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### Aims of Career

- To work professionally in the field of academic/Health /Mental Health intervention
- To continue enhance my professional growth forever
- To provide my maximum professional productivity to associated organization/institute/hospital and university

**Note: At present heading the department of applied psychology, Guru Jambheshwar University of Science & Technology, Hisar.**

<i>Year</i>	<i>Qualification</i>	<i>Specialization</i>	<i>University/Institute /Board</i>	<i>Obtained Marks</i>
2012	HTET	Psychology	Haryana Education Board, Bhiwani	Qualified
2010	PGDRP	Rehabilitation Psychology	Maharishi Dayanand University, Rohtak	66%
March, 2011	Ph. D	Clinical Psychology	Central Institute of Psychiatry affiliated to Ranchi University, Ranchi	Awarded
June, 2006	U.G.C (NET)	Psychology	University Grant Commission	Qualified
May, 2004	Post-Graduation	Clinical Psychology	Maharishi Dayanand University, Rohtak	66%
April, 2002	Bachelor of Arts	Psychology, History, Hindi and English	Maharishi Dayanand University, Rohtak	63%
March, 1999	Senior-secondary	Economics, History, Pol. Science,	Haryana Education Board, Haryana	61%
March, 1997	Matriculation	Hindi, English, Social Science, Science, Mathematics and Drawing	Haryana Education Board, Haryana	57%

### **Academic, Professional Qualification and Experience**

#### **Professional Experience**

<i>Duration</i>	<i>Designation</i>	<i>Work profile</i>	<i>Organization</i>	<i>Remarks</i>
May, 2006 to April, 2009	Clinical Psychologist (Under Trainee)	Clinical Psychology (History taking, MSE, Psychological testing and Psychotherapy)	Central Institute of Psychiatry, Ranchi	Three years
0April, 2009 to October,2010	Senior Research Fellow (ICMR) Research Work	Assessment and recruitment of patients in project	Institute of Mental Health and Hospital, Agra	One year & seven months
Oct, 2010	Asst. Professor	Teaching, Drafting syllabus,	Department of	One year

to August, 2012	(Contract)	Invigilation, Evaluation and Result Preparation	Psychology, Dr. Harisingh Gour Central University Sagar	& 10 months
6 <sup>th</sup> August, 2012 to June, 2013	Lecture Cum Sports Psychologist	Teaching, Evaluation, Invigilation, Therapy for Psychological and Mental Problems	Department of Psychology, Harvest Campus	10 months (One session)
12 <sup>th</sup> June, 2013 to Aug, 2013	Assistant Professor	Teaching. Conducting workshops	Indian Institute of Psychology, Noida	2 months
16 <sup>th</sup> Aug, 2013 to 15 <sup>th</sup> June, 2016	Assistant Professor	Teaching. Research, Clinical Training, Article writing and Project Preparation and Social Awareness Program	AIBAS, Amity University, Haryana	2 years and 10 months
16 <sup>th</sup> June, 2016	Assistant Professor	Teaching. Research, Faculty Coordinator, Training and Placement Cell, Warden BH-3, Nodal Officer- Drug Addiction Cell, Course Coordinator-PGDCBM (DDE), Counselling cell, Incharge- Aptitude testing Lab etc	Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar	Promoted As Associate Professor
11 <sup>th</sup> March, 2024	Associate Professor	Teaching. Research, Faculty Coordinator, Training and Placement Cell, Warden BH-3, Nodal Officer- Drug Addiction Cell, Course Coordinator-PGDCBM (DDE), Counselling cell, Incharge- Aptitude testing Lab etc	Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar	At present
29 <sup>th</sup> August, 2024 onwards	Chairperson	Administration	Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar	

## **Ph.D in Clinical Psychology (C.I.P. Ranchi)**

Thesis entitle: “*Recognition of Emotional Facial Expressions and their Electrophysiological and Neuropsychological Correlates in Individuals with Alcohol Dependence Syndrome*”

### **Psychotherapeutic and Psycho Diagnostic Work (During Ph. D Tenure)**

Three years experience in the administration and interpretation of different objective and projective psychological tests including neuropsychological ones like Rorschach, TAT, MMPI, Temperament and Character Inventory (TCI), SSCT, BGT, PGI-BBD, Wisconsin card sorting test, Cambridge Neuropsychological Test Automated Battery (CANTAB), Luria-Nebraska Neuropsychological Test Battery (LNNTB) etc.

Three years experience in using various psychotherapeutic techniques like

- Relaxation Techniques like JPMR, Biofeedback,
- Making activity scheduling for patients
- Counseling for Mental Retardation
- Exposure and response Prevention (ERP)
- Thought stopping and thought distraction
- Systematic Desensitization
- Motivation Enhancement training in substance abuse
- Social Skill training and Assertive Training
- CBT and Rational Emotive Behaviour Therapy (REBT),
- Supportive Psychotherapy
- Counseling including Career Counseling etc

Familiar in use of various rating scales commonly used in mental health like IDEAS, Y-MRS, BPRS, Y-BOCS, BDI, HARS, HDRS, ASI, PANSS, SAPS, SANS, FIPS, EE, Social Support Questionnaire, Family Burden Schedule, DAQ, Rehabilitation Need Assessment Scale, WHO-QOL Scale Theory of Mind Questionnaire etc.

