

Dr Chanderkant Dhiman

Assistant Professor (Physical Education) cum Research Coordinator at Guru Kashi University, Talwandi Sabo, Punjab.

I am a highly motivated and dedicated professional with a strong background in physical education and sports. I have a deep passion for promoting physical fitness and well-being, and I am committed to using my knowledge and skills to contribute to the development of physical education, games, and sports. I am seeking a challenging position that will allow me to showcase my abilities and set a unique example in the field. With a focus on improving health and fitness through engaging physical activities, I aim to make a significant impact and inspire others to lead active lifestyles.



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 Ghaziabad, Uttar Pradesh, India.

B.P.Ed.

From LNIPE, Gwalior *July 2015 - May 2019*

GPA: 73.2%

M.P.Ed.

From LNIPE, Gwalior *July 2019 - August 2021*

GPA: 78.6%

NET

UGC *December 2019*

Qualified.

Diploma in Sports and Applied Nutrition

From National Fitness and Nutrition Academy, *February 2022 - August 2022*

Certification in Strength and Conditioning for Indian Population

From IIT Madras (NEPTEL) *February 2024 – April 2024*

PhD

Topic: “Effect of Progressive Muscle Relaxation Training on Physiological and Psychological Variables of International Para-Athletes”

From Banaras Hindu University *April 2022 – May 2025*

PROFESSIONAL EXPERIENCE

- Working as an Assistant Professor (Physical Education), in the Faculty of Physical Education, Guru Kashi University, Talwandi Sabo, Bathinda, Punjab.
- Working as a Research Coordinator in the Faculty of Physical Education, Guru Kashi University, Talwandi Sabo, Bathinda, Punjab.
- Worked as a Research Development Officer at Nexura Sports Academy, Oud Mehta, Dubai.
- Working as a Reviewer of the International Journal of Sports Science and Physical Education (IJSSPE).
- Awarded a Young Scientist Award by the International Young Scientist Award, Scifax, in cooperation with the Ministry of Corporate Affairs.
- Participated in the International Workshop on Teaching, Training, and Hydrodynamics of Swimming held on the 27th-28th January 2020 at LNIPE Gwalior.
- Work as official (Referee) CBSE North Zone-1, Swimming Competition-2019, dated (12th October to 15th October 2019).
- Qualified in CPR, First Aid, and Lifeguard by RLSS India.
- Worked as a Swimming coach in the summer Coaching Camp 2019, organized by LNIPE Gwalior, for 45 days.
- Work as official (Chief Finish Judge) CBSE North Zone-1, Swimming Competition-2019, dated (10th march to 17th march 2018).
- Conducted an off-campus training program for March past and mass display at Delhi Public Academy, Gwalior, for 20 days in January 2018.
- Worked as a Swimming coach in the summer Coaching Camp 2017, organized by LNIPE Gwalior, for 45

days. I worked as a P.E.T. (Internship) at La Martinear College, Lucknow, for 45 days, dated (7 July to 23 August 2017).

- Participated in “Leadership Training Camp”, Pachmarhi (Madhya Pradesh), 2017, organized by Lakshmibai National Institute of Physical Education, Gwalior.

SPORTS ACHIEVEMENTS

- Represented BHU in the East Zone Inter-University Handball Tournament organized by USTM, Meghalaya from 04 February to 7 February 2023.
- Represented L.N.I.P.E., Gwalior Swimming Team in All India Interuniversity competition in 2019-20, held at LPU, Jalandhar.
- Selected for the 73rd Glenmark senior national aquatics championship 2019-20 for the M.P. Water polo team.
- Represented L.N.I.P.E., Gwalior Swimming Team in the All India Interuniversity competition in 2017-18, held at Punjab University, Chandigarh.
- Represented M.P. in Rescue India 2017, National Pool, Beach and Ocean Life Saving Sports Championship organised by Rashtriya Life Saving Society (RLSS) from 12th -17th Dec 2017.
- Secured 1st place in Beach Relay event in Rescue India 2017 organised by Rashtriya Life Saving Society (RLSS) from 12th -17th Dec 2017.
- Secured 2nd place in the Rescue Tube Rescue event in Rescue India 2017, organized by Rashtriya Life Saving Society (RLSS) from 12th to 17th Dec 2017.

WORKSHOP & PUBLICATIONS

- Published a research paper titled “Psychological Analysis of Anxiety and its Impact on Athletic Performance in Competitive Sports” in a Q1 SCI and Scopus-Indexed Journal “Retos” in October 2025.
- Published a research paper titled “Central and Peripheral Adiposity as Predictors of Blood Pressure in Sedentary Female Educators: A Cross-Sectional Analysis Using Skinfold Thickness” in Q2 SCI-Indexed “The Review of Diabetic Studies” in September 2025.
- Published a research paper titled “Psychological benefits of progressive muscle relaxation in international para-athletes: A repeated measures study” in the “International Journal of Physical Education, Sports and Health”, on 15th March 2025.
- Published a research paper titled “Exploring the Impact of Progressive Muscle Relaxation on Physical and Psychological Well-Being: A Focus on Sports Person Applications” in Q3 SCI-Indexed “Journal of Neonatal Surgery”, in March 2025.
- Published a research paper titled “Empowering Vulnerable Girls: Exploring Social Adjustment and Self Concept Among Children of Red-Light Areas in Kolkata” in Q3 SCI-Indexed “South Eastern European Journal of Public Health”, on 3rd February 2025.
- Published a research paper titled “A Survey of Common Sports Injuries Among the Male Handball Players of Indian Universities” in Q4, Scopus and Web of Science indexed journal “African Journal of Biomedical Research”, on 18th October 2024.
- Published a research paper titled “Optimizing Para-Athlete Well-Being: A Comprehensive Review and Meta-Analysis of Progressive Muscle Relaxation Interventions” in a PubMed-indexed journal, “Journal of Epidemiology and Public Health”, on 25 June 2024.
- Published a research paper titled “Examining the Effect of Specialized Core Muscle Training on Kinematic Parameters and Performance in 50m Front Crawl Swimming: A Study on Elite Indian Para-Swimmers” in Bulletin of Environment, Pharmacology and Life Sciences, on 21 February 2024.
- Published a research paper titled “Optimizing Athletic Performance and Post-Exercise Recovery: The Significance of Carbohydrates and Nutrition” in Scopus-indexed Q2 Journal, Montenegrin Journal of Sports Science and Medicine, in Aug. 2023.
- Published a Paper in the Q3 SCI and Scopus-indexed journal “Neuroquantology” titled “Effect of Neurofeedback Training on Male Swimmers' Stress Tolerance” in March 2023.
- Presented paper in “National Conference on Innovative Scientific Culture in Physical Education, Sports, and Yogic Science” (ISCPESYS - 2023) titled “Role of Carbohydrates in Recovery After a High-Intensity

Workout” on 5 April 2023.

- Attended National workshop on “Research Writing and Academic Integrity (RWAI-2023)” from 31 January to 4 February 2023.
- Published a Paper titled “Comparison of Team Cohesion between Medalist and Non-Medalist All India University Level Male Water Polo Players” in the International Journal of Innovative Research in Technology on 08 January 2023.
- Published a Paper titled “Comparison among socio-psychological variables between the students of unisex and co-educational residential institutions” in the International Journal of Research and Analytical Review on 22 December 2022.

DECLARATION

“I HEREBY DECLARE THAT ALL THE INFORMATION GIVEN ABOVE IS TRUE TO THE BEST OF MY KNOWLEDGE.”

Place: Ghaziabad
Date

Dr CHANDERKANT DHIMAN