



JSPM's
JAYAWANT INSTITUTE OF MANAGEMENT STUDIES
(Approved by AICTE, New Delhi, Recognised by Gov. of Maharashtra & Affiliated to Pune University)
S. No. 80/2, Pune-Mumbai Bypass Highway, Tathawade, Pune – 411033.
Phone: +91-8237076937/38 Telefax: +91-20-22933424.
E-mail: jims1@vsnl.net Website: www.jspm.edu.in



Report on online Quiz “Yoga se Ayu”

Date: 21/06/2022

About Quiz:

The online ‘Yoga Se Ayu’ quiz competition is being organized to celebrate the International Day of Yoga and encourage participants to take part in the quiz and also create an overall positive environment. Quiz questions are designed to make participants aware of the importance of Yoga in Ayurveda in maintaining health, and harmony. By participating they will learn to appreciate that Yoga is an integral part of our cultural heritage and along with Ayurveda, is practiced for maintaining physical fitness, mental alertness, and emotional balance.

The ‘Yoga Se Ayu’ Quiz competition is designed to instill awareness and understanding of Yoga in Ayurveda, and its importance in maintaining a Healthy Lifestyle.

Objectives:

1. Create awareness regarding yogic practice and motivate students and staff members
2. Collect additional materials on yoga
3. Develop understanding of the advantages of various asana as a preventive measures in addressing various physical and mental ailments
4. Motivate students and staff members to practice asana on regular basis for overall health and wellness
5. Instill human values

Participation Details:

Total Number of Participants: 149.

Prof. Shweta Padale
Coordinator
HOD, MCA

Dr. Bipin Bankar
Director

'Yoga Se Ayu' Quiz

The online 'Yoga Se Ayu' quiz competition is being organized to celebrate the International Day of Yoga and encourage participants to take part in the quiz and also create an overall positive environment. Quiz questions are designed to make participants aware of the importance of Yoga in Ayurveda in maintaining health, and harmony. By participating they will learn to appreciate that Yoga is an integral part of our cultural heritage and along with Ayurveda, is practiced for maintaining physical fitness, mental alertness, and emotional balance.

The 'Yoga Se Ayu' Quiz competition is designed to instill awareness and understanding of Yoga in Ayurveda, and its importance in maintaining a Healthy Lifestyle.

*** Required**

1. Email *

2. Participant Name *

3. Department *

Mark only one oval.

MBA

MCA

Other: _____

4. 1. The sanskrit name for Mountain Pose is: *

1 point

Mark only one oval.

- A. Dandasana
 B. Tadasana
 C. Utkatasana
 D. Uttanasana

5. 2. Crow pose is also known as: *

1 point

Mark only one oval.

- A. Kakasana
 B. Bakasana
 C. Halasana
 D. Baddha Konasana

6. 3. Dhyana is meditation. *

1 point

Mark only one oval.

- True
 False

7. 4. Pratyahara is the practice of meditation. *

1 point

Mark only one oval.

- True
 False

8. 5. The key to being successful in yoga is to be able to remove all the bad obstacles at will. * 1 point

Mark only one oval.

True

False

9. 6. Celebration of International Yoga in India is done by which ministry? * 1 point

Mark only one oval.

