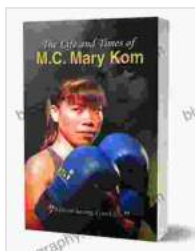


# The Life and Times of Mary Kom: A Boxing Icon

In the annals of sports history, few names command the same level of respect and admiration as Mary Kom. A five-time World Boxing Champion and Olympic medalist, Kom's extraordinary journey from a humble village in Manipur, India, to the global stage has captivated hearts and inspired a generation. Her story is a testament to the indomitable spirit, the power of perseverance, and the transformative impact of sports.



## The Life and Times of M.C. Mary Kom by Allan Sand

★★★★☆ 4 out of 5

Language : English  
File size : 2905 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 140 pages



## Early Life and Influences



Mary Kom was born on March 1, 1983, in Kangathei, a small village in the Indian state of Manipur. Her parents, Mangte Chungnei Kom and Mangte Akham Kom, were farmers who struggled to make ends meet. Despite their financial constraints, they recognized their daughter's innate athleticism and encouraged her to pursue her passion for boxing.

Growing up in a conservative society, Mary Kom faced significant challenges. Boxing was traditionally considered a sport for men, and women who dared to enter the ring were often met with prejudice and skepticism. Undeterred, she trained diligently under the guidance of her first coach, M. Narjit Singh, who recognized her exceptional talent.

### **Rise to Global Prominence**



Mary Kom celebrates her first international victory.

Mary Kom's breakthrough came in 2001 when she won a gold medal at the World Women's Boxing Championship in Turkey. This triumph marked the beginning of her meteoric rise to global prominence. Over the next decade, she dominated the sport, winning an unprecedented five World Championship titles and earning the nickname "Magnificent Mary."

In 2012, Mary Kom made history by becoming the first Indian woman boxer to qualify for the Olympic Games. Although she lost in the quarterfinals, her performance at the London Olympics cemented her status as a global icon and inspired a new generation of female athletes.

## **Overcoming Challenges and Personal Achievements**



Throughout her illustrious career, Mary Kom faced numerous personal and professional challenges. In 2007, she gave birth to her first child, Rechungvar Kom. Determined to balance her boxing career with motherhood, she resumed training just months after giving birth and returned to the ring with renewed vigor.

In addition to her boxing triumphs, Mary Kom has made significant contributions to the empowerment of women and girls in India. She established the Mary Kom Regional Boxing Foundation, which provides training and support to aspiring boxers from underprivileged backgrounds.

### **Legacy and Impact**



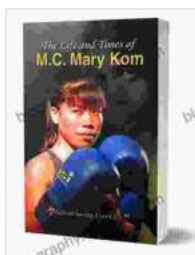
Mary Kom inspires young athletes with her words of encouragement.

Mary Kom's influence extends far beyond the boxing ring. She has become a role model for millions of young people, particularly girls, who see in her a reflection of their own aspirations. Her unwavering determination, resilience, and commitment to excellence have shattered stereotypes and empowered countless individuals to pursue their dreams.

Mary Kom's legacy is not only defined by her boxing achievements but also by her impact on society. She has used her platform to advocate for gender equality, health, and education. Her story continues to inspire people worldwide, reminding them that with passion, perseverance, and belief in oneself, anything is possible.

Mary Kom's journey is a testament to the indomitable human spirit. From her humble beginnings in a small Indian village to her triumphs on the global stage, her story is an inspiration to all who dare to dream big. As a boxing icon, a role model, and a global advocate for women and girls, Mary Kom has left an indelible mark on the world.

Her unwavering determination, resilience, and unwavering belief in herself are qualities that we can all strive to emulate. Mary Kom's story is not just about boxing; it is about the power of the human spirit to overcome adversity and achieve extraordinary heights.

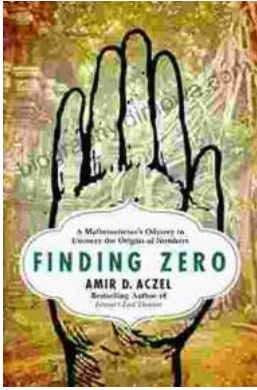


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