

Santhnikethanam Central School, Patharam

Timestamp	Score	Name of the student	Class
6/21/2021 11:37:57	12 / 25	Neeraja D S	VII
6/21/2021 11:43:05	15 / 25	NIRANJANA.K	X
6/21/2021 11:43:08	21 / 25	Joel J Varghese	IX
6/21/2021 11:44:28	18 / 25	MADHAV.S	VII
6/21/2021 11:45:32	21 / 25	Nidhi B	X
6/21/2021 11:46:02	19 / 25	Akhilesh. A	IX
6/21/2021 11:50:55	17 / 25	Kavyasasi	IX
6/21/2021 11:53:56	18 / 25	Kalyani N Praveen	VI
6/21/2021 11:54:13	23 / 25	Liya.p.s	IX
6/21/2021 11:55:40	18 / 25	Sreyasaaradha	X
6/21/2021 11:57:17	21 / 25	Asna Najeem	VI
6/21/2021 11:57:31	17 / 25	Krishna SR	VI
6/21/2021 11:57:57	21 / 25	Lekshmi sai	VI
6/21/2021 11:59:05	15 / 25	Nihal asif	VII
6/21/2021 11:59:21	17 / 25	Nazrin	VII
6/21/2021 11:59:23	18 / 25	Bazith MS	X
6/21/2021 12:00:03	15 / 25	Aiswarya S.R	VII
6/21/2021 12:01:41	18 / 25	Rabia Muhammed S	IX
6/21/2021 12:02:58	15 / 25	swetha sathees	IX
6/21/2021 12:07:49	13 / 25	Aiswarya S.R	VII
6/21/2021 12:09:25	18 / 25	Suhana	IX
6/21/2021 12:18:53	19 / 25	Bhavya.R	VII
6/21/2021 12:19:35	19 / 25	RISHIKESH.M	IX
6/21/2021 12:19:52	21 / 25	Adithya.D	VII
6/21/2021 12:22:09	24 / 25	Adithi Pillai	VII
6/21/2021 12:31:18	23 / 25	Keerthana A R	X
6/21/2021 12:38:51	20 / 25	Devu:s	VII
6/21/2021 12:41:08	16 / 25	Nila R Chandra	VIII
6/21/2021 12:43:06	11 / 25	ABHIJITH TS	VIII
6/21/2021 12:44:47	16 / 25	Krishna D S	IX
6/21/2021 12:46:32	17 / 25	Sivaparvathy. P	VIII
6/21/2021 12:53:39	11 / 25	Abhishek. D	VIII
6/21/2021 12:57:08	15 / 25	ABHIJITH TS	VIII
6/21/2021 12:58:09	17 / 25	Sreenath.S	VIII
6/21/2021 13:04:54	6 / 25	Gani Oommen	VIII
6/21/2021 13:09:24	19 / 25	ROHITH	VIII
6/21/2021 13:16:50	21 / 25	ARCHANA.H	VII
6/21/2021 14:43:16	10 / 25	Abhijith Jayachandran	VIII
6/21/2021 14:48:26	15 / 25	Apsara.u	VI

WINNER	24 / 25	Adithi Pillai	VII
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RUNNER	23 / 25	Keerthana A R	X
	23 / 25	Liya.p.s	IX

1. Who is known as the Father of Yoga?	2. Which Veda mentions the origin of Yoga?
Pathanjali	Rig Veda
Lord Shiva	Rig Veda
Lord Shiva	Rig Veda
Patanjali maharshi	Rig Veda
Patanjali	Rig Veda
Lord shiva	Rig Veda
Shiva	Rig Veda
Patajali	Rig Veda
Shiva	Rig Veda
Patanjali	Rig Veda
Pathanjali maharshi	Rig Veda
Maharishi patanjali	Rig Veda
Lord shiva	Rig Veda
Pathanjali	Rig Veda
Lord Shiva	Rig Veda
Patanjali	Rig Veda
Patanjali	Rig Veda
Lord Shiva	Rig Veda
patanjali	Rig Veda
Patanjali	Rig Veda
Lord shiva	Rig Veda
Shiva	Rig Veda
LORD SHIVA	Rig Veda
Lord shiva	Rig Veda
Shiva	Rig Veda
Shiva	Rig Veda
Lord Shiva	Rig Veda
Lord shiva	Rig Veda
Patanjali	Atharva Veda
Maharshi Pathanjali	Rig Veda
Lord shiva	Rig Veda
Tiru malai krishnamacharya	Yajur Veda
Patanjali	Rig Veda
Patanjali	Rig Veda
Vivekananda Swami	Atharva Veda
LORD SHIVA	Rig Veda
Shiva	Rig Veda
Lord shiva	Rig Veda
Swami Vivekananda	Rig Veda

