

INDIAN GOLD MEDALISTS IN SOUTH ASIAN GAMES 2016

Medal	Name	Sport	Event
1 Gold	Bidayuluxmi Tourangbam	Cycling	Women's 30km Individual Time Trial
1 Gold	Saikhom Mirabai Chanu	Weightlifting	Women's 48 Kg
1 Gold	Arvind Panvar	Cycling	Men's 40km Individual Time Trial
1 Gold	Guru Raja	Weightlifting	Men's 56 Kg
1 Gold	Harshdeep Kaur	Weightlifting	Women's 53 Kg
1 Gold	Shivani Kataria	Swimming	Women's 200m Freestyle
1 Gold	Sandeep Sejwal	Swimming	Men's 200m Breaststroke
1 Gold	Damini Gowda	Swimming	Women's 100m Butterfly
1 Gold	Avantika Chavan, V Malvika, Maana Patel, Shivani Kataria	Swimming	Women's 4x100m Freestyle Relay
1 Gold	Priyanka Singh	Wrestling	Women's 48Kg Freestyle
1 Gold	Archana Tomar	Wrestling	Women's 55Kg Freestyle
1 Gold	Manisha	Wrestling	Women's 60Kg Freestyle
1 Gold	Ravindra	Wrestling	Men's 57Kg Freestyle
1 Gold	Rajneesh	Wrestling	Men's 65Kg Freestyle
1 Gold	Lidiyamol Sunny Menamparambil	Cycling	Women's 40 Km Criterium
1 Gold	Saraswati Raut	Weightlifting	Women's 56 Kg
1 Gold	Sambo Lapung	Weightlifting	Men's 69 Kg
1 Gold	Sandeep Sejwal	Swimming	Men's 100m Breaststroke
1 Gold	Sajan Prakash	Swimming	Men's 1500m Freestyle
1 Gold	Sayani Ghosh	Swimming	Women's 400m Individual Medley
1 Gold	M. Arvind	Swimming	Men's 200m Backstroke
1 Gold	Amit Kumar Dhankar	Wrestling	Men's 70Kg Freestyle
1 Gold	Pradeep	Wrestling	Men's 61Kg Freestyle
1 Gold	Mamata	Wrestling	Women's 53Kg Freestyle
1 Gold	Manisha	Wrestling	Women's 60Kg Freestyle

Medal	Name	Sport	Event
1 Gold	Ajay Singh	Weightlifting	Men's 77Kg
1 Gold	Y Sapna Devi	Wushu	Taolu-Changquan
1 Gold	Rakhi Haler	Weightlifting	Women's 69Kg
1 Gold	Anthony Amalraj, Sathiyam Gunasekaran, Devesh Karia, Sanil Sankar Shetty, Sudhanshu Grover	Table Tennis	Men's Team
1 Gold	Manika Batra, Mouma Das, Pooja Vijay Sahasrabudhe, Madhurika Patkar, Shamini Kumaresan	Table Tennis	Women's Team
1 Gold	K Srikanth, Ajay Jayaram, Manu Attri, Akshay Dewalkar, Sai Praneeth, H S Prannoy, Sumeeth Reddy, Pranaav Jerry Chopra	Badminton	Men's Team
1 Gold	P V Sindhu, P C Thulasi, Ashwini Ponnappa, Jwala Gutta, Ruthvika Shivani, K. Maneesha, N. Sikki Reddy	Badminton	Women's Team
1 Gold	Chaoba Devi Eangbam, Bidayuluxmi Tourangbam, G Manisha, Rutuja Satpute	Cycling	Women's 40km Team Time Trial
1 Gold	Manjeet Singh, Arvind Panvar, Deepak Kumar Rahi, Manohar Lal Bishnoi	Cycling	Men's 70km Team Time Trial
1 Gold	Joshana Chinappa	Squash	Women's Singles
1 Gold	V Malvika	Swimming	Women's 800m Freestyle
1 Gold	P. S. Madhu	Swimming	Men's 100m Backstroke
1 Gold	Sandeep Sejwal	Swimming	50m Breaststroke
1 Gold	Kavita Devi	Weightlifting	Women's 75Kg
1 Gold	Vikas Thakur	Weightlifting	Men's 85Kg
1 Gold	Pradeep Singh	Weightlifting	Men's 94 Kg
1 Gold	Vicotr Abhilash Christopher	Weightlifting	Men's 105Kg
1 Gold	Shilpi Seron	Wrestling	Women's 63Kg Freestyle

