

# BIO-DATA

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**PROF. RAKESH KUMAR [JAIN]**

Department of Psychology  
Gurukula Kangri (Deemed to be University)  
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**MOTTO:** *To create new knowledge and serve humanity.*

**INNOVATIONS:**

1. *Cognitive Drill Therapy*
2. *Recovery Focused Behavior Therapy*
3. *Simplified Rorschach Scoring System for Beginners*
4. *Methods of Hypnotic Induction and Regression*



**PROFESSIONAL SKILLS:**

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|---------------------------------------|------------------------------------|
| 1. Cognitive Drill Therapy            | 2. Management of OCD & Phobia      |
| 3. Hypnotherapy                       | 4. Single Subject Research Designs |
| 5. Past Life Regression               | 6. Primary Skills in SPSS          |
| 7. Rorschach Inkblot Test             | 8. Wordpress Website Management    |
| 9. Recovery Focused Behaviour Therapy | 10. Creative Therapeutic Thinking  |

**VISION STATEMENT:**

1. *To encourage awareness, training, research and applications of applied clinical psychology*
2. *To develop advanced research, training and treatment facilities to serve persons with anxiety disorders specifically phobia and OCD.*
3. *To demystify hypnosis and promote research, training and applications of hypnotherapy*
4. *To establish global academic, training and research collaboration.*
5. *To encourage novel thinking in applied clinical psychology*
6. *To train psychologists and counselors on management of anxiety disorders specifically phobia and OCD*
7. *To develop audio, video, virtual and text content on anxiety disorders for public awareness and training of professionals.*
8. *To promote Clinical Health Psychology*

**PHILOSOPHY ABOUT TEACHING:**

To encourage students to conceptualize basic to advanced concepts; learning by doing not merely by reading and listening; encourage students for creative expressions and scientific testing of novel ideas, encourage curiosity and self-directed learning by students, encourage scientific reasoning, allow students to observe the teachers in action in clinical practice specifically therapy demonstrations, discuss concepts with students and allow them to critically evaluate the ideas, listen to the students, strive to make competent professionals and good human being, Scientist-Practitioner Model and much more.

**ACADEMIC QUALIFICATIONS:**

1. M.A. in Psychology, CCS University, Meerut, 1985
2. M.Phil in Medical & Social Psychology, Central Institute of Psychiatry, Ranchi, 1989
3. Ph.D. in Psychology, Utkal University, 1997.

**POSITIONS HELD:**

1. Professor, Department of Psychology, Gurukula Kangri (Deemed to be University), Haridwar-249404 (Since 1 April 2021)
2. HoD and Senior Clinical Psychologist, Department of Clinical Psychology, Institute of Mental Health and Hospital, Agra-282002 (20/1/98 to 31/3/2021) RCI Approved UP018
3. Assistant Professor of Clinical Psychology, Chetana College of Special Education, Bhubaneswar 751013 (3/3/90 to 18/1/98) RCI Approved: OR002

**TEACHING, RESEARCH & CLINICAL EXPERIENCE:** 33 years

**PH.D. SUPERVISION EXPERIENCE:**

Sl.	Particulars	Regd	Award
1.	Ruchi Jain: <i>Diagnostic indicators on SIS-I and Rorschach among children with attention deficit hyperactivity disorder.</i> Guide: Dr. Beer Singh. CCS University	2000	2004
2.	Jashobanta Mohapatra: <i>Efficacy of SIS-I in Discriminating Schizophrenia and Mood Disorders.</i> Guide: Prof. P.Mishra. Sambalpur University	2004	2009
3.	Sunita Kandhari: <i>Development of A Comprehensive Scoring System for SIS-I.</i> Guide: Dr. Jyotsna Sharma. CCS University	2004	2008
4.	Preeti Sharma: <i>Nature and Functions of Recurrent Dreams.</i> Guide: Dr. Uma Rani. CCS University	2005	2012
5.	Vikas Sharma: Effects of hypnotherapy on malignancy and associated conditions. Guide: Dr. PranavPandya. Dev Sanskriti Vishwavidyalaya	2012	2017
6.	Shraddha Tripathi: Effects of hypnotic regression on phobia and anxiety symptoms in adults. Guide: Dr. Pranav Pandya. Dev Sanskriti Vishwavidyalaya	2012	2017
7.	Pooja Mahour: Identification of predictors of cognitive insight in schizophrenic patients. Guide: Dr. Prama Sharma. Dev Sanskriti Vishwavidyalaya	2012	2017
8.	Ruchi Jain: Correlates of hypnotizability in young adults. Mewar University	2011	2019
9.	Sachin Panchal: Relationship of attachment styles, negative emotions, and cognitive emotion regulation in adolescents. Guide: Dr. Kumkum Pareek. CCS University	2016	2021
10.	Kiran Srivastava: An analytical study of insight in schizophrenia in relation to executive function and meta-cognition. Guide: Dr. Rakesh Kumar. Mewar University	2014	2022

<b>PH.D. SCHOLARS – CONTINUING</b>			
1.	Radhika Sharma: Psychological correlates of helplessness and hopelessness with self-efficacy as moderating variable in University students. Gurukula Kangri (Deemed to be University), Haridwar	2021	x
2.	Mohit Kumari: Emotional States and Family Environment as Determinants of Adjustment and Suicide Ideation in Adolescents	20??	x
3.	Sampdata Vijayvergiya: Psychosocial Factors and Experiences Associated with Acne in Young Adults	2022	x
4.	Vipin Kumar: Effects of Yogic Practices on Positive Attributes in Young Adults	2022	x
5.	Shivi Tyagi: Role of Anasakti, Spirituality, Emotional Intelligence and Personality in Career Decision Making Self-efficacy among University Students	2022	x
6.	Anjalee: Effects of Online Gaming on Cognitive and Emotional Functioning in Adolescents and Young Adults.	2022	x

<b>M.D. IN PSYCHIATRY THESIS: CO-SUPERVISION</b>				
1.	Dr. Nitesh	Temperament in character dimension in patients with schizophrenia with and without aggressive behaviour : A comparative study	2015	Prof. Sudhir Kumar
2.	Dr. Ritika	Cognitive flexibility and motor inhibition in OCD and their unaffected first degree relatives	2016	Prof. Sudhir Kumar
3.	Dr. Amit Meshram	Working memory impairment as an endophenotype in schizophrenia	2017	Prof. Sudhir Kumar
4.	Dr. Avichal	Relationship of psychopathology and cognitive impairment with neurological soft signs in patients with schizophrenia.	2017	Prof. Sudhir Kumar
5.	Dr.ArtiYadav	Efficacy of adjunctive low frequency rTMS over supplementary motor area in treatment of obsessive compulsive disorder: A Randomized prospective study	2019	Prof. Sudhir Kumar
6.	Dr. Avinash C.Negi	Knowledge and attitude of relatives of patients with psychiatric illness towards electroconvulsive therapy	2019	Dr. Anil Sisodia
7.	Dr. Pradeep Kumar Verma	Prevalence od psychiatric co-morbidity, quality of life and disability in patients of bipolar disorder	2019	Dr. Anil Gaur
8.	Dr. Saurabh Ahlawat	Medication compliance in psychiatric out patient with psychoactive substances use comorbidity: A cross-sectional study	2019	Dr. Anil Gaur
<b>PG DIPLOMA IN CLINICAL PSYCHOLOGY DISSERTATIONS:CO-SUPERVISION</b>				
9.	NidhiLathey	Rorschach profile in schizophrenics	1999	Prof. Sudhir Kumar
10.	Vibha Sharma	Comparison of human figure drawing among manics, depressives and controls	1999	Prof. Sudhir Kumar
11.	Varsha Sharma	Rorschach profile in psychotics	1999	Prof. Sudhir Kumar
12.	Ahamad Sameer	Case studies in Cognitive Drill Therapy,Barkatullah University	2009	Prof. Bhupinder Singh

<b>.DNB IN PSYCHIATRY THESIS: CO-SUPERVISION</b>				
<b>Sl.</b>	<b>Candidate</b>	<b>Thesis/ Dissertation Title</b>	<b>Year</b>	<b>Supervisor</b>
1.	Dr. Prasant Shukla	Comparison Cognitive functions in Patients, First Degree relatives and controls of Bipolar Affective disorders	2011	Prof. Sudhir Kumar
2.	Dr. Pramit Jain	Quality of Life in Patients with Bipolar affective disorder in remission	2011	Dr. O.P. Gangil
3.	Dr. Ashutosh Singh	Neurological soft signs in schizophrenia and bipolar disorder: A comparative study	2012	Dr. Anil Sisodia
4.	Dr. Rashmi Chaudhary	Predictors of well being in spouses of chronic schizophrenic patients	2012	Prof. Sudhir Kumar
5.	Dr. Ashutosh Singh	Neurological soft signs in schizophrenia and bipolar disorder: A comparative study	2012	Anil Sisodia
6.	Dr. Ananya Chaudhary	Assessment of Prodromal syndromes and Neurological soft rights in first degree relatives of patients with schizophrenia	2013	Prof. Sudhir Kumar
7.	Dr. Seema Parija	Burden and expressed emotion in caregivers of schizophrenia and bipolar affective disorder patients: A comparative study	2013	Dr. O.P. Gangil
8.	Dr. Puneet Chowdhary	Comparative Study of Phenomenology of Cannabis Induced Psychosis with Bipolar Disorder and Schizophrenia	2013	Prof. Sudhir Kumar
9.	Dr. Sreeraj	Anxiety and Impulsivity as endophenotype in Bipolar disorder	2013	Prof. Sudhir Kumar
10.	Dr. Shiv Prasad	A study of Factors associated with treatment adherence in patients suffering from schizophrenia	2014	Dr. Anil Sisodia
11.	Dr. D.B. Tiwari	Prevalence of metabolic syndrome in drug naive patients with schizophrenia	2014	Dr. DM.S. Rathor
12.	Dr. Muzahid	Prevalence of metabolic syndrome in drug naive and drug free patients of Bipolar disorder: A cross sectional study	2015	Dr. D.M.S.Rathor
13.	Dr. Akhil Menia	Disability and Executive functions in Schizophrenia : A cross sectional study	2016	Dr. Anil Sisodia
14.	Dr. Rohit	Executive functions in unaffected first degree relatives of patients with schizophrenia & Bipolar affective disorder : A comparative study	2016	Prof. SudhirKumar
15.	Dr. Anjana Kavoor	Suicidality, Aggression and Impulsivity in acutely symptomatic drug naive patients with schizophrenia : their relationship with lipid profile and Body mass Index in an Indian Population	2016	Prof. Sudhir Kumar
16.	Dr. Rajkumar Sahoo	Relationship of dissociation and childhood trauma in patients with schizophrenia	2017	Dr. Anil Sisodia

