

## **DR. MANOJ KUMAR CHAUHAN**

### **Assistant Professor (Adhoc)** **Department of Psychology**

Name **MANOJ KUMAR CHAUHAN**  
Father's Name **Shri Narendra Singh Chauhan**  
Mother's Name **Shrimati Vimla Chauhan**  
Date of Birth **18<sup>th</sup> Feb 1974**  
  
Educational Qualification **B.Sc.(Biology), M.Sc. & Ph.D (Psychology)**



Present Occupation **Assistant Professor [ADHOC] in G.K. University, Haridwar (U.K.).**  
Teaching Experience **Eleven Years (Approx.) from G.K. University Haridwar (U.K.)**  
Educational Qualifications **B.Sc.(Biology), M.Sc. & Ph.D (Psychology)**  
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## **PUBLISHED WORK**

### **1.1 BOOK (National)**

- (i) Chauhan, M. K. (2010): “Psychosomatic Correlates of Asthma”, Parimal Publications 27/28, Shakti Nagar, Delhi-110007, ISBN : 978-81-7110-363-8.**

## 1.2 PUBLISHED RESEARCH PAPERS

THERE ARE TOTAL NINETEEN RESEARCH PAPERS PUBLISHED IN ESTEEMED JOURNALS AND PROCEEDINGS:-

### (A) PAPERS PUBLISHED IN JOURNALS:

DETAILS OF SEVENTEEN RESEARCH PAPERS PUBLISHED IN ESTEEMED JOURNALS

1. **Chauhan, M. K.**, Khokhar, C.P & Kumar, S. (2014) “*Impact of Asthma Occurrence State, Age, Sex and Heredity on the level of Fatigue*”. Journal of Wellbeing Society, Vol. 18, Number 1, Jan 2014, I.S.S.N. : 0974-8717 Published by Prof. (Dr.) Vijaya Laxmi Chauhan, Chief Editor, Journal of Well Being Society, Cross and Crown Publications, Udaipur (Raj.)-313001
2. **Chauhan, M.K.** & Khokhar, C.P. (2014) “*Impact of Asthma Occurrence State, Age, Sex and Heredity on the level of Regression*”. Behavioural Scientist, July, Volume 14, No. 1, Jan 2014, I.S.S.N. : 0972-5911, Published by Dr. R.L. Bhardwaj, Editor, Behavioural Scientist ‘Bal Niwas’ 25/91, Taj Basai, Agra-282001 (U.P.).
3. **Chauhan, M.K.** & Khokhar, C.P. (2014) “*Role of Yama & Niyama in Enhancing Psychic Stability*”. Gurukul Shodh Prabha, Sept, Volume 4, Jan 2014, I.S.S.N. : 2319-8907, Published by Prof. Satyadev Nigmaalankar, Gurukul kangri Vishwavidyalaya, Haridwar (Uttarakhand)-249404
4. **Chauhan, M.K.**, and Khokhar, C.P. (2012) “*Impact of asthma occurrence state, age, sex and heredity on the level of extraversion*”. Journal of Well Being, Vol. 6, Number 2, July 2012, I.S.S.N. : 0974-8717, Published by Prof. (Dr.) Vijaya Laxmi Chauhan, Chief Editor, Journal of Well Being, Academy of Well Being Society, Cross and Crown Publications, Udaipur (Raj.)-313001, Pages 18-29.
5. **Chauhan, M.K.**, and Khokhar, C.P. (2011) “*Impact of asthma occurrence state, age, sex and heredity on the level of Arousal*”. Behavioural Scientist, July, Volume 12, 2011, I.S.S.N.: 0972-5911, Published by Dr. R.L. Bhardwaj, Editor, Behavioural Scientist ‘Bal Niwas’ 25/91, Taj Basai, Agra-282001 (U.P.), Pages –
6. **Chauhan, M.K.** (2009) “*Impact of asthma occurrence state, age, sex and heredity on the level of Stress*”. Behavioural Scientist, January, 26, 2009, Vol.- 10 Number 1, I.S.S.N.: 0972-5911, Published by Dr. R.L. Bhardwaj, Editor, Behavioural Scientist ‘Bal Niwas’ 25/91, Taj Basai, Agra-282001 (U.P.) Pages 21-28.
7. **Chauhan, M.K.** and Saini, Anil (2009) “*O;fDrRo ,oa ckyJe*” (*Personality And Child Labour*) Samaj Vigyan Sodh Patrika, Research Journal of Social Sciences, April-September 2009, Vol. 1, No.IX, ISSN 0973-7626, RNI: UPBIL/2005/16107, Published by Dr. A.K. Rustugi & Dr. Virendra Sharma, Amroha, (U.P.) Pages 217-221.
8. **Chauhan, M.K.** (2008) “*Psychological Correlates of Alcoholism*”. Indian Journal of Psychometry and Education, July, 2008, Vol.39 No. 2, ISSN: 0378-1003, Published by Mahesh Bhargava (Executive Director) Harprasad Institute of Behavioural Studies 42, Hardeep Enclave, Sikandra, Agra-282007 (U.P.) Pages 160-163.
9. Khokhar, C.P. and **Chauhan, M.K.** (2007) “*Depression and Pscho-physiological Respiratory Disorder*”. Modern Psychology and Human Life, Edited Book, by Dr. Mahesh Bhargava. 2006-2007, ISBN: 81-88890-63-4; Rakhi Prakashan, 12-A, 4<sup>th</sup> Floor, Raman Tower Sanjay Place, Agra. Pages 288-296.

