

Nimrat P. Singh (Ph.D.)

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BIO-RESUME

Nationality: Indian

Educational Qualification:

Ph.D. in Psychology

‘Identifying The Personality Traits of Effective Managers In Indian Organizations Using The Cross and Self-Rating Techniques and The California Psychological Inventory’ (2002).

Educational Details:

Degree	Year	Institution	Percentage	Class
Ph.D.	2002	Gujarat University (School of Psychology)		
M.A.	1989	Bombay University (Clinical Psychology)	**63%	1 st
B.A.	1987	Ruparel College (Entire Psychology) (Mumbai)	* 68%	1 st
HSC	1984	Ruia College (Mumbai)	65%	1 st
SSC	1982	Loreto Convent (Mumbai)	74%	1 st

* Stood second in the Arts Faculty and first in the Psychology Department in Ruparel College.

* Stood 7th in the Bombay University Applied Psychology Department.

Experience:

Founded Tangram in 2003, a centre which is actively involved in Training, Counselling, Psychotherapies, Psychometric assessment & HR related activities with educational institutions & organizations.

Was one of the founder members of Manthan Centre for Counselling during 1996 – 2003. It was one of the first counselling centres of Gujarat.

Interest and Hobbies:

Cycling, Swimming, Painting (oils), Photography (nature), Travelling, Tarot Card reading, Reading – Philosophy, Psychology & Literature Books. Writing articles on applied psychology and current topics.

References:

John Fredrickson, MSW
ISTDP Institute, 3000 Connecticut
N.W #400, Washington D.C. 20008,
Email: jf1844@gmail.com
WI 53213, 414.219.9039

Dr. Ashok Bedi, M.D.
Jungian Psychoanalyst & Board
Certified Psychiatrist
1220, Dewey Avenue, Wauwatosa,
Email: ashokbedi@sbcglobal.net

A.	Teaching Assignments	Nature of Assignments	Time / Duration
1	'Associate Professor', Institute of Management in Nirma University	Associate Professor	August 2022
2	Online One-month Adolescent / Teen Psychology course	By Tangram	March 2022
3	Online One-month Child Development & Parenting course	By Tangram	Dec 21-Jan 22
4	Online One-month Clinical Psychology Internship course	By Tangram	2021-2021
5	Online One-month Counselling Internship course	By Tangram	2021-2021
6	Online One-month Career Assessment Training Program	By Tangram	4 th Oct 2021
7	Job oriented Course in Psychology at Tangram		2019
8	Visiting Faculty at NRBBA – GLS	Visiting Professor	2017
9	Visiting Faculty at National Institute of Design – Integrating Psychology in Design (co-creation)	Visiting Professor	2013
10	Ahmedabad University – HRM Course	Visiting Professor	2011
11	Indian Institute of Planning & Management – HRM course	Visiting Professor	2009-2010
12	School of Petroleum Management – Soft Skill course	Visiting Professor	2009-2010
13	Academy for HRD, Fellowship Programme Doctoral Course	Visiting Professor	2007-2012
14	Short courses on Counselling Skills & Personal Growth	Co-Ordinator	Ongoing
15	Nirma Institute of Management	Visiting Professor	2009-2010
	a. PGP – II Recruitment & Selection		2003-2005
	b. Family-Owned Business & Entrepreneurship of OB Programme		
16	Gujarat University, Ahmedabad, Psychology Department	Visiting Professor	1993-1994
17	Sophia College, Mumbai, Psychology Department	Lecturer	1990

B.	Psychotherapy And Counselling	Nature of Assignment	Time / Duration
1	Psychologist at Tangram – Tracking the human mind	Assessment, Counselling & Psychotherapy (CBT, NLP, REBT & ISTDP)	April 2003 onwards
2	Counsellor & Therapist at -		
	a. Student Developmental Centre – MICA	Counselling	2016
	b. Manthan Centre for Human Development	Counselling	1996 till 8 yrs.
	c. Student Counsellor – National Institute of Design	Counselling	2009-2010
	d. Student Counsellor – Indian Institute of Management – Ahmedabad	Counselling	2003-2005

C. HR Consultancy Assignments	Nature of Assignments
1. Enabling World – TWE Solutions	Webinars Training – 'Art of Calming Down' sessions for JPMC.
2. Enabling World – TWE Solutions	Webinars Training – Women's Mental Health & for Managers on 'Stress Management During Covid Times' & on 'Mental Health'.
3. Knoldus Software LLP	Training for Employees on 'Work Life Integration'.
4. Mitsubishi Chemicals India	Training for Managerial Effectiveness
5. Ministry of Industrial Training	Coaching for Performance – Psychometric Assessment.
6. Teva Pharm India Pvt. Ltd.	IDP Mapping Intervention & Assessment
7. Huntsman	Self-Initiative in Leadership Programme.
8. Welspun Corporation Ltd.	Managers Training on EQ.
9. Bosch Rexroth India Limited	Behavioural Training
10. Vadilal Industries Limited	OD Study for Dharampur Plant
11. Huntsman	Behavioural Training
12. IFFCO	Behavioural Training & Leadership Workshops
13. Ashima Textiles	HR Consultants (Counselling & Training)
14. Saint Gobain Float Glass Ltd.	Psychometric Assessments for Recruitment.
15. Masibus Process Instruments (P) Ltd.	HR Consultant - Designing & Implementing Systems (Retainership)
16. Mahindra & Mahindra (FES)	OD Interventions, Talent Audit Profiling & Training.
17. Darpana Institute of Performing Arts	Diagnostic Study – OD Interventions
18. Gujarat State Petroleum Corporation	OD Intervention
19. Intas Pharmaceutical Ltd.	OD Intervention, Behavioural Training
20. Torrent Power Ltd.	Recruitment, Managerial Development Training & Psychometric Assessment.
21. United Riceland Pvt. Ltd.	OD Intervention & Role – Competency Mapping.

