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# Naynee Singh

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## Summary

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Dedicated professional Psychiatric Social Worker with a deep interest in mental health research, focusing on trauma and mental illnesses among children, adolescents, young adults, and women. Skilled in therapeutic support, case management, and community outreach, with work experience at leading institutions like the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru and the Cosmos Institute of Mental Health & Behavioural Sciences (CIMBS), New Delhi. Committed to advancing evidence-based practices and improving accessibility to mental health treatment and therapy. Passionate about fostering a supportive environment for mental health awareness, advocacy, and research to drive meaningful change in mental health services and outcomes.

## Education

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- 2019-2021**      **M.Phil: Psychiatric Social Work**  
*Pt. B D Sharma University of Health Sciences - Rohtak, India*
- Dissertation: Burden of Care and Expressed Emotions in Caregivers of patients with Severe Mental Disorders
- 2013-2015**      **Master of Arts: Social Work**  
*Jamia Millia Islamia - New Delhi, India*
- Dissertation: A study on the impact of Eve Teasing on the Social Behaviour of Adolescent Girls in Madanpur Khadar in New Delhi
  - Research Project: Children with Attention Deficit Hyperactivity Disorder: Parental Issues and Challenges in Indian Context
- 2010-2013**      **Bachelor of Science: Home Science**  
*Lady Irwin College, University of Delhi - New Delhi, India*
- Specialized in Human Development and Childhood Studies

## Experience

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- 12/2022 – 10/2024**      **Psychiatric Social Worker- Junior Consultant**  
*National Institute of Mental Health and Neuro Sciences (NIMHANS)- Bengaluru, India*
- Conduct comprehensive assessments and provide therapeutic interventions for patients, focusing on trauma-related issues
  - Collaborate with multidisciplinary teams including psychiatrists and psychologists to develop treatment plans and strategies
  - Engage in teaching and supervising post-graduate students, facilitating their understanding of psychiatric social work practices
  - Active participation in research projects and capacity building activities, contributing to the development of evidence-based practices and mental health research
  - Engage with social welfare benefits team and external agencies to address patients' legal, financial and housing issues
  - Deliver counselling to the patients and families by employing various therapeutic approaches based on client and family needs
  - Facilitate successful rehabilitation of the patients through community-based interventions
- 07/2022 - 11/2022**      **Psychiatric Social Worker**  
*Cosmos Institute of Mental Health & Behavioural Sciences (CIMBS) - New Delhi, India*
- Conducted assessments and developed treatment plans for patients and families
  - Offered psychosocial therapeutic services, including individual, group and family therapy
  - Initiated mental health awareness campaigns and collaborated with relevant agencies

- 03/2016 - 09/2019     **Programme Coordinator- Udayan Ghar Programme**  
*Udayan Care - New Delhi, India*
- Effectively led programs targeting children in institutional care, concentrating efforts on understanding, and addressing the consequences of trauma on their behaviour and development
  - Executed the role of a Child Welfare Officer in compliance with the Juvenile Justice Care & Protection Act 2015
  - Supported initiatives focusing on research and refining trauma response strategies for children in care
  - Liaised with corporate sponsors, government authorities, donors, healthcare workers etc. to help develop new community partnerships

- 06/2015 - 11/2015     **Assistant Project Coordinator**  
*Urmul Seemant Samitee - Bikaner, India*
- Contributed to formulating and implementing Plan India's Early Childhood Care and Development project
  - Assisted in developing project plans, including timelines and resource allocations, for optimal efficiency
  - Facilitated training for the beneficiaries including pregnant & lactating mothers, Auxiliary Nurse Midwife (ANMs), Accredited Social Health Activists (ASHAs) and Anganwadi workers (AWWs)
  - Contributed to the surveys, budget spreadsheets and Gantt charts for analysis and assessment of project performance
  - Prepared the Annual Report of Early Childhood Care and Development project

## Publications

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- Somanna, M.A., Raman, K.J., Basavarajappa, C., Roy, R., Ravindran, S., Kumar, A., Timothy, S.J., **Singh, N.** (2024). Challenges of Providing End-of-Life Care to Homeless Woman with Cancer and Mental Illness: A Case Report. *J. Psychosoc. Rehabil. Ment. Health* (2024). <https://doi.org/10.1007/s40737-024-00429-9>
- Somanna, M.A., Kalyanasundaram, J.R., Roy, R., Kumar, A., Timothy, S.J., **Singh, N.**, Basavarajappa, C. and Dahale, A.B. (2024). Road to Home: Journey of Homeless Persons with Mental Illness and the Stakeholders Involved: A Case Series. *Journal of Psychosocial Rehabilitation and Mental Health*, 11(2), pp.243-248. <https://doi.org/10.1007/s40737-023-00381-0>
- Aggarwal, N., **Singh, N.**, Batra, I., Arya, S. (2020). COVID 19 Outbreak: Challenges to Mental Health services and responses - Report from a Tertiary care Mental Health facility in India. *Early Career Psychiatrists Section-World Psychiatric Association*, 5(2),pp.4-5. [https://www.wpanet.org/files/ugd/e172f3\\_639f16e2573248e8b278d0f428318908.pdf](https://www.wpanet.org/files/ugd/e172f3_639f16e2573248e8b278d0f428318908.pdf)

