



---

## Pooja of Jhajjar Qualified for Asian Games | Haryana | 23 Mar 2023

### Why in News?

Pooja Mor, a resident of village Redhuwas in Jhajjar district of Haryana, has qualified for the Asian Games-2023 by winning three silver medals in the National Para Championship held at Shivaji Chhatrapati Stadium, Pune, Maharashtra from 18 to 20 March 2023.

### Key Points

- In the National Para Championship, Pooja Mor has won silver medal in 400 metre race, silver medal in 1500 metre race and silver medal in long jump.
- It is known that Pooja has been the national champion for three consecutive years under the guidance of her coach Ashish Chikara. In 2021, he won three gold medals. There, in the year 2022, two gold and one silver were achieved. Pooja had also won a silver medal at the international level in the 400 metres race held in Tunisia.
- It is noteworthy that the Asian Games is also known as Asiad. It is a multi-sport event held every four years in which only players from different countries of Asia participate. This year's Asian Games will be held in Hangzhou, China from 23 September to 8 October 2023.



