



ASM Technologies Limited

RAHUL DRAVID  
ATHLETE MENTORSHIPS

WITH GoSports

## 12. Dipa Karmakar

**Date of Birth:** 9<sup>th</sup> August 1993

**Sport:** Artistic Gymnastics

**Hometown:** Tripura, Agartala

**Training base:** IG Stadium, New Delhi

Dipa was introduced to the sport of Artistic Gymnastics by her father, a weightlifting coach with the Sports Authority of India. Her talent was soon spotted by the secretary at the Sports Council, who connected her to Bishweshwar Nandi, her current coach whom she has been training with for approximately 17 years. Dipa credits him for all her successes, especially given how instrumental he was in correcting her flat foot - normally a hindrance for gymnasts.



Years later, at the Commonwealth Games in New Delhi in 2010, Dipa was a member of the gymnastics contingent, when Ashish Kumar bagged India's first ever gymnastics medals (bronze and silver medals in different events) at the Games. Dipa vowed to emulate his performance, and four years down the line, followed through in Glasgow by becoming only the third woman ever to successfully land the difficult Produnova vault in competition. Her achievement brought her the bronze medal and made her a household name. She also finished 4<sup>th</sup> at the Asian Games in Korea a couple of months later, just behind the Olympic and world championship medallists. She then clinched the bronze medal at the Asian Championships in Hiroshima in August 2015 and finished 5<sup>th</sup> at the World Championships in Glasgow in October 2015.

In 2016, she became the first Indian woman to qualify for an Olympic Games in gymnastics. She sprang a surprise in Rio by finishing 4<sup>th</sup> in the vault finals at the 2016 Olympic Games. Following her achievements, Dipa received both the Khel Ratna and Padma Shri. Dipa had surgery for an ACL tear on her knee in April 2017 and is training to get back into competition at the Commonwealth Games in 2018.

### Achievements

- 4<sup>th</sup> in vault finals at the Olympic Games, Rio 2016
- Arjuna, Khel Ratna and Padma Shri Awardee
- Bronze at the Commonwealth Games, Glasgow 2014
- 4<sup>th</sup> place at the Asian Games, Incheon, 2014