

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: Currently Pursuing Post Graduate Diploma in Counselling and Family Therapy (PGDCFT) from School of Continuing Education, IGNOU (2018)

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.

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 Avenue N.W. #400, Washington, D.C. 20008,
Email: jf1844@gmail.com

Indira J. Parikh, Ph.D.

Retired Dean IIM-A and President – FLAMES
President of Antardisha.
Email: indiraparikh@rediffmail.com

A. Teaching Assignments			Nature of Assignments	Time Duration
1.	Job Oriented Course in Psychology Module 1- Psychometric Assessment Module 2 –Psychotherapies	Course at Tangram		2019
2.	Visiting Faculty at NRBBA-GLS	Visiting Professor		2017
3.	Visiting Faculty at National Institute of Design- Integrating Psychology In Design (co-creation)	Visiting Professor		2013
4.	Ahmedabad University –HRM Course	Visiting Professor		2011
5.	Indian Institute of Planning and Management -HRM Course	Visiting Professor		2009-2010
6.	School of Petroleum Management – Soft Skill Course	Visiting Professor		2009-2010
7.	Academy for HRD, Fellowship Programme Doctoral Course	Visiting Professor		2007-2012
8.	Short Courses on Counselling Skills and Personal Growth	Coordinator		ongoing
9.	Nirma Institute of Management - PGP - II Recruitment and Selection Family Owned Business and Entrepreneurship of OB Programme	Visiting Professor		2009–2010 2003-2005
10.	Gujarat University, Ahmedabad, Psychology Department	Visiting Lecturer		1993-1994
11.	Sophia College, Mumbai, Psychology Department	Lecturer		1990
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 b) Manthan Centre for Human development (1996) c) Student Counsellor – National Institute of Design d) Student Counsellor – Indian Institute of Management – Ahmedabad	Counselling Counselling Counselling Counselling		2016 8 years 2009-2010 2003-2005
C. HR Consultancy Assignments			Nature of Assignment	
1	Mitsubishi Chemicals India	Training for Managerial Effectiveness		
2	Ministry of Industrial Training Institute (I.T.I)	Coaching for Performance - Psychometric Assessment		
3	Tevapharm India Pvt. Ltd.	IDP Mapping Intervention and Assessment		
4	Huntsman	Self – Initiative in Leadership Programme		
5	Welspun Corporation Ltd.	Managers Training on EQ		
6	Bosch Rexroth India Limited	Behavioural Training		
7	Vadilal Industries Limited	OD Study for Dharampur Plant		
8	Huntsman	Behavioural Training		
9	IFFCO	Behavioural Training and Leadership Workshops		
10	Ashima Textiles	HR Consultant (Counselling and Training)		
11	Saint Gobain Float Glass Ltd.	Psychometric Assessment for Recruitment		
12	Masibus Process Instruments (P) Ltd.	HR Consultant – Designing & Implementing Systems – (Retainership)		

13	Mahindra and Mahindra (FES)	OD Interventions, Talent Audit profiling and Training
14	Darpana Institute of Performing Arts	Diagnostic Study – OD Intervention
15	Gujarat State Petroleum Corporation	OD Intervention
16.	Intas Pharmaceutical Ltd.	OD Intervention, Behavioural Training
17.	Torrent Power Ltd	Recruitment, Managerial Development Training & Psychometric Assessment.
18.	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) '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/>)
- b) '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>)
- c) '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)
- d) '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) 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.
- b) '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.
- c) '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.

- d) '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.
- e) "Exploring career options for Dyslexic" in 7th Annual International Conference on Dyslexia and SLD, Delhi Oct 2011.