- Clinical assessment of mentally ill patient (Psychiatric Conditions) and persons with emotional, family, sexual disorders and career problems
- Submitting regular reports of clinical assessment, psychological evaluation, psychotherapeutic formulation and work activities. Formulation and implementation of interventional plans (Counselling and Psychotherapy)
- Regular documentation of clinical conceptualization of psychiatric cases inpatient and outpatient basis
- Participatory observation of the process of social and vocational rehabilitation of patient with Schizophrenia and mood disorder and so on.
- Assisted in systematic documentation of case records and regular follow up of patients

### **Academic Meets**

#### **Details of Presented Papers**

1. Kumar, S (2003) Psychology as applied to everyday life. Paper presented at deptt. of Psychology, Maharshi Dayanand University, Rohtak organized by PSY Circle, Depart of Psychology, Rohtak Sep 29.
2. Kumar., S (2005) Cognitive Behaviour Therapy in Anxiety Disorders: An Update. Paper presented in seminar at Central Institute of Psychiatry, Ranchi during Ph. D tenure.
3. Kumar., S (2005) Existential Psychology” presented at central institute of psychiatry, Ranchi during Ph. D tenure.
4. Kumar, S (2009) Recognition of emotional facial expressions in alcohol dependence syndrome. Paper presented at Annual conference of Indian psychiatric society, Orcha, (M.P) hosted by Maharani Laksmi Bai Medical College, Jhansi (M.P.) March 3-4.

5. Kumar, S (2008) Is globalization threatens human rights of people in India? - An opinion survey. Paper presented at international conference, Ranchi University, Dept. of Anthropology, Ranchi (Jharkhand). Aug 26-28.
6. Kumar, S (2012) Personality type and life style diseases. Presented at Papers presented in depart. of Home Science at Govt. Autonomous and Excellence Girls' college, Sagar march 15-16.
7. Kumar, S (2013) Economic slowdown and employee stress, Paper presented at depart. of Commerce and Management at Govt. College, Julana Haryana. Nov 15-16.
8. Kumar, S (2013) language learning: Technology as a helping hand. Paper presented in seminar at English department, Govt. College, Jind. Nov 28 – 29.
9. Kumar, S (2014) Honour Killing: Its challenges, Global Concerns and Solutions, Paper presented in the national seminar at department of Psychology at Govt. College, Tosham (Bhiwani) Haryana. March 24-25.
10. Kumar, S (2015) Sexual Dysfunction and Sexual Disorders: Issues and Management Paper presented in the international seminar at Chaudhary Ranbir Singh University, Jind, Haryana. March 19-21, 2015
11. Kumar, S (2015) Learning Disability and Self Esteem Paper presented in the national seminar at Vivekanand College of Education, Lakhanpur Kathua. April 4, 2015
12. Kumar, S (2015) Morality: A Serious concern these days Paper presented in the national seminar at Department of Sociology, M.D. University, Rohtak. March 13-14, 2015
13. Kumar, S (2015) Depression: A Cry for help Paper presented in the national seminar at Chaudhary Ranbir Singh University, Jind, and Haryana. Nov, 12-13, 2014
14. Kumar, S (2015) Students with Learning Disabilities and their use of information and communication Technologies Paper presented in the national seminar at Institute of Vocational Studies. Delhi. Nov, 28-29, 2014.
15. Kumar, S (2015) Healthy Sexual Practice Is a Key to Make This World Violence Free Paper presented in the national seminar at Chaudhary Ranbir Singh University, Jind, Haryana. Nov, 13<sup>th</sup> -14<sup>th</sup> Oct, 2015.
16. Kumar, S (2016) Customer Relationship Management: A Critical Analysis paper presented in the National Conference on Contemporary Issues in Commerce, Management & Education organized by Department of Commerce and Economics, GJUS&T, Hisar. 19<sup>th</sup>-20<sup>th</sup> March 2016.
17. Kumar, S (2016) Recognition of emotional facial expressions of university going students paper presented in the International Conference on Youth and Well Being organized at Department of Applied Psychology, GJUS&T, Hisar. 11<sup>th</sup>-12<sup>th</sup> November 2016.
18. Paper Presented in International Conference on Nurturing Human Values in Youth: A perspective of Srimad Bhagwad Git, in Guru Jambheshwar Ji Maharaj Institute of Religious Studies, in GJUS&T, on "Psychology as a tool to predict future career outcomes." held on 8-10 December, 2016.
19. Paper Presented in two days international symposium on Peace, People, and possibilities in Kashmir, at Jawahar Lal Nehru University, New Delhi held on 29-30 July, 2016.
20. Paper Presented in two days international conference on Positive Psychology for Health and Wellbeing on psychological well being and depression among farmers of Haryana at Department of Applied Psychology, GJUS&T, Hisar. March 9-10, 2018.
21. Presented research paper entitled 'Self-Esteem, Depression and Resilience amongst University Students: A Comparative Study' in the Global Congress (Conference) at Amity University, Manesar, Gurugram on 6-7 April, 2018.
22. Presented research paper entitled 'Guidance and Counselling in an organizational setting: A Book Review' in the Global Congress (Conference) at Amity University, Manesar, Gurugram on 6-7 April, 2018.
23. Paper Presented in International Conference on Positive Psychology for Health and Well-being organized by Department of Applied Psychology, GJUS&T, paper entitle "Psychological well-being and depression among females of Haryana." held on 09-10 March 2018.

