



DISCIPLINE: WEIGHTLIFTING

Event: 96kg

Date of Birth: 14/11/1993

Hometown: Ludhiana, Punjab

Training Base: NS NIS Patiala

Coach: Vijay Sharma

Background: (Few background points about the athlete)

Vikas started Weightlifting in the year 2002 at just nine years of age. He played his first National competition in 2006.

He was inducted in the Indian National Camp in the year 2011 where he played his first International competition.

His father used to work as a farmer, who found it very difficult to support Vikas financially in his passion for Weightlifting. However, he always inspired Vikas to follow a career in sports.

The Thakur families stars aligned when Vikas's father Mr. B.L. Thakur got a job in Indian Railways. The Thakur family became more financially stable and Vikas left no stones unturned to achieve laurels for the country.

Achievement:

1. **2021 Commonwealth Senior Championship Bronze Medalist**
2. **2019 Commonwealth Senior Championship Silver Medalist**
3. **2018 Commonwealth Games Bronze Medalist**
4. **2017 Commonwealth Championship Bronze Medalist**
5. **2015 Commonwealth Championship Gold Medalist**
6. **2014 Commonwealth Games Silver Medalist**
7. **2013 Commonwealth Championship Silver Medalist**
8. **2013 Asian Junior Championship Silver Medalist**
9. **2012 Commonwealth Junior Championship Gold Medalist**
10. **2011 Commonwealth Junior Championship Silver Medalist**
11. **2011 Asian Junior Championship Silver Medalist**

Key Government Interventions:

April 2022 30 days Shilaru High altitude training

2017 USA for CWC, 2018 Australia for CWG, 2019 Australia for CWC

Equipment Support: No

Foreign/ Support Staff:

Vijay Sharma: Head Coach

Sandip Kumar: Coach

Pramod Sharma: Coach

A.P. Dathan: Coach

Vijay Rohilla: Coach

Anil Kumar: Coach

S Sathish Kumar: Coach

Nogender Singh: Coach

Hariyali Barot: Physiotherapist

Amit Sahu: Physiotherapist

Ramakrishna Bansiwala: Masseur

Lovepreet Kaur: Masseur

Kala Singh: Masseur

Days in National Coaching Camp: 9 months

Funding:

ACTC	TOPS	OPA
25,63,336	NA	NA