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ASIAN GAMES: OUTSTANDING TAMIL ACHIEVERS

- Athletes from Tamil Nadu produced remarkable performances in the Asian Games, bringing pride to both India and Tamil Nadu.
- **Vithya Ramraj** : Vithya Ramraj from Coimbatore created an impressive record by winning gold, silver and bronze medals.
- In the women's 400 metres hurdles, she broke the 42-year-old national record of P. T. Usha.
- She also played a crucial role in helping the Indian team win the gold medal in the women's 4 × 400 metres relay, with an outstanding performance in the final.
- **Abinaya Rajarajan** : Abinaya Rajarajan is a 19-year-old young athlete whose native place is Kalugumalai village in Tenkasi district.
- In her very first Asian Games appearance, she made her mark by winning a bronze medal in the mixed 4 × 100 metres relay.
- **Kamalini** : Kamalini was the only player from Tamil Nadu in the Indian women's cricket team that won India's first gold medal in the 2026 Asian Games.
- In the final, India defeated Sri Lanka by 147 runs and won the gold medal. Kamalini was part of the historic Indian team.
- **Abhay Singh** : From his name, one may wonder whether Abhay Singh belongs to Tamil Nadu. However, he was born and brought up in Chennai.
- In the final, he faced Malaysia's leading player and former world champion Ng Eain Yow and won a silver medal.

UPSC – 100 YEARS OF PUBLIC SERVICE

- On 1 October 1926, during the British period, the Public Service Commission was established. It later became one of the important institutions associated with the country's administrative system.
- After India attained Independence, in 1950, this body was renamed the Union Public Service Commission (UPSC).
- According to statistics from 1952, women constituted only about 3% of the Civil Services.
- At present, women account for nearly 30% of the Civil Services. So far, four women have served as Chairpersons of the UPSC.

- Abhay also became the second Indian player to win an individual squash medal at the Asian Games.
- Along with Velavan, he was also part of the Indian men's team that won a bronze medal.
- **Joshna Chinappa & Velavan Senthilkumar** : Even at the age of 40, Joshna Chinappa continues to display exceptional ability on the court.
- Joshna made her Asian Games debut at the age of 15. Participating in her seventh Asian Games, she returned with two medals.
- Along with Tamil Nadu's Velavan Senthilkumar, she won a bronze medal in the mixed doubles event.
- She also won another bronze medal as part of the women's team.
- **Hariharan Amsakarunan** : Hariharan Amsakarunan is a 23-year-old badminton player from Tamil Nadu.
- Competing in the doubles event, he partnered with M. R. Arjun and won a bronze medal.
- **Baranica Elangovan** : Baranica Elangovan, from Mayiladuthurai in Tamil Nadu, created history by winning India's first-ever Asian Games medal in the pole vault event.
- She cleared a height of 4.15 metres and won a bronze medal.
- She shared the bronze medal with Kazakhstan athlete Polina Ivanova.
- **Vishal T. K.** : Vishal T. K. is a young athlete from Jolarpettai in Tirupattur district.
- Along with Vithya Ramraj, M. R. Poovamma and T. S. Manu, he won a silver medal in the mixed 4 × 400 metres relay.
- He also won a bronze medal in the men's 4 × 400 metres relay.
- **Ilavenil Valarivan** : Ilavenil Valarivan was born in Cuddalore. She moved to Gujarat at a young age and currently represents Gujarat in domestic competitions.
- At the 2026 Asian Games, she won silver medals in both the women's 10-metre air rifle individual event and team event, securing two medals on the same day.
- **Shamina Riyaz** : Shamina Riyaz is the daughter of former Indian hockey captain and two-time Olympian Mohammed Riyaz.
- The 20-year-old from Chennai was part of the Indian women's squash team in her first Asian Games.
- Although she did not get an opportunity to play, she received a bronze medal because she was part of the medal-winning Indian team.