24. Paper Presented in HR Global congress on a multidisciplinary approach towards organizational excellence at Amity University Haryana, Gurugram paper entitle “Guidance and counselling in an organizational setting: A Book Review.” held on 6-7 April, 2018.
25. Presented research paper entitled ‘Internet Addiction amongst Adolescents in Haryana’ in an International Conference organized by P. G. Department of Psychology, M. N. S. Govt. P. G. College, Bhiwani on 24-25 February, 2020.
26. Presented a Review Paper entitled ‘Well Being & Bharatiya Dietary Life Style: A Literature Review’ in the National e-Conference on ‘Re-establishment of Bharatiyata in Present Era’ organized by Bharatiya Shikshan Mandal Haryana in association with J.C.Bose University of Science & Technology, YMCA, Faridabad on 08-09 August, 2020.
27. Presented a Review Paper entitled ‘Lord Rama an Inspiration to lead a Fulfilling life.’ in the International e-Conference on Shrishti Nayak Ram, the God and Hero of Masses: Overlapping Cultural and Literary Horizons organized by Bharatiya Shikshan Mandal, Haryana in association with Deenbandhu Chotu Ram University of Science & Technology, Murthal. On 06-08 November, 2020.
28. Presented research paper entitled ‘*Psychological Profile of Juvenile Delinquents and Normal Healthy Teenagers*’ in an International Conference on Human Dignity and Mental Health in the New Normal organized by the Department of Psychology, Utkal University, Bhubaneshwar, Odisha, India on 17-18 December, 2021. (Online)
29. Presented a paper in international Conference on Human Dignity and Mental Health in the New Normal (ICDMH-2021) organized by Department of Psychology, Utkal University, Utkal on 17-18 December, 2021.
30. Presented a paper in two days International Seminar on 21<sup>st</sup> Century Psychology: Opportunities and Challenges organized by Department of Psychology, Chaudhary Bansi Lal University, Bhiwani on 20- 21 November, 2021.
31. Presented research paper entitled “Impact of Hostel life on the Psychological Health and Well-Being of Students ” in the 4<sup>th</sup> APSPA International Conference on “Sustainable Development Goals (SDG) with special reference to School Psychology in Asia-Pacific Region” organized by the Asia-Pacific School Psychology Association (APSPA), Malaysia in collaboration with Department of Psychology, Central University of Haryana, Mahendergarh, India and Indian School Psychology Association (InSPA) at Central University of Haryana, Mahendergarh, India on 15-16 March, 2023.
32. Presented research paper entitled “Meaning and Management of Grief as per Shrimad Bhagavad Gita” in the National Conference on Bhagavad Gita: An Eternal Repository of Multi-Disciplinary Lessons for Mankind organised by Department of Psychology, FGM Govt. College, Adampur on 5-6 May, 2023.

## **PUBLICATIONS**

### **Details of Published books and Chapters in Books**

Sr.	Title
1.	<i>Kumar., S. (2011). Cognitive Neuroscience: Alcohol and Social Cognition. Vishawavidhyalaya Parkashen , Sagar, M.P. ISBN -81-88289-45.</i>
2.	<i>Kumar., S. (2023). Health psychology. Academic Publication. ISBN -81-88289-45.</i>
3.	<i>Singh, A &amp; Kumar, S. (2020). Personality Types of Combat and Non combat Sports Persons. Khel Sahitya Kendre; N. Delhi, 322-324. (ISBN: 978-81-945412-1-9)</i>
4.	<i>Mittal, S. &amp; Kumar, S. (2021). Psycho-social manifestations of lockdown imposed due to Covid-19. In K.K. Soni, N. Verma &amp; M. Uddin (Eds.), Psychosocial Issues in Covid-19 Pandemic. (pp. 288-302) RED'SHINE Publications. U.K. (ISBN – 978-93-90937-07-3).</i>

5.	<i>Mittal, S. &amp; Kumar, S. (2021). Clashing Maslow's Hierarchy of Needs among Migrant Laborers during Covid – 19 Pandemic. In S. Bharatwal, S. Dalal, V. Kalra &amp; A. Aggarwal (Eds.), Business Dynamics and Innovations. (pp-184-188) Nirmal Publishing House, Kurukshetra. (ISBN – 978-93-84783-63-1).</i>
6.	<i>Mittal, S. &amp; Kumar, S. (2021). Building self reliant india Business Dynamics and Innovations. (pp-184-188) Nirmal Publishing House, Kurukshetra. (ISBN – 978-93-84783-63-1).</i>
7.	<i>Amit, &amp; Kumar, S. (2023). Economical and psychological impact of Covid-19 pandemic. In S. Bharatwal, S. Dalal, V. Kalra &amp; A. Aggarwal (Eds.), Business Dynamics and Innovations. (pp-18-22). Nirmal Publishing House, Kurukshetra. (ISBN – 978-93-84783-63-1).</i>
8.	<i>Amit, &amp; Kumar, S. (2023). Breaking of glass ceiling for women in the recent Era. Women at work: A Holistic Outlook. (pp.213-219) Global Vision Publishing House, New Delhi. (ISBN – 978-93-90423-18-7).</i>
9.	<i>Malik., V.S., Kumar., K., Behmani, R.K. &amp; Kumar, S. (2023). Stressors of menstruation in Adolescence, Young Adulthood and Adulthood. Perspectives on Coping Strategies for Menstrual and Premenstrual Distress.30-42, IGI Global. DOI: 10.4018/978-1-6684-5088-8.ch003</i>
10.	<i>Malik., V.S., Behmani, S., Singh., V., Behmani, R.K., Kumar, S. &amp; Kumar, K. (2023). The effects of a Menstrual Distress Coping Education Program for adolescents and young adult females. Perspectives on Coping Strategies for Menstrual and Premenstrual Distress.156-174, IGI Global. DOI: 10.4018/978-1-6684-5088-8.ch009</i>
11.	<i>Mittal, S., Supriya, Amit &amp; Kumar, S. (2023). Resilience and Stress Management among Academicians and Students. In P.K. Barik, T. Saroh., S Sankar &amp; P.K. Acharya, Trends and Issues in Education. (pp-151-1162) Shree Publishers and Distributors, New Delhi-110002. (ISBN – 978-81-961509-5-2).</i>
12.	<i>Mittal, S., Kumar, S. &amp; Gairola, V. (2024). Speculated Anticipatory Anxiety of Social Interactions Post COVID-19 Lockdown &amp; the Reality Check. In Uzaina, Rajesh Verma, Ruchi Pandey (Eds.), The Psychological After-Effects of Covid in India: Post-Pandemic Complications and Interventions. Routledge. (ISBN-9781032595016).</i>