A. Ministry of Education

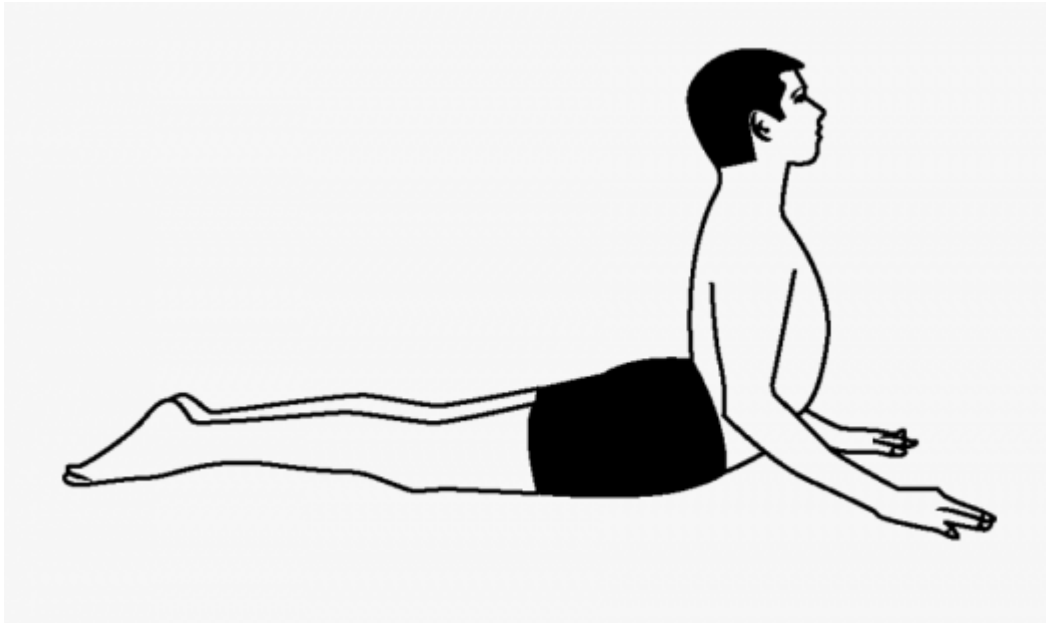
B. Ministry of Communication

C. Ministry of AYUSH

D. Ministry of Civil Aviation

10. 7. Which of these yogasana? *

1 point



Mark only one oval.

- A. Vajrasana
- B. Halasana
- C. Bhujangasana
- D. Dhanurasana

11. 8. When did the UN General Assembly announce 21st June as the International Yoga Day?

* 1 point

Mark only one oval.

- A. 11 december 2014
- B. 27 september 2014
- C. 21 june 2015
- D. 21 june 2014

12. 9. Who had introduced yoga first time to the western world at a religion * 1 point
conference Chicago, America?

Mark only one oval.

- A. Baba Ramadeva
 B. Maharshi Patanjali
 C. Swami Vivekananda
 D. Narendra Modi

13. 10. Which of the following is a " Crocodile Pose" in Yoga? * 1 point

Mark only one oval.

