

Dr. Pragya Singh  
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## OBJECTIVE

To contribute meaningfully to academia and research in Psychology, with a special focus on Clinical Psychology, Mental Health, and Meditation, through teaching, mentorship, and scholarly work.

## EDUCATIONAL QUALIFICATIONS

- **Ph.D. in Clinical Psychology**  
*Amity University, Rajasthan (2022–2025)*  
Thesis Submitted & Final Viva Voce Completed  
Title: *Role of Transcendental Meditation on Physical and Mental Health of University Students*
- **M.Ed. (Distinction)**  
*University of Lucknow, 2022*  
Thesis: *Effect of Family Climate and Well-Being on Spiritual Intelligence among Adolescents*
- **Diploma in Guidance and Counselling (Grade A)**  
*NCERT, Ajmer – 2021*
- **M.A. in Clinical Psychology and Physical Anthropology**  
*University of Lucknow – 2020 & 2011*
- **MBA in HR & International Business**  
*SRMBS, Lucknow – 2014*
- **B.Ed. in English and History**  
*K.M. College – 2012*
- **B.A. in English, Psychology, and Anthropology**  
*University of Lucknow – 2009*

## ACADEMIC EXPERIENCE

- **Guest Faculty**  
*Maharishi University of Information Technology, Lucknow*  
Nov 2021 – June 2023
  - Taught *Personality Development, Science of Consciousness, and Psychology* at UG & PG levels.
- Intern – Guidance and Counselling  
*Kendriya Vidyalaya, Aliganj, Lucknow – Aug 2021 to Nov 2021*
- Manodarpan Sahyog Sessions on NCERT official & PM eVidya DTH TV  
*1 January 2022–Present*

## CORPORATE EXPERIENCE

**MattsenKumar LLC, India**  
**Sr. Quality Analyst**

**June 2015 – Feb 2018**

**Wipro, India**

**Jan 2012 – May 2015**

**Senior Technical Advisor**

## **RESEARCH INTERESTS**

- Clinical and Positive Psychology
- Transcendental Meditation & Mental Health
- Adolescent Psychology
- Gender and Trauma Studies
- Educational Psychology

## **RESEARCH PUBLICATIONS**

### *Scopus-Indexed Journals:*

- Singh, P., Singh, A.K., Pradhan, M. (2024). Impact of Transcendental Meditation on Happiness and Self-Efficacy. *Frontiers in Health Informatics*, 13(3), 4898–4916.
- Singh, P., Singh, A.K., Pradhan, M. (2023). Fostering Holistic Student Development: The Role Of Transcendental Meditation In Developing Self-Efficacy. *Educational Administration: Theory and Practice*, 29(4), 1912–1921.  
<https://doi.org/10.53555/kuey.v29i4.6748>

### *UGC Care and Peer-Reviewed Journals:*

- Singh, P., Singh, A.K. & Pradhan, M. (2024). Transcendental Meditation: A Path to Holistic Wellbeing. *International Journal of Indian Psychology*, 12(1), 643-653. DIP:18.01.060.20241201, DOI:10.25215/1201.060
- Singh, P., Singh, A.K., Pradhan, M. (2023). Locus of Control and Attention during Transcendental Meditation. *RIE Journal of Education Research*, Regional Institute of Education, Ajmer.
- Singh, P., Singh, A.K., Pradhan, M. (2023). Impact of Transcendental Meditation on Psychological Capital and Burnout among University Students-2023. *RIE Journal of Education Research*, Regional Institute of Education, Bhubaneswar.
- Pragya Singh (2022). Effect of Family Climate and Well-Being on Spiritual Intelligence among Adolescents. *Journal of Research and Development, Multidisciplinary International Level Referred Journal*, April-2022, Volume-13, Issue-18. ISSN-2230-9578.
- Pragya Singh (2021). Changes In Current Life Style: Meeting the Mental Health Challenge. *Britain Book Company Publication*, London UK. ISBN:978-1-8384965-0-0.
- Pragya Singh (2021). ISSUES AND CHALLENGES OF COVID-19: LGBT Community. Let's talk Gender, *Rudra publishers & distributors*, 1 JAN, 2021. ISBN: 978-93-92108-10-5. ASIN: B09MCZ8SCL.
- Pragya Singh (2020). Indian Culture as cure of Economic Tragedy: An optimistic way. Curbing Economic Slowdown. *Shashwat Publication*, Chhattisgarh, India. ISBN: 978-93-90290-15-4.
- Pragya Singh (2020). Why addiction is hard to solve: the brain has a happiness 'set point'. Addiction="Happiness? *Matrubhumi Publication*, Dist-Narsinghpur Madhya Pradesh. ISBN: 978-81-947785-0-9 - 2020

## CONFERENCE PRESENTATIONS

### International Conference:

“The Impact of Transcendental Meditation on Happiness and Self-Efficacy among University Students”. 5<sup>th</sup> International Conference on Innovative Strategies and Advancements in Academic and Research: Navigating Global Scenarios by IMHRC and Shia P.G. College on 28-29 October 2023

"Transcendental Meditation as a source of Happiness. 4th International Conference on “Developing New India: Through Science, Social Science, *Humanities & Research*”, organised by Indian Mental Health & Research Centre and Shia P.G. College on 29-30 October 2022.