## CONTRIBUTION TO CURRICULUM DEVELOPMENT

1	Member, Expert Committee of Clinical Psychology & Rehabilitation Psychology, Rehabilitation Council of India, New Delhi Years 2014-2016 & 2018 & 2022	M.Phil in Clinical Psychology and Rehabilitation Psychology Courses
2	Member Expert Committee, Rehabilitation Council of India, New Delhi.	A module for training in mental illness for <i>"In-Service Training and Sensitization of Key Functionaries of Central and State Governments, Local Bodies and Other Service Providers"</i> .
3	Expert Committee, IGNOU	Program and Course Structure for the Six-month Training Program of JNV-NVS Teachers, 19-20 July 2021
4	Special Invite, BoS, CCS University, Meerut, 2022	P.G. and Diploma Syllabus
5	Department of Psychology, Gurukula Kangri (Deemed to be University), Haridwar, 2022	U.G. and P.G. Syllabus
6	Swami Ram Himalayan University on 2022	Ph.D. in Clinical Psychology
7	Member, BoS, CCS University, Meerut, 2023	Ph.D. Coursework
8	Department of Psychology, Gurukula Kangri (Deemed to be University), Haridwar, 2023	Ph.D. Coursework

## PROFESSIONAL AWARDS/RECOGNITION:

SL	AWARD	YEAR	CONFERRED BY
1.	<b>Research Award</b> in Recognition of Major Contribution to the Advancement of the Somatic Inkblot Series.	2004	<b>Somatic Inkblot Society</b> 5 <sup>th</sup> SIS International Conference, Kochi, November 27, 2004
2.	<b>Research Award</b> in Recognition of Major Contribution to the Advancement of the Somatic Inkblot Series.	2008	<b>Somatic Inkblot Society</b> 6 <sup>th</sup> SIS International Conference, RINPAS, Ranchi, 9-11 February 2008
3.	Most Prestigious Prof. <b>HN Murthy Oration Award</b> for significant contribution in the area of Cognitive-Behavior Therapy	2017	<b>Indian Association of Clinical Psychologists</b> National Annual Conference of Indian Association of Clinical Psychologists, Coimbatore 27-29 January 2017
4.	<b>Innovative Scientist Award</b> for Cognitive Drill Therapy	2017	<b>Indian Academy of Health Psychology</b> International Conference of Indian Academy of Health Psychology, National PG College, Lucknow, 12-14 November 2017
5.	<b>50 ICONS</b> of Clinical Psychology in India <b>Felicitation</b>	2018	Golden Jubilee National Annual Conference of Indian Association of Clinical Psychology, Gautam Buddha University, Greater Noida; 25 February 2018
6.	<b>Somatic Inkblot Society International Award</b>	2020	Somatic Inkblot Society, International Conference on Projective Psychology, SGT University, Gurugram 30 January 2020

**BOOKS AUTHORED:**

Sl.	Title	Year	ISBN-13	Publisher
1	<b>Rorschach Inkblot Test:</b> A Guide to Modified Scoring System. [No. of Page:159]	2010	978-8190992305	National: Prasad Psycho Corporation, New Delhi
2*	<b>Power Hypnosis:</b> A Clinical Approach. [No. of Page:156]	2011	978-1466435124	Self-Published
3*	A Glorious Journey of <b>Past Life Regression.</b> [No. of Page:228]	2016	978-1533342201	Self-Published
4*	<b>Cognitive Drill Therapy.</b> [No. of Page:132]	2016	978-1539554219	Self-Published
* Soft copies of these three books in PDF format are being distributed as Free Gift				

**RESOURCE PERSON/INVITED LECTURES:**

SL.	VISITING FELLOWSHIPS	LEVEL
1.	Visiting Fellowship, Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar. 27/1/2005 to 8/2/2005	University
2.	Visiting Fellowship, Department of Psychology, M.D. University, Rohtak. 25/3/2006 to 31/3/2006	University
3.	Visiting Fellowship, Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar 29 /1/2007 to 9/2/2007	University
4.	Visiting Fellowship, Centre of Health Psychology, Central University of Hyderabad. 4/3/2013 to 8/3/2013	University
5.	Visiting Fellowship, Centre of Health Psychology, Central University of Hyderabad. 5/2/2018 to 9/2/2018	University

**Invited Lectures/ Resource Person in Seminars/ Conferences/ Workshops**

1.	Workshop on Past Life Regression, Sanjeevani, Lucknow 15 & 16 February 2003.	National
2.	Past Life Regression in National Workshop in Institute of Human Behavior and Allied Sciences, Delhi, February 2006.	National
3.	National Seminar on Psychophysiology of Well-being, Department of Psychology, M.D.University, Rohtak, 28 & 29 March 2006. Keynote Address	National
4.	Two Day Workshop on Hypnosis and Cognitive Behavior Therapy, VBS Purvanchal University, Jaunpur. 18-19 April 2006	University
5.	Two day workshop on Hypnosis and Past Life Regression, Department of Psychology, Lucknow University, September 2007	University
6.	One Day Workshop on Hypnosis and Past Life Regression in RGPG College, Meerut, December 2007.	College
7.	TechFest 2010 Ozone Hub, Indian Institute of Technology (IIT), Powai, Mumbai 24th January 2010.	National
8.	One day workshop on Hypnosis, Agra College, Agra. February 2010	College
9.	Seven Day National Workshop on Psycho-spiritual Therapies, CCS University, Meerut. March 2010	National
10.	National Conference on Mental Health and Wellbeing: Recent Trends in Intervention. Agra College, Agra, 6-7 February 2012	National

11.	Two Day workshop on Hypnosis & Past Life Regression in M.G.KashiVidyapith, Varanasi 16-17 April 2012	University
12.	Two Day National workshop on Hypnosis and Past Life Regression, Department of Psychology, National PG College, Lucknow 7-8 February 2014	National
13.	One day workshop on Hypnosis and Wellbeing. Department of Psychology, M.D. University, Rohtak 27 <sup>th</sup> March 2014	University
14.	UGC (CPE) Seven Day National Workshop on Psychological Problems, Diagnosis and Management. Delivered Lectures for two Day on Hypnosis and Past Life Regression, Department of Psychology, Ismail PG College, Meerut 28-29 March 2014	National
15.	Resource Person, Doctoral Conference on Current Trends in Management & Information Technology, Hindustan Institute of Management & Computer Studies, Mathura. May 2014	National
16.	Two Day National workshop on Hypnosis and Past Life Regression. Institute of Psychology, Noida, June 20-21, 2014	National
17.	Three Day program on Hypnosis and Past Life Regression, Mental Health Institute, SCB Medical College, Cuttack. 8, 10 & 11 September 2014	Institute
18.	One day workshop on "Clinical Hypnosis" on 17 March 2015 in Department of Applied Psychology, South Campus, University of Delhi	University
19.	Two Day workshop on Hypnosis and Past Life Regression at Bhopal organized by Indian Institute of Psychology, Noida. 7-8 August 2015.	National
20.	Invited Address on "Psychological consequences in female victims of crime" in National Seminar on Crime Against Women: Issues, Challenges and Intervention. Digamber Jain, College, Baraut (Baghpat) 1-2 November 2015	National
21.	Workshop on Cognitive Drill Therapy, Mental Health Institute, SCB Medical College, Cuttack, 10 February 2016	Institute
22.	Three Day National CRE on Neuro Biofeedback Therapy, Gautam Buddha University, Greater Noida. 3-5 March 2016	National
23.	Two day workshop on Cognitive Drill Therapy. Psychowaves, Chandigarh. 7-8 May 2016	National
24.	Resource Person, Doctoral Conference, Hindustan Institute of Management & Computer Studies, Mathura. July 2016	National
25.	Two day workshop on Cognitive Drill Therapy, Regional Institute of Education, Bhopal 21-22 August 2016	Institute
26.	One day workshop on Cognitive Drill Therapy for MSKB College, Muzaffarpur students in Agra 28 August 2016	College
27.	Two day National workshop on "Hypnosis and Cognitive Drill Therapy" Department of PG Studies in Psychology, Digamber Jain College, Baraut 10-11 September 2016	National
28.	Two day National workshop on Past Life Regression Therapy in Department of Psychology, MS University, Baroda. 11-12 October 2016	National
29.	Two day workshop on "Cognitive Drill Therapy" Unique Psychological Services, Delhi 22-23 October 2016	National
30.	One day workshop on "Cognitive Drill Therapy" in Mental Health Institute, SCB Medical College, Cuttack 1 December 2016	Institute
31.	Workshop on "Cognitive Drill Therapy" in Department of Psychiatry, Kalinga Institute of Medical Sciences, Bhubaneswar in Collaboration with	State



	Orissa State Branch of Indian Psychiatric Society. 2 December 2016	
32.	Invited Lectures on "Cognitive Drill Therapy" for Two Day in Department of Clinical Psychology, Central Institute of Psychiatry, Ranchi. 5-6 December 2016	Institute
33.	Invited address on "Cognitive Drill Therapy" in International Conference of Indian Academy of Health Psychology, Gautam Buddha University, Greater Noida, 16 December 2016	International (Within country)
34.	Seven Day National Workshop on Psycho-Yogic Therapies, Department of Psychology, CCS University, Meerut, 22-28 March 2017. Delivered lectures for two full Day on Cognitive Drill Therapy on 25 <sup>th</sup> March 2017 and on Hypnosis on 26/3/2017	National
35.	Rehabilitation Council of India approved Continuing Rehabilitation Education (CRE) in Department of Clinical Psychology, Mental Health Institute, Cuttack, Odisha 4-6 May 2017. Conducted Three sessions of Cognitive Drill Therapy.	National
36.	Invited Lectures on Cognitive Drill Therapy in Regional Institute of Education, Bhopal 21-22 July 2017.	Institute
37.	Resource Person, Doctoral Conference, Hindustan Institute of Management and Computer Studies, Mathura, 28 July 2017	National
38.	Three day Targeted Training Program on Cognitive Drill Training in Defense Institute of Psychological Researches, Delhi. 13-15 September 2017	National
39.	Two Day National Workshop on Cognitive Drill Therapy and Hypnosis in Department of Psychology, University of Jammu, 6-7 October 2017	National
40.	One Day Pre-conference National Workshop on Cognitive Drill Therapy, International Conference of Indian Academy of Health Psychology, National PG College, Lucknow, 11 November 2017.	National
41.	Two Day Workshop on Cognitive Drill Therapy in Centre of Health Psychology, University of Hyderabad. 6-7 Feb 2018	University
42.	10 Day National Workshop on "Psychological assessment and person enrichment" by Department of Psychology, DAV PG College, Varanasi 8-17 February 2018. On 14-15 February 2018; delivered lectures on Hypnosis and Cognitive Drill Therapy. (Two Sessions)	National
43.	Workshop on Cognitive Drill Therapy in Golden Jubilee National Annual Conference of Indian Association of Clinical Psychology, Gautam Buddha University, Greater Noida; 24 February 2018.	National
44.	One Day workshop on Hypnosis, Department of Psychology, Amity University, Noida. 10 March 2018	National
45.	Cognitive Drill Therapy, Department of Clinical Psychology, Government Medical College & Hospital, Chandigarh. 13 <sup>th</sup> March 2018	Medical College
46.	Two Day Workshop on Cognitive Drill Therapy, Department of Psychology, University of Patanjali, Haridwar 28 & 29 April 2018.	University
47.	One Week National Workshop on Projective Techniques, Department of Psychology, CCS University, Meerut 14-20 May 2018. Conducted six sessions of two hours each on Rorschach Inkblot Test on 17-19 May 2018.	National
48.	One Day Workshop on Hypnosis organized by PG Department of Psychology, DJ College, Baraut in collaboration with Indian Academy of Health Psychology on 20 May 2018.	College