- A. Savasan
 B. Makarasan
 C. Bhujangasan
 D. Naukasan

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Google Forms

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A.Y. 2021-22

Date: 21/06/2022

Participant List with score

Timestamp	Email Address	Participant Name	Department	Score
6/20/2022 12:07:21	bipinbankar2009@gmail.com	Dr. Bipin Bankar	MBA	7
6/21/2022 9:40:29	shivnikale0608@gmail.com	Shivani Kale	MBA	7
6/21/2022 9:40:30	rinukurup@gmail.com	Rinu Kurup	MBA	7
6/21/2022 9:48:04	anupjadhav105@gmail.com	Anup Jadhav	MBA	8
6/21/2022 9:54:53	rashmisuryawanshi20@gmail.com	Rashmi Suryawanshi	MBA	9
6/21/2022 10:20:56	tejaswikalbhore@gmail.com	Tejaswi Kalbhor	MBA	8
6/21/2022 10:31:34	kaustubhchopadekar54@gmail.com	Kaustubh Chopadekar	MBA	10
6/21/2022 10:32:28	mhamanesushmita@gmail.com	Susmita Mhamane	MBA	10
6/21/2022 10:57:13	vaibhavgawade225@gmail.com	Vaibhav Gawade	MCA	8
6/21/2022 11:03:19	shivnikale0608@gmail.com	Shivani Kale	MBA	9
6/21/2022 11:07:29	urmilanicam64@gmail.com	Urmila Shankar Nikam	MBA	8
6/21/2022 11:07:42	swapnilwagh1417@gmail.com	Swapnil Wagh	MBA	8
6/21/2022 11:08:19	mayurkakade1210@gmail.com	Mayuri Kakade	MBA	8
6/21/2022 11:08:49	sharyuaglave@gmail.com	Sharyu balaji aaglave	MBA	8
6/21/2022 11:09:22	shubhamkedar98@gmail.com	Shubham kedar	MBA	9
6/21/2022 11:09:25	rohannikam732@gmail.com	Rohan Nikam	MCA	8
6/21/2022 11:09:34	rohanwalunj02@gmail.com	Rohan Walunj	MBA	9
6/21/2022 11:10:05	sarthakkotkar@gmail.com	Sarthak Kotkar	MCA	10
6/21/2022 11:10:18	vaishnavikulkarni172@gmail.com	Vaishnavi Kulkarni	MBA	8
6/21/2022 11:10:40	mayurgolande1@gmail.com	Mayur Golande	MBA	7
6/21/2022 11:11:41	apurvabakshi02@gmail.com	Apurva Bakshi	MBA	9
6/21/2022 11:12:06	patil7412@gmail.com	Tushar patil	MBA	6
6/21/2022 11:15:15	shubhamkamble99@gmail.com	Shubham Kamble	MCA	10
6/21/2022 11:15:32	narkhede16@gmail.com	Yash Bhaskar Narkhede	MCA	10
6/21/2022 11:17:06	prajakatapatil1245@gmail.com	Prajakta Patil	MBA	10
6/21/2022 11:17:34	swarajshaligramsalve@gmail.com	Swaraj Shaligram Salve	MBA	8
6/21/2022 11:18:41	shubhamchaudhari@gmail.com	Shubham Chaudhari	MBA	8
6/21/2022 11:20:07	manishkumar729@gmail.com	Manish Kumar	MBA	10
6/21/2022 11:21:19	padalkarsonaba@gmail.com	Sonba Padalkar	MBA	7
6/21/2022 11:21:20	sammedm1@gmail.com	Sammed Mahamane	MBA	7
6/21/2022 11:21:29	shaileshsangewar@gmail.com	Shailesh Sangewar	MBA	8
6/21/2022 11:22:07	shubhamsonawane2609@gmail.com	Shubham Sonawane	MBA	8
6/21/2022 11:22:30	padalkarsonaba@gmail.com	Padalkar Sonba	MBA	8
6/21/2022 11:22:52	sanketdeokate38@gmail.com	Sanket Deokate	MBA	9
6/21/2022 11:23:24	padalkarsonaba@gmail.com	Sonba Padalkar	MBA	10
6/21/2022 11:26:56	akshatajawale28@gmail.com	Akshata Jawale	MBA	10
6/21/2022 11:26:57	pratiksishambharam@gmail.com	Pratiksha kamble	MBA	10
6/21/2022 11:27:03	bhagyashreesaricraobahad@gmail.com	Bhagyashree Bahad	MBA	10
6/21/2022 11:27:56	abhihedekar123@gmail.com	Abhi khedekar	MBA	8
6/21/2022 11:28:16	samruddhishinde0711@gmail.com	Samruddhi Shinde	MBA	9
6/21/2022 11:29:21	ashutoshchaudhari80@gmail.com	Ashutosh chaudhari	MBA	8
6/21/2022 11:29:54	jayeshbamnepatil@gmail.com	Jayesh Bamne	MBA	10

