



# Aruna Tanwar Won Silver Medal in Egypt Para Taekwondo Championship

## Why In News?

According to information received from media sources on February 16, 2023, Haryana's Para-Taekwondo player Aruna Tanwar won the silver medal in the Egypt Para Taekwondo Championship held on February 15-16 in Cairo, Egypt.

## Key points

- Aruna Tanwar, a 23-year-old para-taekwondo player from Dinod village in Bhiwani district of Haryana, was also awarded the third overall women's trophy in this championship.
- This win will also improve Aruna Tanwar's world ranking, which will open the way for Aruna's Paris Para Olympics. Aruna is currently ranked 13th in the world.
- According to the information, after returning from Egypt, she will start preparing for the World Championship. The World Championship will be held in April-May in the Azerbaijani city of Baku.
- Para-taekwondo player Aruna Tanwar 2020 is the first Indian para-taekwondo player to qualify for the Tokyo Paralympics.
- Aruna already has many medals of international and national level.
- Recently, he won a gold medal in the India Taekwondo Senior National Championship held in Nashik, Maharashtra.
- He represented the country at the 2021 Tokyo Paralympics 2020.
- In the year 2019, he won a bronze medal in the Aman Asian Para Taekwondo Championship held in Jordan, March a silver medal in the President Asian Region G-2 Cup held in Iran in 2019 and a bronze medal in the World Para-Taekwondo Championship held in Turkey in February 2019.
- In the year 2018-19, he won the gold medal in the sixth National Paralympic Taekwondo Competition, in the year 2018, he won the silver medal in the fourth Asian Paralympic Taekwondo Competition held in Vietnam.
- In the year 2017-18, he won the gold medal in the fifth National Paralympic Taekwondo Competition.

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