D. Papers Publication and Presentation

I. Organizational:

- a. 'Managing Attrition through a Standardized Process' at NIRMA International Conference on Management – 2009 on Strategic HRM & Entrepreneurship in the Changing Business Scenario.
- b. Selection: A Tool Kit for Executives at the national HRD Network, Ahmedabad Chapter, June 2003.
- c. 'Identifying the Personality Traits of Effective Indian Managers' – Leadership & Change. International Conference on Human Resource Development in Asia, IIM Bangalore, 2003.

- d. 'Managing Business for Survival & Growth' in the changing scenario at the Institute for Management Consultants of India (Ahmedabad Chapter), 1997.

II. Educational

- a. The Role of Psychometrics in Selection of an Institutional Head – A Study, International Journal of Education & Psychological Research, Vol 8, Issue – 4, Dec 2019. (<http://ijepr.org>)
- b. A Changing Profile of High School Girls in Rural India – A Positive Shift – Indian Journal of Psychology & Education, Vol 8, Issue 2, July 2018. (<http://www.ijpe.co.in/>)
- c. Holistic Talent Profile (HTP). A Student Empowerment Model', International Journal of Indian Psychology (IJIP), June 2017. (<https://ijip.in/articles/holistic-talent-profile-htp-a-student-empowerment-model/>)
- d. 'Developing Teachers As Counsellors – An Empowerment Model', International Research of Education and Psychological Research (IJEPR), March 2017. (<https://ijepr.org/paper.php?id=340>)
- e. 'Mentoring Personal and Academic Development of High School Students of Rural Gujarat' – A longitudinal Study', 24th Annual Convention of National Academy of Psychology (NAOP), Bhopal, December 2014.

III. Clinical

- a. Published article on "Mental Constitution and Hope: An Amalgamation of the East and West" by St. Xaviers University - Journal of Interdisciplinary Research. Kolkata Vol. 2, Issue 1, 2024.
- b. 'Masochistic Behavioural Tendencies and Self-Mutilation in Anorexia Nervosa: A Case Evaluation', The International Journal of Indian Psychology, Volume 11, Issue 4, October- December, 2023.
- c. Poster presented at 'Masochistic Behavioural Tendencies and Self – Mutilation in Anorexia Nervosa: A case evaluation at the 47th NACIACP 2021 virtual conference held on 28th to 30th May 2021, AFMC Pune.
- d. 'A Cross Sectional Study on Depression Awareness using the D-Lit' in Indian Journal of Mental Health (IJMH), in the Oct – Dec 2020 Issue 7, volume 4.
- e. Published article on 'Depression ... Why Talk? In Psychologists Magazine by Dr. Jai Prakash in Oct 2020. (<https://www.youtube.com/c/Psychologists>)
- f. Presented paper 'Fear of Flying' at '14th International Online Congress on Alzheimer's and Dementia' Frankfurt, Germany by Alexa Maddison, Conference Director held on 5th October 2020.
- g. Paper presented on 'A Cross Sectional Study on Depression Awareness using the D-Lit' in RCI Approved International Mental Health Conference organized by Holistic Healing by Prof. Hervez R. Bharucha at Gujarat University on 10th and 11th October 2019.
- h. 'Effectiveness of Cognitive Therapy in Treatment of Dependent Personality Disorder', International Journal of Education and Psychological Research (IJEPR), June 2019. (<http://winspiration.co/demo/onlinesubmission/volume.php?v=8&i=2>)
Paper presented at the 40th National Annual Conference of Indian Association of Clinical Psychology 2014 at Kattankullathur, Tamil Nadu from 28th Feb 2014 to 2nd March 2014.
- i. 'Fear of Flying (fear of losing control)', Indian Journal of Mental Health (IJMH), April– June 2019. (Indian Journal of Mental Health 2019; 6(2) pgs.138-144).

Paper presented at “Pedagogy as a requisite to make Counselling Psychology A promising profession in India” held by Department of Psychology at St. Xavier’s college Ahmedabad, on 9th February 2018.


- j. ‘Are Depression and Anger Two Sides of the Same Coin’, Indian Journal of Mental Health (IJMH), July-September 2018. (<http://indianmentalhealth.com/2018-vol5-issue3.html#>)

Paper presented at 44th National Annual Conference of Indian Association of Clinical Psychology (NACIACP), 2018 and Golden Jubilee Year Celebration of IACP organized by Department of Psychology & Mental Health, SHSS, Gautam Buddha University, Greater Noida, U.P., February, 2018.

- k. “Exploring career options for Dyslexic” in 7th Annual International Conference on Dyslexia & SLD, Delhi Oct 2011.