Medal	Name	Sport	Event
1 Gold	Pradeep	Wrestling	Men's 74 Kg Freestyle
1 Gold	Rajani	Wrestling	Women's 69Kg Freestyle
1 Gold	Mausam Khatri	Wrestling	Men's 97Kg Freestyle
1 Gold	Nikki	Wrestling	Women's 75Kg Freestyle
1 Gold	M. Punshiva Meitei	Wushu	Taolu- Nanquan & Nangun
1 Gold	Purvasha Sudhir Shende, Jyothi Surekha Vennam, Lily Chanu Paonam	Archery	Compound Men's Team
1 Gold	Abhishek Verma, Rajat Chauhan, Manash Jyoti Changmai	Archery	Compound Men's Team
1 Gold	Abhishek Verma, Purvasha Sudhir Shende	Archery	Compound Mixed Team
1 Gold	Rajat Chauhan	Archery	Compound Men's Individual
1 Gold	Purvasha Sudhir Shende	Archery	Compound Women's Individual
1 Gold	Chirag Sharma	Wushu	Men;s Taolu- Daushu & Gunshu
1 Gold	Bidayuluxmi Tourangbam	Cycling	Women's 80Km Individual Road Race
1 Gold	Tarundeep Rai, Deepika Kumari	Archery	Recurve Mixed Team
1 Gold	Tarundeep Rai, Gurucharan Besra, Jayanta Talukdar	Archery	Recurve Men's Team
1 Gold	Deepika Kumari, Laishram Bombayla Devi, Laxmirani Majhi	Archery	Recurve Women's Team
1 Gold	Tarundeep Rai	Archery	Recurve Men's Individual
1 Gold	Deepika Kumari	Archery	Recurve Women's Individual
1 Gold	Saurabh Sangvekar	Swimming	Men's 400m Freestyle
1 Gold	V Malvika	Swimming	Women's 400m Freestyle
1 Gold	Sajan Prakash	Swimming	Men's 200m Butterfly
1 Gold	Damini Gowda	Swimming	Women's 200m Butterfly
1 Gold	P. S. Madhu	Swimming	Men's 50m Backstroke
1 Gold	Saurab Sangvekar, Raj Bhanwadia, Neil Contractor, Sajan Prakash	Swimming	Men's 4x200m Freestyle Relay
1 Gold	Shraddha Sudhir, V Malvika, Damini Gowda, Shivani Kataria	Swimming	Women's 4x200m Freestyle Relay
1 Gold	Women's Volleyball Team	Volleyball	Women's Team

Medal	Name	Sport	Event
1 Gold	Manpreet Kaur Sr	Athletics	Women's Shotput
1 Gold	Mayookha Johny	Athletics	Women's Long Jump
1 Gold	Neeraj Kumar	Athletics	Men's Hammer Throw
1 Gold	Man Singh	Athletics	Men's 5000m
1 Gold	Surya L	Athletics	Women's 5000m
1 Gold	Sushila Panwar	Weightlifting	Women's 75+ Kg
1 Gold	Men's Volleyball Team	Volleyball	Men's Team
1 Gold	Kho-Kho Men's Team	Kho Kho	Men's Team
1 Gold	Kho-Kho Women's Team	Kho Kho	Women's Team
1 Gold	Anthony Amalraj , Manika Batra	Table Tennis	Mixed Doubles
1 Gold	M Gyandash Singh	Wushu	Men's Taolu-Taijiquan & Taijijian
1 Gold	L Sanatombi Chanu	Wushu	Women's Taolu-Taijiquan & Taijijian
1 Gold	Ankita Raina	Tennis	Women's Singles
1 Gold	Omkar Singh, P.N. Prakash, Om Prakash	Shooting	Men's 50m Pistol Team
1 Gold	Ankita Raina , Divij Sharan	Tennis	Mixed Doubles
1 Gold	Saurav Ghoshal, Kush Kumar, Ravi Dixit, Harinder Pal Sandhu	Squash	Men's Team
1 Gold	Joshna Chinappa, Dipika Pallikal, Sunayna Kuruvilla and Akanksha Salunkhe	Squash	Women's Team
1 Gold	Shraddha Sudhir	Swimming	Women's 200m Individual Medley
1 Gold	Virdhawal Khade	Swimming	Men's 50m Butterfly
1 Gold	Jyotsna Pansare	Swimming	Women's 50m Butterfly
1 Gold	P.S.Madhu, Sandeep Sejwal, Supriyo Mondal, Anshul Kothari	Swimming	Men's 4x100m Medley Relay
1 Gold	Maana Patel, Chahat Arora, Damini Gowda, Shivani Kataria	Swimming	Women's 4x100m Medley Relay
1 Gold	Anthony Amalraj	Table Tennis	Men's Singles
1 Gold	Sathiyar Gunasekaran, Devesh Karia	Table Tennis	Men's Doubles
1 Gold	Mouma Das	Table Tennis	Women's Singles

