



PROF. RAKESH KUMAR [JAIN]

Department of Psychology
Gurukula Kangri (Deemed to be University)
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CLINICAL PSYCHOLOGIST

RCI CRR NO. A00503

TOTAL EXPERIENCE: 35 YEARS

CORE SKILLS:

- **Clinical Specialties:**
Hypnotherapy, Projective Techniques, Advanced Clinical Assessment.
- **Targeted Therapeutics:**
Specialized management protocols for OCD and Phobias.
- **Academic Leadership:**
Research Methodology, Curriculum Development, and Doctoral Supervision.

PIONEERED CLINICAL INNOVATIONS:

- **Cognitive Drill Therapy (CDT):**
Developed a structured psychological intervention framework for anxiety disorders, widely evaluated and utilized in clinical case studies.
- **Recovery Focused Behaviour Therapy (RFBT):** Formulated an outcome-driven behavior therapy framework targeting chronic psychological conditions.
- **Hypnotic Induction & Regression:**
Standardized streamlined methods for hypnotic induction and deep past-life regression protocols.
- **Rorschach Scoring System:**
Created an optimized, accessible scoring matrix tailored for clinical beginners and training students.

ONLINE SERVICES FOR OCD & PHOBIA:

- YouTube Channel: [View](#)

RESEARCH PROFILES:

- ResearchGate: [View](#)
- Google Scholar: [View](#)
- ORCID: [View](#)
- University: [View](#)

PROFESSIONAL EXPERIENCE

2021 – Present | Professor

Department of Psychology, Gurukula Kangri (Deemed to be University), Haridwar

- Deliver advanced lectures for postgraduate (PG) and Pre-Ph.D. coursework in psychology.
- Lead curriculum development committees updating frameworks for UG, PG, and Pre-Ph.D. programs in alignment with NEP-2020.
- Supervise, mentor, and examine doctoral research scholars in psychology.

1998 – 2021 | Senior Clinical Psychologist & Head of Department

(Clinical Psychology), Institute of Mental Health & Hospital (IMHH), Agra

- Directed diagnostic clinical psychological assessments and advanced management interventions for acute and chronic psychiatric disorders.
- Managed institutional assessments for the formal certification of intellectual and psychiatric disabilities.
- Spearheaded clinical training programs for M.Phil (Clinical Psychology).
- Served as the research co-supervisor for doctoral (Ph.D.) theses and psychiatric dissertations for M.D./DNB residents.

1990 – 1998 | Assistant Professor of Clinical Psychology & Officer-in-Charge

Chetana College of Special Education, Bhubaneswar

- Designed and delivered specialized training modules for special education teachers focused on psychological testing and behavioral modification.
- Conducted comprehensive diagnostic assessments and designed tailored behavioral management protocols for children and adults with intellectual disabilities.

EDUCATION & TRAINING:

1997 | Ph.D. in Psychology – Utkal University, Bhubaneswar

- **Focus:** Error correction procedures in educational interventions for children with intellectual disabilities.

1989 | M.Phil in Medical & Social Psychology – Central Institute of Psychiatry (CIP), Ranchi

- **Dissertation:** Comparative analysis of cognitive functions in paranoid vs. non-paranoid schizophrenia.

1985 | M.A. in Psychology – CCS University, Meerut

- **Specialization:** Abnormal and Clinical Psychology.

ONGOING DOCTORAL RESEARCH SUPERVISION (REGISTERED):		
Sl.	THESIS PARTICULARS	Links
1.	Divyanshu Shangari (2025 – Present) Interpersonal Sensitivity and Self-Compassion as Predictors of Positive and Negative Affect in Persons with Chronic Dermatological and Gastrointestinal Disorders: The Mediating Role of Emotion Regulation. – Gurukula Kangri University, Haridwar.	-
2.	Manisha Joshi (2024 – Present) The Therapeutic Value of Hypnotherapy in Stress Relief and Enhancing Hope and Well-being among Professionals. – Co-supervisor, Suresh Gyan Vihar University, Jaipur.	-
3.	Prashant Kumar (2024 – Present) Psychological determinants of emotion regulation in athletes. – Gurukula Kangri University, Haridwar.	-
4.	Siddhant Chaudhary (2024 – Present) Job crafting as a mediator between work experiences and career outcomes in private sector employees. – Gurukula Kangri University, Haridwar.	-
DOCTORAL RESEARCH SUPERVISION (DEGREE AWARDED):		
5.	Sampdata Vijayvergiya (2025) Psychosocial Factors and Experiences Associated with Acne in Young Adults. – Gurukula Kangri University, Haridwar.	-
6.	Vipin Kumar (2025) Effects of Yogic Practices on Positive Attributes in Young Adults. – Gurukula Kangri University, Haridwar.	-
7.	Shivi Tyagi (2025) Role of Anasakti, Spirituality, Emotional Intelligence and Personality in Career Decision Making Self-efficacy among University Students. – Gurukula Kangri University, Haridwar.	-
8.	Anjalee (2025) Effects of Online Gaming on Cognitive and Emotional Functioning in Adolescents and Young Adults. – Gurukula Kangri University, Haridwar.	-
9.	Radhika Sharma (2025) Psychological correlates of helplessness and hopelessness with self-efficacy as moderating variable in university students. – Gurukula Kangri University, Haridwar.	-
10.	Mohit Kumari (2024) Emotional States and Family Environment as Determinants of Adjustment and Suicide Ideation in Adolescents. – Gurukula Kangri University, Haridwar.	VIEW
11.	Kiran Srivastava (2022) An analytical study of insight in schizophrenia in relation to executive function and meta-cognition. – Mewar University.	VIEW
12.	Sachin Panchal (2021) Relationship of attachment styles, negative emotions, and cognitive emotion regulation in adolescents. – Co-guided with Dr. Kumkum Pareek, CCS University.	-
13.	Ruchi Jain (2019) Correlates of hypnotizability in young adults. – Mewar University.	-
14.	Vikas Sharma (2017) Effects of hypnotherapy on malignancy and associated conditions. – Co-guided with Dr. Pranav Pandya, Dev Sanskriti Vishwavidyalaya.	View
15.	Shraddha Tripathi (2017) Effects of hypnotic regression on phobia and anxiety symptoms in adults. – Co-guided with Dr. Pranav Pandya, Dev Sanskriti Vishwavidyalaya.	View
16.	Pooja Mahour (2017) Identification of predictors of cognitive insight in schizophrenic patients. – Co-guided with Dr. Prama Sharma, Dev Sanskriti Vishwavidyalaya.	View
17.	Preeti Sharma (2012) Nature and Functions of Recurrent Dreams. – Co-guided with Dr. Uma Rani, CCS University.	-
18.	Sunita Kandhari (2008) Development of A Comprehensive Scoring System for SIS-I. – Co-guided with Dr. Jyotsna Sharma, CCS University.	-
19.	Jashobanta Mohapatra (2009) Efficacy of SIS-I in Discriminating Schizophrenia and Mood Disorders. – Co-guided with Prof. P. Mishra, Sambalpur University.	View
20.	Ruchi Jain (2004) Diagnostic indicators on SIS-I and Rorschach among children with attention deficit hyperactivity disorder. – Co-guided with Dr. Beer Singh, CCS University.	-

