



## Yogesh Kathuniya Claims Silver at Paris 2024 Paralympics

*Consecutive Silver Medals for Kathuniya Following Tokyo 2020*

(Ministry of Youth Affairs and Sports)

September 3, 2024

### Introduction

Yogesh Kathuniya shone brightly at the Paris 2024 Paralympics by clinching the silver medal in the Men's Para Discus Throw F56 category, designated for athletes with limb deficiency, leg length difference, impaired muscle power, or impaired range of movement. The 27-year-old athlete delivered an impressive season-best throw of 42.22 meters, showcasing his exceptional skill and form. This achievement marks his second consecutive Paralympic medal, following his success at the Tokyo 2020 Games. Yogesh's outstanding performance in Paris reaffirms his status as a leading contender in para-discus throw, demonstrating his continued excellence on the global stage.



## Journey from Challenges to Triumph

Yogesh Kathuniya, born on March 3, 1997, and hailing from Bahadurgarh, Haryana, was born to Meena Devi, a housewife, and Gyanchand Kathuniya, a soldier in the Indian Army. At the age of 9, Yogesh was diagnosed with Guillain–Barré syndrome, a condition that significantly impacted his mobility. During this challenging time, he received crucial support from his mother, who learned physiotherapy techniques. By the age of 12, Yogesh had regained enough muscle strength to walk again.

He pursued his education at Indian Army Public School in Chandigarh, where his father was stationed at Chandimandir Cantonment. Later, Yogesh attended Kirori Mal College in Delhi, earning a Bachelor's degree in Commerce. It was during his college years that he was introduced to para sports, thanks to Sachin Yadav, General Secretary of the student union, who inspired him with videos of para-athletes.

In 2016, Yogesh began his journey in para sports. His dedication quickly paid off as he made a significant mark in the field. At the 2018 World Para Athletics European Championships in Berlin, he set a world record with a discus throw of 45.18 meters. His stellar performance continued with a silver medal in the men's discus throw F56 event at the Tokyo 2020 Paralympics, where he threw 44.38 meters.

Yogesh's achievements have been widely recognized, including receiving the prestigious Arjuna Award from President Ram Nath Kovind in November 2021. His consistent success in major tournaments, including the Paris 2024 Paralympics, the World Championships 2023, and the Asian Para Games 2022, has solidified his legacy in para-athletics.

## Career Highlights and Achievements

Yogesh Kathuniya's career in para-athletics is marked by a series of remarkable achievements, reflecting his skill and dedication in the discus throw category. He began his journey with a Gold Medal at the Handisport Open in 2019, followed by a Bronze Medal at the World Para Athletics Championship the same year. He continued to excel with a Gold Medal at the Indian Open in 2019. His success on the global stage was cemented with a Silver Medal at the Tokyo Paralympics in 2020. He went on to win a Silver Medal at the Asian Para Games in 2022 and another Gold Medal at the Indian Open the same year. In 2023, he secured a Silver Medal at the World Para Athletics Championship and added another Gold Medal at the Indian Open Now, in 2024, he claimed a Silver Medal at the Paris Paralympics, showcasing his consistent excellence over the years.

# Yogesh Kathuniya



## Medal Milestones

**2024** Paris Paralympics  
*Silver Medal*

**2023** Indian Open  
*Gold Medal*

**2023** World Para Athletics Championship  
*Silver Medal*

**2022** Indian Open  
*Gold Medal*

**2022** Asian Para Games  
*Silver Medal*

**2020** Tokyo Paralympics  
*Silver Medal*

**2019** Indian Open  
*Gold Medal*

**2019** World Para Athletics Championship  
*Bronze Medal*

**2019** Handisport Open  
*Gold Medal*



## Key Government Support Initiatives

Yogesh Kathuniya has received significant support from the government, crucial to his achievements in para-athletics. This support includes financial assistance for specialized sports equipment and training, which helps cover expenses related to his competitive and training needs. He has also benefited from expert services, including coaching and sports science support, to enhance his performance. Additionally, Yogesh has had access to comprehensive training facilities, including boarding and lodging, at the Jawaharlal Nehru Stadium in Delhi. The government's assistance through the Target Olympic Podium Scheme (TOPS) has also provided him with an out-of-pocket allowance to cover incidental expenses, ensuring he can focus fully on his sport.

## Conclusion

Yogesh Kathuniya's remarkable journey from overcoming personal challenges to achieving excellence on the global stage is a testament to his resilience and dedication. His recent silver medal at the Paris 2024 Paralympics, coupled with a series of notable accomplishments, underscores his exceptional talent and consistent performance in para-discuss throw. The recognition and support from the government have played a pivotal role in his success, providing him with the resources and encouragement needed to excel. Yogesh's story not only highlights his individual achievements but also serves as an inspiring example of how determination and support can lead to greatness in the world of para-athletics. His continued success reinforces his legacy as one of the leading figures in his sport, inspiring future generations of para-athletes.

## References:

- [https://x.com/Media\\_SAI/status/1830565837532467442](https://x.com/Media_SAI/status/1830565837532467442)
- <https://x.com/DDIndiaLive/status/1830596489963590044>
- INDIAN ATHLETES: PARIS PARALYMPICS 2024 pdf

**Santosh Kumar/ Sheetal Angral/ Saurabh Kalia**