



3rd National Masters Championship

Why in News

Shweta Nema, who participated as a participant of the Madhya Pradesh team in the 3rd National Masters Championship held at the Sports Stadium of Dr. Sampurnanand Sanskrit Vishwavidyalaya, Varanasi from November 27-30, won one gold, one silver and two bronze medals.

Key Points

- In this Masters Athletics Championship held in Varanasi, Uttar Pradesh, Shweta won gold in 400 meters race, silver in race walk and bronze in 400 × 4 relay and second bronze in 100 × 4 relay race.
- In this 4-day 3rd National Masters Athletics Championships, only participants above 30 years of age from across the country participated in the Masters Athletics Championships.
- Shweta is a PhD researcher in the Department of Yoga and Ayurveda in the University. Shweta Nema recently created a Guinness record for doing yoga in turtle pose at SATI College, Vidisha. Shweta gives free yogasana training to the people of Vidisha and Raisen.

PDF Refernece URL: <https://www.drishtiias.com/printpdf/3rd-national-masters-championship>