#### Details of Published Research Papers/Scale

Sr.	Title	Page No.
1.	<i>Malik., V.S., Kumar., S., Kumar, K. &amp; Behmani, R.K. (2023). Menstrual Distress Scale (MDS). Prasad Psycho Pvt. Ltd. Noida, UP, (India).</i>	113-116

Sr.	Title	Page No.	Page No.
1.	<i>Kumar., S. (2010) Impact of Globlization on human rights in India? An opinion survey. Vol. 6 (1); pp. 151-154, Indian Journal of Community Psychology.(ISSN-0974-2719)</i>		211-217
2.	<i>Kumar., S. (2011) Emotional facial expressions in alcohol dependence syndrome: intensity effect and error pattern. 7 (1), 20-25, Indian Journal of Community Psychology. .(ISSN-0974-2719)</i>		218-225
3.	<i>Kumar., S. (2011) Psychology of Obedience: A theoretical Conceptualization, Vol. 40, (1&amp;2) 41-44. Psycho-lingua.(ISSN-0377-3132)</i>		226-231
4.	<i>Kumar., S. (2011) Recognition of Emotional Facial Expressions in individuals with alcohol dependence syndrome. Vol.19 (2). &amp; 20 (1). 49-52. Indian Journal of Behavioural Sciences.(2319-2062)</i>		232-241
5.	<i>Kumar., S. (2011) Spirituality: Mental Health and Wellbeing. Vol 01.2 (5) 86-88. Shodh Dristhi.(ISSN-0976-6650)</i>		242-246
6.	<i>Kumar., S. (2011) Emotional Facial Expression and Alcohol. Vol 40, 16-22. Indian Journal of Human Relations.(ISSN-0974-1089)</i>		247-254
7.	<i>Kumar., S. (2012) Role of Work Rehabilitation in treatment of Psychiatric Condition. Vol.08 (1) 154-158. Indian Journal of Community Psychology. (ISSN-0974-2719)</i>		255-262
8.	<i>Kumar., S. (2012) Role of psychological methods in management of special population "Anxiety Disorders". Vol.2 (7). 189-192. Shodh Dristhi. Varanasi.(ISSN-0976-6650)</i>		263-269
9.	<i>Kumar., S. (2012) Efficacy of Cognitive Behaviour Therapy in Anxiety</i>		270-276

