

SALWANIAN, THE NATIONAL YOGA CHAMPIONS

In a healthy body dwells a healthy mind – is a saying that has been repeated since times immemorial, and is true at every level.

Taking forward this salubrious thought, the School has been encouraging mental and physical fitness to union of mind, body and spirit to help them attain a certain state of consciousness, both individual and universal, it is also a method to help one reach that goal.

Keeping the same vision in mind, students participated in 2nd National Yog Sport Championship, 2017 held from 1st to 3rd December 2017 at Mehrana, Panipat. They exhibited the true spirit of a Salwanian and brought in laurels by winning 5 Gold and 6 Bronze medals in this National Level Tournament in which 200 participants across the country participated.

This performance has led our Gold Medalists to spearhead India's sporting ambitions and develop the yoga culture in the world. Through the presentation of various asanas, such as forward bending, backward bending, lying postures synchronised in rhythmic dancing movements with music, the Guests of Honour Zhu Zhengdong and Zhi Liang from Weishi Lotus India International Institute, China were highly impressed and offered them an opportunity to perform at China.

The names are-

MEDAL	STUDENT	CLASS/SEC
GOLD	Adhyan Pandey	VIII A
	Mansi Singh	X A
	Tanya Manav	XI A
	Swati Singh	
	SNEHA SHREE TOMAR	
BRONZE	Archita Gupta	VI A
	Vani Tyagi	
	Avnee Kaushik	
	Arshia Gupta	
	Mukul Chandra	IX A
	Vishwas Tyagi	XI B