

CURRICULUM VITAE



Personal Details

- (1) **Name** : Dr. (Mrs.) USHA RANI
- (2) **Designation** : Professor
Department of Physical Education,
Kurukshetra University, Kurukshetra.
- (3) **Present position** : - Dean, Faculty of Education w.e.f. 12.7.2024
- Chairperson, Dept. of Physical Education
w.e.f. 12.7.2024
- (4) **Area of Specialization** : Anatomy, Physiology, Sports Training, Sports
Management, Sports Medicine, Education Technology
& Pedagogy Techniques, Method of Teaching and
Food & Nutrition and Physiology of Exercise
- (5) **E-mail & Tel. No.** : usharani.phyedu@kuk.ac.in
01744-238410 Ext. 2732 (O) 2820 (R)
094674-21444 (M)
- (6) **Academic Qualifications** : Bachelor of Arts, Master of Physical Education &
Sports Sciences and PG Diploma in Physical
Education from University of Delhi, Ph.D. & SLET
from Kurukshetra University, Kurukshetra

Credentials

- (7) **Position held** : - Chairperson, Dept. of Physical Education from
19.6.2018 to 18.6.2021
- Associate Professor 22.12.2013 to 21.12.2016
- Assistant Professor 21.12.2001 to 21.12.2013
- (8) **Teaching &
Research Experience** : 29 years in Teaching & Educational Administration
(in Haryana Govt. from 21.12.2001 to 27.03.2008)

Membership/Participation in Bodies, Committees on Education and National Development

- Member, **The Court of** Kurukshetra University, Kurukshetra w.e.f. 12.7.2024 to onwards.

- Member, **The Executive Council**, Kurukshetra University, Kurukshetra w.e.f. 28.3.2025 to onwards.
- Member, **Deans Committee** w.e.f. 12.7.2024 to onwards.
- Member, Selection Committee for Associate Professor BPSMV, Khanpur, Sonipat.
- Member, Standing Council, C.D.O.E. (Centre of Distance & Online Examination, Kurukshetra University, Kurukshetra w.e.f. 2024 to onwards.
- Member, Admission Committee w.e.f. 12.7.2024 to onwards.
- Member, BPRC, Kurukshetra University, Kurukshetra w.e.f. 12.7.2024 to onwards
- Member, Sports Council from 2002 to onwards
- **Professor Representative** in Academic Council from 2024 to onwards.
- Member, Kurukshetra University, Kurukshetra Teachers Association.
- Member, Standing Committee for verification of Self Appraisal Reports of Teachers of various departments w.e.f. 12.7.2024 to onwards.
- Member, Selection Committee for Associate Professor in Physical Education of Central University, Mohindergarh.
- Member, **Academic Council**, Kurukshetra University, Kurukshetra w.e.f. March, 2013 to July 2017 from 19.06.2018 to 18.6.2021 and 12.7.2024 to onwards.
- Chairperson, Post-Graduate Board of Studies, Dept. of Physical Education, Kurukshetra University w.e.f. 19.06.2018 to 18.6.2021 and 12.7.2024 to onwards.
- Chairperson, Under-Graduate Board of Studies, Dept. of Physical Education, Kurukshetra University w.e.f. 19.06.2018 to 18.6.2021 and 12.7.2024 to onwards.
- Member, Post-Graduate Board of Studies in Physical Education, Punjabi University, Patiala we.f. 20.4.2022 to 19.4.2024.
- Member, Post-Graduate Board of Studies in Physical Education, CDLU, Sirsa (2019-2021)
- Member, Post-Graduate Board of Studies in Physical Education, CRSU, Jind (2019-2021)
- Member, Selection Committee for Associate Professors and Professors for the teachers of faculty of Education, K.U.K.
- Member, Selection Committee for Associate Professor & Professors in Physical Education in Affiliated Colleges of K.U.K.
- Member, Review Committee to verify the API Scores for Stage III to IV for the teachers of Faculty of Education.