E. Media, Presence and Coverages

1. An article published on ‘Eminent psychologists create mental health platform’ by CMMHF in Navgujarat Samay on 5th October 2024.
2. An article published on ‘Navigating Life’s Transitions: Academics and Beyond’ in Psychologists magazine in December 2023.
3. A talk on the topic of "Long-Term Effects of Covid" for the 13th Edition of Odisha Television Limited’s Annual Conclave, FORESIGHT 2023 on 4th of March 2023 at Hotel Mayfair Lagoon & Convention, Bhubaneswar by Jagi Mangat Panda. (<https://youtu.be/rml2S5nAroo>)
4. A talk on ‘The Art of Excelling in Exam’ for Students conducted at A.M.A on 3rd Feb 2023. <https://youtu.be/t2I9a-azXRc>
5. Interviewed as a professional who worked on the mental health of saviours and affected people during the Bhuj earthquake in 2001 production by Discovery plus channel, anchored by Anupam Kher in June 2021.
6. Chapter in ‘The India in Me’ by Dr. Nimrat Singh in the book named ‘Falling in Love with India’ published by Dr. Hala El Miniawi, Dubai in June 2021.
7. A talk on ‘Evolving Roles of Parents and Teachers in Supporting Children with Special Needs’ with Dr. Griva Shah, Ms. Mala Arora and Dr. Nimrat Singh held on 17th June 2021. (<https://youtu.be/dWCBVK99Ccg>)
8. A talk on the morning show with RJ Ekta (5 episodes), June 2021.
9. An article published on ‘Work, net connectivity woes stoke Amdavadis’ for Times of India on 20th Sept 2020. <https://arcattoscana.org/city/ahmedabad/work-net-connectivity-woes-stoke-amdavadis-ire/articleshow/78210991.cms>
10. A talk on ‘How to prepare for Board Exams’ for Students conducted at A.M.A on 25th January 2020. (<https://www.youtube.com/watch?v=UzwIjYhJYpM>)
11. A talk on ‘Social Media and Technology: Friends or Foes of Students’ for Parents, Teachers and Students conducted at A.M.A on 11th October 2019. (<https://youtu.be/PV5Tg8q7aYE>)
12. A talk on ‘From Talent to Career’ for parents and students conducted at AMA on 11th May 2019. (<https://www.youtube.com/watch?v=kYBGf8Gh7Gg&feature=youtu.be>)
13. A talk with Dr. Nimrat Singh and Dr. Ketan Shah on ‘Tips for Exam Time, Fear, Failure, Stress and

- Homeopathic Medicine ‘for college student’s held on 1st March 2019. (<https://www.youtube.com/watch?v=LYK0UYCziUg&feature=youtu.be>)
14. A talk with Dr. Ketan Shah and Dr. Nimrat Singh on ‘Tips for Parents’ of Age 0 to 6 years on Development in Children held in December 2018. (https://www.youtube.com/watch?v=a_26IP3ddPM)
 15. Diwali Special Podcast with Dr. Ketan Shah and Dr. Nimrat Singh on ‘Children – School Holidays’ in November 2018. (<https://youtu.be/K96jFRqqv3k>)
 16. How to avoid Mental Illness a talk with Dr. Nimrat Singh – Psychologists and Dr. Ketan Shah – Homeopath on 30th October 2018. <https://www.youtube.com/watch?v=VxDUwMZoYTQ>
 17. A talk with Dr. Nimrat Singh and Dr. Ketan Shah on – ‘How to avoid Mental Illness’ on 30th October 2018. (<https://youtu.be/VxDUwMZoYTQ>)
 18. An article published on ‘Role of the Clinical psychologist’ on World Suicide Prevention Day in Divya Bhaskar on 10th Sept 2018 at Gujarat University. (<https://epaper.divyabhaskar.co.in/ahmedabad/ahmedabad-city-bhaskar/44/11092018/0/1/>).
 19. A Talk on ‘Violence Awareness – Relationship abuse and violence’ at 107.8 FM Radiozariya with R. J. Manas Daxini on 5.7.2018. (<https://soundcloud.com/thementalk/relationship-abuse-and>)
 20. A Guest on ‘Eke Mulakat’ – a talk on the occasion of 10th and 12th Students results at 95 FMRadio One with R. J. Devang on 31.5.2018. (bits of the Radio show.mp3) 
 21. A Talk on ‘Depression’ at 95 FM Radio One with R. J. Kaushal on 7.4.2017.
 22. Authored a book “From Talent to Career” published by A.M.A. in September 2016. <https://youtu.be/arohlzZ-Vzo>.
 23. A Talk on ‘The Complete Woman’ on 31st December 2015 with Harsmita Khalsa. (<http://googleweblight.com/i?u=http://thecompletewoman.in/dr-nimrat-singh/&grqid=rJl1g6GO&hl=en-IN>)
 24. A Talk on ‘Magic Years’ on buzzing bubs on 20th Nov 2014. (<https://www.youtube.com/watch?v=zV9pdRMI-Xg>)
 25. An article published on ‘Don’t take your child’s behaviour to your heart’ on 30th May 2014 on buzzing bubs at Bangalore. (<http://buzzingbubs.com/bangalore/parenting/dont-take-childs-behavior-heart>)
 26. Authored a book on Proactive Parenting” launched on 19th January 2014 at A.M.A. <https://www.youtube.com/watch?v=BGmR-R5nT8M>

F. Significant Assignments – Academics

1. Invited as a subject expert for the Research Project – ‘Competency Mapping for High School Students’ headed by Dr. Indira Parikh – Skill Tree Brilliance Testing Pvt. Limited., May 2018.
2. Recruited as a Counselling Expert faculty for Career Guidance and Admissions held at Knowledge of Consortium, Education Department, by Government of Gujarat on 30th December 2017.
3. Columnist for “Growing Pains” with Education Times – The Times of India News Paper, Ahmedabad 2005 to 2007.

