

**Dr. ARUN KUMAR**  
**Associate Professor**  
**Department of Psychology**  
**Gurukul Kangri (Deemed to be University)**  
**Hardwar, Uttrakhand-249404**  
[https://orcid.org/](https://orcid.org/0000-0003-3681-4500)  
**0000-0003-3681-4500**



1. Name : **Dr. Arun Kumar**
2. Present Designation : Associate Professor
3. Official Address/  
Address for correspondence : Department of Psychology  
Gurukul Kangri (Deemed to be University)  
Haridwar-249404 (Uttarakhand)
4. Residential Address : House No. 7, Professor Coloney  
Gurukul Kangri (Deemed to be University)  
Haridwar-249404 (Uttarakhand)
5. Date of Birth : 24 April, 1973
6. Date of Joining : 03 April 2003
7. Pay Level : Rs. 13A
8. Contact Numbers : Mob.07500902047  
09855552047  
*E-mail:* arunk@gkv.ac.in,  
arun\_sandal@yahoo.com,
9. Academic Qualifications : M.A.(Psychology), M.Phil., Ph.D. UGC-NET
10. Additional Qualifications : Post Graduate Diploma in Computer Applications (PGDCA)  
  
Post Graduate Diploma in Industrial Relations and Personnel Management (PGD-IRPM)
11. Subject : Psychology
12. Field of Specialization : Clinical and Organizational Psychology

**13. Publication** (a) 36 papers/ articles published in National and International Journals

(b) 08 Chapters/ Articles Published in Book

**14. Seminars/Conferences/Workshops**

(a) 47 National/ International Conferences & workshops participated and presented papers

(b) 13 times acted as Chairperson/Co-chairperson in Seminars/ Conferences in technical secessions

**15. Teaching Experience** : (a) Undergraduate - 19 years  
(b) Postgraduate - 19 years

**16. Research Experience** : 21 Years

**17. Details of PG Dissertation and PhD Work:**

Project/ Research Work	Number of Students Work Completed	Number of Students Work in Progress
Post- Graduate Dissertation Work	11	1
PhD	2	5

**18. Appointment Held:**

Designation/ Post held	Grade	Name of Employer	Date of Joining/ Leaving
Social Scientist	5000-150-8000	PGIMER Chandigarh	12-10-2001 to 31-03-2003
Assistant Professor (Grade-I)	Rs.15600-39100/- + AGP Rs.6000/-	Gurukula Kangri (Deemed to be University), Haridwar	3 <sup>rd</sup> April, 2003 to 2 <sup>nd</sup> April, 2008
Assistant Professor (Grade-II)	Rs.15600-39100/- + AGP Rs.7000/-	Gurukula Kangri (Deemed to be University), Haridwar	3 <sup>rd</sup> April, 2008 to 2 <sup>nd</sup> April, 2013
Assistant Professor (Grade-III)	Rs.15600-39100/- + AGP Rs.8000/-	Gurukula Kangri (Deemed to be University), Haridwar	3 <sup>rd</sup> April, 2013 to 2 <sup>nd</sup> April 2016
Associate Professor	INR 131400(grade pay 9000/-)	Gurukula Kangri (Deemed to be University), Haridwar	3 <sup>rd</sup> April. 2016 to till date

**19. M.Phil. Topic:** A Study of Affiliative Motives and Interpersonal Relations

**Ph.D. Topic:** Role Conflict of Induced Stress among Working Women of Varied Job Strata

**20. Courses Participated :**

Orientation Course	-	01
Refresher	-	02
Winter School	-	01
Faculty Development Program-		01

**21. Life Membership**

- (i) National Association of Psychological Science.
- (ii) The Indian Science Congress Association, Haridwar Chapter.
- (iii) Community Psychology Association of India.

**22. Member**

- I. Member of Proctor board of disciplinary committee of main campus of University from 2017 to 2021.
- II. Member Academic Council of the University 2021.
- III. Member as expert for guidance and counseling services as a Psychologist in 'Women Help Line' (Aichik Bureau) running by District Police Administration, Haridwar
- IV. State Coordinator of Uttarakhand for National Association of Psychological Science, Chandigarh
- V. Member of Students Counseling Center of University till 2021
- VI. Member, Editorial Board of Indian Journal of Psychological Science, ISSN- 0976-9218 published by National Association of Psychological Science, Chandigarh
- VII. Editorial Board Member of International Journal of "**Psychology and Behavioral Science (PBS)**", Science Publishing Group, 1 Rockefeller Plaza, 11<sup>th</sup> Floors, New York, NY 10020, USA. ISSN Print: 2328-7837; ISSN Online: 2328-7845, <http://www.sciencepublishinggroup.com/j/pbs>".
- VIII. Member, Editorial Board of International Journal Psychology and Health Management Research. The Journal is Published by Institute of Chartered Psychologist Under the aegis of Global Development Foundation.
- IX. Member, Editorial Board of American Journal of Applied Psychology (AJAP) ISSN Print: 2328-5664, Online: 2328-5672.
- X. Approve Guide for MAPC Project of Discipline of Psychology, School of Social Science (SOSS), IGNOU.

**23. (a) Administrative Responsibilities**

- 1. Chairman, Equal Opportunity Cell of the University.
- 2. Chairman Students Counseling Center of the University.

**(b) Other Administrative Responsibilities Done**

- 1. Worked as Executive Magistrate in Static Surveillance Team (SST) in Tayabpur, Manglaur Uttarakhand Lok Sabha Election form 17<sup>th</sup> March, 2019 till 11<sup>th</sup> of April, 2019
- 2. Worked as Sector Magistrate in sector 8/31 Roorkee Vidhan Sabha Election form 30<sup>th</sup> December, 2021 till 10<sup>th</sup> of February, 2022.

