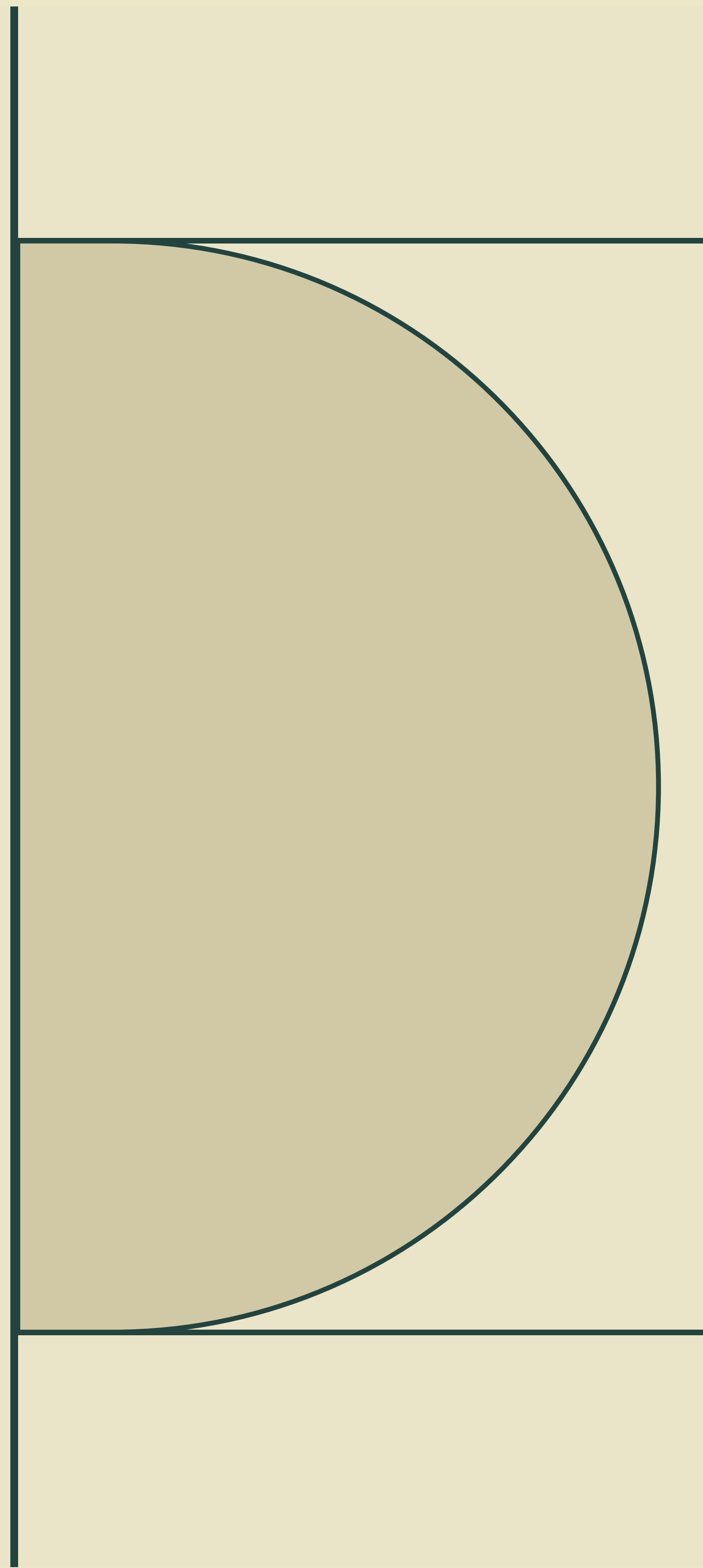




**STEP
INTO THE
KALEIDOSCOPE
OF COUNTLESS
ADVENTURES!**



Welcome to a world where limits are meant to be broken and dreams are waiting to take flight!

The Paralympics is not just about sports—it's about proving that with heart and hustle, anything is possible.

In this magazine, we'll introduce you to some incredible Indian women who've turned their challenges into triumphs on the global stage. These ladies have shown us that there's no such thing as