- Convenor of various Inspection Committees.
- Member, Various Enquiry Committees.
- Member, Renovation of Playground Committee of K.U.K.
- Member, Executive Committee of Sports Council, K.U.K. from 19.6.2018 to 18.6.2021 and 12.7.2024 to onwards.
- Convenor, Inspection Committees for affiliation of D.P.Ed., B.P.Ed., B.Sc., B.A. & B.Ed. integrated courses.
- Member, Under-Graduate Board of studies, Dept. of Physical Education, Kurukshetra University, Kurukshetra w.e.f. 18.02.2011 to 18.06.2018.
- Member, Departmental Research Committee of Physical, Kurukshetra University Kurukshetra w.e.f. 22.12.2016 to onwards.
- Vice-Chancellor's Nominee in the selection committee of Assistant Professors.
- Member in various Selection Committees.
- Member, Unfair Means Cases Committee of Kurukshetra University (2013-14)
- Member, Departmental Research Committee of Department of Physical Education, M.D. University, Rohtak w.e.f. 2018 to 2021.
- Member, Selection Committee (CAS) of Deenbandhu Chhotu Ram University of Science & Technology, Murthal, Sonipat.
- Convenor/Member of various Inspection Committees of various Colleges/Institutes.
- Convenor/Member Departmental Purchase Committees.

(10) Evaluation/Examiner:

- Examiner in Evaluation of Ph.D. thesis and Conduct of Viva-Voce examinations of various Universities i.e. Punjab University, Chandigarh, University of Delhi, MDU Rohtak, Punjabi University, Patiala, University of Kerala, CRSU Jind and Ch. Devi Lal University, Sirsa etc.
- Examiner of M.Phil Dissertation of Punjabi University, Patiala.
- Examiner of Ph.D. Entrance Test of M.D.U., Rohtak.
- Paper setter and Evaluator of various Universities for PG courses i.e. Punjab University, Chandigarh, University of Delhi, Kurukshetra University Kurukshetra, MDU Rohtak, M.M. University, Mullana, Ch. Bansi Lal University, Bhiwani, Ch. Devi Lal University, Sirsa and Ch. Charan Singh University, Meerut etc.
- Member for Thrashing Question Papers & Key for various recruitment Tests conducted by Haryana Public Service Commission, Panchkula.

(11) Research Guidance:

- 10 Research Scholars have been awarded Ph.D. Degrees.
- 6 Research Scholars are doing Ph.D.
- 9 Master of Philosophy (M.Phil) students completed their dissertation work.

(12) Workshop/Seminar/Conference/FDP etc. organised:

- Implemented NEP at UG and PG in Physical Education.
- Organised **Health Awareness Camp** in Girls Hostels of K.U.K. in 2019.
- Workshop for students and faculty members was organised on 19.9.2024 in which Prof. Krishna Murari was Key-note speakers and Prof. Som Nath Sachdeva, Vice-Chancellor presided.
- **Extension Lecture** was organised on 'Personality Development' for all students of the department on 18.4.2025 in which Professor Nishan Singh Deol, Dept. of Physical Education, Punjabi University, Patiala and Dr. Saloni P. Diwan, USM, K.U.K. delivered lecture.
- **Leadership Camp** of four days (7.3.2025 to 10.3.2025) was organised at Mashobra, Himachal Pradesh.
- **Blood Donation Camp** was organised on 22.10.2024 in the department in which Professor Som Nath Sachdeva, Vice-Chancellor remained as Chief-Guest.
- **Athletic Meet** was organised on 29.3.2025
- **Cultural Fest** was organised on 17.4.2025 which was inaugurated by Dr. Virender Pal Singh, Registrar and Prize distribution by Professor Kusum Lata, Chief Warden, K.U.K.
- **Talent Show** was organised on 24.10.2024 in which Prof. A.R. Choudhary, DSW remained Chief Guest.
- **Webinar** was organized by the Department on 'Immunity Enhancement through Yoga in fighting COVID-19' on 12.5.2020 from 6.00 am to 8.00 am through [www.facebook.com/ Department of Physical Education KUK-112066057165855/](http://www.facebook.com/Department_of_Physical_Education_KUK-112066057165855/). Online awareness programme on "Asanas" and "Pranayam" on 12.5.2020 in which Vice-Chancellor, KUK remained Chief-guest and Prof. Praveen Kumar Tripathi from CT University, Ludhiana was key-speaker in "Pranayam" session and Dr. Rajni Bali from Department conducted "Asanas" session which was viewed by more than 11000 peoples. The Vice-Chancellor congratulated the Chairperson for this well organized programme.
- **Organising Secretary** of one day Virtual Seminar/Workshop organised by the department of Physical Education on 'Yoga for Health and Well being' on 21.6.2022 in which Prof. Som Nath Sachdeva, Vice-Chancellor, KUK was Chief Guest.