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Timestamp	Email Address	Participant Name	Department	Score
6/21/2022 11:31:49	hnamaradhya0123@gmail.com	Radha Sharma	MBA	7
6/21/2022 11:31:50	paulavanti2018@gmail.com	Paul Avanti Subhash	MCA	10
6/21/2022 11:32:23	poojagate245@gmail.com	Pooja nitin gate	MBA	10
6/21/2022 11:36:10	sirdeshpandeshrinivas@gmail.com	Shrinivas Sirdeshpande	MBA	7
6/21/2022 11:37:00	miss.anjalimane@gmail.com	Anjali Mane	MBA	8
6/21/2022 11:37:17	pmitir442@gmail.com	Priti Rathod	MBA	8
6/21/2022 11:42:55	paulavanti2018@gmail.com	Paul Avanti Subhash	MCA	10
6/21/2022 11:43:37	pmitir442@gmail.com	Priti Rathod	MBA	8
6/21/2022 11:44:27	gauravdeshmukh@gmail.com	Gourav Deshmukh	MBA	10
6/21/2022 11:44:33	pmitir442@gmail.com	Priti Rathod	MBA	10
6/21/2022 11:45:40	kalpeshshelar025@gmail.com	Kalpesh Anil Shelar	MBA	10
6/21/2022 11:46:38	rajeshadkarni2930@gmail.com	Rajesh Eknath Jadhav	MBA	5
6/21/2022 11:47:29	akshatadinkarni09@gmail.com	Akshata More	MBA	9
6/21/2022 11:51:34	gururajphatak42@gmail.com	Gururaj Phatak	MBA	8
6/21/2022 11:53:55	priyankashelke8888@gmail.com	Priyanka shelke	MBA	8
6/21/2022 12:18:11	misaljivan5@gmail.com	Jivan Dilip Misal	MBA	7
6/21/2022 12:18:22	pranitakadam24289@gmail.com	Pranita Kadam	MCA	3
6/21/2022 12:20:55	shwetakadam0603@gmail.com	Shweta Sunil Kadam	MCA	8
6/21/2022 12:25:07	mayuripol15@gmail.com	Mayuri Pol	MBA	8
6/21/2022 12:25:23	rutujakadam1104@gmail.com	Rutuja Santosh Kadam	MCA	9
6/21/2022 12:26:20	yogeshbaviskar79@gmail.com	Yogesh Baviskar	MBA	8
6/21/2022 12:30:19	yogeshbaviskar79@gmail.com	Yogesh Baviskar	MBA	10
6/21/2022 12:31:51	rasikamane06@gmail.com	Rasika	MBA	9
6/21/2022 12:32:02	ankitakuchekar17@gmail.com	Ankita sudhir kuchekar	MBA	9
6/21/2022 12:38:02	mayuriadkarni992183@gmail.com	Mayuri Ankush Jadhav	MCA	9
6/21/2022 12:49:16	shivaniapatil2374@gmail.com	Shivani Vijay Patil	MBA	8
6/21/2022 12:56:02	poojachavan@gmail.com	Pooja Chavan	MBA	8
6/21/2022 13:00:45	palaspagar.10@gmail.com	Roshni Palaspagar	MBA	8
6/21/2022 13:01:27	nayanamarathe22@gmail.com	Nayana Marathe	MBA	7
6/21/2022 13:05:29	rutujazanzane7@gmail.com	Zanzane Rutuja Popat	MBA	9
6/21/2022 13:12:26	snehalrajendra2599@gmail.com	Snehal Rajendra Gadade	MCA	8
6/21/2022 13:16:50	kusumkumari31843@gmail.com	kusum kumari	MCA	8
6/21/2022 13:20:26	moodisushruta@gmail.com	Sushruta Moodi	MBA	8
6/21/2022 13:27:39	kulkarnishru269@gmail.com	Shraddha Kulkarni	MBA	7
6/21/2022 13:29:19	kulkarnishru269@gmail.com	Kulkarni Shraddha	MBA	9
6/21/2022 13:31:08	ashishlokhande1723@gmail.com	Ashish Lokhande	MBA	8
6/21/2022 13:35:16	sayalikandi@gmail.com	Sayali kandi	MCA	9
6/21/2022 13:36:44	swaleeya241199@gmail.com	Swaleeya Magdum	MCA	10
6/21/2022 13:37:15	ashikali8922831230@gmail.com	Ashik Ali	MCA	7
6/21/2022 13:38:51	jagannath.nathan03@gmail.com	Jagannath Nathan	MCA	10
6/21/2022 13:39:06	bhushanbadhe.2581@gmail.com	Bhushan Badhe	MCA	9
6/21/2022 13:44:01	surajraghu961@gmail.com	Suraj Gurnath Raghu	MCA	8

