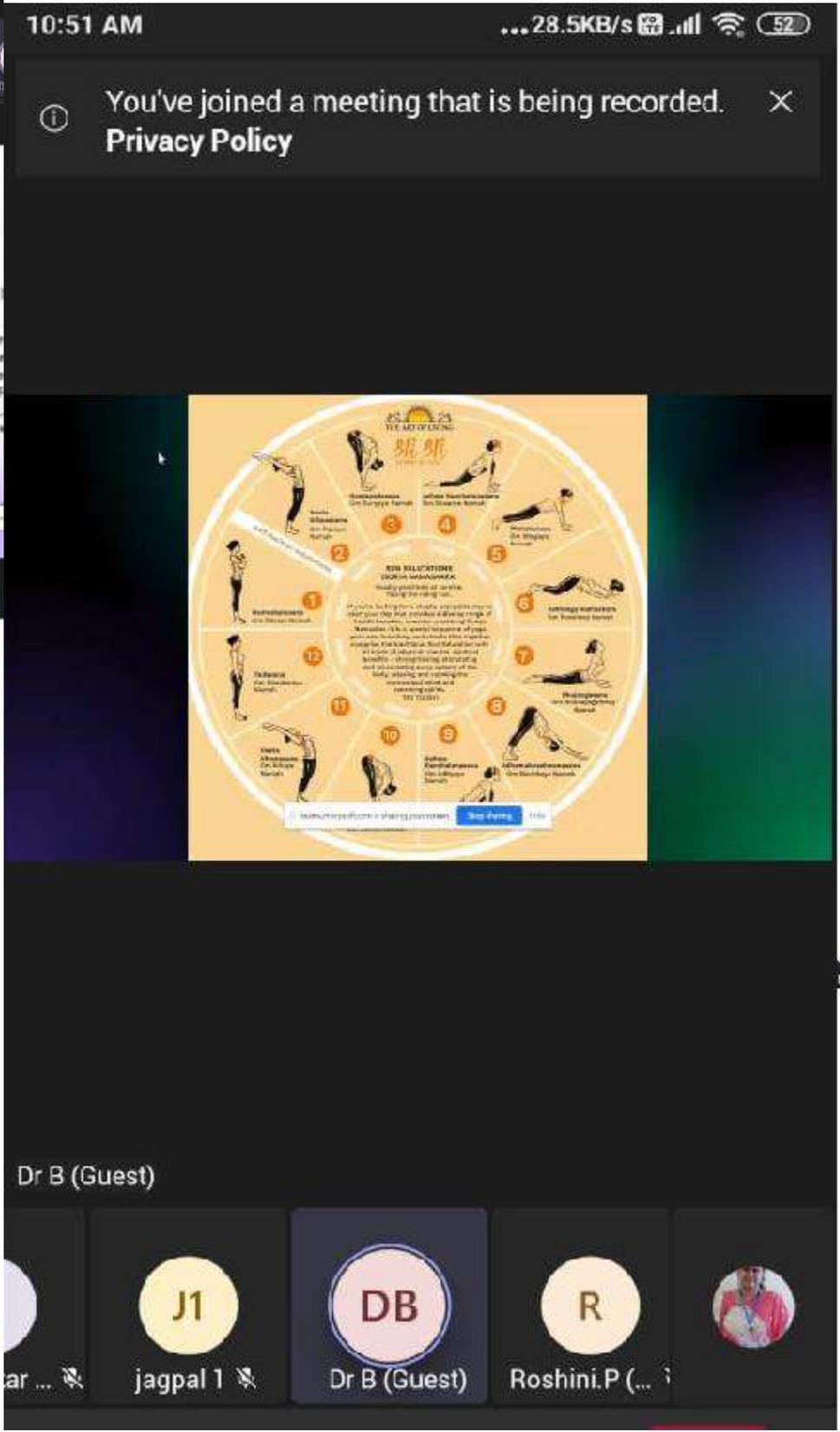
The student development Cell of The Oxford College of Business Management conducted a session on the eve of International yoga day on June 21st 2021 at 10:30 am through Microsoft Teams. The session was conducted by Dr Kanda Bharati, Consultant and Anesthetist NHS-UK, Teacher- Art of Living.