AUTHORED BOOKS:

- Kumar, R. (2016). Cognitive Drill Therapy. ISBN: 978-1539554219.
- Kumar, R. (2016). A Glorious Journey of Past Life Regression. ISBN: 978-1533342201.
- Kumar, R. (2011). Power Hypnosis: A Clinical Approach. ISBN: 978-1466435124.
- Kumar, R. (2010). Rorschach Inkblot Test: A Guide to Modified Scoring System. ISBN: 978-8190992305.

STATUTORY COMPLIANCE & GOVERNANCE ROLES:

- **STATUTORY AUTHORITIES' MEMBERSHIP:**
 - **2026:** Member, Uttarakhand State Authority for Minority Education.
 - **2021:** Member, Uttarakhand State Mental Health Authority.
 - **2014 – 2016, 2018 & 2022:** Expert Committee Member (Clinical & Rehabilitation Psychology), Rehabilitation Council of India (RCI).
- **HIGH-LEVEL INSTITUTIONAL RESPONSIBILITIES - GURUKULA KANGRI (DEEMED TO BE UNIVERSITY):**
 - **2025:** Finance Officer
 - **2024, 2026:** Nodal Officer, National Education Policy (NEP-2020) Framework Implementation.
 - **2021-24:** Controller of Examinations
 - **2021-24:** Head, Department of Psychology
- **EXPERT MEMBER IN COMMITTEES & COUNCILS:**
 - **2026:** Research & Board of Studies, Kumaun University, Nainital
 - **2026:** Ph.D. Rules Committee, Uttarakhand Sanskrit University, Haridwar
 - **2026:** Institutional Development Plan, Gurukula Kangri (Deemed to be University), Haridwar
 - **2026:** UG & PG Curriculum and Framework as per NEP 2020, Gurukula Kangri (Deemed to be University), Haridwar
 - **2026:** UG & PG Examination Rules, Gurukula Kangri (Deemed to be University),
 - **2026:** Ph.D. Re-registration Rules, Gurukula Kangri (Deemed to be University), Haridwar
 - **2026:** 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 (DIPR), Defence Research and Development Organization (DRDO), Delhi
 - **2025-26:** Research Advisory Committee, CCS University, Meerut
 - **2025:** Research Degree Committee, Guru Ram Rai University, Dehradun
 - **2024-26:** Career Advancement Scheme (CAS) and Selection Committees across various central and state universities.
 - **2024:** Doctoral Committee, Defence Institute of Psychological Research (DIPR), Defence Research and Development Organization (DRDO), Delhi
 - **2011-20:** Visiting Expert, Accreditation of M.Phil in Clinical Psychology & Rehabilitation Psychology programs across 16 statutory Institutes/Universities, RCI, New Delhi.
 - **2001-26:** External Examiner for Postgraduate, Diploma, M.Phil in Clinical Psychology, and Ph.D. programs across 38 premier Universities and Medical Institutes.

VISITING FELLOWSHIPS

- **2018:** Centre for Health Psychology, Central University of Hyderabad.
- **2013:** Centre for Health Psychology, Central University of Hyderabad.
- **2007:** Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar.
- **2006:** Department of Psychology, M.D. University, Rohtak.
- **2005:** Centre of Advanced Study in Psychology, Utkal University, Bhubaneswar.

HONORS, AWARDS & ORATIONS

- **2020, 2008, 2004:** Research Awards conferred by the Somatic Inkblot Society.
- **2018:** Formally recognized among the 50 ICONS of Clinical Psychology in India, GBU, Gr. Noida
- **2017:** The prestigious Prof. HN Murthy Oration Award – Indian Association of Clinical Psychologists (IACP).
- **2017:** Innovative Scientist Award – Indian Academy of Health Psychology.

