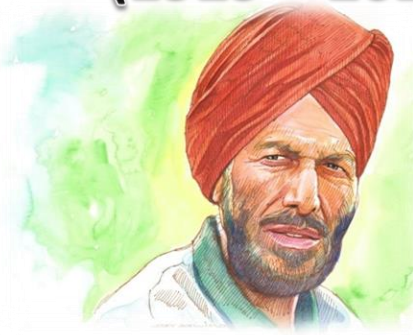


MILKHA SINGH (1929 – 2021)

Captain Milkha Singh also known as The Flying Sikh, was an Indian track and field sprinter who was introduced to the sport while serving in the Indian Army . His birthplace was Govindapura village 10 km (6.25 mi) from Muzaffargarh city in Punjab province during British rule. (now Muzaffargarh is in Pakistan). He was one of 15 siblings, eight of whom died before the Partition of India.

He was selected by the army for special training in athletics after finishing sixth in a compulsory Cross Country-Run for new recruits.



**Captain Milkha Singh
(20 Nov1929 – 18 June 2021)**



Padma Shri

S. No	Medal	Event	Category
1	Gold	1958 Asian Games	200 M
2	Gold	1958 Asian Games	400 M
3	Gold	1958 Commonwealth Games	440 Yards
4	Gold	1962 Asian Games	400 M
5	Gold	1962 Asian Games	4X400 M Relay
6	Silver	1964 Calcutta National Games	400 M

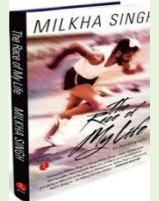


He was awarded the Padmashri in the year 1959

He met Nirmal Kaur, a former captain of the Indian women's volleyball team in Ceylon in 1955; they married in 1962 and had three daughters and a son, the golfer Jeev Milkha Singh. In 1999, they adopted the seven-year-old son of Havildar Bikram Singh, who had died in the Battle of Tiger High.

Nirmal Saini Wife of Milkha Singh was an Indian volleyball player & captain of the India women's national volleyball team. (10 Oct 1938-13 June 2021)

The Race of My Life: An Autobiography is the autobiography of Indian athlete Milkha Singh, coauthored with daughter Sonia Sanwalka. The film *Bhaag Milkha Bhaag* is based on it.



Milkha Singh passed away at the age of 91 on Friday, 18th June of complication due to coronavirus disease (covid-19). Milkha was admitted to PGIMER on 3 June after his oxygen levels dipped at home following treatment at the Fortis Hospital in Mohali for a week. Milkha Singh on Friday after developing complications, including fever and dropping of oxygen saturation level, following a bout with COVID-19, in the Intensive Care Unit of the PGIMER hospital in Chandigarh. However, due to post- Covid complications, he was shifted out of Covid Hospital to medical ICU. But despite best of the efforts by the medical team, Milkha Singh could not be retrieved from his critical condition and after a brave fight, he left for his heavenly abode at 11.30 pm on 18th June 2021 at PGIMER.