3. How many chakras are there?	4. Name the following Yoga	5. An Indian youth organization
5	Trikonasana	NCC
7	Utkatasana	NCC
7	Thadasna	NCC
7	Vrikshasna	NCC
7	Thadasna	NCC
7	Utkatasana	NCC
7	Utkatasana	NCC
7	Utkatasana	NCC
7	Thadasna	NSS
7	Thadasna	NCC
7	Thadasna	NCC
7	Thadasna	NCC
7	Thadasna	NCC
7	Trikonasana	Girl Scouts
7	Thadasna	NSS
7	Thadasna	NCC
7	Utkatasana	LTS
7	Thadasna	NCC
7	Trikonasana	Girl Scouts
7	Vrikshasna	LTS
7	Thadasna	NCC
7	Vrikshasna	NCC
7	Thadasna	LTS
7	Thadasna	NCC
7	Thadasna	NCC
7	Thadasna	NCC
7	Trikonasana	NCC
7	Vrikshasna	LTS
7	Vrikshasna	NCC
5	Utkatasana	NCC
7	Vrikshasna	NSS
7	Trikonasana	NSS
7	Thadasna	NCC
7	Thadasna	NCC
7	Vrikshasna	LTS
7	Thadasna	NCC
7	Thadasna	NCC
7	Utkatasana	LTS
7	Thadasna	NCC

6. The word 'Yoga' came from	7. When was the first International Yoga Day celebrated	8. Pick out the odd one that is not a type of yoga
Sanskrit	21st June 2015	Chakra yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2014	Sadhu yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2014	Kriya yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Chakra yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Chakra yoga
Yuja	21st June 2015	Karma Yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2014	Karma Yoga
Sanskrit	21st June 2015	Sadhu yoga
sanskrit	21st June 2015	Karma Yoga
Sanskrit	21st June 2015	Karma Yoga
Sanskrit	21st June 2015	Karma Yoga
Sanskrit	21st June 2015	Sadhu yoga
SANSKRIT	21st June 2015	Chakra yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Chakra yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Karma Yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Kriya yoga
Sanskrit	21st June 2015	Sadhu yoga
Sanskrit	21st June 2015	Sadhu yoga
Chinese	21st June 2011	Kriya yoga
Sanskrit	21st June 2014	Karma Yoga
Sanskrit	21st June 2015	Chakra yoga
Sanskrit	21st June 2011	Kriya yoga
Sanskrit	21st June 2015	Karma Yoga

9. Who was the great Mah	10. In which country did Yd	11. How many basic Yogas
Pathanjali	India	80
Patanjali	India	84
Ramdas	India	84
Patanjali maharshi	India	84
Patanjali	India	84
Pathanjali	India	84
Mahesh yogi	India	84
Patajali	India	84
Patangali	India	84
Mahirshi mahesh yogi	India	84
Pathangali maharshi	India	84
Patenjali	India	84
Patanjali	India	84
Patanjali	India	84
Patanjali yoga	India	84
Patanjali	India	85
Patanjali	India	84
Maharshi mahesh yogi	India	84
ramana maharshi	India	84
Patanjali	India	84
Mahesh yogi	India	75
Patanjali	India	84
AGASTHYA MAHERSHI	India	84
Patanjali	India	84
Patanjali	India	84
Hggh	India	84
Patanajali	India	84
Patanjali	India	84
Classical yoga	India	84
Maharshi Pathanjali	India	84
Ramana Maharshi	India	84
Patanjali	India	84
Shiva	India	84
Siva	India	84
Vivekanandan Swami	China	75
Patanjali	India	84
Patanjali	India	84
Patanjali systematised	India	80
Patanjali mahershi	India	84