(13) Induction Training:

- Attended Induction Training for college Lecturers sponsored by the Department of Training, Government of Haryana Organised by the Haryana Institute of Public Administration, Gurgaon from 14.1.2002 to 18.1.2002

(14) Orientation Course:

- Participated in four weeks UGC sponsored Orientation Course organized by the Academic Staff College, Kurukshetra University, Kurukshetra from 25.11.2002 to 21.12.2002 with 'A' Grade.

(15) Refresher Courses:

- Participated in three weeks U.G.C. sponsored Refresher Course organized by the Academic staff college, Kurukshetra University, Kurukshetra in Physical Education from 20.12.2006 to 09.01.2007 with 'A' grade.
- Participated in three weeks U.G.C. sponsored Refresher Course organized by the Academic Staff college Kurukshetra University, Kurukshetra in Physical Education from 19.12.2007 to 08.01.2008 with 'A" grade.

(16) Paper published:

- i) Ritu, Usha Rani, "A Comparative Study of Body Shape Among College Female Students", International Journal of Research Pedagogy and Technology in Education and Movement Sciences, Vol. 14 No. 02 (2025):APR-JUN.
- ii) Ankit, Usha Rani, "Effect of Plyometric-weight Training and Specify Training on Agility of Beginner Fencers", International Journal of Research Pedagogy and Technology in Education and Movement Sciences, Vol. 14 No. 02 (2025):APR-JUN.
- iii) Simranjeet Singh, Usha Rani, "Khel Ratna Awardee & Olympian Shri Harmanpreet Singh: Redefining Excellence in Indian Hockey", International Journal of Research Pedagogy and Technology in Education and Movement Sciences, Vol. 14 No. 02 (2025):APR-JUN.
- iv) Simranjeet Singh, Usha Rani, "Rise Above: Exploring What Drove Harmanpreet Singh from a Drug-Abuse-Prone Area to Achieve Sporting Excellence", Sports Sciences & Health Advances, Vol. 3 No. 1 (2025) Special Issue (Conference Articles).
- v) Ritu, Usha Rani, "A Study of Body Image and Quality Life Among College Female students", Sports Sciences & Health Advances, Vol. 3 No. 1 (2025) Special Issue (Conference Articles).
- vi) Usha Rani, Ankit, "Speed Enhancement Through Combined Plyometric and Skill Training: An 8 week study on Beginner Fencers", Sports Sciences & Health Advances, Vol. 3 No. 1 (2025) Special Issue (Conference Articles).
- vii) Dr. (Mrs.) Usha Rani, 2020, Study the components of Lipid profile among sports and non-sports females, JICR Journal, Volume XII, Issue VII, ISSN No. 0022-1945, July 2020.

