Asian Para Games: women's 10m air rifle SH1 – Mona Agarwal wins gold with a Games record, Avani Lekhara takes silver

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News

At the 5th Asian Para Games in Aichi-Nagoya, Japan (18–24 Oct 2026), Mona Agarwal won gold in the women's 10m air rifle standing SH1 final on 19 Oct at the Aichi Prefectural General Shooting Range, scoring 250.0 – a new Asian Para Games record (previous: Avani Lekhara's 249.6 at Hangzhou). Avani Lekhara took silver with 249.6 and South Korea's Yunri Lee bronze (227.9). On the same opening medal day (19 Oct) India also won medals in athletics, judo and swimming.

Key facts

Event	5th Asian Para Games, Aichi-Nagoya (Japan), 18–24 Oct 2026; 18 sports
Gold	Mona Agarwal – 250.0 (Games record)
Silver / Bronze	Avani Lekhara 249.6 / Yunri Lee (South Korea) 227.9
Mona Agarwal	Born Sikar, Rajasthan (1987); polio at nine months; took up shooting Dec 2021; Paris 2024 bronze
Avani Lekhara	Jaipur, Rajasthan (2001); Tokyo 2020 gold + bronze; Paris 2024 gold; Khel Ratna 2021; Padma Shri 2022
Previous Games	Hangzhou 2022 (held 2023) – India 111 medals (29 gold)

Background

- Para-shooting classes: SH1 – athletes who can hold the gun without external support (standing, or seated in a chair/wheelchair); both rifle and pistol. SH2 – athletes whose arm impairment needs a stand to support the rifle; rifle only. Rules are World Shooting Para Sport (IPC) rules adapted from the ISSF (HQ – Munich, Germany).
- Asian Paralympic Committee (APC): HQ Dubai (UAE); founded 2002 at Busan (South Korea). Asian Para Games – 2010 Guangzhou (China), 2014 Incheon (South Korea), 2018 Jakarta (Indonesia), 2022 Hangzhou (China; held in 2023), 2026 Aichi-Nagoya (Japan). The International Paralympic Committee (IPC) is headquartered in Bonn (Germany).
- Avani Lekhara: spinal injury in a 2012 car accident. At Tokyo 2020 she won 10m air rifle SH1 gold – the first Indian woman to win a Paralympic gold – and also 50m rifle 3 positions SH1 bronze. Gold again at Paris 2024 (30 Aug) – the first Indian woman with two Paralympic golds; Mona took bronze in the same final.

Tamil Nadu link: no direct Tamil Nadu link in this event (both shooters are from Rajasthan). Tamil Nadu's Paralympic star is high jumper Mariyappan Thangavelu of Periavadagampatti, Salem district: Rio 2016 gold (T42), Tokyo 2020 silver, Paris 2024 bronze (T63); Padma Shri and Arjuna (2017), Major Dhyan Chand Khel Ratna (2020).

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