Transcendental Meditation as a source of happiness. International conference on “Permanand: Philosophy, Psychology, and Physiology of Happiness” held on 28th-30th September, 2022 by Amity Centre of Excellence for positivity and Happiness (ACEPH), Amity University Uttar Pradesh.

Issues and Challenges in Doctoral Research. 10th International Conference on "Issues and Challenges in Doctoral Research (ICICDR-2022)", Amity University Rajasthan, 25th August, 2022.

Motivational Enhancement Therapy: An Effective Technique for Internet Addiction among Adolescents: A case Report, 3rd International Conference on “Healthcare & Well-being: Current Trends & Challenges”. IMHRC & Shia P.G. College, Lucknow, 30-31 October 2021

Impact of Covid-19 Pandemic in India, Ranvir Rananjay Post Graduate College, Amehi, UP, 28th- 29th June 2020

Applies Psychology, Panjab University, Chandigarh, 2012

Women and Child Issues: National and International Perspectives, Punjabi University, Patiyal, 2011

Changing Global Paradigms of Mediascape, Punjabi University, Patiyala, 2011

India in the Emerging order– A Potential Market for World, D.A.V. College, Malout, 2011

### National Conference:

Former Discussant in INCAA 2013 on Focal theme of Anthropology and the future of humankind. Kanuur University, Kerala

Former reporter in a two-day seminar on “Weaker sections and law”, Punjabi university, Patiyala, 2011.

Transgender Inclusion and Gender Diversity in Schools, National seminar on Population Education, Regional Institute of Education, Ajmer on Equitable and Inclusive Education 09-11 Nov 2024.

Key to Happiness: Transcendental Meditation, National seminar on Population Education, Regional Institute of Education, Ajmer, Nov.15-17, 2022.

Impact of Transcendental Meditation on Psychological Capital and Burnout among university students, 11th National Conference on Mathematics Education, (11NCME-2022), Dec. 21-22, 2022.

School Education as envisioned in NEP2020, Shri Ramswaroop Memorial University, 12 May, 2022.

Effect of globalization on weaker sections, Kannur University, by INCAA, Kerala, 2013

Quality concerns in teacher education, Punjabi university, Patiyala, 2013

Social Dimensions of New Media, Punjabi University, Patiyala, 2013

Fostering Entrepreneurship theory and practice, Amity University, lucknow, 2012

Inter-Congress in Anthropology, INCCA, Lucknow University, lucknow, 2012

Applies Psychology, Panjab University, Chandigarh, 2012

Public Health Tackling Health, Panjab University, Chandigarh, 2012

Agricultural Performance and Rural Development in India, Panjab University, Chandigarh, 2012

Sankaraman me Bhartiya Gao, Nari Shiksha Niketan p.g. College, Lucknow, 2011

Anthropological Impact Assessment of Development Initiatives, INCCA, Kolkata, 2011

National Seminar for Young Scholars, Panjab University, Chandigarh, 2011

Weaker Sections and Law, Panjab School of Law, Punjabi University, Patiyala, 2011

Ethics and Human Values in Politics and Administration, Punjabi University, Patiyala, 2011

Dr. B.R.Ambedkar: perspectives of Social Justice, vidyant hindu P.G.college, Lucknow, 2011

Management of Stress for Quality Living, Amity University, Lucknow, 2008

## **WORKSHOPS & FDPs**

- FDP on “*Perfection in Education – Vision of Total Knowledge*”, MUIT, 2022
- *Expressive Arts Based Therapy*, Fortis Healthcare, 2020
- *Mental Health Practitioner* (Basic Level), 2021
- Over 30 workshops/FDPs in mental health, counselling, and education

## **HONOURS & AFFILIATIONS**

- *Best Presentation Award*, IMHRC 2023
- CBSE Trainer
- *Life Member*, Counsellors Council of India – CRN681298
- *Member*, INCAA – The Indian National Confederation of Anthropologists
- *NCERT Sahyog Contributor* on PM eVidya DTH TV

## **TECHNICAL SKILLS**

- SPSS, MS Office, Research Writing, Psychometric Testing
- Data Analysis & Report Drafting
- Quality Control Tools: Pareto Charts, Fishbone Diagrams

## LANGUAGES

- English – Fluent
- Hindi – Native

## Appendix:

### Training & Internship

**2 months from HAL (Hindustan Aeronautics Limited), Lucknow in HR & IB**

**1 month internship from King George's Medical University, Psychiatry dept.**

**2 month internship from Noormanjil, Lucknow**

**4 months internship in Kendra Vishyalaya Aliganj Lucknow in Guidance and Counselling.**

5 Days online Faculty Development Programme on the theme- "Perfection in Education- A Vision of Total Knowledge" from 1 August 2022- 5 August 2022, Maharishi University of Information Technology, Lucknow.

Workshop on Skill Development and Capacity Building of Future Teachers as value added course, 07th Jun- 15th Jun, 2021, Amity Institute of Education, Lucknow.

