

## Faculty: Interdisciplinary Studies

### Department: Professional Studies

**Name of the**

Prof. (Dr.) Chetan Vasantrya Kapadnis

**Faculty:**

**Designation:**

Professor

**Department:**

Professional Studies

**Faculty**

Science & Technology

**Research Area**

1. Education research

**Keywords:**

2. Project Management

3. Strategy Execution



**LinkedIn:**

<https://www.linkedin.com/in/chetankapadnis/>

**Google Scholar:**

[https://scholar.google.co.in/citations?user=PH\\_FM6MAAAAJ&hl=en](https://scholar.google.co.in/citations?user=PH_FM6MAAAAJ&hl=en)

**Research**

**Summary:**

Education Research: Investigating innovative teaching methods, curriculum development, and educational technologies to enhance learning outcomes. This research aims to understand effective pedagogical approaches, student engagement strategies, and assessment methods for improving educational practices and student achievement.

Project Management: Exploring project management methodologies, tools, and techniques to optimize project performance and success. This research focuses on topics such as project planning, scheduling, risk management, stakeholder communication, and team dynamics to enhance project delivery in various industries.

Strategy Execution: Studying the effective implementation of organizational strategies to achieve business goals and objectives. This research delves into factors influencing successful strategy execution, including leadership, organizational culture, performance measurement, change management, and alignment of resources to ensure strategic initiatives are effectively executed.

**Name of the**

**Supervisor:**

**Designation:**

**Department:**

**Faculty:**

**Research Area**

**Keywords:**

**Dr. Chetan Chouhan**

Director, Physical Education & Sports

Professional Studies

Interdisciplinary Studies

sports psychology, sports medicine, health education,  
and yoga education,



**LinkedIn**

**(URL):**

**Google Scholar**

**(URL):**

**Research Summary:**

[www.linkedin.com/in/dr-chetan-chouhan-591843293](https://www.linkedin.com/in/dr-chetan-chouhan-591843293)

<https://scholar.google.com/citations?hl=en&user=qTNcdO4AAAAJ>

Dr. Chetan Chouhan conducts research at the intersection of sports psychology, sports medicine, health education, and yoga education, aiming to enhance both the physical and mental well-being of individuals through integrative approaches. His research primarily focuses on understanding the cognitive and physiological factors that contribute to athletic performance, particularly in handball.

A significant aspect of Dr. Chetan Chouhan's research involves cognitive performance, exploring key factors such as **eye-hand coordination** and **reaction time** among handball players in various playing positions. His studies reveal that these cognitive skills vary by position, providing insights into the specific training needs of athletes. Additionally, he has investigated **depth perception** in male junior players, examining how perception skills differ across competition levels and impact performance.

He also addresses the role of **sleep deprivation** on athletic performance, with one study focusing on its effects on handball players' reaction times. This research underscores the critical importance of sleep and recovery for optimizing cognitive and physical performance, highlighting a key aspect of sports medicine.

Further, his work examines **motor abilities** and their relationship to skill levels in handball players, comparing high and low-skilled athletes to assess how motor proficiency influences overall performance. This research contributes to the development of more effective training programs, targeting both physical and cognitive aspects of athletic performance.

Through these studies, Dr. Chetan Chouhan aims to improve athlete development by exploring how physical fitness, cognitive function, and recovery interconnect, offering valuable strategies for enhancing performance and promoting long-term well-being in sports.