49.	Two Day National Workshop on Cognitive Drill & Hypnosis conducted by Indian Academy of Health Psychology in collaboration with Department of Life Long Learning, University of Rajasthan, Jaipur, 2-3 September 2018	National
50.	Two Day Workshop on Cognitive Drill, Regional Institute of Education, Bhopal 15-16 September 2018	College
51.	Lecture on Rorschach Inkblot Test, Mental Health Institute, SCB Medical College, Cuttack, 6 October 2018	College
52.	One Day Pre-conference National Workshop on Cognitive Drill Therapy, International Conference of Indian Academy of Health Psychology, Nashik 22 November 2018	National
53.	National Consultative Meet, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru 1-2 February 2019	National
54.	One Day Workshop on Cognitive Drill Therapy, PG Department of Psychology, DG College, Baraut 23 February 2019	College
55.	Two Day Workshop on Cognitive Drill Therapy and Hypnosis. Department of Psychology, University of Rajasthan, Jaipur. 3-4 March 2019	University
56.	One Day Workshop on Hypnosis Therapy & Cognitive Drill Therapy MD University Rohtak 17 August 2019	University
57.	One Day Workshop on Cognitive Drill Therapy, Amity University, Gwalior 11 <sup>th</sup> November 2019	University
58.	Invited Speaker, National Seminar on Relevance and Challenges of Social Media: A Global Perspective, Meerut College, Meerut 23-24 November 2019	National
59.	Resource Person, Postgraduate Diploma in Clinical Hypnotherapy, Charusat University, Vadodara 20-21 December 2019	University
60.	Resource Person, Training Workshop on Role of Psychotherapy in Depression organized by Hindustan College of Management and Computer Studies and Somatic Inkblot Society	College
61.	Resource Person, Pre-conference Workshop on Hypnotherapy, International Conference on Projective Psychology, SGT University, Gurugram 29/1/2020	National
62.	International Conference on Projective Psychology, SGT University, Gurugram 30/1/2020, Chaired Session	National
63.	Mental Health Issues in Covid-19. In National Seminar on Covid-19 Pre-post covid impact on physical and mental health. Organized by IQAC, 2022	National
64.	Basic Counselling Skills, Department of Yogic Sciences, GKDU, 19-4-2022	National
65.	Chaired a session, International Conference on Indian Traditional Yoga System, Theory and Practice, 24-26 May 2022 on 25th	International
66.	Chaired a session of International Speaker in International Conference of Academy of Hypnosis, India 25 February 2023 Vadodara	International [India]
67.	Conducted a 4 days workshop for department students on hypnosis, 1-4 November 2022 GK (DTBU)	University
68.	Conducted a pre-conference workshop on Hypnosis in International Conference of Indian Academy of Health Psychology on 21 December 2022 at Gautam Buddha University, Greater Noida	National
69.	Conducted full day post conference workshop on Past Life Regression in International Conference of Academy of Hypnosis, India 27 February 2023 Vadodara	National

70.	Conducted half-day pre-conference workshop on Cognitive Drill therapy in International Conference of Academy of Hypnosis, India 24 February 2023 Vadodara	National
71.	Cognitive Drill Therapy, Department of Psychology, CCS University, Meerut, 2023	Department
<b>PARTICIPATION &amp; PAPERS PRESENTATION:</b>		
1.	Kumar, R. (1990) "Community attitude towards sexuality and marriage in mentally retarded" Presented in the Seminar organized by Vocational Rehabilitation Centre, Bhubaneswar, October, 13, 1990	State
2.	Kumar, R. (1992) "The practice of counselling" Presented in the Management Development Programme: Enhancing the Professional Capabilities of the NGO Executives. Society for Development Action. Baripada, November 12, 1992.	State
3.	Kumar, R. (1992) "Dynamics of human behaviour" Presented in the orientation programme for family counsellors of Bihar and Orissa. National Institute of Social Work and Social Sciences, Bhubaneswar, November, 29, 1992	State
4.	Kumar, R. (1995) "Areas of research in mental retardation" Presented in the workshop on CBR organized by CIMH, Bhubaneswar, November, 20-24, 1995	State
5.	Kumar, R. (2002) "Past life regression therapy: An Indian experience" Presented in conference organized by Council of Behavioural Sciences, Agra, October, 17-19, 2002	National
6.	Kumar, R. (2003) "Stressful life events and social support in first episode mania" Annual National Conference of Indian Psychiatric Society, Hyderabad 9-12 January 2003	National
7.	Kumar, R. (2004) "An extended scoring system of SIS-I" Presented in 5 <sup>th</sup> International Conference of Somatic Inkblot Society, Kochi, November 26-28, 2004.	International [Within India]
8.	Kumar, R. (2006) Case Studies in Past Life Regression. National Workshop on Projective Techniques. Harprasad Institute of Behavioural Studies, Agra, 2006	National
9.	Kumar, R. (2006) Enneatypes and Brain Types. Quality Improvement Program for Teachers. Hindustan College of Management and Computer Studies, Mathura, 2006	National
10.	Kumar, R. (2007) Past life regression and well-being. National Seminar on Psychological Wellbeing. CAS in Psychology, Utkal University, Bhubaneswar, 5-7 February 2007	National
11.	Mahapatra, J., Mishra, PK., Sahoo, D. Kumar, R. (2008) Determination of Ego Strength in Schizophrenia through SIS Indices. International Conference of Somatic Inkblot Society, Ranchi 9-11 February 2008	International [Within India]
12.	Kumar, R. (2009) Hypnotic Regression in Pain Management: Case Reports, Poster Presented in ANCIPS 2009	National
13.	S. Mohanty, R.Kumar, S.Kumar (2011) Social support and coping as predictors of well-being in spouses of persons with chronic schizophrenia. National Annual Conference of Indian Association of Clinical Psychologists, Ahmedabad	National
14.	Kumar, R. (2017) Experiences in Verbal Exposure for Stimulus Bound Anxiety. Oration delivered in National Annual Conference of Indian Association of Clinical Psychologists, Coimbatore. 28 <sup>th</sup> January 2017	National (Oration Award)

15.	Jain, T & Kumar, R. (2018) Recovery Focused Behavior Therapy in Obsessive-Compulsive Disorder: A Case Study. Golden Jubilee Conference of Indian Association of Clinical Psychologists, Gautam Buddha University, Greater Noida 23-25 February 2018	National
16.	Khan, S., Rathor, DMS. & Kumar, R. (2018) Cognitive Drill Therapy in Mental Contamination: A Case Study. Golden Jubilee Conference of Indian Association of Clinical Psychologists, Gautam Buddha University, Greater Noida 23-25 February 2018	National
17.	Kumar, R. (2018) Verbal exposure to feared consequences in phobia. International Conference of Positive Psychology and Holistic Health, Agra 2/10/18	International [Within India]
18.	Vipin Kumar and Rakesh Kumar (2023) Relationship between Triguna and Suggestibility Paper presented in International Conference of Academy of Hypnosis, India 25-26 February 2023 Vadodara	International [Within India]
19.	Shivi Tyagi and Rakesh Kumar (2023) Spirituality and suggestibility among university students. Paper presented in International Conference of Academy of Hypnosis, India 25-26 February 2023 Vadodara	International [Within India]
20.	Sandhya Verma, Pralabh Verma and Rakesh Kumar (2023) Treatment of social anxiety using cognitive drill therapy under hypnotic trance. Paper presented in International Conference of Academy of Hypnosis, India 25-26 February 2023 Vadodara	International [Within India]
21.	Sampada Vijayvargiya and Rakesh Kumar (2023) Scope of hypnotherapy in psychodermatology: A conceptual paper Paper presented in International Conference of Academy of Hypnosis, India 25-26 February 2023 Vadodara	International [Within India]
22.	Vipin Kumar and Rakesh Kumar (2023) Psychological studies on Triguna: A systematic review. Paper presented in National Conference on Knowledge, Cultural Traditions & Practices of India, GK (DTBU) 29-31 March 2023	National

#### E-TEACHING/WEBINAR/LIVE STREAMING-RESOURCE PERSON:

1.	<b>YouTube Channel:</b> OCD & Phobia Tips, <a href="http://cognitivedrill.com">http://cognitivedrill.com</a>	200+ Videos
2.	IAHP E-Academy Webinars Co-ordinated, <a href="http://iahp.in.net">http://iahp.in.net</a>	20 Webinars
3.	Optimizing Mental & Emotional Health during Lockdown Live stream on YouTube hosted by Department of Psychology, St. John's College, Agra on 27/4/2020	National
4.	COVID 19 and Psychological Strategies for Acute Stress, International Webinar on Mental health and coping strategies during COVID-19 and lockdown, DAV College, Varanasi. 15th – 16 th MAY, 2020	International
5.	Psychosocial Impact of Covid-19, Web Conference on Psycho-social & Economic Impact of Covid-19, Organized by HCMS, SGI, Farah, 26/5/20	National
6.	Cognitive Drill Therapy, International Webinar on Promoting Psychological Well-being: Recent Advances in Psychotherapies, Department of Applied Psychology, VBS Purvanchal University, 27-29 May 2020	International
7.	Live Youtube Streaming on Hypnosis, Self on 23/5/20	-
8.	Understanding and accepting uncertainty of life. Amity, Gwalior. 8/6/20	National
9.	Management of social anxiety, Centre of Open Learning, Delhi University, 20/6/20	National

