



Mr. Mohit Kumar
Assistant Professor
Department of Psychology
St. Bede's College, Shimla



Mr. Mohit Kumar (M.A., M. Phil., Pursuing Ph.D.)
Assistant Professor & HOD
Department of Psychology
St. Bede's College, Shimla (H.P.)
Teaching Experience: 6 years
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EDUCATIONAL QUALIFICATIONS: M.A., M.Phil., Pursuing Ph.D., SET

Sr. No.	Degree	Subject	College/University	Year of Passing
1	B.A.	Psychology	Govt. College, Sanjauli	2014
2	M.A.	Psychology	H.P.U.	2017
3	M.Phil.	Psychology	H.P.U.	2019
4	Ph.D.	Psychology	H.P.U.	Pursuing
5	SET	Psychology	HPPSC	2018
6	Specialization	Social Psychology	H.P.U.	2019

TOTAL TEACHING EXPERIENCE: 6 Years
Teaching Experience at St. Bede's College: 6 Years

RESEARCH EXPERIENCE: 2 Years



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SUBJECTS TAUGHT:

UG: Understanding and dealing with Psychological Disorders, Emotional Intelligence, Experimental Psychology, Bio-Psychology, Statistical Methods for Psychological Research-I, Effective Decision Making, Sociopathic Disorders, Psychology of Collective Behaviour, Introduction to Psychology and Psychological Research.

OTHER RESPONSIBILITIES:

Convener:

Election Committee, Anti-drug Squad, and Financial Lab cum Incubation Centre.

Member:

IQAC, NAAC Criterion 1 Incharge, Examination Committee, and Timetable Committee.

ACHIEVEMENTS:

❖ **BOS Member:**

Serves as a member of the Board of Studies at Himachal Pradesh University and has contributed to the development of the NEP-2020 curriculum for undergraduate Psychology students.

❖ **IGNOU Counselor:**

Serves as an Academic Counselor for the Master of Arts (M.A.) programme at Indira Gandhi National Open University (IGNOU).

❖ **Resource Person:**

Invited as a resource person for a workshop titled “Promoting Intergenerational Bonding with College Students”, sponsored by the National Institute of Social Defence, held at St. Bede's College on November 27, 2024.

❖ **Paper Publications:**

- Published a paper titled as “Self-Efficacy and Risk-Taking among Adolescents” in Indian Journal of Psychological Science (UGC Approved Journal), January 2021, Volume 13, Issue 2.
- Presented a paper titled “An Eye for an I: A Comparative study of Self-Consciousness among Male and Female Adolescents” in the ICSSR sponsored International Seminar on 3rd and 4th March, 2023
- Published a book chapter titled “An Eye for an I: A Comparative study of Self-Consciousness among Male and Female Adolescents” in Transformation of India: Exploring Multifaceted Demiensions by Dr. Anupama Tandon.



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❖ **Workshops:**

- In 2019, participated in a workshop on “Research Methodology Course in Social Sciences for Research Scholars” organised by Sunil Upadhyaya Educational Trust (SUET) & Students of Holistic Development of Humanity(SHoDH), H.P. University, Shimla.
- Attended a workshop on “Global Health and Well-Being” organised by Department of Psychology, in 2016 at H.P. University, Shimla. Mr. Mohit Kumar AHe serves as a member of the Board of Studies at Himachal Pradesh University and has contributed to the development of the NEP-2020 curriculum for undergraduate Psychology students.

❖ **Faculty Development Program:**

- Participated in six day faculty development program on “Enhancing Quality Assurance in Higher Education: Insights into NEP 2020 and NAAC’s Binary Accreditation Framework” organised by Internal Quality Assurance Cell, St. Bede’s College, Shimla from December 16-December 21, 2024.
- Participated in five day Faculty Development Programme on Academic Writing and Research Methodology: Multidisciplinary from December 26-30, 2023 organised by St. Bede's College, Shimla.
- Participated in the FDP on “Revamping Emotional and Professional Paradigms for an Inclusive Approach to Holistic Education” organised by Department of Commerce and Management under the aegis of IQAC, St. Bede’s College Shimla, from March 3rd to March 7th, 2022.
- Completed a 4-Week Induction/Orientation Programme for “Faculty in Universities/Colleges/Institutes of Higher Education” from 20 December, 2021 –19 January, 2022.
- Participated in two days online training programme from 15th to 16th December 2020 on Psychosocial Care in Disaster Management for Colleges within Shimla city organised by Shimla Municipal Corporation in collaboration with United States Agency for International Development (USAID), United Nations Development Programme (UNDP) under the aegis of Ministry of Home Affairs (MHA), Government of India.



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- Participated in two days Faculty Development Program on Online Teaching Tools organised by Department of Computer Science, St. Bede's College on August 4 - 5, 2020.
- ❖ **Seminars/Webinars:**
- Organized one day seminar on " Mind Mastery: Achieving Excellence and Personal Growth through Psychology" at St. Bede's College, Shimla on December 9, 2024.
- Attended one-day seminar on Building Excellence in Life and Career through Work Ethics and Culture organized by Internal Quality Assurance Cell, St. Bede's College, Shimla on November 18, 2024.
- Attended one day Webinar on “Building a Culture of Responsibility: Professional Ethics in the Workplace” organized by Internal Quality Assurance Cell, St. Bede's College, Shimla on October 26, 2024.