



## Rubina Francis Makes History with Bronze at Paris 2024 Paralympics

*India's First Female Pistol Para-Shooting Medallist*

(Ministry of Youth Affairs and Sports)

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### Introduction

Indian para-shooter Rubina Francis has made history at the Paris 2024 Paralympics by winning the bronze medal in the Women's 10m Air Pistol SH1 event, which is for athletes with upper and/or lower limb impairments who can hold their gun without difficulty and shoot from a standing or sitting position. With a remarkable score of 211.1, Rubina not only clinched the bronze but also became the first-ever Indian woman shooter to secure a medal in the pistol category at the Paralympics. Her outstanding performance marks a significant milestone in Indian para-shooting, showcasing her exceptional talent and dedication. This achievement highlights a new chapter in Indian sports history, celebrating Rubina's groundbreaking success and her role as a trailblazer for future athletes.



## Early Life and Rise of Rubina Francis

Rubina Francis, hailing from Jabalpur, Madhya Pradesh, has surmounted significant challenges to excel in para-shooting. Born into a lower-middle-class family with leg dysfunction, she faced financial constraints as her father, Simon Francis, struggled to support her passion for shooting.

Inspired by Gagan Narang's Olympic achievements, Rubina began her shooting career in 2015 and joined Pune's Gun for Glory Academy in 2017, with her father's unwavering support. Mentored by Mr. Jai Prakash Nautiyal and later guided by Jaspal Rana at the MP Shooting Academy, she quickly demonstrated her talent.

A key moment came at the 2018 France World Cup, where Rubina's drive to secure a Paralympic quota intensified her training. Recognized by Purnatva Academy of Sports Shooting in 2019, she flourished under Chief Coach Mr. Subhash Rana, winning medals and setting records. Her success culminated at the Lima 2021 World Cup, where she secured a Paralympic quota, leading to her historic representation at the Tokyo 2020 Paralympics as India's first female pistol para-shooter. Rubina's journey is a powerful testament to resilience and determination.

## Triumphs and Milestones

Rubina Francis has distinguished herself in the world of para-shooting with a series of outstanding achievements. Her competitive journey has seen her earn accolades across major international events, reflecting her dedication and skill in the sport. From her notable performances at the Paralympics Games and Asian Para Games to multiple medals at World Cups, Rubina's achievements underscore her remarkable talent and perseverance.

Rubina Francis has built an impressive track record in para-shooting, marked by several notable accomplishments:

- ❖ **Paralympics Games (2020)** – 7th place in P2 10m Air Pistol.
- ❖ **Asian Para Games (2022)** – Bronze Medal in P2 10m Air Pistol.
- ❖ **Osijek World Cup (2023)** – Silver Medal in P2 10m Air Pistol and Bronze Medal in P5 Mixed 10m Air Pistol.
- ❖ **Changwon World Cup (2023)** – Two Silver Medals in P2 Team 10m Air Pistol and P5 Mixed 10m Air Pistol, and a Bronze Medal in P2 10m Air Pistol.
- ❖ **Changwon World Cup (2022)** – Silver Medal in P2 Team 10m Air Pistol and two Bronze Medals in P2 10m Air Pistol and P6 Mixed Team.
- ❖ **Chateauroux World Cup (2022)** – Gold Medal in P6 Mixed Team, Silver Medals in P2 Team 10m Air Pistol and P5 Mixed 10m Air Pistol, and Bronze Medal in P2 10m Air Pistol.



## Rubina Francis *Pioneering Success in Para-Shooting*

**2022**

Bronze Medal in P2 10m Air Pistol



**Asian Para Games**

**2022**

Silver Medal in P2 Team 10m Air Pistol and two Bronze Medals in P2 10m Air Pistol and P6 Mixed Team



**Changwon World Cup**

**2022**

Gold Medal in P6 Mixed Team, Silver Medals in P2 Team 10m Air Pistol and P5 Mixed 10m Air Pistol, and Bronze Medal in P2 10m Air Pistol



**Chateauroux World Cup**

**2023**

Silver Medal in P2 10m Air Pistol and Bronze Medal in P5 Mixed 10m Air Pistol



**Osijek World Cup**

**2023**

Two Silver Medals in P2 Team 10m Air Pistol and P5 Mixed 10m Air Pistol, and a Bronze Medal in P2 10m Air Pistol



**Changwon World Cup**

**2024**

Bronze Medal, Women's 10m Air Pistol SH1



**Paris Paralympics**

## Key Government Intervention

Rubina Francis has received significant support from the government to aid her in achieving success in para-shooting. This assistance includes financial support for both training and competition, as well as for acquiring essential sports equipment. Additionally, financial aid has been provided for expert services to enhance her performance. She has benefited from a comprehensive training facility, including boarding and lodging, at Dr. Karni Singh Shooting Range. Moreover, Rubina has received an out-of-pocket allowance under the Target Olympic Podium Scheme (TOPS), which has been crucial in enabling her to focus on her training and competition without financial constraints.

## Conclusion

Rubina Francis's exceptional achievement at the Paris 2024 Paralympics, becoming the first Indian woman to win a medal in pistol shooting, marks a historic milestone for Indian para-sports. Her bronze medal in the Women's 10m Air Pistol SH1 event underscores not only her immense talent and dedication but also the transformative impact of unwavering perseverance in overcoming challenges. Rubina's journey, from her early struggles to her triumphant performances on the global stage, is a testament to her resilience and the effective support she has received from the government. Her success not only celebrates a personal victory but also paves the way for future generations of para-athletes in India, highlighting the crucial role of strong support systems and determination in achieving sporting excellence.

### References:

- INDIAN ATHLETES: PARIS PARALYMPICS 2024 pdf
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