



SHRI PRAVEEN KUMAR



Shri Praveen Kumar is a distinguished Indian para-high jumper.

2. Born on May 15th, 2003 into a humble family, Shri Praveen Kumar, with one leg shorter than the other, faced physical challenges from the very beginning. Volleyball was his first love. Despite his physical condition, Shri Praveen discovered that he could jump and smash with exceptional power — often outperforming his peers. This experience ignited his confidence and led him to attempt high jump at an inter-school competition against able-bodied athletes. That moment marked the beginning of his historic journey in para-athletics. A pivotal phase in his life began when he met his coach, Dr. Satyapal Singh, at Jawaharlal Nehru Stadium. Under structured guidance and scientific training, Praveen was transformed from a promising youngster into an elite international athlete.

3. Shri Praveen is currently ranked World No. 1 in Men's T44 High Jump. He is the youngest Indian para-athlete to win a Paralympic medal and the first to secure gold in an able-bodied national championship, breaking long-standing barriers between para and mainstream sport. Representing India at two Paralympic Games, World Championships, the Asian Para Games, and other major global events, he has consistently delivered medal-winning performances while setting multiple Asian records. His inspiring story is widely shared by schools and institutions across India, motivating children with disabilities to pursue sport and strengthening recognition from policymakers and the media. Training at the Jawaharlal Nehru Stadium, he not only strives for continued excellence but also mentors emerging para-athletes and regularly visits institutions for special children, promoting sport as a transformative force physically, emotionally and socially.

4. Shri Praveen has achieved remarkable success on the international stage, beginning with a silver medal in the Men's High Jump T44 at the World Para Athletics Junior Championships. In the same year, he secured 4th place at the World Para Athletics Championships, earning qualification for the Tokyo 2020 Paralympic Games. He went on to claim gold at the World Para Athletics Grand Prix with a leap of 2.05m, setting an Asian Record. At the Tokyo Paralympics, he won a silver medal with a 2.07m jump — another Asian Record — becoming the youngest Indian para-athlete to win a Paralympic medal. His success continued with a historic gold medal at the Paris 2024 Paralympic Games, where he set a new Asian Record, and a gold medal at the Asian Para Games with a record-breaking performance. Over the years, he has also been a medalist at the World Championships, Asian Youth Para Games, IWAS World Games, and multiple Grand Prix events. In 2022, he further redefined sporting boundaries by becoming the first Indian para-athlete to win gold in an able-bodied national athletics championship at the Federation Cup Junior Championships, marking a historic moment in bridging para and mainstream sport.

5. Shri Praveen's extraordinary contributions to Indian sport have earned him the nation's highest sporting honours — the Arjuna Award in 2021 and the Major Dhyan Chand Khel Ratna Award in 2024.