



## India's Medal Tally Begins Manu Bhaker Secures Bronze

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**Manu Bhaker**, an Indian Olympian from **Jhajjar, Haryana**, has emerged as a prominent figure in the world of shooting. Manu's journey into sports started with activities like tennis, skating, and boxing during her school years. She also excelled in the traditional martial art of 'thang ta,' securing medals at the national level. However, it was a spontaneous decision to try shooting at the age of 14, right after the 2016 Rio Olympics, that set the course for her illustrious career. Today, Manu Bhaker creates history as the **first Indian Woman** Shooter to win an Olympic medal!



<sup>1</sup> [https://x.com/PIB\\_India/status/1817529677164212654](https://x.com/PIB_India/status/1817529677164212654)

## Rising Star: Early Achievements

Manu Bhaker's shooting career took off rapidly along the lines of excellence. In the 2017 National Shooting Championships, she made headlines by winning **nine gold medals**, including a record-breaking performance in the **10m Air Pistol final**. Her score of **242.3** surpassed that of the esteemed Olympian and former world No. 1, Heena Sidhu. This achievement marked the beginning of her rise in the sport.

**First Indian Woman Shooter to win an Olympic Medal**

- 2017 National Shooting Championships**
  - Won **9 gold medals**
  - Record-breaking score of **242.3** in **10m Air Pistol**
- 2018 Commonwealth Games**
  - Won **gold medal** in **10m Air Pistol**
  - Became a **teenage sensation** at age **16**
- 2018 ISSF World Cup, Guadalajara, Mexico**
  - **Gold medal** in **Women's 10m Air Pistol**
  - Defeated **two-time champion Alejandra Zavala**

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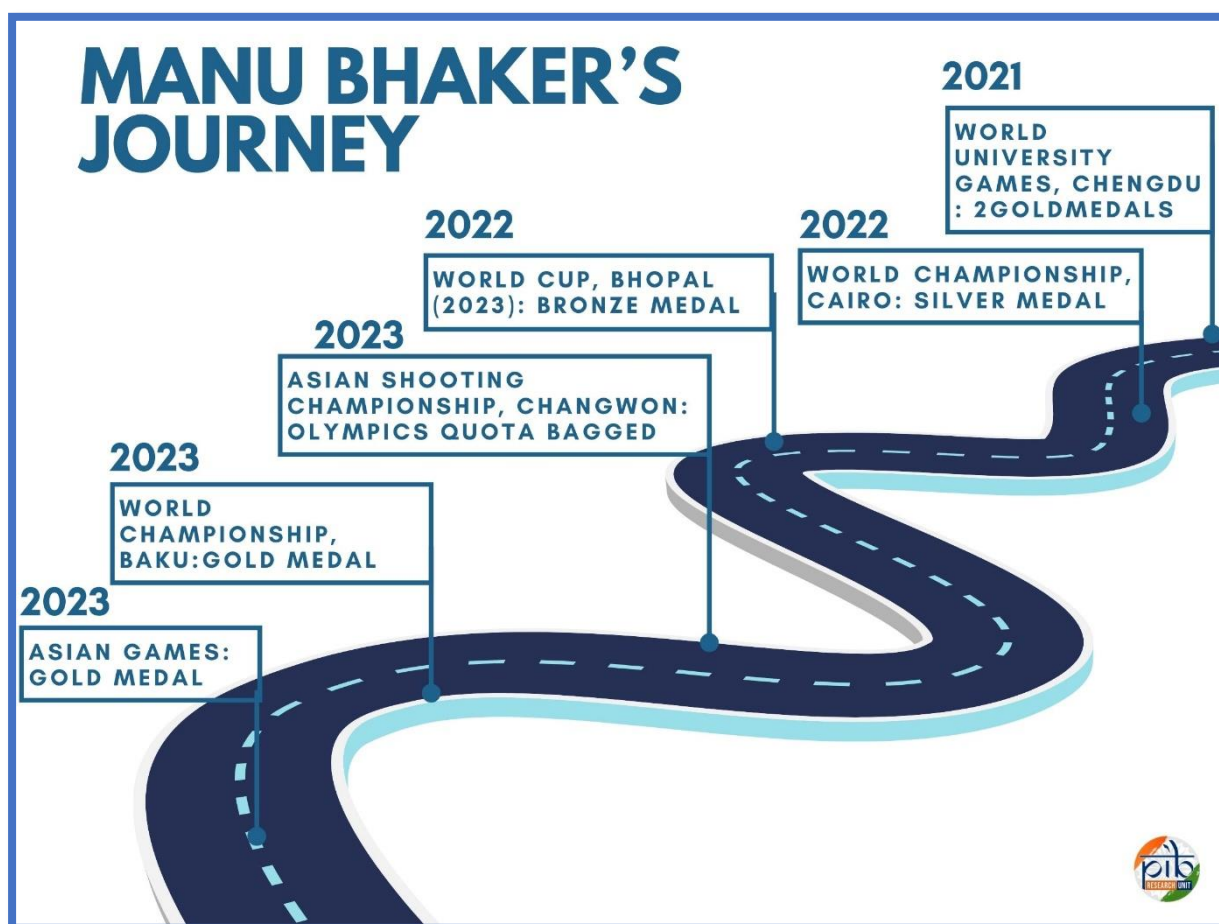
The year 2018 proved to be a breakthrough for Manu as she became a teenage sensation by winning a **gold medal** at the **Commonwealth Games** at just **16**. Her success continued at the **International Shooting Sport Federation (ISSF) World Cup** in Guadalajara, Mexico, where she clinched the **gold medal** in the **Women's 10m Air Pistol** event, **defeating two-time champion Alejandra Zavala** of Mexico.<sup>3</sup>

