



Mercy College

Palakkad, Kerala, India 678006

Govt. Aided Arts & Science College

Affiliated to the University of Calicut

Accredited by NAAC with A Grade IV Cycle

DEPARTMENT OF COMPUTER APPLICATION

REPORT ON

INTERNATIONAL YOGA DAY QUIZ

ON 21ST JUNE 2025

TIME : 11.00AM

Student co-ordinator:

Arpitha K

Staff co-ordinator:

Dr Stency VS

HOD:

Sr Jainy Jacob M

REPORT ON ONLINE YOGA QUIZ

ORGANISED BY

DEPARTMENT OF COMPUTER APPLICATION

MERCY COLLEGE

As part of the celebration of International Yoga Day, the Department of Computer Applications, Mercy College, organized an Online Yoga Quiz on Saturday, 21st June 2025. The event was open to all students across the college, aiming to spread awareness about the benefits and significance of yoga. A total of 51 students registered for the quiz, out of which around 30 students actively participated. The quiz consisted of 25 questions designed to enhance students' knowledge about yoga—its origins, benefits, and relevance in daily life. The quiz not only helped students to gain valuable insights into yoga practices but also motivated them to take part in similar knowledge-based competitions in the future. The healthy competition created enthusiasm and encouraged self-learning among students. It promoted awareness about the importance of yoga for physical and mental well-being among students, encouraged students to adopt a healthier lifestyle, and boosted students' interest in extracurricular academic activities. The successful conduction of this event was made possible with the guidance and assistance of Dr Stency V S whose efforts were instrumental in making the event a success.

WINNERS OF THE QUIZ :

- 1st Prize - Keerthana S Menon (D2 Chemistry)
- 2nd Prize - Vishudhi V Kumar (D2 B.Com CA)

The Department extends heartfelt thanks to all the participants and contributors who made this event memorable.

BROCHURE



Mercy College Palakkad
Department of Computer Applications



June 21

INTERNATIONAL
YOGA
DAY

Yoga for One Earth, One Health

Online Quiz

Hurry up!!! Only first 100 students can register and participate

Time -

10:30-11:30 AM



Attractive prizes will be given

Certificates will be provided for each participant

Student Co-ordinator :

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HOD :

Sr Jainy Jacob

SKIP : An IQAC Initiative



Mercy College Palakkad
Department of Computer Applications



International
YOGA
Day
ONLINE QUIZ
Winners

1st



Keerthana S Menon
D2 chemistry

2nd



Vishudhi V Kumar
D2 Bcom CA

Congrats!

WINNERS