



**Name: Dr Ritesh Kumar**

**Designation: Assistant professor**

**Qualifications: M.A., Ph.D.**

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### ***Biographical Sketch***

Dr Ritesh Kumar received his doctorate in Psychology from Indian Institute of Technology, Roorkee in 2023. He was awarded MHRD Junior Research Fellowship and Senior Research Fellowship at IIT Roorkee. He completed his MA in Applied Psychology with specialization in clinical psychology from Tata Institute of Social Sciences, Mumbai. He received his BSc. in Psychology from Sikkim Central University. He was awarded Hindustan Merit Scholarship for his meritorious achievements in SSC examinations. He has more than 2 years of full-time teaching experiences. He has published six research papers in national and international journals. His research interests are in the areas of social cognition – attachment, loss, grief, judging and decision making.

### ***Areas of Specialisation and Research***

Dr Kumar's doctoral work was in the area of interpersonal relationships, specifically on the cognitive interdependence of married partners in Indian arranged marriages. Post his doctoral work he was involved in research works exploring loneliness among young adults in India. More recently his team (with members from University of Nebraska, US and UPES, Dehradun) has received research grant for research work on Acceptance and commitment therapy. The project is currently in process.

### ***Teaching Experience***

Dr Kumar has five years of experience as teaching assistant in IIT Roorkee where he was required to take tutorial classes for introduction to psychology. He also has more than two years of full-time teaching experience. He worked in IMS Unison University from January 2022 to February 2023. He taught Statistics, Biopsychology, Research methodology, Introduction to psychology, Clinical Psychology, Counselling Psychology, and Social psychology to undergraduate students at IMS Unison University. He taught at Amity University Kolkata from

February 2023 to June 2024 where he taught History of psychology, Health psychology, Counselling psychology to undergraduate students, and Psychopathology and Personality Theories to post-graduate students.

### **Administrative Responsibility**

Dr Kumar was research co-ordinator and library co-ordinator for the School of Liberal Arts at IMS Unison University. He also served as the psychology lab co-ordinator at IMS Unison University, Dehradun.

### **Publications**

#### **Article published in Peer-reviewed journals**

1. (2024) **“From Strangers to Spouses: Exploring Dyadic Effects of Attachment Insecurities in Indian Arranged Marriages”**, *Interpersona: An international journal on personal relationships*, (Ritesh M. Kumar and Ram Manohar Singh), ISSN: 1981-6472 (in press)
2. (2021) **“The many faces of grief: A systematic literature review of grief during the covid -19 pandemic”**, *Illness, Crisis, and Loss*, (Ritesh M. Kumar), Vol. 31 (1), Pp. 100-119, ISSN: 1054-1373 [Most read paper of the journal as on July, 2024]
3. (2021) **“Assessing the Psychometric Properties of Hindi version of Relationship Structure (ECR-RS) Scale among Young Adults”**, *Journal of Psychological Research*, (Ritesh M. Kumar), Vol. 3 (3), Pp. 100-119, ISSN: 2630-5143
4. (2022) **“Couple Identity in Indian Arranged Marriages: Perceived Partner Responsiveness as the mediator of Attachment Styles and Couple Identity”**, *Couple and Family Psychology: Research and Practice*, (Ritesh M. Kumar and Ram Manohar Singh), 13 (2), Pp. 143-155, ISSN: 2160-4096
5. (2022) **“Exploring the Five Factor Structure of the Need for Closure Scale on Indian Samples”**, *European Journal of Psychology and Educational Research*, (Ritesh M. Kumar and Ram Manohar Singh), Vol. 5 (1), Pp. 45-51, ISSN: 2630-5143