E. Media, Presence and Coverages

1. 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>)
2. 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>)
3. A talk with Dr. Nimrat Singh and Dr. Ketan Shah on 'Tips for Exam Time, Fear, Failure, Stress and Homeopathic Medicine' for college students held on 1st March 2019. (<https://www.youtube.com/watch?v=LYK0UYCziUg&feature=youtu.be>)
4. 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_26lP3ddPM)
5. Diwali Special Podcast with Dr. Ketan Shah and Dr. Nimrat Singh on 'Children – School Holidays' in November 2018. (<https://youtu.be/K96jFRqqv3k>)
6. 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>)
7. A talk with Dr. Nimrat Singh and Dr. Ketan Shah on – 'How to avoid Mental Illness' on 30th October 2018. (<https://youtu.be/VxDUwMZoYTQ>)
8. 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-citybhaskar/44/11092018/0/1/>)
9. 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>)
10. A Guest on 'Ek 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)
11. A Talk on 'Depression' at 95 FM Radio One with R. J. Kaushal on 7.4.2017.
12. Authored a book "From Talent to Career" published by A.M.A. in September 2016. <https://youtu.be/arohlzZ-Vzo>
13. 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>)
14. A Talk on 'Magic Years' on buzzing bubs on 20th Nov 2014. (<https://www.youtube.com/watch?v=zV9pdRMI-Xg>)
15. An article published on 'Don't take your child's behaviour to your heart' on 30th may 2014 on buzzingbubs at Bangalore (<http://buzzingbubs.com/bangalore/parenting/dont-take-childs-behavior-heart>)
16. 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. 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.
2. Designed and conducted ‘Psychometric Assessment’ for Selection of Candidates for the position of Principal held at Anandalaya School, Anand on 15th June 2019.
3. Designed and conducted workshop on ‘Child Psychology Development’ for teachers of Dada Bhagwan at Tangram on 8th April 2019.
4. Conducted a Workshop on topic ‘Chats About Depression’ for Teachers held at Zydus School for Excellence on 11th July 2018.
5. 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.
6. 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.
7. Teachers Workshop Series – Training and Development at Ahmedabad Management Association June 2017 and 2018.
8. Participated in World Suicide Prevention Day Cycle around the Globe to increase awareness on ‘Suicide Prevention’ by cycling 50 kms on 17th September 2017.
9. Participated in ‘Break the Silence against Depression’ on World Health Development by completing 30 kms bicycle ride on 9th April 2017.
10. Designed and conducted a 4 months certificate course on ‘Basic in Counselling Skills and Personal Growth’ from 1997 onwards.
11. Designed and Conducted Workshops for Homemakers on “Managing Children” at IFFCO held on 20th May 2014.
12. Designed and Conducted Workshops for Doctors, Nurses, Support Staff on Employees Motivation at Mayflower Women’s Hospital 2011.

H. Significant Events

1. 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.
2. 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.
3. 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.
4. Invited as a Trainer for the programme on 'Hire the Right' organized for Executives of Harsha Engineers Ltd. at AMA on 2nd March 2019.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. Invited to deliver a talk on 'Break the Silence against Depression' on occasion of World Health Day held at
12. French Gallery, Ahmedabad on 7th - 9th April 2017.
13. Invited to deliver a talk on "Women's Empowerment" for Women Employees at Gujarat Alkalies and Chemicals
14. Ltd in Vadodara on 8th March 2017.
15. Invited as a visiting faculty to co-conduct and co-design in "Exhibition Design" for students of semester -VII
16. 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
18. Nirma University on 15th July 2016.
19. Invited as a Guest Lecture to talk on 'The Emergence of ISTDP in India', on "Introduction to Intensive Short
20. Term Dynamic Psychotherapy" (ISTDP) in India with Dr. Brod at Pandit Deendayal Petroleum
21. University, Gandhinagar on 19th January 2016.
22. Invited as a Guest Lecture on "Change Management" with Students of BBA at GLS Campus on 2nd Sept 2014.
23. Invited to deliver a talk on "Positive parenting" for Ozwal Community at H.L.College,

Ahmedabad in Sept 2014.

I. 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 Behavioural 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.

J. Courses and Workshops Attended

1. 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.
2. 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_u1l.)
3. 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.
4. 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.
5. 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.
6. '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.
7. "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.
8. Certificate course on "Intensive Short Term Dynamic Psychotherapy" workshop by Jon Fredrickson from 26th July to 28th July 2014 organized by Antarnad Foundation, Ahmedabad.
9. 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.
10. Integrated Clinical Hypnotherapy Workshop in Ahmedabad by "The California Hypnosis Institute of India – 11th to 13th February 2011.
11. Certification in Hogan Assessment, held by Mobley Group Pacific, Shanghai, China in August 2010.

K. 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 clinical psychologist. (RCI No. A01516)
10. Fellow of Sumedhas Academy of Human context.(www.sumedhas.org)

Nimrat P. Singh (Ph.D)
November 2019