



PRAGATI ENGINEERING COLLEGE (Autonomous)

1-378, ADB Road, Surampalem, E.G.District, A.P. - 533 437
(Approved by AICTE & Permanently Affiliated to JNTUK, Kakinada & Accredited by NAAC with 'A' Grade)
(Recognised by UGC Under Sections 2 (f) and 12 (b) of UGC act, 1956)
Ph : 08852 - 252233, 252234, 252235, Fax : 252232, Website : www.pragati.ac.in
(Sponsored by Gayatri Educational Society)

D.No. 2-24-4/2, Ground Floor, Janmabhoomi Park Road, Srinagar, Kakinada - 3, Ph : 0884 - 2355900, Fax : 2363900

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.



**Pragati
Engineering
College**



ROTARACT CLUB

ORGANIZED BY DEPARTMENT OF CSE IN ASSOCIATION WITH CAREER GUIDANCE CELL

Event : Quiz

Theme : International Yoga Day

Thursday ,19th June

2:30 PM to 3:30 PM

Online



Faculty Coordinator:

Mr.Manas Kumar Yogi
ASST.PROF.CSE.DEPT

Student Coordinators :

M.Poojitha(8639216046)
K.Harika(95535 24122)
P.Madhu Vinay(8919529759)
N.Chetan Teja(93920 29712)

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.



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- 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.

Photos of the event:



International Yoga Day Quiz conducted by

Questions

Responses

Settings

International Yoga Day Quiz conducted by Rotaract Club of Pragati Engineering College(A), Surampalem

B *I* U [Link](#)

Form description

Name

B *I* U [Link](#)

Long-answer text



Rotaract Club Quiz – International Yoga Day 2025

Welcome to the Online Quiz organized by Pragati Engineering College – Department of CSE & Rotaract Club.

Date: Thursday, 19th June 2025

Theme: International Yoga Day

E-Certificates will be awarded to top scorers!

Kindly fill in your details and attempt all 15 questions.
All the best!

The form was closed on: 6/19/2025, 3:30:00 PM

Page 1 of 3

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Participants Lists:

S:NO	NAME	ROLL NO	DEPARTMENT	SECTION
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1.	Manasa kondepudi	23a31a42e4	AIML	C
2.	P.SAI GANESH	23A1A05I5	CSE	C
3.	Balabhadruni Naga Sri Satya Niharika	23A31A0504	CSE	A
4.	Neelima N	23A31A0588	CSE	B
5.	Hema Sai Jartha	23A31A0512	CSE	A
6.	M Pranayini	24A35A0502	CSE	A
7.	Harshitha Nagalapalli	23A31A0520	CSE	A
8.	SEELA GEETHA NAGA SRI LAKSHMI	23A31A0528	CSE	A
9.	Koppula lakshmi sowjanya	23A31A0514	CSE	A
10.	Immella Deepthi	23A31A0511	CSE	A
11.	Yasaswini Manchala	23A31A0518	CSE	A
12.	Tummalapalli Sri Ganesh Vamsi	23A31A0559	CSE	A
13.	Satya Hanvitha Goli	23A31A0527	CSE	A
14.	T S Charan	23A31A0558	CSE	A
15.	Tumpala Likhitha	23A31A0531	CSE	A
16.	Amrutha Nela	23A31A0502	CSE	A
17.	PRASHANTH KUMAR	23A31A0546	CSE	A
18.	N.karthikeya pavan sai	23a31a0548	CSE	A
19.	K.Akshitha	23A31A0515	CSE	A
20.	P. Teja Madhuri	23A31A0524	CSE	A
21.	G.Harsha wardhan	23A31A0534	CSE	A
22.	Aganti Srinidhi	23A31A0501	CSE	A
23.	MEDAPATI HARI GOWTHAM REDDY	23A31A05I1	CSE	C
24.	K.V.S.Kiran	23A31A0536	CSE	A
25.	Chaitanya raju kokkirigadda	23a31a0541	CSE	A



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26.	Paliseti Nagendra	23A213A0550	CSE	A
27.	N.H.Harshitha	23A31A0521	CSE	A
28.	Siva kalyani	23A31A0505	CSE	A
29.	Kalyani Satya Harshitha Neela	23A31A0523	CSE	A
30.	Mohana ankem	23a31a0503	CSE	A
31.	Johnson	23a31a0556	CSE	A
32.	Rednam lakshmi sahasra	23A31A0525	CSE	A
33.	Y Amareswara Veerabhadrakumar	23A31A0563	CSE	A
34.	Mukesh choudhary	23A31A0545	CSE	A
35.	Seshu yanamadala	23A31A0564	CSE	A
36.	P.Nandini	23A31A0522	CSE	A
37.	S.saleha	23A31A0529	CSE	A
38.	PRAGADA Ayyappa Swamy	24a35a0506	CSE	A
39.	K.Sri Harika	23A31A0513	CSE	A
40.	Teja sri Mutchakarla	23a31a0519	CSE	A
41.	Mahammad Raheemunnisa Begum	23A31A0517	CSE	A
42.	NIMMAKAYALA VIJAYA SINDHU	23A31A05F0	CSE	C
43.	N venkata krishna	23a31a0547	CSE	A
44.	Pithani Amrutha	23A31A0592	CSE	B
45.	Pepakayala Sivasai	24A35A0505	CSE	A
46.	Khyati kucharlapati	24a35a0501	CSE	A
47.	k N k REDDY	23A31A0539	CSE	A
48.	Valluri Kalyani	23A31A0532	CSE	A
49.	Lolla aishwarya	23A31A0585	CSE	B
50.	K.Shankar Harshith	23a31a0543	CSE	A

Faculty In-Charge
Department

Head of the



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Rotaract Club