**24. Award Received**

Best paper of the year award (**Prof. (Mrs.) Anima Sen Memorial Award- 2006**) for paper published in the Journal *Disabilities and Impairments – An Interdisciplinary Research Journal (Volume 20, 2006)* for paper "Assessment of coping strategies of amputees in relation to their quality of life".

## LIST OF PUBLICATIONS IN NATIONAL AND INTERNATIONAL JOURNALS

### (A) Published Papers/ Articles:-

1. Aditya Aggarwal, Adarsh Kohli, O.N. Nagi and Arun Kumar: Assessment of coping strategies in patients having post traumatic joint stiffness in relation to their quality of life. *Bulletin PGIMER*, 2003 Vol. 37. No. 1, page 4-1. ISSN: 0302-2404 **Scopus**
2. Aditya Aggarwal, Adarsh Kohli, O.N. Nagi and Arun Kumar(2004) Coping mechanism and its correlation with quality of life In upper limb post traumatic joint stiffness patients. *Indian Journal of Orthopaedics*, Vol.38, No. -3, page 170-174. ISSN: 0019-5413 **Scopus**
3. Arun Kumar, S.K. Srivastava and Vipin Kumar: “Assessment of coping strategies of amputees in relation to their quality of life”. *Disabilities and Impairments*, 2006, 20 (1), 45-54. ISSN 0970356X
4. R. K. Behmani, J. Kairo, and Arun Kumar: “A study of personality and determinates of Burnout and mental health among female Nurses” was published in *Behavioral Scientist* (Bi-annual), Vol-8. No. 1, Page 61-65. 2007. ISSN: 0972-5911
5. Arun Kumar and S.K. Srivastava: A study of occupational stress and coping strategies among working women in relation to their feeling of well-being. *Global Journal of Business Management*, 2007, 1 (1), 43-54. ISSN: 0973-8533
6. Arun Kumar: Development of Self Orientation Scale for Measurement of Karen Horney’s Tripartite Neurotic Trends was published in online *International Journal for Research in Emerging Science and Technology*, 2014.Vol-1(3), 16-20. ISSN: 2349-7610 <http://www.ijrest.net>
7. Arun Kumar: Development of Peer Rating Scale for Measurement of Horney’s Tripartite Neurotic Trends was published in online *International Journal of Innovative and Applied Research* (2014). Vol.-2(9): 33-42. ISSN: 2348-0319. <http://www.journalijiar.com>
8. Arun Kumar: Occupational Stress among Teachers, Feeling of Wellbeing and Coping Strategies was published in online *Journal International Journal of Innovative and Applied Research* (2014). Vol.-3(3): 14-22. ISSN: 2348-0319.
9. Arun Kumar: Comparative Study of Occupational Stress of Working Women of Different Job Strata; *International Journal of Multidisciplinary Approach and Studies* (2015). Volume-2(2) pp-273-279. ISSN: 2348-537X.
10. Arun Kumar: Study of Work Adjustment in Working Women of Higher, Middle and Lower Job Strata was published in online *International Journal of Multidisciplinary Approach and Studies* (2015). Vol.-2(5). ISSN: 2348-537X.
11. Arun Kumar: Role Conflict and Working Women of Different Job Strata was published in online *International Journal of Multidisciplinary Approach and Studies* (2015). Vol.-2(4). ISSN: 2348-537X.
12. Arun Kumar: A study of Role conflict and Occupational Stress in Relation to Quality of Life of Married Working Women was published in online *International journal of Arts, Humanities and Management of Studies* in Vol. 2 No. 4 of April 2016. ISSN 23950692.

13. Arun Kumar and Udai Prakash Verma: To Study the Effect of Trataka and NadiShodhan Pranayama on Anxiety of Students during Examination Days was published in online *International Journal of Multidisciplinary Approach and Studies* (2016). Vol.-3(1). ISSN: 2348-537X.
14. Arun Kumar and Udai Prakash Verma: Impact of Specific Yoga Practices on Emotional Maturity, *International Journal of Multidisciplinary Approach and Studies* (2016). Vol.-3(2). ISSN: 2348-537X.
15. Arun Kumar and S. K. Srivastava: Comparative Study of the Quality of life of Married working Women of Higher, Middle and Lower Job Strata was published in *International Journal of Multidisciplinary Approach and Studies* in Vol.03, No.3, 142-151. ISSN No: 2348-537X of June 2016 [www.ijmas.com](http://www.ijmas.com)
16. उदय प्रकाश वर्मा, अरुण कुमार, रणविजय सिंह: योगाभ्यास करने वाले तथा न करने वाले विद्यार्थियों के तनाव स्तर का तुलनात्मक अध्ययन, (2017). *वैदिक वाग ज्योति* (An International refereed and Peer-Reviewed Research Journal on Vedic Studies) Vol.5, NO.8, ISSN NO 2277-4351 of January-2017 **UGC Care**
17. उदय प्रकाश वर्मा, अरुण कुमार. (2017). यज्ञ करने वाले तथा न करने वाले विद्यार्थियों के तनाव स्तर का तुलनात्मक अध्ययन, *गुरुकुल – पत्रिका* (प्राच्यविद्याओं की त्रैमासिक मूल्यांकित शोधपत्रिका Vol. : 68/4 एवं 69/1 (संयुक्तांक) ISSN NO 0976-8017 **Care listed**
18. Arun Kumar, Naveen Pant and Danish Sharma: (2017) A Study of Spiritual Intelligence and Religiosity across Gender, Region and Age Among Pilgrims of Haridwar and Rishikesh, *International Journal of Arts, Management and Humanities*, 6 (2): 201-210, ISSN No. 2319-5231.
19. उदय प्रकाश वर्मा, अरुण कुमार. (2017). श्रीमद्भगवद्गीता में आनंद का स्वरूप, Vaidika Vag Jyotih, Vol. 6, No. 10 (202-211) January-June 2018, ISSN No. 2277-4351 **UGC Care**
20. Arun Kumar, S. K. Srivastava and Naveen Pant: (2018) Comparative Study of Spiritual Intelligence and Religiosity among Indian and Foreign Tourists in Religious Places in Uttarakhand, *Quest- The Journal of UGC-HRDC Nainital*, Vol. 12 (2) 193-199. DOI: [10.5958/2249-0035.2018.00029.3](https://doi.org/10.5958/2249-0035.2018.00029.3)
21. Udai Prakesh Verma and Arun Kumar. (2018). Loneliness and its effect on quality of life of old age people, *Indian Journal of Health and Wellbeing*, Vol. 9 (4), 634-637, ISSN- p- 2229-5356
22. Arun Kumar and Udai Prakash Verma: (2018) Comparative Study of Depression, Feeling of Well-being and Coping Strategies of Male and Female Unemployed Youth, *ZENITH International Journal of Multidisciplinary Research* Vol. 8(11), November. 155-161
23. Udai Prakesh Verma and Arun Kumar. (2018). A Study of loneliness and Mental Health Among old age people in Haridwar. *International Journal of Social Science Review*, 6(10), 1930-1933. Indian Association of health, Research and Welfare (IAHRW), ISSN:2347-3797, **UGC Journal No 41948**
24. उदय प्रकाश वर्मा एवम् अरुण कुमार (2018). भारतीय सन्दर्भ में आनन्द का विज्ञान. गुरुकुल पत्रिका अंक 69/2-3 (संयुक्तांक) अक्टूबर से दिसंबर 2017 & जनवरी से मार्च 2018 ISSN: 0976-8017 (पृष्ठ 164 से 172).