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6/21/2022 13:46:14	sudhakarmashal1912@gmail.com	Sudhakar Mashal	MCA	5
6/21/2022 13:46:16	asawase4@gmail.com	Akshay Sawase	MCA	7
6/21/2022 13:47:25	chalkarrutik@gmail.com	Rutik Khalkar	MCA	8
6/21/2022 13:47:37	panusajunkhe6276@gmail.com	Pranay Sanjay Salunkhe	MCA	8
6/21/2022 13:48:01	avirajvilekolekar@gmail.com	Raviraj Vilas Kolekar	MCA	5
6/21/2022 13:49:14	aishwarya8485@gmail.com	Aishwarya Jagtap	MCA	7
6/21/2022 13:49:58	gautamkalyani01@gmail.com	Kalyani Gautam	MCA	9
6/21/2022 13:50:50	ratndeeptshendage143@gmail.com	Ratndeept Shendage	MCA	8
6/21/2022 13:51:07	deepaknila1999@gmail.com	Deepak Nila	MCA	8
6/21/2022 13:51:27	damini358@gmail.com	Damini Vijay Badole	MBA	8
6/21/2022 13:52:15	hrishikesh8honrao@gmail.com	Hrishikesh Honrao	MCA	8
6/21/2022 13:54:20	akhileshkamble1998@gmail.com	Akhilesh Kamble	MCA	9
6/21/2022 13:54:49	pradyumnnpawar2911999@gmail.com	Pradyumn Pawar	MCA	9
6/21/2022 13:55:03	prasannalad26@gmail.com	Prasanna lad	MCA	7
6/21/2022 13:55:17	ahire022@gmail.com	Ahire Yogesh Lalit	MCA	8
6/21/2022 13:55:48	rahulwamane123@gmail.com	Rahul Wamane	MCA	8
6/21/2022 13:56:20	kulkarni651@gmail.com	laxmikant Kulkarni	MCA	10
6/21/2022 13:58:16	dawkhare2001@gmail.com	Dawkhare sanjay	MCA	9
6/21/2022 13:58:19	samikshacharde277@gmail.com	Samiksha Charde	MCA	10
6/21/2022 13:58:30	samidhapatave07@gmail.com	Samidha padave	MCA	10
6/21/2022 13:58:35	chandanichandapure4@gmail.com	Chandapure Sainath	MCA	10
6/21/2022 13:58:43	rashminaik8844@gmail.com	Rashmi Naik	MCA	10
6/21/2022 13:58:44	vaishak1911@gmail.com	Vaishak Menon	MCA	10
6/21/2022 14:00:26	anuragzil909@gmail.com	Anurag zilpelwar	MCA	6
6/21/2022 14:02:51	anandideanisha@gmail.com	Dr Anisha Mahindrakar	MBA	7
6/21/2022 14:03:10	meghaughade1999@gmail.com	Megha Ramesh Ughade	MCA	9
6/21/2022 14:03:18	shantanukhanapure@gmail.com	Shantanu Khanapure	MCA	9
6/21/2022 14:05:44	karan1573@gmail.com	Karan Jadhav	MCA	8
6/21/2022 14:06:29	pratikshabhosale876@gmail.com	Pratiksha Bhosale	MCA	8
6/21/2022 14:06:47	rutujakulkarni244@gmail.com	Rutuja Kulkarni	MCA	9
6/21/2022 14:07:47	patilashwarya851@gmail.com	Aishwarya Jitendra Patil	MCA	8
6/21/2022 14:10:08	ahiwalediksha30@gmail.com	Diksha Ahiwale	MCA	7
6/21/2022 14:11:05	shubhamprajwal@gmail.com	SHUBHAM RAJPUT	MCA	8
6/21/2022 14:11:10	shashank00pingalkar@gmail.com	Shashank pingalkar	MCA	8
6/21/2022 14:16:10	pranalinge441999@gmail.com	Pranali Ingle	MCA	3
6/21/2022 14:19:15	mayuribhare5@gmail.com	Mayuri hibare	MCA	8
6/21/2022 14:21:52	mahajan-kunal420@gmail.com	Mahajan Kunal Rajendra	MCA	8
6/21/2022 14:23:52	aditya1901@gmail.com	ADITYA VISHWAKARMA	MCA	9
6/21/2022 14:25:12	avinashlookingford@gmail.com	Avinash Ghule	MCA	10
6/21/2022 14:25:21	kartiki4397@gmail.com	kartiki deshpane	MCA	10
6/21/2022 14:25:48	rucharugyed2@gmail.com	Rucha bidwai	MCA	6
6/21/2022 14:27:32	kaivalyachurafe2469@gmail.com	Kaivalya Durafe	MCA	10

