

CENTRE FOR PHYSICAL EDUCATION

EVENT REPORT 2023-2024

ACHIEVEMENTS

- 1) Harikrishna II Year MBA has Won 1st place (Gold Medal) in Bangalore University Bengaluru State Level Weight Lifting men competition 2023_24 conducted by Bangalore University.
- 2) Suma N III Year BBA has Won 1st place (Gold Medal) in Bangalore University Karate women competition 2023-24 conducted by Bangalore University
- 3) Vinod Kumar III Year B. Com has Won 1st place (Gold Medal) in Bangalore University Bengaluru Pencak Silat competition 2023-24 conducted by Bangalore University
- 4) Bhaskar II Year BBA has Won 2nd place in Boxing Championship conducted by Bangalore University
- 5) Ruchitha II Year B.Com has Won 3rd place in Hurdles in 58th Inter Collegiate Athletic Meet 2023-24 conducted by Bangalore University

Winners @ Inter Collegiate Volley Ball Tournament – 20 April 2024



The Volley Ball Team of The Oxford College of Business Management won the Inter Collegiate Tournament organised by Swami Vivekananda Rural First Grade College on 20th April 2024.

Inter Class Tournament for Volley Ball & Throw Ball – 19 April 2024

The Inter Class Tournament for Volley Ball & Throw Ball was organised by the Centre for Physical Education on 19 April 2024. 12 Teams from UG and PG Departments participated in the Tournament



Bangalore University Inter - Collegiate Table Tennis Competition & Selection Trails (2023 – 24) - 29th Novemeber 2023



Bangalore University in association with The Oxford Institutions, (HSR Layout Campus) organised the Inter - Collegiate Table Tennis Competition & Selection Trails for the affiliated colleges of Bangalore University on 29th Novemeber 2023. The selected students from different Institutions were announced and further selection processes were conducted for framing the University team.

AIKYAM 2023 – Intercollegiate Cricket Tournament - 6 and 7 July 2023

The Intercollegiate Cricket Tournament AIKYAM 2023 was organised by the Centre for Physical Education of The Oxford college of Business Management which was evented for two days, 6th July 2023 and 7th July 2023 in the Cricket Stadium, HSR Layout, Bengaluru. 14 Team from other institutions participated in the Cricket Tournament.



International Yoga Day - 21st June 2023



The International Yoga Day Celebration for the year 2023 has been organized by the Centre for Physical Education in association with the Centre for Human Excellence on 21st June 2023. The celebration was planned in association with Yoga Bharathi and AIKIA Yogashala. The first session was based on introducing the basic yoga techniques, which has been performed by the trainers of Yoga Bharathi. Krishna Kumar Chengeri and Aravind Shettigar, who were the trainers from Yoga Bharathi, demonstrated the basic yoga techniques among the students. The next session, which has been organized in association with AIKIA Namita Sudarshan and Surya Krishna, the trainers from AIKIA Yogashala shared the importance of the International Yoga Day and about the session on “Breathing & Meditation practices”. Then, the session continued with the demonstration and practice of Asanas in Yoga.

Meditation & Mental Health – An Introductory Session - 09 June 2023

Har Ghar Dhyam is a collaborative initiative of The Art of Living and Ministry of Culture, Government Of India, under the aegis of “Azadi ka Amrit Mahotsav” (AKAM), as a special offering to benefit the citizens on the occasion of 75 years of independence for our Country. An introductory session

on “Meditation and Mental Health” has been planned in association with “The Art of Living” on 09th June 2023 by 10:30 am. The students from B.Com, BBA of The Oxford College of Business Management and the students from The Oxford College of Arts were the participants of the programme. The Main objective of the session is to create a stress free environment among the students for improving their learning skills.