	disorders.Vol-45 (3-4). 2-7. Asian Journal of Psychology and Education.(ISSN-0971-2909)	
10.	Kumar., S. (2012) Level of frustration among employed males and females. Vol-4, 130-134. Vidhan. A Research Journal.(ISSN-2230-9896)	277-284
11.	Kumar. S. (2012) How to be Positive? Cognitive Behaviour Therapy.Vol-2 (3). 149-152. Anikriti-An International and multidisciplinary Research Journal. Varanasi. (ISSN-2250-1193)	285-292
12.	Kumar., A & Kumar.S (2013) Karma Yoga: A path towards work in Positive Psychology. <i>Indian Journal of Psychiatry</i> . 55 (6) 150-152. (ISSN: 0019-5545)	293-298
13.	Singh., A & Kumar. S (2015) Honour Killing: Its Challenges, Global Concerns and Solutions. <i>Indian Journal of Social Sciences and Literature Studies</i> . (1) 1-7. (ISBN No. 2349-5635).	299-303
14.	G. Dandiwal, S. Kumar and S.S Rana (2017) Resilience as predictor of well being among elected women representatives in India. <i>Indian Journal of Positive Psychology</i> , 8 (2) 108-111.	304-309
15.	G. Dandiwal, S. Kumar and S.S Rana (2017) Psychological well being of elected women representatives in relation to social support. <i>Indian Journal of Health and well being</i> , 8 (4) 290-293.	310-315
16.	S. Kumar (2018) Culture clash leading to depressive episode: A case Report. <i>International journal of Research</i> , 5 (12), 873-876. (2348-795X) (Impact Factor-5.60)	316-319
17.	Kumar, M., Kumar. S., & Kumar, S. (2018.) Alexithymia and Depression in spouse of Persons with Alcohol Dependence. <i>International Journal of Research</i> ; 5 (15), 3560-3570. (Impact Factor-5.60 ISSN:2348-6848)	320-330
18.	Mittal, S., Singh, P., & Kumar, S. (2018) Self Esteem Depression and Resilience amongst University Students: A comparative Study. <i>Indian Journal of Human Relations</i> ; 52 (2), 108-114. (ISSN:0974-1089) UGC Care Listed	331-340
19.	Arora, S., Kumar. S. & Rana, S.S. (2018). Effects of mindfulness therapy to reduce hyperactivity among adolescents. <i>International Journal of social studies</i> . 04 (09) 11-22. UGC-Care Listed.	341-355
20.	Yavnika., & Kumar, S. (2019) Guidance and counseling in an organization setting: A Book Review. <i>IAHRW International Journal of Social Science Review</i> ; 7 (1), 160-161. (ISSN:2347-3797) UGC Listed	356-357
21.	Kumar, S., Kumar, R & Behmani., R.K. (2020) Psychological problems in adolescents during Covid-19 Pandemic. <i>Shodh Sanchar Bulletin</i> ; 10 (40) Lucknov (ISSN: 2229-3620) UGC Care Listed	358-362
22.	Kumar, S., Kumar, R & Behmani., R.K. (2020) Emotional and behavior problems in orphans: Review. <i>Shodh Sarita</i> ; 07 (28) Lucknov (ISSN: 2348-2397) UGC Care Listed	363-368
23.	Mittal, S., Amit & Kumar. S. (2020). Does advertisement impact Social Fabrics? <i>Shodh Sanchar Bulletin</i> ; 10 (40); 195-199. (ISSN: 2229-3620) UGC Care Listed	369-373
24.	Mittal, S., Kumar, S. & Rana, S.S. (2021). Psychosocial profile of Juvenile Delinquents. <i>Wutan Huatan Jisuan Jishu</i> 01 (17) (ISSN No- 1001-1749) UGC-Care Listed.	374-382
25.	Amit, Mittal, S. & Kumar, S. (2021). Biofeedback: An instrument to tune you biologically. <i>Shodh Sanchar Bulletin</i> ; 11 (41) (ISSN: 2229-3620) UGC Care Listed.	383-387
26.	Mittal, S., Satyander & Kumar, S. (2021). Impulsiveness and Anticipatory fear of Covid-19 Post Lockdown. <i>Shodh Sarita</i> ; 8 (29) (ISSN: 2348-2397) UGC Care Listed.	388-396
27.	Singh, A., Poonam & Kumar, S. (2021). India and regional comprehensive Economic Partnership. <i>Shodh Sarita</i> ; 8 (29), 116-120. (ISSN: 2348-2397) UGC Care Listed.	397-401
28.	Mittal, S. & Kumar, S. (2021). Fostering Mental Wellbeing by Healing Chakras through Music Therapy. <i>Indian Journal of Social Sciences and Literature Studies</i> ; 7 (2), 33-40. [ISSN – 2349-5634; ISSN-2455-0973 (online)].	402-410
29.	Devi, P. & Kumar, S. (2021). Impact of infertility on psychological well-being and marital life in infertile women: a review*. <i>The Journal of</i>	411-417

	<i>Oriental Research Madras; XCII (XL), 01-06. [ISSN: 0022-3301].</i>	
30.	Soni & Kumar, S (2022) Mental Toughness and sports competition anxiety among national level Wrestlers and Boxers. <i>Anveshak; 51(2), 125-133. [ISSN: 0378-4568].</i>	418-429
31.	Supriya & Kumar, S. (2022) Life Satisfaction in relation with Affluenza among adolescents. <i>Anveshak; 51(2), 134-140. [ISSN: 0378-4568].</i>	430-439
32.	Mittal, S., & Kumar, S. (2022) Temperament and Ego Defense Mechanism styles among Adolescents. <i>Indian Journal of Psychological Research. 17, 9-16. National Association of Psychological Science. (ISSN: 0976-9218) UGC Care Listed.</i>	440-448
33.	Mittal, S., & Kumar, S. (2022). Sociodemographic Perspects and psychological outcomes among juvenile delinquents and normal adolescents. <i>Indian Journal of Social Sciences and Literature Studies. 8 (03), 01-10. (ISSN: 2455-0973).</i>	449-458
34.	Devi, P., & Kumar, S. (2022). Psychological Manifestations of Infertility. <i>Indian Journal of Positive psychology. 13 (04), 448-451. (ISSN: p-2229-4937, e-2321-368X-0973).</i>	459-465
35.	Amit., & Kumar, S. (2023). Adverse Effects on the Indian Economy: Covid-19 Pandemic. <i>Shodh Samiksha aur Mulyankan. 01 (02), 21-26. (ISSN: p-0974-2832, e-2320-5474).</i>	466-471
36.	Amit., & Kumar, S. (2023). Internet addiction and automatic thoughts among adults. <i>The International Journal of Indian Psychology, 11(01), 2107-2112. . (ISSN: 2349-3429).</i>	472-478
37.	Devi, P. & Kumar, S. (2023). Self esteem and depression in fertile and infertile Women. <i>Indian Journal of Health and Wellbeing, 02 (14). [ISSN: p2229- 5356, e2321-3698].</i>	208-211
38.	Malik., V.S., Singh., V., Yadav., H., Kumar, S., Kumar, K. & Behmani, R.K (2023). The Menstruation, Menstrual Distress and Mental Health: A Literature Review, <i>Indian Journal of Social Sciences and Literature Studies, 09 (1), 06-14. [ISSN: 2349-5634 (Print), 2455-0973 (Online)].</i>	06-14
39.	Malik., V.S., Singh., V., Yadav., Kumar, K., Kumar, S. & Behmani, R.K (2023). A Systematic Review of Menstruation Related Restrictions in India. <i>Indian Journal of Health and Wellbeing. 14(3), 357-360. (ISSN-p-2229-5356, e-2321-3698)</i>	357-360
40.	Supriya & Kumar, S. (2023). Affluenza: An Intergenerational Study, <i>International Journal of Social Sciences; 11(2), 146-150. [ISSN: 2347-3797].</i>	146-150
41.	Mittal, S., & Kumar, S. (2023). Lord Rama: An Inspiration to Lead a Fulfilling Life. <i>The International Journal of Indian Psychology. 11 (04), 1376-1380. (ISSN: 2348-5396).</i>	
42.	Mittal, S., & Kumar, S. (2023) Internet Addiction among Adolescents across Socio-economic Status in Haryana. <i>Indian Journal of Human Relations; 57(1-2), 17-25. (ISSN:0974-1089) UGC Care Listed</i>	
43.	Soni & Kumar, S. (2024). Exploring the interplay of Body Image and Emotional Intelligence in Individual and Team Sportspersons: A Contemporary Prospective. <i>Education Administration: Theory and Practice; 30(5), 8281-8285. [ISSN: 2148-2403].</i>	146-150
44.	Satyander & Kumar, S. (2024). Suicidal Ideation and Cognitive Distortions among Undergraduate Students. <i>Education Administration: Theory and Practice; 30(5), 11239-11245. [ISSN: 2148-2403].</i>	