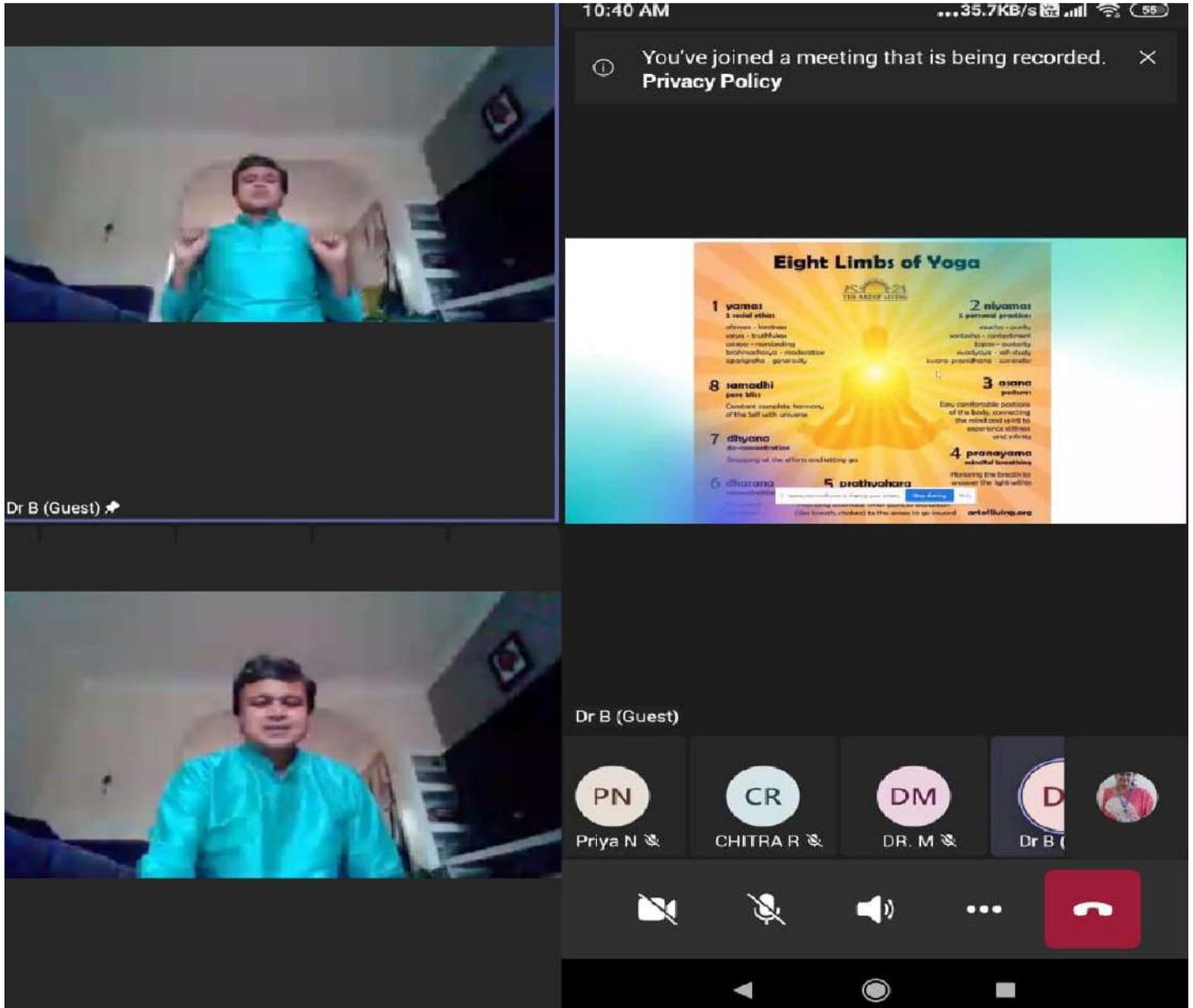
The session began with the welcome address and the introduction of the speaker. The speaker highlighted the importance of yoga in our day to day life.



Students were told about the origin of yoga and how it benefits the human beings. The speaker emphasized on the importance of yoga to reduce the stress level. He also explained the theory behind it.



Dr Bharthi also took a practical session wherein he asked all the participants to join him in performing several pranayama and other breathing exercises. He also performed a few stretching exercises.



The session was a very refreshing one and all the students appreciated it as they felt highly energetic after the session.

Title of the Event	Employability skills
Date & Time	28 th May 2021
Target Audience	Students of 4 th Semester MBA & MCom
Organisation	The Oxford College Of Business Management
Venue	Ms-Teams
Report prepared by:	Dr.Arpana.D
Faculty In-charge:	Dr.Arpana.D

The Oxford College of Business Management (TOCBM) organized a Workshop on Employability skills on 28th May 2021. The resource person was Mr.Swaroop Jayaram.

