

**PERIYAR E.V.R. COLLEGE**  
*(Autonomous & Reaccredited)*  
Tiruchirappalli-620 023, Tamil Nadu  
**DEPARTMENT OF PHYSICAL EDUCATION**

---

**BRIEF REPORT OF THE NATIONAL LEVEL ONLINE QUIZ COMPETITION  
ON  
“PHYSICAL EDUCATION, SPORTS SCIENCE AND YOGA”**

The Department of Physical Education in association with Internal Quality Assurance Cell (IQAC) conducted a National level online quiz competition from 21/06/2020 to 23/06/2020. International Yoga Day was celebrated on 21/06/2020 in India. As a part of this Celebration we conducted this National level online Quiz to create awareness among the youngsters about Yoga. This online quiz was based on the topic “Physical Education, Sports Science and Yoga”. The number of responses recorded was 189. E-Certificate was issued to those participants who secured minimum 50 out of 100 Marks. The Question paper of quiz and certificate model are attached below.

I. QUESTION PAPER OF QUIZ

**PERIYAR EVR COLLEGE (Autonomous)**  
**DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**  
**THIRUCHIRAPALLI-23, TAMILNADU, INDIA**  
**ONLINE QUIZ ON PHYSICAL EDUCATION, SPORTS SCIENCE AND YOGA**  
**Multiple choice questions**  
**(Each Question Carry 4 Marks)**

**25 questions –Total -100 marks**  
**50% pass can get e- certificate**

1. The maiden International Day of Yoga was celebrated on .....

- a. 21st June'15
- b. 20th June'15
- c. 22nd June'15
- d. 23rd June'15

**Ans: 21st June'15**

2. **Where the resolution of celebrating International Day of Yoga is passed?**

- a. World Health Organization
- b. UN, General Assembly
- c. India, Parliament
- d. None of the above

**Ans: UN, General Assembly**

3. **Who had introduced yoga first time to the western world in a religion conference Chicago, America?**

- a. Swami Vivekananda.
- b. Narendra Modi
- c. Maharshi Patanjali
- d. Baba Ramadeva

**Ans. Swami Vivekananda**

4. **Which Veda mentions about the elements of yoga?**

- a. Athar Veda
- b. Rig veda
- c. Sam Veda
- d. Yajur Veda

**Ans. Rig veda**

5. The word “Yoga” comes for Sanskrit. What is the literal meaning of this word?

- a. Hindu system of philosophy & meditation
- b. Inner peace & tranquility

- c. Joining together
- d. Controlled breathing

Ans. **joining together**

6. Yoga has eight components, also known as the eight fold path of life — Niyama, Asana, Pranayama, Dhyana, Samadhi are five of them. Which are the other three?

- a. Savichar, Santosa, Tapas
- b. Asteya, Aparigraha, Brahmacharya
- c. Ananda, Asmita, Aachaar
- d. Yama, Dharana, Pratyahara

Ans . **Yama, Dharana, Pratyahara**

7. How many different Asanas does Surya Namaskar comprise of?

- a. 12
- b. 7
- c. 10
- d. 8

Ans . **7**

8. **Celebration of International Yoga in India is done by which ministry?**

- a. Ministry of Ayush
- b. Ministry of Civil Aviation
- c. Ministry of Communication
- d. Ministry of Human Resource and Development

Ans. **Ministry of Ayush**

9. **In 2019, which city host PM Narendra Modi's International Yoga celebration?**

- a. New Delhi, Rajpath
- b. Ranchi, Jharkhand
- c. Dehradun, Uttarakhand
- d. Allahabad, UP

Ans. **Ranchi, Jharkhand**

10. Which asana is helpful in maintaining normal blood pressure?

- a. Shavasana
- b. Padmasana

- c. Sheershasana
- d. Shalbhasana

Ans. **Shavasana**

**11. What is Physical Education?**

- a. All round development of human being
- b. Physical Training
- c. Physical Execution
- d. Physical Fitness