10. Khokhar, C.P. and Chauhan, M.K. (2004) “*Psychoneurotic tendency in Asthmatics*”. *Individual Differences & Behavior*, 3-4, July 2004, I.S.B.N.: 81-902068, Wisdom Publications, Delhi, Pages 80-85.
11. Khokhar, C.P. and Chauhan, M.K. (2003) “*Anxiety and Asthma*”. *Praachi Journal of Psycho-Cultural Dimensions*, October, 2003 Vol.19, No.2, P.P.C.R.A., Meerut, ISSN: 0971-7064, Pages 86-91.
12. Chauhan, M.K. (2009) “*Enhancing the organizational effectiveness: Interventions and Strategies*”. Samaj Vigyan Sodh Patrika, Research Journal of Social Sciences, October 08-March 09, Vol.2, No.8, ISSN 0973-7626, RNI: UPBIL/2005/16107, Published by Dr. A.K. Rustugi & Dr. Virendra Sharma, Amroha, (U.P.) Pages 31-40.
13. Chauhan, M.K. (2009) “*Health Psychology: An innovative approach to Human Aid*”. Samaj Vigyan Sodh Patrika, Research Journal of Social Sciences, April-September 2009, Vol. 1, No.IX, ISSN: 0973-7626, RNI: UPBIL/2005/16107, Published by Dr. A.K. Rustugi & Dr. Virendra Sharma, Amroha, (U.P.) Pages 90-95.
14. Chauhan, M.K. (2008) “*Emotional states among widows and married women*”. Samay-Aagam, Research Journal of Social Sciences, Summer 2008, Year IInd Vol.-I, Multilingual, U.P.Mul 00531/24/1/2006, Published by Samay Aagam, 412/3, Jagarti Vihar, Garh Road, Meerut (U.P.) Pages 261-268.
15. Chauhan, M.K., and Kumar, S. (2008) “*मानसिक स्वास्थ्य एवं बालश्रम*” (*Mental Health and Child Labour*). Samay-Aagam, Research Journal of Social Sciences, Summer 2008, Year IInd Vol.-I, Multilingual, U.P.Mul 00531/24/1/2006, Published by Samay Aagam, 412/3, Jagarti Vihar, Garh Road, Meerut (U.P.) Pages 227-237.
16. Saini, A.K. and Chauhan, M.K. (2008) “*Role of computer as an Assistant Clinician in Psychology*”. Samaj Vigyan Sodh Patrika, Research Journal of Social Sciences, April-September 2008, Vol.1, No.7, ISSN 0973-7626, RNI: UPBIL/2005/16107, Published by Dr. A.K. Rustugi & Dr. Virendra Sharma, Amroha, (U.P.), Pages 34-38.
17. Chauhan, M.K. (2008) “*Advantages of Physical Education and Sports for the development of the Society*”. Samay-Aagam, Research Journal of Social Sciences, Winter 2008, Year IInd Vol.-I, Multilingual, U.P.Mul 00531/24/1/2006, Published by Samay Aagam, 412/3, Jagarti Vihar, Garh Road, Meerut. Pages 157-161.

