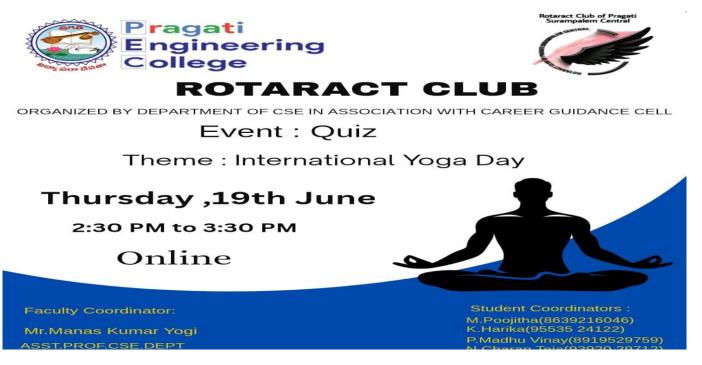


## Date:19-06-2025

# **REPORT ON On The Topic of "Quiz" conducted on the occasion of International Yoga Day.**

The Rotaract Club of Pragati Engineering College (A), conducted an event on the topic Quiz . In total 50 students of II B. Tech participated in the event which was co-ordinated by the Faculty In-charge of Rotaract Club Mr.Manas Kumar Yogi, Asst. Professor of CSE Department.



In most Quiz Competition on National Yoga Day, the following major aspects are usually covered:

## **Quiz Focus Areas:**

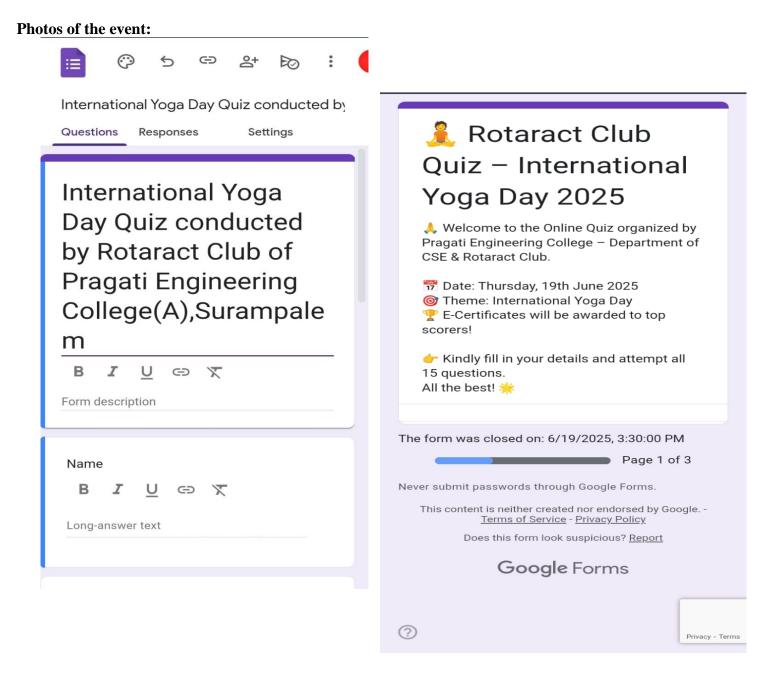
- The benefits of yoga on physical and mental health
- Importance of deep breathing and lung health
- Connection between mindfulness practices and academic performance
- Impact of pollution, smoking, and stress on the respiratory system

### **Outcomes and Reflections:**

- The quiz helped students understand how yoga improves focus, breathing, and emotional balance.
- Participants reported feeling motivated to adopt a healthier lifestyle and practice yoga regularly.
- Faculty noted increased awareness, enthusiasm, and a positive response from students.
- The event fostered a sense of self-care and wellness through informative engagement.
- Calms the Mind: Engaging in mindful movement and breathing, characteristic of Yoga, directly contributes to reducing cortisol, the body's primary stress hormone. This leads to a profound sense of relaxation and mental tranquility.
- Improves Focus: The concentrated effort required in holding Yoga postures or focusing on breathwork significantly sharpens our ability to concentrate. This enhanced focus translates directly into improved cognitive function.
- Expresses Emotions: Yoga offers a unique, non-verbal channel for emotional release and expression. Through movement and breath, individuals can process and articulate feelings that words often fail to convey.



- Inspires Motivation: Regularly engaging in a refreshing practice like Yoga can rejuvenate both mind and body. This revitalization instills renewed energy and motivation, leading to increased productivity in all aspects of life, including academic or professional endeavors.
- The Science Behind Enhanced Performance: The benefits of a calm mind are not merely anecdotal; they are scientifically proven. A relaxed brain is unequivocally a high-performing brain. When our mental state is one of tranquility and peace, our cognitive abilities are significantly enhanced. This translates into tangible advantages:
- Faster Learning: A calm mind is more receptive and efficient in processing new information.
- Better Information Retention: Reduced mental clutter and stress allow for more effective memory consolidation.
- Creative Problem Solving: A relaxed state fosters a more open and flexible mindset, crucial for innovative thinking and finding creative solutions to challenges.



### **Participants Lists:**

S:NO	NAME	ROLL NO	DEPARTMENT	SECTION
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30.	Mohana ankem	23a31a0503	CSE	А
31.	Johnson	23a31a0556	CSE	А
32.	Rednam lakshmi sahasra	23A31AO525	CSE	А
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41.	Mahammad Raheemunnisa Begum	23A31A0517	CSE	А
42.	NIMMAKAYALA VIJAYA SINDHU	23A31A05F0	CSE	С
43.	N venkata krishna	23a31a0547	CSE	А
44.	Pithani Amrutha	23A31A0592	CSE	В
45.	Pepakayala Sivasai	24A35A0505	CSE	А
46.	Khyati kucharlapati	24a35a0501	CSE	А
47.	k N k REDDY	23A31A0539	CSE	А
48.	Valluri Kalyani	23A31A0532	CSE	А
49.	Lolla aishwarya	23A31A0585	CSE	В
50.	K.Shankar Harshith	23a31a0543	CSE	А



**Rotaract Club**