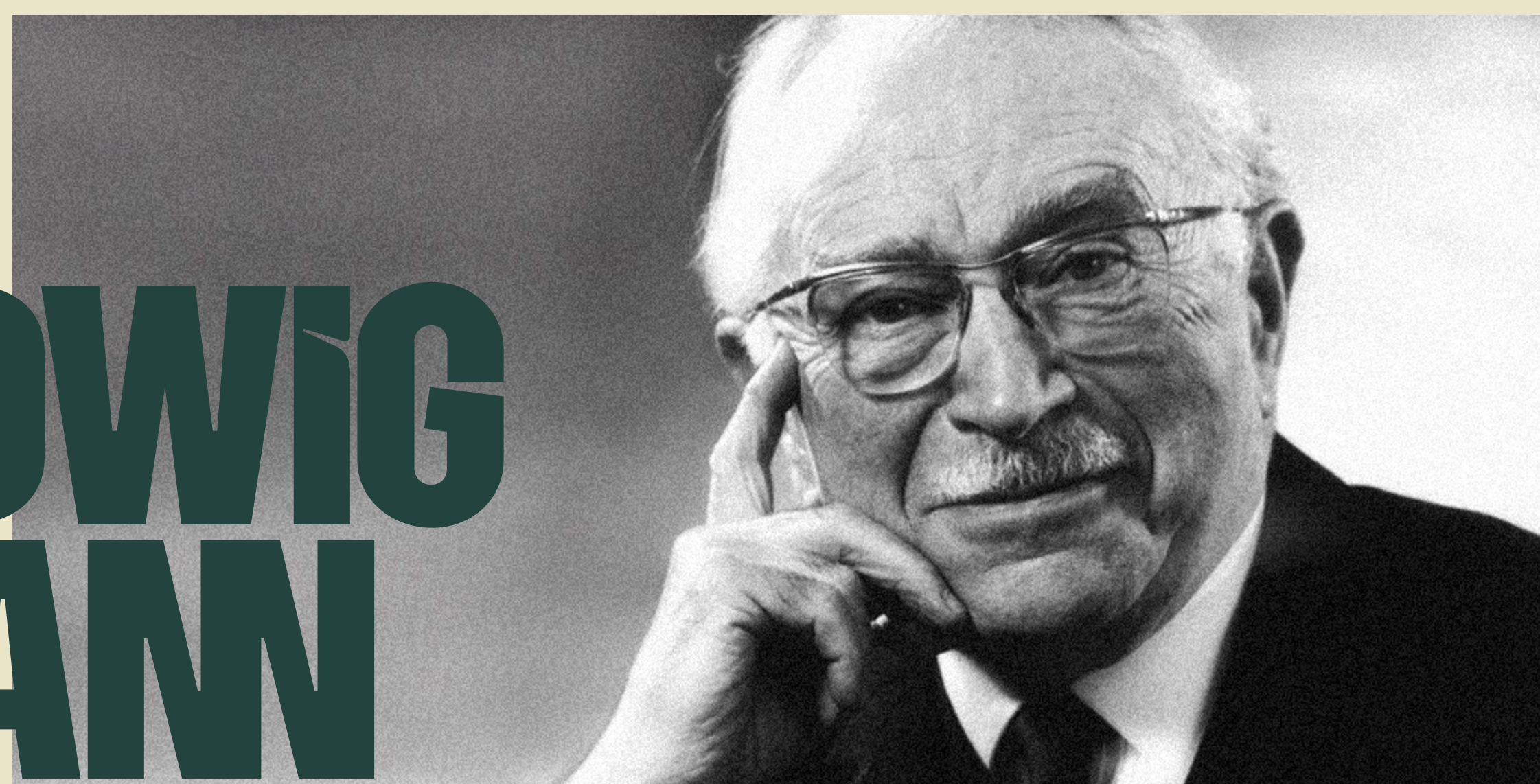
**can't
—only 'can'!**

**ARE YOU READY?
OR STILL THINKING
ABOUT IT?**

**LET'S KICK OFF
THE FUN AND
GET INSPIRED!**

**“WHERE DID THE
GAME! KICK OFF**

**DR. LUDWIG
GUTTMANN**



Athletes with impairments have been involved in sports for over a century, with the first clubs for the deaf starting in Berlin in 1888. However, it was after World War II that adaptive sports gained wider recognition, initially to aid war veterans and civilians injured in the conflict.

In 1944, Dr. Ludwig Guttmann established a spinal injuries center at Stoke Mandeville Hospital in the UK. Originally focused on making the last days of patients as comfortable as possible, Guttmann's innovative approach emphasized active rehabilitation. He moved patients off sedation, encouraged physical activity, and introduced competitive sports to enhance fitness, self-esteem, and dignity. His methods were revolutionary and significantly improved the care and quality of life for the paralyzed.

On the opening day of the 1948 London Olympics, Dr. Guttman organized an archery demonstration with a team from the Starr and Garter home, marking the first Paralympic event. The 14 men and 2 women who competed became the first Paralympians. Each year, the games grew larger and more significant. In 1952, the first international event was held with a Dutch team participating. Dr. Guttman, affectionately known as "Popper," began referring to the Games as the "Olympics of the Disabled."



