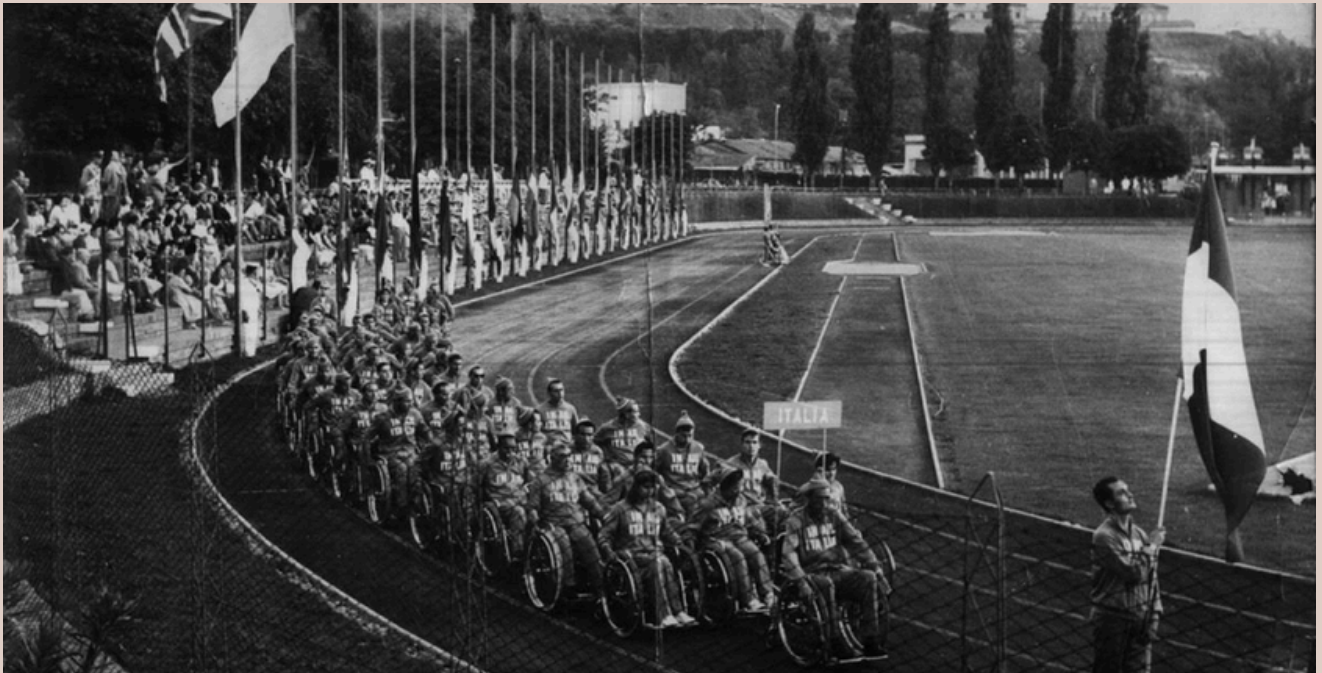




THE EQUAL OPPORTUNITY CELL, JMC

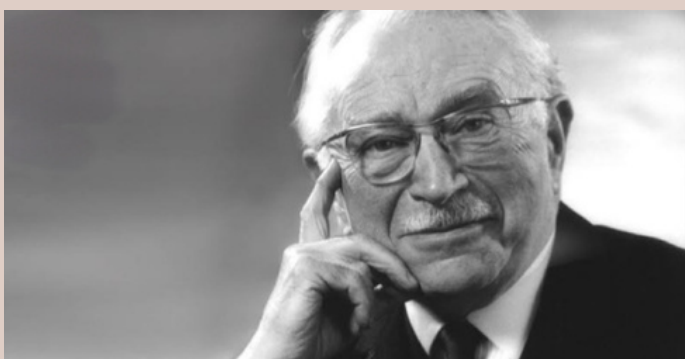
NEWSLETTER



PARALYMPICS

64 YEARS, 30 GAMES, 22 SPORTS

In a hospital ward in post-war England, a revolutionary idea was taking shape - a vision of a sports event that would defy limitations and redefine what was possible. It was 1948, and amidst the ruins of World War II, Dr. Ludwig Guttmann, a pioneering neurologist, looked beyond the injuries of his patients and saw something remarkable. Where others saw only disability, he saw potential, resilience, and a new path to recovery: sports.