### Project Completed (Minor and Major)

- Why do Children commit criminal offences? (2018-19) Minor Project completed as Principal investigator and it was funded by GJUS&T, Hisar
- Visualization of blind Person and Classification of Human Physiology project completed as Mentor (2019-20) and this was funded by PDUIC, GJUS&T, Hisar.
- Covid-19 Anticipatory fear and impulsivity in post lockdown challenges and effective coping (2020-21) Minor Project completed as Principal investigator and it was funded by GJUS&T, Hisar

### Major Contribution



### i. Session Chairing

- Invited as Chairperson in the online technical session in International Conference on Nurturing Human Values in Youth: A perspective of Srimad Bhagwad Gita, in Guru Jambheshwar Ji Maharaj Institute of Religious Studies, in GJUS&T held on 8-10 December, 2016.
- Performed Duties as **Chairperson in online scientific session** in International Conference on Nurturing Human Values in Youth: A perspective of Srimad Bhagwad Gita, in Guru Jambheshwar Ji Maharaj Institute of Religious Studies, in GJUS&T on 8-10 December, 2016.
- Performed Duties as **Chairperson in online session** in International Conference of Environmental Science and Engineering on 16-18 Feb, 2017.
- **Chaired** a scientific session in the international conference on Psychology, Health & Medicine organized by Amity Institute of Behavioral and Allied Sciences at Amity University Rajasthan on 2-4 Feb, 2018.
- **Chaired** a scientific session in the international conference on Positive Psychology for health and well-being organised by department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar on March 9-10, 2018.
- **Chaired** a scientific session in the international conference of HR Global congress on a multidisciplinary approach towards organizational excellence at Amity University Haryana, Gurugram 6-7 April, 2018.
- **Chaired** a scientific session in the international e-conference Srishti Nayak Ram the God and Hero of Masses: Overlapping Cultural and Literary Horizons organize by Deenbandhu chhotu Ram University of Science and technology, murthal on 06-08 November, 2020.
- **Chaired** a technical session in the two days National Conference on adaptability in Crisis: Psychology, Education and society organized by Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh on 18 August, 2021.
- **Chaired** a technical session in the three days International Seminar on Yoga and Music: Medical Dimensions organized by Department of Music and Dance and Department of Yoga, CRSU, Jind on 6<sup>th</sup> July, 2021.
- **Chaired a technical session** in the two days National Conference on Adaptability in Crisis: Psychology, Education and society organized by Department of Psychology, Rajiv Gandhi University, Arunachal Pradesh on 18 August, 2021.
- **Chaired a technical session** in the three days International Seminar on Yoga and Music: Medical Dimensions organized by Department of Music and Dance and Department of Yoga, CRSU, Jind on 6<sup>th</sup> July, 2021.
- **Chaired** a scientific session in the 2 days **National Conference** on Women Health and Wellbeing organised by Department of Psychology, Central University of Haryana, Mahendergarh, India in collaboration with National Academy of Psychology (NOAP) on 12-13 October, 2023.
- **Chaired** a scientific session in the 4<sup>th</sup> **APSPA International Conference** on “Sustainable Development Goals (SDG) with special reference to School Psychology in Asia-Pacific Region” organized by the Asia-Pacific School Psychology Association (APSPA), Malaysia in collaboration with Department of Psychology, Central University of Haryana, Mahendergarh, India and Indian School Psychology Association (InSPA) at Central University of Haryana, Mahendergarh, India on 15-16 March, 2023.
- **Chaired** a scientific session in in the **National Conference** on Bhagavad Gita: An Eternal Repository of Multi-Disciplinary Lessons for Mankind organised by Department of Psychology, FGM Govt. College, Adampur on 5-6 May, 2023.
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### ii. Invited Lectures

- Invited as resource person in Teacher’s Training Workshop at Army School, Saugor Cantt. Sagar on student problems. Lecture delivered on “Management of Psychiatric Condition in School going children”. January 13, 2011.

