

BIO-DATA

Name: Dr. BIMAL KUMAR

Address (Residential): R.B. College, Dalsinghsarai, Samastipur

Designation : Assistant Professor

Department : Psychology

Date of Birth : 07-01-1965

Area of specialization : Clinical Psychology



• ACADEMIC QUALIFICATIONS

Exam Passed	Board/ University	Subjects	Year	Div/Grade
High School	B.S.E. Board, Patna	Phy, Che, Math, Sans, Eng	1980	Pass
Higher Secondary or Pre-degree	Magadh University, Bodh gaya	Psy, A. ISAS, Eco, Hin, Eng	1982	Ist
Bachelor's Dgree (s)	Magadh University, Bodh gaya	Psychology (Hons)	1985	IInd
Master's degree (s)	Magadh University, Bodh gaya	Psychology	1989	IInd
Research Degree (s)	Magadh University, Bodh gaya	Psychology	1995	
Others (Diploma)/ certificate etc.				

**For teachers already in employment at the time of introduction of the scheme and for new entrants at the time of joining of the institution.*

• RESEARCH EXPERIENCE & TRAINING

Research Stage	Title of Work/ Thesis	University where the work was carried out
M. Phil or equivalent	Nil	
Ph.D.	Some personality, motivational and background factors in relation to anxiety	Magadh University
Post-Doctoral	Nil	
Publications (give a list separately)	Attached	

Research Guidance (Given names of students guided successfully)	Nil	
Training (please specify)	Nil	

• **RESEARCH PROJECTS CARRIED OUT:**

Title of the Project	Name of the Funding Agency	Duration	Remarks
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NIL

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Name of the Seminar/ conference, Symposium, Workshop etc.	Name of the Speaker/ Agency	Place/ date
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- Psychological factors in women empowerment in Bihar, MLSM Coellege Darbhanga, 19-20 may 2007
- National Seminar on The Role of HRD in women empowerment, Millat College, darbhanga, 26-27 Sept. 2011
- Indian psychological association (IPA)
- National conference on psychological well being, Dept. of Psychology, Tilka Manjhi, Bhagalpur University, Bhagalpur on 25-26th Nov 2013, paper presented on Emotional intelligence and depression among students
- UGC sponsored national seminar, university department of Psychology, LMNU Darbhanga on 04-05-2014, paper presented on home environment emotional intelligence among adolescents
- ICSSR sponsored national seminar & annual conference IPA, dept. of psychology Nirmala College, Ranchi on 7-8th Feb 2016, paper presented on counseling for handicapped people: A specific approach

• **TEACHING EXPERIENCE**

	Course Taught	College/ Institute	Duration
i.	UG (BA/ B.Sc. etc. Pass) (BA/ B.Sc. etc. Hons)	CMB College, Ghoghardiha	1996 – Oct, 2014
ii.	PG (MA/ M. Sc. Etc.)	R.B. College Dalsinghsarai	Oct, 2014- Contiued
iii.	M. Phil		
iv.	Any others		

Total Teaching Experience.....

a. Under- Graduate (Pass) :

- b. Under- Graduate (Hons) : 18 years
- c. Post-Graduate : 3 years

- **Innovation/ Contributions in Teaching**

- i. Design of curriculum : No role of teachers
- ii. Teaching methods : Chalk & Duster, Smart Class
- iii. Laboratory : Yes
- iv. Evaluation methods : continuous, internal assessment
- v. Preparation of resource material Nil
Including books, reading materials, Laboratory manuals, etc.
- vi. Remedial Teaching/Students Counselling (Academic): Yes, in the College sanctioned by UGC
- vii. Any Other:
 - Worked as Bursar,
 - Worked as examination controller,
 - Working as sport president

- **Extension work/ community service**

- Work with students during flood nearby village
- a. Please give a short account of your contribution to:
 - i. Community work such as value of national integration, secularism, democracy, socialism, humanism, peace, scientific temper, flood or drought relief, small family norms etc. Relief work during flood awareness programme in the village
 - ii. National Literacy Mission Nil
 - iii. Positions held/ Leadership role played in organization linked with extension work and National Service Scheme (NSS), or NCC or any other similar activity Counselor during various programme organized by NSS in nearby village

- **Participation in Corporate Life**

Please give a short account of your contribution to:

