



Hima Das, Ace sprinter IAAF-U-18 World Champion

Proud Alumnus of **Dhing College** (2017-18)

Born: 9 January 2000 (Age 22) Dhing, Nagaon (Assam) India	Father: Ranjit Das Mother: Jonali Das	Nickname: Dhing Express
Height 167 cm (5 ft 6 in)	Weight 54 kg (119 lb) Sport Country India Sports	Arjun Awardee -2019
Favourite Event	Track and field 100 m 200 m 400 m	Coach: Nipon Das Galina Bukharina
ACHIEVEMENTS, TITLES & TIMINGS	Personal best(s)100 m – 11.63 (2021)	200 m – 22.88 (2021) [4] 400 m – 50.79 (NR, 2018) [5][6] Medal record
	Asian Games Medal-2 World U20 Championships-1	
	Gold medal – first place 2018 Jakarta– second place 2018 Jakarta-400 m	Women's 4×400 m gold medal first -2018 Jakarta Mixed 4×400 m silver medal
	World U20 Championships Gold medal – first place (51.46 s)2018 (Tampere) 400 m	Her current Indian national record in 400 metres (50.79 s She clocked at the 2018 Asian Games, Jakarta, Indonesia
	5 Gold medals in a month. 200m Gold (23.65 s)	July 2, 2019, Poznan Athletics (Grand Prix in Poland)
	200m Gold at the Kladno Athletics (23.43s)	July 13, 2019, in the Czech Republic
	Gold medal in the 200m race at the Tabor Athletics Meet, (23.25 s)	July 17, 2019, Wednesday, Czech Republic
	200m gold AT Kutno Athletics Meet (23.97 s)	Poland, on July 7, 2019

Accolades and Endorsements

- At 18 years of age, Hima Das was nominated for the Arjuna Award.
- She is Assam’s State Brand Ambassador for sports.
- UNICEF-India appointed Hima Das as the first Youth Ambassador for India.
- Adidas India has signed Hima Das for a 5-year sports endorsement deal.

We salute this great personality who is our proud Alumnus and wish her all the success in life.