25. Udai Prakesh Verma and Arun Kumar. (2019). Study of Mindfulness and Depression in Old age People, *Environment Conservation Journal-An International Journal Devoted to Conservation of Environment(A peer reviewed Journal)*, 20(SE): 93-96 ISSN 0972-3099, 2278-5121 (online)
26. Arun Kumar, S.K. Srivastava and Kishan Kumar Singh.(2019). Study on attitude of co-workers towards employees with intellectual disabilities. *Indian Journal of Public Health Research and Development*, Vol. 10 (12), 720-724 . e-ISSN 0976-5506, Print ISSN : 0976-0245, **Scopus listed**
27. Sonia Sharma, Alka Sagar, Saurabh Singh and Arun Kumar (2020). All about Coronavirus (COVID-19). *Scientific India: By the Scientists for the people*. Vol.: 8(2) ISSN: 23491418. [www.scind.org](http://www.scind.org)
28. Arun Kumar, Chitwan Bhasin, and Udai Prakesh Verma.(2020). Stress, Obesity and Quality of Life in Adolescents. *Indian Journal of Public Health Research and Development*. Vol. 11(6), 108-112. e-ISSN 0976-5506, Print ISSN : 0976-0245, **Scopus Listed**
29. Arvind Mehra, Tamanna Gupta, Arun Kumar, Rakesh Kumar Behmani (2020). Quality of Life, Mental Health and Coping as Determinants of Social Ideation among Farmers with different economic Background. *International Journal of Psychosocial Rehabilitation*, Vol. 24 (8). Pp 8801-8811. ISSN: 1475-7192. **Scopus listed**
30. Rashme Verma and Arun Kumar (2020). Adjustment and Subjective Well-Being of Retired Army Solders. *Shodh Sarita: An International Bilingual Peer Reviewed Refereed Research Journal*. Vol.7 (28) 1-4. ISSN no. 2348-2397 **UGC Care**
31. Rashme Verma and Arun Kumar (2020). Comparative Study of Subjective Well Being of Retired Army Officers and Other Lower Ranks. *Shodh Sanchar Bulletin. An International Multidisciplinary Quarterly Bilingual Peer Reviewed Refereed Research Journal*. Vol. 10 (40) ISSN-2229-3620 **UGC Care**
32. Kumar, R., Kumar, A. and Kumar, K (2021). A Study of Anxiety Between Mothers of Children with Intellectual Disability and Autism, *Wesleyan Journal of Research*, Vol. 14 (8) 11-17. ISSN 0975-1386 **UGC Care**
33. Sandeep, Malik, V.S., Behmani, R. K., and Kumar, A. (2021). A Review on Domestic Violence Against Men. *Shodh Sanchar Bulletin. An International Multidisciplinary Quarterly Bilingual Peer Reviewed Refereed Research Journal*. Vol. 11(41), Jan to Mar. 2021. ISSN-2229-3620. **UGC Care**
34. Rajesh Kumar, Arun Kumar and Rakesh Kumar Behmani (2021). Study of Workplace Harassment and Mental Health among Female Teachers and Nurses. *NIU International Journal of Human Rights*. Vol 8(XIX), 146 ISSN: 2394 – 0298 **UGC Care**
35. Rajesh Kumar, Arun Kumar and Rakesh Kumar Behmani (2021). Study of Burnout among Female Teachers and Nurses. *Shodh Sanchar Bulletin. An International Multidisciplinary Quarterly Bilingual Peer Reviewed Refereed Research Journal*. Vol. 11(41), Jan to Mar. 2021. ISSN-2229-3620. **UGC Care**
36. Vandana Singh Malik, Krishan Kumar, Arun Kumar, Rakesh Kumar Behmani.(2021). Effect of Stress on Menstrual Cycle in Young Adolescent Female during COVID - 19 Lockdown in India. *International Journal of All Research Education and Scientific Methods (IJARESM)*, Impact Factor:7.429, Vol. 9 (10) ISSN: 2455-6211

