



## Avani Lekhara

### A Beacon of Inspiration in Para Shooting

**31 August, 2024**

Avani Lekhara, on 30<sup>th</sup> August, 2024, successfully defended her women's 10m air rifle shooting standing SH1 title at the Paris 2024 Paralympics, becoming the **first Indian woman to win two gold medals in the Games' history**.

#### **Early Life and the Road to Recovery**

Avani Lekhara, born on **November 8, 2001**, in Jaipur, Rajasthan, has emerged as one of India's most inspiring athletes. Her journey, marked by resilience and determination, began after a life-altering road accident in 2012, which left her wheelchair-bound. Despite the significant physical and emotional challenges, Avani's father played a crucial role in her recovery, encouraging her to explore sports as a means of physical and mental rehabilitation. At Paralympics 2024, Avani creates history as the **1st Indian woman athlete to win 3 Paralympic medals!** Her dedication continues to make India proud.



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### **Transition from Archery to Shooting**

Initially drawn to archery, a sport that demands precision, focus, and discipline, Avani soon found her true calling in competitive shooting. Inspired by the legendary Indian shooter Abhinav Bindra, she transitioned to shooting in 2015. Her dedication and natural talent quickly set her apart, and she began accumulating victories at both national and international levels. Avani set world records in para shooting, establishing herself as a formidable force in the sport.

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<sup>1</sup> [https://x.com/Media\\_SAI/status/1828775014482457075/photo/1](https://x.com/Media_SAI/status/1828775014482457075/photo/1)



### **Academic Pursuits and Multifaceted Talents**

Beyond her sporting achievements, Avani is committed to her academic pursuits. Despite a demanding training schedule, she is enrolled in a **five-year law degree program at the University of Rajasthan**. Her ability to balance rigorous academics with her sports career highlights her determination to excel in all aspects of life.

### **Historic Paralympic Success**

The pinnacle of Avani's sporting career came in **2021 at the Tokyo Paralympic Games**, where she made history by becoming the **first Indian female Paralympian to win two medals** in a single event. She clinched a **gold medal in the R2 - Women's 10m Air Rifle Standing SH1 event and a bronze in the R8 - Women's 50m Rifle 3 Positions SH1**. By winning the Gold Medal in Paralympics 2024, Avani Lekhara again created history as she is the **1st Indian woman athlete to win 3 Paralympic medals**. Her triumphs resonated across the nation, and she was celebrated as a trailblazer in Indian sports.

### **Government's support in Success**

Avani Lekhara's journey to becoming a Paralympic gold medalist has been significantly bolstered by the Indian government's unwavering support. Through the **Target Olympic**

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<sup>2</sup> [https://x.com/Media\\_SAI/status/1829472461286769035/photo/1](https://x.com/Media_SAI/status/1829472461286769035/photo/1)

**Podium Scheme (TOPS)**, Avani has received extensive financial assistance that has allowed her to access top-tier training facilities, procure specialized sports equipment, and benefit from expert coaching. Additionally, programs like **Khelo India** have provided her with the resources necessary to maintain her competitive edge. The government's commitment to nurturing talent in para sports has been a cornerstone of Avani's success, enabling her to excel on the global stage and inspire countless others with disabilities.



# Avani Lekhara

## Achievements

### Asian Para Games

Gold Medal in R2  
Women's 10m Air Rifle  
standing SH1

### Changwon World Cup

Silver Medal in R2 –  
Women's 10m Air Rifle  
Standing SH1

### Paralympics 2024

Gold Medal in  
Women's 10m air rifle  
standing SH1

2020

Gold Medal in R2  
Women's 10m Air Rifle  
standing SH1 &

Bronze Medal in R8  
Women's 50m Rifle  
3 Positions SH1

2022

### Osijek World Cup

Gold Medal in R2  
Women's 10m Air Rifle  
standing SH1

Silver Medal in R10  
Mixed Team 10m  
Rifle Standing SH1

2023

2023

### World Cup New Delhi

Bronze Medal in R2  
Women's 10m Air Rifle  
standing SH1

Bronze Medal in R6  
Mixed Team 50m Rifle  
Prone SH1 1

2024

2024

Avani's journey did not stop at the Paralympics in 2021. She continued to shine in various international competitions, including the **World Cups and Asian Para Games**, where she consistently won medals and set new benchmarks. Her ambitions extend beyond sports, as she aims to inspire future generations and contribute to society through her legal studies. Avani's remarkable achievements have been recognized with several prestigious awards, including the **Padma Shri and Khel Ratna**.

## **Conclusion**

Avani Lekhara's story is one of resilience, determination, and an unwavering pursuit of excellence. From overcoming a life-altering accident to becoming a Paralympic champion, she has shown that with grit and perseverance, anything is possible. As she continues to break barriers and set new records, Avani remains a beacon of hope and inspiration for millions.

## **References**

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