4. On the National Institute of Design (N.I.D) Selection Committee for P.G. Admissions – Communication Design (Graphics, Animation and Multimedia) group and Product Design group from 2002 – 2015.
5. Retained by Indian Institute of Management, Ahmedabad (IIM-A) as a career counsellor for providing insights into student’s strengths and developmental areas through psychometric assessments for PGPs, FPMs, ABMs, MEP’s and FDP’s from 2003 – 2005.

G. Other Accomplishments

1. Participated in the 3-day intensive Jungian Conference on ‘Furthering Our Understanding of Myths and Fairy Tales - A Jungian, Eastern and Clinical Perspective’ held at NHL Medical College, Ahmedabad from 16 to 18th Feb 2024.
2. Participated in the Jungian workshop on the topic ‘Sand Therapy’ presented by Lisbet Myers Zacho held by Ahmedabad Jung Centre, on 16th & 17th December 2023.
3. Participated in the Jungian workshop on the topic ‘Myths & Fairy Tales’ presented by Dariane Pictet held by Ahmedabad Jung Centre, on 2nd & 3rd December 2023.
4. Attended in the Online Intensive Jungian Conference on “Anima and Animus – The other” organized by Ahmedabad Jung Centre (DG of IAAP), by from 22nd to 24th September 2023.
5. Participated in the 3-day Intensive Jungian conference on “Alchemy: A Core Jungian Concept” Co-sponsored by the USA India Jung Foundation by Dr. Robert Jakala, Dr. Minakshi Parikh, Dr. Ashok Bedi from 24th to 26th Feb 2023.
6. Designed and conducted ‘Psychometric Assessment’ for Selection of Candidates for the position of Principal held at Anandalaya School, Anand on 5th May 2023.
7. Participated in the Ahmedabad Jungian Conference on the topic ‘The Role of Eros, Logos, and Power in Relationships’ held at Civil Hospital, Ahmedabad in 21st January 2023
8. Participated in the International Conference on “Self & Individuation: Opus Of A Lifetime” as a delegate, on the virtual platform organized by Ahmedabad Jung Centre (DG of IAAP), by Dr. Minakshi Parikh, Dr. Ashok Bedi from 23rd to 25th September 2022.
9. Participated as a committee member in ‘The Flo Word Fest’ at Gujarat University, organized by FICCI, Ahmedabad held on 4th & 5th March 2022 under the guidance of Nandita Munshaw president of FICCI.
10. Participated in the International Conference on “Life and Its Complexes” and presented on Topic “Cultural Complex” on the virtual platform organized by Ahmedabad Jung Centre, Dr. Ashok Bedi from 18th to 20th Feb 2022.
11. Participated in the International Conference on “Life and Its Complexes” and presented on Topic “Queen Jindan Kaur & Prince Duleep Singh (A Poignant & Complex Exploration of The Mother & Son Relationship)” on the virtual platform organized by Ahmedabad Jung Centre (DG of IAAP), Dr. Ashok Bedi from 18th to 20th Feb 2022.
12. Participated and presented as a featured speaker on topic ‘Spotlight on: India Priorities in Sustainable Development and Growth’ conference Under the Grand Patronage of His Excellence Eng. Sheikh Salem Bin

Sultan Al Qasimi organized by Dr. Hala Elminiawi held in Dubai / UAE on 1st & 2nd September 2021.

13. Participated in the Jungian Essay Competition 2020 on the ‘Topic – Holla Mohalla’ by “Indian Festivals through Jungian Analytical Lens” organized by USA India Jung Foundation by Dr. Minakshi Parikh and Dr. Ashok Bedi in Feb 2020.
14. Designed and conducted a workshop on ‘Unravelling Behavioural Challenges in Children and Adolescents’ for school counsellors, psychologists and mental health practitioners by Dr. Nimrat Singh and Sudipta Roy, Surat at Poiesis Achievement Foundation on 2nd October 2019.
15. Designed and conducted ‘Psychometric Assessment’ for Selection of Candidates for the position of Principal held at Anandalaya School, Anand on 15th June 2019.
16. Designed and conducted workshop on ‘Child Psychology Development’ for teachers of Dada Bhagwan at Tangram on 8th April 2019.
17. Conducted a Workshop on topic ‘Chats About Depression’ for Teachers held at Zydus School for Excellence on 11th July 2018.
18. Conducted a Seminar on topic ‘Mental Fitness of Students and Behavioural Change’ of Grade 8th onwards with Students, Teachers, and Parents held at Udgam School for Children on 16th, 17th, 21st and 24th of April 2018.
19. Participated as a delegate in 35th National Conference on ‘Mind-Body Medicine’ organized by Medical Wing Rajyoga Education and Research foundation held at Brahma kumaris Shantivan Complex, Abu Road on 26th to 29th January 2018.
20. Teachers Workshop Series – Training and Development at Ahmedabad Management Association June 2017 and 2018.
21. Participated in World Suicide Prevention Day Cycle around the Globe to increase awareness on ‘Suicide Prevention’ by cycling 50 kms on 17th September 2017.
22. Participated in ‘Break the Silence against Depression’ on World Health Development by completing 30 kms bicycle ride on 9th April 2017.
23. Designed and conducted a 4 months certificate course on ‘Basic in Counselling Skills and Personal Growth’ from 1997 onwards.
24. Designed and Conducted Workshops for Homemakers on “Managing Children” at IFFCO held on 20th May 2014.
25. Designed and Conducted Workshops for Doctors, Nurses, Support Staff on Employees Motivation at May flower Women’s Hospital 2011.