## **(B) Chapters/Articles Published in books:**

1. **Arun Kumar** and S.K. Srivastava: Exploring the gender differences in occupational stress and coping strategies among teachers. *Positive Health Psychology*, Global Vision Publishing House, New Delhi. 2007, 101-111. ISBN: 81-8220-195-0
2. **Arun Kumar** :HIV/Aids and Human Rights in India. *Human Rights and the Marginalised in Contemporary India*. Unistar Book Pvt. Ltd. S.A.S. Nagar, Mohali-Chandigarh.(2016) [www.unistarbooks.com](http://www.unistarbooks.com) ISBN: 978-93-5113-878-5
3. **Arun Kumar**:Physical Inactivity and Unhealthy Lifestyle- A Pathway Towards Diseases. *Yogic Management of Life Style Disorders*, Satyam Publishing House, New Delhi. ISBN No.: 978-93-85981-64-7.
4. Udai Prakash Verma, **Arun Kumar** and Chitwan Bhasin (2020): *Correlation between Different Domains of Stress, Adjustment and Quality of Life in Obese Adolescents*. *Health Care Challenges in India: Psycho-Social Perspective*, Edited by Prof. S.K. Srivastava and Kalpna Sharma. Global Vision Publishing House, New Delhi PP 161-169. ISBN No.: 978-11-944023-29
5. **Arun Kumar**, Kishan Kumar Singh and Rahul Budhiraja (2020): *Oral health and its effect on feeling of insecurity and inferiority among dental patients*. *Health Care Challenges in India: Psycho-Social Perspective*, Edited by Prof. S.K. Srivastava and Kalpna Sharma. Global Vision Publishing House, New Delhi, PP 85-92. ISBN No.: 978-11-944023-29
6. Rashmi Verma and **Arun Kumar** (2020): *A study of mental health of retired army officers of lower and middle rank*. *Health Care Challenges in India: Psycho-Social Perspective*, Edited by Prof. S.K. Srivastava and Kalpna Sharma. Global Vision Publishing House, New Delhi, PP-64-72. ISBN No.: 978-11-944023-29
7. **Arun Kumar**, Rahul Budhiraja & Kishan Kumar Singh (2022). *Oral Health and Its Effect on Quality of Life of Dental Patients*, Mental Health Psycho-Social, Cognitive, Developmental and Interdisciplinary Approach, Edited by Dr. Narinder Singh and Dr. Rajesh Kumar, Global Vision Publishing House, New Delhi-110002 (INDIA) ISBN No.: 978-93-90423-00-2
8. Priyanka Soni & **Arun Kumar** (2022). *Internet Boon or Bane to Mental Health of Adolescents and Adults*, Mental Health Psycho-Social, Cognitive, Developmental and Interdisciplinary Approach, Edited by Dr. Narinder Singh and Dr. Rajesh Kumar, Global Vision Publishing House, New Delhi-110002 (INDIA) . ISBN No.: 978-93-90423-00-2

## **Articles published in Magazines**

Kumar, A and Verma, P. U. (2019). योग: उन्नत मानसिक स्वास्थ्य और आत्मोत्कर्ष की और एक पथ, पतंजलि विश्वविद्यालय प्रभा (पतंजलि विश्वविद्यालय की त्रैमासिक पत्रिका), अक्टूबर-दिसम्बर, 2019, वर्ष-03, अंक-04

## **EXPERIENCE OF GUIDING RESEARCH**

### **A) Post Graduate Dissertations Work Completed Under My Supervision**

1. "A Study of Coping Strategies and Quality of Life of Amputees" Vipin Kumar 2004-05
2. "Depression in Unemployed Youth, Feeling of Well-Being and Coping Strategies, Sunil Sharma, (2006-07)
3. "Effect of Oral Health on Quality of Life, Insecurity and Inferiority of Dental Patients" Rahul Bhudiraja (2015-2016)
4. "A Comparative Study of Spirituality and Religiosity among Tourists in Haridwar and Rishikesh" Danish (2016-17).
5. "A Study of Obesity, Stress, Adjustment and Quality of Life Among Adolescents." Chitwan (2017-18)
6. "A Study of Loneliness, Mental Health, Depression and Quality of Life Among Aged People." Uday Prakesh Verma (2017-18)

7. "Impact of Examination Anxiety on Academic Performance and self-Esteem among Secondary School Students", Renu Rani IGNOU Project 176531531, (2020-21)
8. "Covid-19 Pandemic and issues of Uncontrolled fear of infection and Mental Health in Adolescents, Adults and Older Adults", Richa Bhardwaj IGNOU Project 175120154, (2020-21).
9. "A Study of Loneliness and Anxiety among Middle-aged Smartphone Users", Urmil Chahal, Enrollment No 197489910, (2020-2021).
10. "Impact of Gender and Region on Mental Health Literacy and Perceived Stigma" Deepali, Enrollment No. 197410212, (2020-2021)
11. "Parenting Styles and Personality Traits as Predictors of Delinquent Behaviours in Juvenile Delinquency" Geetika Saxena , Enrolment No 190308322 (2020-2021)

## B) PhD Guidance

	Name of the Research Scholar	Topic	Year of Registration	PhD Award
1	Kishan Kumar Singh	Resilience, Spiritual Intelligence, Coping And Quality of Life in Mothers of Children with Disabilities	01/04/ 2018	In process
2	Rashmi Verma	Adjustment, Mental Health, Emotional Intelligence and Subjective Well-being in Retired Army Personnel	01/04/ 2018	14/07/2022
3.	Udai Prakash Verma	Mindfulness, Resilience, Quality of life and Loneliness among Aged People	01/04/ 2019	29/12/2021
4.	Rajat Singh	Cybercrime awareness, Online Privacy Concern and Cyber Security Behavior as Predictors of Cybercrime Victimization among University Students	15/12/2020	In process
5.	Mrs. Vimla Prasad	Academic Stress, Emotional Intelligence, Coping Strategies and Adjustment of Nursing Students after Transition from Online to Offline Classroom Teaching	15/12/ 2020	In process
6	Priyanka Soni	Course Work	15/12/ 2021	
7	Nitika Srivastava	Course work	15/12/ 2021	

