



Haryana's Vikas Rana Wins Gold

Why in News?

Recently, Vikas Rana, 31, daughter of a farmer in Haryana created history by winning the **maiden gold medal** for the country **in the cross country skiing championship in Germany**.

- She has **also represented India in the [Asian Games](#)**.

Key Points

- She belongs to Sukhain Khurd village in the Uchana area of Jind.
- She **won four gold, one silver and four bronze medals at the national games**.
- She started her skiing practice at a young age and practiced most of the time in Gulmarg.

Asian Games

- The Asian Games is the biggest sports competition in Asia, **held once every four years**.
- The symbol for the Asian Games is the **rising sun with interlocking rings**.
- It is **recognised by the International Olympic Committee**.
- Asian Games were **regulated by the Asian Games Federation from 1951 to 1978**. Since 1982, the Olympic Council of Asia has regulated the Asian Games.
- **India won 107 medals** (28 gold, 38 silvers and 41 bronze) at the Asian Games 2023.



Medal Standings

The 19th Asian Games Hangzhou

Rank	Team/NOC				Total
1	People's Republic of China	201	111	71	383
2	Japan	52	67	69	188
3	Republic of Korea	42	59	89	190
4	India	28	38	41	107
5	Uzbekistan	22	18	31	71
6	Chinese Taipei	19	20	28	67
7	Islamic Republic of Iran	13	21	20	54
8	Thailand	12	14	32	58
9	Bahrain	12	3	5	20
10	Democratic People's Republic of Korea	11	18	10	39
11	Kazakhstan	10	22	48	80
12	Hong Kong, China	8	16	29	53

 杭州第19届亚运会
The 19th Asian Games

*Last Updated: Oct.8

In case of ties, NOCs are sorted alphabetically by NOC Code



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