



## Sachin Khilari Triumphs with Silver in Men's Shot Put at Paris Paralympics

*Sets New Asian Record and Secures 21st Medal for India at the Games*

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### Introduction

In a remarkable display of strength and skill, Sachin Khilari has added a new chapter to India's Paralympic glory by clinching the silver medal in the Men's Shot Put F46 final at the Paris Paralympics 2024. This category includes athletes with upper limb impairments due to limb deficiency, impaired muscle power, or restricted passive range of movement. With a phenomenal throw of 16.32 meters, Khilari not only secured India's 21st medal at the Games but also set a new Asian record. This impressive achievement marks India's 10th silver medal at the Paris Paralympics and highlights Khilari's exceptional performance and reinforcing India's position on the global Paralympic stage.



## Triumph Over Adversity

Sachin Khilari, born on October 23, 1989, hails from Karagani village in Sangli district of Maharashtra. Sachin's life took a challenging turn following a tragic accident during his school years, which left him with a disability in his left hand. However, instead of viewing his disability as a setback, Sachin embraced it as a unique strength.

His introduction to para sports in 2015 marked the beginning of an inspiring journey. By 2017, he had already made a mark by winning a gold medal at the national games in Jaipur. This early success led him to meet coach Satyanarayana, who played a pivotal role in honing Sachin's skills and supporting his transition to a full-time athlete by 2019.

Balancing sports with academics, Sachin also excelled as a mechanical engineer and continues to contribute as a visiting faculty member, assisting students in their preparations for MPSC and UPSC exams. Despite facing significant personal challenges, including the loss of his mother and a debilitating bicycle accident that resulted in multiple unsuccessful surgeries, Sachin's unwavering determination, supported by his father's encouragement, enabled him to overcome adversity and achieve excellence in both his physical and academic endeavors.



**Sachin Khilari**

*From National Dominance to Global Excellence*

**2022** Asian Para Games  
**Gold Medal**

**2023** World Para Athletics Championship  
**Gold Medal**

**2024** World Para Athletics Championship  
**Gold Medal**

**2024** Paralympic Games  
**Silver Medal**

*Five-time gold medalist at the National Para Athletics Championship*

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## A Chronicle of Excellence

Sachin Khilari's remarkable achievements chronicle his journey to the top in para-athletics. He began by securing five gold medals in the National Para Athletics Championship, demonstrating his dominance at the national level. In 2022, he clinched a gold medal at the Asian Para Games, marking his rise on the international stage. He continued his success by winning a gold medal at the 2023 World Para Athletics Championship, where he also set an Asian record. Most recently, in 2024, he added another gold medal to his collection at the World Para Athletics Championship and now he has earned a silver medal in the Men's Shot Put F46 event at the Paris Paralympics, further solidifying his position as a top para-athlete globally.

## Government Support and Aid

The government has played a crucial role in supporting Sachin Khilari's athletic journey through targeted interventions. Financial assistance has been provided for the purchase of specialized equipment, ensuring that he has access to the best resources to enhance his performance. Additionally, Sachin has benefited from the Out-of-Pocket Allowance under the Target Olympic Podium Scheme (TOPS), which has helped cover various expenses related to his training and competition, further enabling him to focus on his sporting goals.

## PM Modi Congratulates Sachin Khilari on Paralympic Silver

Recognizing his outstanding achievement, Prime Minister Shri Narendra Modi congratulated Sachin Khilari on winning the silver medal in the Men's Shot Put F46 event at the Paris Paralympics 2024. In a post on X, the Prime Minister expressed, "Congratulations to Sachin Khilari for his incredible achievement at the Paralympics 2024! In a remarkable display of strength and determination, he has won a silver medal in the Men's Shot Put F46 event. India is proud of him."

## Conclusion

Sachin Khilari's journey from a small village in Maharashtra to the global Paralympic stage epitomizes the spirit of perseverance and excellence. His silver medal in the Men's Shot Put F46 event at the Paris Paralympics 2024, marked by an Asian record throw, not only highlights his personal achievements but also adds to India's growing legacy in Paralympic sports. Supported by key government interventions and his own unwavering determination, Khilari has proven that with the right resources and support, obstacles can be transformed into opportunities. As he continues to inspire future generations, Sachin Khilari's story is a powerful reminder of the strength of the human spirit and the impact of dedicated support systems.

**References:**

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