Medal	Name	Sport	Event
1 Gold	Manika Batra, Pooja Vijay Sahasrabudhe	Table Tennis	Women's Doubles
1 Gold	Gayathri Govindaraj	Athletics	Women's 110m Hurdles
1 Gold	Surendhar	Athletics	Men's 110m Hurdles
1 Gold	Akoria Rajiv	Athletics	Men's 400m
1 Gold	Neeraj Chopra	Athletics	Men's Javelin Throw
1 Gold	Ankit Sharma	Athletics	Men's Long Jump
1 Gold	Sahana Kumari	Athletics	Women's High Jump
1 Gold	Arjun	Athletics	Men's Discus Throw
1 Gold	Ramkumar Ramanathan /Prashanth Vijay Sunder	Tennis	Men's Doubles
1 Gold	Ruthvika Shivani	Badminton	Women's Singles
1 Gold	Kidambi Srikanth	Badminton	Men's Singles
1 Gold	Jwala Gutta,Ashwini Ponappa	Badminton	Women's Doubles
1 Gold	Manu Attri, B. Sumeeth Reddy	Badminton	Men's Doubles
1 Gold	Pranav J Chopra, N. Sikki Reddy	Badminton	Mixed Doubles
1 Gold	Mayookha Johny	Athletics	Women's Triple Jump
1 Gold	M. R. Poovamma	Athletics	Women's 400m
1 Gold	Surender	Athletics	Men's 10000m
1 Gold	Apurvi Chandela, Pooja Ghatkar Koshy Elizabeth Susan	Shooting	10m Air Rifle Women Team
1 Gold	Apurvi Chandela	Shooting	10m Air Rifle Women
1 Gold	Uchit Sharma	Wushu	Men's Sanshou 52 Kg
1 Gold	Ravi panchal	Wushu	Men's Sanshou 56 Kg
1 Gold	Surya Bhanu Pratap Singh	Wushu	Men's Sanshou 60 Kg
1 Gold	Y. Sanathoi Devi	Wushu	Women's Sanshou 52 Kg
1 Gold	Anupama Devi	Wushu	Women's Sanshou 60 Kg
1 Gold	Puja Kadian	Wushu	Women's Sanshou 70 Kg
1 Gold	Prarthana Thombare, Sarmada Balu	Tennis	Women's Doubles

Medal	Name	Sport	Event
1 Gold	Ramkumar Ramanathan	Tennis	Men's Singles
1 Gold	Dharun A	Athletics	Men's 400m Hurdles
1 Gold	Joana Murmu	Athletics	Women's 400m Hurdles
1 Gold	Gagan Narang, Chain Singh, Rathod Surendra Singh	Shooting	Men's 50m Rifle Prone Team
1 Gold	Gagan Narang	Shooting	Men's 50m Rifle Prone
1 Gold	Samaresh Jung, Vijay Kumar, Pemba Tamang	Shooting	25 M Center Fire Pistol Men Team
1 Gold	Samaresh Jung	Shooting	Men's 25m Center Fire Pistol Men
1 Gold	Kuheli Gangulee, Lajja Gauswami, Anuja Jung	Shooting	Women's 50m Rifle Prone Team
1 Gold	Kuheli Gangulee	Shooting	Women's 50m Rifle Prone
1 Gold	Om Prakash Singh Karhana	Athletics	Men's Shotput
1 Gold	Suman Devi	Athletics	Women's Javeline Throw
1 Gold	Renjith Maheswary	Athletics	Men's Triple Jump
1 Gold	PU Chitra	Athletics	Women's 1500m
1 Gold	Ajay Kumar saroj	Athletics	Men's 1500m
1 Gold	Surya L	Athletics	Women's 10000m
1 Gold	Kunhu Mohamed, Mohamed Anaz, Chandan Bauri, Sumith kumar, A.Dharun	Athletics	Men's 4x400m Relay
1 Gold	M. R. Poovamma, Priyanka Panwar, Sini Jose, Debashree Maajumdar, Anju Thomas	Athletics	Women's 4x400m Relay
1 Gold	Srabani Nanda	Athletics	Women's 200m
1 Gold	Women's Hockey Team	Field Hockey	Women's Team
1 Gold	Nitender Singh Rawat	Athletics	Men's Marathon
1 Gold	Kavita Raut	Athletics	Women's Marathon
1 Gold	Kumar Neeraj	Shooting	25 M Standard Pistol Men
1 Gold	Kumar Neeraj, Gurpreet Singh, Mahender Singh	Shooting	25 M Standard Pistol Men Team
1 Gold	Chain Singh	Shooting	10 M Air Rifle Men
1 Gold	Chain Singh, Gagan Narang, Khan Imran Hasan	Shooting	10 M Air Rifle Men Team
1 Gold	Anjum Modgil, Koshy Elizabeth Susan, Lajja Gauswami	Shooting	50 M Rifle 3 Position Women Team
1 Gold	Anjum Modglil	Shooting	50 M Rifle 3 Position Women