## SEMINARS/CONFERENCES/ WORKSHOP ATTENDED

Sr.no	Conference/Seminar participation & papers presentation:	
1.	Attended seminar on Behavioural Problems among Children organized by Department of Psychology at ICSSR Complex, Punjab University Chandigarh on 26 <sup>th</sup> March 2001.	National
2.	Kumar, A. (2004) "Cultural Anxiety v/s Spiritualism: Indian and Canadian Literature" paper presented in seminar organized by Centre for Canadian studies, Department of English, Gurukul Kangri University, Haridwar from 20 <sup>th</sup> March 2004.	National
3.	Kumar, A.(2004). "Role of Spirituality in Life: A Focus on Happiness and well-being." paper presented in seminar on Mental Health: Problems and Interventions Organized by Department of Psychology, Gurukul Kangri University, Haridwar from 27 <sup>th</sup> to 28 <sup>th</sup> March, 2004.	National
4.	Kumar, A. (2005). "Yogic Management of Stress and Anxiety" paper presented in International Vedic conference on "Contribution of the Vedas to the world" organized by Department of Veda, Gurukul Kangri University, Haridwar on from 27 <sup>th</sup> 30 <sup>th</sup> Jan. 2005.	International
5.	Kumar, A. (2005). "Assessment of Coping Strategies of Amputees in relation to their	International



	<i>quality of life</i> ” paper presented in conference on Applied and Community Psychology Organized by Department of Psychology, Gurukul Kangri University, Haridwar from 26-28 February, 2005	
6.	Kumar, A. (2005). Participated in Second International Conference on Psychotherapy, Yoga and Spirituality from 27-29 November, 2005 organized by Yoga and Psychotherapy Association of India in Haridwar. Also participated in pre-conference workshop on 26 <sup>th</sup> and 27 <sup>th</sup> November, 2005	International
7.	Kumar, A. (2006). Two papers presented entitled “ <i>Treating obesity through behavior modification and yogic methods</i> ” and “ <i>Nature, forms and Relevance of Moral Values and Principles of Yoga in Modern Education.</i> ” in UGC Sponsored National Conference on Yoga Moral Values in Modern Perspective organized by Department of Yogic Science, Dr. Hari Singh Gour University, Sagar, from 29-31 January 2006.	National
8.	Kumar, A. (2006). Paper presented on “ <i>Role of Education in Maintaining Social and Cultural Harmony</i> ” in Seminar on Role of Civil Society for Maintaining Socio-Cultural Harmony in India, Organized by UGC-Academic Staff College, Kumaun University, Nainital on 28 <sup>th</sup> November, 2013.	National
9.	Kumar, A. (2014). “ <i>Environmental Influence on Consumer Behaviour</i> ” paper presented in 3 <sup>rd</sup> Conference on Management Innovations organized by Faculty of Management Studies, Gurukul Kangri University, Haridwar, Uttarakhand from 10 <sup>th</sup> to 12 <sup>th</sup> February 2014.	International
10.	Kumar, A. (2014). Presented Two papers entitled “ <i>Exploring the effect of Poverty and Unemployment on Mental Health of Youth in India</i> ” and “ <i>Adaptation of Interpersonal Orientation Scale by Hill in Indian Situations.</i> ” in Seminar on “Mental Health Challenges and Remedial Approaches” Sponsored by: ICSSR (NIS), New Delhi. Organized by Department of Psychology, Gurukul Kangri University, Haridwar (Uttarakhand) from February 15-16, 2014.	National
11.	Kumar, A. (2014). Presented a Poster entitled “ <i>Environment and its influence on Human Behavior</i> ” in Symposium on “Innovations in Science and Technology for Inclusive Development” organized by Haridwar Chapter of The Indian Science Congress Association on February 16, 2014.	National
12.	Kumar, A. (2014). “ <i>An Examination of the Relation Between Karen Horney’s Tripartite Neurotic Trends and Affiliative Motives</i> ” paper presented in 1 <sup>st</sup> International and 3 <sup>rd</sup> Indian Psychological Science Congress, Chandigarh-INDIA organized by Department of Psychology, P.G. Government College, Sector-46, Chandigarh from February 24-25, 2014.	International
13.	Participated in 7 days National workshop on Yoga and Alternative Therapies. Organized by Department of Human Consciousness and Yogic Science Gurukul Kangri Vishwavidyalaya, Haridwar from 26 March, 2014 to 01 April, 2014	National
14.	Kumar, A. (2014). “ <i>Doping a Curse in Sports</i> ” paper presented in 5 <sup>th</sup> National Conference on Present Innovative Approaches and New Paradigm in Physical Education (on the occasion of National Sports Day), organized by Department of Physical Education and Sports, Faculty of Medical Sciences and Health, Gurukula Kangri Vishwavidyalaya, Haridwar and Uttarakhand on August, 2014.	National
15.	Kumar, A. (2015). “ <i>Psychology in Vedas- Need to Re-Explore for the Welfare of Mankind</i> ” paper presented in National Seminar entitled “Relevance of the Vedas in Perspective of Global Knowledge Systems” Organized by Department of Veda of Oriental Faculty of Gurukula Kangri Vishwavidyalaya, Haridwar from 13-15 March 2015.	National
16.	Kumar, A (2015). <i>Effect of Role Conflict on Quality of Life of Middle Class Working Women</i> ” paper presented in 2 <sup>nd</sup> International and 4 <sup>th</sup> Indian Psychological Science Congress, organized by Department of Psychology, P.G. Government College,	International