10.	Positive Psychology, Building Bridges in Nations and within: Youth Perspective, AryaMahilla College, Varanasi, 25/6/20	National
11.	Cognitive Drill Therapy, Dr. D. Y. Patil Arts, Commerce & Science College, Pune. 10-11 July 20202	National
12.	Irrational Fears, TathagatSahachar, FB 21/7/20	National
13.	Managing Irrational Fears, Indian Academy of Health Psychology, 20/8/20	National
14.	Strategies for managing irrational fears, Community Psychology Association of India, 24/8/20	National
15.	Cognitive Drill Therapy, Charusat University, Baroda, 29/8/2020	National
16.	Mansa Global Foundation for Mental Health, 1/9/20	National
17.	Psycho-social and family issues of the parents having children withintellectual and developmental disabilities during covid-19. SIRTAR, Rohtak, 22/9/20	National
18.	Lets Rise Above Superstitious Beliefs, DivyaKarunaKalyanSamiti, 7/10/20	National
19.	Hypnosis, Theosophy, Agra 08/10/20	Local
20.	Mental Health Day, Rajasthan University, Jaipur 10/10/20	National
21.	Cognitive Drill Therapy, Banaras Hindu University, Varanasi, 20/10/20	National
22.	Common Psychological Issues in Academic Institutions: Nature and Management, Jammu University, 21/10/20	National
23.	Psychology of criticisms, Being Mindful FB Live, 6/12/20	National
24.	Cognitive Drill Therapy: Psychotherapy in Context of Special Children, RCI approved CRE, PGIMER, Chandigarh 15-5-2021	National
25.	Symposium on Hypnotherapy, National Annual Conference of Indian Association of Clinical Psychologists, AFMC, Pune 30-5-2021 Attended	National
26.	Psychotherapy Training in India, Invited Lecture by Prof LSS Manickam, NCIACP Pune, Chaired the session 29-5-2021	National
27.	Extension Lecture on Neuropsychological testing, Department of Psychology, Ch Ranbir Singh University, Jind 9/6/2021	University
28.	Special lectures on Hypnosis, PG Students, GKV, Haridwar, 8 & 14 June 2021	University
29.	Yoga & Mental Health, FET, Gurukula Kangri University, 20 June 2021	University
30.	Yoga & Psychology, Three Power Point Presentations by PG Students and discussions on the occasion of International Yoga Day, 21 June 2021 for and by PG Students of the Department, Chaired the Session	University
31.	Atul Verma, Unique Institute, Delhi, Invited lectures on preparation of M.Phil in Clinical Psychology and UGC-NET/JRF for PG Students, 17-18 June 2021, Chaired the Sessions	University
32.	Prof. PK Khattri, Lucknow; Extension Lecture on Counselling and Career for PG Students, 23 June 2021, Chaired the Session	University
33.	PTSD Awareness Day, 27 June 2021 for PG Students, One PPT presentation; quotes on PTSD; two poems on PTSD; drawing poster made by a student on PTSD; play on PTSD and discussions, Chaired the Session	University
34.	Cognitive Drill Therapy, Regional Institute of Education, Bhopal., 2-3 August 2021	Institute
35.	Expert Member, Project Committee Meeting, Defense Institute of Psychological Research, New Delhi, 19 August 2021	-

36.	Past Life Regression, YourDost 7 August 2021	National
37.	Cognitive Drill Therapy, Internship of Postgraduate Diploma Course, BHU. 21/9/2021	University
38.	Mental Health Issues in Covid-19. In National Seminar on Covid-19 Pre-post covid impact on physical and mental health. Organized by IQAC, GKV 29-30 September 2021	National
39.	LOCF, Gurukula Kangri (Deemed to be University), Haridwar,	University
40.	Living with Values, National Workshop for Teachers, Hema Foundation, 28/4/2022	National
41.	As Chief Guest, Values, National Workshop for Teachers, Hema Foundation, 30/4/2022	National
42.	Mindfulness, National Seminar on Covid-19: Pre and Post Covid Impact on Physical and Mental Health, 14-15 March 2022, Gurukula Kangri (Deemed to be University), Haridwar	National
43.	Speaker in Inaugural Ceremony of Academy of Hypnosis on 26/6/2022	National
44.	Resource Person, CRE on Autism, Swami Ram Himalayan University on 2022	National
45.	Served as Resource Person in Men's Mental Health Forum virtual meet on 5-12-2022	National
46.	Delivered a talk on the occasion of World Suicide Prevention Day 10 September 2022 in AoH Clinical Meet	National
47.	Delivered a lecture online as resource person on the topic 'Past life regression' to the students of PG Diploma in Clinical Hypnosis, Charusat, Vadodara, 17-12-2022	University
48.	Chaired a session of International Speaker in International Conference of Academy of Hypnosis, India 25 February 2023 Vadodara	International [India]
49.	Chaired the concurrent session in Manoprabha – International Virtual Conference in Psychology, organized by Shri Vaishnav Institute of Social Sciences, Humanities & Arts. December 2 – 3, 2022	National
50.	Chairperson, International Conference of Academy of Hypnosis, India 2023	International [India]
51.	AoH Foundation Day, 2023. Delivered online lecture on history of hypnosis.	National

### **E-TEACHING/WEBINAR/LIVE STREAMING-PARTICIPATION:**

1.	OCD in the time of Covid-19 pandemic: challenges in diagnosis and treatment, NIMHANS, 7/4/20	National
2.	Management of current pandemic (covid-19) and prevention of suicidal thoughts, NIMHR, Sehore, 30/4/20	National
3.	Psychosocial issues due to covid-19, NIMHR, Sehore, 1/5/20	National
4.	Online Workshop on Data Analysis Using MS Excel, organized by CRIT, IIS (deemed to be University), Jaipur 27/4/20 to 3/5/20	National
5.	Telepsychotherapy Practice, NIMHANS, 5/5/20	National
6.	Are You Ready for the Shift? From in person to Tele-Counselling Services in the times of covid-19, IACP, 9/5/20	National
7.	Webinar on Cognitive Behavior Therapy, Psychotherapy Subcommittee, Indian Psychiatric Society. 30/5/20	National
8.	WHO E-Course on Hand Hygiene, 31/5/20	International

9.	Behavioural Management of OCD, Tamil Nadu Association of Clinical Psychologists (TNACP), 24/5/20	National
10.	Psychosocial Aspects of Organ Transplantation, TNACP, 25/5/20	National
11.	Individual and organizational strategies to deal with stress issues during corona phase, IGNTU, 26/5/20	National
12.	Trauma Focused Therapy, TNACP, 27/5/20	National
13.	Cognitive Drill Therapy, Lovely Professional University, 28/5/20	National
14.	Psycho-sexual Therapy, TNACP, 29/5/20	National
15.	Psychoanalytic Psychotherapy: An Orientation, TNACP, 30/5/20	National
16.	Mental Health and LGBT: Emerging Era, TNACP, 1/6/20	National
17.	Assessing Client Suitability for Telepsychotherapy Services, NIMHANS, 3/6/20	National
18.	Psychological components of renal disease, TNACP, 3/6/20	National
19.	Neurofeedback for anxiety disorders, TNACP, 8/6/20	National
20.	The upside of stress: Staying psychologically fit and productive during the pandemic and beyond. Mizoram University, 10/6/20	National
21.	Neuropsychological Assessment of Intellectual Disability and its Rehabilitation-I, TNACP, 12/6/20	National
22.	Psychological intervention module after amputation, TNACP, 14/6/20	National
23.	Behavioural management of problem behaviours of children with intellectual disability TNACP, 15/6/20	National
24.	Neuropsychological Assessment of Intellectual Disability and its Rehabilitation-II, TNACP, 17/6/20	National
25.	MCMI and its clinical applications. TNACP, 18/6/20	National
26.	Behavioural neuropsychology and its assessment, TNACP 20/6/20	National
27.	International Yoga Day, GKV FB Live. 21/6/20	National
28.	Narrative Exposure therapy for trauma, TNACP 21/6/20	National
29.	Psychological trauma, adolescents and PTSD TNACP, 26/6/20	National
30.	Neuropsychological Rehabilitation, TNACP, 28/6/20	National
31.	Sensate Focus Therapy, TNACP, 17/7/20	National
32.	Management of Erectile Dysfunctions, TNACP, 13/8/20	National
33.	CBT for forbidden thoughts in OCD, IPS State Branch, Orissa, 17/9/20	National
34.	Approaches to treatment of addiction in adolescents and young adults, IPS State Branch, Orissa, 22/10/20	National
35.	Life Skill Training, IPS State Branch, Orissa, 29/10/20	National
36.	Hypnosis, IPS State Branch, Orissa 26-8-2021	National

#### PUBLISHED PAPERS IN UGC LISTED & OTHER JOURNALS:

Sl.	Citations	UGC
1.	<b>Kumar, R.</b> and Sharma, R.G. (1990) Pattern of memory deficits in paranoid and non-paranoid schizophrenia. <i>Indian Journal of Clinical Psychology</i> . 18(2) 55-57. ISSN: 03032582. UGC# 20738 <sup>§</sup>	Y
2.	Kumar, R. and Mohanty, S. (1991) Behaviour problems among mentally handicapped persons attending educational institutions. <i>Perspectives in Psychological Researches</i> , 14 (2), 37-42. ISSN: 09711562 (PsyInfo Abstracted).	X
3.	<b>Kumar, R.</b> , Mohaptra, S. and Mohanty, S. (1992) Prevalence of behaviour problems among mentally retarded persons. <i>Social Science International</i> , 8, 1 & 2, 24-28 ISSN: 09701087 (PsyInfo Abstracted)	X
4.	<b>Kumar, R.</b> , Nayak, C. and Mohanty, S. (1992) Effect of token reinforcement programme in reducing abusive behaviour in a moderately retarded girl in home setting. <i>Perspectives in Psychological Researches</i> , 15(1), 34-37. ISSN: 09711562 (PsyInfo Abstracted).	X