RESEARCH PAPERS (CHRONOLOGICAL MATRIX):

Sl.	Citations	LINK
1.	Bharti, J., Kumar, R. , Pallavi B., Rashmi S., & Dinesh R. (2026). From Misconduct to Merit: Understanding How Backdated Publications Shape Academic Hierarchies. <i>Science Insights</i> , 48(1), 2111-2122.	View
2.	Chaudhary, S., Tyagi, S., Sharma, A., Kumar, P., Kumar, R. , Bachheti, A., & Arya, A. K. (2026). Understanding the Transition from Peaceful to Extreme and Violent Environmental Protests: A Perspective. <i>Peace Review</i> , 38(1), 46–64.	View
3.	Anjalee, K. M., & Kumar, R. (2025). Impact of online video gaming behaviour on attention and anxiety among young adults. <i>INSPA Journal of Applied and Social Psychology</i> , 6, 220-229.	View
4.	Sharma, V. K., & Kumar, R. (2025). Effects of hypnotherapy on mood states: Studying the remedial role of hypnosis in cancer care. <i>Journal of Cancer Research and Therapeutics</i> , 21, 156-164 (Scopus CiteScore: 1.8).	View
5.	Prashant K., & Kumar, R. (2025). Perceived vs. Received social support: A narrative review of emotion regulation in athletes. <i>Sodh Sanchar</i> , 15, 104-108.	View
6.	Sharma, R., & Kumar, R. (2024). Self-Efficacy and Psychological Well-Being in Young Adults: The Moderating Effect of Dispositional Optimism. <i>Indian Journal of Psychological Science</i> , 18(1), 1-8.	View
7.	Kumar, V., & Kumar, R. (2024). Relationship between triguna and impulsivity in university students. <i>Gurukula Patrika</i> , 189-195.	View
8.	Sampada V., & Kumar, R. (2023). Relevance of Yoga in Management of Psychological Aspects of Skin Disorders. <i>Vaidika Vāg Jyotiḥ</i> , 11(20), 142-158.	View
9.	Agrawal, C., Kumar, R. & Jain, A. (2023). Relationship between Mindfulness, Emotional Regulation and Teaching Efficacy in School Teachers. <i>Journal of Indian Education</i> , XLIX(2), 63-78.	View
10.	Agrawal, C., Jain, A., & Kumar, R. (2023). Parenting Styles: An Indian Perspective. <i>Vaidika Vag Jyoti</i> , 11(21), 154-164.	View
11.	Agrawal, C., Balasubramanian, A., & Kumar, R. (2023). Social Emotional Learning and its Importance in Early Childhood Education. <i>ĀMNĀYIKĪ</i> , 24(II), 239-246.	View
12.	Tyagi, S., & Kumar, R. (2023). Role of Anasakti in Positive Psychological Outcomes. <i>Bhartiya Shiksha Sodh Patrika</i> , 42, (2) 685-688	View
13.	Mohit K., Dr. Manoj K. C., & Kumar, R. (2022). A review on parenting styles and suicide ideation in adolescence. <i>Gurukula Patrika</i> , 74(2), 190-204.	-
14.	Chinu A., & Kumar, R. (2022). Value of Respect for Nation in Adolescents: Role of Structured Experiential Education in Enhancing Awareness. <i>Chetana Journal of Social Sciences</i> , 1, 23-34.	View
15.	Radhika S., & Kumar, R. (2022). Role of Yoga in Psychological Attributes of Learned Helplessness and Self-Efficacy: A Conceptual Framework. <i>Vaidika Vag Jyoti</i> , 19, 78-88.	View
16.	Ahlawat, S., Gaur, A., Agarwal, V., & Kumar, R. (2022). Medication compliance in schizophrenic outpatients with psychoactive substance use co-morbidity: A cross-sectional study. <i>International Journal of Medical Science and Public Health</i> .	View
17.	Sisodia, A. K., Menia, A., Kumar, S., & Kumar, R. (2020). Disability and executive functions in Schizophrenia: A cross-sectional study. <i>International Journal of Medical and Biomedical Studies</i> , 4(6).	View
18.	Khan, S., Sahu, R. K., & Jain, R. (2020). Childhood trauma and dissociative symptoms in patients of substance-dependence and schizophrenia. <i>Indian Journal of Health and Well-being</i> , 11(10-12), 499-506.	View
19.	Kumar, D., Arya, B., & Kumar, R. (2019). Maintenance of Cognitive Drill Therapy Gains in Test	View

