

## 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

- **PhD 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*  
Report: *The Relationship Between Spirituality, Happiness & Academic Performance*
- **M.A. in Clinical Psychology and Physical Anthropology**  
*University of Lucknow – 2020 & 2011*  
Dissertation: *Survival in the age of HIV/AIDS: A study on seropositive mothers*
- **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*

### 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*
- *NCERT Manodarpan speaker on PM eVidya DTH TV*
- *Guest Speaker for Executive Programme on FM Rainbow 102.6 All India Radio, Akashvani Bhavan, Delhi*
- *Recognition award on International Women's Day, 8 Mar, 2025*

### ACADEMIC EXPERIENCE

- **Assistant Professor, Psychology, EFL Dept.**  
*SRM Institute of Science and Technology, Delhi NCR campus, Modinagar, Ghaziabad.*

July 2025 – Present

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

## CORPORATE EXPERIENCE

- MattsenKumar LLC, India** **June 2015 – Feb 2018**  
**Sr. Quality Analyst**
- 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:*

- Pragya Singh (2025). Role of Transcendental Meditation for Good Health. Rudra Publication.
- Priyanka Shukla and Pragya Singh (2025). Predictors of Risk-Taking Behaviors Leading to HIV among Young People. Rudra Publication.
- 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.

- Pragma 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.
- Pragma Singh (2021). Changes In Current Life Style: Meeting the Mental Health Challenge. *Britain Book Company Publication*, London UK. ISBN:978-1-8384965-0-0.
- Pragma 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.
- Pragma 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.
- Pragma 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

### **GUEST SPEAKER**

- Workshop on How to Address Female Abuse and Sexual Violence, hosted by Nav Uday Mansik Swasthya Sansthan, RFS(I), Lucknow on 24th August, 2024.
- Guest Speaker in Mental Health and Well-Being at Workplace Workshop under the Samarpanam NGO on 10th October 2024.
- Over 30 sessions as a *guest speaker* in mental health, counselling, and education

### **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

- ❖ Applied Psychology, Panjab University, Chandigarh, 2012
- ❖ Women and Child Issues: National and International Perspectives, Punjabi University, Patiyala, 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 the Focal theme of Anthropology and the future of humankind. Kannur 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.
- ❖ Recognition of presentation in the National School Counsellors’ Summit on “Whole School Approach Towards Facilitating Mental Well-being of School Students” held on 6-7 March, 2024, under Manodarpan, an initiative of the Ministry of Education (MoE).
- ❖ 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 NEP 2020, 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
- ❖ Applied 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**

- Psychotherapeutic Modalities 2.0: An Interventional Approach to Overall Wellbeing, held from 9 to 10 October 2025.
- 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 40 workshops/FDPs in mental health, counselling, and education

## **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 months internship from Noormanjil, Lucknow
- ❖ 4 months internship in Kendra Vishyalaya, Aliganj, Lucknow, in Guidance and Counselling.
- ❖ NCERT Summit 2024
- ❖ 5 Days online Faculty Development Programme on the theme- “Perfection in Education- A Vision of Total Knowledge” from 1 August 2022 to 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, Screen Addiction, Program Dept. of Psychiatry, 9th May 2024.
- ❖ Designing and Developing Explainable Artificial Intelligence Powered Tools for Early Detection and Management of Dementia", Computing and Brain Informatics Centre (ACCBI), Amity University Rajasthan, Jaipur, in collaboration with Cognitive Computing and Brain Informatics Research Group (CCBI), Nottingham Trent University (UK), held on 26 April 2024.
- ❖ National Webinar on Empowering Early-Career Researchers against Cloned Journals held on 29th November, 2024, INTEGRAL UNIVERSITY, LUCKNOW CARE (Consortium for Academic and Research Ethics) Quality Mandate under UGC Task Groups in Collaboration with AIU-IU-AADC
- ❖ “Foundation Literacy and Numeracy” was organised by the Regional Institute of Education, Ajmer, through virtual mode on June 06, 2023.
- ❖ 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-day 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 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 Be-haviour 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 & Counselling 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 for 5 days, Lucknow University, 2013

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