



# The Oxford College of Science

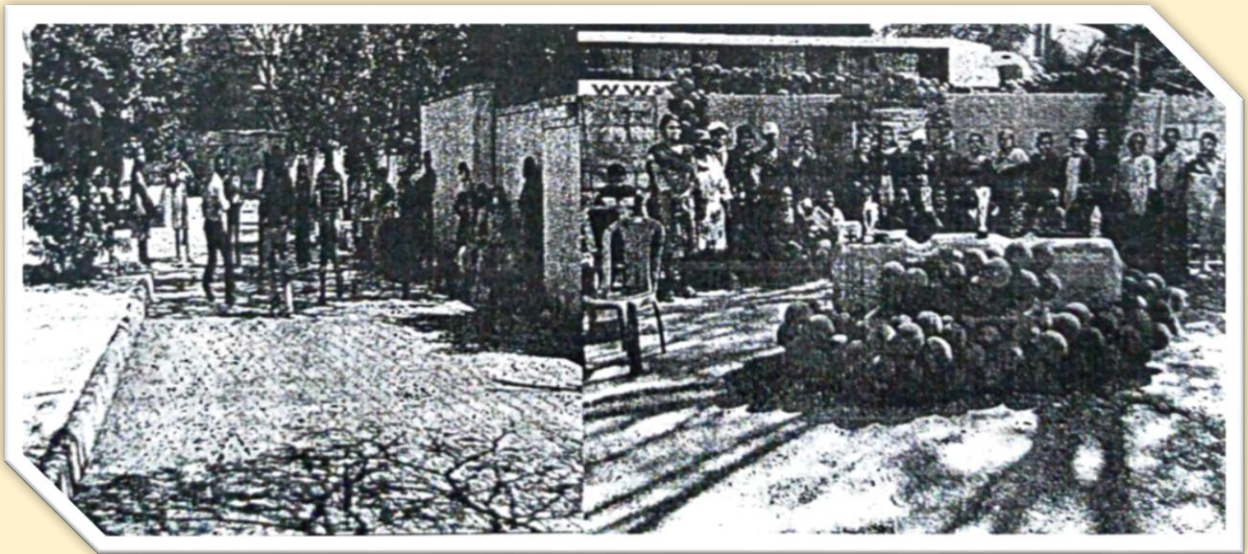
Recognized by the Government of Karnataka, Permanently Affiliated to Bangalore University, Approved by AICTE, New Delhi, Accredited by NAAC with "A" Grade in Cycle II International Accreditation Organization (IAO) & LSSSDC, Recognized by UGC under section 2(f) & 12(B) Support by DST under FIST Program, Recognized by GoK for BISEP (Formerly BTFS)



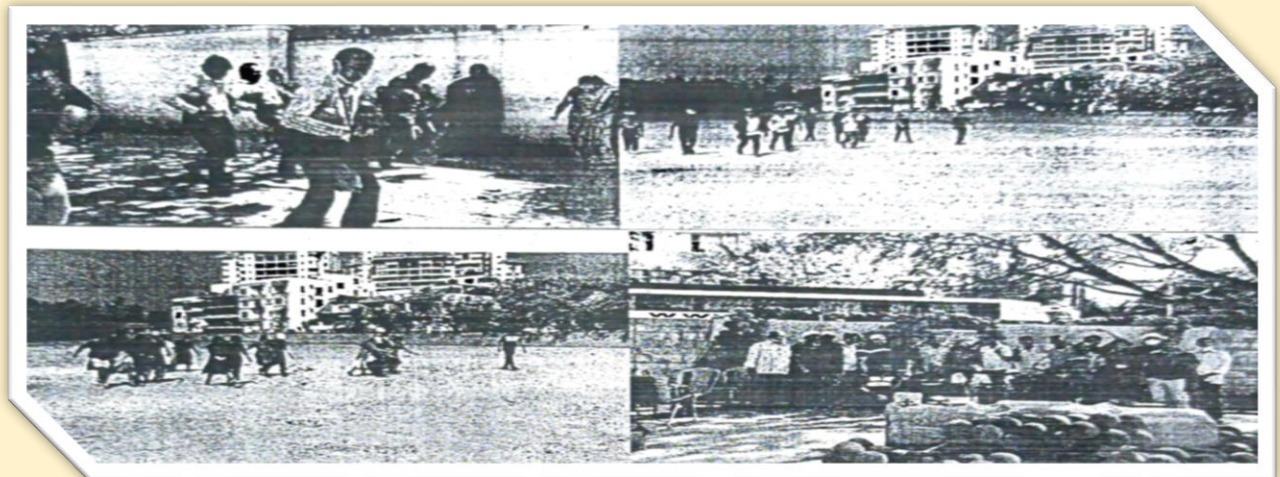
## Sports Activities 2019-2020

### Sports Day

Photos:-



Faculty members embracing the spirit of sports and having a blast at the Sports Day organized by the Centre for Physical Education.

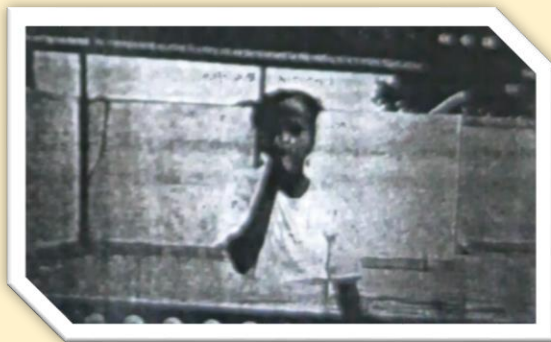


"Faculty members actively engage and relish the Sports Day organized by the Center for Physical Education."

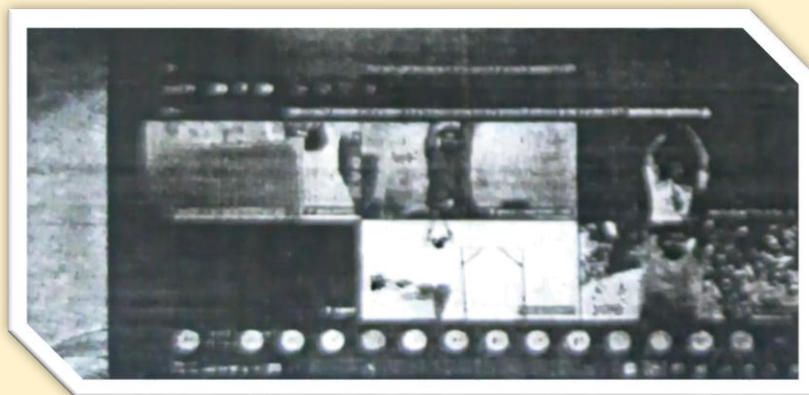
## **Yoga**

A spiritual practice that helps an individual to be peaceful, healthy and optimistic within themselves and the exterior environment. Originated in India, with its name derived from Sanskrit, Yoga serves the human race beyond nations. Globally, yoga has been appreciated and acknowledged by majority of the population as the healing therapy and the spiritual practice to be healthy and rejuvenated from various issues. Hence to celebrate the embracing nature of yoga, the United Nations proclaimed that 21 June of every year will be celebrated as International Yoga Day. The prestigious recognition for the day has been officially declared on 21st June 2021.

### **Photos:-**



**Finding balance and inner peace in our virtual yoga celebration.**



**Connecting mind and body through screens, our students strike a pose in our online yoga celebration.**