No proper road to her house, Punam still paves future with hope

Spirited Performers

Game, set and match to true grit

STANDING TALL. These are two tales of sporting excellence with different shades. One showcases a Kanpur-based woman handball player's journey through the ups and downs of life and the other puts the spotlight on how an ace weightlifter has to contend with a difficult ground reality at home but remains determined to scale new heights.

Jyoti first from Kanpur to represent India in Asiad

Jyoti, the daughter of the Kanpur-inspired women's handball coach Rakesh Khare, is set to make her debut for India in the Asian Games. Jyoti, who hails from a modest family, took up the sport at the age of 13 after watching her father play. She quickly rose through the ranks, impressing with her skills and resilience. Jyoti's journey has been anything but easy, with her family facing financial difficulties. Despite this, Jyoti's passion for the sport has remained undeterred. Her dedication and hard work have finally paid off, and she is set to represent India in the Asian Games.

A Most Worthy

Punam is an ace weightlifter from Kanpur who has been breaking records and challenging norms in the weightlifting world. Despite facing numerous hurdles, Punam has remained determined and focused on her goals. Her family, who live in challenging conditions, has been a constant source of inspiration and support for Punam. Punam's story is a testament to the power of determination and hard work, as she continues to set new benchmarks in the world of weightlifting.

An Hour of Empowerment

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