Medal	Name	Sport	Event
1 Gold	Omkar Singh,Gurpreet Singh, Jitendra Vibhute	Shooting	10 M Air Pistol Team
1 Gold	Omkar Singh	Shooting	10 M Air Pistol
1 Gold	Rahi Sarnobat, Anisa Sayyed, Annu Raj Singh	Shooting	25 M Pistol Women Team
1 Gold	Rahi Sarnobat	Shooting	25 M Pistol Women
1 Gold	Dilip Kumar	Triathlon	Men's Individual
1 Gold	Pallavi Retiwala	Triathlon	Women's Individual
1 Gold	P. Anand	Taekwondo	Men's 80-87 Kg
1 Gold	Pallavi Retiwala, Dilip Kumar Sorohni Devi Thoudam, Dhiraj Sawant	Triathlon	Mixed Relay
1 Gold	Chain Singh, Gagan Narang, Surendra Singh Rathore	Shooting	50 M Rifle 3 Position Team
1 Gold	Chain Singh	Shooting	Men's 50 M Rifle 3 Position
1 Gold	Purva Dixit	Taekwondo	Women's 46-49 Kg
1 Gold	Navjeet Maan	Taekwondo	Men's 74-80 Kg
1 Gold	Margerita Regi	Taekwondo	Women's 57-62 Kg
1 Gold	Latika Bhandari	Taekwondo	Women's 49-53 Kg
1 Gold	L. Devendro Singh	Boxing	Men's 49 Kg
1 Gold	Madan Lal	Boxing	Men's 52 Kg
1 Gold	Shiva Thapa	Boxing	Men's 56 Kg
1 Gold	Dheeraj Rangi	Boxing	Men's 60 Kg
1 Gold	Manoj Kumar	Boxing	Men's 64 Kg
1 Gold	Women's Football Team	Football	Women's Football Team
1 Gold	L. Shushila Devi	Judo	Women's -48 Kg
1 Gold	T, Kalpana Devi	Judo	Women's -52 Kg
1 Gold	Women's Kabaddi Team	Kabaddi	Women's Kabaddi Team
1 Gold	Heena Sidhu, Yashashwini Singh Deswal, Shweta Singh	Shooting	Women's 10 M Air Pistol Team
1 Gold	Shweta Singh	Shooting	Women's 10 M Air Pistol
1 Gold	Vijay Kumar, Gurpreet Singh, Akshay Suhas Ashaputre	Shooting	Men's 25 M Rapid Fire Pistol Team

Medal	Name	Sport	Event
1 Gold	Gurpreet Singh	Shooting	Men's 25 M Rapid Fire Pistol
1 Gold	Vikas Krishnan	Boxing	Men's 75 Kg
1 Gold	Men's Kabaddi Team	Kabaddi	Men's Kabaddi Team
1 Gold	Angom Anita Chanu	Judo	Women's -57 Kg
1 Gold	Bupinder Singh	Judo	Men's -60 Kg
1 Gold	Jasleen Singh Saini	Judo	Men's -66 Kg
1 Gold	Manjeet Nandal	Judo	Men's -73 Kg
1 Gold	Karanjit Singh Maan	Judo	Men's -81 Kg
1 Gold	Women's Handball Team	Handball	Women's Team
1 Gold	Men's Handball Team	Handball	Men's Team
1 Gold	Avtar Singh	Judo	Men's -90 Kg
1 Gold	Pooja	Judo	Women's -70 Kg
1 Gold	M. C. Marykom	Boxing	Women's 51 Kg
1 Gold	L. Sarita Devi	Boxing	Women's 60 Kg
1 Gold	Pooja Rani Bohra	Boxing	Women's 75 Kg