

St. Cecilia's Public School

Quiz Club

Middle Wing

Yoga Quiz Report



A proactive, enterprising and dynamic quiz was conducted by the quiz club (Middle Wing) of St. Cecilia's Public School on 12th May, 2023. The participation by the students was quite wholesome, benefiting them all.

The session began with a useful and enlightening yoga presentation with rhythmic tunes to facilitate movement in a quick manner. This was followed by a knowledge enhancing quiz based on yoga, which consisted of multiple rounds, to check the overall knowledge of the students. Students depicted active involvement and enthusiastically answered various questions put to them. There were four teams and each team answered questions put to them under multiple rounds-rapid fire round, MCQ round, presentation round. The last round included presentation of various asanas to give students an exposure and accomplish the goal of improving all elements of fitness. The motivational and encouraging words of Respected Principal madam boosted the enthusiasm of students. The winners were congratulated and appreciated for their wonderful efforts- Team C (VI-C, VII-C, VIII-C) secured the 1st position and Team B (VI-B, VII-B, VIII-B) secured the 2nd position and all participants were encouraged for their efforts and enthusiasm. The overall effort of promoting a sound mind and healthy body image among the students that was resonate productiveness among them was successfully achieved. Awareness was spread to make yoga a part of lifestyle in one's routine copiously.