

PROFILE

NAME : Dr. R.NATARAJAN.,IRS.,
DATE OF BIRTH : 26.01.1969
RESIDENTIAL ADDRESS : NEW NO:61, OLD NO:46,
F-1 ,FIRST FLOOR, KRISH NIVAS,
OFFICER'S COLONY 3RD STREET,
METHA NAGAR , CHENNAI-600 029.

EDUCATIONAL QUALIFICATION:

- +2 from RSK HR SEC SCHOOL,TRICHY - BEST OUT GOING STUDENT – 1986.
- Bachelors of Pharmacy- 4years First class, Annamalai university.
- Masters degree in sociology- 2 YEARS- First class, Annamalai university.
- POST GRADUATE IN YOGA, FIRST CLASS, 2004, ANNAMALAI UNIVERSITY
- M.Sc. yoga- FIRST CLASS in TAMIL NADU PHYSICAL EDUCATION & SPORTS UNIVERSITY-2010.
- FIRST INDIAN ATHLETE TO HAVE COMPLETED DOCTORATE DEGREE (Ph.D) IN TRACK & FIELD-ATHLETICS.- 2013.
- IAAF – LEVEL – 1 COACH -2016, LECTURER 2019.
- SUJOK – ACCUPUNCTURE THERAPIST- level -2 September 2017.

SOCIAL STATUS:

ASST.COMMISSIONER of GST & Central Excise , Chennai.

SPORTS ACHIEVEMENTS

1. NATIONAL CHAMPION & NATIONAL RECORD HOLDER IN 100 Mts AND 200 Mts FOR 9 CONSECUTIVE YEARS (1988-1996).
2. SOUTH ASIA'S FASTEST MAN TITLE HOLDER 1989-1991.
3. SOUTH ASIAN GAMES RECORD HOLDER & CHAMPION IN 100 Mts 200 Mts, 4X100 Mts RELAY (1989,1991,1995).
4. SEEDED NUMBER: 3, IN ASIA IN 200 Mts FOR THREE CONSECUTIVE YEARS (1991-1994).
5. SILVER MEDAL IN 200 Mts AT THE WORLD INDOOR INVITATION ATHLETIC MEET AT TEHRAN- IRAN,1989.
6. QUALIFIED & RAN WITH THE WORLD LEGENDARY SPRINTER CARL LEWIS IN THE WORLD PERMIT MEET,1990. 4TH PLACE.
7. SECOND INDIAN TO RUN THE 200 Mts BELOW 21.0 SECONDS ie.20.9secs & QUALIFIED TO REPRESENT INDIA IN 200 Mts IN THE 1996 ATLANTA OLYMPICS,USA.
8. REPRESENTED INDIA IN THE WORLD OPEN ATHLETICS CHAMPIONSHIP MEET AT TAIWAN,1995.
9. QUALIFIED to REPRESENT INDIA IN THE COMMON WEALTH GAMES-AUCKLAND-1990, WORLD UNIVERSITY GAMES, KOBE, JAPAN-1989, INTERNATIONAL ATHLETIC PERMIT MEETS (1989,1990,1991,1993, 1994,1995), GRAND PRIX MEETS , ETC,.
10. SILVER MEDAL IN 4X100 MTS IN THE 1989 – INTERNATIONAL ATHLETIC PERMIT MEET.
11. BRONZE MEDAL IN 4X100 MTS RELAY IN THE 1991 – INTERNATIONAL PERMIT MEET.
12. UNDERWENT SPECIALISED ADVANCED TRAINING IN ATHLETICS IN LONDON FOR 3 MONTHS & IN SWEDEN FOR THREE MONTHS- 1994.
13. STATE CHAMPION & RECORD HOLDER IN 100, 200 MTS, 4X100 RELAY FOR 9 CONSECUTIVE YEARS. 1988-1996.

14. ALL INDIA CIVIL SERVICES & CENTRAL REVENUE ATHLETICS MEETS CHAMPION IN 100 MTS,200 MTS,400 MTS & 4 X 100 MTS RELAY FOR 6 CONSECUTIVE YEARS. 1990-1996.

15. INDIAN UNIVERSITIES CAPTAIN FOR 3 YEARS FOR THE OPEN NATIONAL ATHLETICS CHAMPIONSHIPS. 1989,1990,1991.

16. REPRESENTED ANNAMALAI UNIVERSITY & WON GOLD MEDAL IN 100 MTS, 200 MTS,400 MTS,4X100 MTS RELAY AT THE SOUTH ZONE INTER UNIVERSITY ATHLETIC MEETS FOR 4 CONSECUTIVE YEARS. 1988, 1989, 1990 & 1991.

17. Represented Annamalai University and Won Gold Medals in 100 Mts and 200 mts for 3 Consecutive Years at the All India InterUniversity Athletic Championship.(1988,1989,& 1990)

18. ONLY UNIVERSITY ATHLETE IN INDIA TO WIN THE GOLD MEDAL 100, 200 , & 400 MtsDASH IN THE ALL INDIA INTER UNIVERSITY ATHLETIC MEET IN THE SAME YEAR.

AWARDS:

1. BEST SPORTS MAN AWARD OF THE STATE DURING THE YEARS

1989,1990,1991,1992,1993,1995,1996.

2. BEST SPORTS MAN AWARD BY THE ALL INDIA SPORTS

JOURNALISTS-GURUNATHAN TROPHY.1990.