12. What is the Theme of I	13. What is the literal mean	14. Celebration of Internati
Yoga at home and Yoga with family	To unite	Ayush
Connect with the youth	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	Peace	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	Peace	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga at home and Yoga with family	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	Peace	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Overseas Indian Affairs
Yoga for wellness	To unite	Ayush
Yoga at home and Yoga with family	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga at home and Yoga with family	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga at home and Yoga with family	To unite	Ayush
Yoga with Gurus	Spiritual	Ayush
Yoga for wellness	To unite	Ayush
Yoga for wellness	To unite	Ayush
Yoga at home and Yoga with family	To unite	Ayush
Yoga with Gurus	Spiritual	Ayush
Yoga for wellness	Spiritual	Ayush
Yoga at home and Yoga with family	Peace	Social Justice and Empowerment
Yoga for wellness	Harmony	Ayush
Yoga for wellness	To unite	Ayush
Yoga at home and Yoga with family	Peace	Social Justice and Empowerment
Yoga at home and Yoga with family	To unite	Ayush

15. Name the following Yoga	16. Who had introduced Yoga	17. What are 5 elements in
Vrikshasna	B K S Iyengar	sky, Trees, Fire, Water, Air
Vrikshasna	Patanjali	sky, Trees, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Padahasthasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	Trees, Fire, Water, Air, Earth
Padahasthasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Tadasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Swami Vivekananda	Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Padahasthasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Patanjali	sky, Fire, Water, Air, Earth
Tadasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Patanjali	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Tadasana	Swami Vivekananda	sky, Fire, Water, Air, Earth
Trikonasana	Swami Vivekananda	sky, Trees, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Tadasana	Patanjali	Water
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Sharon Gannon	sky, Trees, Fire, Water, Air
Vrikshasna	Swami Vivekananda	sky, Fire, Water, Air, Earth
Vrikshasna	Patanjali	sky, Fire, Water, Air, Earth
Padahasthasana	Swami Vivekananda	sky, Trees, Water, Air, Earth
Tadasana	Patanjali	sky, Fire, Water, Air, Earth

18. On what date the UN G	19. Name the Saptharshi((20. Upto what age children
12 Dec 2014	Patanjali	7
21 Dec 2015	Patanjali	5
11 Dec 2014	Agastya	5
11 Dec 2014	Agastya	4
11 Dec 2014	Agastya	7
11 Dec 2014	Agastya	4
11 Dec 2014	Agastya	6
21 Dec 2015	Agastya	7
11 Dec 2014	Agastya	5
11 Dec 2014	Agastya	7
11 Dec 2014	Agastya	4
12 Dec 2014	Patanjali	4
11 Dec 2014	Agastya	7
11 Oct 2014	Vyasa	4
12 Dec 2014	Agastya	7
21 Dec 2015	Agastya	7
11 Dec 2014	Patanjali	6
11 Dec 2014	Agastya	7
11 Dec 2014	Agastya	6
11 Dec 2014	Patanjali	6
11 Dec 2014	Agastya	6
11 Dec 2014	Agastya	4
11 Dec 2014	Agastya	6
11 Dec 2014	Agastya	4
11 Dec 2014	Agastya	5
11 Dec 2014	Agastya	5
11 Dec 2014	Agastya	4
11 Dec 2014	Agastya	4
21 Dec 2015	Vyasa	4
12 Dec 2014	Patanjali	4
11 Dec 2014	Patanjali	4
21 Dec 2015	Patanjali	4
11 Dec 2014	Agastya	4
11 Dec 2014	Agastya	4
11 Dec 2014	Valmiki	6
11 Dec 2014	Agastya	4
21 Dec 2015	Agastya	7
11 Dec 2014	Agastya	4
21 Dec 2015	Patanjali	7