H. Significant Events

1. Invited as a Guest Speaker for International Women’s Day on the topic of Valuable insights into “Mental & Emotional Well-being” for female employees by Megha Srivastav at Gujarat State Petronet Limited, Gandhinagar on 7th March 2024.

2. Invited as a Speaker for awareness programme for young adults on the topic 'Use of Digitalization and its psychological effects in changing world' by Hema V. Acharya from Directorate of Forensic Sciences, Forensic Psychology Division, Gandhinagar held on 21st January 2024.
3. Invited as a Guest Speaker for students on the topic 'Mental Health Awareness' by Anurag Verma at Karnavati University, Gandhinagar on 12th January 2024.
4. Invited as a Speaker for Teacher Training Program on the topic 'Empowering Wellness Leaders: Guiding Our Students Towards Physical & Psychological Well-being' by Sarathi Project, Namaste Life Healthcare Foundation DEO's Office - Astral Foundation held at Kanak Hotel, Ahmedabad on 4th & 5th December, 7th & 8th December, 14th & 15th December and 18th & 19th December 2023.
5. Invited as a Speaker for students on the topic 'About Common Challenges Teenage Students Face Today' at Sarathi Project – Curtain Raiser Program by Dr. Meena Shah and Moderator Mr. Bharat Thakkar at South International School, Ahmedabad held on 23rd Oct 2023.
6. Invited as an Esteemed Guest as a trainer for 'Stress and Lifestyle Management Workshop' for Vadodara City Police Professionals conducted by SATYA Foundation – Zabeen Sorangwala on 25th & 26th March 2023, Baroda. (<https://fb.watch/juwcMvBQww/?mibextid=1YhcI9R>)
7. Invited as our Guest Speaker for our Health Segment to speak on the topic of "Long-Term Effects of Covid" for the 13th Edition of Odisha Television Limited's Annual Conclave, FORESIGHT 2023 on 4th of March 2023 at Hotel Mayfair Lagoon & Convention, Bhubaneswar by Jagi Mangat Panda. (<https://youtu.be/rml2S5nAroo>)
8. Invited as a Speaker to talk on 'The Art of Excelling in Exam' for Students conducted at A.M.A on 3rd February 2023.
9. Invited as an Expert on topic 'Motivating Cadets for NDA' – conducted by "Induction Training Program - Gurudiksha" for Sainik School Society Teachers by IITE at Gandhinagar on 5th December 2022.
10. Invited as an expert for Interactive talk on "Unpacking Mental Health: The Awareness Model" on occasion of World Mental Health Day at St. Xavier's College by Dr. Profaina K. Christian held on 10th Oct 2022.
11. Invited as a speaker to talk on 'Counselling – A tool for Self-Reflection' with parents, students at A.M.A on 17th Sept 2022.
12. Invited to work as Associate Professor in HRM in the Institute of Management, Nirma University, August 2022.
13. Invited as a resource person on topic "Dealing with Parents – The SSS Teachers Requirement" conducted by "Induction Training Program -Gurudiksha" for Sainik School Society Teachers by IITE at Gandhinagar on 21st July 2022.
14. Invited as a resource person for a Faculty Induction Programme at Nirma University by Dr. Nina Muncherji on 31st May 2022.
15. Invited as a speaker on the topic 'The Rights of Persons with Disabilities Act, 2016' with Dr. Madhu Singh, FICCI FLO Ahmedabad Chapter on 26th May 2022.

16. Invited as a visiting faculty to co-teach a course on 'Counselling and Mentoring' (MBA-HRM, term- 6, Batch 20-22) by Dr. Hardik Shah, Institute of Management, Nirma University on 24th Jan 2022.
17. Invited as a resource person on topic 'Essential Counselling Skills for Higher Education Teachers – FDP by B.M. Institute of Mental Health under Dept. of Higher Education, Govt. of Gujarat by Dr. Madhu Singh, Director held on 8th Feb 2022.
18. Invited as a guest faculty on topic: 'California Psychological Inventory' by Dr. Hardik Shah, Institute of Management, Nirma University on 2nd Dec 2021.
19. Invited as a guest faculty on topic: 'Thematic Apperception Test' by Dr. Hardik Shah, Institute of Management, Nirma University on 26th Oct 2021.
20. Invited as a resource person on topic 'Essential Counselling Skills for Higher Education Teachers – FDP by B.M. Institute of Mental Health under Dept. of Higher Education, Govt. of Gujarat by DR. Madhu Singh, Director held on 11th and 12th February 2021.
21. Invited on a talk show with on 'Parenting during Covid times' organized by Lavin Ailani's - 'Inner Connect Show' held on 4th Dec 2020. (<https://www.dropbox.com/scl/fi/exqbntbrws5ff5vavbd31/The-Inner-Connect-Show-Ep.-10-Dr.-Nimrat-Singh.mp4?dl=0&oref=e&r=>)
22. Invited as a Speaker to talk on 'How to Prepare for Board Exams' for Students conducted at A.M.A on 25th January 2020.
23. Invited as a Speaker to talk on 'Social Media and Technology: Friends or Foes of Students' for Parents, Teachers and Students conducted at A.M.A on 11th October 2019.
24. Invited as a Keynote Speaker on 'De-coding Depression 'in RCI Approved International Mental Health Conference organized by Holistic Healing by Prof. Hervez R. Bharucha at Gujarat University on 10th and 11th October 2019.
25. Invited as a Speaker in the awareness program on 'Career Conclave 2019' for parents and students at Calorx Public School, Ghatlodia, Ahmedabad on 16th June 2019.
26. Invited as a Trainer for the programme on 'Hire the Right' organized for Executives of Harsha Engineers Ltd. at AMA on 2nd March 2019.
27. Invited as a Guest Session on 'Entrepreneurship Motivation Laboratory' for students of MBA-FB & E, by Chairperson Dr. Hardik Shah, at Institute of Management, Nirma University on 31st Jan 2019.
28. Invited as an expert resource person in Faculty Orientation Programme on the topic "Teachers as Mentors" on 24th December 2018 by Centre for Quality Assurance and Academic Development (CQAAD) at Nirma University.
29. Invited as a Speaker on the topic "Role of the Clinical Psychologist in Suicide Prevention", in the inaugural ceremony of the World Suicide Prevention Day conducted by Dr. Kamayani Mathur, the Department of Psychology, Gujarat University, Ahmedabad on the 10th of September 2018.
30. Invited as an Expert Resource Person in Induction Training Program on 'Non-Verbal Communication' held at Nirma University attended by 36 faculty members on 16th June 2018.