A history of Stoke Mandeville Hospital and the National Spinal Injuries Centre | Royal College of physicians of Edinburgh

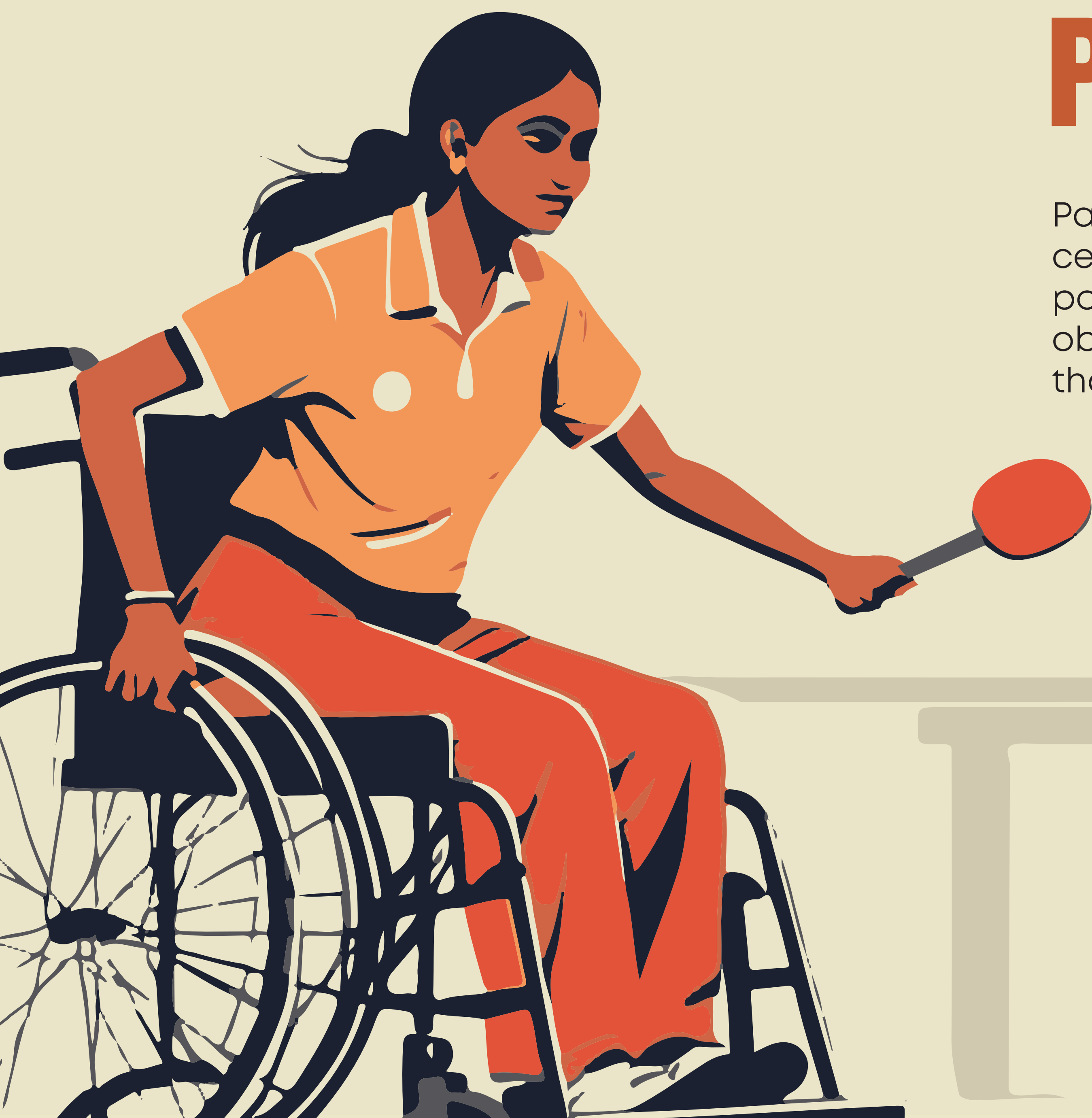


He changed my world out of all recognition, because he gave me so much more confidence. You know, I knew that I was unequal to anybody. I don't know where I would have been without him.

- Caz Walton
a British retired wheelchair athlete.



Ludwig Guttman
Stoke Mandeville
Hospital 1948



“WHY THE PARALYMPICS?”

Paralympics isn't just another sports event; it's a celebration of courage, perseverance, and limitless potential. It's about athletes who've turned obstacles into opportunities and shown the world that with determination, anything is possible.