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Alumni Webinar Series

"EMPLOYABILITY SKILLS"

28th May 2021

1:00 PM to 2:00 PM

Mr. Swaroop Jayaram
 Recruitment Lead,
 Royal Dutch Shell

Topic: "Evaluating Employability Skills: Employer & Student Perceptions"

[Click Here To Register](#)

Mr.Swaroop started the session explaining the need for communication and upgrading the skills for getting a good offer. The role of good communication was explained in detail. The session was highly interactive and informative. He also explained about hardskill and soft skills. He also focused on interview skills. The skills were taught via activity wherein students had to focus on listening skills. He also asked the students to write an impressive resume. The session was very interactive and well received.

He gave an insight about how to prepare yourself to face the interview. He focused on self introduction and how to make it impressive. Each student was asked to write about their introduction. He also discussed about frequently asked interview questions. The session was very well appreciated by the students. At the end of the session, students were able to analyse their strength, weakness and their skills. The students were made interview ready and were explained how to crack a interview. The overall training session was well appreciated and fruitful for all the students.

Title Of the Event	Webinar on Personal Branding
Date & Time	2 nd June 2021
Target Audience	Students
No. Of Participants	500+
Organisation	The Oxford College of Business Management
Venue	Online-MS Teams
Report prepared by:	Dr. Arpana. D
Faculty In-charge:	Dr. Arpana. D

The Oxford College of Business Management (TOCBM) organised a Alumni webinar Series on Personal Branding on 2nd June 2021. The Speaker for the Day was Prof. Chethan.S



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Alumni Webinar Series

“Personal Branding”



2nd June 2021

[Click Here To Register](#)



Prof. Chethan S
Department of Commerce,
Sadhana Degree College



1:30 PM to 2:30 PM

 **YouTube**

Prof.Chethan explained how Personal branding is the conscious and intentional effort to create and influence public perception of an individual by positioning them as an authority in their industry, elevating their credibility, and differentiating themselves from the competition, to ultimately advance their career, increase their circle of influence, and have a larger impact.



He gave us insights into a book on How "YOU" are Like Shampoo: The Breakthrough Personal Branding System. He stated that the world's most successful brand names inspire loyalty and trust. You rely on them again and again for their quality, innovation, and performance. What would it mean for your career, your job satisfaction, and your income potential if your boss, colleagues, and customers felt the same about YOU. Prof Chethan also explained about how this groundbreaking book provides the reader with the only start-to-finish system for defining, communicating, and taking control of your Personal Brand and helps to identify the 6 essential positioning elements that define your personal brand

- Master the 5 everyday activities that most clearly communicate your brand
- Avoid the top 20 Personal Brand Busters that could keep you from success
- Increase your earning power and job satisfaction
- Build on-the-job trust and loyalty in YOU

He also Explained about creative Comparisons ie How we compare ourselves to a celebrity, Compare yourself to a corporate Brand and a Role Model and then make a connection. He also discussed about Functional and Emotional Needs.

Mr. Chethan Concluded by stating personal branding involves finding your uniqueness, building a reputation on the things you want to be known for, and then allowing yourself to be known for them. The session was well received by the students.

Title Of the Event	Webinar on How to Bulletproof your Immune System
Date & Time	25th June 2021
Target Audience	Students
No. Of Participants	300+

Organisation	The Oxford College of Business Management
Venue	Online-MS Teams
Report prepared by:	Dr. Arpana. D
Faculty In-charge:	Dr. Arpana. D ,Prof.Jaisimha,Prof.Priyanka and Prof.Jaisudha

The Oxford College of Business Management (TOCBM) organised a Webinar on “How to Bullet Proof your Immune System” on 25th June 2021. The Speaker for the Day was Dr.Pavan T.S Originator and Creator of Feel Fit India Pvt Ltd

Children's Education Society (Regd.)
THE OXFORD COLLEGE OF BUSINESS MANAGEMENT
(TOCBM)
HSR LAYOUT, BANGALORE-560102

PRESENTS
WEBINAR ON
HOW TO BULLETPROOF YOUR IMMUNE SYSTEM

DATE -JUNE 25th, 2021
TIME -10:30AM-12pm

VENUE - MS TEAMS

REGISTER HERE

http://www.theoxford.edu/business_management/

SPEAKER
PAVAN T. S.
Originator and Creator
Feel Fit

The poster features a central silhouette of a person's head and shoulders, surrounded by stylized virus particles. On the left side, there are social media icons for Facebook, YouTube, LinkedIn, and Instagram. At the bottom left, there is a circular portrait of Dr. Pavan T. S. The background is a dark blue with light blue and white accents.