31. Invited as a Speaker on 'Rational Emotive Behaviour Therapy' (REBT) for In-house training session for students of Masters – Part I by Department of Psychology, at Maharaja Sayajirao University, Baroda on 28th Sept 2017.
32. Invited as an Expert faculty for Faculty Development Program on 'Reaching Out to Students' at Knowledge of Consortium Education Department, by Government of Gujarat held from 19th June to 24th June 2017.
33. Invited to deliver a talk on 'Break the Silence against Depression' on occasion of World Health Day held at French Gallery, Ahmedabad on 7th - 9th April 2017.
34. Invited to deliver a talk on "Women's Empowerment" for Women Employees at Gujarat Alkalies and Chemicals Ltd in Vadodara on 8th March 2017.
35. Invited as a visiting faculty to co-conduct and co-design in "Exhibition Design" for students of semester -VII at NID from 18th July 2016 to 29th July 2016 at Paldi, Ahmedabad
36. Invited as a speaker for the Orientation Programme for students of BBA / MBA: "Career Management" at Nirma University on 15th July 2016.
37. Invited as a Guest Lecture to talk on 'The Emergence of ISTDP in India', on "Introduction to Intensive Short Term Dynamic Psychotherapy" (ISTDP) in India with Dr. Brod at Pandit Deendayal Petroleum University, Gandhinagar on 19th January 2016.
38. Invited as a Guest Lecture on "Change Management" with Students of BBA at GLS Campus on 2nd Sept 2014.
39. Invited to deliver a talk on "Positive parenting" for Ozwal Community at H.L. College, Ahmedabad in Sept 2014.

I. (a) Webinars Online Attended & Invited:

1. Participated an Online International Webinar on "Therapy for Complex Trauma Disorders" facilitated by Dr. Sathya Rao; organised by the Department of Clinical Psychology, Institute of Mental Health, Kilpauk, in Collaboration with Spectrum, A Statewide service Specializing in Personality Disorder, Australia, held on December 9, 2023.
2. Invited as an Expert Panel Discussion on Fee for facilitating Live Virtual Session on 'Set Limits at Work and in Your Personal Life' for London Stock Exchange by Enabling World – TWE Solutions Pvt. Ltd. on 18th May 2023.
3. Invited as a speaker on topic 'Behaviour patterns of adolescence and decision-making priority' – Child psychology and Positive Parenting conducted by Amba School for Excellence on 22nd August 2021.
4. Invited as an Expert Panel Discussion on 'World Mental Health Day' for Workers on Stress Management during Covid Times and on Mental Health Workplace Leadership during Covid-19 conducted by Enabling World – TWE Solutions Pvt. Ltd. by Mr. Sayantani Mitra in June – July 2021.
5. Invited as a speaker on topic 'A.B.C. of Mental Health' moderated by Leena Doshi held on 15th May 2021. (<https://youtu.be/r86Mc-wGOIO>)

