

## DIPIKA PALLIKAL KARTHIK

**Discipline:** Squash

**Event:** Women's Doubles, Mixed Doubles

**Date of Birth:** 21/09/1991, 30 Years

**Hometown:** Chennai

**Training Base:** Chennai

**Coach:** Ashraf Karargui



**Background:** Dipika Pallikal was born in Chennai into a Malayali Christian family and was brought up in Chennai. Her father's name is Sanjiv Pallikal, and her mother's name is Susan Pallikal. She has two sisters, Divya and Diya. Her father runs his own business, and her mother was a cricketer in her younger days. She completed her schooling at Good Shepherd School and Lady Andal School and then completed her graduation from Ethiraj College in Chennai. She was the first woman to break into the top 10 of the PSA women's rankings.

She is married to Dinesh Karthik (Indian Cricketer). The couple became parents to twin boys in Oct 2021. Recently, Dipika made an incredible comeback, in less than six months after giving birth; she led India to a historic win and clinched Gold at World Doubles Squash Championships in both her events in April 2022.

### **Achievements:**

- Padma Shree - 2014
- Arjuna Award - 2012
- 01 Silver & 01 Bronze, 01 Bronze, 02 Gold at World Doubles Championships (2016, 2017, 2022 respectively).
- 01 Bronze, 01 Silver & 01 Bronze, 01 Bronze at Asian Games (2010, 2014, 2018 respectively).
- 01 Gold, 02 Silver at Commonwealth Games (2014, 2018 respectively).

### **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:** Nil

**Days in National Coaching Camp:** 23 days (April & July 2022)

### **Funding:**

ACTC	TOPS	OPA
Rs. 6,71,273/- approx	N.A.	N.A.