

Nimrat P. Singh (Ph.D)

#22 / 23 - Deepak Apartments, Management Enclave Road, Vastrapur, Ahmedabad 380 015, Gujarat
Phone: 26853626 & 27 Email: info@tangramhr.com and nimrat@tangramhr.com Website: www.tangramhr.com

B I O – 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).

Education Update

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

* 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 and HR related activities with educational institutions and 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.

I have recently started my YouTube channel to promote issues of Mental Health. Dr. Nimrat Singh's Chat on Emotional Wellbeing (https://www.youtube.com/channel/UCxNYf0-x8NzBi2EvQ75Ek_A)

Interest and Hobbies: Cycling, Swimming, painting (oils), photography (nature), travelling, tarot card reading, reading– Philosophy, psychology and literature books. Writing articles on applied psychology and current topics.

References:

Jon 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. Online One-month Clinical Psychology Internship course by Tangram 2. Online One-month Counselling Internship course by Tangram 3. Online One-month Career Assessment Training Program by Tangram 4. Job Oriented Course in Psychology Course at Tangram		2021 - Ongoing 2021–Ongoing from 4 th Oct 2021. 2019
Module 1- Psychometric Assessment Module 2 –Psychotherapies	Visiting Professor	2017
5. Visiting Faculty at NRBBA-GLS 6. Visiting Faculty at National Institute of Design- Integrating Psychology In Design (co-creation)	Visiting Professor	2013
7. Ahmedabad University –HRM Course	Visiting Professor	2011
8. Indian Institute of Planning and Management -HRM Course	Visiting Professor	2009-2010
9. School of Petroleum Management – Soft Skill Course	Visiting Professor	2009-2010
10. Academy for HRD, Fellowship Programme Doctoral Course	Visiting Professor	2007-2012
11. Short Courses on Counselling Skills and Personal Growth	Coordinator	ongoing
12. Nirma Institute of Management -	Visiting Professor	2009–2010
PGP - II Recruitment and Selection		2003-2005
Family Owned Business and Entrepreneurship of OB Programme		1993-1994
13. Gujarat University, Ahmedabad, Psychology Department	Visiting Lecturer	1990
14. Sophia College, Mumbai, Psychology Department	Lecturer	
B. Psychotherapy and Counselling	Nature of Assignment	Time Duration
1. Practicing Psychologist at Tangram – Tracking the human mind	Assessment, Counselling& Psychotherapy (CBT, NLP, REBT and ISTDP)	April 2003 onwards
2. Counsellor and therapist at - a) Student Developmental Centre – MICA	Counselling	2016
b) Manthan Centre for Human development (1996)	Counselling	8 years
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 Assignment	
1. Enabling World – TWE Solutions	Training for Employees on ‘Stress Management During Covid Times’ and on ‘Mental Health’	
2. Knoldus Software LLP	Training for Employees on Work life integration	
3. Mitsubishi Chemicals India	Training for Managerial Effectiveness	
4. Ministry of Industrial Training Institute (I.T.I)	Coaching for Performance - Psychometric Assessment	
5. Tevapharm India Pvt. Ltd.	IDP Mapping Intervention and Assessment	
6. Huntsman	Self – Initiative in Leadership Programme	
7. Welspun Corporation Ltd.	Managers Training on EQ	
8. Bosch Rexroth India Limited	Behavioural Training	
9. Vadilal Industries Limited	OD Study for Dharampur Plant	
10. Huntsman	Behavioural Training	
11. IFFCO	Behavioural Training and Leadership Workshops	

12. Ashima Textiles	HR Consultant (Counselling and Training)
13. Saint Gobain Float Glass Ltd.	Psychometric Assessment for Recruitment
14. Masibus Process Instruments (P) Ltd.	HR Consultant – Designing & Implementing Systems – (Retainership)
15. Mahindra and Mahindra (FES)	OD Interventions, Talent Audit profiling and Training
16. Darpana Institute of Performing Arts	Diagnostic Study – OD Intervention
17. Gujarat State Petroleum Corporation	OD Intervention
18. Intas Pharmaceutical Ltd.	OD Intervention, Behavioural Training
19. Torrent Power Ltd	Recruitment, Managerial Development Training & Psychometric Assessment.
20. United Riceland Pvt. Ltd.	OD Intervention and Role – Competency Mapping.

D. Papers Publication and Presentation

1. Organizational:

- a) "Managing Attrition through a Standardized Process" at NIRMA International Conference on Management - 2009 on Strategic HRM and 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 and Change, International Conference on Human Resource Development in Asia, IIM Bangalore,'2003.
- d) 'Managing Business for Survival and Growth' in the changing scenario at the Institute for Management Consultants of India (Ahmedabad Chapter), 1997.

2. Educational:

- a) 'The Role of Psychometrics in Selection of an Institutional Head – A Study', International Journal of Education and 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 and Education, Vol.8, No.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. (http://ijip.in/index.php/component/booklibrary/60/view/62/Volume%204/145/-_international-journal-of-indian-psychology-volume-4-issue-3-no-101.html)
- d) 'Developing Teachers As Counsellors' – An Empowerment Model', International Journal of Education and Psychological Research (IJEPR), March 2017. (http://ijepr.org/doc/V6_Is1_Mar17/ij8.pdf)
- 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.