**Bio Data and Academic Achievements of Teachers**

**DEPARTMENT OF PSYCHOLOGY**

Gurukula Kangri (Deemed to be University), Haridwar (Uttarakhand)-249404

	Sector-46, Chandigarh and International Collaboration : World Without Anger (WWA) from October 08-09, 2015	
17.	Kumar, A. (2015). <i>“Physical Inactivity and Unhealthy Lifestyle – A Pathway to Diseases.”</i> Paper presented in National Seminar on Yogic Management of Life Style Disorders from 30th to 31st March 2015 organized by Department of Human Consciousness and Yogic Science Gurukula Kangri Vishwavidyalaya, Haridwar and Uttarakhand Council of Science and Technology from 30th to 31st March 2015.	National
18.	Kumar, A. (2015). <i>“Role of Indigenous Practices for the Entrepreneurial Skill Development in Modern Scenario”</i> and <i>“Effect of Role Conflict and Occupational Stress on Quality of life of Married Working Women”</i> papers presented in National Conference on “Science and Technology for Indigenous Development in India”, organized by Faculty of Engineering and Technology, Gurukula Kangri Vishwavidyalaya from 28-30 September 2015.	National
19.	Kumar, A. (2015). Participated in UGC sponsored National Seminar on Sustainable Development, Global Warming and Agriculture from 27-28 November 2015 and presented a paper entitled “Sustainable Development and Environmental Issues: with Special Reference to India”	National
20.	Kumar, A. (2016). <i>“Behavioral Aspects of Teachers with Students for Effective Teaching”</i> paper presented in National Conference on Ethics and Social Responsibility in the Context of Indian Higher Education and Research organized by Post Graduate Govt. College Sector-46, Chandigarh from January 30, 2016.	National
21.	Kumar, A. (2016). <i>“HIV/AIDS and Human Rights in India”</i> paper presented in National Conference on Human Rights for the Empowerment of Marginalized Communities in India: Understanding and Rethinking Strategy organized by Department of Political Science Post Graduate Govt. College Sector -46, Chandigarh from March 11-12, 2016	National
22.	Kumar, A. (2016) <i>“Effect of Spiritual Intelligence on Quality of Life of Students appearing in Competitive exams: An empirical Study”</i> ; <i>“Spirituality in religious tests”</i> ; <i>“A comparative study of role conflict, occupational stress and quality of life of working women of higher and lower job strata”</i> three papers presented in National Seminar on Social Harmony and Wellbeing: Issues and Challenges organized by Department of Applied Psychology Sri Aurobindo College (Evening) (University of Delhi) from 18 <sup>th</sup> and 19 <sup>th</sup> march 2016.	National
23.	Kumar, A. (2016). <i>“A Comparative Study of Yoga and Spiritual Intelligence”</i> paper presented in National Seminar on World Peace and Harmony through Yoga organized by the Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar and Patanjali Yogadham Trust, Jwalapur on 02 to 03 April 2016.	National
24.	Kumar, A. (2016). <i>“Yoga as a preventive medicine”</i> paper presented in National Seminar on ‘Innovative Trends for Professional Skill Development in Yogic Science’ organized by the Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar from March 27 <sup>th</sup> to 28 <sup>th</sup> , 2017.	National
25.	Participated in 7 days National Workshop on Yoga and Alternative Therapies, organized by Department of Human Consciousness and Yogic Science Gurukul Kangri Vishwavidyalaya, Haridwar from 25 <sup>th</sup> to 30 <sup>th</sup> April, 2016.	National
26.	Paper presented entitled “योगाभ्यास करने वाले तथा ना करने वाले विद्यार्थियों के मानसिक स्वास्थ्य का तुलनात्मक अध्ययन” in 3 <sup>rd</sup> International and 5 <sup>th</sup> Indian Psychological Science Congress, India from 28-30 September, 2016, Organized by Department of Psychology, P.G. Government College, Sector-46, Chandigarh and National Association of Psychological Science- India.	International