Guttmann was convinced that physical activity could significantly aid the rehabilitation of soldiers who had suffered spinal cord injuries during the war. His radical approach was to encourage these patients to engage in competitive sports. On July 29, 1948, the same day as the opening ceremony of the London Olympic Games, Guttmann organized a small archery competition for 16 injured servicemen and women at Stoke Mandeville Hospital in Buckinghamshire. This seemingly modest event, now known as the **"Stoke Mandeville Games,"** marked the beginning of what would later become the Paralympic Games.

The Stoke Mandeville Games were not just about sports; they were about changing perceptions. For the first time, the focus was not on what these individuals couldn't do due to their disabilities but on what they could achieve through determination and effort.

As the years passed, the games grew in size and scope, attracting more participants and gaining international attention. By 1960, Guttmann's dream had blossomed into a reality. The first official Paralympic Games were held in Rome, Italy, featuring 400 athletes from 23 countries competing in a range of sports, including archery, swimming, wheelchair fencing, and table tennis. This event signaled the beginning of a new era where athletes with disabilities could compete on the world stage, demonstrating extraordinary skill, strength, and tenacity.

The spirit of the Paralympics quickly spread across the globe, with each successive Games building on the legacy of those that came before. The International Paralympic Committee (IPC) was established in 1989 to oversee the Games, ensuring they grew in both size and stature. Today, the Paralympics are held every four years immediately following the Olympic Games, featuring thousands of athletes from over 150 countries.

Far more than just a sports competition, the Paralympic Games have become a powerful platform for advocating inclusivity, accessibility, and equal opportunities for all. They challenge stereotypes about disability and redefine the limits of human potential. Each edition of the Games is a celebration of courage, endurance, and the unbreakable human spirit—a testament to the idea that, with determination and support, no challenge is too great to overcome.

REWRITING THE NARRATIVE: THE IMPACT OF THE PARALYMPIC GAMES

The Paralympic Games are far more than a display of athletic prowess; they are a profound celebration of courage, perseverance, and the limitless potential of the human spirit. Born from a vision to provide a platform for athletes with disabilities to showcase their extraordinary talents, the Paralympics have grown into one of the world's most inspiring sporting events. They unite athletes from across the globe who have not only excelled in their respective sports but have also overcome significant physical, sensory, and intellectual challenges. Yet, the true significance of the Paralympics goes beyond competition and victory; they serve as a powerful catalyst for social change, challenging perceptions and advocating for a more inclusive world.

At the core of the Paralympic movement is a celebration of strength—not just of the body, but of the mind and spirit. Every performance at the Games is the result of years of relentless training, unyielding dedication, and a refusal to accept any limits imposed by circumstance. Paralympians embody the essence of resilience, transforming obstacles into opportunities and adversity into triumphs. For these athletes, the Games represent more than just a competition; they are a platform to tell their stories, break down barriers, and inspire millions to see beyond disabilities to the true depth of human capability.

The impact of the Paralympics extends well beyond the sporting field. The Games challenge deeply entrenched societal perceptions about disability, shifting the focus from what people cannot do to what they can achieve. They elevate the voices of those who have often been marginalized, advocating for a world where everyone has the opportunity to excel. Each event serves as a powerful reminder that ability is defined not by physical or cognitive differences but by the drive, passion, and commitment to overcome challenges.