EMPOWERMENT THROUGH SPORT

The Paralympics empower athletes with disabilities by providing a global platform to showcase their incredible abilities. It's not just about competing; it's about breaking barriers and setting new standards of achievement.



INCLUSIVE SOCIETY

By celebrating Paralympic sports, we promote an inclusive society where everyone is valued and given the chance to shine. It's a reminder that everyone has something unique to contribute.



INSPIRATION & ROLE MODELS

Paralympic athletes become role models, inspiring others to push their limits and pursue their dreams. They show us that disabilities don't define a person's abilities or potential.

"THE ONLY DISABILITY IN LIFE IS A BAD ATTITUDE."

**– SCOTT HAMILTON,
OLYMPIC FIGURE SKATER**

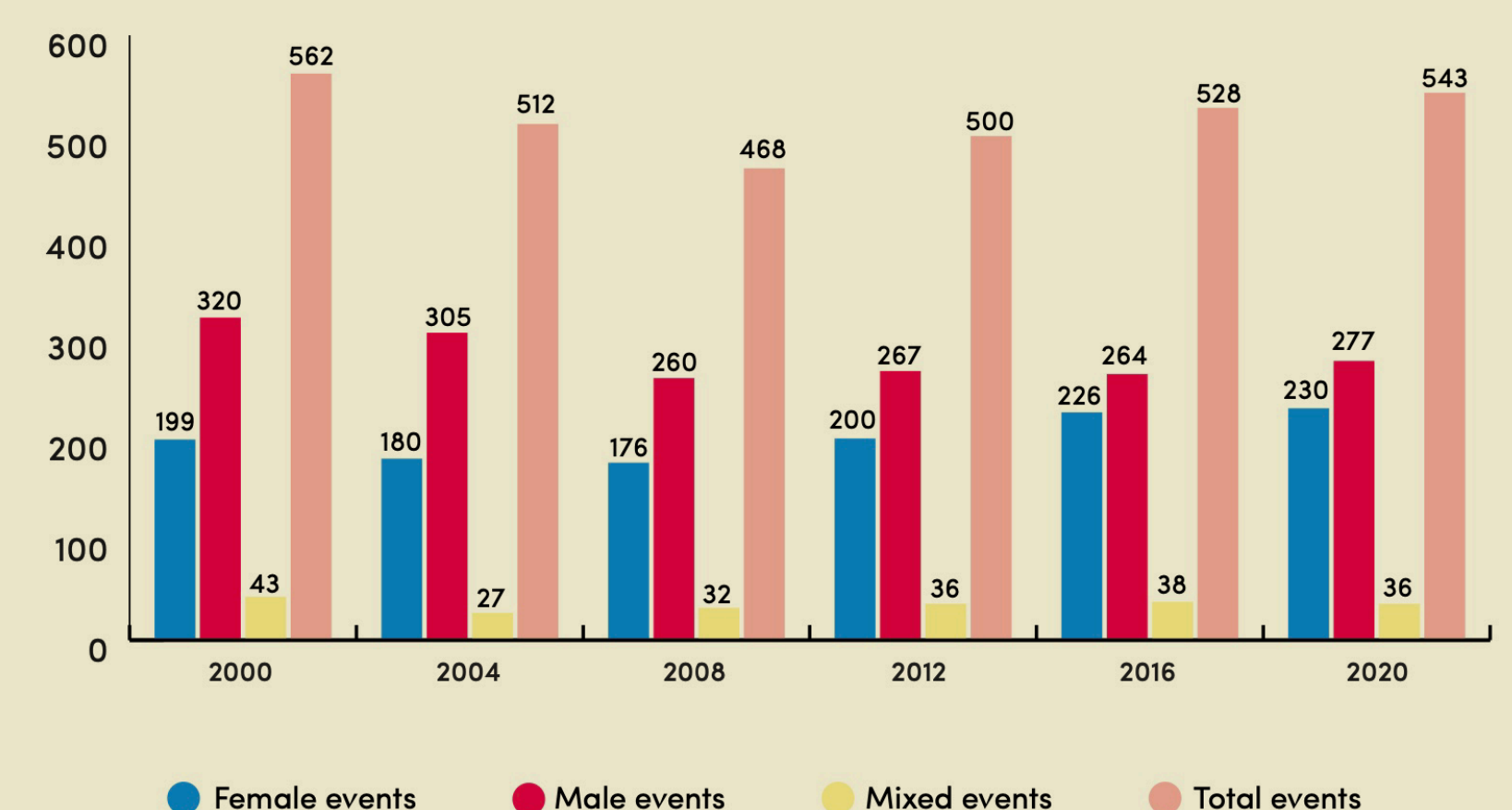
COMPARISON OF OLYMPIC AND PARALYMPIC GAMES

WOMEN'S AND MEN'S SPORTS AND MEDAL EVENTS

The Paralympic Movement began its first competition alongside the Summer Olympic Games in Rome in 1960, building on the Stoke Mandeville Games, which had its first international competition in 1952. Since 1988, the Paralympic Games have been held in conjunction with the Olympic host city's facilities. The 2020 Paralympic Games took place in Tokyo from August 24 to September 5, 2021.