5.	Pati, N.C., Mohanty, S. and <b>Kumar, R.</b> (1993) Rate of mental retardation in identification camps for the mentally retarded persons. <i>Perspectives in Psychological Researches</i> , 16, 46-48. ISSN: 09711562 (PsyInfo Abstracted).	X
6.	<b>Kumar, R.</b> and Sharma, R.G. (1993) Intellectual functioning in paranoid and non-paranoid schizophrenics. <i>Perspectives in Psychological Researches</i> , 16, 46-48. ISSN: 09711562 (PsyInfo Abstracted).	X
7.	<b>Kumar, R.</b> and Sharma, R.G. (1993) Memory in deteriorated schizophrenics. <i>Perspectives in Psychological Researches</i> , 16, 54-57 ISSN: 09711562 (PsyInfo Abstracted).	X
8.	Mohanty, S., Pati, N.C., and <b>Kumar, R.</b> (1998) Effects of token economy on the rate of envelope making in the persons with mental retardation.14, 1 & 2, <i>Social Science International</i> , 84-97. ISSN: 09701087 (PsyInfo Abstracted).	X
9.	<b>Kumar, R.</b> (2000) Meta-analysis of the findings on SIS-II. <i>SIS Journal of Projective Psychology and Mental Health</i> .7 (2),141-147. ISSN: 09716610. UGC# 48979.	Y
10.	Kumar, S., Mohanty, S., <b>Kumar, R.</b> , and Kumar, A. (2001) Gender differences in perceived burden of care among spouses of depressive patients. <i>Eastern Journal of Psychiatry</i> , 5, 26-28. ISSN: 09741313	X
11.	Kumar, S., Sharma, S., Kumar, A. and <b>Kumar, R.</b> (2001/2002) Somatization in depression- A nosographic study <i>Indian Journal of Behavioural Sciences</i> . 11/12: 73-77. ISSN: 23192062	X
12.	Kumar, S. Mohanty, S., and <b>Kumar, R.</b> (2003) SIS-I profile and its correlation with Rorschach in manic patients. <i>SIS Journal of Projective Psychology and Mental Health</i> , 10 (2), 201-204. ISSN: 09716610. UGC# 48979.	Y
13.	Srivastava, A.K., Mohanty, S., <b>Kumar, R.</b> and Kumar, S. (2003) Personality profile of spouses of schizophrenic patients. <i>Eastern Journal of Psychiatry</i> . 7, 74-77. ISSN: 09741313	X
14.	Kumar, S., Singh, R., Mohanty, S., Srivastava, A. and <b>Kumar, R.</b> (2003/2004) Stressful life events and social support in first episode mania. <i>Indian Journal of Behavioural Sciences</i> . 13/14:56-62. ISSN: 23192062	X
15.	<b>Kumar, R.</b> , Pati, N. C., & Mohanty, S. (2004). Efficacy of an Errorless Training Procedure on Acquisition and Maintenance of Money Naming by Mentally Retarded. <i>Social Science International</i> , 20(1), 48-54. ISSN:09701087	X
16.	Srivastava, A.K., Kumar, S. <b>Kumar, R.</b> and Singh, B. (2004) Neurocognitive dysfunction in chronic schizophrenics. <i>Indian Journal of Clinical Psychology</i> , 31 (2) 132-134. ISSN: 03032582. UGC# 20738 <sup>\$</sup>	Y
17.	Kumar, S., Sharma, V.D., Mohanty, S., and <b>Kumar, R.</b> (2004) A comparison of human figure drawing schizophrenic, manic and control groups. <i>SIS Journal of Projective Psychology and Mental Health</i> , 11 (1) 47-51. ISSN: 09716610. UGC# 48979.	Y
18.	Kumar, D., Kumar, J. and <b>Kumar, R.</b> (2005) Diagnostic indicators on SIS-I and Rorschach among manic and depressive patients. <i>SIS Journal of Projective Psychology and Mental Health</i> , 12 (1) 53-60. ISSN: 09716610. UGC# 48979.	Y
19.	<b>Kumar, R.</b> (2005) An extended scoring system of SIS-I. <i>SIS Journal of Projective Psychology and Mental Health</i> , 12(2) 123-128. ISSN: 09716610. UGC# 48979.	Y
20.	Jain, R., Singh, B., Mohanty, S. and <b>Kumar, R.</b> (2005) Diagnostic indicators on SIS-I and Rorschach among the children with attention deficit hyperactivity disorder. <i>SIS Journal of Projective Psychology and Mental Health</i> , 12 (2) 141-152. ISSN: 09716610. UGC# 48979.	Y
21.	<b>Kumar, R.</b> (2005) Rapid hypnotic induction: R.K.Method. <i>Indian Journal of Community Psychology</i> 1 (1), 10-18. ISSN: 09742719 UGC# 64804 <sup>\$</sup>	Y



22.	Kumar, D., Dubey, B.L. and <b>Kumar, R.</b> (2006) Gender Differences in SIS-I Profile of Manic Patients. SIS Journal of Projective Psychology and Mental Health, 13 (1), 61-64. ISSN: 09716610. UGC# 48979.	Y
23.	Kumar, S. Singh, R., Mohanty, S. and <b>Kumar, R.</b> (2006) SIS-I and Rorschach in schizophrenia: A correlational study. SIS Journal of Projective Psychology and Mental Health, 13 (2), 120-124. ISSN: 09716610. UGC# 48979.	Y
24.	<b>Kumar, R.</b> and Singh, A. (2007) A comparison of SIS- I indices in normal children and adults. SIS Journal of Projective Psychology and Mental Health, 14 (1), 44-47. ISSN: 09716610. UGC# 48979.	Y
25.	Kumar, D., Dubey, B.L., and <b>Kumar, R.</b> (2007) Inter-correlations of nine indices. SIS Journal of Projective Psychology and Mental Health, 14 (1), 59-63. ISSN: 09716610. UGC# 48979.	Y
26.	Kumar, S. and <b>Kumar, R.</b> (2008) Institute of mental health and hospital, Agra: Evolution in 150 years. Indian Journal of Psychiatry, 50 (4), 308-12. ISSN: 00195545. UGC# 20859. . Refereed. <b>Thomson Reuter IF: 1.061</b>	Y
27.	<b>Kumar, R.</b> Kandhari, S. and Dubey, B.L. (2008) Estimation of the contribution of gender in productivity on SIS-I. SIS Journal of Projective Psychology and Mental Health, 15 (1), 48-51. ISSN: 09716610. UGC# 48979.	Y
28.	Kumar, S., Singh, R., Mohanty, S. Kumar, R. (2008) Correlates of spousal burden in schizophrenia and depression. <i>Praachi Journal of Psychocultural Dimensions</i> , 24, 85-87. ISSN: 09717064	X
29.	Kumar, D. and <b>Kumar, R.</b> (2009) Correlations between SIS-I and Rorschach Indices in Normal. SIS Journal of Projective Psychology and Mental Health. 16 (1), 55-57. ISSN: 09716610. UGC# 48979.	Y
30.	<b>Kumar, R.</b> (2009) Factor Structure of SIS-I in adults. SIS Journal of Projective Psychology and Mental Health, 16 (2), 124-127. ISSN: 09716610. UGC# 48979.	Y
31.	Mahapatra, J, Sahoo, D., Mishra, P.K. and <b>Kumar, R</b> (2009) SIS-I Indices as a Measure of Ego Strength in Schizophrenia, SIS Journal of Projective Psychology and Mental Health, 16 (2), 152-154. ISSN: 09716610. UGC# 48979.	Y
32.	Kandhari, S, Sharma, J., and <b>Kumar, R.</b> (2010) Discriminative power of the Comprehensive Scoring System for SIS-I. SIS Journal of Projective Psychology and Mental Health, 17 (1), 16-22. ISSN: 09716610. UGC# 48979.	Y
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35.	S. Kandhari, J. Sharma, <b>R. Kumar</b> and D. Kumar (2011) Gender Differences in SIS- I Profile of Normal Population, SIS Journal of Projective Psychology and Mental Health, 18 (1), 14-21. ISSN: 09716610. UGC# 48979.	Y
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39.	Jain, R. and <b>Kumar R.</b> (2013) Cognitive style and Metacognitive awareness in adults. <i>Praachi Journal of Psychocultural Dimension</i> . 29, 107-113. ISSN: 09717064	X
40.	Jain, R and <b>Kumar, R</b> (2014) Emotional Intelligence and Suggestibility in Young Adults. Indian Psychological Review. 82 (1), 23-30. ISSN: 00196215 UGC# 20918.	Y
41.	<b>Kumar, R.</b> (2015) Areas of research in Somatic Inkblot Series. SIS Journal of Projective Psychology and Mental Health. 22 (2):130-138. ISSN: 09716610. UGC# 48979.	Y
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46.	Srivastava, K and <b>Kumar, R.</b> (2016) Cognitive Insight and Executive Function in Schizophrenia. SIS Journal of Projective Psychology and Mental Health, 23 (2), 106-114. ISSN: 09716610. UGC# 48979.	Y
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68.	Khan, S., <b>Jain, R.</b> , Singh, P. (2018) Management of Comorbid Anxiety Through Cognitive Drill Therapy in a Patient of Somatoform Disorder: A Case Study. Research Discourse, 26: 129-133 ISSN: 22772014	X
69.	Arya, B, Kumar, D & Kumar, R (2018) Efficacy of Cognitive Drill Therapy in Managing test Anxiety of Students. The International Journal of Indian Psychology. 6(3) 136-144 ISSN: 23485396	X

70.	Kumar, D. Arya, B. and <b>Kumar, R.</b> (2019) Maintenance of Cognitive Drill Therapy Gains in Test Anxiety: A Pilot Study. SIS Journal of Projective Psychology and Mental Health. 26: 128-133	Y
71.	Arya, B, Verma, S and <b>Kumar, R.</b> (2019) Cognitive Drill Therapy: A Case Study of Social Anxiety Disorder. Indian Journal of Clinical Psychology. 46(10): 81-84	Y
72.	Kumar S. Mohanty S. & <b>Kumar, R.</b> (2019) Suppression and Reappraisal in Relation to Dimensions of Obsessive-Compulsive Disorder in Persons with OCD. International Journal of Indian Psychology. 7(4), 376-380	x
73.	Sisodia, A. K., Menia, A., Kumar, S., & Kumar, R. (2020). Disability and executive functions in Schizophrenia: A cross sectional study. International Journal of Medical and Biomedical Studies, 4(6). <a href="https://doi.org/10.32553/ijmbs.v4i6.1258">https://doi.org/10.32553/ijmbs.v4i6.1258</a>	x
74.	Ahlawat, S., Gaur, A., Agarwal, V., Kumar, R. (2020) Medication compliance in schizophrenic out patients with psychoactive substance use co-morbidity: A cross-sectional study. International Journal of Medical Science and Public Health (submitted: 20-11-2020).	x
75.	Khan, S, Sahu, RK, and Jain, R (2020) Childhood trauma and dissociative symptoms in patients of substance-dependence and schizophrenia. Indian Journal of Health and Well-being 11(10-12), 499-506. ISSN-p-2229-5356,e-2321-3698	x
76.	Ahlawat S, Aggarwal V, Kumar R. Medication compliance in schizophrenic out patients with psychoactive substance use comorbidity: a cross-sectional study. Int J Res Med Sci 2022;10:167-72.	x
77.	Mohit Kumari, Dr. Manoj Kumar Chauhan, Prof. Rakesh Kumar (2022) A review on parenting styles and suicide ideation in adolescence. Gurukula Patrika, 74(2) 190-204. ISSN: 0976-8017	Y
78.	Chinu Agrawal and Rakesh Kumar (2022) Value of Respect for Nation in Adolescents: Role of Structured Experiential Education in Enhancing Awareness. Chetana Journal of Social Sciences. 1, 23-34. Code: ODIENG01241	x
79.	Radhika Sharma, Rakesh Kumar (2022) Role of Yoga in Psychological Attributes of Learned Helplessness and Self-Efficacy : A Conceptual Framework. Vaidika V'g Jyoti. 19, 78-88 ISSN : 2277-4351	Y
80.	Sampada Vijayvargiya and Rakesh Kumar (2023) Relevance of Yoga in Management of Psychological Aspects of Skin Disorders. Vaidika V'g Jyoti. Vol. 11, No. 20 pp. 142-158 ISSN 2277-4351	Y
<b>\$ UGC Listing Valid for the date of Publication</b>		