- viii) Dr. (Mrs.) Usha Rani, 2020, Comparative Analysis of Protein Level found in female students of Government and Private Secondary Schools of Haryana, published in Tathapi with ISSN No.2320-0693 Vol. 19, Issue 55, June, 2020
- ix) Dr. (Mrs.) Usha Rani, 2020, Comparative Analysis of Total Body water in Female students of Government and Private Secondary Schools, published in Tathapi with ISSN No.2320-0693 Vol. 19, Issue 1, June, 2020.
- x) Dr. (Mrs.) Usha Rani, 2020, Comparing the Lipid profile of players and Non-players females, AC Journal, Volume IX, Issue V, May, 2020.
- xi) Dr. (Mrs.) Usha Rani & Poonam Rani, 2016, Relationship between Achievement Motivation and Pre-Competitive Anxiety to Performance in Volleyball of west one Intervarsity Men Players, Drashta Research Journal, Year: 5, Issue: 19, June-August, 2016, PP 274-276, ISSN: 2277-2480.
- xii) Dr. (Mrs.) Usha Rani, 2016, Prediction of Fielding ability of University level Cricket Players in relation to their Anthropometric & Physical Fitness Variables, International Referred Chintan Research Journal, Year : 6, Issue: 23, July-September, 2016, PP 172-179, ISSN: 2229-7227.
- xiii) Usha Rani and Satish Kumar Mathana, 2010, Difference in Aggression of School and College level Volley Ball Players, Journal of Physical Education and Yoga, Vol. 1, pp 129-131, ISSN 0975-9301
- xiv) Usha Rani and Poonam Rani, 2016, Effect of Selected Yogic Practices And Combined Physical Exercise and Yogic Practices on Selected Psychological variables among college Men Sports Person, Hindu International Referred, Vol. 11, pp 184-189, ISSN 2348-0114
- xv) Usha Rani and Poonam Rani, 2015, Effect of Interval Training on Physical fitness of Senior Secondary School Boys of Haryana, An International Research Journal-Conscious, Vol. 4, pp 47-54, ISSN 2349-2619
- xvi) Usha Rani, 2011, A Study of Socio-Cultural Hindrances in Participation of Sports for Female School Girls, Journal of Physical Education & Yoga, Vol. 02, pp 90-101, ISSN 0975-9301
- xvii) Usha Rani and Poonam Rani, 2015, Effect of Interval Training on Psychological variables of Senior Secondary School Boys of Haryana Research Drops-A Referred International Journal, Vol. 5, pp 95-98, ISSN 2231-105X
- xviii) Dr. (Mrs.) Usha Rani and Satish Mathana, 2016, A Comparative Study of Achievement Motivation and Competition Anxiety of Men through Ball Players of Haryana Sate, Pramana, Research Journal, Vol. 20, PP 202-206, ISSN 2249-2976.
- xix) Usha Rani, 2016, Comparison of Anxiety level between High and Low achievers Boys & Girls sportspersons, Indian Journal of Movement Education and Sports Sciences (IJMESS), Vol. IV, pp 82-84 online, ISSN 2321-7200, print ISSN 2348-5604
- xx) Usha Rani, 2016, Attentional Level of College Boys and Girls at different levels of Sports Participation, Indian Journal of Movement Education and Exercises Sciences (IJMEES), Vol.VI, pp 27-32, ISSN 2249-6246, print ISSN 2249-5010

- xxi) Usha Rani and Payal Sabharwal, 2016, A comparative study of Physical Fitness of Judo Players during Transitional Period and Competition Period, International Journal of Movement Education and Sports Sciences 'IJMESS', Vol. IV, pp 57 to 61, ISSN 2321-7200 Print ISSN 2348-5604 (online),
- xxii) Usha Rani and Payal Sabharwal, 2016, A comparative study of Physical Fitness of wrestlers during Transitional Period and Competition Period, International Journal of Social and Applied Sciences 'IJSAS', Vol. 5, pp 924-925, ISSN 2278-7062 (online)
- xxiii) Dr. (Mrs.) Usha Rani, 2016, Self Perception of Body Image of University Judokas, International Journal of Physical Education, Sports & Yogic Sciences, Vol 6, No. 1, PP 1-2, ISSN 2249-8575.
- xxiv) Dr. (Mrs.) Usha Rani, 2015, Assessment of Selected Motor Fitness Components of Football and Hockey Players, Journal of Physical Education and Yoga, Vol. 6, PP: 42-44, ISSN: 0975-9301
- xxv) Dr. (Mrs.) Usha Rani, 2016, Comparison of Maximum Strength of Kicking and Non-Kicking Leg of Football Players at University level, International Journal of Physical Education Sports Management and Yogic Sciences, Vol. 6, No. 4, PP 28-29, Print ISSN-2231-1394, online ISSN: 2278-795X.

(17) Participated In Sports at Various Levels (Kabaddi)

Sr. No.	Name of game	Position	Place	Year
1.	41st National Kabaddi Championship	Participation	Maharastra	1994
2.	42 nd National Kabaddi Championship	Participation	Tamil Nadu	1994
3.	XVII National Sports Festival for Women, Bhopal (M.P.)	IInd	Bhopal	1993
4.	All India University	IIIrd	Utakal Bhubneswar	1994
5.	XVI National Sports Festival for Women	Participation	Tamil Nadu	1991-92
6.	XVIII National Sports Festival for Women, Hisar (Haryana)	IInd	Hisar	1994
7.	XIX National Sports Festival for Women	Participation	Patiala	1994-95
8.	Inter-Varisity	Participation	Kurukshetra / Gawalior	1993
9.	Inter-Varisity	Participation	Solan	1994-95
10.	Inter-College	Winner	Delhi	1991-92
11.	Inter-College	Runner-up	Delhi	1992-93
12.	Inter-College	Winner	Delhi	1993-94
13.	Inter-College	Winner	Delhi	1995-96
14.	State	Ist	Delhi	1994-95