## **(B) PAPERS PUBLISHED IN CONFERENCE/SEMINAR PROCEEDINGS**

### **DETAILS OF TWO RESEARCH PAPERS PUBLISHED IN CONFERENCE/SEMINAR PROCEEDINGS**

18. Chauhan, M.K., and Khokhar, C.P. (2008) “*Importance of mental health in sports*”. Professional And Scientific Approach Of Physical Education & Sports In 21<sup>st</sup> Century, Proceedings of National Conference, February 01 to 02, 2008, Published by Prof. A.K. Chopra, Registrar, G.K. University, Gurukul Patrika, Haridwar, Pages 139-147.
19. Chauhan, M.K., and Thakur, Y. (2001) “*The aerobics and yogic exercises in the advanced age as related to mental health*”. Trends in Clinical Diagnosis & Psychotherapy (Modern and Vedic), Proceedings of National Conference, March 16 to 18, 2001, Published by Prof. Mahavir Agarwal, G.K. University, Haridwar, Pages 293-302.

## **PAPERS PRESENTED IN CONFERENCES/SEMINARS**

DETAILS OF TWENTY EIGHT RESEARCH PAPERS PRESENTED IN NATIONAL/ INTERNATIONAL CONFERENCES AND PARTICIPATION IN FIVE NATIONAL WORKSHOPS AND FOUR NATIONAL SEMINARS.

## 2.1 INTERNATIONAL PARTICIPATION:

1. ***“IMPACT OF ASTHMA OCCURRENCE STATE, AGE, SEX AND HEREDITY ON THE LEVEL OF REGRESSION”*** in **International Vedic-Conference, “World-Veda-Conference”** (November 20-22, 2009) organized by Veda Department at Gurukul Kangri University, Haridwar (Uttarakhand).
2. ***“STRESS AS DETERMINANT OF CORONARY HEART DISEASE”*** in **International Conference on “Yoga & Health Awareness in Modern Scenario”** (March 23-25, 2007) organized by Department of Human Consciousness and Yogic Science at Gurukul Kangri Vishwavidyalaya, Haridwar.
3. ***“ROLE OF YAMA AND NIYAMA IN ENHANCING PSYCHIC STABILITY”*** In **International Vedic-Conference on “Contribution of the Vedas to the World”** (January 27-30, 2005) organized by Department of Veda at at Gurukul Kangri University, Haridwar (Uttarakhand).
4. ***“STRESS AND PSYCHOSOMATIC DISORDER”*** in **International Conference on “Positive Health and Well Being”** of Indian Academy of applied Psychology (IAAP) on (July 15-17, 2004) organized by Department of Psychology at M.D. University Rohtak (Haryana).

## 2.2 NATIONAL PARTICIPATION:

5. ***“हास्य योग का तनाव एवं चिंता पर पड़ने वाले प्रभाव का अध्ययन”*** In National conference on “वैश्विक ज्ञान-विज्ञान के परिप्रेक्ष्य में वेदों की प्रासंगिकता”;Relevance of the Vedas in Perspective of Global Knowledge systems) organized by Department of Veda, **13-15 March, 2015**, at Gurukul Kangri Vishwavidyalaya, Haridwar.
6. ***“जलनेति-क्रिया एवं त्राटक के अभ्यास का अवसाद एवं तनाव पर पड़ने वाले प्रभाव का अध्ययन”*** In National Conference on “Yogic Management of Life Style Disorders” **30-31 March, 2015** organized by Department of Human Consciousness and Yogic Science at Gurukul Kangri Vishwavidyalaya, Haridwar.
7. ***Emotional States as determinants of Hypertension”***5<sup>th</sup> National Conference on “Present Innovative Approaches & New Paradigm in Physical Education” (On National Sport Day) **29 August, 2014** organized by Department of Physical Education & Sports, Gurukul Kangri Vishwavidyalaya, Haridwar.
8. ***“Mental Health of Divorced and Marital Adjusted Women”*** In 6<sup>th</sup> National Conference on “Business and Social Science” organized by Faculty of Management Studies (FMS) **27 April, 2014** at Gurukul Kangri Vishwavidyalaya, Haridwar.
9. ***“Life Style Improvement in Elderly People with Psychosocial Rehabilitation”*** (MHCRA-15, 16 February 2014) at Dept. of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar.
10. ***“Impact of Teacher Training Programme on Teaching Aptitude of Pupil-Teachers”*** (MHCRA – 15, 16 February 2014) at Dept. of Psychology, Gurukul Kangri Vishwavidyalaya, Haridwar.
11. ***“वेदों में मानसिक स्वास्थ्य”*** In National Conference on “Mental Health challenges and Remedial Approaches (MHCRA – 15, 16 February 2014) organized by Department of Psychology, at Gurukul Kangri Vishwavidyalaya, Haridwar.
12. ***“POSITIVE ROLE OF SOCIAL SUPPORT IN CHD PATIENTS”*** in National Conference on “सकारात्मक चिंतन का दार्शनिक स्वरूप एवं उसकी वर्तमान संदर्भ में प्रासंगिकता” (March 26, 2012) organized by Department of Philosophy at Gurukul Kangri Vishwavidyalaya, Haridwar.