Dr.Pavan started the session by talking about Life style changes post Covid and how we need to strengthen our immune system and practice the habit of Exercising daily ,Practice Breathing exercises .

HOW TO BULLETPROOF YOUR IMMUNE SYSTEM

Participants

- AK
- NS
- DS
- D
- CP
- P
- MS
- +260

AVINASH K., Navaneetha..., kavya sree..., DR. CHITRA..., DR. ARPAN..., Chandier pr..., PranaviSN..., Manatha R...

IMMUNE SYSTEM

Participants (270)

- Waiting in lobby (1)
- Nithesh MN(B sec) (Guest)
- In this meeting (270)
- AVIJIT PAUL(027)
- Akash kumar (09) (Guest)
- karthik_r(20slc41044) (Guest)
- kavya sree_s (Guest)
- MURALIKRISHNA S(19slc4...
- Sai Kiran (91) (Guest)
- (18slc41012)Anitha.G (Guest)
- A jahnvi reddy(001) (Guest)
- Abhay (Guest)
- ABHILASH.K (18SLC41004) (Guest)
- Aisha (Guest)
- Aisha B (Guest)
- Aishwarya A(19slc41005) (Guest)

Type here to search

16%

10:54 6/25/20

She spoke about our immune System and told us how important is Vitamin C ,D and Zinc .She explained about the organs involved in the immune system i.e. Thymus ,Lymph nodes, Mucus ,Bone Marrow and how bone marrow originates a lot of WBC and how mucus layer acts as a friendly bacteria but at the same time how it acts as a trap highly sensitive to Vitamin A. Dr. Pavan also emphasized on the fact that it is important to make sure that the antibodies are working for us and not against us.

HOW TO BULLETPROOF YOUR IMMUNE SYSTEM

A few simple ways to eat healthy:

- Make sure your plate is 75% vegetables
- Eat an array of colorful veggies
- Include healthy fats in every meal
- Make sure to optimize protein
- Eat a low glycemic diet
- Avoid conventional dairy
- Reduce or cut out processed foods

Dr. Pavan explained about the different kinds of hormones. Hormones which cause unhealthy fat gain like Stress hormone, Insulin, Estrogen, Progesterone and Leptin and She also explained about hormones that help lose weight in a healthy way.

HOW TO BULLETPROOF YOUR IMMUNE SYSTEM

COVID – LIFESTYLE CHANGES

PRE COVID	POST COVID
<ul style="list-style-type: none">• Work on strengthening your Immunity• Practice half an hour of exercise each day (any time of the day)• Sleep – the most underrated.• Cutting down on simple carbs• Stress• Water/Fluid Intake	<ul style="list-style-type: none">• Work double on Immunity strengthening• Make peace with self• Practice breathing exercise.• Gut Health – very important• Sleep X3

Later on, she went on to explain about what causes Insulin Resistance like Smoking, Being obese, increased stress level, Lack of Exercise, poor diet, Bad sleep cycle and Polycystic Ovary Syndrome.

She Concluded the session by talking about Brain-Gut connection, how stress causes a major damage to our immune system ,90% of illness and disease is stress related. She asked the

participants to eat a lot of veggies, Include healthy fat in every Meal, Eat a low glycemc diet and cut down on processed food. The session was well received by participants.



He gave us insights into a book on How "YOU" are Like Shampoo: The Breakthrough Personal Branding System. He stated that the world's most successful brand names inspire loyalty and trust. You rely on them again and again for their quality, innovation, and performance. What would it mean for your career, your job satisfaction, and your income potential if your boss, colleagues, and customers felt the same about YOU. Prof Chethan also explained about how this groundbreaking book provides the reader with the only start-to-finish system for defining, communicating, and taking control of your Personal Brand and helps to identify the 6 essential positioning elements that define your personal brand

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- Increase your earning power and job satisfaction
- Build on-the-job trust and loyalty in YOU

The screenshot shows a Microsoft Teams meeting interface. The main content is a presentation slide titled "Audience". The slide features a diagram with "Audience" at the top, branching into two categories: "Demographics (Age, Gender, Occupation, Income, Area)" on the left and "Psychographics (Character and Attitude)" on the right. The slide also includes a "Share" button and a "Stop sharing" button. The meeting controls at the bottom show several participants: +124, SG, SK, Rashmi G (Guest) (RG), DR ARPANA D (D), PraKash KG (PK), chethan (Guest) (C), and SN. The Windows taskbar is visible at the bottom, showing the time as 14:52 on Wednesday, 02-06-2021.

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