
Hima Das, India newest pride

India newest pride, Hima Das has taken the world by storm by becoming the first Indian woman to win a gold medal during the recent IAAF World Under-20 Championships in the 400 metre final race. She has proven herself to be a marvellous athlete who can not only compete with fellow world class athletes, but also beat them at their own game. Hima Das is an absolute inspiration to women all over the country. What she has achieved is truly sensational and unique.

Hima Das, who is popularly nicknamed as express back in her hometown, Assam, has achieved substantially beyond the boundary of athletics. Das is known to be a highly socially conscious girl who is extremely driven to make a difference in the lives of the people around her. She has herself taken up the initiative to bring in change in important factors which are currently heavily disadvantaged. Das has fought the battle to shut down liquor shops. She has also picked up the challenge of making quality education an accessible facility to the girl children living in her village.

Das was always keen about taking up football. She was extremely passionate about the sport, until her school teacher made her pick athletics instead of football. She was spotted by a teacher of Jawahar Navodaya Vidyalaya in Morigaon, Assam who goes by the name, Shams Ul Haq. She spotted Das when she visited the Central government run school for a sporting tournament.

Within a year of her career as an athlete, Hima Das had a feather in her cap. She had already become District Champion. Although, it took her two years to bring in the coveted title of being a State Champion. Earlier in 2016, Das won the one hundred metres race at the state level championship and ultimately made it to the finals of Junior Athletics Championship which was being held in Coimbatore, which she achieved with no training whatsoever. Hima Das is known for shocking the world with the sheer quality of her performance.

Until 2017, Hima Das had never even laid her eyes on a synthetic track. In January of the year 2017, the Directorate of Sports organised a camp for upcoming sportsmen. Hima took part and was able to dazzle every single one in the camp with her sheer performance. One of the spectators who was able to spot Da a potential was Nipun Das. He asked her to shift to Guwahati at once for better training. When Hima arrived, Nipun Das even paid for her accommodation at the sports academy in Guwahati, until the time by when the fundings arrived from the State Government. By this time, Hima did not even have a proper pair of running shoes with spikes embedded. She simply would promise to not disappoint the people who have shown faith in her and has invested in her future.

Hima Das started off with a series of hundred and two hundred metre races. Eventually, coaches began to observe that the style by which Hima ran, she was perfect for participating in the four hundred metre races. This is because Hima would start off in the race slow, and would later pick up her speed and finally reach her peak in the end. This is what the perfect four hundred metre race strategy looks like, and Hima perfectly fit the bill. In May during the year of 2017, Malakar and Das made their respective runs in the four hundred metres slot. Hima

clocked in a lightning speed of a mere fifty seven seconds.

Since childhood, she has been an extraordinarily competitive spirit. During the sporting tournaments, she always wanted to win the race no matter what it took. Hima Das has been described as an extremely focused and diligent athlete who was willing to put in the work to get to where she is today.

Hima grew up amidst a join family of farmers in her hometown, Kandulmari Village n Nagaon, a place which is a hundred and forty kilometres away from Guwahati. She is the daughter of a rice farmer, Gutsy Das. Hima had always been interested into the world of sports and as a child, would play and participate in a whole variety of them. She would run, play football and take to Kabaddi every now and then.

Hima has always been an extremely confident girl who had faith in herself and her skills. She never would shy away from playing football with the boys, even after being constantly advised. Being a socially conscious child, Hima is well known in her town for demolishing local shops which sell liquor. She was actively involved in bringing quality education to the girl child. Her friends describe her to have been extremely determined to get the jersey of India and finally, be able to wear it.

With immense dedication, capability and talent, Hima has been able to get to the position where she is ahead. Her achievements have a long road ahead of themselves. Hima is proof of ho passion and diligence can make a difference in anyone's life. With effort, practice and dedication, Him was able to stun each of everyone of the audiences. Her pace has been one of the quickest over the years. This is only the beginning for the young Hima Das. Many more accolades to yet come her way in life! She is an inspiration to women.