6. Attended as a Panelist on topic 'GMHA presents: Emotional Intelligence for Women's Wellbeing Webinar' live on face book with Prem Karia conducted by Mansi Dholakia on 13th March 2021. (<https://www.facebook.com/groups/286146722653710/permalink/448725066395874/>)
7. Participated an Online course on 'Intergenerational Trauma' conducted by Knowledge: One future collective facilitated by Pragyna Lodha held on 6th & 7th March 2021.
8. Attended Seminar on 'Thriving in difficult times with Bhagavad Gita' Department of Clinical Psychology, NIMHANS organized an online symposium conducted by VIPRA held on 4th, 5th, 11th, 12th, 18th, 19th, 25th and 26th Feb 2021.
9. Invited as an expert for a discussion on topic - 'Parenting children between 4 to 11 years' - Mental Health in Positive Parenting live on Facebook with Dr. Manan Thakkar held on 21st Feb 2021.
10. Attended as a router participant - 'Memories, Dreams, Reflections: Exploring the Depths' a six-month online program conducted by C.G. Jung Institute of Chicago from Jan 2021 to June 2021.
11. Invited as a speaker for a discussion on 'Class 7 - Parenting the New Generation Child' live on Facebook with Dr. Dhiraj Marothi organized by Terapanth Professional Forum, in association with TPF Femina on 22nd Jan 2021. ([Facebook.com/Tpf Ahmedabad](https://www.facebook.com/TpfAhmedabad))
12. Invited as a Panelist on 'Rising Women in Action' on Facebook Live organized by All WICCI Councils of Gujarat State held on 1st Jan 2021 to 3rd Jan 2021.
13. Organized a programme on Mental Health Day for GAPP and presented on the topic 'How Mental Health Professionals Can Sharpen their Skills' on International Mental Health Day presented by G.A.P.P. on 10th October 2020. (<https://youtu.be/G3Xsl4xWggw>)
14. Attended introductory course on 'Cognitive Behavioural Therapy' organized by Psy Lens Centre, Surat in collaboration with Dr. Mridula Apte, Vidula Psychological Consultancy, Pune held from 21st Sept to 24th Sept 2020.
15. Participated in NIMHANS-TAVISTOCK PSYCHOTHERAPY CONFERENCE - 'Psychotherapy across Epochs and Methods' held online platform organized by Dr. Pratima Murthy, Head, Department of Psychiatry and Dr. Arun Kandasamy on 11th & 12th Sept 2020.
16. Invited as a speaker on the talk show on 'Teaching Learning Strategies to Support Children at Home' through Live Talk on Facebook by Vandna Joshi, Sr. Vice Principal of Delhi Public School on 21st July 2020.
17. Attended four days' workshop on 'Introduction to Trauma Focused Psychotherapy' organized by Dr. Shalini Anant - Aanahat Psychotherapy Online held on 28th June 2020, 5th, 12th and 19th July 2020.
18. Attended Workshop - Interactive Session on 'I am enough' on Konnect Facebook live chat with Ms. Nayika on 6th July 2020.
19. Invited as an expert for a discussion on 'How Night Out / Partying can turn into Addiction' on Facebook by Stop Today Organization held on 5th June 2020.
20. Participated in Online Certificate session on 'How to Manage Challenging Conversations' conducted by ISRA on 30th May 2020.

21. Attended Online Webinar on 'Parenting Workshop' on 22nd May 2020 presented by Sunena Saigal, Bussing Bubs.
22. Invited as an expert for a discussion on 'How to Unlock our Mind from Negativity to Positivity' (Effect of Covid 19) live on Facebook with Dr. Kalrav Mistry conducted by Dr. Apoorva Raval Shah on 19th May 2020.
23. Invited as a speaker in the current scenario of pandemic of Covid 19 – 'Online Training MACAF Counselors' by MACAF in collaboration with AMC on 28th April 2020 by George J. Fernandez.

(b) Webinars Conducted

1. Conducted a Free Online Webinar on 'Exam Empowerment – A comprehensive Guide for Teachers, Parents and Students' by Cohesive minds held on 8th March 2024.
2. Conducted a Free Online Webinar on 'Unlock your academic potential!-Effective Study Habits' by Cohesive Minds held on 19th Jan 2024.
3. Conducted a Free Online Webinar on 'Careers in Psychology' for high school and undergraduate students on 27th Aug 2022.
4. Conducted a Free Online Webinar on 'Make the Right Stream Choice after 12th' for high school students, teachers, parents and psychologists held on 28th July 2022.
5. Conducted an Online Webinar on "Learn Healing Techniques" with Dr. Sandeep Jyot and Yesha Vyas on 31st July 2021. (<https://youtu.be/nQb-3kqI0-g>)
6. Conducted a Free Online Webinar on 'Make The Right Career Choice' held for Counsellors, Teachers, Parents & for High School Students on 18th July 2021. (<https://youtu.be/lcol5PG3xmY>)
7. Conducted an Online Webinar on 'Learning the Journey of Frontline Workers' with Dr. Minakshi Parikh and Dr. Deval Doshi on 12th July 2021. (<https://youtu.be/cPFWQ1h2HKc>)
8. Conducted online webinar on 'Kaise Positive Bane Rahe Is Samay Me' with Dr. Gayatri Raval & Dr. Ketan Shah on 3rd June 2021.
9. Conducted Online webinar on 'Working with Grief in Tele-Counselling' held on 10th May 2021. (<https://youtu.be/X1r0cHfz7SQ>)
10. Conducted Online Webinar on 'Honouring Boundaries' held for Parents, Counsellors, & Managers on 4th June 2020.
11. Conducted Online Webinar on 'Make The Right Career Choice' held for Parents, Counsellors & Teachers and for High School Students on 3rd June and 29th May 2020.
12. Conducted Online Free Webinar on 'Map Your Top Stream After Xth' held for Counsellor, Teachers, Parents & Students on 25th May 2020.
13. Conducted Online Free Webinar on 'Are You Surviving or Are You Thriving under Change' held on 15th May 2020.
14. Conducted Online Webinar on 'Create Your Own Calm' for Parents, Teachers, & Students on 8th May 2020.

15. Conducted Online Webinar on 'The 4 Essentials of Tele-Counselling' for Psychologists, Counsellors on 1st May 2020.

J. Areas of Interest

1. Conducting Heal Your Life Workshop - based on Louise Hay's Philosophy.
2. Result oriented Short-Term Psychotherapy.
3. Expanding the scope of Psychometric Testing to Institutions and Organizations with Interface Mapping.
4. Designing Behavioral Training Programmes for Institutions and Organizations.
5. Designing and facilitating Workshops for Preschool Children to Adolescents.
6. Providing integrated Solutions to Organizations Related to HR issues.
7. Research & Documentation on topics of Applied Psychology.

