



Dr.K.USHA RANI

Professor & Head

Contact

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Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph.D	Alagappa University	August 2005	Physical Education	Commended
M.sc	Annamalai University	June 2021	Yoga	II
Dip.in Yoga	Madurai Kamaraj University	Nov 2008	Yoga	I
M.Sc.,(psy)	Madras University	May 2005	Psychology	II
PGDSM	Alagappa University	October 2000	Sports Management	I
M.Phil	Madras University	August 1996	Physical Education	II
M.P.Ed	Madras University	April 1995	Physical Education	I

Teaching Experience

Total Teaching Experience : 27 Years

Position	Institution	Duration
Lecturer to Professor	Alagappa University	18.08.1999 to Till Date
PET	Jaycess Matric School, Kangayam	08.09.1997 – 15.08.1999
Physical Director	Ethiraj College For Women, Chennai	19.09.1996 – 13.11.1996

Research Experience

Total Research Experience : 25 Years

Position	Institution / University	Duration
Head of the Department	Department of Physical Education and Health Sciences, Alagappa University, Karaikudi	01.07.2023 To Till Date
Professor	Department of Physical Education and Health Sciences, Alagappa University, Karaikudi	18.08.2017 To 30.06.2023
Associate Professor	Department of Physical Education and Health Sciences, Alagappa University, Karaikudi	17.11.2016 To 17.08.2017
Associate Professor	College of Physical Education, Alagappa University, Karaikudi	18.08.2012 To 17.11.2016
Assistant Professor Stage 3	Alagappa University College of Physical Education, Alagappa University, Karaikudi	18.08.2009 To 17.08.2012
Lecturer (SS) (Assistant Professor Stage 2)	Alagappa University College of Physical Education, Alagappa University, Karaikudi	18.08.2004 To 17.08.2009
Lecturer	Department of Physical Education And Health Sciences, Alagappa University, Karaikudi	18.08.1999 To 17.08.2004

Academic and Additional Responsibilities

S.No	Position	University Bodies	Period	
			From	To
1	Secretary	Secretary Ladies Club - Alagappa University	2015	2016
2	Co-ordinator	Extensive Activities - Field Visit Kothari.	2000	2010
3	Co-ordinator	Adventure sports. Himachal Pradesh.	2011	2012
4	Member	External Examiner theory and practical, Question paper setting board member External evaluation for M.Phil thesis- Annamalai University	2009	2012
5	Member	Question paper setter Annamalai University. Alagappa University. Avinasilingam Deemed University. Venkateshwara University 2009 onwards	2009	2015
6	External examiner	External examiner for Ph.D viva voce - Karpagam University	2012	2013
7	Presiding officer Election	Presiding officer Election	2009	-
8	University representative	University representative for DDE , Alagappa University	2009	2012
9	Warden	Warden-AUCPE Ladies hostel	2015	2016
10	Anti ragging squad member	Anti ragging squad member - Alagappa University. Karaikudi	2012	2013
11	NSS Programme officer	NSS Programme officer	2000	2010
12	Warden	PG.Ladies Hostel Warden. Alagappa University	2002	2004
13	Cultural Cell	Alagappa University Cultural Cell	2002	2004
14	member	Alagappa university Interview Committee member	2005	-
15	Incharge	Cultural in charge	2009	2012
16	Warden	AUCPE Deputy warden	2008	-
17	Incharge	Director of Physical Education Incharge	2010	2010
18	Incharge	Organised remedial coaching class UGC sponsor	2010	-

19	University representative	University representative of DDE exam	2005	-
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Areas of Research

- Sports Physiology
- Yoga
- Sports Nutrition and Sports Psychology

Research Supervision/Guidance

Program of Study		Completed	Ongoing
Research	Ph.D	5	4
	M.Phil	15	-
Project	M.Sc Yoga	6	1
	M.P.Ed	50	-

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
37	53	26	66	Book – 1 Monographs – 1

Cumulative Impact Factor(asperJCR) :
 h-index : 1
 i10 index :
 Total Citations : 1

Publications

Thesis Evaluated :20
 Viva-voce Examiner :20

Funded Research Projects

Ongoing Projects:

S.No	Agency	Period		Project Title	Budget (Rs.In lakhs)
		From	To		
1	RUSA Phase 2.0	2019	Ongoing	Influence of Aerobic Activity Combined with Yogic Practices on Health Parameters of school girls students in sivaganga district.	1.15
2	AURF	2019	Ongoing	Effect of Varied Aerobic Exercise on Health Related Physical Fitness, Biochemical Variables and BMI of College Basemen Students	0.25