	Anxiety: A Pilot Study. <i>SIS Journal of Projective Psychology and Mental Health</i> , 26, 128-133.	
20.	Arya, B., Verma, S., & Kumar, R. (2019). Cognitive Drill Therapy: A Case Study of Social Anxiety Disorder. <i>Indian Journal of Clinical Psychology</i> , 46(10), 81-84.	View
21.	Kumar, S., Mohanty, S., & Kumar, R. (2019). Suppression and Reappraisal in Relation to Dimensions of Obsessive-Compulsive Disorder in Persons with OCD. <i>International Journal of Indian Psychology</i> , 7(4), 376-380.	View
22.	Dubey, B. L., Kumar, R. , & Dubey, A. (2018). Somatic Inkblot Series, Journal of Projective Psychology & Mental Health: Inception to Silver Jubilee. <i>SIS Journal of Projective Psychology and Mental Health</i> , 25(1), 5-34.	View
23.	Verma, S., Arya, B., Kandhari, S., & Kumar, R. (2018). Efficacy of Cognitive Drill Therapy in Treatment of Multiple Phobias: A Case Study. <i>SIS Journal of Projective Psychology and Mental Health</i> , 25(1), 76-79.	View
24.	Jain, R., Kumar, R. , & Kumar, R. (2018). Metacognitive Processes and Emotional Intelligence in Young Adults. <i>Behavioural Scientist</i> , 19(2), 129-134.	View
25.	Arya, B., Verma, S., Kumar, R. , & Mishra, R. (2018). Role of Cognitive Drill Therapy in Treatment of Evaluation Anxiety: A Case Study. <i>International Journal of Scientific and Research Publications</i> , 8(5), 297.	View
26.	Shabina, N., Jain, T., Singh, P., & Kumar, R. (2018). Cognitive Drill Therapy in Illness Anxiety Disorder: A Case Study. <i>SIS Journal of Projective Psychology and Mental Health</i> , 25(1), 86-91.	View
27.	Jain, T., & Jain, R. (2018). Recovery Focused Behavior Therapy in Treatment of Obsessive-Compulsive Disorder: A Case Study. <i>Psychology and Behavioral Science International Journal (PBSIJ)</i> , 8(5), 555748.	View
28.	Khan, S., Rathor, D. M. S., & Jain, R. (2018). Cognitive Drill Therapy in Mental Contamination: A Case Study. <i>International Journal of Advanced Research (IJAR)</i> , 6(5), 246-253.	View
29.	Kumar, S., Mohanty, S., & Kumar, R. (2018). Emotional Dysregulation of Affect in Persons with Obsessive-Compulsive Disorder. <i>Indian Journal of Clinical Psychology</i> , 45(2), 28-32.	View
30.	Khan, S., Jain, R., & Singh, P. (2018). Management of Comorbid Anxiety Through Cognitive Drill Therapy in a Patient of Somatoform Disorder: A Case Study. <i>Research Discourse</i> , 26, 129-133.	View
31.	Arya, B., Kumar, D., & Kumar, R. (2018). Efficacy of Cognitive Drill Therapy in Managing test Anxiety of Students. <i>The International Journal of Indian Psychology</i> , 6(3), 136-144.	View
32.	Kumar, R. (2017). HN Murthy Oration: Experiences in Verbal Exposure for Stimulus Bound Anxiety. <i>Indian Journal of Clinical Psychology</i> , 44(1), 14-20.	View
33.	Sharma, V. K., Pandya, P., Kumar, R. , & Gupta, G. (2017). Evaluation of hypnotherapy in pain management of cancer patients: A clinical trial from India. <i>Indian Journal of Pain</i> , 31, 100-106.	View
34.	Arya, B., Verma, S., & Kumar, R. (2017). Efficacy of Cognitive Drill Therapy in Treatment of Specific Phobia. <i>SIS Journal of Projective Psychology and Mental Health</i> , 24(1), 48-51.	View
35.	Kumar, R. , & Sahu, R. K. (2017). Recovery Focused Behavior Therapy (RFBT): A Case Study. <i>SIS Journal of Projective Psychology and Mental Health</i> , 24(1), 64-68.	View
36.	Kumar, R. , & Dubey, B. L. (2017). Cognitive Drill Perspective of the Nature of Stimulus in Anxiety Disorders. <i>SIS Journal of Projective Psychology and Mental Health</i> , 24(2), 135-136.	View
37.	Rathor, D. M. S., Mujahed, M., Kumar, S., Jain, R. , & Gaur, A. (2017). Correlation of some demographic parameters with laboratory parameters of metabolic syndrome, bipolar affective disorders and its therapeutics. <i>Indian Journal of Behavioral Sciences</i> , 26, 20-31.	View
38.	Kumar, R. (2017). Verbal Exposure for Irrational Fears: New Directions in Research and Applications. <i>Clinical and Experimental Psychology</i> , 3(3).	View
39.	Rathor, D. M. S., Mujahid, M., Kumar, S., Jain, R. K. , & Sisodia, A. K. (2017). Correlation of some demographic parameters with clinical parameters of metabolic syndrome, bipolar affective disorder and its therapeutics. <i>International Journal of Medical Science and Public Health</i> , 6(3), 507-514.	View
40.	Mahour, P., Sharma, P., Kumar, R. , & Agrawal, A. (2017). Study of relationship between cognitive insight and meta cognition in schizophrenia. <i>Indian Journal of Health and Wellbeing</i> , 8, 82-85.	View

