



## Munna Kuamr Rajak

**Name of the Athlete:** - Munna Kumar Rajak

**Gander:** - Male

**Date of Birth:** - 11<sup>th</sup> January 2001.

**Birth Place:** - Madeda, Bihar, India

**Team/State:** - Delhi

**Education:** - B. A. Program, Satyawati College, Delhi University

**Sports:** - Para Athletics (Sports Class T12)

**Events:** - 1. 200m, 2. 400m, 3. 800m, 4. 1500m

**Best Performance:** -

- 1. 200m: - 26.04sec.
- 2. 400m: - 55.64sec.
- 3. 800m: - 2:09.69min.
- 4. 1500m: - 4:41.02min.

**Sports Achievements:** -

**Awards:** -

3 Gold Medals in Asian Youth Para Games-2017

**Performance at International Level:** -

1. Won 1 Gold Medal in World Para Athletics Junior Championships-2019, Nottwil, Switzerland, 1<sup>st</sup> to 5<sup>th</sup> August-2019.
2. Won 1 Bronze Medals in World Para-Athletics Grand Prix-2018, Berlin, Germany.
3. Won 3 Gold Medals in Asian Youth Para Games-2017, 10<sup>th</sup> to 14<sup>th</sup> December 2018, Dubai, UAE.

**Performance at National Level:** -

1. Won 1 Gold & 1 Silver Medal in Indian Open National Para-Athletics Championships-2019, 23<sup>rd</sup> & 24<sup>th</sup> September - 2019, SAI, Netaji Subhas Southern Centre, Bengaluru-560056, Karnataka.
2. Won 4 Gold in 21<sup>st</sup> IBSA National Athletics Championships-2018, 10<sup>th</sup> to 13<sup>th</sup> December-2018, New Delhi.
3. Won 1 Gold, 1 Silver & 1 Bronze in Indian Open Para-Athletics Championships-2018, 10<sup>th</sup> to 12<sup>th</sup> July - 2018, Bangalore, Karnataka.





4. Won 4 Gold in 18<sup>th</sup> Senior National Para Athletics Championships-2018, 25<sup>th</sup> to 29<sup>th</sup> March - 2018, Panchkula, Haryana.
5. Won 1 Gold, 1 Silver & 1 Bronze in 17<sup>th</sup> National Para Athletics Championships-2017, 31<sup>st</sup> March to 4<sup>th</sup> April - 2017, Jaipur, Rajasthan.
6. Won 4 Gold in 20<sup>th</sup> IBSA National Sports Meet for the Blind-2016, 12<sup>th</sup> to 15<sup>th</sup> December-2016, New Delhi.
7. Won 3 Silver Medal in 19<sup>th</sup> IBSA National Sports Meet for the Blind-2014, 13<sup>th</sup> to 16<sup>th</sup> December-2014, New Delhi.