## OTHER PUBLICATIONS

1.	Kumar, R. and Mohanty, S. (1992) Commonly used intelligence tests with mentally retarded. NESEOH News, 24-25.
2.	Kumar, R. and Mohanty, S. (1992) Level of mental retardation: An analysis of subjective estimate. NASEOH News, 5, 31-32
3.	Kumar, R., Das, P. and Mohanty, S. (1994) Reducing self-injurious behaviour in a profoundly retarded girl through physical restraint in classroom setting. IPS Journal, Orissa
4.	Kumar, R. and Mohanty, S. (1994) Rate of mental retardation at a child guidance centre. NASEOH News, 9, 18-20.
5.	Kumar, R. (1994) Job placement of the persons with mental retardation. Souvenir released on the occasion of the annual function of CIMH, Bhubaneswar.
6.	Kumar, R., Pandey, M.K., Sharma, R.G. and Ray, T.P. (1996) Correlations between PGI memory scale and WAIS-R (Verbal) among schizophrenics. IPS Journal-Orissa, 3 & 4, 18-21.

7.	Banik, A., Mohanty, S. and Kumar, R. (1996) Speech problems among mentally retarded. Indian Journal of Mental Health and Disabilities, 1, 27-32.
8.	Pati, N.C., Kumar, R. and Mohanty, S. (1996) Task attention of the persons with mental retardation: Applied behaviour analysis in classroom setting. Indian Journal of Mental Health and Disabilities, 1, 18-22.
9.	Das, P.K., Ray, T.P., Kumar, R. and Sharma, L.N. (1996) Prevalence of Schneider's first rank symptoms in schizophrenia. Indian Journal of Mental Health and Disabilities. 2, 19-21.
10.	Kumar, R. and Mohanty, S. (1996) Milestones of development. Indian Journal of Mental Health and Disabilities, 1, 33.
11.	Pati, N.C. and Kumar, R. (1996) Effect of intellectual levels and stimulus complexity on the exploratory behaviour of mentally retarded children. Indian Journal of Mental Health and Disabilities, 1, 23-26.
12.	Pati, N.C., Devi, A. and Kumar, R. (1996) Level of mental retardation at Chetana Institute for the Mentally Handicapped, Bhubaneswar. Indian Journal of Mental Health and Disabilities, 1, 23-26
13.	Kumar, R., Nanda, S. and Ray, T.P. (1996) Rate of mental retardation as a function of mental age and birth order. Indian Journal of Mental Health and Disabilities, 1, 15-17.
14.	Pati, N.C., Kaur, P., Ray, T.P. and Kumar, R. (1996) Social development of the children with mental retardation. Indian Journal of Mental Health and Disabilities, 1, 22-24
15.	Kumar, R., Muduli, K. and Ray, T.P. (1996) Aggression in an adolescent girl with mental retardation: A case report. Indian Journal of Mental Health and Disabilities, 2, 46-48.
16.	Ray, T.P., Pattnaik, B., Mohanty, M.K. and Kumar, R. (1996) Socio-demographic study of addicted persons reported at a de-addiction centre. Indian Journal of Mental Health and Disabilities, 2, 30-35
17.	Ray, TP and Kumar, R. (1996) Gilles de la Tourette's Disorder: A Case Report. Indian Journal of Mental Health and Disabilities, 1, 44-45
18.	Ray, T.P., Pattnaik, B., Mohanty, M.K. and Kumar, R. (1997) Cultural beliefs and substance abuse. IPS Journal-Orissa, 6, 31-33
19.	Pati, N.C., Parimanik, R. and Kumar, R (1997) Social development of the children with mental retardation. IPS Journal-Orissa. 6, 27-30
20.	Kumar, R. (2009) Past Life Regression Therapy. DevSanskriti: Inter-Disciplinary Journal of Behavioral Sciences and Oriental Studies. 5 & 6, 15-20.
21.	Kumar, R. (2016) Cognitive Drill Therapy, Souvenir, Indian Academy of Health Psychology, 2016.
22.	Kumar, R. (2017) Application of Cognitive Drill Therapy and Hypnosis, Souvenir of International Conference of Indian Academy of Health Psychology, National PG College, Lucknow, 12-14 November 2017.
23.	Kumar, R. (2017) Cognitive Drill Therapy. National Workshop on Psycho-Yogic Therapies, Department of Psychology, CCS University, Meerut, 22-28 March 2017
24.	Jain, R. (2018) Psychology of Fear. Being Mindful, 1(2) 68-69
25.	Kumar, R. (2019) Cognitive Drill Therapy. A Compendium of Initiatives: Contributions of Clinical Psychology for a Healthy India. Department of Psychology, National Institute of Mental Health and Neurosciences, Bengaluru (NIMHANS) pp. 69-70
26.	Sampada Vijayvargiya and Rakesh Kumar (2023) Role of hypnosis in oncology and other psychosomatic diseases. Published in souvenir released on the occasion of International Conference of Academy of Hypnosis, India 25-26 February 2023 Vadodara



**PUBLICATION IN SEMINAR PROCEEDINGS:**

SL	PARTICULARS	ISBN
1.	Kumar, R. <i>Past life regression in health related conditions</i> . Book Chapter in Singh, R & Shyam, R. (2007) <i>Psychology of Wellbeing</i> . New Delhi: Global Vision Publishing House. Proceedings of National Seminar on Psychophysiology of Wellbeing, MD University, Rohtak, 2006.	978-8182201965
2.	Kumar, R. Psychological consequences in female victims of crime. In Kashyap, R. (2016) <i>Crime Against Women</i> . Meerut: Anu Books. (Proceedings, National Seminar on Crime Against Women: Issues, Challenges and Intervention. Digamber Jain, College, Baraut (Baghpat) 1-2 November 2015.)	978-9382166474

**SHORT TERM TRAINING, REFRESHER COURSES & WORKSHOPS - PARTICIPATION:**

SI	Particulars	Nature
1.	National Workshop on "Sexuality, marriage, and social alternatives for the mentally handicapped", NIMH, Secunderabad, June 25-28, 1990	National
2.	National Workshop on "counselling skills for working with families of mentally handicapped persons" National Institute for the Mentally Handicapped, Regional Training Centre (E), Calcutta, January 6-10, 1992.	National
3.	Workshop on Individualized Training Programme, Chetana Institute for the Mentally Handicapped, Bhubaneswar 22-23 February 1993	State
4.	Workshop on Early Intervention Programme, Chetana Institute for the Mentally Handicapped, Bhubaneswar 2-8 March 1994	State
5.	SIS Certification: Trained by Prof. B.L. Dubey, Director, Somatic Inkblot Society in Chandigarh on the diagnostic, therapeutic and research applications of Somatic Inkblot Series. 1-3 November 1998	Other
6.	Short Term Training of Behaviour Therapy, NIMHANS, Bangalore 19-31 July 2000	National Institute
7.	Workshop on "Emerging Frontiers of Management" Organized by Self Learning System, Ghaziabad, 23-25 December 2000	Other
8.	First Degree in Reiki, Usui Shiki Ryoho, Agra. 5-12-2000	Other
9.	ICSSR Workshop on Research Methodology and Multivariate Statistics in Psychology, VBS Purvanchal University, Jaunpur, 28 <sup>th</sup> Sept. – 4 <sup>th</sup> October 2005	National
10.	ICSSR Workshop on Research Methodology and Multivariate Statistics in Psychology, VBS Purvanchal University, Jaunpur, 12-18 March 2008	National
11.	Refresher Course on Research Methodology, JN Vyas University, Jodhpur 7-11 June 2010. Approved by Rehabilitation Council as Continuing Rehabilitation Education.	National
12.	Biofeedback and Neurofeedback, Gunjan Human Karigar, New Delhi 28 & 29 April 2011	Other
13.	CME on Advances in Cognitive Neurosciences, PGIMR, Dr. RML Hospital, New Delhi, 3 February 2013	National
14.	Orientation Programme & Course Co-ordinators Meet, Rehabilitation Council of India, New Delhi in collaboration with Integrated Institute for the Disabled, Varanasi. 16-17 October 2014	Zonal
15.	Workshop on Psychophysiology, Dayalbagh Educational Institute, Agra. 22 <sup>nd</sup> September 2014	University

16.	Orientation Programme& Course Co-ordinators Meet, Rehabilitation Council of India, New Delhi in collaboration with National Institute for the Visually Handicapped, Dehradun. 17-18 August 2015.	Zonal
17.	Workshop at Rehabilitation Council of India, New Delhi on 27 <sup>th</sup> January 2015 on the development of training module for sensitization of Government Officials on Disability.	National
18.	Workshop on Research Ethics and Good Clinical Practice (GCP) – Current Scenario” January 15-16, 2018 held at National Jalma Institute of Leprosy and Other Microbacterial Diseases, Agra	National
19.	All India Orientation Program for Visiting Experts, Rehabilitation Council of India, New Delhi 21 <sup>st</sup> January 2019	National
20.	02 days National Workshop on "Confluence of Recent Legislations; RCI's Role in HRD Capacity Building of Senior Rehabilitation Professionals" at Guwahati 6-7 June 2019	National
21.	Induction Program, 5-13 April, 2022 Gurukula Kangri (Deemed to be University), Haridwar	University

#### MEMBERSHIPS OF PROFESSIONAL ASSOCIATIONS:

SL.	ASSOCIATION	RESPONSIBILITIES
1.	Fellow, Indian Association of Clinical Psychologists	Chairperson, Constitution Amendment Committee [past] Chairperson, Disaster Management Committee [past] EC Member Twice [past] Chairperson, Scientific Committee, 47 <sup>th</sup> NACIACP, AFMC, Pune 28-30 May 2021
2.	Indian Association of Clinical Psychologists, UP Chapter	President [past]
3.	Fellow, Somatic Inkblot Society	President, Executive Editor, Member, Editorial Board [past]
4.	Life Member, Indian Academy of Health Psychology.	<i>National Co-ordinator, E-Academy; Chairperson, E-Academy Committee; EC Member Regional Secretary (past)</i>
5.	Association of Health Psychologists	Founder Life Member
6.	Indian Academy of Applied Psychology	Life Member
7.	Indian Society of Clinical and Experimental Hypnosis	Life Member
8.	Community Psychology Association of India	Life Member
9.	Praachi Psycho-cultural Research Association	Life Member
10.	Indian Psychiatric Society	Life Associate Member
11.	Academy of Hypnosis	Vice President



**MEMBER EDITORIAL BOARD-PROFESSIONAL JOURNALS:**

SL	ROLE	JOURNAL	ISSN
1	Associate Editor, [Past, Journal Committee; Member, Editorial Board]	Indian Journal of Clinical Psychology	03032582
2	Member, Editorial Board	Agra University Journal of Research-Science	00021032
3	Member, Editorial Board [Past]	Journal of Psychiatry and Psychology Research	26406136
4	Executive Editor	SIS Journal of Projective Psychology and Mental Health	09716610
5	Member, Editorial Board	Indian Journal of Community Psychology	09742719
6	Member, Editorial Board	Agra University of Research (Letters)	-
7	Member, Editorial Board [Past]	Indian Journal of Mental Health and Disabilities	-
8	Member, Editorial Board	International Journal of Contemporary Issues in Behavioral Sciences	-
	Member, Editorial Board	Chetana Journal of Social Sciences	-

**VISITING EXPERT, RCI:**

Visiting Expert of Rehabilitation Council of India for evaluation of Institutions running M.Phil in Clinical Psychology program. Developed a comprehensive format for systematic seeking of inspection related information and enclosures. Evaluated following Institutes for M.Phil in Clinical Psychology.