- Invited for Lecture on stress management of police personnel at civil line, Police Station. Sagar.
- Invited as expert in Job Stress Seminar at Police Station, Civil Line, Sagar.
- Delivered Extension Lecture under Placement Cell on “**Different Job opportunities in Clinical Psychology and training institutes in India**” at Govt. College for women, Bawani Khera on 27.03.2018.
- Delivered an Extension Lecture on “**Stress management and Psychotherapy**” at Govt. College Nalwa, Hisar on 03.04.2018.
- Delivered an Extension Lecture on “**Fostering Mental Health**” at Department of Psychology, CUH, Mahendergarh (Haryana), Hisar on 05.10.2020.
- Delivered an Extension Lecture on “**Ethics, Challenges and Legal issues in Counselling**” at Department of Psychology, RTM University Nagpur, Nagpur on 06.08.2020.
- Delivered an Extension Lecture on “**Recent trends in Research in Clinical Psychology**” at AIBAS, Amity University Haryana, Gurugram (Haryana), Hisar on 26.02.2021.
- Delivered an Extension Lecture on “**Anger Free School**” at CBSC Headquarter on 24.06.2021.
- Delivered an Extension Lecture on “Anger Free School” at CBSC Headquarter on 24.06.2021.
- Delivered an Extension Lecture on “Social Emotion Learning-Exam Stress” at GSSS, Muklan (1252) Block Hisarv-II, Dist. Hisar on 25.01.2022.
- Delivered an Extension Lecture on “Opportunities in Psychology” conducted by Training and Placement Cell at Rajiv Gandhi Govt Girl College, Bhiwani on Feb, 2022.
- Delivered an Extension Lecture on “Suicide Prevention Day” on 10 the September, 2023 at Department of Psychology, Central University of Haryana, Mahendergarh.
- Delivered an Extension Lecture on “Suicide Prevention Day” on 10 the September, 2024 at Department of Psychology, Chaudhary Bansi Lal University, Bhiwani.

### iii. Others

- Currently appointed as the **Chairperson** of the Department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar from 29 August, 2024.
- Contributed in “Psychological Instrument Exhibition” organized under auspices of National Science Day Celebration —2011 on *March 1-2, 2011 as Organizing Secretary* at Dr. Harisingh Gour Central University, Sagar. (M.P.).
- Visited as external in various practical exams (U.G and P.G College)
- Organized workshop on Rorschach and TAT as resource person at IIP, Noida.
- Organized workshop on neuropsychological assessment as resource person at IIP, Noida.
- Organized workshop on Learning Disability as resource person at AIBAS, Amity University Haryana, Gurgaon.
- Recipient of Appreciation certificate for raising an intelligent question in presidential debate held on Jan 23, 2017 at GJUS&T, Hisar.
- Performed Duties as **Organizing Secretary** in International Conference on Youth and Well Being organized by Department of Applied Psychology, GJUS&T on 11-12, November, 2016.
- Performed Duties as **Organizing Secretary** in International Conference on Youth and Well Being organized by Department of Applied Psychology, GJUS&T on 09-10, March, 2018.
- Class Incharge of M. Sc. IInd year
- Member of Eve Teasing committee
- Established a new Aptitude testing lab as act as Coordinator for helping students in career selection.
- Member of the PG and UG Board of Studies.
- Training and Placement coordinator

- Class Incharge M. Sc. Final year
- Member of admission counseling for M.Sc Applied Psychology
- Performed duties as external examiner in Department of Psychology, F.C College, Hisar on 30.04.2018 for U.G. in Psychology students.
- Performed duties as external examiner in Department of Psychology, D.N. College, Hisar on 14.03.2018 for P.G. in Psychology students.
- Successfully organized an international conference on Positive Psychology for health and well being organised by department of Applied Psychology, Guru Jambheshwar University of Science & Technology, Hisar on March 9-10, 2018 as **Organizing Secretary**.
- Successfully organized a National Conference on Re-establishment of Bhartiyyata in Present Era organised by Bhartiya Shikshan Mandal, Research Cell, Haryana in association with J.C. Boss University of Science and Technology YMCA, Faridabaad on August 08-09, 2020 as **Organizing Committee member**.
- Appointed as Judge for inter district science exhibition on 19<sup>th</sup> January, 2021.
- Appointed as External examiner for conducting Dissertation Viva Voce Examination at Department of neuroscience, Gurugram University, Gurugram on 26<sup>th</sup> August, 2021.

