Punith Nandakumar

Paralympic Athlete

International level achievements

- Represented India and finished 4th place at the World's 2nd Biggest Para Sporting event, 2018 ASIAN PARA GAMES JAKARTA, INDONESIA.
- 2 Gold, 1 Silver and 3 Bronze medals at the IWAS WORLD GAMES 2019, SHARJAH.
- 1 Silver medal at the WINTER POLISH OPEN SWIMMING CHAMPIONSHIP HELD IN POLAND, 2019.
- 4 Silver medals at INDIAN OPEN PARA SWIMMING CHAMPIONSHIP, 2018.
- 2 Silver medals at the 6TH WORLD TAEKWONDO CULTURE EXPO HELD AT SOUTH KOREA, 2012.
- Represented India at the IDM BERLIN WORLD SERIES SWIMMING CHAMPIONSHIP GERMANY ,2018.
- Represented India at the IDM BERLIN WORLD SERIES SWIMMING CHAMPIONSHIPGERMANY,2017.
- Represented India at the WORLD PARA SWIMMING SERIES, SINGAPORE 2019.

National level achievements

- 1 Gold and 3 Silver medals at 22th National Paralympic Swimming Championship held in Guwahati, 2022.
- 1 Gold and 3 Silver medals at 21th National Paralympic Swimming Championship held in Udaipur, 2022.
- 1 Gold and 3 Silver medals at 20th National Paralympic Swimming Championship held in Bengaluru, 2021.
- 5 Gold medals at 17th National Paralympic Swimming Championship held in Udaipur, 2017.
- 4 Gold and 1 Silver medals at 16th National Paralympic swimming Championship held in Jaipur, 2017.
- 1 Gold and 3 Silver medals at the 15th National Paralympic Swimming Championship held in Belgaum, 2015.
- 2 Silver and 2 Bronze medals at the 14th National Paralympic Swimming Championship held in Indore, 2014.
- 2 Silver medals at the 13th National Paralympic swimming championship held in Bengaluru, 2013.
- 2 Silver and 2 Bronze medals at the 12th National Paralympic Swimming championship held in Chennai, 2012.

AWARDS AND RECOGNITIONS

- National Award 2020 – Best Sportsperson with disability from Honorable President of India.
- Ekalavya Award 2019 from the Government of Karnataka.
- Kempegowda Award 2016 from BBMP.
- Karnataka Bhushan Award 2016.
- Stepp Karnataka Award 2018.
- T A Narayanagowda Award 2016.
- Aprathihatha Award 2020.