SL	INSTITUTE	YEAR
1.	Department of clinical Psychology, PG Institute of Behavioural and Medical Sciences, Raipur	2011
2.	Department of Mental Health and Psychology, Gautam Buddha University, Greater Noida	2014
3.	Department of clinical Psychology, KG Medical University, Lucknow	2014
4.	Department of clinical Psychology, Amity University, Lucknow Campus	2014& 2020
5.	Department of clinical Psychology, Government Medical College and Hospital, Chandigarh	2018
6.	Department of Clinical Psychology, Dr. Ram ManoharLohia Hospital, Post Graduate Institute of Medical Education and Research, New Delhi	2018 & 2019
7.	Department of clinical Psychology, SGT University, Gurugram	2018 & 2019
8.	Department of clinical Psychology, Institute of Psychiatry, Kolkata	2018 & 2019
9.	Centre of Clinical Psychology, University of Calcutta, Kolkata	2018
10.	Department of clinical Psychology, Central Institute of Psychiatry, Ranchi	Declined
11.	Institute of Human Behaviour and Allied Science, Delhi	2019

12.	National Institute for Empowerment of Persons with Disabilities	2019
13.	Nai Subah, Varanasi	2020
14.	Pt. Ravishankar Shukla University, Raipur	2021, Declined
15.	Amity University, Jaipur	2021, Declined

#### **CONTRIBUTION IN STATUTORY BODIES:**

1. Member, Uttarakhand State Mental Health Authority since 30-9-21
2. Member, Expert Committee of Clinical Psychology & Rehabilitation Psychology, Rehabilitation Council of India, New Delhi Years 2014-2016 & 2018 & 2022
3. Member, Mental Health Authority, Uttarakhand since 30/9/21

#### **ADMINISTRATIVE RESPONSIBILITIES IN GURUKULA KANGRI (DEEMED TO BE UNIVERSITY)**

1. Head, Department of Psychology, Since November 1, 2021
2. Controller of Examinations, since 23 December 2021
3. Deputy Controller of Examinations: April 2021 to 22 December 2021

#### **Expert Member:**

1. Member Review Committee for the project "Development of a prototype of Cognitive Drill Technique (CDT) based PsyAid for management of evaluation anxiety, (CDT PSyAid), Defence Institute of Psychological Research, Defense Research and Development Organization, Delhi.
2. Member, Advisory Committee, Career Planning Academy, GK (DU)
3. Member, Board of Studies in Clinical Psychology, Swami Ram Himalayan University
4. Invited Member, Board of Studies, CCS University, Meerut
5. Member, Committee on formulation of examination and evaluation rules for NEP-2020 programs of GK (DTBU).
6. Member Selection Committee, DBRAU, SGRR.
7. Member, Board of Studies, ICFAI University, Tripura

#### **PARTICIPATION IN CONFERENCE/SEMINAR/CONGRESS:**

SL	PROGRAM	CITY	YEAR
1.	Annual Conference of U.P.Association of Psychologists, RG College	Meerut	1984
2.	Industrial Psychiatry Congress	Ranchi	1988
3.	National Seminar on Mental Retardation	New Delhi	1990
4.	National Seminar on Mental Retardation	Bhubaneswar	1991
5.	XIth World Congress on Mental Retardation	New Delhi	1994
6.	VIIIth Congress of National Academy of Psychology, Centre of Advanced Study in Psychology, Utkal University	Bhubaneswar	1997
7.	Seminar on "Parental Behavior and child development" Organized by Praachi Psycho-cultural Association,	Agra	1999
8.	National Conference of Indian Psychiatric Society	Bhubaneswar	1999
9.	National Annual Conference of Indian Association of Clinical Psychologists, IHBAS	Delhi	2001
10.	National Annual Conference of Indian Psychiatric Society	Hyderabad	2003
11.	National Conference on Couple and Family Systems, NIMHANS	Bangalore	2003
12.	National Seminar on Enhancing Human Potential: Psychological Perspectives, Dayalbagh Educational Institute	Agra	2004

13.	International Conference of Somatic Inkblot Society	Kochi	2004
14.	World Congress on Past life Regression	New Delhi	2006
15.	National Seminar on Psychological Well-being, Utkal University	Bhubaneswar	2007
16.	International Conference of Somatic Inkblot Society organized by RINPAS	Ranchi	2008
17.	International Seminar on Health Psychology, Dayalbagh Educational Institute	Agra	2008
18.	Annual National Conference of Indian Psychiatric Society, Institute of Mental Health and Hospital	Agra	2009
19.	International Conference on "Happiness & Wellbeing: Role of Management Education, Hindustan Institute of Management and Computer Studies	Mathura	2011
20.	National Annual Conference of Indian Association of Clinical Psychologists	Ahmedabad	2011
21.	Annual National Conference of Central Zone of Indian Psychiatric Society	Agra	2012
22.	National Seminar on Interventions for Social Wellbeing, DJ College	Baraut	2012
23.	International Conference on Applicability and Relevance of Psycho-educational Testing in Human Life, Har Prasad Institute of Behavioural Studies	Agra	2013
24.	9 <sup>th</sup> National Conference on Hypnotherapy. JawaharLal University, New Delhi	New Delhi	2013
25.	National Conference of Indian Association of Clinical Psychologists, All India Institute of Medical Sciences	New Delhi	2013
26.	International Conference of Indian Academy of Health Psychology, Gautam Buddha University	Greater Noida	2016
27.	International Conference of Indian Academy of Health Psychology, National PG College	Lucknow	2017
28.	International Conference of Indian, Academy of Health Psychology	Nashik	2018
<b>Note:</b> Participations as Resource Person in other conferences and seminars are mentioned in Resource Person Listing above			

### EXAMINER FOR PH.D./M.PHIL/PG AND OTHER EXAMINATIONS:

Examining Ph.D., M.Phil and MA dissertations of psychology scholars of several Universities; also setting up question papers and evaluating answer scripts of M.Phil, Postgraduate Diploma and MA students in psychology; acting as practical examiners of M.Phil, MA and Diploma students; and on the Board of Studies of a couple of Universities/Institute.

SL	UNIVERSITY/INSTITUTE
1.	Ranchi University, Ranchi
2.	Osmania University, Hyderabad
3.	Barkatullah University, Bhopal
4.	Rohilkhand University, Bareilly
5.	CCS University, Meerut
6.	Dr. BR Ambedkar University, Agra
7.	DevSanskriti University, Hardwar
8.	VBS University, Jaunpur
9.	National Institute for the Mentally Handicapped, Hyderabad
10.	Lucknow University, Lucknow

11.	Banaras Hindu University, Varanasi
12.	Utkal University, Bhubaneswar
13.	Ram Manohar Lohiya Avadh University, Faizabad
14.	IHBAS, New Delhi.
15.	National PG College, Lucknow
16.	Central Institute of Psychiatry, Ranchi
17.	Mental Health Institute, SCB Medical College, Cuttack
18.	Amity University, Gwalior
19.	Aligarh Muslim University
20.	Gujarat Forensic Sciences University
21.	University of Calcutta
22.	Amity University, Gurugram
23.	Bhartiar University
24.	Jamia Millia Islamia
25.	Dayalbagh Educaitonal Institute, Deemed University
26.	Mewar University
27.	West Bengal University of Health Sciences
28.	National Institute of Empowerment of Persons with Visual Disabilities, Dehradun
29.	SS Jeena University
30.	Gurukula Kangri (Deemed to be University), Haridwar
31.	Uttarakhand Sanskrit University
32.	Delhi University
33.	Maa Shakumbari University
34.	Panjab University
35.	Institute of Mental Health and Hospital, Agra
36.	Chettinad Academy Deemed University
37.	Sri Guru Ram Rai University
38.	Kumaun University

#### **VOLUNTARY CONTRIBUTION:**

1. Edited and prepared Souvenir and Abstracts of ANCIPS 2009 hosted by Institute of Mental Health and Hospital, Agra.
2. Voluntarily developed and maintain websites of three professional associations (a) Somatic Inkblot Society (b) Indian Academy of Health Psychology (c) Indian Journal of Clinical Psychology

#### **PRINT MEDIA COVERAGE:**

1. "Cognitive Drill Therapy", DainikJagran, Meerut 7<sup>th</sup> November 2015
2. "Hypnosis" DainikJagran, Agra 28 June 2005
3. "Stress can cause diseases" DainikJagran, Agra, January 7, 2005
4. "Stress management" DainikJagran, Agra, January 8, 2005
5. "Stammering" DainikJagran, 2005.
6. "Social anxiety disorder" DainikJagran, Agra, December 27, 2004.
7. "Past life Regression" DainikJagran, Agra. February 2003.
8. Newspaper coverage on suicide 8/12/21 in Sunday Guardian

**FM 90.8 COVERAGE:** Recorded an interview on social anxiety disorder and role of Cognitive Drill Therapy in its Treatment on 2-12-2015

### SPONSORSHIP OF AWARDS SINCE 2010:

1. Best Research Methodology Award: Doctoral Conference, Hindustan Institute of Management and Computer Studies, Farah, Mathura.
2. Meritorious Students in Psychology: Two Awards. Digamber Jain Degree College, Baraut (Baghpat) *Discontinued*

### DEMONSTRATIONS OF INDIVIDUAL-GROUP HYPNOSIS:

I am extensively involved in presenting demonstration lectures and workshops on Hypnosis. I am being invited by several Universities, Institutes and Colleges to speak on Hypnosis and past life regression across the country. The protocol of my presentations include dispelling myths of hypnosis, scientific conceptualization of hypnosis, meaning and testing of suggestibility, hypnotic induction, demonstration of trance phenomena and responding to the queries of the participants.