41.	Rathor, D. S., Kumar, S., Tiwari, D., Jain, R. K. , & Sisodia, A. K. (2016). Prevalence of metabolic syndrome in drug-naive patients with schizophrenia. <i>International Journal of Medical Science and Public Health</i> , 5(12), 2574-2584.	View
42.	Jain, R., & Kumar, R. (2016). Association between hypnotizability and suggestibility in young adults. <i>SIS Journal of Projective Psychology and Mental Health</i> , 23(1), 61-64.	View
43.	Vishwakarma, P., Dwivedi, S., & Kumar, R. (2016). Emotional Intelligence, Exner's Special Indices on Rorschach in Schizophrenia. <i>SIS Journal of Projective Psychology and Mental Health</i> , 23(2), 66-72.	View
44.	Srivastava, K., & Kumar, R. (2016). Cognitive Insight and Executive Function in Schizophrenia. <i>SIS Journal of Projective Psychology and Mental Health</i> , 23(2), 106-114.	View
45.	Jain, R., Mohanty, S., & Kumar, R. (2016). SIS-II Indices and Suggestibility. <i>SIS Journal of Projective Psychology and Mental Health</i> , 23(2), 115-117.	View
46.	Kumar, R. , & Dubey, B. L. (2016). Cognitive Drill Therapy: A Potent Application of the Principles of Psychology for OCD and Phobia. <i>SIS Journal of Projective Psychology and Mental Health</i> , 23(2), 125-126.	View
47.	Parija, S., Yadav, A. K., Sreeraj, V. S., Patel, A. L. K., Yadav, J., & Kumar, R. (2016). Caregiver Burden and Expressed Emotion in Caregivers of Patients with Schizophrenia. <i>Journal of Psychosocial Rehabilitation and Mental Health</i> , 3(2), 83-87.	View
48.	Kumar, R. (2015). Areas of research in Somatic Inkblot Series. <i>SIS Journal of Projective Psychology and Mental Health</i> , 22(2), 130-138.	View
49.	Dwivedi, S., & Kumar, R. (2015). Efficacy of Cognitive Drill Therapy in Agoraphobia with Panic Disorder: A Case Study. <i>SIS Journal of Projective Psychology and Mental Health</i> , 22(2), 139-146.	View
50.	Jain, R., & Kumar, R. (2014). Emotional Intelligence and Suggestibility in Young Adults. <i>Indian Psychological Review</i> , 82(1), 23-30.	View
51.	Jain, R., & Kumar, R. (2013). Cognitive style and Metacognitive awareness in adults. <i>Praachi Journal of Psychocultural Dimension</i> , 29, 107-113.	View
52.	Kandhari, S., Sharma, J., Kumar, D., Kandhari, N., & Kumar, R. (2012). Efficacy of Comprehensive Scoring System for SIS-I in Discriminating Mania, Schizophrenia and Depression. <i>SIS Journal of Projective Psychology and Mental Health</i> , 19(1), 35-42.	View
53.	Kumar, R. , Singh, B., & Sameer, A. (2012). Preliminary Test of a Cognitive Drill as an Intervention. <i>Indian Journal of Clinical Psychology</i> , 39(1), 67-74.	View
54.	Kandhari, S., Sharma, J., Kumar, R. , & Kumar, D. (2011). Gender Differences in SIS-I Profile of Normal Population. <i>SIS Journal of Projective Psychology and Mental Health</i> , 18(1), 14-21.	View
55.	Mahapatra, J., Sahoo, D., Mishra, P. K., & Kumar, R. (2011). Evaluating Ego-Strength in Depression on SIS-I Indices. <i>SIS Journal of Projective Psychology and Mental Health</i> , 18(1), 69-76.	View
56.	Kandhari, S., Sharma, J., & Kumar, R. (2010). Discriminative power of the Comprehensive Scoring System for SIS-I. <i>SIS Journal of Projective Psychology and Mental Health</i> , 17(1), 16-22.	View
57.	Mahapatra, J., Sahoo, D., Mishra, P. K., & Kumar, R. (2010). Assessment of ego strength through Rorschach indices in schizophrenia. <i>SIS Journal of Projective Psychology and Mental Health</i> , 17(1), 23-26.	View
58.	Kandhari, S., Sharma, J., & Kumar, R. (2010). Development of a Comprehensive Scoring System for SIS-I. <i>SIS Journal of Projective Psychology and Mental Health</i> , 17(2), 120-125.	View
59.	Kumar, D., & Kumar, R. (2009). Correlations between SIS-I and Rorschach Indices in Normal. <i>SIS Journal of Projective Psychology and Mental Health</i> , 16(1), 55-57.	View
60.	Kumar, R. (2009). Factor Structure of SIS-I in adults. <i>SIS Journal of Projective Psychology and Mental Health</i> , 16(2), 124-127.	View
61.	Mahapatra, J., Sahoo, D., Mishra, P. K., & Kumar, R. (2009). SIS-I Indices as a Measure of Ego Strength in Schizophrenia. <i>SIS Journal of Projective Psychology and Mental Health</i> , 16(2), 152-154.	View
62.	Kumar, S., & Kumar, R. (2008). Institute of mental health and hospital, Agra: Evolution in 150 years. <i>Indian Journal of Psychiatry</i> , 50(4), 308-312.	View

63.	Kumar, R., Kandhari, S., & Dubey, B. L. (2008). Estimation of the contribution of gender in productivity on SIS-I. <i>SIS Journal of Projective Psychology and Mental Health</i> , 15(1), 48-51.	View
64.	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.	View
65.	Kumar, R., & Singh, A. (2007). A comparison of SIS-I indices in normal children and adults. <i>SIS Journal of Projective Psychology and Mental Health</i> , 14(1), 44-47.	View
66.	Kumar, D., Dubey, B. L., & Kumar, R. (2007). Inter-correlations of nine indices. <i>SIS Journal of Projective Psychology and Mental Health</i> , 14(1), 59-63.	View
67.	Kumar, D., Dubey, B. L., & Kumar, R. (2006). Gender Differences in SIS-I Profile of Manic Patients. <i>SIS Journal of Projective Psychology and Mental Health</i> , 13(1), 61-64.	View
68.	Kumar, S., Singh, R., Mohanty, S., & Kumar, R. (2006). SIS-I and Rorschach in schizophrenia: A correlational study. <i>SIS Journal of Projective Psychology and Mental Health</i> , 13(2), 120-124.	View
69.	Kumar, D., Kumar, J., & Kumar, R. (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.	View
70.	Kumar, R. (2005). An extended scoring system of SIS-I. <i>SIS Journal of Projective Psychology and Mental Health</i> , 12(2), 123-128.	View
71.	Jain, R., Singh, B., Mohanty, S., & Kumar, R. (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.	View
72.	Kumar, R. (2005). Rapid hypnotic induction: R.K. Method. <i>Indian Journal of Community Psychology</i> , 1(1), 10-18.	View
73.	Kumar, S., Singh, R., Mohanty, S., Srivastava, A., & Kumar, R. (2004). Stressful life events and social support in first episode mania. <i>Indian Journal of Behavioural Sciences</i> , 13/14, 56-62.	-
74.	Kumar, R., 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.	-
75.	Srivastava, A. K., Kumar, S., Kumar, R., & Singh, B. (2004). Neurocognitive dysfunction in chronic schizophrenics. <i>Indian Journal of Clinical Psychology</i> , 31(2), 132-134.	View
76.	Kumar, S., Sharma, V. D., Mohanty, S., & Kumar, R. (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.	View
77.	Kumar, S., Mohanty, S., & Kumar, R. (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.	View
78.	Kumar, S., Mohanty, S., Kumar, R., & Kumar, A. (2001). Gender differences in perceived burden of care among spouses of depressive patients. <i>Eastern Journal of Psychiatry</i> , 5, 26-28.	-
79.	Kumar, R. (2000). Meta-analysis of the findings on SIS-II. <i>SIS Journal of Projective Psychology and Mental Health</i> , 7(2), 141-147.	-
80.	Mohanty, S., Pati, N. C., & Kumar, R. (1998). Effects of token economy on the rate of envelope making in the persons with mental retardation. <i>Social Science International</i> , 14(1-2), 84-97.	-
81.	Kumar, R., & Sharma, R. G. (1993). Memory in deteriorated schizophrenics. <i>Perspectives in Psychological Researches</i> , 16, 54-57.	-
82.	Pati, N. C., Mohanty, S., & Kumar, R. (1993). Rate of mental retardation in identification camps for the mentally retarded persons. <i>Perspectives in Psychological Researches</i> , 16, 46-48.	-
83.	Kumar, R., & Sharma, R. G. (1993). Intellectual functioning in paranoid and non-paranoid schizophrenics. <i>Perspectives in Psychological Researches</i> , 16, 46-48.	-
84.	Kumar, R., Mohaptra, S., & Mohanty, S. (1992). Prevalence of behaviour problems among mentally retarded persons. <i>Social Science International</i> , 8(1-2), 24-28.	View
85.	Kumar, R., Nayak, C., & 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.	View

