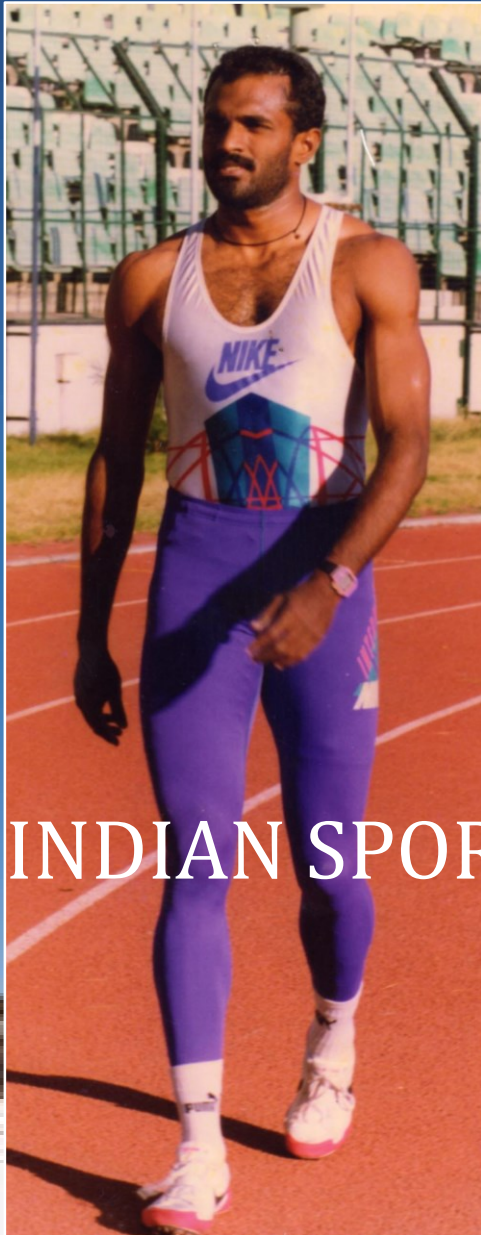


DR. R. NATARAJAN
International Athlete



Play well

Eat well

Sleep well

Study well

INDIAN SPORTING ICON

Appointed as the Monitoring and Facilitating Committee member by the Govt of Tamil Nadu for the elite sports person preparing for 2016 Olympics in Brazil.

ISPAATHLETICS@GMAIL.COM

Dr. R. Natarajan

Education

Bachelors of Pharmacy - 4 Years. First Class, Annamalai University 1986-90
Master's Degree in Sociology-2 Years, First Class, Annamalai University
Post Graduate in Yoga, First Class, Annamalai University- 2007
M.Sc. Yoga-First Class in Tamil Nadu Physical Education & Sports University-2010
Completed My Doctorate Degree (Ph.D) in Track & Field-Athletics- 2013

Work

Superintendent of Customs, Chennai.

Significant Achievements in Athletics and Sports

National Champion & National Record Holder in 100 Mts and 200 Mts for 9 Consecutive Years (1988-1996). South Asia's Fastest Man Title Holder 1989-1991. South Asian Games Record Holder & Champion In 100 Mts 200 Mts, 4x100 Mts Relay (1989, 1991, and 1995). Seeded Number: 3 in Asia in 200 Mts For Three Consecutive Years (1991-1994). Silver Medal In 200 Mts At The World Indoor Invitation Athletic Meet At Tehran-Iran, 1990. Qualified And Ran With The World Legendary Sprinter Carl Lewis In The World Permit Meet, 1990. Second Indian To Run The 200 Mts Below 21.0 Seconds i.e. 20.9secs & Qualified To Represent India In 200 Mts In The 1996 Atlanta Olympics, USA. Represented India In The World Championship Meet At Taiwan, 1995. Qualified & Represented India In The Common Wealth Games - Auckland, World University Games-Kobe- Japan, Permit Meets, Grand Prix, etc., Underwent Specialized Advanced Training in London for six months & in Sweden for three months. Consecutive Three Time Champion & Record Holder In 100 Mts & 200 Mts At The All India Inter University Athletic Championships (1998-1991). Only University Athlete to win the 100, 200 & 400 Mts dash in the All India Inter University Athletic Meets in the same year.

Awards

Best Sports Man Award of the State during the years 1989, 1990, 1991, 1992, 1993, 1995, 1996. Best Sports Man award by the All India Sports Journalists - Gurunathan Trophy. 1990.
South Asian Best Performer Award for the Year 1990 by the then President Hon'ble Late Shri. R. Venkatraman. Honored By The Vice President Of India Shri. Hameed Ansari, for the Meritorious Services in Sports-Athletics, November 2008.

Training Experience and Social Activities

Director -India Sports Promotion Academy: Imparting Training in Speed Drills, Specific Fitness to the Children of Age Categories Below 10 Yrs, 10-14yrs, for The Past 13 Years. Trained students of St. Montfort Hr. Sec. School, Yercaud, Salem From 2001-2004. Presented Papers on Training in Athletics / Sports in the World Conference at Brazil, 2004 & took part in the Country Wide Training Program for 3 Months.

Presented various Guest Lectures about Athletics, Specific Fitness, Training Methods, Talent Identification, and Recovery Methods, in Various Colleges, Universities, and National Level UGC Sponsored Seminars All over the Country.

Advisory Board Member for the University Of Madras, 2004-2010. Board of Studies Member for the University Of Physical Education, Tamil Nadu. Executive Committee Member of Good Shepherded Mat. Hr. Sec. School 1998-2004. Member of Selection Committee of Tamil Nadu Sports Development Authority for Athletics.2001-2009. Hony. Treasurer, Chennai District Athletic Association.2009-2013.

Senate Member-Manonmaniam Sundaranar University- Trinelveili-2010-2013.

On Invitation gave A Special Guest Lecture On Motivation In Sports At The ISRO - Sriharikotta and in the U.S.A Consulate - Chennai During February 2012. Went To London Olympics 2012 as Technical Observer On Behalf of The Tamilnadu Olympic Association For Track And Field. You can watch Natarajan's BBC Interview in Youtube.

Special Speaker to address CII in their Annual Conference in Chennai - Dec- 2012, & Oct-2013. Appointed as the Monitoring and Facilitating Committee Member By The Govt Of Tamil Nadu for the Elite Sports Person Preparing For 2016 Olympics At Brazil. Visiting Faculty Member to "Nacen" - National Academy for Central Excise and Narcotics - 2013.

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