(18) Attended following Webinars/Lectures/Workshop etc.:

S.N.	Date	Topic	Chief Guest/Speaker
i)	27.4.2020	Digital platforms & resources for Effective Teaching and Learning in Higher Education.	Mr. Shantanu Rooj, CEO, School Guru and Prof. Anil Vohra
ii)	28.4.2020	Digital platforms & resources for Effective Teaching and Learning in Higher Education.	Mr. Shantanu Rooj, CEO, School Guru and Prof. Anil Vohra
iii)	19.5.2020	Life Skills to face COVID-19 challenges.	Swami Shri Gyananand Ji
iv)	28.5.2020	Our living – Tomorrow & Day after.	Prof. B.K. Kuthiala
v)	28.5.2020	Turn the challenges to opportunities; COVID-19 pandemics and measures to combat in Higher Education of India.	Dr. Ramesh Pokhriyal Nishank, Hon'ble HRD Minister, Govt. of India.
vi)	6.6.2020	Post Corona : Self Reliant India.	Chief Minister, Haryana
vii)	18.6.2020	New possibilities in Higher Education after Corona.	Education Minister, Haryana
viii)	22.1.2021	RTI Act, 2005.	Sh. Yashpal Singhal, Chief Information Commissioner, Haryana (IPS Retd.)
ix)	29.7.2020	Paradigm Shift in Higher Education in India: Opportunities for e-platforms in Post Covid Era.	<ul style="list-style-type: none">• Dr. J.B. Nadda, Director, Consortium for Educational Communication (CEC) UGC, New Delhi.• Sh. Nageshwar Nath, Joint Director, CEC-UGC, New Delhi.
x)	29.8.2020	Protection of Human Rights during Covid-19 Pandemic.	Sh. Baldeev Raj Mahajan, Advocate General, Govt. of Haryana
xi)	26.11.2020	Dr. B.R. Ambedkar: The Chief Architect of the Indian Constitution.	Sh. Ratan Lal Kataria, Hon'ble Minister of State, Jal Shakti & Social Justice Empowerment, Govt. of India.
xii)	21.12.2020 to 23.12.2020	International Gita Mahotsav.	Chief Minister, Haryana
xiii)	23.2.2021	Atamnirbhar Kurukshetra Vishvadiyalaya – Jojna Evam Samadhan.	Prof. B.K. Kuthiala, Chairman, Higher Education Council, Haryana

xiv)	18.5.2021	UAVM: Universal Access to Vaccines & Medicines.	Shri Nitin Gadkari, Hon'ble Minister for Road Transport & Highways, Govt. of India.
xv)	25.8.2021	Role of Teachers in National Education Policy 2020 organized by Centre for Continuing Education (CCE) RUSA 2.0 in collaboration with Faculty Development Centre, Kurukshetra University, Kurukshetra.	Prof. K.C. Sharma, Former Vice-Chancellor, KUK
xvi)	14.8.2022	New Education Policy, 2020	Chief Minister, Haryana
xvii)	28.2.2019	NAD (National Academic Depository) Workshop	Vice-Chancellor, KUK
xviii)	23.9.2020	Online Submission of Theory Awards	Prof. Anil Vohra & Controller of Examinations
xix)	18.9.2020	Submission of Answer Books through Google form	Prof. Anil Vohra & Controller of Examinations
xx)	22.12.2021	Online Question Paper Setting	DAA & Controller of Examinations
xxi)	17.5.2018	Online Internal Assessment & Practical Awards	Vice-Chancellor, KUK
xxii)	27.10.2017	Online Examination Form & Fee	Vice-Chancellor, KUK
xxiii)	19.8.2021	Online Evaluation of Answer Books	Prof. Anil Vohra & Controller of Examinations
xxiv)	16.6.2023	NEP-2020 Workshop	ACS, Higher Education, Haryana

(19) Lecturer Delivered:

- Delivered a lecture in the Department of Law, Kurukshetra University, Kurukshetra on 18.10.2019 on the topic "Physical Fitness Awareness" which was appreciated by the Chairman, Department of Law.

Date: 10.02.2026

(Usha Rani)