<sup>2</sup> Pathway to Paris pdf

<sup>3</sup> Indian Athletes: Paris Olympics 2024 pdf

## Olympic Journey and Beyond

In 2019, **Manu Bhaker** secured an Olympics quota place with a commendable **fourth-place finish** at the **Munich ISSF World Cup**. However, her debut at the Tokyo 2020 Olympics did not go as planned. Despite this setback, she bounced back with remarkable performances. Shortly after the Tokyo Games, Manu became the **Junior World Champion** in the **Women's 10m Air Pistol** at the World Championship in Lima. She continued to excel, winning a silver medal in the **Women's 25m Pistol** at the **2022 Cairo World Championships** and a gold in the same event at the **2023 Asian Games** in Hangzhou.<sup>4</sup>



## Recent Triumphs and Future Aspirations

Manu's journey is marked by her relentless pursuit of excellence. At the 2022 Asian Games, she secured a **gold medal** in the **Women's 25m Pistol Team event**. The following year, at the **World Championship in Baku**, she again struck **gold** in the same category. Her consistent

<sup>4</sup> Indian Athletes: Paris Olympics 2024 pdf

performances have also earned her a quota place for the **Paris 2024 Olympics**, thanks to her **fifth-place** finish in the **25m Pistol at the 2023 Asian Shooting Championship** in Changwon.

## Key Government Interventions

The Indian government has supported Manu Bhaker throughout her journey, providing substantial financial assistance under various schemes. As part of the Target Olympic Podium Scheme (TOPS), Manu received **Rs. 28,78,634** to support her training and competition needs. Additionally, under the Annual Calendar for Training and Competition (ACTC), she was allocated **Rs. 1,35,36,155**. This funding has been instrumental in covering expenses related to ammunition, weapon servicing, pellet and ammunition testing, and barrel selection. Furthermore, the assistance has facilitated her training with personal coach Jaspal Rana, including sessions in Luxembourg, in preparation for the upcoming Paris 2024 Olympics. The government's support has been crucial in enabling Manu to focus on her training and excel on the international stage, as evidenced by her achievements, including gold medals at the Asian Games and World Championships.

## A Promising Future

As Manu Bhaker continues to shine on the international stage, her journey serves as an inspiration to many aspiring athletes. Her transition from a multi-sport enthusiast to a world-class shooter showcases her versatility and determination. Her achievements, dedication, and resilience make her a true icon in Indian sports.

## References

<https://olympic.ind.in/athletes-hub>

Pathway to Paris pdf

Indian Athletes: Paris Olympics 2024 pdf

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