

## CURRICULUM-VITAE

***Dr. Sanjay Kumar***

**Designation:** Associate Professor

**Department:** Psychology

**Institution:** Ch. Charan Singh University,  
Campus, Meerut (UP) 250004

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### Academic Qualification:

- Ph.D. from Ch. Charan Singh University Meerut, Uttar Pradesh in 2007.
- Post-Graduation (M.A.) in Applied Psychology (specialization in clinical psychology) passed from Department of Applied Psychology, South Campus, Delhi University, Delhi in 1999.
- Graduation (B.A.) passed from S.S.J.M. University, Kanpur, Uttar Pradesh in 1997.
- Intermediate passed from J.N.V. Kanpur, Uttar Pradesh in 1994.
- High School (C.B.S.E. Board) passed from J.N.V. Farrukhabad, Uttar Pradesh in 1992.

**PhD Thesis** entitled “*A Study of the Effect of Attachment (Aasakti) - Non-attachment (Anasakti), and Age on Aggression and Attributed Styles*” conducted at the Department of Psychology, Chaudhary Charan Singh university Meerut Uttar Pradesh.

- U.G.C. (NET) Qualified in December 1999.

### Other Professional Qualification:

- Diploma in Internet and Computer Application, From VCI, Pratap Vihar, Ghaziabad, U.P. India.
- Training to Reiki and Acupressure, from Prem Samita Clinic, South Extension, New Delhi.
- Training of “Psycho-Drama” from Department of Applied Psychology, South Campus, Delhi University, Delhi.

### Teaching and Research Experience

- 17+ Years at Department of Psychology, Chaudhary Charan Singh University, Meerut

### **Professional Experience (Clinical)**

- Practical training at C.G.C., Delhi School of Social Work, Delhi; IHBAS, Delhi; RML Hospital, Safdarjung Hospital, Delhi. (1998)
- Worked as ‘*Clinical Psychologist Trainee*’ at Child Guidance Center, Delhi School of Social work, Delhi University, Delhi. (1999)
- Worked as ‘*Clinical Psychologist*’ at Sun Flag Hospital and Research Center, Faridabad, Haryana. (2000)
- Worked as ‘*Clinical Psychologist*’ at Jajor’s Neuro Psychiatric Center, Neelam Bridge, Mathura Road, Faridabad, Haryana. (2001)
- Worked as ‘*Consultant Clinical Psychologist*’ at a Daya Nursing Home, Lony More, New Delhi. (2001)
- Providing free services to the needy for clinical assessment, diagnoses, counseling and psychotherapy.

### **Research Publication** (Research Paper/Article/Book Chapters)

1. Rana, S. and Kumar S. (2016). A study of the effectiveness of positive affirmation on stress, anxiety and depression on cardiovascular disease of female patient. *International journal of Indian Psychology*, 4(1), 60-59.
2. Chauhan, J. and Kumar S. (2016). A study of the effect of gender and yoga on psychological wellbeing of middle age adults. *International journal of research in social science*, 6 (12), 604-616.
3. Kumar S. and Chaudhary, R. (2016). Issues related to the non-acceptance of problem of mental retardation: A dilemma for parents. *International journal of applied Social Science*, 3 (5&6), 156-161.
4. Kumar S. and Sharma, P. (2016). Need of Self-determination in maintaining physical health. *International Journal of Physical Education: Health and Sports Science*, 5 (2), 34-38.
5. Kumar S. and Sharma, P. (2016). Preventive measures of depression resulting from negligence and helplessness among old age persons. *International journal of applied Social Science*, (1&2), 30-38.
6. Kumar S. (2016). Role of positive attitude and personal responsibility for social justice in India. *Indian Journal of Socio-Economic Review*, Vol.3(1), 80-83
7. Rana, S. and Kumar S. (2015). A study of the effect of marriage type and economic status on happiness of home maker women. *International journal of social science and language*, 3 (2), 1-6.
8. Kumar S. (2015). Effects of late marriage on interpersonal relationship and marital life of adult couples. *International journal of Social Science Review*, 3(4-2), 599-601.
9. Chaudhary, M., Kumar S. and Lata, A. (2015). Role of Yoga and meditation in enhancing the quality of life of adult women. *Journal of Humanities and Social Science Studies*, 4 (3), 47-54.

