

## In Conversation with Aman Sharma International Para Swimmer

**Name:** Aman Sharma

**Age:** 19

**Date of Birth:** 24 September 2005

**Place of Birth:** Rohtak

**Educational Institutes Attended:**

Guru Gobind Singh University, Chandigarh

**Educational Qualification:** Pursuing B.A.

**Currently Working as:** Athlete [ Deaf-Swimmer ]

**Introduction to Swimming:** I started swimming in 2017. Initially, it was just a fun activity, but over time, I discovered how deeply I loved it. Swimming gives me confidence, purpose, and a space to truly be myself.

**First Coach:** Virender

**Your current coach:** Ranbir Singh

**Your favorite Indian swimmer (if any & why):** Shridhar – As a deaf swimmer like me, he inspires me with his determination and achievements. He has shown that with hard work and belief, one can make a mark on the world.

**Your favorite International swimmer (if any & why):** Michael Phelps – Not only for his medals but for his unwavering mindset. He embodies how far dedication and focus can take you.

**Your main swimming event: Swimming Events**

- 50m Backstroke
- 100m Backstroke
- 200m Backstroke
- 200m Individual Medley

**Turing Point in Life:** Being selected to represent India at the 2022 Deaflympics in Brazil was the defining moment of my life. It affirmed that swimming is more than a passion – it's my path.

**The Most Cherished moment in life is:** Walking into the stadium at the Deaflympics, wearing the Indian jersey. The pride I felt in that moment is unforgettable.

**Major Achievements**

- 7th Rank in the 24th Summer Deaflympics, Brazil, 2021
- Multiple Gold and Silver Medals in national and state-level deaf swimming championships





- Participated in the 66th National School Games (2023)
- Winner of multiple events at the 25th and 26th National Deaf Junior & Senior Championships (2023 & 2025)

**Awarded Arjuna Award/ Major Award/ Recognition in the year:**

- No major awards yet – but I am working hard to earn them in the near future.

**I give credit of my success to:** I give credit for my success to my parents, my coaches, and everyone who believed in me during tough times.

**How can Indian Swimming Progress?**

Enhancing infrastructure

Supporting athletes from diverse backgrounds

Providing greater international exposure

Giving special focus to para and deaf athletes

**What all has changed for good in Indian swimming since you started swimming?**

There's more awareness now, and opportunities are slowly improving. The community is more supportive, and people are starting to take notice of athletes of all abilities.

**How are you contributing currently to Indian Swimming?**

By sharing my journey and showing that even with challenges, you can still compete and represent your country. I hope to inspire more deaf youth to take up swimming.

**How you see yourself five years from now:**

Still competing, hopefully winning medals for India, and maybe starting to coach young swimmers like me. I also want to help make training more accessible for deaf athletes.

**Message:** "No dream is too big. Believe in yourself, stay focused, and let your actions speak louder than words."

**MEENAKSHI PAHUJA**