1.	P.G. Department of Psychology, D.J.Degree College, Baraut (Meerut University) About 15 demonstrations of individual hypnosis since 1987-2018
2.	VidyaSagar Memorial Hospital, Nehru Nagar, New Delhi. Individual Demonstration 1990.
3.	Chetana Institute for the Mentally Handicapped, Bhubaneswar. Individual Demonstration, 1994.
4.	Postgraduate Diploma in Clinical Psychology, St. John's College, Agra, Individual Demonstration, 1998.
5.	Nursing Students of Various Colleges. About 10 Individual Demonstrations and 04 Group Demonstrations, since 1998.
6.	M.Phil in Clinical Psychology, Barkatullah University, Bhopal. Individual Demonstration of Hypnosis, 2002.
7.	P.G.Department of Psychology, R.B.S. College, Agra Individual Demonstration of hypnosis – posthypnotic suggestion and age regression, 2002.
8.	P.G.Students of Psychology, S.N.G. P.G. College, Bhopal Individual Demonstration, 2003.
9.	M.Phil in Clinical Psychology, Barkatullah University, Bhopal. Individual Demonstration of Past Life Regression in the Presence of 13 Students. 2003
10.	College of Nursing, Jaipur Individual Demonstration of Past Life Regression, 2003.
11.	Medical Undergraduates, Medical College, Meerut, Individual Demonstration 2004.
12.	Advanced Diploma in Clinical Psychology, CCS University, Meerut. Individual Demonstration, 2004.
13.	Ramadevi Women (Autonomous) College, Bhubaneswar. , Group Hypnosis-45 students and 6 Faculty in Psychology and Political Science, February 3, 2005.
14.	University Counseling Centre, Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar. Individual Demonstration of Past Life Regression in the Presence of Four Professors and Six Students, February 7, 2005.
15.	Institute of Management and Information Science, Bhubaneswar, Group Hypnosis – 60 MBA Students and 3 Faculty in Management, February 5, 2005
16.	Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar, Group Hypnosis-40 Students and 10 Faculty in Psychology, Sanskrit and Political Science, 2005.
17.	Hindustan Institute of Management and Computer Studies, Agra, Group Hypnosis-43 MCA and HR students and 2 Faculty including Dean (Academics), 19 <sup>th</sup> February 2005.
18.	Sri Sai Baba College of Nursing, Jaipur, 12 Students of Nursing. Demonstrated Group Hypnosis and Faces Technique of Past Life Regression, 25 February 2005.
19.	B.J.B.(Autonomous) College, Bhubaneswar. , Group Hypnosis-80 Students and 8 Faculty in Psychology and Political Science, February 8, 2005

20.	Institute of Mental Health and Hospital, Agra, Group Hypnosis-100 Faculty and Students, March 17, 2005.
21.	BAMS Students, Himachal Pradesh, Group Hypnosis-14 students April 30, 2005.
22.	P.G.Students of Psychology, DevSanskritiViswavidyalaya, Hardwar. Group Hypnosis 2005.
23.	Postgraduate Diploma in Psychotherapy, Counseling and Guidance, KashiVidyapitha, Group Hypnosis – 6 students, June 25 <sup>th</sup> 2005.
24.	M.B.B.S students of Meerut Medical College, Group Hypnosis (10) – 58 Students.
25.	9 <sup>th</sup> July, 2005
26.	VBS Purvanchal University, Jaunpur, Participants of ICCSR Workshop on Research Methodology and Multivariate Statistics in Psychology, Group Hypnosis (04) – 50 Persons 3 <sup>rd</sup> October 2005
27.	M.A. Social Work Students of Tripude College of Social Work, Nagpur, Group Hypnosis (04) – 18 Observers. 19 <sup>th</sup> October, 2005.
28.	M.A. Psychology Students of Agra College, Agra Individual Hypnosis – 21 Students, 27 <sup>th</sup> February 2006
29.	Students of Nursing, Jaipur Individual Hypnosis, 23 <sup>rd</sup> February 2006
30.	Advanced Diploma in Clinical Psychology, CCS University, Meerut. 2007.
31.	Workshop Participants at Hindustan College of Management, Agra 2007.
32.	MBBS Final Year Students, LLR Medical College, Meerut, Group Hypnosis, 1 August, 2007.
33.	Students of Nursing, Jaipur, August 2007
34.	Students of Nursing, GG Medical Institute, Agra, September 2007
35.	Faculty and Students of Psychology, Lucknow University, September 2007
36.	Nursing Undergraduates, M.M. College, Ambala, November 2007.
37.	Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar, Group Hypnosis-40 Students and 10 Faculty in Psychology, Sanskrit and Political Science, February 2007.
38.	Faculty and Students of Psychology. R.G.P.G.College, Meerut, December 2007.
39.	Volunteers at National Institute for the Mentally Handicapped (NIMH) Secunderabad/ Hyderabad. 2008
40.	Institute of Mental Health and Hospital, Agra 2008
41.	MCA Students of Hindustan College of Management and Computer Studies, Farah, Mathura, August 2008
42.	M.D. Psychiatry students and Faculty Institute of Mental Health SCB Medical College, Cuttack 3 February 2009.
43.	M.A. Psychology Students and Faculty Department of Psychology GM college Sambalpur University 29 January 2009
44.	M.A. Clinical Psychology Students, DevSanskritiViswavidyalaya (DSVV), Haridwar. 8 <sup>th</sup> August 2009
45.	MCA Students, Hindustan College of Management and Computer Studies, Farah, Mathura, Individual/Group Hypnosis Demonstration, TechFest 2010 Ozone Hub, Indian Institute of Technology (IIT), Powai, Mumbai 24 <sup>th</sup> January 2010.
46.	Agra College, Agra 2010
47.	Institute of Company Secretaries, Agra 2010
48.	Psychology Students and Faculty, CCS University, Meerut 2010
49.	Psychology Students and Faculty, Department of Psychology, DJ College, Baraut , 2011
50.	Psychology Students and Faculty, M.G.KashiVidyapith, Varanasi April 2012

51.	Psychology Students and Faculty, Department of Psychology, National PG College, Lucknow February 2014
52.	Psychology Students and Faculty, Department of Psychology, M.D. University, Rohtak March 2014
53.	Psychology Students and Faculty, Department of Psychology, Ismail PG College, Meerut March 2014
54.	Clinical Psychology and Psychiatry Faculty & Students, Mental Health Institute, SCB Medical College, Cuttack. 11 <sup>th</sup> September 2014.
55.	In CRE on Neuro Biofeedback Therapy, Gautam Buddha University, Greater Noida. 5 March 2016.
56.	DGC Students of Regional Institute of Education, Bhopal 22 August 2016
57.	Digamber Jain College, Baraut 11 September 2016
58.	MS University, Baroda 11-12 October 2016
59.	National Workshop on Psycho-Yogic Therapies, Department of Psychology, CCS University, Meerut, 26 <sup>th</sup> March 2017
60.	University of Jammu, 2017
61.	DAV College, Varanasi, 2018
62.	Centre of Health Psychology, University of Hyderabad, 2018
63.	Digamber Jain College, Baraut, 2018
64.	Department of Lifelong Learning, University of Rajasthan, Jaipur, 3 <sup>rd</sup> September 2018.
65.	Regional Institute of Education, Bhopal 16 September 2018.
66.	National Workshop, International Conference of Indian Academy of Health Psychology, 22 November 2018, Nashik

#### **POPULAR LECTURES ON HYPNOSIS/PAST LIFE REGRESSION/REINCARNATION :**

1.	"Past Life Therapy" at Theosophy Society, Agra, <b>2002</b>
2.	"Past Life Regression" at Digamber Jain Temple, Kamla Nagar, Agra under the auspices of ParamPujya Sri 108 Gyan Sagar Jee Maharaj. <b>2002</b>
3.	"Near Death Experiences". Theosophy Society, Agra, <b>2003</b> .
4.	Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar. February 4-7, <b>2005</b> , 40 Participants including Faculty in Psychology and other Departments. Delivered lectures on: <b>Hypnosis, Past Life Regression and Reincarnation</b>
5.	"Past Life Regression: Two Case Studies" Theosophy Society, Agra 7 <sup>th</sup> July <b>2005</b>
6.	Born Again, Theosophical Society, Agra, 13 <sup>th</sup> December <b>2007</b> .
7.	Hypnosis Past Life Regression, ICSSR Workshop in Department of Applied Psychology, Purvanchal University, Jaunpur, 18-3- <b>2008</b> .
8.	Reincarnation, Theosophical Society, May 1, <b>2008</b> .
9.	Past Life Regression Therapy, All India Women's Conference, Agra Chapter, Ashish Palace, Agra, 21 <sup>st</sup> July <b>2008</b>
10.	Past Life Therapy M.D. Psychiatry students and Faculty Institute of Mental Health SCB Medical College, Cuttack 3 February <b>2009</b> .
11.	Hypnosis, TechFest, IIT Mumbai, <b>2010</b>
12.	Hypnosis, Agra College, Agra <b>2010</b>
13.	Past Life Regression, CCS University, Meerut <b>2010</b>
14.	Understand Your Suggestibility, Institute of Company Secretaries, Agra <b>2010</b>
15.	Hypnosis and Past Life Regression, DJ College, Baraut <b>2011</b>
16.	Recurrent Dreams, Theosophical Society, <b>2011</b>



17.	Rotary Club Heritage, Bhubaneswar, 19 <sup>th</sup> September <b>2014</b>
18.	Psychology of Fears. Theosophical Society, Agra 28 January <b>2016</b>
19.	Projection of Consciousness, Theosophical Society, Agra 16, February <b>2017</b>
20.	Reincarnation & Past Life Regression, Rotary Club of Agra, 17 <sup>th</sup> May <b>2017</b>
21.	Past Life Regression, University of Hyderabad, February 8, <b>2018</b>

RESEARCH ID		
1.	ResearchGate	<a href="https://www.researchgate.net/profile/Rakesh-Kumar-402">https://www.researchgate.net/profile/Rakesh-Kumar-402</a>
2.	Google Scholar	<a href="https://scholar.google.com/citations?user=APU0r4MAAAAJ&amp;hl=en">https://scholar.google.com/citations?user=APU0r4MAAAAJ&amp;hl=en</a>
3.	ORCID	<a href="https://orcid.org/0000-0002-9683-5285">https://orcid.org/0000-0002-9683-5285</a>
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