

CURRICULUM VITAE – NIMRAT P. SINGH, Ph.D.

Psychologist | Educator | OD Consultant | Leadership & Behavioural Coach

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🌐 www.tangramhr.com

PROFESSIONAL SUMMARY

A versatile psychologist with over 30 years of varied experience in psychotherapy, leadership development, education, and human resource consulting. Founder of Tangram – Tracking the Human Mind, an initiative aimed at enhancing mental wellness and organizational performance. Proficient in integrating traditional psychology with modern therapeutic methods, including analytical psychology, CBT, REBT, NLP, and ISTDP. IAAP Certified International Jungian Analytical Psychologist and Certified International Society for Mental Health Advocacy and Action (ISMHAA) Life Membership 2026. Widely respected for impactful training sessions, academic rigor, empathetic counselling practices customised for individuals, institutions, and organizations.

CORE COMPETENCIES

- Individual & Group Psychotherapy
- Organizational Development (OD) Consulting
- Leadership & Managerial Coaching
- Emotional Intelligence & Resilience Building
- Psychometric Assessments & Talent Profiling
- Academic Instruction & Curriculum Design
- Adolescent Development & Parental Coaching
- Career Counselling & Internship Mentorship

EDUCATION

Analytical Jungian Psychologist, Chicago

International Association for Analytical Psychology (IAAP), Chicago, (2025)

PhD in Psychology, Gujarat University (2002). Doctoral research on personality traits of effective Indian managers through cross and self-assessment, along with CPI analysis.

M.A. in Clinical Psychology, Bombay University (1989) – 63%, First Class

B.A. in Psychology, Ruparel College, Mumbai (1987) – 68%, First Class

Ranked 2nd in the Arts Faculty and 1st in the Psychology Department

HSC, Ruia College, Mumbai (1984) – 65%, First Class

SSC, Loreto Convent, Mumbai (1982) – 74%, First Class

PROFESSIONAL EXPERIENCE

Founder & Lead Psychologist, Tangram – Tracking the Human Mind (2003–Present)

- Led over 200+ leadership, EQ, and OD training sessions for leading corporates.
- Designed competency-based talent assessment and coaching frameworks.

- Provided psychotherapy and personal development coaching using integrative approaches.

Counselling & Therapy Roles

- **Student Development Centre, MICA** – Counsellor (2016–17)
- **National Institute of Design** – Consultant Psychologist (2009–10)
- **Indian Institute of Management Ahmedabad** – Counsellor (2003–05)
- **Manthan Centre for Counselling** – Co-founder & Psychologist (1996–2003)

ACADEMIC ENGAGEMENTS

Associate Professor, Nirma University – Institute of Management (2022 – Oct 2025). Designed and taught the Core subjects – O.B. Counselling, Coaching and Mentoring, Stress Management and Work-Life Balance, Psychometric Techniques and Tools.

Visiting Faculty Roles:

- Ahmedabad University (HRM Course)
- National Institute of Design (Psychology in Design)
- Academy of HRD (Doctoral Program)
- NIFT - Gandhinagar
- IIPM (HRM)
- Sophia College, Mumbai
- Psychology Department, Gujarat University

Custom-Designed Courses at Tangram:

- Teen Psychology & Child Development
- Parenting Psychology
- Clinical Internship Programs
- Career Assessment & Orientation
- Applied Psychology Programs

CONSULTING & CORPORATE PROJECTS

Key Clients:

Mahindra & Mahindra (FES) | Teva Pharma | Bosch Rexroth | Huntsman | Mitsubishi Chemicals | Welspun | IFFCO | Torrent Power | Intas Pharma | Gujarat State Petroleum Corporation | Saint Gobain | Vadilal | Masibus Instruments | Darpana Academy | United Riceland

Engagement Portfolio:

- 200+ training sessions on emotional intelligence, leadership, stress management, and OD.
- Psychometric-based leadership development & team profiling.
- OD interventions with cross-functional teams.
- Wellness and emotional resilience programs for educational institutions.

THERAPEUTIC APPROACHES

- Analytical Psychology
 - Cognitive Behavioural Therapy (CBT)
 - Trauma Therapy
 - Intensive Short-Term Dynamic Psychotherapy (ISTDP)
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RESEARCH & PUBLICATIONS

- Books published – Proactive Parenting (2014), Talent to Career (2016), Falling in Love (2021 as a contributor). Co-authored a book with Monica Gupta – ‘As It Is’ (2026).
 - Papers and conference presentations on organizational behaviour, coaching frameworks, and therapeutic interventions.
 - *Detailed list available upon request.*
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PERSONAL INTERESTS

Cycling | Swimming | Oil Painting | Nature Photography | Travel | Literature & Philosophy | Dream Work | Reflective Writing

REFERENCES

Dr. Minakshi Parikh

Dean. B.J. Medical College

Asarwa, Ahmedabad-380016

✉ drminakshiparikh@gmail.com

Dr Ashok Bedi, M.D.

Jungian Psychoanalyst, USA

✉ ashokbedi@sbcglobal.net

Signature:



Dr. Nimrat Singh

Date: 27.04.2026

Online presence:

LinkedIn: <https://www.linkedin.com/in/dr-nimrat-singh-a70a612b/?jobid=1234>

Facebook: <https://www.facebook.com/nimrat.singh1>

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