

## Arunima Sinha (20 July 1981 - Uttar Pradesh)

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Arunima Sinha na sirf ek hindustani koh-e-paima (pahaad fateh karne wali) hai balke ek famous volleyball aur football player hai. 23 saal ki umr me unhone apne walid ko kho diya jo Indian Army me manager ke post par the. Jis ke baad unki parwarish unki bahen aur behnaoi ne ki. Arunima ko bachpan se hi football aur cycling ka shauk tha. Wo national level par volleyball khel chuki thi. Unka maqsad para military forces me apni khidmat dena tha, jis ke interview ke liye jate waqat un ke sath train me ek khatarnak hadsa pesh aaya jisne unki zindagi ka rukh badal diya.

Chalti train se gir kar apna ek pair kho dene ke bad bhi un ke jazbe aur himmat me kami nahi aai aur unhone ilaaj karane ke sath hi koh-e-paima banne ka na sirf iraada kiya balki use pura karte hue saaton barre azam (continents) ki oonchi chotiyon ko sar kar ke wahan hindustani parcham lehraya.

Un ke shandar kaarnamo aur oonche hausle ke chalte unhe Padma Shri ke ilawa 6 aur award se nawaza gya. Inaam mili raqm se wo ek social welfare association aur Handicap or Garib bachon ke liye free sports academy ki shuruwat Karna chahti hain.

Year 2014 me unhone " Born Again in the Mountains" kitab likhi hai. Apne aasman choote hausle, bina thake struggle aur mehnat se Arunima Sinha hamare liye ek mishal-e-rah hai.