86.	Kumar, R., & Mohanty, S. (1991). Behaviour problems among mentally handicapped persons attending educational institutions. <i>Perspectives in Psychological Researches</i> , 14(2), 37-42.	-
87.	Kumar, R., & 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.	View

SL	BOOK CHAPTERS	LINK
1.	Chaudhary, S., & Kumar, R. (2026). Understanding Online Toxicity in the Indian Subcontinent. In R. Kumar & K. Kumar (Eds.), <i>Industry 4.0 Emerging technologies in digital era</i> . Crown Publishing. ISBN: 978-93-7424-807-2.	View
2.	Chaudhary, S., & Kumar, R. (2025). Beyond numbers: The role of qualitative methods in understanding human experience in psychology. In <i>Shodh Pravidhiyan: Prachyavidya ke vishesh sandarbh mein</i> (pp. 124-135).	-
3.	Vijayvargiya, S., & Kumar, R. (2025). Steps in writing a thesis. In H. K. Navneet, A. K. Dhiman, B. Vedalankar, & A. S. Tomar (Eds.), <i>Shodh Pravidhiyan: Prachyavidya ke vishesh sandarbh mein</i> (pp. 254-264).	-
4.	Chaudhary, S., & Kumar, R. (2025). An Introduction to IoT Psychology. In R. Kumar & K. Kumar (Eds.), <i>IoT and Cybersecurity: Innovations and Applications</i> . Sahitya Sansthan. ISBN: 978-93-89882-99-5.	-
5.	Chaudhary, S., & Kumar, R. (2025). Can nanotechnology change our reality? <i>Nanotechnology for Sustainable Development: Innovation and Applications</i> . ISBN: 978-81-985450-6-0.	View
6.	Chaudhary, S., & Kumar, R. (2024). Dual perspectives of digital gaming. In S. Uniyal & D. Singh (Eds.), <i>Human Cognition: In the Digital Era</i> . Clever Fox Publishing. ISBN: 978-9356485860.	View
7.	Sabri, A., Kumar, A., & Kumar, R. (2024). Delving into the nano-Mind: Unveiling the potential and challenges of nano-psychology in mental health. In R. Kumar & K. Kumar (Eds.), <i>Nanotechnology for all</i> . ISBN: 978-93-95397-98-8.	View
8.	Chaudhary, S., & Kumar, R. (2024). AI and the future of human-computer interaction. In R. Kumar & K. Kumar (Eds.), <i>AI for Everyone</i> (pp. 161-177). ISBN: 978-93-95397-61-2.	View
9.	Vijayvergiya, S., & Kumar, R. (2024). Virtual reality in the treatment of psychological disorders. In R. Kumar & K. Kumar (Eds.), <i>AI for Everyone</i> (pp. 9-25). ISBN: 978-93-95397-61-2.	View
10.	Tyagi, S., & Kumar, R. (2024). Mindful media consumption: Balancing presence in the digital era. In A. Kumar & A. Sharma (Eds.), <i>Mindful Media: Mental health challenges in digital age</i> . ISBN: 978-93-6452-363-9.	View
11.	Kumar, R. (2016). Psychological consequences in female victims of crime. In R. Kashyap (Ed.), <i>Crime Against Women</i> . Meerut: Anu Books. ISBN: 978-9382166474.	View
12.	Kumar, R. (2007). Past life regression in health-related conditions. In R. Singh & R. Shyam (Eds.), <i>Psychology of Wellbeing</i> . New Delhi: Global Vision Publishing House. ISBN: 978-8182201965.	View

PROFESSIONAL AFFILIATIONS & EDITORIAL LEADERSHIP:

• EDITORIAL BOARD MEMBERSHIPS:

- Indian Journal of Clinical Psychology (Associate Editor)
- SIS Journal of Projective Psychology and Mental Health (Executive Editor)
- Chetana Journal of Social Sciences (Co-Editor)
- Indian Journal of Mental Health and Disabilities
- Indian Journal of Community Psychology
- Agra University Journal of Research-Science
- International Journal of Contemporary Issues in Behavioural Sciences

KEY LEADERSHIP ROLES IN PROFESSIONAL ASSOCIATIONS:

- Academy of Hypnosis, India: Vice-President
- Indian Association of Clinical Psychologists (IACP): Fellow | Chairperson, Constitution Amendment Committee | Chairperson, Disaster Management Committee | Past President (UP Chapter)
- Somatic Inkblot Society (SIS): Fellow | Past President
- Indian Academy of Health Psychology: Life Member | National Co-ordinator & Chairperson, E-Academy
- Additional Memberships: Founder Life Member, Association of Health Psychologists | Life Member, Indian Society of Clinical and Experimental Hypnosis | Life Member, Praachi Psycho-cultural Research Association | Life Member, Community Psychology Association of India | Life Associate Member, Indian Psychiatric Society.

