

REPORT ON NATIONAL YOG SPORT CHAMPIONSHIP - 2018

“Yoga means addition – addition of energy, strength and beauty to mind, body and soul”

Yoga is a spiritual tradition that began 5,000 years ago. It is complete science that unites the body, mind and spirit. National Yog Sport Association, India organized the 3rd National Yog Sport Championship 2018 at Haridwar from 7 December to 9 December 2018. The school participated with 13 students under various categories. The girls and boys under 5 to 7 years category made the school proud by clinching gold and silver medals in the coveted championship respectively. A huge round of applause for the untiring and diligent contestants who competed with **22** teams and more than **500** students from various states of India to become national champions.

The results were as under: –

Gold in Rhythmic Group Yoga (Girls)-Sub Junior Category

NAME	CLASS - SEC	AWARD
ANIKA RANA	III A	GOLD
YASHIKA JAIN	III B	GOLD
VRINDA TYAGI	III C	GOLD
DHRITI JHA	III C	GOLD
DIKSHA TOMAR	III C	GOLD

Silver in Rhythmic Group Yoga (Boys)-Sub Junior Category

NAME	CLASS – SEC	AWARD
EKAGRA RAI	III C	SILVER
DEV GUPTA	III C	SILVER
YASH PRATAP	IV C	SILVER
ANSH PORWAL	IV B	SILVER
ARYAN ARYA	IV A	SILVER

Artistic Yoga - Individual

NAME	CLASS – SEC - CATEGORY	AWARD
MANINI BISHT	VI B (Sub junior category)	SILVER
PRACHI	V C (Sub Junior Category)	SILVER
KHUSHI RAWAT	VI B (Junior Category)	SILVER



The young yogis matching Perfection !!!



Testimonials from our valuable parents



I would like to express my gratitude to the school administration, especially the yoga teacher Maya ma'am for giving the kids a brilliant opportunity to showcase their talent on such a big platform. The kids loved the tour, and I as a parent felt everything was well organized. My daughter, Dhriti, is extremely passionate about Yoga, and she was ecstatic after receiving the gold medal. The hard work she showed during practices, and the able guidance and perseverance of Maya ma'am finally bore fruit. Dhriti is extremely happy and at the same time, she's looking forward to prepare for getting selected for the upcoming tournament in Thailand.

Daisy Jha
Mother, Dhriti Jha (III-C)



Dear Madam,

1st of all congratulation to you and your school for winning medals in Yoga Championship held on 7th-8th Dec'18 at Haridwar. Its really a pride moment for school and as well as for the parents whose child won the medals.

I am, Balbir Singh Rawat, father of Khushi Rawat, Class – Vith B, who won Silver Medal in individual category of 12-15 years , would like to thanks to you and teachers for supporting and arrangement to participate in the yoga championship. Children are also feeling very happy after winning the medals and supporting/arrangement provided by school authority.

I also feels games are playing role of life changer in many cases which has been witnessed in real life some of live examples are marry kom, saina nehwal, PV sindhu, Sachin Tendulkar and many more.

I hope you will also support us in future which may help children to show his/her hidden talent to the nation/world and eventually make them a respected and responsible citizen of India.

Thanks to you and teachers once again.

Father of KHUSHI RAWAT, CLASS – Vith B

Dear Mam,

It gives me immense pleasure to congratulate the entire Bal Bharati team for the wonder ful participation in Yoga event held in Haridwar. Here I would like to make a special mention of Maya Mam whose guidance and vision has enabled the students to excel in their performance and brought Bal Bharati School's name in medal list with golden letters. My daughter Manini Bisht also won silver medal in 8-11 years category and the credit of her achievement entirely goes to Maya Mam.

Lastly, I would like to extend my heartfelt thanks to school authority for allowing parents to accompany their kids and making transport and accommodation arrangements a comfortable experience. Hope to be a part of such experience in near future and witness our kid's development

Best Regards,
Gopli Bisht
Mother of Manini Bisht
Class – VI B

Good Evening Mam,

I am Ansh's mother. Ansh is in class 4th B. Ansh participated in National yoga championship in Haridwar with his team mates on 7th Dec'18.

Bal Bharati got silver medal in boys category and Gold medal in girls category.

This would have been never possible without Maya Mam extraordinary efforts. She has put in her efforts more than a yoga teacher and as a true leader she expedite every thing from all the corners.

We had a wonderful experience and proud to say that my son participated in a national level program. We really appreciate Bal Bharati management and thankful to you. We hope such kind of participations will be continued in future. This will certainly boost the morale of kid and will encourage them to come forward for participation in future.

Regards
Shruti Porwal

Mother Ansh 4B



Dear Ma'am,

I am extremely pleased to share our fantastic n mesmerising experiences of National Yoga chamionship at Haridwar.

It's an extremely proud moment for my family that our daughter YASHIKA JAIN is a National Yoga Gold Medallist now.. It's all because of untiring efforts of Maya ma'am & the School Management throughout from Annual day practice sessions then UP state level competition & finally National competition.

Thanks is not enough for Maya ma'am for her precious guidance to our daughter which made my daughter a National champion. We are fortunate enough to have such Gurus & such an excellent school which has a vision of holistic development of children.

Looking forward for many more such events in future.

thanks once again..!

With Best Regards,
Kailash Kumar Jain
Father of Yashika Jain (III-B)

Respected Principal ma'am,

It's my pleasure to share my experience during the trip to Haridwar with the BBPS participants of 3rd national yoga championship, their yoga teacher Maya ma'am and few of the parents accompany their kids.

It was my first experience of its kind. The way kids were prepared by the school was amazing and the perfection they were showing during their aashans tells the efforts and time spend during the preparation. My heartiest thanks to Maya ma'am who worked so hard with these kids.

The way they were prepared and performing, as a parents we were also hopeful for the best results. As a parents, we feel proud to be part of the BBPS Noida family.

Thank you so much for encouraging the students starting at this age. As a parents we also want to ensure our support and active participation in any such activities.

Rakesh Rai / Pratibha Rai
Parents of Ekagra Rai
Class 3C