3. Clinical:

- a) 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.
- b) '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.
- c) Published article on 'Depression ... Why Talk? In Psychologists Magazine by Dr. Jai Prakash in Oct 2020. (<https://www.youtube.com/c/Psychologists>)
- d) 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.
- e) 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.
- f) '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.
- g) '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, 9th February 2018.
- h) '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.
- i) "Exploring career options for Dyslexic" in 7th Annual International Conference on Dyslexia and SLD, Delhi Oct 2011.

E. Media, Presence and Coverages

1. Interviewed as a professional who worked on the mental health of saviors and affected people during the Bhuj earthquake in 2001 production by Discover plus channel, anchored by Anupam Kher in June 2021.
2. An article on 'The India in Me' by Dr. Nimrat Singh in the book named 'Falling in Love with India published by Dr. Hala El Miniawi in June 2021.
3. 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>)

4. A talk on 'What to cook? What food to avoid!' with RJ Ekta held on 16th June 2021.
5. An article published on 'Work, net connectivity woes stoke Amdavadis' for Times of India on 20th Sept 2020.
<https://timesofindia.indiatimes.com/city/ahmedabad/work-net-connectivity-woes-stoke-amdavadis-ire/articleshow/78210991.cms>
6. An article published on 'How to prepare for Board Exams' in Divya Bhaskar on 28th January 2020.
(<https://epaper.divyabhaskar.co.in/detail/300205/01280302480422/0/28012020/44/image/>)
7. 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=UzwljYhJYpM>)
8. 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>)
9. 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>)
10. 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>)
11. 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)
12. Diwali Special Podcast with Dr. Ketan Shah and Dr. Nimrat Singh on 'Children – School Holidays' in November 2018. (<https://youtu.be/K96jFRqqv3k>)
13. How to avoid Mental Illness a talk with Dr. Nimrat Singh – Psychologists and Dr. Ketan Shah – Homeopath on 30th October 2018. (<https://youtu.be/VxDUwMZoYTQ>)
14. A talk with Dr. Nimrat Singh and Dr. Ketan Shah on – 'How to avoid Mental Illness' on 30th October 2018. (<https://youtu.be/VxDUwMZoYTQ>)
15. 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/>)
16. 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>)
17. A Guest on 'Eke Mulakat' – a talk on the occasion of 10th and 12th Students results at 95 FM Radio One with R. J. Devang on 31.5.2018. (bits of the Radio show.mp3) 
18. A Talk on 'Depression' at 95 FM Radio One with R. J. Kaushal on 7.4.2017.
19. Authored a book "From Talent to Career" published by A.M.A. in September 2016.
<https://youtu.be/arohlzZ-Vzo>
20. 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=rIJ1g6GO&hl=en-IN>)
21. A Talk on 'Magic Years' on buzzing bubs on 20th Nov 2014.

(<https://www.youtube.com/watch?v=zV9pdRMI-Xg>)

22. 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>)
23. 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 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.
2. 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.
3. 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.
4. Designed and conducted 'Psychometric Assessment' for Selection of Candidates for the position of Principal held at Anandalaya School, Anand on 15th June 2019.
5. Designed and conducted workshop on 'Child Psychology Development' for teachers of Dada Bhagwan at Tangram on 8th April 2019.
6. Conducted a Workshop on topic 'Chats About Depression' for Teachers held at Zydus School for Excellence on 11th July 2018.
7. 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.

8. 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.
9. Teachers Workshop Series – Training and Development at Ahmedabad Management Association June 2017 and 2018.
10. Participated in World Suicide Prevention Day Cycle around the Globe to increase awareness on 'Suicide Prevention' by cycling 50 kms on 17th September 2017.
11. Participated in 'Break the Silence against Depression' on World Health Development by completing 30 kms bicycle ride on 9th April 2017.
12. Designed and conducted a 4 months certificate course on 'Basic in Counselling Skills and Personal Growth" from 1997 onwards.
13. Designed and Conducted Workshops for Homemakers on "Managing Children" at IFFCO held on 20th May 2014.
14. 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 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.
2. 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/s/cl/fi/exqbntbrws5ff5vavbd31/The-Inner-Connect-Show-Ep.-10-Dr.-Nimrat-Singh.mp4?dl=0&oref=e&r=>)
3. Invited as a Speaker to talk on 'How to Prepare for Board Exams' for Students conducted at A.M.A on 25th January 2020.
4. 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.
5. 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.
6. 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.
7. Invited as a Trainer for the programme on 'Hire the Right' organized for Executives of Harsha Engineers Ltd. at AMA on 2nd March 2019.
8. 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.
9. 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.

10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. Invited to deliver a talk on "Women's Empowerment" for Women Employees at Gujarat Alkalies and Chemicals Ltd in Vadodara on 8th March 2017.
16. 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
17. Invited as a speaker for the Orientation Programme for students of BBA / MBA: "Career Management" at Nirma University on 15th July 2016.
18. 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.
19. Invited as a Guest Lecture on "Change Management" with Students of BBA at GLS Campus on 2nd Sept 2014.
20. Invited to deliver a talk on "Positive parenting" for Ozwal Community at H.L.College, Ahmedabad in Sept 2014.

