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Short Essay on P.T. Usha, 200 words, Talent, Award

P.T. Usha was born in **1964 in Melady**, a tiny village in **Kerala**. She was a weak, sickly child and therefore was never expected to do anything related to '*sports*' in particular, which required a great deal of energy. But an uncle on her mother's side noticed **Usha's talent** and made sure she joined **Kerala's Sports Training Scheme**. Under the guidance of a dedicated coach, **O.M. Nambiar**, Usha won silver medals in the **100 metres and 200 metres** sprints at the New Delhi Asian Games in 1982. Since then Usha won gold medals in virtually every individual event she entered in *Asian women's track and field athletics*.

Her greatest victory being the **Soul Asian Games in 1986** when she won gold medals in four events). **Usha** narrowly missed being the only Indian **woman athlete** ever to win an Olympic medal, when to her great disappointment she was beaten to fourth place by one-hundredth-of-a-second in the **1984 Los Angeles Olympics 400 metres Hurdles** event.

Scoul Olympics (1988) was a tremendous disappointment for **Usha** and she gave up sports bidding goodbye to tracks in Beijing where, in the **1990 Asian Games**, she could not win a single gold. It is said, that the **Golden girl retired without a gold medal**.