Ans. **All round development of human being**

**12. Strength is measured by**

- a. Manometer
- b. Goniometer
- c. Dynamometer
- d. Weight training

Ans. **Dynamometer**

**13. Antenna is associated with which game?**

- a. Basketball
- b. Football
- c. Volleyball
- d. Tennis

Ans. **Volleyball**

**14. First National Institute of Physical Education is situated at?**

- a. Patiala
- b. Chandigarh
- c. Delhi
- d. Gwalior

Ans. **Gwalior**

**15. Modern Olympic Games were started in the year?**

- a. 1886
- b. 1896

- c. 1906
- d. 1916

Ans. **1896**

**16. Sound Mind resides in Sound Body” is said by?**

- a. Socrates
- b. Plato
- c. Aristotle
- d. Rousseau

Ans. **Aristotle**

**17. The total distance of Marathon race is?**

- a. 42.260 km
- b. 42.105 km
- c. 42.195km
- d. 42.294km

Ans. **42.195km**

**18. Which Olympic did women participate for the first time?**

- a. 1896 Athens
- b. 1900 Paris
- c. 1920 Antwerp
- d. 1928 Amsterdam

Ans. **1900 Paris**

**19. Scoliosis is a postural deformity related with?**

- a. Foot
- b. Leg
- c. Vertebral column
- d. Hand

Ans. **Vertebral column**

**20. Inner diameter of shot put (Throwing) circle is?**

- a. 2.50 metre
- b. 2.135 metre
- c. 1.067 metre
- d. 1.076metre

**Ans. 2.135 metre**

21. 'Bhartiyam' was conducted to promote?

- a. Indigenous games
- b. Dands and Baithaks
- c. Free hand exercises
- d. Mass rhythmic activities

**Ans. Mass rhythmic activities**

22. Increase in muscle mass due to heavy weight training is called?

- a. Muscular Hypotrophy
- b. Muscular Hypertrophy
- c. Muscular Atrophy
- d. Haematoma

**Ans. Muscular Hypertrophy**

23. The longest muscle in the body is?

- a. Deltoid
- b. Iliopsoas
- c. Pectoralis Major
- d. Sartorius

**Ans. Sartorius**

24. Round Robin is another name known as

- a. Knock-out
- b. League
- c. Intramural
- d. Elimination

**Ans. League**

25. Which one of the following would be a good method of exercise to improve your stamina?

- a. yoga
- b. Pilates
- c. Sprinting
- d. Aerobics

**Ans. Aerobics**

**ORGANIZING SECRETARY**

**Dr.S.VEERAMANI**, B.P.E.S, M.P.Ed, M.Phil, Ph.D, NET (UGC), P.G.Dip in Yoga.

*Director of Physical Education*

*PERIYAR EVR COLLEGE*

*Thiruchirapalli-23*

*Tamilnadu*

*India*

## CERTIFICATE MODEL



### PERIYAR E.V.R. COLLEGE (Autonomous)

(A Government Institution, Re-Accredited with 'A' Grade by NAAC and Affiliated to Bharathidasan University)  
Tiruchirappalli - 620023  
Phone : 0431 - 2420079, Web : www.periyarevrcollege.ac.in


Online Quiz on "Physical Education, Sports Science and Yoga"  
organised by Department of Physical Education in Association with IQAC

### Certificate of Appreciation

This is to Certify that Mr. / Ms. / Dr. \_\_\_\_\_ of

\_\_\_\_\_ has actively participated in the Online Quiz on "Physical Education, Sports Science and Yoga" conducted by the Department of Physical Education in Association with IQAC, Periyar E.V.R College (Autonomous), Tiruchirappalli on \_\_\_\_\_

  
Dr. B.Senthil Kumar  
IQAC Coordinator

  
Dr. S. Veeramani  
Director of Physical Education

  
Dr. J.Suganthi  
Principal