CONTRIBUTIONS TO CURRICULUM DEVELOPMENT:

- Expert Member in Board of Studies contributing to UG, PG, Postgraduate Diploma, M.Phil, and Pre-Ph.D. Coursework across:
 - Rehabilitation Council of India (RCI) | Gurukula Kangri University | CCS University | Dayalbagh Educational Institute | Sri Dev Suman Uttarakhand University | Swami Ram Himalayan University | Chandigarh University | DIT University | Dev Sanskriti University | Patanjali University | Maa Shakumbhari University.

ADVANCED MEDICAL & PSYCHIATRIC CO-SUPERVISION:

- **M.D. IN PSYCHIATRY THESIS: CO-SUPERVISION:**

- Dr. Arti Yadav (2019) | Efficacy of adjunctive low frequency rTMS over supplementary motor area in treatment of obsessive compulsive disorder: A Randomized prospective study. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Avinash C. Negi (2019) | Knowledge and attitude of relatives of patients with psychiatric illness towards electroconvulsive therapy. – Co-supervised with Dr. Anil Sisodia.
- Dr. Pradeep Kumar Verma (2019) | Prevalence of psychiatric co-morbidity, quality of life and disability in patients of bipolar disorder. – Co-supervised with Dr. Anil Gaur.
- Dr. Saurabh Ahlawat (2019) | Medication compliance in psychiatric outpatient with psychoactive substances use comorbidity: A cross-sectional study. – Co-supervised with Dr. Anil Gaur.
- Dr. Amit Meshram (2017) | Working memory impairment as an endophenotype in schizophrenia. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Avichal (2017) | Relationship of psychopathology and cognitive impairment with neurological soft signs in patients with schizophrenia. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Ritika (2016) | Cognitive flexibility and motor inhibition in OCD and their unaffected first degree relatives. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Nitesh (2015) | Temperament in character dimension in patients with schizophrenia with and without aggressive behaviour: A comparative study. – Co-supervised with Prof. Sudhir Kumar.

- **DNB IN PSYCHIATRY THESIS: CO-SUPERVISION:**

- Dr. Rajkumar Sahoo (2017) | Relationship of dissociation and childhood trauma in patients with schizophrenia. – Co-supervised with Dr. Anil Sisodia.
- Dr. Akhil Menia (2016) | Disability and Executive functions in Schizophrenia: A cross sectional study. – Co-supervised with Dr. Anil Sisodia.
- Dr. Rohit (2016) | Executive functions in unaffected first-degree relatives of patients with schizophrenia & Bipolar affective disorder: A comparative study. – Co-supervised with Prof. Sudhir Kumar.

- Dr. Anjana Kavoor (2016) | 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. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Shiv Prasad (2014) | A study of Factors associated with treatment adherence in patients suffering from schizophrenia. – Co-supervised with Dr. Anil Sisodia.
- Dr. D.B. Tiwari (2014) | Prevalence of metabolic syndrome in drug naive patients with schizophrenia. – Co-supervised with Dr. D.M.S. Rathor.
- Dr. Ananya Chaudhary (2013) | Assessment of Prodromal syndromes and Neurological soft rights in first degree relatives of patients with schizophrenia. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Seema Parija (2013) | Burden and expressed emotion in caregivers of schizophrenia and bipolar affective disorder patients: A comparative study. – Co-supervised with Dr. O.P. Gangil.
- Dr. Puneet Chowdhary (2013) | Comparative Study of Phenomenology of Cannabis Induced Psychosis with Bipolar Disorder and Schizophrenia. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Sreeraj (2013) | Anxiety and Impulsivity as endophenotype in Bipolar disorder. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Ashutosh Singh (2012) | Neurological soft signs in schizophrenia and bipolar disorder: A comparative study. – Co-supervised with Dr. Anil Sisodia.
- Dr. Rashmi Chaudhary (2012) | Predictors of well being in spouses of chronic schizophrenic patients. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Prasant Shukla (2011) | Comparison Cognitive functions in Patients, First Degree relatives and controls of Bipolar Affective disorders. – Co-supervised with Prof. Sudhir Kumar.
- Dr. Pramit Jain (2011) | Quality of Life in Patients with Bipolar affective disorder in remission. – Co-supervised with Dr. O.P. Gangil.
- **POSTGRADUATE DIPLOMA DISSERTATIONS: CO-SUPERVISION:**
 - Ahamad Sameer (2009) | Case studies in Cognitive Drill Therapy. – Barkatullah University. Co-supervised with Prof. Bhupinder Singh.
 - Nidhi Lathey (1999) | Rorschach profile in schizophrenics. – Co-supervised with Prof. Sudhir Kumar.
 - Vibha Sharma (1999) | Comparison of human figure drawing among manics, depressives and controls. – Co-supervised with Prof. Sudhir Kumar.
 - Varsha Sharma (1999) | Rorschach profile in psychotics. – Co-supervised with Prof. Sudhir Kumar.

