



**DISCIPLINE: Wrestling**

**Event:** 86 KG FS

**Date of Birth:** 19.05.1999

**Hometown:** Jajjar Haryana

**Training Base:** Virendra Akhara, New Delhi

**Coach:** Suresh Kumar

**Background:** Naib Subedar Deepak Punia, is an Indian freestyle wrestler and Junior Commissioned Officer (JCO) in the Indian Army who won a silver medal at the 2019 World Wrestling Championships in the freestyle 86 kg category and secured a place in the 2020 Summer Olympics. He was born in the Jhajjar district of Haryana. In Tokyo Olympic 2020, he narrowly lost the bronze medal match to M.N. Amine of San Marino. At the Wrestling World Championships, Deepak settled for Silver after pulling out of the 86 kg final due to injury where he was due to face Hassan Yazdani of Iran.

**Achievement:**

2019 World Championship Silver

2020 Olympics 5th Position

2021 Asian Championship Silver

2022 Asian Championship Silver

**Key Government Interventions:**

Dan Kolov Nikola Petrov International Wrestling Competition in Bulgaria – 17th to 20th February 2022

- 1st Ranking Series in Turkey – 24th to 27th February 2022
- Sr. Asian Championship in Mongolia – 19th March to 26th March 2022

- 2nd Ranking Series in Kazakhstan – 2nd June to 6th June 2022
- U-23 Asian Championship in Kyrgyzstan – 19th June to 26th June 2022
- Training in Michigan University ahead of the Commonwealth Games facilitated by TOPS from 10th July to 2nd August 2022.
- Financial Assistance for Special Training Camp in Bulgaria from 5th Feb to 23rd Feb 2022

**Equipment Support:** Procurement of Wrestling Mats and Equipment for Sr. National Coaching Camp.

**Foreign/ Support Staff:** Nil

**Days in National Coaching Camp:** 128

**Funding:**

ACTC	TOPS	OPA
₹ 12,04,203/-	₹3,50,000/-	₹3,50,000/-