#### **Details of attended Seminars/Conferences/Workshops/invited talks/extension lectures**

More than 200 National and International Events have been attended and organized.\

- Workshop organized by AIBAS, Amity University Haryana Gurugram on Teaching Methodology.
- AITTR Short Term course: Attended a one week short term course on operationalization of NSQF, Community college scheme & other skill development schemes of government of India conducted by MHRD, GOI.
- Attended a workshop on Research Methodology on April 1, 2015 at AIBAS, Amity University Haryana, Gurgaon.
- Attended a workshop on Sunday and solar electrical training on 3<sup>th</sup> to 6<sup>th</sup> Feb, 2015 at ASET, Amity University Haryana, Gurgaon.
- Attended a workshop on cultural and social synthesis as a solution to global problems on 13-14<sup>th</sup> Dec, 2014 at Best Western Resort Country Club, Gurgaon.
- Attended a workshop on value based character Building on 19<sup>th</sup> March, 2015 at Ch. Ranvir Singh University, Jind (Haryana).
- Attended a workshop on Rorschach Ink Blot Test on 6-7<sup>th</sup> August, 2014 at AIBAS, Amity University Haryana, Gurgaon.
- Attended 6<sup>th</sup> international conference of Somatic Inkblot Society (ICSIS-2008) Theme: “Personality Assessment, Diagnostic Evaluation and Therapeutic Intervention” organized by Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Ranchi (RINPAS).
- Participated as a field investigator in perception survey of electorate –Haryana, 2003 conducted by Lokjagan, a research program of MG school of communication management.
- Attended in Indian psychiatric society topic “Recent advancements in child and adolescence psychiatry”
- Attended national seminar and 6<sup>th</sup> National Conference of Praachi Psychosocial-Cultural Research Association on “Individuals difference And Behaviour” dated October 11-12th, 2002.
- Attended ICSSR sponsored seminar on “Substance Abuse/Misuse In North-Western Region Of India: Cases, Consequences And Remedies” January 31<sup>st</sup>, 2004
- Attended national seminar on “Health Psychology: Retrospect And Prospects” on March 29-30th, 2015.

### **Refresher/Orientation Program and Short Term Courses completed**

1. Successfully completed Orientation Programme-26 with Grade-A organized by Human Resource Development Centre, Guru Jambheshwar University of Science & Technology, Hisar and sponsored by UGC from 23.10.2017 to 18.11.2017.
2. Successfully completed Refresher Course with Grade- A organized by Human Resource Development Centre, Punjabi University, Patiala sponsored by UGC from 03.10.2018 to 23.10.2018.
3. Successfully completed One Week Online Workshop (Short Term Course) on “MOOCS, Online Courses and Open Educational Resources” conducted by UGC-HRDC, GJUS&T, Hisar from 24-08-2020 to 29-08-2020.
4. Successfully completed One Week Online Workshop (Short Term Course) on “Research Methodology in Social Sciences” conducted by UGC-HRDC, Aligarh Muslim University, Aligarh from 26-08-2021 to 02-09-2021.
5. Successfully completed Refresher Course with Grade- A+ organized by Human Resource Development Centre, Doctor Harisingh Gour Central University, Sagar, sponsored by UGC from 07.02.2022 to 19.02.2022.

### **Administrative Experience**

- Deputy Proctor, GJUST, Hisar.
- Course Coordinator, Diploma in Guidance and Counselling (Since 2017) Directorate of Distance Education.
- Nodal Officer, Drug Prevention Cell (GJUS&T, Hisar)
- Warden BH-III (From 19.09. 2019).
- Coordinator Aptitude Testing Lab
- Department Alumni Coordinator

### **Member of different committees at university level**

1. Member, Unfair means Committee, GJUST, Hisar.
2. Member, Anti-ragging committee of the Department.
3. Member, organizing committee for sports tournaments of the university.
4. Member, Anti-eve teasing Committee of the Department.
5. Member, Students Counselling Cell of the Department.
6. Nodal Officer, BH-III (Covid-19 taskforce of the university).
7. Member of different committees constituted for academic issues, students welfare and teachers welfare.

### **Member of Academic Bodies at University level and in other educational institutions**

1. Member, P.G. Board of Studies of the Department of Applied Psychology, GJUS&T, Hisar.
2. Member of DRC, Applied Psychology, GJUS&T, Hisar.

### **Membership of Various Academic Bodies**

- Managing Editor, Indian Journal of Social Sciences and Literature Studies and Journal of Contemporary Psychological Research (Peer Reviewed International Journals)
- Board of Consulting Editors–Indian Journal of Social Sciences And Literature Studies ISSN: 2349-5634
- **Registered as Rehabilitation Psychologist with RCI (CRR No. A60631 )**
- Indian Association of Health, Research and Welfare, Hisar.
- International Journal of Application or Innovation in Engineering & Management 2319-4847.

### **Adeptness in Computer Applications**

Having computer skills in following areas

- MS Word (formatting, drafting, and maintenance of documents)
- Power Point (Operating and Designing of presentations)
- Elementary knowledge of operating SPSS (Stastical Package for Social Sciences)
- Application of internet (website surfing, literature search, E-mail correspondence)

### **Professional Strengths**

- Passionate eagerness toward learning
- Ability to work independently & ability of sustaining task and handling multiple task
- Adherence to deadline and good coping capacity to stress
- Respect to diversity and global mind set
- Maintaining good interpersonal relationship
- Adaptation to team work
- Belief in potential of self & Identification of potential of other

- Taking initiative and leadership quality

<b>Personal Details</b>	
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Name	: Sanjay Kumar
Father's Name	: Vikram Singh
Date of birth	: 23/12/1980
Permanent Add	: V.P.O Rewari- Khera, Distt. Bhiwani-127027 State-Haryana
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Marital status	: Married
Nationality	: Indian
Present Employer	: Guru Jambheshwar University of Science & Technology, Hisar-125001.

(Dr. Sanjay Kumar)