21. How many activities are there?	22. Pick the out the Yoga S	23. Which International Yo
4	Asana, Dhyanam, Karma	21st June 2015
4	Asana	21st June 2014
5	Yama, Asana, Dhyanam, Karma	21st June 2015
3	Yama, Dhyanam	21st June 2015
7	Yama, Asana, Dhyanam, Karma	21st June 2015
5	Asana	21st June 2014
5	Yama, Asana, Karma, Palanam	22nd June 2015
3	Yama, Asana, Dhyanam, Karma	21st June 2015
3	Yama, Asana, Dhyanam	21st June 2015
5	Asana, Dhyanam, Karma	22nd June 2015
3	Asana	21st June 2015
3	Asana	21st June 2015
5	Yama, Asana, Dhyanam	21st June 2015
3	Asana	21st June 2015
3	Yama	21st June 2014
3	Asana	21st June 2015
3	Palanam	11Dec 2014
4	Asana	22nd June 2015
5	Karma	21st June 2015
4	Palanam	21st June 2014
5	Dhyanam	21st June 2015
3	Dhyanam	21st June 2014
4	Asana	21st June 2015
5	Yama, Asana, Dhyanam, Karma	21st June 2015
3	Yama, Asana, Karma	21st June 2015
3	Yama, Asana, Dhyanam	21st June 2015
3	Yama, Asana, Dhyanam, Karma	21st June 2015
4	Asana	21st June 2015
7	Yama	21st June 2015
5	Yama, Asana, Dhyanam, Karma	21st June 2015
7	Dhyanam	21st June 2015
3	Yama	21st June 2015
7	Karma	21st June 2014
3	Karma	21st June 2014
3	Yama, Asana, Dhyanam, Palanam	21st June 2015
3	Yama, Karma, Palanam	21st June 2014
4	Yama, Asana, Dhyanam, Karma, Pala	21st June 2015
3	Yama, Asana, Karma	11Dec 2014
7	Karma	21st June 2015

24. The word 'Pranayama'	25. How many different asanas are there in Pranayama?	Submission Tracking ID - E
concentration control exercise	12	500d1dbf-73be-490f-8ca4-46edfea1de
Breath control exercise	12	09264ebe-2ee4-4e69-903e-e14b0b60
Breath control exercise	12	20b583be-c0ec-45d5-8992-95a6ba79;
Breath control exercise	12	607ee20b-eb95-46ff-96e4-4ca4b31b4
Breath control exercise	12	cc087adc-f1fa-4050-9943-ac0225afbb
Breath control exercise	12	787846c1-4a04-47fb-a7ab-5842d3e3f
Breath control exercise	12	a5d80f30-ce3e-48b4-b797-d01a7384f
Breath control exercise	12	eba9f537-2151-4441-888d-3b4423e9e
Breath control exercise	12	Liya
Breath control exercise	12	25
Breath control exercise	12	20
Breath control exercise	12	Krishna SR
Breath control exercise	12	a94d3dba-bfc6-4b41-85c1-ba4aea87e
Breath control exercise	12	1q2w3e4r5t6y7u8i9o0p
Breath control exercise	12	e5c02841-48d5-4a19-a132-a04f4f83f4
Breath control exercise	21	266537
Breath control exercise	12	Arjun
Breath control exercise	21	Ok
Breath control exercise	12	9947250081
concentration control exercise	11	Arjun
Breath control exercise	12	Yes
Breath control exercise	12	No
Breath control exercise	12	
Breath control exercise	12	Adithya.D 2008
Breath control exercise	12	Adithi Pillai
Breath control exercise	12	
Breath control exercise	12	
Breath control exercise	12	
Steady our mind	21	
Breath control exercise	12	
Breath control exercise	21	
Digestion improvement	15	
Breath control exercise	11	
Breath control exercise	11	
Breath control exercise	11	
Breath control exercise	12	
Breath control exercise	12	
concentration control exercise	11	
Breath control exercise	12	

