



# A.V.C. COLLEGE (AUTONOMOUS)

UGC recognized College with Potential for Excellence Phase I&II

NIRF All India Ranking 2019: College Rank-Band: 101-150

**MANNAMPANDAL, MAYILADUTHURAI- 609 305**

Phone & Fax: 04364 – 222264 email: avccollegeauto@gmail.com

Website: www.avccollege.net

## Report of the Online Academic Activity: Online Quiz

Report of Quiz Programme on “AWARENESS OF YOGA”

Detail	Response
Brochure/Poster/Circular	 <p><b>A.V. C. College (Autonomous), Mannampandal Organizes National Level E-Quiz Programme on Awareness on Yoga for inculcating awareness among the Students, Faculty Members and Public.</b></p> <p>Kindly read the following note carefully and participate through the following Link</p> <p>Link: <a href="https://forms.gle/n3GSHzmRVdHYN4YB9">https://forms.gle/n3GSHzmRVdHYN4YB9</a></p> <ol style="list-style-type: none"> <li>1. Days for contest from <b>21.06.2020</b> to <b>23.06.2020</b></li> <li>2. No Registration Fee.</li> <li>3. E-Certificate will be sent to the mail id to the participants registered and secured 40% marks.</li> </ol>
Competition URL	<a href="https://forms.gle/n3GSHzmRVdHYN4YB9">https://forms.gle/n3GSHzmRVdHYN4YB9</a>
Hosted by	Yoga Section
Facilitator/Collaborators	IQAC
Target audience	Public
Competition days	From 21 <sup>st</sup> June 2020 to 23 <sup>rd</sup> June 2020
Total No. of Participants	723
Total No. of Certificate awardees	527
Total No. of questions	20
Percentage score for certificate	40%



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## List of questions and answers

1. When did the UN General Assembly announce 21st June as the International Yoga Day?  
Ans: 11th Dec 2014
2. Who is believed to be the father of Yoga?  
Ans: Maharshi Patanjali
3. The word "Yoga" comes from Sanskrit. What is the literal meaning of this word?  
Ans: Joining together
4. Surya Namaskar is considered to be a complete exercise for the body and has often been cited as a combination of Asanas that helps in stretching almost all the major muscles. How many different Asanas does Surya Namaskar comprise of?  
Ans: 12
5. What does the Pranayam focus on?  
Ans: Breathing
6. The purpose of Yoga as taught by the ancients is to attain:  
Ans: All of the above
7. There are 108 Mudras or hand positions in yoga. Say True or False  
Ans: False
8. The part that pain plays in the yoga practice is:  
Ans: to indicate a boundary for movement
9. Which one comes under Antaranga Yoga?  
Ans: Dharana
10. A person who is unable to touch the ground in a standing forward bend:  
Ans: Probably has tight hamstring
11. Utkatasana is referred to  
Ans: Chair Posture
12. There are eight stages of training for a yogi to go through in order to reach "moksha" (release). What is the final stage called?  
Ans: Samathi
13. Under Yoga philosophy, mind represents matter not spirit.  
Ans: True
14. Which one of the following is not included in 10 principal nadis?  
Ans: Koorma
15. Dress for yoga practice should be  
Ans: Loose fitting and comfortable
16. Where does Ajna Chakra locate?  
Ans: Eyebrow centre
17. In which disease caution must be taken while performing kapalbhati?  
Ans: Asthma
18. Which of the following attributes is of 'Rajasic' personality?  
Ans: Anger and egoism
19. What is a diet that is juicy, unctuous, nourishing and pleasing to the heart known as?  
Ans: Satvic food
20. Bhakti Yoga is the path of  
Ans: spiritual



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<p>Report and Highlight of the Quiz</p>	<p>1. Student's Participation is – 82.1%          2. Faculty Members – 17.9 %</p> <p>Legend:          Assistant Professor (Blue)          Student (Red)          Student (Green)          Associate Professor (Yellow)          Professor (Purple)          STUDENT (Cyan)          II B.C.A (Pink)          student (Light Green)</p>
<p>Organizing Member (Name &amp; Designation)</p>	<p>Dr.K.Karpagavalli, M.Sc.,Ph.D.M.E (CS),M.Sc.,(Yoga)          Assistant Professor,          Yoga Coordinator</p>
<p>Certificate</p>	