13. ***"IMPACT OF ASTHMA OCCURRENCE STATE, AGE, SEX AND HEREDITY ON THE LEVEL OF EXTRAVERSION"*** in National Seminar on **"Indigenous Techniques in Psychotherapy-concept and applications"** (25, 26 and 27 March, 2011) organized by Department of Clinical Psychology, Dev Sanskriti Vishwavidyalaya, Gyatrikunj, Shantikunj, Haridwar (U.K).
14. ***"DETERMINANTS OF FATIGUE IN ASTHMATICS"*** in National Seminar on **"84<sup>th</sup> Session Indian Philosophical Congress"** (9, 10 and 11 January, 2011) at Department of Philosophy, Gurukul Kangri Vishwavidyalaya, Haridwar.
15. ***"IMPACT OF ASTHMA OCCURRENCE STATE, AGE, SEX AND HEREDITY ON THE LEVEL OF GUILT"*** in National Seminar on **"Indian Democracy: Status And Dimensions"** (September 16-17, 2009) at B.S.M. P.G. College, Roorkee, Haridwar (Uttarakhand).
16. ***"DETERMINANTS OF AROUSAL IN ASTHMA PATIENTS"*** in National Seminar on **"Mental Health and Current Scenario"** (March 20-21, 2009) at Gurukul Kangri Vishwavidyalaya, Haridwar.
17. ***"HEALTH PSYCHOLOGY: AN INNOVATIVE APPROACH TO HUMAN AID"*** in National Seminar on **"Global Warming: Its impact on Environment, Economy, Society and Politics"** (December 27-28, 2008) at S.M.J.N. (P.G.) College, Haridwar, (Uttarakhand).
18. ***"ENHANCING THE ORGANIZATIONAL EFFECTIVENESS: INTERVENTIONS AND STRATEGIES"*** in National Seminar on **"Intellectual Property Rights in Developing Countries"** (September 27-28, 2008) at S.M.J.N. (P.G.) College, Haridwar, (Uttarakhand).
19. ***"MENTAL HEALTH AND CHILD LABOUR"*** In all India Seminar on **"Environment, Agriculture & Poverty"** (February 10-11, 2008) at Jagdeesh Saran Hindu P.G. College, Amroha (U.P.).
20. ***"IMPORTANCE OF MENTAL HEALTH IN SPORTS"*** In National Conference on **"Professional & Scientific Approach of Physical Education & Sports In 21<sup>st</sup> Century"** (February 1-2, 2008) organized by Department of Physical Education at Gurukul Kangri Vishwavidyalaya, Haridwar.
21. ***"EMOTIONAL STATES AMONG WIDOWS AND MARRIED WOMEN"*** in National Seminar on **"Regionalism & National Integration"** (December 29-30, 2007) at S.M.J.N. P.G. College, Haridwar (U.K.)
22. ***"PERSONALITY AND CHILD LABOUR"*** in XXXIII All India Sociological Conference on **"State, Civil Society And Socioal Justice"** (November 29 to December 1, 2007) at Karnatak University, Karnatak.
23. ***"ANXIETY AND ASTHMA"*** in National Seminar on **"Impact of Globalization on Rural Development"** (October 25-26, 2007) at M.V. P.G. College Satikund, Kankhal, Haridwar.
24. ***"DEPRESSION AND PSYCHOPHYSIOLOGICAL DISORDER"*** in National Seminar on **"Depression: Causative Factors And Remedies"** (October 27-28, 2004) at Digamber Jain College, Baraut (Baghpat) U.P.
25. ***"A STUDY OF EMOTIONAL MATURITY IN ALCOHOL ADDICTS"*** in National Seminar on **"Mental Health: Problems and Interventions"** (March 27-28, 2004) organized by Department of Psychology at Gurukul Kangri Vishwavidyalaya, Haridwar.
26. ***"ROLE OF COMPUTER AS AN ASSISTANT CLINICIAN IN PSYCHOLOGY"*** in National Seminar on **"Psychological Implications Of New Dimensions Of Technological Development"** (February 22-23, 2002) at Vaish P.G. College, Bhiwani (Haryana).
27. ***"THE AEROBICS AND YOGIC EXERCISES IN THE ADVANCED AGE AS RELATED TO MENTAL HEALTH"*** in National Conference on **"Trends In Clinical Diagnosis And Psychotherapy—Modern And Vedic"** (March 16 to 18, 2001) organized by Department of Psychology at Gurukul Kangri Vishwavidyalaya, Haridwar.
28. ***"A STUDY OF ANXIETY LEVEL IN YOUNG ATHLETES JUST BEFORE THE SEMIFINAL AND FINAL MATCHES"*** in XIII National Conference on **"Sports Psychology"** (October 17-19, 2000) organized by Department of Physical Education at Gurukul Kangri Vishwavidyalaya, Haridwar.