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27.	Kumar, A. (2016). <i>“Work-Family Conflict in the Dual-Career Family”</i> paper presented in International Conference on Youth and Well Being organized by Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar (Haryana) and Community Psychology Association of India (CPAI) from 11-12 November 2016	International
28.	Kumar, A. (2016). <i>“The Effect of Yogic Practice on Quality of Life in Older Adults”</i> paper presented in International Conference on Positive Psychology For Health and Well Being organized by Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar (Haryana) from 9-10 March, 2018	International
29.	Kumar, A. (2017). <i>“The Effect of Yagna therapy on Mental Health in Older Adults”</i> paper presented in National Conference organized by Department of Sanskrit of Gurukula Kangri Vishwavidyalaya, Haridwar on 04/09/2017	National
30.	Kumar, A. (2017) <i>“A Study of Attitude of co-workers towards employees with intellectual disability in open environment”</i> paper presented in 4 <sup>th</sup> International and 6 <sup>th</sup> Indian Psychological Science Congress, Chandigarh-INDIA organized by Department of Psychology, Panjab University, Chandigarh and National Association of Psychological Science- India from 18-20 September, 2017	International
31.	Participated in Workshop on “Sports Science and Wellness” conducted by Prof. Paed, Dr. Milada Krejci, Prague, Czech Republic organized by Department of Psychology, Panjab University, Chandigarh and National Association of Psychological Science-India on 18 <sup>th</sup> September 2017.	International
32.	Kumar, A. (2018). <i>“Effect of Oral Health on Quality of Life of Dental Patients”</i> paper presented in 4 <sup>th</sup> International Conference on ‘Developing Human Values through Yoga’ organized by Indian Association of Yoga New Delhi and Department of Yogic Science, Uttarakhand Sanskrit University, Haridwar from 24-25 Feb. 2018.	International
33.	Participated in Workshop on “MICBT and Well-Being” conducted by Prof. M. P. Sharma, NIMHANS, Bengaluru, India organized by Department of Psychology, Panjab University, Chandigarh and National Association of Psychological Science-India on 20 <sup>th</sup> September 2017.	National
34.	Kumar, A. (2018). <i>“पतंजलि योगसूत्र में मानव उत्कर्ष”</i> paper presented in national seminar organized by Department of Sanskrit, Gurukula Kangri Vishwavidyalaya, Haridwar on 21/09/2018.	National
35.	Kumar, A. (2018). <i>“Coping Strategies used by parents having children with Autism Spectrum Disorder”</i> paper presented in 5 <sup>th</sup> International and 7 <sup>th</sup> Indian Psychological Science Congress, Chandigarh-INDIA organized by Department of Psychology, Panjab University, Chandigarh and National Association of Psychological Science-India from 26-28 October, 2018.	International
36.	Kumar, A. (2018). <i>“Mindfulness, Depression and Old Age”</i> paper presented in 6 <sup>th</sup> International and 8 <sup>th</sup> Indian Psychological Science Congress, Chandigarh-INDIA on Sustainable Peace & Well-Being: Integration Across Generations Jointly organized by National Association of Psychological Science and Panjab University, Chandigarh from 18-20 October, 2018	International
37.	Participated in National Workshop on Research Methodology from 14-24 December, 2018 organised by Department of Yogic Science, Faculty of Health Science, Gurukul Kangri Vishwavidyalaya, Haridwar.	National
38.	Participated in “National Seminar cum Workshop on e-CONTENT, MOOCs (SWAYAM) and ARPIT” jointly organized by All India Council for Technical Education (AICTE) and Guru Angad Dev Teaching Learning Centre of MHRD at SGTB Khalsa College, University of Delhi on 31 <sup>st</sup> August 2019.	National
39.	Participated in National Workshop on Creating and Using Learning Management System organized by Teaching Learning Centre under PMMMNMTT scheme, MHRD, Govt. of India from 22 <sup>nd</sup> to 24 <sup>th</sup> January, 2020	National

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40.	Participated in 46 <sup>th</sup> National Annual Conference of Indian Association of Clinical Psychologists-2020 and presented a paper in the scientific session held from 21-23 <sup>rd</sup> February 2020 at Chandigarh.	National
41.	Participated in National Webinar on “Achieving Excellence in Higher Education in India in the 21 <sup>st</sup> Century: Challenges and Opportunities” organized by School of Business Studies, IQAC, Sharda University, on 3 <sup>rd</sup> June 2020	National
42.	Kumar, A. (2020). Participated in National Webinar on “Relevance and Importance of Yoga in Present Scenario”, organized by Department of Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar from 17 <sup>th</sup> –19 <sup>th</sup> June, 2020	National
43.	Kumar, A. (2020). Participated in the Faculty Development Programme: National Webinar entitled “Challenges and Opportunities before Indian Higher Education due to Covid -19” organized by Guru Angad Dev Teaching Learning Centre SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malavia National Mission on Teachers and Teaching (PMMMNTT) of MHRD held on May 2, 2020	National
44.	Kumar, A., (2021). Participated in One day Online Webinar entitled “The Importance of Data Visualization” organized by Guru Angad Dev Teaching Learning Centre SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malavia National Mission on Teachers and Teaching (PMMMNTT) of MHRD held on 10 <sup>th</sup> August 2021.	National
45.	Kumar, A., (2021). Participated in One day Online Webinar entitled “Teacher’s e-Kit: A Four Quadrant Approach for development of OERs” organized by Guru Angad Dev Teaching Learning Centre SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malavia National Mission on Teachers and Teaching (PMMMNTT) of MHRD held on 9 <sup>th</sup> September 2021.	National
46	Participated in the e-conference on “Emotional Intelligence and Mental health in Changed Scenario” organized by Department of Psychology on 04.02.2022	National
47	Participated in Webinar on “Developmental Crisis in Youth-Protecting and Promoting Positive Mental Health” Conducted on 27 <sup>th</sup> April 2022, by Department of Psychology at Shantiraj Hospital, Udaipur, Rajasthan.	

## OTHER ACADEMIC ACTIVITIES/ RESPONSIBILITIES

1. Chaired a session in International Conference on Psychotherapy Yoga and Spirituality from 27-29 November, 2005 organized by Yoga and Psychotherapy Association of India in Haridwar.
2. Worked as NCC officer of University for one year from 2005 to 2006
3. Chaired Technical Session entitled “Rehabilitation Application and Challenges” in National Seminar on “Mental Health Challenges and Remedial Approaches” Sponsored by: ICSSR (NIS), New Delhi. Organized by Department of Psychology, Gurukul Kangri University, Haridwar (Uttarakhand) from February 15-16, 2014.
4. Acted as a Session Convener in the National Seminar on “World Peace and Harmony Through Yoga” organized by the Department of Human Consciousness and Yogic Science, Gurukula Kangri Vishwavidyalaya, Haridwar and Patanjali Yogadham Trust, Jwalapur for 02-03 April 2013.
5. Acted as a Chairperson for technical session in 2<sup>nd</sup> International and 4<sup>th</sup> Indian Psychological Science Congress, Chandigarh-INDIA from October 08-09, 2015, for the Scientific Session-II entitled “Social exclusion, Deprivation and Marginalization”, Organized by Department of Psychology, P.G. Government College, Sector-46, Chandigarh and International Collaboration : World Without Anger (WWA).