K. Courses & Workshops Attended

1. Certificate course on 'Master Choa Kok Sui Arhatic Yoga Preparatory Level conducted by World Pranic Healing Foundation Inc. from 11th August 2024.
2. A six-month Certificate online course titled 'Foundation of Applied Psychometrics' organised by Rabindrik Psychotherapy Research Institute Trust from 7th Aug 2023 to 26th Feb 2024.
3. Certificate course on 'Leadership Lessons from the Vedas' conducted by Indica Courses – Hari Kiran from 13th April 2023 to 27th July 2023.
4. Certificate course on 'Introduction to Sanatana Dharma' conducted by Indica Courses – Hari Kiran from 22nd Nov 2022 to 7th March 2023.
5. Certificate course on 'Indic Psychology' conducted by Indica Courses – Hari Kiran from 21st April 2022 to 13th Oct 2022.
6. Certificate course on 'Ayurvedic Nutrition' conducted by Indica Courses – Hari Kiran from 26th July 2022 to 27th Sept 2022.
7. A one-month Certificate course on "Childhood Assessment Program" held from Dec 2021 to Jan 2022 held by resource person Dr. Shipra Gupta.
8. 'Couple and Family Therapy' Training Programme conducted by Tata Institute of Social Science held by Dr. Aparna Joshi from 19th January 2021 till April 2021.
9. Certificate course on 'Diploma in Community Mental Health for Psychologists' conducted by NIMHANS Digital Academy by Dr. Seema P. Nambiar – Nov 2020 to Feb 2021.
10. 'Systemic Family Therapy' organized by Psy Lens and Facilitated by Dr. Mridula Apte (Vidula Psychological Consultancy) on 28th & 29th Feb 2020.
11. Three days intensive workshop on "Personality Typology" organized by Dr. Minakshi Parikh and Dr. Ashok Bedi (Group of IAAP) held at NHL Municipal Medical College on 7th to 9th Feb 2020.
12. Three days' workshop on "Archetypes – The Program We Live By" organized by Dr. Minakshi Parikh and Dr. Ashok Bedi held at NHL Municipal Medical College on 11th to 13th January 2019.

13. Attended a Spiritual Parenting of Brahma Kumaris for 35th Mind-Body Medicine Conference from 26th – 29th January, 2018 at Shantivan, Abu Road by B.K. Shivani (https://youtu.be/_alA2q5_uII.)
14. Three days' workshop on "An Intensive workshop on 'Dream Interpretation'-The Jungian Way" organized by Dr. Minakshi Parikh & Dr. Ashok Bedi held at NHL Municipal Medical College on 2nd to 4th February 2018.
15. Two days' workshop on "Working with Learning Difficulties" by an Indo-Canadian Educational Psychologist Dr. J. P. Das held at Vadodara on 7th & 8th of January 2017.
16. An Exploratory Workshop on 'The World of Dreams' conducted by a trained Psychoanalyst Dr. Pushpa Misra a certificate course held on 16th & 17th Oct 2016.
17. 'Heal Your Life' a workshop Leadership Training based in Philosophy of Louise Hay from Sept 19th to 26th, 2015 at Chennai conducted by G. L. Sampurna.
18. 'Intensive Short Term Dynamic Psychotherapy' certificate as Therapist – successfully completed 3 years program under the guidance of Dr. Thomas Brod and by Jon Fredrickson from 2015 to 2018.
19. Certificate course on 'Intensive Short Term Dynamic Psychotherapy' workshop by Jon Fredrickson from 26th July to 28th July 2014 organized by Antarnad Foundation, Ahmedabad.
20. Certificate course on "Intensive Short Term Dynamic Psychotherapy" workshop by Dr. Thomas M. Brod from 24th January 2014 to 26th January 2014 organized by Antarnad Foundation.
21. Integrated Clinical Hypnotherapy Workshop in Ahmedabad by "The California Hypnosis of India – 11th to 13th February 2011.
22. Certification in Hogan Assessment, held by Mobley Group Pacific, Shanghai, China in August 2010.

L. Membership & Affiliations

1. Life Member of Indian Academy of Health Psychology (2024). Membership No. 465
2. Founder Member & Vice-president of the section 8 Company – Cohesive Minds for Mental Health Foundation (2023).
3. Founding Member of the Youth Hostel Association of India (YHAI) Aarohi Women Unit, Ahmedabad (2022)
4. Member of The Federation of Indian Chambers of Commerce and Industry (FICCI) Flo – The Power to Empower, Ahmedabad – since 2019.
5. Member of Gujarat Chamber of Commerce and Industry, Ahmedabad – since 2019.
6. Member of the Ahmedabad – Jungian Society (2017) affiliated to the IAAP Chicago.
7. Associate Member of an Indian Association of Private Psychiatry (IAPP) - No. 03-1632-13 (since 2017)
8. Member of Business Network International (BNI) – Sicilian Ventures – (April 2015 to Jan 2016)
9. Vice President - Gujarat Association of Practicing Psychologist (GAPP) -2015
10. Membership and Affiliation of Indian Association of Clinical Psychologists (IACP) - LAM307/11
11. Member of the Rehabilitation Council of India (License to practice as a psychologist. (RCI No. A01516)
12. Fellow of Sumedhas Academy of Human context. (www.sumedhas.org)

M. Awards & Recognitions:

1. 'Global Business Excellences in Social Impact by Guide (U.K), 2021.
2. By Ahmedabad Jung Centre for the Essay – 'The Fall of the Last Queen Jindan Kaur & Prince Duleep Singh', 2022.
3. By Ahmedabad Jung Centre First prize for the essay - "Alchemy and Active Imagination", 2024.

Dr. Nimrat Singh

October 2024