10. Shrama, P. and Kumar S. (2015). Optimism Gratitude and emotional intelligence as correlates of self confidence of early adults. *International journal of Indian Psychology*, 2(4), 56-63.
11. Kumar S., Padmavati, Chaudhary, A. and Sharma, P. (2014). Psycho-social causes of traumatic experiences in different age groups of a women's life. *Indian Journal of Health and Wellbeing (IJHW)*, 5(1), 83-86.
12. Sharma, P. and Kumar S. (2014). Role of economic status and mother's work status on parenting. *Indian Journal of Community Psychology*, 10 (1), 109-121.
13. Chaudhary, V. and Kumar S. (2013). Marital adjustment, depression & stress in late married working women. *Indian Journal of Health and Wellbeing (IJHW)*, 4(8), 1548-1550.
14. Bhati, V. and Kumar, S. (2013). Potency of *reiki* and acupressure on migraine headache, anxiety and stress: A study of adult women. *Indian Journal of Positive Psychology*, 4(2), 343-346.
15. Kumar, S. and Sharma, M. (2013). The Creative Art Therapy: A Self-Help Method of Stress Management. *Stress Management: A modern Perspective*, edited by Bhatnagar, A. Published by Anuradha Prakashan New Delhi. pp-137-145.
16. Kumar S. and Sharma, M. (2012). A study of life satisfaction, marital adjustment, and psychological distress in peri-menopausal women. *Indian Journal of Health and Wellbeing (IJHW)*, 3(4), 1068-1071.
17. Chaudhary, M. and Kumar S. (2012). The effectiveness of *reiki* and acupressure on insomnia and depression. *Indian Journal of Positive Psychology*, 3(4), 411-14.
18. Kumar S. (2012). *Anasakti* and attribution styles. *Psyber News, (International Blind Peer review Journal)*, 3(1), 7-13
19. Kumar S. (2011). A century old Psychology in India, a modern day challenge. *India vision: A news web portal*. (Featured)
20. Kumar, S. and Devi, B. (2010). Effect of Religiosity on Anxiety and Depression in Nurse of government Hospitals. *Journal of Indian Health Psychology*, 4(2), 129-136.
21. Chaudhary, M. and Kumar S. (2010). A Study of stress and suicidal Ideation in police personnel of western U.P. pp. *Indian Journal of Community Psychology*, 6(2), 282-289.
22. Kumar S. (2009). Role of *Anasakti* in managing aggression: A Study of Indigenous Concept of *Bhagwad Gita*. *Prachi Journal of Psycho-cultural Dimensions*, 25(1&2), 92-99.
23. Kumar, A., Kumar S. and Sharma, M. (2009). A study of social, familial, scholastic and personal stressors among female adolescent. *Yug Shilpi*, 25 (1), 129-134.
24. Kumar, S. and Sharma, M. (2008). Common Education Programme for Mentally Challenged Children. *Counselling: Theory, Research and Practice*, ed. by Sharma, N., Kalia, A.K. & Akbar Husain Global Vision Publishing House, pp-275-289.
25. Kumar S. (2003). Prevalence of Depression disorder among urban rural population pp *The Indian Journal of Psychometry and Education*, 34 (2), 125-130.

### **Participation in Seminar/Workshop/Training Program and Paper presentation**

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|-------------------------------------|----|
| Training Programs more than 7 Days: | 07 |
| International Seminar/Conference :  | 13 |
| National Seminar/Workshops:         | 22 |

## **Research Supervision**

### **(i) PhD.**

1. Supervised: 05
2. Under Supervision: 03

### **(ii) M. Phil.**

1. Supervised: 50
2. Under Supervision: 05

## **Academic Programs Organized**

1. One week National Workshop on “Research Methodology” sponsored by ICSSR Delhi
2. One week National workshop on “Test Construction and computerized psychological tools”
3. 9 Days guest lecture series on “clinical assessment, diagnoses and treatment”
4. On spot poster competition on World Mental Health day
5. Conducted ‘Mental Health Awareness Camps’ in city and villages under community intervention and outreach program.

## **Memberships and Registration**

- Registered as ‘**Rehabilitation Psychologist**’ at Rehabilitation Council of India (**RCI**), New Delhi, India.(To Renew)
- **Member**, International Society for Social Neuroscience Auckland, New Zealand.
- **Member**, International Association for Psychological Science Washington, DC 20005 USA.
- **Life Member**, Prachi Psycho-cultural Research Association, Meerut.
- **Life Time Member**, Community Psychology Association of India, Jaunpur (U.P.), India.
- **Life Time Member**, National Association of Psychological Science, Chandigarh India.

- **Life Time Member**, Satat Manav Vikas Avam Anusandhan Sansthan (SMVAAS). Farrukhabad (U.P.) India.

### **Member Board of Editors**

- Indian Socio-Economic Review Published by Mr. Kanshi Ram Shodh Pieth, C.C.S. University, Meerut.
- Shodh Gyanantika, Published by Indian Constitution Awareness Association Meerut India.
- Reviews manuscript for The Journal of Clinical Psychiatry (The official journal of American Society of clinical pharmacology)

### **Administrative Experience at C.C.S. University Campus**

- Assistant **Warden, New Boys Hostel**, Ch. Charan Singh University Campus, Meerut. (Since September, 2009 to 2019)
- **Assistant, Dean Student Welfare**, Ch. Charan Singh University Campus, Meerut. (Since August, 2013 to 2019)
- Member, **Executive Council**, Ch. Charan Singh University, Meerut. (Since August, 2012 to now)
- **Member, Board of Studies** (Psychology), Ch. Charan Singh University, Meerut (2010, 12).
- **Member, Research Degree Committee** (Psychology), Ch. Charan Singh University, Meerut 2012.
- **Development of Courses and Curriculum** for M.A. and M.Phil at Department of Psychology, Ch. Charan Singh University, Meerut.
- Other **Administrative Activities** of Chaudhary Charan Singh University, Meerut.
  - Member, Re-evaluation Committee (2005-06).
  - Member, UFM Committee (2006-07).
  - Member, Evaluation Committee (2007-08).
- **Member, SC and ST Cell**, Chaudhary Charan Singh University, Meerut. (2010)

- **Member, Sahityik Sanskritic Parishad**, Chaudhary Charan Singh University, Meerut (2007-2010).
- Performed as '**Team Manager**' of badminton Tournament at Ghaziabad.
- Participation in Entrance/University **Examinations/Evaluation/Paper setting** for PG and M. Phil (Other universities too).
- Active **Participation** in Students Union Election, Cultural Activities and Annual athlete meet and other sports activities of University Campus.
- **Coordinator**, 'Help-Line' for School Students Running at Meerut.

*\*Expert Comments and Articles in Newspapers (Dainik Jagran, Amar Ujala, Hindustan and Panjab Kesary), TV Channel (Zee TV media, ETN) and IMT Radio FM*

#### **Hobbies/Extra Curriculum**

- Participated in writing: indoor and outdoor games and music competitions.
- Music (Singing and Playing Music instruments).
- Writing (Poems and Literary Comments).
- Sports (Kho-Kho, Kabaddi, Football, and Volley ball).

**(DR. SANJAY KUMAR)**