



## Nishad Kumar Shines Again: Silver at Paris 2024 Paralympics

*Kumar's Silver Medal a Testament to Indian Para-Athletics*

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### Introduction

Indian para-athlete Nishad Kumar has once again demonstrated his exceptional talent by securing a silver medal in the men's high jump T47 event, which includes athletes with upper limb impairments, muscle power deficiencies, or restricted passive range of movement, at the Paris 2024 Paralympics. This remarkable achievement marks India's seventh medal at the Games and adds to Nishad's impressive record as he replicates his silver medal performance from the Tokyo 2020 Paralympics. With a season-best leap of 2.04 meters, Nishad's consistency and dedication continue to inspire the nation, showcasing his determination to excel on the global stage.



## A Journey of Resilience and Triumph

Nishad Kumar hails from Una, Himachal Pradesh, and made a mark in para-athletics during his debut at the Tokyo 2020 Paralympics. He secured a silver medal and set a new Asian record with a remarkable jump of 2.06 meters.

Nishad's journey has been marked by resilience and determination. Inspired by his mother, a state-level volleyball player and discus thrower, he faced a life-altering challenge at the age of six when he lost his right hand in a grass-cutting machine. Despite this setback, Nishad pursued his passion for sports with unwavering commitment.

He began his athletic career by participating in wrestling and athletics before specialising in the javelin throw. In 2017, he received professional coaching and made his international debut at the Asian Youth Para Games, where he won a gold medal. Nishad completed his education at DAV College, Sector 10 in Chandigarh, and later pursued higher education at Himachal Pradesh University. He also studied Physical Education at Lovely Professional University in Punjab.

## Medal-Winning Legacy in Global Para-Athletics

Nishad Kumar's illustrious career is marked by numerous achievements on the international stage, making him an inspiring figure in Indian sports. He first gained global recognition by winning a silver medal at the Tokyo Paralympics in 2020. It was followed by a gold medal with an Asian record at the 2022 Asian Para Games in Hangzhou, China, where he triumphed in the men's high jump T47 category. Nishad's success continued at the World Para Athletics Championships, where he secured silver medals in 2023 and 2024, setting an Asian record in 2023. He had earlier won a bronze medal at World Para Athletics in 2019.

Additionally, he earned a silver medal at the IWAS World Para Games in 2022, further cementing his status as one of India's leading para-athletes. His achievements highlight his dedication, inspiring countless others in the field of para-athletics.



## Training and Support

Nishad Kumar has benefited from extensive government training and support. His training regimen has included foreign exposure in countries such as the USA, China, Japan, France, Portugal, and Morocco, enriching his experience and skills. A notable component of his preparation was a government-sponsored training camp at Chula Vista, USA, where he spent over 160 days honing his abilities.

Financial assistance has been provided, covering costs for both training and competition. This support includes a training facility at the Sports Authority of India (SAI) in Bangalore, which offers comprehensive amenities, including boarding and lodging. Additionally, financial aid has been allocated for the expert services of a foreign coach, further enhancing his training.

Moreover, Nishad Kumar has received an out-of-pocket allowance under the Target Olympic Podium Scheme (TOPS), a government initiative ensuring he has the resources needed to focus on his athletic pursuits without financial constraints. These combined government efforts and interventions reflect a robust support system that has been instrumental in his achievements on the global stage.

## Conclusion

Nishad Kumar's remarkable achievements in para-athletics underscore his exceptional talent, unwavering dedication, and resilience. From overcoming personal challenges to setting new records and earning multiple medals, Nishad exemplifies the spirit of perseverance and excellence in the Paralympics. His journey is a testament to the powerful impact of government support and the vital role of comprehensive training programs. As Nishad continues to inspire with his performances, his success story stands as a beacon of hope and motivation for aspiring athletes across India and beyond. His contributions not only enhance India's standing in the Paralympics but also highlight the importance of robust support systems in nurturing athletic talent.

### References:

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