MONOGRAPHS & OTHER RESEARCH PUBLICATIONS:

- Vijayvargiya, S., & Kumar, R.(2023). Role of Hypnosis in Psychodermatology. Newsletter of the Academy of Hypnosis.
- Vijayvargiya, S., & Kumar, R.(2023). Role of hypnosis in oncology and other psychosomatic diseases. International Conference of Academy of Hypnosis India Souvenir, Vadodara.
- Chinu Agrawal and Kumar, R.(2023). Value of Respect for Nation in Adolescents: Role of Structured Experiential Education in Enhancing Awareness. Chetana Journal of Social Sciences.
- Kumar, R.(2019). Cognitive Drill Therapy. A Compendium of Initiatives: Contributions of Clinical Psychology for a Healthy India, NIMHANS, Bengaluru (pp. 69-70).
- Kumar, R.(2017). Application of Cognitive Drill Therapy and Hypnosis. International Conference of Indian Academy of Health Psychology Souvenir, Lucknow (pp. 12-14).
- Kumar, R.(2017). Cognitive Drill Therapy. National Workshop on Psycho-Yogic Therapies Compendium, CCS University, Meerut.
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- Kumar, R.(2009). Past Life Regression Therapy. Dev Sanskriti: Inter-Disciplinary Journal of Behavioral Sciences and Oriental Studies, 5 & 6, 15-20.
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- Pati, N. C., & 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.
- Kumar, R., Nanda, S., & 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.
- Kumar, R. & Mohanty, S. (1992). Level of mental retardation: An analysis of subjective estimate. NASEOH News, 5, 31-32.

HIGHLIGHTED PROFESSIONAL CERTIFICATIONS & COMPLIANCE TRAINING:

- **2019:** National Orientation Program for Appointed Visiting Experts, Rehabilitation Council of India, New Delhi.
- **2018:** National Training Program on Research Ethics and Good Clinical Practice (GCP), National JALMA Institute, Agra.
- **2015:** Sensitization Module Development for Government Officials on Disability Frameworks, RCI, New Delhi.
- **2013:** Continuing Medical Education (CME) on Advances in Cognitive Neurosciences, PGIMER & Dr. RML Hospital, New Delhi.
- **2011:** Professional Laboratory Certification in Biofeedback and Neurofeedback Systems, New Delhi.
- **2000:** Advanced Clinical Certification in Behavior Therapy, NIMHANS, Bangalore.
- **1998:** Advanced Somatic Inkblot Series (SIS) Diagnostic and Therapeutic Training, Certified directly by Prof. B.L. Dubey, Chandigarh.

INVITED LECTURES/ RESOURCE PERSON IN ACADEMIC & SCIENTIFIC PROGRAMMES:

- **2026:** Rajasthan University | Charusat University, Vadodara.
- **2025:** RGPG College, Meerut.
- **2024:** Chandigarh University | CCS University, Meerut.
- **2023:** CCS University, Meerut | Academy of Hypnosis, India.
- **2022:** Gautam Buddha University, Greater Noida.
- **2020:** SGT University, Gurugram | Hindustan College of Management and Computer Studies, Mathura.
- **2019:** Rajasthan University | Charusat University, Vadodara | Amity University, Gwalior | M.D. University, Rohtak | D.G. College, Baraut | Meerut College.
- **2018:** Rajasthan University | CCS University | Gautam Buddha University | D.G. College, Baraut | International Conference of Indian Academy of Health Psychology | SCB Medical College, Cuttack | Regional Institute of Education (RIE), Bhopal | University of Patanjali | Government Medical College & Hospital, Chandigarh | Amity University, Noida | DAV PG College, Varanasi | Centre for Health Psychology, University of Hyderabad.
- **2017:** CCS University | Hindustan College of Management and Computer Studies, Mathura | SCB Medical College, Cuttack | Indian Academy of Health Psychology | RIE Bhopal | University of Jammu | National PG College, Lucknow | Defence Institute of Psychological Research (DIPR), Delhi.
- **2016:** Gautam Buddha University | D.G. College, Baraut | Hindustan College of Management and Computer Studies, Mathura | SCB Medical College, Cuttack | RIE Bhopal | Indian Academy of Health Psychology | Central Institute of Psychiatry (CIP), Ranchi | Orissa State Branch of Indian Psychiatric

Society | Unique Psychological Services, Delhi | M.S. University of Baroda | MSKB College, Muzaffarpur | Psychowaves, Chandigarh.

- **2015:** Indian Institute of Psychology, Noida | Department of Applied Psychology (South Campus), University of Delhi | D.G. College, Baraut.
- **2014:** M.D. University, Rohtak | SCB Medical College, Cuttack | National PG College, Lucknow | Indian Institute of Psychology, Noida | Ismail PG College, Meerut.
- **2012:** M.G. Kashi Vidyapith, Varanasi | Agra College, Agra.
- **2010:** TechFest, Indian Institute of Technology (IIT), Mumbai | Agra College, Agra | CCS University, Meerut.
- **2007:** Lucknow University | RGPG College, Meerut.
- **2006:** M.D. University, Rohtak | Purvanchal University, Jaunpur | Institute of Human Behavior and Allied Sciences (IHBAS), Delhi.

HYPNOSIS DEMONSTRATIONS:

- **University Demonstrations (1987 – Present):** Conducted over 45 intensive individual and group trance induction showcases across major institutions—including IIT Mumbai (TechFest), Central University of Hyderabad, Utkal University, Regional Institute of Education (Bhopal), and CCS University Meerut—focusing on suggestibility architectures and trance phenomena.
- **Clinical Training Outreach:** Delivered 15+ high-level corporate and public lectures profiling the Psychology of Fears, Altered States of Consciousness, and Transpersonal Psychiatry under the auspices of the Theosophical Society and the Rotary Club International.

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