


St. Cecilia's Public School

Session 2021 – 2022

Senior Wing

Quiz Club

YOGA QUIZ REPORT




**St. Cecilia's Public
School
Quiz Club
Session 2021-22**

“Yoga is the journey of the self, to the self and through the self.”

The **Quiz Club** of **St. Cecilia's Public School** is organizing an online '**Yoga Quiz**' on Wednesday, June 23, 2021 during CT session. The quiz will be through 'Google Form' and is compulsory for all students of Class IX – XII.

For Quiz Club
-Ms Mamta Marwah
Ms Mamta Gupta



Celebrated on June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries.

On the International Yoga Day, people around the world are all set to take out their yoga mats and start exercising, but they might not be aware that yoga goes back centuries. Yoga is considered to be an ancient practice that originated 5,000 years ago in India. Yoga was developed as a way to interconnect the mind, body and soul to step closer into enlightenment.

To encourage the young Cecilians to practise yoga to bring about a positive change in their body, mind and soul a quiz was conducted by the Quiz club of St. Cecilia's Public school on June 23, 2022. Students participated with vigour and pledged to bring about a positive change in their lives through the art of Yoga.

Winners of the YOGA QUIZ:

<u>S. No.</u>	Class	SECTION	Name of Student
1	9	C	Ayushi Kothari
2	9	C	Akanksha Sachdeva
3	9	D	Rhythm Pahuja
4	9	D	sanchi chawla
5	10	B	Damandeep Kaur
6	10	C	Lakshya
7	10	D	Atharv Patney
8	10	D	SAMARTH VERMA
9	10	D	SHIVAM PRASAD
10	10	D	Utkarsh Gupta
11	11	D	Saachi Arya
12	11	D1	Firdosh

For Quiz Club:

Ms Mamta Marwah

Ms Mamta Gupta