- a. College/ University/ Institution : worked in the college in diff capacities
- b. Co-curricular Activities : regular organize quiz comp, debate etc.
- c. Enrichment of Campus Life

(hostels, sport, game, Cultural activities): worked in the college cultural president

- d. Students Welfare and Discipline : member college disciplinary committee & member student welfare comm.
- e. Membership/ participation in bodies/
Committees on education and national development
- f. Professional organization of Teachers: Nil

- , a. Membership of professional bodies, societies etc: Member of ISCA
- b. Editorship of Journals : Nil

• **Any other information :**

Being the single faculty for many years, performed different function as & when needed worked as organizing secretary of LNMU Youth Festival 2016

A. TEACHING:

a. Classes Taught

Class	Periods				
	Assigned per week		Taught in the year		Steps taken for the teaching of periods missed during absence of leave
	**L	T/P	**L	T/P	
UG (BA/ B.Sc. etc. Pass)	12	4	360	120	
UG (BA/ B.Sc. etc. Hons)					
PG (MA/ M.Sc. etc.)	12	8	360	240	
M. Phil.	Nil				
Any other	Guiding research				

(To be filled at the end of every academic year) *L= Lecture, T= Tutorial, P= Practical

- b. Regularity and punctuality : regular & punctual
- c. Details of courses teaching plan, synopses of lecture and reading lists supplied to students:
Yes
- d. Details of participation in the following:
 - I. University evaluation : yes examiner for evaluation of degree –I, II & II of LNMU
 - II. Internal evaluation : yes, for PG students
 - III. Paper setting : Nil
 - IV. Assessment of Home assignment : yes for PG students
 - V. Conducted of Examination: yes, in the college examination
 - VI. Evaluation of Dissertation etc: Nil

B. Details of Innovation/ contribution in teaching, during the year:

- a) Design of curriculum: As per university
- b) Teaching methods: chalk & duster
- c) Laboratory experiments: yes
- d) Evaluation methods: continuous, internal assessment
- e) Preparation of resource material including books, reading materials, laboratory manual etc. Nil
- f) Remedial teaching/ Students counseling (Academic): yes in the college sanctioned by UGC
- g) Any other:
 - Worked as Bursar,
 - Worked as examination controller,
 - Working as sport president

C. Improvement of professional competence:

- a. Details regarding refresher course/ orientation attended, participation in summer school, workshop, seminar, symposia, etc. including open University courses/ M. Phil., Ph.D.

1. Refresher Course

- Psychodynamic of Indian's Social Problem, 5th refresher course in Psychology, organized by Ranchi University Ranchi, 15-01- 2003 to 04-02- 2003.
- Social development in Jharkhand: Prospect & challenges, organized by Ranchi University, 04-12-2006 to 24-12-2006.
- Socio-cultural changes & globalization, organized by 04-12-2007 to 24-12-2007

2. Orientation Course

- Orientation course, organized by academic staff college, B.R. Ambedkar Bihar University, Muzaffarpur sponsored by UGC

D. Research Contribution:

- a. Number of Students (M. Phil./ Ph.D.)

At the beginning of the year	Registered during the year	Completed during the year
M. Phil.	Nil	
Ph.D.	2011	Under progress

- b. No. of research paper published (please enclosed list): enclosed

- c. Research projects: Nil

Title of the project	Name of the Funding Agency	Duration
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- d. Details of seminars, conferences, symposia organized

- e. Patents taken, if any, give a brief description : Nil

- f. Membership of professional bodies, editorial of Journals, etc.: Member ISCA

(Signature of the Teacher)

Research Paper:

- 1995. Manifestation of anxiety in male and female school students, magadh journal of social research, 1 (1), 39-41.
- 2012. Pattern of anger and holistic among hypertensive, behavioural research review, 4 (1), 94-99.
- 2012. Impact of exercise on the cognitive functioning of the aged, behavioural research review, 4(1), 108-112.
- 2012. Participation in sports and personality traits of the female youth, behavioural research review, 4 (2), 220-223.
- 2013. Emotional intelligence and depression among college students, behavioural review journal, 5 (1), 70-74.
- 2013. Comparison between pre-exercise meals intake effect with different glycemic load on exercise performance in female athletes, 6, 169-173.
- 2013. Mental health, anxiety disorder factors and treatment, the Indian journal of research, 56-61.
- 2016. Anxiety disorders variety causes treatment, the journal of research, 41-47.