

Hima Das wins Gold Medal



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Hima Das the ace sprinter claimed her fifth gold medal, in three weeks, at the Nove Mesto Athletics Meet on July 20. She clocked a timing of 52.09 seconds to complete the 400m race, registering her season-best timing.



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A prodigious talent, the 19-year-old from Assam is en route in making a comeback after suffering a back injury

during this year's Asian Championships in April. The good thing is Hima is personally not making a big deal about the medals she just won in Poland and Czech Republic.



Hima Das is a Winner of Arjuna Award on 25th Sept 2018

She is the first Indian Athlete to ever win a Gold Medal in a Track event at IAAF World Championship.

Sachin Tendulkar said she is an Inspiration for our Youth.

-) Conferred with Arjuna Award by the President of India on 25 September 2018.^[21]
-) Appointed as the India's first ever youth ambassador of UNICEF-India on 14 November 2018.^[22]
-) Appointed as the Assam's brand ambassador for sports by the Government of Assam.^[23]

Das is the second athlete from Assam after Bhogeswar Baruah to win a gold medal at an international event

Hima Das belongs to a humble family. Her father is a farmer. It had been a very difficult journey to achieve international fame at such a young age.

If you have a strong will you will be the winner !

Best Regards.

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