

Personal Info

@ : ushasujit@yahoo.com

P : 91+ 09745827790

A : KAUSTHUBHAM PERUMANCHIRA

KAZHAKUTTAM THIRUVANANTHAPURAM

Zip Code 695582, India



Dr. Usha S Nair

PhD in Physical Education

Positions Held

- Development committee member ICSSPE, 2021
- Representative of sports Authority of India in the National Human Rights Commission
- Chairperson of the sexual harassment committee of the college
- Coordinator for the PE and community coaching programme by the Ministry of Youth affairs and sports, government of India 2020
- Dean Faculty of Physical Education, 2020
- Senate Member University of Kerala 2019
- Dean Faculty of Physical Education, 2018
- Academic in charge SAI, LNCPE Trivandrum since 2018
- Academic in charge Sports authority of India, LNCPE Trivandrum since 2018
- Resource person for the orientation and refresher courses at the academic staff college university of Kerala since 2017
- Organizing secretary of the International workshop in sports management 10 -11 February 2014
- Dean Faculty of Physical Education, Member Senate, University of Kerala-- 2014
- Co-opted member for the Academic Council of Lakshmi Bai National University of Physical Education, Gwalior 2010-2012
- Dean Faculty of Physical Education, University of Kerala-- 2009-2011
- Member for preparation of Teaching Material in the form of CDs for schools in Kerala. - 2010
- Coordinator for the National Workshop on Sports Management-2009
- Member Board of Studies, Faculty of Physical Education, Kerala University since 1997

Professional Experience

Associate Professor, LNCPE since Oct.1987- Present,

Lecturer at B P C A's College of Physical Education, Wadala, Mumbai from Feb.1985 – Oct.1987.

Research Assistant, LNCPE, Gwalior from Feb.1984 to Feb.1985.

Physical Education Teacher in Villa Theresa School,

Mumbai from August 1983 - Jan.1984

Physiotherapist in the Birla Institute of Medical Research, Gwalior

From Sept.1982 - July 1983.

International and National publications

Some of the recent publications

Usha Sujit Nair and Nisha Rebecca Eapen (2021)) Edited by [Rosa Lopez De D'Amico](#) ,[Maryam Koushkie Jahromi](#) &[Maria Luisa M. Guinto](#) .Women and Sport in Asia -Women and Sport in India. London: Routledge Taylor and Francis Group. ISBN 9780367675837

Usha S Nair (2021) Edited by Fan Hong and Lu Zhouxiang , The Routledge Handbook of Sport in Asia- Asia's Sport heroes and heroines- Dipa Karmakar : Rising star of India. London: Routledge Taylor and Francis Group. Page No.572-574. ISBN: 978-0-367-18377-6.

Usha S Nair (2021) Edited by Fan Hong and Lu Zhouxiang ,The Routledge Handbook of Sport in Asia- Asia's Sport heroes and heroines- Dhyhan Chand Singh: A legend in hockey. London: Routledge Taylor and Francis Group. Page No.593-595.ISBN: 978-0-367-18377-6.

Usha S Nair (June 2019) Edited by Prof Babu Zachariah & Dr Arun Babu Zachariah , Perspectives on New Normal in Kerala 'Challenges before Kerala as a Model in Sports.' Thiruvanthapuram : Prabhath Publishers. Page No. 210-221, ISBN: 93-88504-29-4.

Research Publication

1. Dr. Usha S Nair & Shereen. K. (2019) an assessment of strength and balance of elderly staying in the old age homes in Kerala. GuruJyothi Research and Reflections (An Interdisciplinary Peer Reviewed Biannual Research Journal. Vol. No. 13 Issue 2 Page No. 38-41. ISSN 0976-0865.
2. Dr Usha S Nair (2018) Physical Fitness Status of Tribal School Children in Kerala. International Journal of Yogic, Human Movement and Sports Sciences. Vol.1, Issue 3 Page No.41-46, ISSN 2456-4419 Impact Factor RJIF 5.18.
3. C.D Butia,U S Nair, J Surujlal (November 2015) Effect of Physical Exercise Programme on Gross Motor Function of Children with Cerebral Palsy. AJPHERD African Journal for Physical, Health Education, Recreation and Dance, supplement1, Page No.1-13, ISSN: 1117 4315.
4. Dr Usha S Nair& Ms Passang Lhamu Lepcha (2017) Impact of an Educational Intervention on Female Athlete Triad Knowledge in Female Athletes. International Journal of Physical Education, Sports and Health. Vol.4, Issue 6 Page No. 162-166. ISSN 2394-1693 Impact Factor: RJIF: 5.38.

Ph.D. produced

- Eight candidates have been awarded Ph.D.
- Granted a Minor UGC Research Project on Assessment of Health Related Physical Fitness and Self Esteem on Midlife Women

Achievements:

- Had 20 episodes of aerobics in the ACV Channel, Kerala.
- Coordinator for the exhibition in physical Education and sports science in the National children's science congress held in December at Marivanous College Trivandrum.
- Coordinated the International Conference on Sport Science, Management and Yoga (ICSSMY) 2019 held from 18-20 July 2019 At SAI, LNCPE Trivandrum
- Succeeded in establishing Employee Fitness in KRL-Cochin, working with Residential

Education

- PhD in Physical Education- Jiwaji University, Gwalior-1987
- Master of Physical Education-Jiwaji University,Gwalior-1982
- Certificate in Physiology of Physical Activity and Ageing from Western Ontario University,Canada 2000.
- Certified Fitness Instructor from Western Ontario University, Canada-2000.
- ISAK Level 1 & 2 Anthropometrist 2008, 201
- P. G Diploma in Sports Management, Alagappa University,Karikudi-1995

Specialization

- Volleyball and Exercise Physiology.
- Area of interest: Fitness, Women and Health.

