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# India Shines at Para Asian Games..
# Another Milestone in the Medal Quest!

## Dharmaraj Solairaj's inspiring victory.. Indian para athletes showcase their brilliance on the international stage




Indian para athletes are enhancing the nation's pride with their talent and determination at the Para Asian Games. They have been winning medals in athletics, shooting, badminton and other disciplines, showcasing their strength and resilience. Their remarkable performances, despite physical challenges, have won widespread appreciation across the country.

## India's Key Position in the Medal Table

As per the reports on October 21, 2026, India is placed 5th in the medal table with a total of **62** medals. This includes **14 Gold, 22** Silver and **26 Bronze** medals. Indian para athletes have played a crucial role in these achievements, especially in athletics and other sporting events.

**Total Medals 62**

| 14 Gold | 22 Silver | 26 Bronze |
|---|---|---|

Hangzhou 2023
Asian Para Games

## Dharmaraj Solairaj .. A Gold Medal Winner

Dharmaraj Solairaj is a well-known Indian para athlete in athletics. In the 2023 Hangzhou Para Asian Games, he won the **gold medal** in the men's long jump T64 event with a remarkable leap of **6.80 metres**, setting a new Games record.




His victory is a testament to his talent, determination and continuous hard work. Overcoming numerous challenges, he has emerged as an inspiration for many, proving that physical limitations cannot stop dreams.

## Hard Work Behind Para Athletes' Success

- Each para athletics event has specific classification rules and competition standards.
- Athletes undergo rigorous training to improve speed, strength, balance and technical skills according to their categories.
- Every medal is the result of continuous practice, coaches' guidance, family support and necessary medical assistance.
- It is important to not only appreciate their achievements but also provide equal opportunities, modern equipment and quality training for para athletes.

## A Matter of Pride for Indian Sports

India's success in para sports is inspiring youngsters to take up sports. Identifying talent at an early age and providing proper training can help the nation win many more medals in the future. The fighting spirit, self-confidence and achievements of para athletes are a strong message for everyone.

**Message:**
*Obstacles cannot stop us.*
*With determination, hard work and self-belief, we can achieve our goals – Indian para athletes prove it.*