In the 2020 Paralympics, athletes competed in 22 sports, with badminton and taekwondo added to the program, while sailing and 7-a-side football were removed. A total of 543 medal events were held, with 277 events for men, 230 for women, and 36 mixed events. The proportion of medal events for men slightly increased to 51%, while those for women decreased slightly to 42.4%.

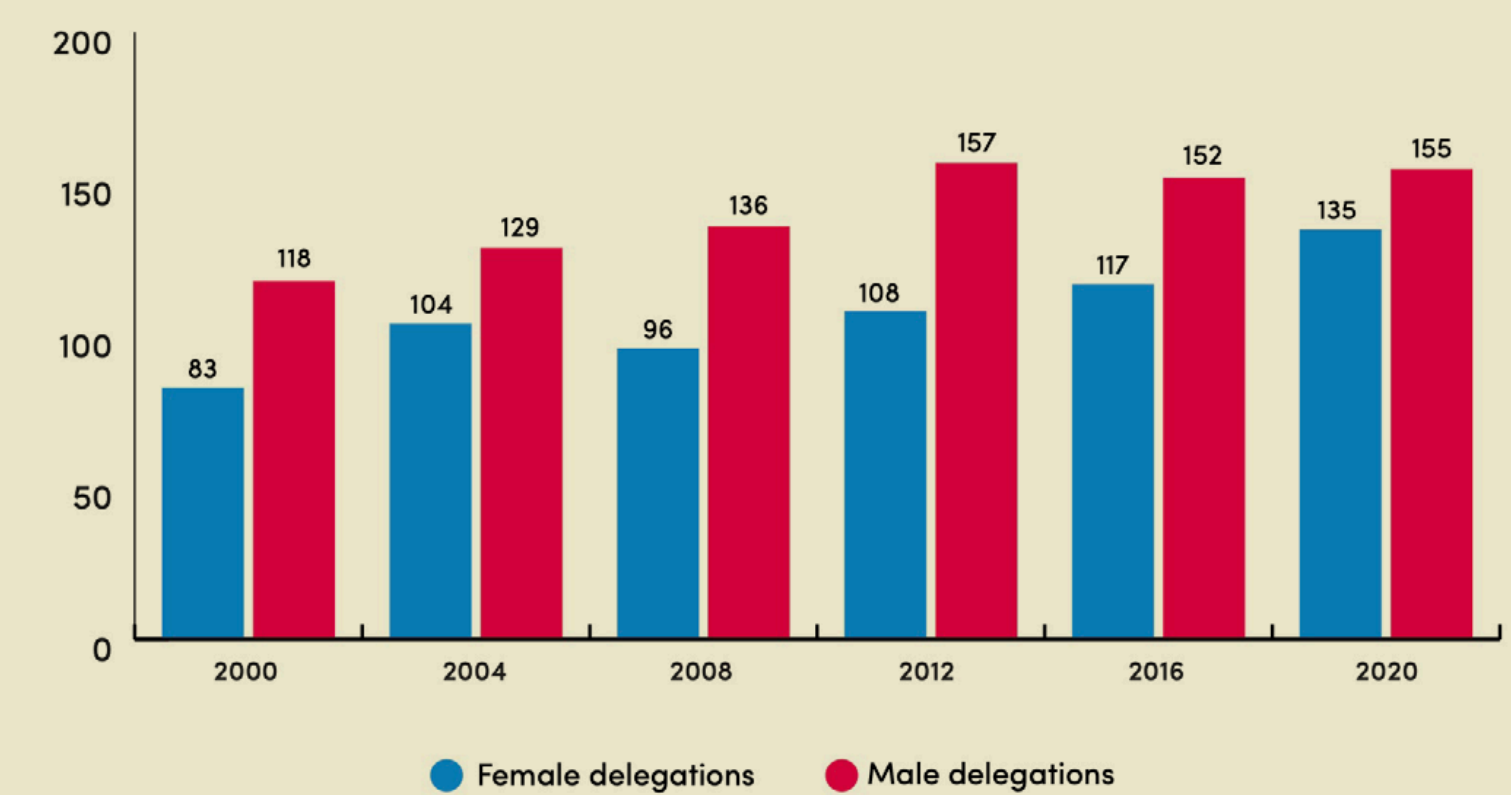
The Number of Paralympic Events by Gender, 2000-20



