



Manish Narwal Wins Silver at Paris 2024 Paralympics

A Journey of Dedication and Success

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Manish Narwal's success at the **Paris 2024 Paralympics** of winning a Silver Medal is more than just a personal victory; it is an inspiration to countless others who face similar challenges. His story is a powerful reminder that with **determination and the right support**, it is possible to overcome obstacles and achieve greatness!



¹ https://x.com/Media_SAI/status/1829522610935279835/photo/1

Discovery of Shooting

Manish Narwal was born on **October 17, 2001**, in Faridabad, Haryana, and despite facing a congenital impairment in his right hand, he never let it hinder his aspirations. Growing up in Ballabgarh, Haryana, Manish was introduced to the **world of shooting in 2016** when his family took him to a local shooting range. The sport immediately captivated him, and he began visiting the range regularly. Initially, he was unaware of the Paralympic movement and simply enjoyed competing with other athletes. However, his raw talent and passion for shooting soon caught the attention of those around him.

Rising Through the Ranks: From Local Talent to International Star

Manish's talent did not go unnoticed. He was soon taken under the wing of coach Jai Prakash Nautiyal, who recognized his potential and began guiding him on his journey in para-shooting. Manish made his international debut at the **2017 Bangkok World Cup**, where he won gold in the **P1 - 10m Air Pistol SH1 event**. Not only did he secure the top spot, but he also set a Junior World Record in both qualification and finals. This victory was the first of many, as Manish continued to excel under the mentorship of High-Performance Coach Jai Prakash Nautiyal and National Coach Subhash Rana.

Over the years, Manish has accumulated an impressive list of achievements, including a **gold medal in the P4 Mixed 50m Pistol event** at the **2020 Tokyo Paralympics** and multiple medals at the **Asian Para Games**. His consistent performances at various world championships and World Cups have solidified his status as one of the top para-shooters in the world.



Manish Narwal

Achievements

-  **Paralympics 2024**
Silver Shooting Men's 10m air pistol SH1
-  **New Delhi World Cup 2024**
Silver Medals in P1 Men's 10m Air Pistol & P1 – Men's Team 10m Air Pistol & P6 – Mixed Team 10m Air Pistol
-  **Osijek World Cup 2023**
Gold Medal in P1 Men's Team 10m Air Pistol & Silver Medals in P1 Men's 10m Air Pistol & P6 – Mixed Team 10m Pistol
-  **Asian Para Games 2022**
Bronze Medal in P1 Men's 10m Air Pistol
-  **Paralympics Games 2020**
Gold Medal in P4 Mixed 50m Pistol
-  **Asian Para Games 2018**
Gold Medal in P1 - Men's 10M Air Pistol & Silver Medal in P4 Mixed 50M Free Pistol

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Government Support: A Crucial Factor in His Success

Manish's journey to success has been supported by key government interventions that have played a significant role in his development as an athlete. Programs like the **Target Olympic Podium Scheme (TOPS)** and **Khelo India** have provided him with financial assistance for training and competition, as well as access to top-tier facilities such as the Dr. Karni Singh Shooting Range in Delhi. Additionally, he has benefited from foreign exposure opportunities in countries like South Korea, Croatia, the UAE, China, France, Germany, and Peru. This comprehensive support system has enabled Manish to train at the highest level and compete against the best in the world.

Triumph at Paris 2024 Paralympics: A Silver to Remember

² https://x.com/Media_SAI/status/1829522610935279835/photo/1

At the Paris 2024 Paralympics, Manish Narwal once again showcased his exceptional talent and determination by winning a **silver medal** in the **P1 - Men's 10m Air Pistol SH1 event**. Competing against the world's best para-shooters, Manish's precision and focus were on full display as he clinched the silver, adding another prestigious accolade to his already impressive career.

This achievement is particularly significant as it underscores Manish's ability to perform under pressure on the biggest stage in para-sports. His journey from a local shooting range in Haryana to the Paralympic podium in Paris is a testament to his hard work, dedication, and the support he has received from his coaches, family, and the government.

A Legacy of Inspiration

As Manish continues to push the boundaries in para-shooting, he carries with him the hopes and dreams of a nation. His achievements are a source of pride for India and a shining example of what can be accomplished through perseverance and dedication. The future holds even greater promise for this remarkable athlete, and the world will undoubtedly be watching as he continues to make history.

References

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

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