- 6 Acted as a Chairperson for technical Session in National Seminar on “Social Harmony and Well Being: Issues and Challenges” organized by Department of Applied Psychology Sri Aurobindo College (Evening) (University of Delhi) from 18<sup>th</sup> and 19<sup>th</sup> March 2016.
- 7 Acted as a Chairperson for technical Session in International Conference on Youth and Well Being organized by Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar (Haryana) and Community Psychology Association of India (CPAI) on 11-12 November, 2016.
- 8 Acted as a Chairperson for 3 technical sessions in 3<sup>rd</sup> International and 5<sup>th</sup> Indian Psychological Science Congress, India from 28-30 September, 2016, Organized by Department of Psychology, P.G. Government College, Sector-46, Chandigarh and National Association of Psychological Science- India.
- 9 Acted as a Chairperson for 3 technical sessions in 4<sup>th</sup> International and 6<sup>th</sup> Indian Psychological Science Congress, India from 18-20 September, 2017, for the Poster Session-I on 18<sup>th</sup> September and Scientific Session-II and III on 19<sup>th</sup> September Organized by Department of Psychology, Panjab University, Chandigarh and National Association of Psychological Science- India.
- 10 Acted as a Chairperson for Technical Session in International Conference on Positive Psychology for Health and Well Being organized by Department of Applied Psychology, Guru Jambheshwar University of Science and Technology, Hisar (Haryana) from March 09-10, 2018.
- 11 Acted as a Chairperson for 2 technical sessions in 5<sup>th</sup> International and 7<sup>th</sup> Indian Psychological Science Congress, India from 26-28 October, 2018, for Scientific Session-VI in say one and Scientific Session-V on day two of the conference Organized by National Association of Psychological Science- India and Department of Psychology & Anthropology, Panjab University, Chandigarh.
- 12 Worked as Co-Editor for Special issue (January- June, 2018 )on Vedic (Ancient Indian ) Psychology of Vaidika Vag Jyotih, An international Refereed and Peer-Reviewed Research Journal on Vedic Studies (**UGC Care listed Journal**)
- 13 Worked as JURY MEMBER in Haridwar District Youth Parliament Festival, 2019 organized by Nodal Institute, Gurukula Kangri Vishwavidyalaya, Haridwar on 28 January, 2019
- 14 Acted as a Chairperson for the technical session in three technical sessions in 6<sup>th</sup> International and 8<sup>th</sup> Indian Psychological Science Congress, Chandigarh-INDIA from 18-20 October, 2019 on Sustainable Peace & Well-Being: Integration Across Generations Jointly organized by National Association of Psychological Science and Panjab University, Chandigarh.
- 15 Acted as a Chairperson for the technical session in National Seminar on “Relevance and Challenges of Social Media: A Global Perspective” from 23-24 November, 2019, Sponsored by ICSSR, New Delhi and Organizes by Department of Psychology, Meerut college Meerut.
- 16 Acted as a Chairperson in Online national seminar “Post Pandemic life Challenges philosophical and psychological perspective 2020 from 26/09/2020 and 27/09/2020, Organized by AMITY Institute of behavioral and Allied Sciences.
- 17 Acted as a Chairperson in International Conference on Indian Traditional Yoga System Theory and Practice from 24 to 26 May, 2022 organized by Department of Yogic Science, Gurukula Kangri (DU), Haridwar and sponsored by Ministry of Ayush, Govt. of India, New Delhi.

## INVITED/SPECIAL LECTURES

1. Lectures series on “*Research Methodology*” in Department of Yogic Science for Pre-PhD students, Gurukul Kangri (Deemed University), Haridwar on 3<sup>rd</sup>, 4<sup>th</sup> & 6<sup>th</sup> April 2015.
2. Lecture in orientation program for group B and C employees on “*Citizen Centric Behaviour*” organized by PRASAR PRASHIKSHAN KENDAR, Gurukul Kangri, Haridwar on 17 May 2016.
3. Invited Lecture on “*Internet Addiction and Mental Health*”, in Department of Computer Science, Gurukula Kangri Vishwavidyalaya, Haridwar on 07/04/2018
4. Lecture on “*Role of Guidance and Counseling on Yogic Science*” in Department of Yogic Science, Gurukul Kangri (Deemed University), Haridwar on 20/11/2018.
5. Invited lectures in webinar from 18<sup>th</sup> to 22<sup>th</sup> May 2020 on “Psychological Principles for Learning more Effectively” organized by Department of Microbiology and Biotechnology, MIER, Meerut.
6. Invited Lecture on “*Protection on Children from Sexual Offences Act (POCSOA) 2012*” for Orientation Programme for NSS/ETI (Empaneled Training Institute), Gurukul Kangri (Deemed University) Haridwar on 24/03 2021.

## ORIENTATION/REFRESHER COURSES ATTENDED

1. Participated in **Orientation Program** from 1.3.2005 to 28.03.2005 organized by UGC sponsored Academic Staff College, Panjab University, Chandigarh and obtained grade ‘A’.
2. Participated in **Refresher Course** in Psychology From UGC Sponsored Academic Staff College Panjab University, Chandigarh from 6.03.2007 to 26.3.2007 organized by Department of Education with grade ‘A’.
3. Participated in **Refresher Course** in Research Methodology in Social Science From UGC Sponsored Academic Staff College Kumaun University, Nainital (UK) from 11.11.2013 to 01.12.2013 and obtained Grade ‘A’.
4. Participated in UGC Sponsored **Winter School** from 01/12/2015 to 21/12/2015 From UGC Human Resource Development Centre, Kumaun University, Nainital (Uttarakhand) and obtained Grade ‘A’.
5. Completed the two weeks **Faculty Development Program** on “Climate Smart Governance” from 4-15 December, 2017. Conducted by Indian Institute of Public Administration, Sponsored by Department of Science and Technology, Government of India, New Delhi.
6. UGC-Sponsored **Short Term Course** on Gender Sensitization from 13/12/2019 to 19/12/2019 from UGC-(HRDC) Panjab University, Chandigarh

**Dr. ARUN KUMAR**  
Associate Professor