Furthermore, the Paralympics drive a global dialogue on accessibility, equity, and inclusion, encouraging nations to adopt more inclusive policies and invest in adaptive sports. Every medal won is a testament not only to individual excellence but also to the collective progress toward a more equitable society.

In a world that too often emphasizes limitations, the Paralympics offer a powerful counter-narrative. They remind us that our greatest strength lies in diversity and that true greatness is achieved when we embrace inclusivity. As we celebrate the extraordinary achievements of Paralympic athletes, we are reminded of the boundless potential of the human spirit—a spirit that refuses to be confined by limitations and instead strives to inspire and lead the way to a more inclusive future.



SYMBOLS OF UNITY AND PERSEVERANCE : THE PARALYMPIC FLAG AND MOTTO



The Paralympic flag is a vibrant symbol of the Games' spirit and mission. Featuring three Agitos - Latin for "I move" - in red, blue, and green, the flag represents the unity of athletes from every corner of the world. The Agitos swirl around a central point, embodying motion and emphasizing the Games' commitment to progress and dynamic change. This design captures the energy and drive of Paralympians, who continually redefine what is possible through sport. Accompanying the flag is the powerful Paralympic motto

"Spirit in Motion". This phrase encapsulates the relentless pursuit of excellence that characterizes Paralympic athletes. It speaks to their determination to push boundaries, overcome challenges, and inspire others through their remarkable achievements.



"The Paralympic Games are a celebration of human strength and determination, showing that there are no limits to what can be achieved." – Baroness Tanni Grey-Thompson, Paralympic athlete.

Together, the Paralympic flag and motto are more than just symbols; they are a call to action. They encourage a global community to celebrate diversity, champion inclusion, and recognize that the human spirit knows no limits. The flag waves as a beacon of hope and unity, while the motto resonates as a reminder that movement, both physical and social, is the key to progress.





PARIS PARALYMPICS 2024



The 17th Summer Paralympic Games, an international multi-sport parasports competition overseen by the International Paralympic Committee, were held in 2024. They were also known as the Paris 2024 Paralympic Games and went by the name Jeux paralympiques d'été de 2024. From August 28, 2024, to September 8, 2024, Paris, France, hosted the Games, which included 549 medal events in 22 different sports. Following the 1992 Winter Paralympics in Tignes and Albertville, this was France's second Paralympic hosting experience. The Summer Paralympics were held in Paris for the first time. The 2024 Summer Olympics were also held in France.

With 94 gold medals and 221 overall, China led the medal standings for the sixth time in the history of the Paralympics. For the tenth time, Great Britain took second place with 124 medals overall, 49 of which were gold. With 105 total medals, including 36 golds, the United States came in third place. In addition, first-ever Paralympic medals were earned by the Refugee Paralympic Team, Nepal, and Mauritius. France, the host country, took ninth place with a total of 75 medals, including 19 gold.

MEDAL TALLY PARALYMPICS 2024

RANKS					
1	CHINA	94	76	50	220
2	GREAT BRITAIN	49	44	31	124
3	UNITED STATES	36	42	27	105
4	NETHERLANDS	27	17	12	56
5	BRAZIL	25	26	38	89
6	ITALY	24	15	32	71
7	UKRAINE	22	28	32	82
8	FRANCE	19	28	28	75
9	AUSTRALIA	18	17	28	63
10	INDIA	7	9	13	29



EVENTS INCLUDED IN THE 2024 GAMES



Para Archery



Para Athletics

Para
Badminton

Blind Football



Boccia



Para Canoe



Para Cycling



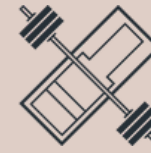
Para Equestrian



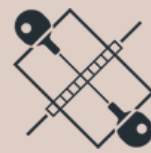
Goalball



Para Judo

Para
Powerlifting

Para Rowing

Shooting Para
SportSitting
VolleyballPara
SwimmingPara
Table TennisPara
TaekwondoPara
TriathlonWheelchair
BasketballWheelchair
FencingWheelchair
RugbyWheelchair
Tennis

Adaptive Sports at the Paralympics: A Testament to Innovation

The evolution of sports at the Paralympics is more than just a reflection of athletic innovation—it is a profound statement about the dynamic nature of inclusion. What began as a handful of events designed to accommodate specific impairments has grown into a diverse and complex tapestry of competition, showcasing the adaptability of both sport and society in redefining ability.

