



Preeti Pal Secures Two Bronze Medals at Paris 2024 Paralympics **A Historic Achievement in Track and Field**

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Preeti Pal stood out with her exceptional performance at the **Paris 2024 Paralympics**. Competing in the **Women's T35 category**, she secured **two bronze medals—one in the 100m and another in the 200m events**. Her achievements not only marked a significant milestone in her career but also made her the **first Indian woman track and field athlete to win two medals at a single Paralympic Games**. Preeti's success at Paris 2024 is a testament to her relentless determination and the culmination of years of hard work.



¹ <https://x.com/DDNewsLive/status/1830484785531060366/photo/1>

The Early Life: A Childhood Marked by Challenges

Born on **September 22, 2000**, in Muzaffarnagar, Uttar Pradesh, Preeti Pal's early life was fraught with difficulties. Just six days after her birth, her lower body was plastered due to weak legs and an irregular posture, leaving her vulnerable to various health issues. Throughout her childhood, she underwent traditional treatments to strengthen her legs. By age five, she was fitted with callipers, which she wore for eight years. Despite the doubts surrounding her survival, Preeti's resilience shone through as she defied the odds.

Discovering a New Path: The Paralympic Inspiration

At 17, Preeti's perspective on life changed when she discovered the Paralympic Games on social media. Inspired by the athletes she saw, she realized that she too could achieve greatness in sports. She began practicing at a local stadium, though financial constraints made it difficult for her to attend regularly. Her fortunes changed when she met **Paralympic athlete Fatima Khatoon**, who introduced her to para-athletics. With Fatima's encouragement, Preeti competed in the **State Para Athletics Championships in 2018**, marking the beginning of her athletic journey.

Preeti Pal Achievements



*World Para Athletics
Championship*
02 Bronze Medals

*Indian Open Para Athletics
International Championship*
02 Gold Medals



Paralympics

1 Bronze Athletics Women's 100m T35
2 Bronze Athletics Women's 200m T35



Asian Para Games
4th Position



*National Para Athletics
Championship*
02 Gold Medals

Government Support: A Crucial Role in Her Journey

Key government interventions provided Preeti with the resources she needed to excel. Financial assistance for training and competitions, access to top-tier facilities, and support through programs like the **Target Olympic Podium Scheme (TOPS)** and **Khelo India** were instrumental in her progress. Moving to Delhi to train under Coach Gajender Singh at the **SAI JLN Stadium** proved to be a turning point, as they worked together to refine her running techniques and elevate her performance.

Triumph on the Global Stage: World Para Athletics Championship and Beyond

Preeti's dedication led her to compete in numerous national events, and her hard work paid off when she qualified for the **Asian Para Games 2022**. Although she finished 4th in the 100m and 200m sprints, her determination never wavered. She set her sights on greater goals, focusing on the Paralympic Games as her ultimate target. Her relentless efforts culminated in a remarkable performance at the **2024 World Para Athletics Championship**, where she secured **bronze medals in 100m and 200m events**. These victories were a testament to her hard work and perseverance, establishing her as a formidable competitor on the global stage.

Preeti Pal's achieved historic success at the **Paris 2024 Paralympics**. At just 23 years old, she won **bronze medals in both the Women's 100m and 200m T35 events**, making history as the **first Indian woman track and field athlete to win two medals at the Paralympics**. Her success solidified her status as a trailblazer in Indian para-athletics.

An Inspiration to All: Preeti Pal's Legacy

Preeti Pal's journey from a small village in Uttar Pradesh to the Paralympic podium is a powerful story of resilience and determination. Her achievements inspire countless others and demonstrate that with perseverance, even the most challenging obstacles can be overcome.

References

<https://pib.gov.in/PressReleasePage.aspx?PRID=2050723>

INDIAN ATHLETES: PARIS PARALYMPICS 2024 pdf

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