

Athletes

SEARCH



**JOSHANA
CHINAPPA**

 IND

Squash

Age **31** Born **09/15/1986** CHENNAI (INDIA)

Height **173 CM / 5'8"** Weight **64 KG / 141 LBS**

Medals

G (Gold)	S (Silver)	B (Bronze)
0	0	1

Biography

Beginning

She began the sport at age seven. (mapsofindia.com, 03 Feb 2014)

Reason

Her father motivated her to take up squash. "He is my inspiration and he introduced me to the sport when I was a kid at the Madras Cricket Club. I owe taking the sport up seriously to him." (thebridge.in, 24 Mar 2018)

Coach

Cyrus Poncha [national], IND (dnaindia.com, 17 Apr 2018)

Ambition

To compete at the 2018 Asian Games in Indonesia. (zeenews.india.com, 17 Apr 2018)

Memorable

Placing first at the 2017 Asian Squash Championship in Chennai, India. (scroll.in, 01 May 2017)

Awards

In 2018 she received the Asian Squash Federation's Dato Alex Lee Award for outstanding performance in the senior women's category. (timesofindia.indiatimes.com, 20 Mar 2018)

In February 2018 she was presented with the Sports Achiever Award by the Rotary Club of Madras in Chennai, India. (thehindu.com, 06 Feb 2018)

In 2013 she received the Arjuna Award from the Indian government. (mid-day.com, 31 Aug 2013)

Additional Information

General

NATIONAL FIRSTS

She became the first Indian player to win an Asian championship title when she claimed victory at the 2017 edition of the tournament in Chennai, India. In 2014 she and Dipilka Karthik became the first Indian squash players to win gold at the Commonwealth Games when they triumphed in doubles in Glasgow, Scotland. (hindustantimes.com, 30 Apr 2017;

thebridge.in, 24 Mar 2018; SportsDeskOnline, 13 Jun 2018)

CAREER CHANGING INJURY

The knee injury she suffered in 2011 changed her outlook on the sport. "I feel the knee surgery was the best thing that could have happened to me. It changed everything about my life, whether it was the company I kept or the way I approached my game. It was like starting my career from scratch after being on the couch for six months". (asianage.com, 28 Apr 2014)

Hero

US basketball player Michael Jordan, Indian sprinter PT Usha. (wispa.net, 07 Jun 2007; sports.indiainfo.com, 22 Nov 2009)

Relatives

Her family has been playing squash for the previous four generations. Her great-grandfather Field Marshall KM Cariappa, who was also the first Commander-in-Chief of the Indian Army, was a regular player of squash, and her father Anjan Chinappa also played squash regularly and represented Tamil Nadu several times. (mapsofindia.com, 03 Feb 2014)

Injuries

She suffered a serious knee injury in 2011 that required surgery. The injury kept her out of action for six months. (asianage.com, 28 Apr 2014)

Education

English - Ethiraj College, India

Languages

Highlights

Rank	Event	Year	Location
Asian Games			
2	Team	2014	Incheon, KOR
3	Team	2010	Guangzhou, CHN
5	Singles	2014	Incheon, KOR
5	Singles	2010	Guangzhou, CHN
5	Singles	2006	Doha, QAT
5	Singles	2002	Busan, KOR
World Games			
9	Singles	2013	Cali, COL
World Championships			
5	Singles	2016	El Gouna, EGY
9	Singles	2015	Kuala Lumpur, MAS
9	Singles	2014	Cairo, EGY
17	Singles	2017	Manchester, GBR
17	Singles	2013	George Town, MAS
17	Singles	2009	Amsterdam, NED
World Team Championships			
5	Team	2012	Nimes, FRA

Rank	Event	Year	Location
9	Team	2016	Paris, FRA
14	Team	2014	Niagara-on-the-Lake, ON, CAN
World Doubles Championships			
3	Doubles W	2017	Wroclaw, POL
3	Doubles W	2016	Darwin, NT, AUS
3	Doubles X	2016	Darwin, NT, AUS
7	Doubles X	2017	Wroclaw, POL
7	Doubles X	2004	Chennai, IND
Asian Individual Championships			
1	Singles	2017	Chennai, IND
2	Team	2010	Chennai, IND
3	Singles	2015	Kuwait City, KUW
3	Singles	2008	Kuwait
South Asian Games			
1	Singles	2016	Guwahati, IND
1	Team	2016	Guwahati, IND
1	Singles	2006	Colombo, SRI
1	Singles	2004	Islamabad, PAK
Commonwealth Games			
1	Doubles W	2014	Glasgow, GBR
2	Doubles W	2018	Gold Coast, QLD, AUS

Rank	Event	Year	Location
5	Singles	2018	Gold Coast, QLD, AUS
5	Doubles X	2018	Gold Coast, QLD, AUS
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World Ranking (as of 01 Aug 2018)			
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16	Singles	2018	

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