Over the years, the Paralympics have not only expanded the number of sports but have fundamentally altered how we perceive athletic potential. The addition of events like para badminton and para taekwondo is not just a nod to the growing popularity of these sports; it signals a deeper shift. These inclusions challenge stereotypical notions of disability, demonstrating that sport is an ever-evolving platform for excellence, irrespective of physical limitations.

Moreover, advancements in technology—lighter wheelchairs, adaptive prosthetics—are not just tools of access but instruments of empowerment. They have enabled athletes to redefine what is possible, making the Games a symbol of resilience and ingenuity. This evolution isn't merely a response to changing times; it's a powerful statement about the future—a future where diversity in ability is celebrated, and competition remains a level playing field for all.

INDIA'S PARALYMPIC TRIUMPH AT PARIS 2024: A RECORD-BREAKING VICTORY

GOLD

Avani Lekhara
Women's 10m air rifle
standing SH1
(*Shooting*)

Nitesh Kumar
Men's singles SL3
(*Badminton*)

Sumit Antil
Men's Javelin throw F64
(*Athletics*)

Harvinder Singh
Men's individual Recurve
(*Archery*)

Dharambir
Men's club throw 51
(*Athletics*)

Praveen Kumar
T64 High Jump
(*Athletics*)

Navdeep Singh
Men's Javelin F41
(*Athletics*)

SILVER

Sharad Kumar
Men's High Jump T63
(*Athletics*)

Manish Narwal
Men's 10m air pistol SH1
(*Shooting*)

Nishad Kumar
Men's high jump T47
(*Athletics*)

Yogesh Kathuniya
Men's discus throw F56
(*Athletics*)

Thulasimathi Murugesan
Women's singles SU5
(*Badminton*)

Suhas Yathiraj
Men's singles SL4
(*Badminton*)

Ajeet Singh
Men's Javelin F46
(*Athletics*)

Sachin Khilari
Men Shot Put F46
(*Athletics*)

Pranav Soorma
Men's club throw 51
(*Athletics*)

BRONZE

Mona Agarwal
Women's 10m air rifle standing SH1
(*Shooting*)

Preethi Pal
Women's 100m T35
(*Athletics*)

Rubina Francis
Women's 10m Air Pistol SH1
(*Shooting*)

Manisha Ramadass
Women's singles SU5
(*Badminton*)

Preethi Pal
Women's 200m T35
(*Athletics*)

Rakesh Kumar / Sheetal Devi
Mixed team compound open
(*Archery*)

Nithya Sre Sivan
Women's singles SH6
(*Badminton*)

Deepthi Jeevanji
Women's 400m T20
(*Athletics*)

Sundar Singh Gurjar
Men's Javelin F46
(*Athletics*)

Mariyappan Thangavelu
Men's High Jump T63
(*Athletics*)

Kapil Parmar
Judo Men's - 60kg
(*Judo*)

Hokato Sema
Men's Shot Put F57
(*Athletics*)

Simran Singh
Women's 200m T12
(*Athletics*)

INDIA'S PARALYMPIC TRIUMPH AT PARIS 2024: A RECORD-BREAKING VICTORY

India's presence at the 2024 Paralympics was marked by several historic achievements, with the 84-member contingent making significant strides. **Sumit Antil**, who lost his leg in an accident, set a new Paralympic record to win his second consecutive gold in javelin. In shooting, wheelchair-bound **Avani Lekhara** dominated the air rifle SH1 final, adding another gold to India's tally.