I. (a) Webinars Online Attended and Invited:

1. 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.
2. 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.
3. 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>)
4. 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/>)
5. Participated an Online course on 'Intergenerational Trauma' conducted by Knowledge: One future

collective facilitated by Pragyna Lodha held on 6th & 7th March 2021.

6. 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.
7. 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.
8. 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)
9. 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.
10. 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>)
11. 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.
12. 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.
13. 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.
14. 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.
15. Attended Workshop - Interactive Session on ‘I am enough’ on Konnect Facebook live chat with Ms. Nayika on 6th July 2020.
16. 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.
17. Participated in Online Certificate session on ‘How To Manage Challenging Conversations’ conducted by ISRA on 30th May 2020.
18. Attended Online Webinar on ‘Parenting Workshop’ on 22nd May 2020 presented by Sunena Saigal, Bussing Bubs.
19. 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.
20. 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 an Online Webinar on "Learn Healing Techniques" with Dr. Sandeep Jyot and Yesha Vyas on 31st July 2021. (<https://youtu.be/nQb-3kql0-g>)
2. Conducted a Free Online Webinar on 'Make The Right Career Choice' held for Counselors, Teachers, Parents and for High School Students on 18th July 2021. (<https://youtu.be/lcol5PG3xmY>)
3. 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>
4. Conducted online webinar on 'Kaise Positive Bane Rahe Is Samay Me' with Dr. Gayatri Raval and Dr. Ketan Shah on 3rd June 2021.
5. Conducted Online webinar on 'Working with Grief in Tele-Counselling' held on 10th May 2021. (<https://youtu.be/X1r0cHfz7SQ>)
6. Conducted Online Webinar on 'Honoring Boundaries' held for Parents, Counselors and Managers on 4th June 2020.
7. Conducted Online Webinar on 'Make The Right Career Choice' held for Counselors, Teachers, Parents and for High School Students on 3rd June and 29th May 2020.
8. Conducted Online Free Webinar on 'Map Your Top Stream After Xth' held for Counselors, Teachers, Parents and Students on 25th May 2020.
9. Conducted Online Free Webinar on 'Are You Surviving or Are You Thriving under Change' held on 15th May 2020.
10. Conducted Online Webinar on 'Create Your Own Calm' for Parents, Teachers, and Students on 8th May 2020.
11. Conducted Online Webinar on 'The 4 Essentials of Tele-Counseling' for Psychologists, Counselors 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 and Workshops Attended

1. '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.
2. 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.
3. 'Systemic Family Therapy' organized by Psy Lens and Facilitated by Dr. Mridula Apte (Vidula Psychological Consultancy) on 28th & 29th Feb 2020.
4. 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.
5. 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.
6. 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.)
7. Three days' workshop on "An Intensive workshop on 'Dream Interpretation' – The Jungian Way" organized by Dr. Minakshi Parikh and Dr. Ashok Bedi held at NHL Municipal Medical College on 2nd to 4th February 2018.
8. Two days' workshop on "Working with Learning Difficulties" by an Indo-Canadian Educational Psychologist Dr. J. P. Das held at Vadodara on 7th and 8th of January 2017.
9. An Exploratory Workshop on 'The World of Dreams' conducted by a trained Psychoanalyst Dr. Pushpa Misra a certificate course held on 16th and 17th Oct 2016.
10. '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.
11. "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.
12. Certificate course on "Intensive Short Term Dynamic Psychotherapy" workshop by Jon Fredrickson from 26th July to 28th July 2014 organized by Antarnad Foundation, Ahmedabad.
13. 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.
14. Integrated Clinical Hypnotherapy Workshop in Ahmedabad by "The California Hypnosis Institute of India – 11th to 13th February 2011.
15. Certification in Hogan Assessment, held by Mobley Group Pacific, Shanghai, China in August 2010.

M. Membership and Affiliations

1. Member of The Federation of Indian Chambers of Commerce and Industry (FICCI) Flo – The Power to Empower, Ahmedabad – April 2019.
2. Member of Gujarat Chamber of Commerce and Industry, Ahmedabad – March 2019.
3. Member of the Ahmedabad – Jungian Society (2017)

4. Associate Member of a Indian Association of Private Psychiatry (IAPP) - No. 03-1632-13 (March 2017)
5. Member of Business Network International (BNI) – Sicilian Ventures – (April 2015 to Jan 2016)
6. Vice President - Gujarat Association of Practicing Psychologist (GAPP) -2015
7. Licensed Practitioner – Hogan Assessment (2010)
8. Membership and Affiliation of Indian Association of Clinical Psychologists (IACP) - LAM307/11
9. Member of the Rehabilitation Council of India (License to practice as a Psychologist. (RCI No. A01516)
10. Fellow of Sumedhas Academy of Human context.(www.sumedhas.org)

Nimrat P. Singh (Ph.D)

September 2021