CURRENT EVENTS 30 October 2026

Neeraj Chopra Set to Resume Training and Rehabilitation

Double Olympic medallist javelin thrower Neeraj Chopra announced his return to training following recovery from an ankle ligament tear.

An update on the injury recovery, medical consultation, and upcoming training schedule of India's ace javelin athlete Neeraj Chopra.

KEY EXAM POINTS

- **Neeraj Chopra** is set to resume training and rehabilitation in the coming weeks after recovering from an **ankle ligament tear**.
- The injury sidelined the double Olympic medallist from major 2026 events including the **Asian Games** , **Diamond League** final, and World Athletics Ultimate Championships.
- He consulted noted orthopaedic surgeon **Dr. Dinshaw Pardiwala**, who advised him to begin proper rehabilitation.
- The athlete followed a strict regimen of complete rest as advised by his **medical team** during the initial recovery phase.

DID YOU KNOW..!?

Neeraj Chopra won the historic **gold medal** in men's javelin throw at the **Tokyo Olympics 2020**, becoming India's first track and field Olympic **gold medal**list.

Neeraj Chopra secured a **silver medal** at the **Paris Olympics 2024** in the men's javelin throw event.

He became the World Champion by winning the gold medal at the **World Athletics Championships** held in **Budapest** in 2023.

Major Dhyan Chand National Sports Day is celebrated across India on **August 29** every year to commemorate the birth anniversary of hockey legend **Major Dhyan Chand**.

The Major Dhyan Chand **Khel Ratna Award** is India's highest sporting honour, administered by the **Ministry of Youth Affairs and Sports**.

The **Arjuna Award** instituted in **1961** is given for outstanding achievement in national sports by the Government of India.

REVISION FLASHCARD

Double Olympic medallist Neeraj Chopra is set to resume training after recovering from an ankle ligament tear.

Syllabus Relevance: Important for questions regarding national sports personalities, Olympic achievements, and sports awards.

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