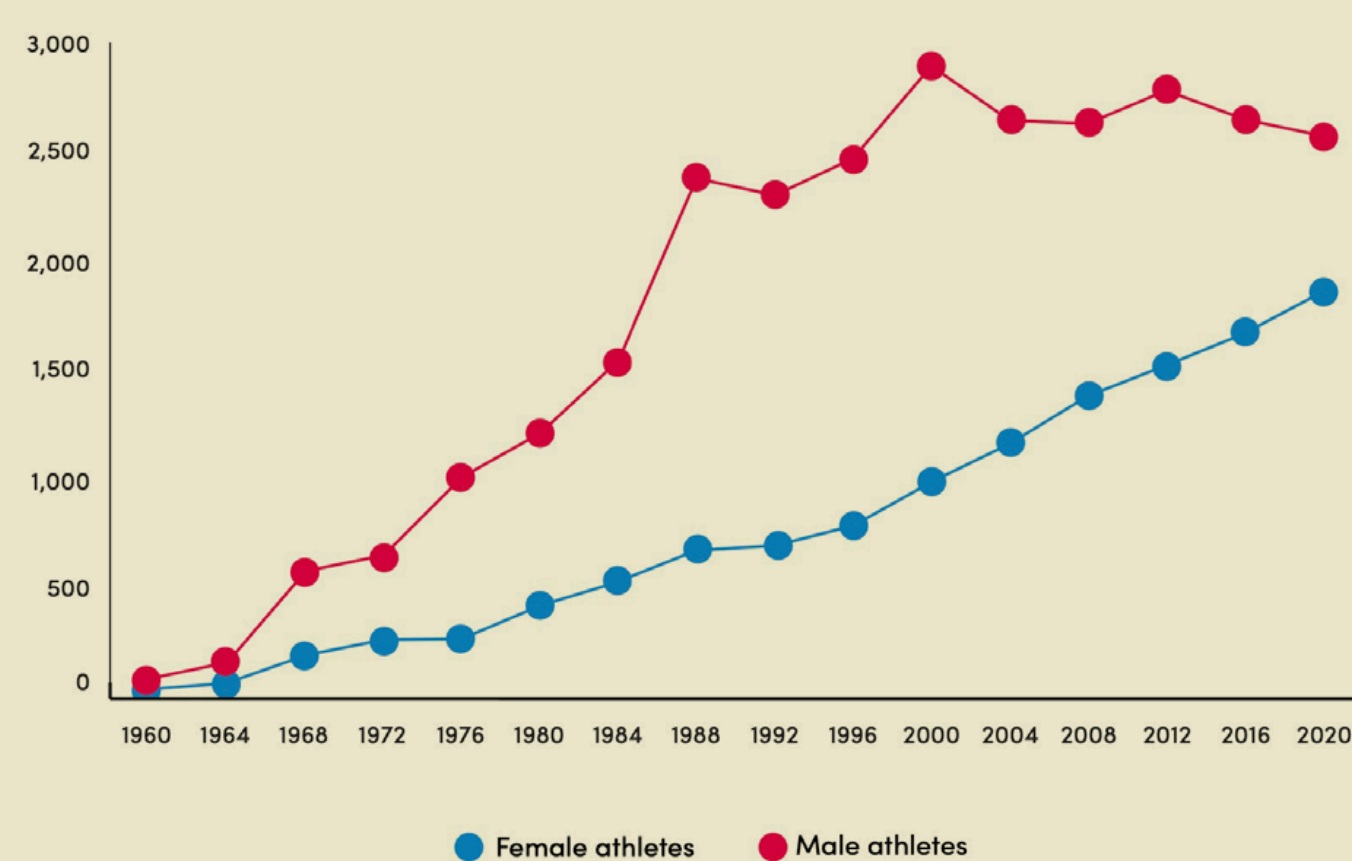
The 2020 Paralympics marked significant progress toward gender equality, though female Paralympians still face disparities compared to their Olympic counterparts. The number of female athletes rose to 1,858, representing 41.9% of the total, the highest percentage in Paralympic history. This increase from 38.7% in 2016 reflects ongoing efforts to balance participation.

Additionally, the 2020 Games saw a record 135 IPC delegations including women, compared to only 57 out of 164 eight years earlier. The top 10 delegations with the most female athletes represented 47.2% of all female participants, demonstrating a positive trend in gender inclusivity in the Paralympic movement.

