



Indu Rana

Name of the Athlete: - Indu Rana

Gander: - Female

Date of Birth: - 29th January 1981.

Birth Place: - Haryana, Haryana.

Team/State: - Haryana

Education: - B. Ed. (Teacher in Delhi Government)

Sports: - Para Athletics (Sports Class F54)

Events: - 1. Shot Put, 2. Discus Throw, 3. Javelin Throw

Best Performance: -

1. Shot Put: - 3.99mts.
2. Discus Throw: - 10.33mts.
3. Javelin Throw: - 8.84mts.

Sports Achievements: -

Performance at International Level: -

1. Participated in Asian Para Games-2018, Jakarta, Indonesia.
2. Participated in Sharjah 8th International Open Para Athletics Meeting 18th to 20th March 2018, Sharjah.
3. Participated in World Para-Athletics Grand Prix-2018, (10th Faza Para-Athletics Championship- Dubai 2018) 13th to 16th March 2018, Dubai, UAE.
4. Won 1 Silver & 1 Bronze Medal in 7th Sharjah International Open Athletics Meeting-2017, 25th to 27th March 2017, Sharjah, UAE.
5. Participated in World Para-Athletics Grand Prix-2017, (9th Faza Para-Athletics Championship- Dubai 2017) 20th to 23th March 2017, Dubai, UAE.

Performance at National Level: -

1. Won 1 Gold, 1 Silver & 1 Bronze Medals in Indian Open Para-Athletics Championships-2018, 10th to 12th July – 2018, Bangalore, Karnataka.
2. Participated in 18th Senior National Para Athletics Championships-2018, 25th to 29th March - 2018, Panchkula, Haryana.
3. Won 1 Silver & 2 Bronze Medals in 17th National Para Athletics Championships-2017, 31st March to 4th April - 2017, Jaipur, Rajasthan.

