



Ankur Dhama

Name of the Athlete: - Ankur Dhama.

Gander: - Male

Date of Birth: - 7th June 1994.

Birth Place: - Khekra, Utter Pradesh, India

Team/State: - Haryana

Education: - M. A. in History from St. Stephen College, Delhi University

Sports: - Para Athletics (Sports Class T11)

Events: - 1. 400m, 2. 800m, 3. 1500m, 4. 5000m,

Best Performance: -
1. 400m: - 57.14Sec.
2. 800m: - 2:07.60min.
3. 1500m: - 4:17.34min.
4. 5000m: - 16:33.87min.

Sports Achievements: -

Awards: -

1. Received **Arjuna Award** in 2018. First Indian Totally Blind Para-Athlete won got the Arjuna Award.
2. First Indian blind Para-Athlete who has participated in Paralympic Games.
3. National Best Sports Person (Men) with Disability Award-2019.
4. Won Cavin Care Ability Mastery Award-2015 from Cavin Care Ability foundation.
5. Won the Ranjit Bhatia Sports Award-2015.
6. Best Sportsperson of the Year for three consecutive Years (2013-14 2014-15 and 2015-16) at St. Stephens College.
7. Won the prestigious Sumi Tomo Scholarship for Academic Excellence in 2013.
8. Delhi University Dr. Shankar Dyal Sharma (Former President of India) Gold Medal Award-2017.

Performance at International Level: -

1. Participate in Asian Para Games-2018, Jakarta, Indonesia, in T11-1500m event & scoured 4th Place.





2. Won Silver Medal in 5000m Men's T11 with the performance of 18:03.21 sec. in Sharjah 8th International Open Para Athletics Meeting 18th to 20th March 2018, Sharjah, UAE.
3. Participate in **Rio Paralympic Games-2016** in T11-1500m event. I am first Indian blind Para-Athlete who has participated in Paralympic Games.
4. Won 3 Medals (1 Silver in 1500m 2 Bronze in 400m and 5000m) in Asian-Oceania Para Athletics Championship-2016, Dubai, UAE.
5. Participated in IBSA World Games-2015 in Seoul, Korea.
6. Won 3 Medals (1 Silver in 800m 2 Bronze in 1500m and 5000m) in Asian Para Games-2014, Incheon, South Korea.
7. Won 2 Medals (1 Gold in 1500m 1 Bronze in 800m) in IPC Sharjah Open Para Athletics Championships-2014, Sharjah, UAE.
8. Won 2 Medals (1 Silver in 800m 1 Bronze in 1500m) IPC Athletics Grand Prix-2014, Dubai, UAE
9. Participated in Thailand Football Tournament-2013 in Bangkok, Thailand. I was the first person to score a goal in an International Football Tournament for the blind from India.
10. Won 2 Gold Medals in 800m & 1500m with broke the Asian record in the 800m in First Malaysian Open Para Championship-2012 in Kuala Lumpur, Malaysia. Also, qualified for Paralympic Games-2012.
11. Won 2 Medals (1 Gold in 1500m 1 Silver in 800m) in IBSA World Youth Championship-2011 in Colorado Spring, USA.
12. Won 2 Gold in 400m & 800m in IBSA World Youth Championship-2009 in Colorado Spring, USA.

Performance at National Level: -

1. Won 3 Gold Medals in 800m, 1500m, 5000m & 4x400m 1 Silver Medals Relay in 18th National Para Athletics Championship-2018. Panchkula, Chandigarh.
2. Won 3 Gold Medals in 800m, 1500m, 5000m & 4x400m 1 Silver Medals Relay in 17th National Para Athletics Championship-2017. Jaipur, Rajasthan.
3. Won 2 Gold & 1 Silver Medals in 400m, 1500m & 4x400m relay in 20th IBSA National Athletics Championships-2016, Tyagraj Stadium New Delhi.
4. Won 4 Gold Medals in 800m, 1500m, 5000m & 4x400m Relay in 16th National Para Athletics Championship-2016. Panchkula, Chandigarh.
5. Won 3 Gold Medals in 800m, 1500m & 5000m in 15th National Para Athletics Championship-2015. Ghaziabad, Uttar Pradesh.
6. Winning Team member of 9th IBSA Football National Tournament-2015, BRA, New Delhi. Won Best Scorer of the tournament Award with 11 goals.
7. Won 3 Gold Medals in 400m, 800m & 1500m in 19th IBSA National Athletics Championships-2014, JLN Stadium New Delhi.



8. Runner up Team member of 7th IBSA Football National Tournament-2013, BRA, New Delhi. Won Best Scorer of the tournament Award with 13 goals.
9. Won 2 Gold Medals in 800m & 1500m in 14th National Para Athletics Championship-2013. Kanteerva Stadium, Bangalore.
10. Winning Team member of 6th IBSA Football National Tournament-2012, BRA, New Delhi.
11. Won 1 Gold Medal in 1500m & 1 Silver in 800m in 18th IBSA National Athletics Championships-2012, JLN Stadium New Delhi.
12. Won 1 Gold Medals in 1500m in 13th National Para Athletics Championship-2012. Kanteerva Stadium, Bangalore.
13. Won 1 Gold Medal in 1500m, 1 Silver in 800m & 1 Bronze Medal in 4x200m Relay in 17th IBSA National Athletics Championships-2010, Panchkula. Chandigarh.
14. Member of Runner-up Team in 5th IBSA Football Tournament for the Blind-2009, New Delhi.
15. Won 2 Gold Medals in 400m & 800m in 16th IBSA National Athletics Championships-2008, Ludhiana, Punjab.
16. Won 2 Gold in Shot Put & Discus Throw 1 Silver Medal in 100m in 3rd Sub Junior National Athletics Championships-2008, Bangalore, Karnataka.
17. Won 1 Silver in 100m & 2 Bronze Medal in 200m & 400m in 5th Junior National Athletics Championships-2008, Faridabad, Haryana.
18. Member of Runner-up Team in 4th IBSA Football Tournament for the Blind-2008, New Delhi.
19. Member of Runner-up Team in 3rd IBSA Football Tournament for the Blind-2007, New Delhi.