## Certifications

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- October 2024**     Workshop on Cognitive Behaviour Therapy for Obsessive Compulsive and related disorders  
Department of Clinical Psychology, NIMHANS, Bengaluru, India
- August 2024**     Workshop on Community Engagement Workshop on Transgender Healthcare  
Association for Transgender Health in India
- May 2022**     Training Course on Cognitive Behavioural Therapy (CBT)  
The International Association of Therapists (IAOTH)

May 2019	Project Management NMIMS Global Access School for Continuing Education
January 2017	Orientation Course for Functionaries of Voluntary Organizations on Monitoring & Evaluation of Development Programmes for Women & Children National Institute of Public Cooperation and Child Development, New Delhi, India
December 2015	C.B.S.E National Eligibility Test - 2015 (Lectureship)

## Conference Presentations

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October 2021	<i>Infodemic during Covid-19 Pandemic</i> <b>Event:</b> 6th Annual National Conference, Society for Rural Mental Health (SRMH) <b>Award:</b> Best Paper Award
March 2021	<i>Case Report of a young female patient with Paranoid Schizophrenia</i> <b>Event:</b> XXXIX Annual National Conference of ISPSW
October 2020	<i>Public attitude to the COVID-19 related information in Media: Online Survey Report</i> <b>Event:</b> Vth Annual National Conference of Society of Rural Mental Health
November 2019	<i>Sexuality and Children living in Children Homes: Concerns and Challenges</i> <b>Event:</b> National Seminar on Mental Health and Social Inclusion of Persons with Intellectual and Developmental Disabilities (IDD) <b>Award:</b> Dr A.T Thressia Kutty's Appreciation in recognition & third place for presentation
January 2018	<i>Care and Protection for Children with Disability: A Context of Udayan Care's Child and Youth Care Model</i> <b>Event:</b> National Conference on the Rights of Persons with Disability Act-2016

## Projects

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12/2023 – 02/2024	<i>Capacity Building Program on Drug Abuse Prevention for Social Work Students</i> <b>Organized By:</b> Department Of Psychiatric Social Work, NIMHANS, Bengaluru, India <b>Supported By:</b> National Institute of Social Defence, New Delhi, India
03/2023 – 04/2023	<i>Sensitization Training Programme for Creating Awareness About Human Rights of Persons with Mental Illness for College Students and Paramedical Students</i> <b>Organized By:</b> Department Of Psychiatric Social Work, NIMHANS, Bengaluru, India <b>Supported By:</b> National Human Rights Commission (NHRC), New Delhi, India
01/2012 – 01/2013	<i>Energy Consciousness among Rural Households</i> <b>Organized By:</b> Lady Irwin College, University of Delhi, New Delhi, India <b>Supported By:</b> Ministry of New and Renewable Energy, Govt. of India, New Delhi, India

## Conferences attended

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October 2024	Internalizing Disorders in Children & Adolescents <b>Event:</b> National Children and Adolescent Psychiatry- CME 2024 <b>Organized by:</b> Department of Child and Adolescent Psychiatry, NIMHANS, Bengaluru, India
April 2024	Alzheimer's Association International Conference Neuroscience Next 2024, India hybrid Hub <b>Organized by:</b> NIMHANS, Bengaluru, India

March 2024	Women's Mental Health- Conversations and Connections 2024 <b>Organized by:</b> NIMHANS, Bengaluru, India
March 2018	Evolving Trends in Alternative Care for Children in South Asia <b>Event:</b> 3rd Biennial International Conference (3rd BICON), Amity University, Noida, India <b>Organized by:</b> Udayan Care, New Delhi, India
September 2017	ADHD in Schools- Recent Trends and Interventions <b>Event:</b> Seminar in association with Prof. Dr. Russell A. Barkley, Ph.D. <b>Organized by:</b> Sir Ganga Ram Hospital, New Delhi, India
March 2016	Improving Standards of Care for Alternative Child & Youth Care: Systems, Policies and Practices (Focused on South Asian Countries) <b>Event:</b> 2nd Biennial International Conference (2nd BICON), Amity University, Noida, India <b>Organized by:</b> Udayan Care, New Delhi, India
April 2014	Transdisciplinary Perspectives to Early Childhood Development <b>Event:</b> Three-day International Conference, Jamia Millia Islamia, New Delhi, India <b>Organized by:</b> The Centre for Early Childhood Development and Research, Jamia Millia Islamia, New Delhi, India

## Positions Held

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Hostel Students' Union (Lady Irwin College, University of Delhi)

- **2012-2013:** Union President
- **2011-2012:** Union Secretary
- **2010-2011:** Central Representative

## Referees

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- Dr. Geetha Desai, MD, DNB  
Professor, Dept. of Psychiatry  
National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru  
Email: [desaigeetha@nimhans.ac.in](mailto:desaigeetha@nimhans.ac.in)
- Dr. K. Janaki Raman, M.Phil., Ph.D.  
Associate Professor, Dept. of Psychiatric Social Work  
National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru  
Email: [janakitrachy@gmail.com](mailto:janakitrachy@gmail.com)
- Dr. Bhupendra Singh, M.Phil., Ph.D.  
Professor & In charge, Unit of Psychiatric Social Work, Dept. of Psychiatry  
Pt B D Sharma University of Health Sciences, Rohtak, Haryana  
Email: [33bhupendrasingh@gmail.com](mailto:33bhupendrasingh@gmail.com)
- Dr. Kiran Modi, Ph.D.  
Founder, Managing Trustee,  
Udayan Care, New Delhi  
Email: [kiranmodi@udayancare.org](mailto:kiranmodi@udayancare.org)