Milestones and Firsts for India

The Games were also a showcase of significant firsts for India. Sprinter **Preethi Pal** made history by winning bronze in both the women's 100m T35 and 200m T35 events, securing India's first-ever track medals. **Kapil Parmar** added to these firsts by earning bronze in the men's 60kg J1 judo category—an unprecedented achievement for India in the sport.

Moments of Pride and Inspiration

In the club throw event, **Dharambir** struck gold, with **Pranav Soorma** completing a rare one-two finish for India in the F51 class, another moment of pride for the country. **Harvinder Singh** also brought home a gold in archery, elevating India's



position in the medals tally.

Inspiring Victories Over Adversity

Perhaps the most inspiring story came from 17-year-old **Sheetal Devi**, born without arms, who claimed a mixed team bronze in archery, continuing to serve as a symbol of hope and perseverance. On the badminton court, **Kumar Nitesh** delivered a thrilling victory against Britain's Daniel Bethell to win gold, overcoming his own challenges after losing a leg in a train accident.

These remarkable accomplishments highlight not only India's growing strength in adaptive sports but also the athletes' determination to break new ground for their country on the global stage.



India's Paralympic Journey: Paving the Way for Inclusion and Excellence

Since 1968, India's Paralympic journey has achieved significant milestones, including Devendra Jhajharia's 2004 gold. With 35 medals across 12 Games, initiatives like TOPS and Khelo India foster inclusiveness. The success of para-athletes in 2024 has broken stereotypes, yet more work is needed for equal access and opportunities. The future of Indian para-sports looks promising, demonstrating that success is defined by determination and skill.

INDIAN MILESTONES AT THE PARALYMPICS

Murlikant Petkar



Made history as India's first Paralympic medallist, winning gold in the men's 50m freestyle swimming event at the 1972 Heidelberg Games with a world record time of 37.33 seconds. His victory marked India's first Paralympic and individual gold medal.

Deepa Malik



The first Indian woman to win a Paralympic medal, earning silver in the women's shot put F53 event at the Rio 2016 Paralympics. Her achievement was a pivotal moment for Indian women in sports, contributing to India's best-ever Paralympic performance at the time.

Bhavina Patel



In her Paralympic debut, She made history as India's first table tennis player to win a medal, securing silver in the women's singles Class 4 category. She defeated top-ranked players, including reigning champion Borislava Peric, but lost the final to world No. 1 Zhou Ying of China.

SINCE THE BEGINNING

India has won 31 medals at the Paralympic Games, including nine gold, 12 silver, and 10 bronze. Since joining the Paralympics in 1960, individual athletes have significantly contributed to the country's success, with the Tokyo 2020 Paralympics marking India's most successful performance ever.

Harvinder Singh



Harvinder Singh became the first Indian archer to win a Paralympic medal, claiming bronze in the men's individual recurve open event. He achieved this by defeating South Korea's Kim Min Su in a dramatic shoot-off after losing to the USA's Kevin Mather in the semifinals.

Avani Lekhara



Avani Lekhara made history as the first Indian woman to win Paralympic gold, setting a new Paralympic record and tying the world record in the women's 10m air rifle standing SH1 with a score of 249.6. She also won bronze in the women's 50m rifle 3 positions SH1, becoming the first Indian woman to earn two Paralympic medals.

Devendra Jhajharia



Devendra Jhajharia matched Joginder Singh Bedi's record of three Paralympic medals, which Bedi set in 1984. Jhajharia ended a 20-year medal drought with a gold in men's javelin F44/46 at Athens 2004, and added another gold at Rio 2016 and a silver at Tokyo 2020, becoming one of India's most decorated Paralympians.

IN THE NEXT EDITION

Navigating Rights and Legislation for Benchmark Disabilities: A Comprehensive Guide



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