6 days Intensive training on MENTAL HEALTH PRACTITIONER (Basic Level) from 17.05.2021 - 22-05-2021

6 days Intensive training on MENTAL HEALTH PRACTITIONER (Basic Level) from 17.04.2021 - 22-04-2021

Expressive Arts Based Therapy, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 2nd – 4th June 2020

7- Days Faculty Development Programme on Institutional Benchmarking of best practices, Dnyan Prabodhini Mandal's Shree Mallikarjun & Shri. Chetan Manju Desai College, Canacona, 8th June- 14th June 2020

UGC- Human Resource Development Centre and Dept. of Psychology, University of Lucknow, Faculty Development Program on Happiness Research Methodology, 21st March 2021

7 days International Web Talk on "Gender Stereotypes: A lived Reality", Institute of Women's Studies, University of Lucknow, 25th July 2020- 31st July 2020

Two Weeks online Skill Building Program in Counselling Psychology, Customize Cognition, Lucknow, 24th May 2020

Short term Certificate Course cum Workshop on Aspects of Business Management (40 Hours), Dept. of Commerce and Management and E-resource Development Cell, Sanatan Dharma College, 27th July- 10th August 2020. Grade A++ (Marks 267/300)

Management of Frozen World & Melting Economies, Aligarh Muslim University, 1st May- 13th May 2020

### Workshop Attended:

KGMU, Lucknow, Mental Health Awareness Program, Dept. of Psychiatry, 9th Oct, 2021.

Amity Institute of Education, Lucknow, Workshop on Skill Development and Capacity Building of Future Teachers, 07 Jun to 15 Jun 2021

Jain Centre for Management Studies, Five days National Research Conclave, 26-30 April, 2021

Stress Management, NurtureLife, U.P., and Uttar Pradesh Chapter, 10th April, 2021

Anxiety Disorder, NurtureLife, U.P., 26th March 2021

Stress Management and Motivation, NurtureLife, U.P., 6th March 2021

Peer Pressure, NurtureLife, U.P., 25th February 2021

Parenting the parents, NurtureLife, U.P., 9th January 2021

Anger Management through Behaviour Therapy, NurtureLife, U.P., 15th January 2021

3 Day Online National Faculty Development Programme on “Financial Reporting and Taxation Scenario Post COVID 19, Faculty of Commerce, the Maharaja Sayajirao University of Baroda, Vadodara and Vadodara Branch of WIRC, ICAI, May 14, 2020-May 16, 2020

Motivational Interviewing, Customize Cognition Lucknow, 3 May, 2020

Use of Modern Technology in Daily Teaching-The need of the Hour, Internal Quality Assurance (IQAC) Cell, Vaishnavi Mahavidhyalaya, Wadwani, Tq-Waswani, Dist-Beed (M.S.) India

Understanding Therapeutic Process of Cognitive Behaviour Therapy, Cognitive Behaviour Therapy, 19th and 20th April, 2020

Two weeks online Skill Building Program in Counselling Psychology, Customize Cognition Lucknow, 2020

ICT Based Teaching-Learning Tools, ODD-PARTIKLE and IH INQUIRE HUB, may 31, 2020

5 Days National Level Webinar on Mental Health, Disability and Rehabilitation, Dept. of Clinical Psychology CRC-Kozhikode (CRC-K), 20th May-24th May 2020

Introduction to Fashion Psychology, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 27th July, 2020

Introduction to Art in Therapy, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 31st July, 2020

Introduction to Positive Psychology, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 2nd August, 2020

7 days National Level Online Workshop on Tool Development for Psychometric Assessment, National Psychological Corporation, Agra (U.P.) and School of Education, Central University of Himachal Pradesh, Dharmashala (HP), 6th July- 12th July 2020

Newer Uses and Applications of MALIN INTELLIGENCE SCALE FOR INDIAN CHILDREN, Dr. Dwarka Pershad organized by Psychowaves Advance psychological Services, 17th April 2020

Introduction to Music and Movement in Therapy, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 1st August, 2020

Impact of Yoga, Mahesh Counselling Centre and Diamond Yoga Studio & Counseling Centre, Moradabad (U.P.), 21st June 2020

Introduction to Psycho-Oncology, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 28th July, 2020

Introduction to Psychotherapy, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 29th July, 2020

Introduction to Sport Psychology, Department of Mental Health and Behavioural Sciences, Fortis Healthcare Limited, 30th July, 2020

Understanding emotions, Customize Cognition, Lucknow, 12th April 2020

Introduction to Cognitive Behavioral Therapy, Customize Cognition, Lucknow, 6th April 2020

Enhancing the quality of Online Teaching & Learning Process, S.G.B.K. Sahu Inter Alumni Association, Warisaliganj, Nawada, Bihar, 5th July-07th July 2020

Short term Certificate Course cum Workshop on Aspects of Business Management (40 Hours), Dept. of Commerce and Management and E-resource Development Cell, Sanatan Dharma College, 27th July-10th August 2020. Grade A++ (Marks 267/300)

Applications of statistical methods in Anthropology, Lucknow University of 1 week; 2013

Research Methods for Social Sciences using SPSS of 5 days, Lucknow University; 2013

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