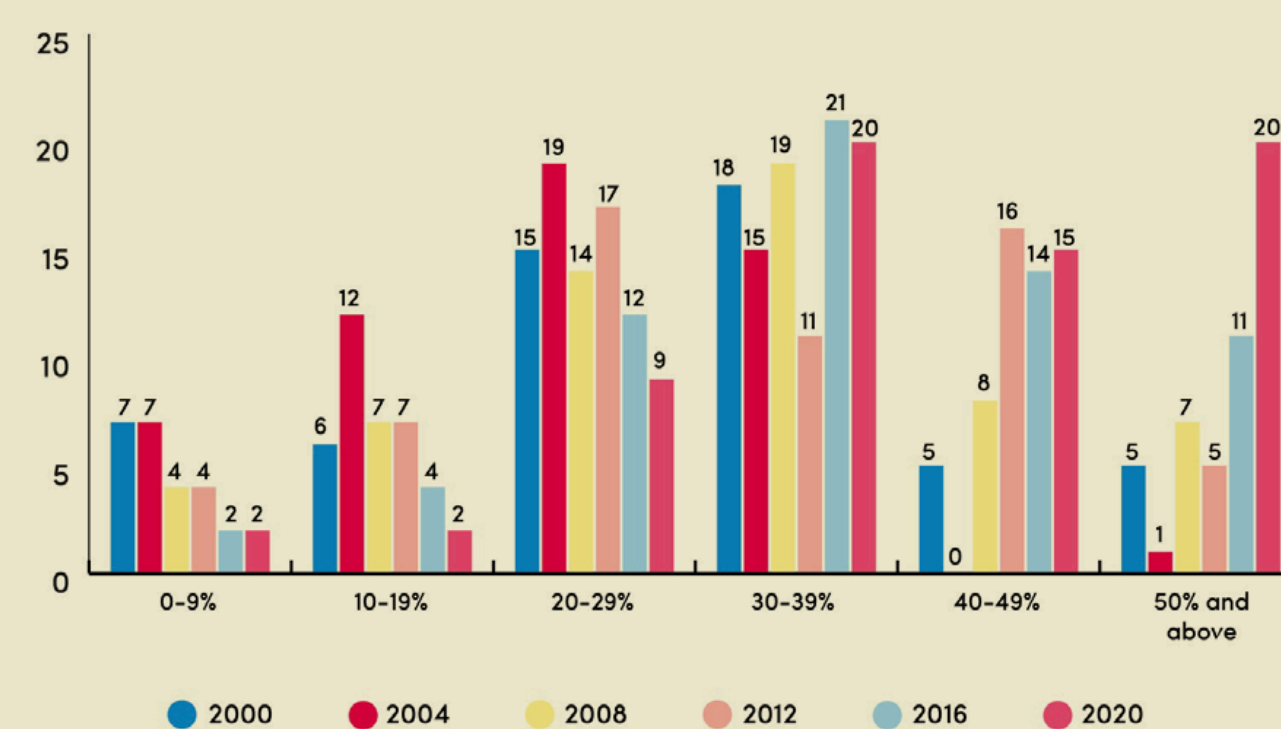
The Number of Delegations Sending Athletes to the Paralympic Games by Gender, 2000-20



The Number of Athletes in the Paralympic Games by Gender, 1960-2020



Percentage of Female Athlete Participants for Delegations of 10 or more, Paralympic Games, 2000-20



GRITNAARIS

DEEPA MALIK

Deepa Malik is a remarkable Indian Paralympian who has achieved numerous milestones in her athletic career. She is the first Indian woman to win a medal at the Paralympics, securing a silver in shot put at the 2016 Rio Paralympics. Her journey in sports began after a life-changing surgery in 1999 to remove a spinal cord tumor, which led her to use a wheelchair.

Deepa has also been an accomplished swimmer and biker. She holds the distinction of being the first paraplegic woman to swim across the Yamuna River and the first physically challenged person to receive a rally license from the Federation Motor Sports Club of India.

SHOT PUT

BRONZE

2016
Asian Para Game

JAVEEN

IPC World
Athletics
Grand Prix

GOLD

RAJIV GANDHI KHEL RATNA



TOKYO 2020 PA PARALYMPICS

Women's 50m
Rifle 3 Position

BRONZE

GOLD

10M AIR RIFLE
STANDING SH1

AVANI LEKHARA – THE SHARP SHOOTER

Avani Lekhara also a 19 year old, in Tokyo she became the first Indian female to win Paralympic gold.

Her victory in the women's 10m air rifle standing SH1 category was followed by a bronze medal in the 50m rifle 3-positions SH1 competition.

Paralysed from the waist down in a car accident at the age of 10, shooting gave her a new lease of life. She faced many obstacles, such as the absence of ramps at the shooting range and a lack of customised equipment, as well as the serious emotional trauma of her accident. But her ambition never wavered.