Events organized in leading roles

Number of Seminars /Conferences /Workshops/ Events organized: 5

Position	Programme	Duration	Institution
Organizing Secretary	International Conference on Yoga, Meditation and Sports for Peace and Prosperity	27.09.2019 To 28.09.2019	Department of Physical Education and Health Sciences, Alagappa University
Organizing Secretary	The World Physiotherapy Day Celebration	08.09.2023	Department of Physical Education and Health Sciences, Alagappa University
Organizing Secretary	The World Physiotherapy Day Celebration	08.09.2023	Department of Physical Education and Health Sciences, Alagappa University
Organizing secretary	PEP(performance enhancement programme for out going students)	5.02.2024 to 09.02.2024	Department of Physical Education and Health Sciences, Alagappa University

Events Participated

Number Workshops: 10

Conference: 150

Seminars: 100

Professional Bodies

1. National Association of Physical Education and Sports Science(ICSSPE) – Id No.783

Advisory Board

Year/Period	Name of the BoS/Administrative Committee / Academic Committee	Role
2024	Heath Club Co-ordinator	Co-ordinator
24.03.2018	MSIESRP	Member
2017	Academic Committee member	Member
2017 – 2018	Women harassment prevention cell	coordinator
2016	Inspection squad member	Member
2014	Academic Board Member, Mother Therasa University, Kodaikanal	Member
2014	IQAC coordinator	coordinator
2012	IQAC coordinator	coordinator
2012	BoS member (AUCPE)	Member
01.10.2012	Ladies club coordinator	coordinator

Academic Bodies in Other Institutes/Universities

Year/Period	Name of the BoS/Administrative Committee / Academic Committee	Role
2010	Ramakrishna mission vidyalaya maruthi college of Physical Education, Coimbatore	Question Paper Setter
28 th Jan 2014	Mother Teresa Women's University, Kodaikanal, Nominated as Academic Committee Member	Member
25.03.2019 To 29.03.2019	Tamil Nadu Public Service Commission	Question Paper Setter

Ph.D. Thesis Guided

1. No. of PhD Thesis evaluated : 5
2. No. of PhD Public Viva-Voce Examination : 5
conducted

S.No	Name of the Scholar	Title of the Thesis	Year of Completion
1	K.Balamurugan	Effects of Incline Run, Decline Run and Running with Light Weight on Plain Surface on selected Physical Fitness and Physiological components of the College Athletes in Periyar University	2017
2	K.Ganesh	Impact of Different Types Mallakhamb and Isometric Exercise on selected Bio-Chemical, Physical, Physiological, Psychological variables on School Boys in India	2018
3	Sarojini	Effects of 6 months Skill based Training on Speed Explosive Power and Agility of Volleyball Players	2022
4	A.Vidhya	Effect of yogic practices and Physical Exercises on Health Related Fitness components Lipid Profile and Basal Metabolic Rate of Urban Obese Boys	2023
		Effect of Yogic Practice and Aerobic	

5	V.Vishnu	Exercise on Health Related fitness and Physiological variables on Children Affected by Down Syndrome.	2024
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List of Research Articles / Recent Publications

S. No	Authors/Title of the paper/Journal	Impact Factor
1.	Sangeetha.S, Usha Rani.K, Shantha Mukilan.M, Effect of Fartick Training on Breath Holding Time among Soccer Players, Shanlax International Journal of Arts, Science and Humanities, Vol.10, ISSN-2321-788X, September -2022	-
2	Vishnu.V, Usha Rani K, Effect of Yogic Practice on Health Realted Fitness and Physiological Variables of Children Affected By Down Syndrome, GIS SCIENCE JOURNAL 2020, SISSN NO : 1869-9391, 7(12), 798-805	6.1
3	Vidhya.A, Usha Rani.K, Effect of Yogic Practices and Physical Exercises Training on Triglycerides of Urban School Obese Boys Students, High Technology Letters, ISSN NO : 1006-6748, 26(6)	2.7
4	Effect of Yogic Practices and Physical Exercises Training on Triglycerides of Urban Obese Boys Student, International Journal of Physical Education and Sports, Vol-2, ISSN-0976-5540, January-December 2020.	-
5	NarenEffect of swiss ball training on selected physical fitness parameters of tennis players, Education and Society, ISSN: 2278-6864 Vol.46 No.4 April – June 2023	5.74

Resource persons in various capacities

National Conferences	:	10
InternationalConferences	:	18
InvitedLectures	:	25