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6/21/2022 14:29:05	shubhamwaikar07@gmail.com	Shubham Waikar	MCA	8
6/21/2022 14:38:59	shreyanavale28@gmail.com	Shreya Navale	MCA	10
6/21/2022 14:39:03	omkarpatil7910@gmail.com	Omkar Mansing Patil	MCA	9
6/21/2022 15:05:02	ruchitawandile98@gmail.com	Ruchita Wandile	MCA	8
6/21/2022 15:20:24	bhagatswapnil1999@gmail.com	Swapnil Lalaji Bhagat	MCA	8
6/21/2022 15:22:13	shaduleakshay@gmail.com	Akshay Bhadule	MCA	10
6/21/2022 15:30:31	shreyaojha136@gmail.com	Shreya Ojha	MCA	10
6/21/2022 15:45:35	lapandita_mcajims@jspm.edu.in	Deepak Pandita	MCA	8
6/21/2022 15:47:47	abhishekpagar24@gmail.com	Pagar Abhishek Hitendra	MCA	8
6/21/2022 15:47:57	shwetababar26@gmail.com	Shweta Sopan Babar	MCA	9
6/21/2022 15:49:27	shrutikadhobale1998@gmail.com	Shrutika Dhobale	MCA	8
6/21/2022 16:00:05	rupeshdadhav2399@gmail.com	Rupesh Dilip Jadhav	MBA	8
6/21/2022 16:48:42	salonibehele06@gmail.com	Saloni Bhausahab Behele	MCA	8
6/21/2022 16:49:10	pawarmayas1998@gmail.com	Maya pawar	MCA	6
6/21/2022 16:49:28	rutujadeshmukh0703@gmail.com	Rutuja Deshmukh	MBA	8
6/21/2022 17:09:43	pranaydalvi122@gmail.com	Pranay Somnath Dalvi	MCA	8
6/21/2022 18:08:04	omkarofficial313@gmail.com	Omkar Mahajan	MCA	8
6/21/2022 18:20:35	namratathorve1235@gmail.com	Namrata Thorve	MCA	8
6/21/2022 19:06:52	tanayhonrao10@gmail.com	Tanay Honrao	MCA	10
6/21/2022 19:21:21	sudhanshupai000@gmail.com	Sudhanshu Pai	MBA	8
6/21/2022 19:21:56	pawarnikhil2322@gmail.com	Nikhil Gajanan Pawar	MBA	10
6/21/2022 19:22:50	manojpawar3133@gmail.com	Manoj Pawar	MBA	10
6/21/2022 19:23:33	anantkadu729@gmail.com	Anant Kadu	MBA	10

Prof. Shweta Padale
Event coordinator

CERTIFICATE

This certificate declares that

Diksha Sambhaji Ahirwale

from MCA department has completed

'Yoga Se Ayu' Quiz



Organized by

JSPM's Jayawant Institute of Management Studies

on 6/21/2022

With passing score of 70%

Certificate ID HDDKHS-CE000117