Meeting her, on a breezy winter's morning in the city of Jaipur, you can see why she is at the top. The discipline of a monk, the focus of a hawk, philosophical like a sage and with an attitude that seeks perfection. She has everything it takes.

TOKYO 2020 PA PARALYMPICS

Women's
Singles
Class 4



TABLE TENNIS

BHAVINA PATEL – THE TABLE TENNIS STAR

Meet Bhavina Patel, the unstoppable force in Indian table tennis. Despite being diagnosed with polio at the age of 12 months, Bhavina never let her disability define her. She discovered table tennis at a sports academy and quickly fell in love with the game.

Bhavina's journey to the top wasn't without challenges. Competing in a sport that demands quick reflexes and agility, she had to develop her own unique style of play. With sheer determination and endless practice, Bhavina became a fierce competitor on the global stage.

Her hard work culminated in a historic silver medal at the Tokyo 2020 Paralympics, making her the first Indian table tennis player to achieve this feat. Bhavina's story is a shining example of how passion and perseverance can lead to extraordinary achievements.

POOJA KHANNA – THE ARCHERY ACE

Pooja Khanna's journey to becoming India's first female para-archer at the Paralympics is a story of incredible resilience. Born with a physical disability, Pooja faced numerous challenges, but her determination led her to discover a passion for archery.

Despite limited access to proper training facilities, she excelled at the national level, earning recognition as one of India's top para-archers.

Her hard work culminated in qualifying for the 2016 Rio Paralympics, where she competed in the Women's Individual Recurve event.

Though she didn't win a medal, her participation was historic, inspiring many and highlighting the potential of Indian para-athletes on the global stage. Pooja continues to be a role model, encouraging others to pursue their dreams regardless of the obstacles they face.



TOKYO 2020 PARALYMPICS

EKTA BHYAN – THE POWER OF PERSEVERANCE

In 2003, Ekta Bhyan's life was upended by a severe car accident, resulting in a spinal cord injury that left her with quadriplegia. Rather than letting this setback define her, Ekta embraced para-athletics and discovered a passion for javelin throw. Training from a wheelchair posed significant challenges, but her determination never wavered.

Ekta's dedication led to significant achievements. She won the Gold Medal in the Club Throw at the 2018 Asian Para Games and went on to secure a Bronze Medal in the Javelin Throw F56 event at the Tokyo 2020 Paralympics. Her achievements highlight her incredible perseverance and ability to overcome great obstacles.

Ekta's journey embodies the spirit of The flight of dreams never stops!. Her story is a powerful reminder that with relentless determination, even the toughest challenges can lead to extraordinary success.



SILVER

F56

JAVELIN THROW

VOICES OF INSPIRATION

Disabled women in sports in India face unique hurdles, but they turn every challenge into a victory! From societal stereotypes to limited resources, these athletes break barriers with determination and grit.

It's never too late to achieve your dreams. With hard work, anything is possible!

BP Bhavina Patel

See every difficulty as a new opportunity. If I can do it, so can you!

AL Avani Lekhara

Every day is a new beginning. Chase your dreams and never stop!

PK Pooja Khanna

Work hard for what you want and never lose hope. Your destination is waiting for you!

EB Ekta bhyan

Never underestimate yourself. Your potential is greater than you think!

DM Deepa Malik

OVERCOMING CHALLENGES

Disabled women in sports in India face unique hurdles, but they turn every challenge into a victory! From societal stereotypes to limited resources, these athletes break barriers with determination and grit.

A girl & sports?
That's impossible!

But they show
the world that no
dream is too big!

**SOCIETAL
STEREOTYPES**

Training facilities
are often limited.

From makeshift
to medals!

They innovate to
make the most of
what they have.

LACK OF FACILITIES

Competing with a
disability requires
extraordinary strength.

A story of courage &
resilience! – Their mental
strength shines through
every challenge.

**PHYSICAL & MENTAL
TOUGHNESS**

Many come from
humble backgrounds.

Because medals don't
have a price tag! They
find support and
resources through
perseverance.

**FINANCIAL
CONSTRAINTS**

INNOVATIVE
TRAINING

COMMUNITY
SUPPORT

MENTAL
STRENGTH

YOU CAN TOO! GET FIT



Discover Your Sport



Get the Right Equipment:

Seek Coaching
and Training



Join a Club
or Team

Stay Motivated
& Set Goals



**OUR DREAM
OUR IDENTITY!**



बिरप्पारी
शुद्ध - शक्ति - शान्ति

‘छाया से
प्रकाश
तक’