3. SOUTH ASIAN BEST PERFORMER AWARD FOR THE YEAR 1990

BY THE THEN PRESIDENT HON'BLE LATE SHRI.R.VENKATRAMAN.

4. HONOURED BY THE HON'BLE CHIEF MINISTER OF TAMILNADU , FOR THE SOUTH ASIANS FASTEST MAN, Dec 1995.

5. HONOURED BY THE VICE PRESIDENT OF INDIA SHRI.HAMEED ANSARI, FOR THE MERITORIOUS SERVICES IN -ATHLETICS, Nov 2008.

TRAINING EXPERIENCE & SOCIAL ACTIVITIES:

1. Honorary 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 18 YEARS. THIS ACADEMY HAS A JOINT VENTURE WITH GOVERNMENT OF TAMILNADU(SDAT) & IIT MADRAS.
2. TRAINED THE STUDENTS OF THE ST.MONTFORT Hr. Sec. School, YERCAUD, SALEM FROM 2001-2004.
3. 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, SPECIFICFITNESS, TRAINING METHODS, TALENT IDENTIFICATION, RECOVERY METHODS, IN VARIOUS COLLEGES, UNIVERSITIES , NATIONAL LEVEL UGC SPONSORED SEMINARS ALL OVER THE COUNTRY.
4. ADVISORY BOARD MEMBER FOR THE UNIVERSITY OF MADRAS, 2004-2010.
5. BOARD OF STUDIES MEMBER FOR THE UNIVERSITY OF PHYSICAL EDUCATION, TAMIL NADU.2010-2013.
6. EXECUTIVE COMMITTEE MEMBER OF GOOD SHEPERED Mat.Hr.Sec.School 1998-2004.
7. MEMBER OF SELECTION COMMITTEE OF TAMIL NADU SPORTS DEVELOPMENT AUTHORITY FOR ATHLETICS. 2001-2006.
8. HONY.TREASURER, CHENNAI DISTRICT ATHLETIC ASSOCIATION.2008-2011.
9. SENATE MEMBER - MANONMANIAM SUNDARANAR UNIVERSITY-TRINELVELI-2010-2013. HON'BLE GOVERNOR of Tamilnadu NOMINEE.
- 10.ON INVITATION, GAVE A SPECIAL GUEST LECTURE ON MOTIVATION& FITNESS IN SPORTS AT THE ISRO – SRIHARIKOTTA & IN THE U.S.CONSUULATE – CHENNAI DURING FEBRAURY 2012.

11. Went to London Olympics 2012 as Technical Observer on behalf of the TNOA - Tamilnadu Olympic Association for track and field . GAVE A LIVE INTERVIEW IN BBC WORLD NEWS – watch you tube in “NATARAJAN BBC INTERVIEW”.

12. Invited as a special speaker twice and addressed the prestigious biggest organization in INDIA - “ CII – CONFEDERATION OF INDIAN INDUSTRIES “ during their annual conference in Chennai – DECEMBER 2012 & 2013.

13. INVITED BY INK-150 , DUBAI AS THEIR CHIEF GUEST ON THE OCCASION OF 150TH ANNIVERSARY , NOVEMBER ,2013.

14. CONDUCTED A DEMO / WORKSHOP ON FITNESS & SPORTS TALENT ASSESSMENT AT THE MOST POPULAR AND BIGGEST SCHOOL – INDIAN HIGH SCHOOL , DUBAI. NOV - 2013.

15. APPOINTED IN 2013 AS THE MONITORING & FACILITATING COMMITTEE MEMBER BY THE GOVT OF TAMIL NADU FOR THE ELITE SPORTS PERSON PREPARING FOR 2016 OLYMPICS AT BRAZIL .

16. VISITING FACULTY MEMBER TO “NACEN” – NATIONAL ACADEMY FOR CENTRAL EXCISE AND NARCOTICS – 2013 –till date.

17. THE CHIEF TRAINER FOR ALL THE CONTESTANTS IN THE SUCCESSFUL FITNESS REALITY SHOW IN VIJAY T.V. “OLLI BELLY”-2014.

18. TRAINED THE MENS INDIAN VOLLEY BALL TEAM TO ENHANCE THEIR PERFORMANCE THROUGH LATEST SPEED DRILLS, YOGA & PRANAYAMA, WHICH WON THE SILVER MEDAL IN THE ASIA CUP 2015.

19. NOMINATED AS TECHNICAL OBSERVER BY THE TNOA – TAMILNADU OLYMPIC ASSOCIATION FOR THE RIO OLYMPICS, BRAZIL-2016.

20. EXPERT IN ATHLETICS BY BBC – LONDON FOR THE RIO OLYMPICS, BRAZIL,2016.

21. With a team of Experts, Training the Table Tennis Players of Arjuna Awardee . Shri. Raman High Performance Academy in DEVELOPING SPEED , FITNESS , BREATHING TECHNIQUES FOR MAXIMUM ENERGY & RELAXATION TECHNIQUES COMBINED WITH MEDITATION TECHNIQUES FOR BETTER FOCUS / CONCENTRATION, Since 2017. Trained Shri. G. Sathyan , in Relaxation techniques , meditation techniques, and with specific Yoga postures for his performance improvement who won the Gold in Common Wealth and the Arjuna Award in Table Tennis - 2018 .

22. Hony. Secretary SSPF- School Sports Promotion Foundation – CDAC – Chennai District Athletic Council ,2018-2019.

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