



India wins 4 medals at the second day of the Paris Paralympics games

Published On: 31-08-2024

Context:

The incredible **Avani Lekhara** became the **first Indian to claim successive Paralympic gold medals** with a record-shattering top finish in the **women's 10m air rifle (SH1) shooting competition**.

- Avani was the Winner of the Tokyo Paralympics gold three years ago.

Mona Agarwal secured **bronze** in the **Women's 10m Air Rifle Standing SH1 final**.

- The 37-year-old Mona, who dabbled in several sports, including shot-put, powerlifting and wheelchair volleyball, before settling on shooting

Shooter **Manish Narwal** bagged a **silver** medal in the **men's 10m air pistol (SH1) final**.

- The 22-year-old Manish was the winner of the 50m pistol gold in Tokyo three years ago.

Sprinter **Preethi Pal** secured another medal for India, clinching **bronze** in **Women's 100m T35 final**.

- **T35 classification** is meant for athletes who have coordination impairments such as **hypertonia, ataxia and athetosis**.
- The **SH1 category** is for **para shooters who can hold their gun without difficulty** and shoot from a standing or sitting position (in a wheelchair or chair).

Hypertonia:

Hypertonia is too much muscle tone. Infants and newborns diagnosed with hypertonia have **stiff muscles, especially their arms, legs and neck**, which can be **difficult to move**. Muscle tone is the amount of resistance (tension) to movement in your muscles.

Ataxia:

Ataxia is a neurological sign that indicates a lack of muscle coordination and balance, which can affect a person's ability to walk, speak, swallow, and more. Ataxia can be caused by a number of things, including:

- **Inherited ataxia:** Ataxia can be passed down through genetics, either in a dominant or recessive pattern
- **Acquired ataxia:** Ataxia can be caused by nerve damage from an injury or other external factor
- **Idiopathic or sporadic ataxia:** Sometimes there's no identifiable cause for ataxia, which is then called idiopathic or sporadic
- **Exposure to toxic substances or drugs:** Ataxia can be caused by exposure to toxic substances or drugs
- **Cancer treatment:** Ataxia can be a side effect of

Athetosis:

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Athetosis is defined as slow, writhing, and continuous worm-like movement of the limbs or trunk. The neck, face, and tongue can also be affected. Athetosis usually occurs as a result of **injury to the basal ganglia.** In children, injury often occurs in the neonatal period and many forms of cerebral palsy are athetotic.