

SUDHIR

DISCIPLINE: Para Powerlifting

Event: Men's Heavyweight Over 72 Kg

Date of Birth: 27th Oct 1994, 28 years

Hometown: Village-Lath, Sonipat Haryana

Training Base: Sonipat, Haryana

Coach: Mr. Jitender Pal Singh



Background: Sudhir is an Asian Bronze Medallist, born into a farmer's family in Sonipat, Haryana. Due to a high fever, he contracted polio at the age of four. He didn't let his disability get in the way of his determination. He had a lifelong interest in sports, which led to his interest in weight lifting. He began his sporting career in 2013 and clinched a gold medal in his first nationals in 2016. He made his international debut in 2018 at the Asian Para Games 2018 and clinched the bronze medal. Unfortunately, his father passed away the same day he won the medal. He graduated with a BA in Sanskrit from MDU Rohtak. He is currently working as a Senior Coach (Weightlifting) for the Government of Haryana.

He was also named "Strong Man of India" at the 17th Senior and 12th Junior National Para Powerlifting Championships in 2018.

Achievement:

- Silver Medal – World Cup, Dubai, 2018
- Bronze Medal - World Para Powerlifting Asia Oceania Open Championship 2022
- Bronze Medal - Asian Para Games, Jakarta, 2018
- 6 times National Gold Medallist (2016 -2022)

Key Government Interventions:

- Financial assistance towards participation in international competitions and training.
- Financial assistance towards training, kit and equipment in National Camp.

Equipment Support: Nil

Foreign/ Support Staff: No

Days in National Coaching Camp: 08 Days (June 2022)

Funding:

ACTC	TOPS	OPA
Rs 10,05,510/- Approx.	N.A.	N.A.