## **2.3 NATIONAL WORKSHOPS & SEMINAR ATTENDED:**

1. Attended a National Conference on “**Constitutional Rights and Duties**” on 5<sup>th</sup> April 2015 organized by Rule of Law and Justice Society (Regd.) Uttarakhand.
2. Attended a workshop on “**Harnessing Intellectual Property & Its Management for Growth and Prosperity**” on 17<sup>th</sup> May 2014. Organized by Uttarakhand State Council of Science & Technology (UCOST) and Gurukul Knagri Vishwavidyalaya, Haridwar in association with National Research Development Corporation, New Delhi (NRDC). Organized by Faculty of Management & Science, at Gurukul Knagri Vishwavidyalaya, Haridwar.
3. A 7 days National Workshop on “**Yoga and Alternative Therapies**” (26 March, 2014 to 01 April, 2014) organized by Department of Human Consciousness & Yogic Science has been attended at G.K. University, Haridwar (U.K.).
4. A National Seminar on “**मनोविकारों का प्रबन्धन**”, April 07, 2011 organized by Patanjali Yogdham Trust (Reg.) at Arya Nagar, Jwalapur, Haridwar (U.K.) and Deptt. of Human Consciousness & Yogic Science at Gurukul Kangri Vishwavidyalaya, Haridwar (U.K.).
5. A National Seminar and Workshop on “**Teaching Methods in Yoga**” (March 12 to 13, 2011) organized by Deptt. of Human Consciousness & Yogic Science has been attended at Gurukul Kangri Vishwavidyalaya, Haridwar (U.K.).
6. A National Workshop on Canadian Studies (March 3 to 7, 2003) organized by Deptt. of English has been attended at Gurukul Kangri Vishwavidyalaya, Haridwar. (U.K.).
7. A National Seminar on “**Strategies for Sustainable Rural Development**”, March 14-15, 2002 organized by Haryana Institute of Rural Development, (Govt. of Haryana) at Nilokheri-132117 (Karnal)
8. A National Workshop on “**Physical and Mental Fitness**” (October 15-16, 2000) organized by Deptt. of Physical Education has been attended at Gurukul Kangri Vishwavidyalaya, Haridwar (U.K.)

## **3.0 M.A/M.Sc Dissertation/Project Supervised**

1. “**हास्य योग का तनाव एवं चिंता पर पड़ने वाले प्रभाव का अध्ययन**”
2. “**जलनेति—किया एवं त्राटक के अभ्यास का तनाव पर प्रभाव**”

**(Dr. Manoj Kumar Chauhan)**

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