

List of Behavioural Skills Training Program Conducted by Prof. (Dr.) Abha Singh

Police Training Conducted on Personality and Behaviour by AIPS Faculty Members under the supervision of Prof. (Dr.) Abha Singh

Details are given below:

SNo	Details of Training	Date & Duration	No. of Trainees
1	Delhi Police Training	27.7.2007-29.6.2010	42,000
2	Rajasthan Police Training	10.8.09 – till date	4000
3	UP Police Training	7.8.10-22.9.10	1063
4	Meerut Police Training College	27.9.10-2.10.10	219
5	Delhi Police Training (PCR)	29.8.2011-9.9.2011	540
Total			47,822

Behavioural Skills Training conducted by Prof. (Dr.) Abha Singh

S.N O	Name of Client Organization	Name of Session	Structure of the Programme	Date	No. of Trainees
1	AIS	National Workshop on Achieving Personal & Professional Effectiveness (School Principals, Counsellors, Teachers)	One Day (4 Sessions)	19.1.2001	60

2	IBM, HP, Mother son	Achieving Personal & Professional Effectiveness Through Self Awareness	One Day (4 Sessions)	19.1.2001	40
3	AIS Saket	Self-Awareness & Internal Motivation	One Day (4 Sessions)	6.1.2001	60
4	Faculty, Staff of Eng., Law Business Education School	Changing Negative Thoughts & Attitude to Positive through self-awareness	One Day (4 Sessions)	16.12.01	40
5	Ape jay School Parents	Parenting Skills	Three Days (12 Sessions)	5-7 th March, 01	40x3=120
6	AIS Saket, Noida & Manesar	Parenting Workshop	7 Days (28 Sessions)	15.12.01, 20.1.02, 27.1.02, 2.2.02, 9.3.02, 20.4.02, 4.5.02	80x7=560
8	IAS at Academy of Administration, UP Govt. Nainithal	Understanding Self: Creating Self Awareness for Better Performance and IPR	Two Days (8 Sessions)	15 th and 16 th May, 01	40
9	GAIL	Understanding Self	Two Days (8 Sessions)	2 nd and 3 rd May, 02	30
10	GAIL	Effective Habits for Managers, Senior Executives & Managers	Three Days (12 Sessions)	19 th -21 st Aug, 02	25
11	Indian Airlines	Personal Effectiveness	Three Days (12 Sessions)	28 th -30 th Nov, 02	25
12	CRPF	Stress Management	One Day (4 Sessions)	25.7.03	40
13	Postal Staff College	Motivation : Proactive Approach	Half Day (2 Sessions)	10.9.03	40
14	EIL Employees	Team Building	Half Day (2 Sessions)	11.11.03	40

15	NTPC	Managing Self	Half Day (2 Sessions)	12.5.04	30
16	NTPC	Team Building	Half Day (2 Sessions)	14.5.04	30

17	Indian Airlines	Personal Effectiveness	Half Day (2 Sessions)	31.8.04	25
18	Faculty Devt. Programme for Amity Staff College	Self-Development	Half Day (2 Sessions)	18.12.04	40
19	Postal Staff College	Personal Effectiveness	Half Day (2 Sessions)	31.12.04	40
20	Maruti Graduate Trainees, Gurgaon	Self-Inward Journey & Personal Effectiveness	Half Day (2 Sessions)	5.1.05	25
21	NHPC	Managing Self & Others	Half Day (2 Sessions)	19.3.05	25
22	Indian Airlines	Stress Management	Half Day (2 Sessions)	28.3.05	25
23	Xansa India Ltd.	Managing Self & Others	Half Day (2 Sessions)	18.4.05	40
24	Xansa India Ltd.	Managing Self & Others	Half Day (2 Sessions)	16.5.05	40
25	IPS Probationers, Postal Staff College	Team Building and Group Dynamics	Half Day (2 Sessions)	13.6.05	40
26	NTPC	Self-Development Enhances Management of Self and Others	Half Day (2 Sessions)	14.6.05	25
27	Indian Airlines	Self-Development to enhance personal and Professional Effectiveness	Half Day (2 Sessions)	14.7.05	25
28	NTPC	Managing Self & Others	Half Day (2 Sessions)	9.11.05	25
29	NTPC	Managing Self & Others	Half Day (2 Sessions)	17.11.05	25
30	NFL	Managing Self & Others	Two Days (8 Sessions)	16th-17th Dec, 05	25
31	NHPC	Managing Self & Others	One Day (4 Sessions)	14.2.06	30
32	NTPC	Managing Self & Others	One Day (4 Sessions)	17.2.06	30

33	NTPC	Managing Self & Others	Half Day (2 Sessions)	21.3.06	40
34	Xansa India Ltd.	Managing Self & Others	Half Day (2 Sessions)	3.4.06	40
35	Xansa India Ltd.	Managing Self & Others	Half Day (2 Sessions)	7.4.06	40
36	AIS Pushp Vihar	Self: The Inward Journey	Half Day (2 Sessions)	30.6.06	60
37	AIS Pushp Vihar	Motivation-Proactive Approach	A Half Day (2 Sessions)	1.7.06	60
38	Xansa India Ltd.	Managing Self & Others	Half Day (2 Sessions)	22.1.07	40
39	Xansa India Ltd.	Emotional Competence Stability	& Half Day (2 Sessions)	25.1.07	40

40	Faculty Devt. Programme for Amity Staff College	Motivation, Proactive Approach & Professional Excellence	Half Day (2 Sessions)	25.1.07	40
41	Xansa India Ltd.	Managing Self & Others	Half Day (2 Sessions)	29.1.07	40
42	IFFCO	Managing Self & Others	One Day (4 Sessions)	26.2.07	40
43	Xansa India Ltd.	Managing Self & Others	One Day (4 Sessions)	7.5.07	40
44	Xansa India Ltd.	Emotional Competence & Stability	Half Day (2 Sessions)	10.5.07	40
45	School of Yoga	Arise & awake	Half Day (2 Sessions)	16.5.07	40
46	Delhi Police Training for Commonwealth Games, 2010	Rediscovering Positive Attitude, Anger Mgt., & Personality Enhancement	One Day (4 Sessions)	27 th July, 07	
47	NHPC (Rishikesh)	Creating Meaningfulness of Life	One Day (4 Sessions)	5.10.07	40
48.	International Leadership Conference in Seoul Korea	Spirituality & Peace	Half Day (1 Session)	13-17 th Oct, 07	190
49	Polyplex Corporation Ltd.	Communication Skills & Assertiveness	One Day (4 Sessions)	23.11.07	30
50	SAIL	Emotions, Conflict Management & Stress Management	Two Half Days (4 Sessions)	5 th and 6 th Dec, 07	25
51	Faculty Development Programme	Behavioural Science: Experiential Learning Paradigm	Two Days (8 Sessions)	14 th -15 th Jan, 08	50
52	IFFCO	Managing Self & Others	Half Day (2 Sessions)	19.2.08	30

53	Delhi Postal Circle	Self-Awareness	Half Day (2 Sessions)	25.2.08	30
54	SAIL(Bokaro)	Stress Management	One Day (4 Sessions)	7.4.08	30
55	Infotech India Ltd.	Women Empowerment	Half Day (2 Sessions)	9.5.08	60
56	Delhi Transco Ltd.	Emotional	Half Day	3.9.08	40

		Intelligence	(2 Sessions)		
57	IPGCL	Emotional Intelligence	Half Day (2 Sessions)	4.9.08	40
58	IFFCO(Gurgaon)	Managing Self & Others	Half Day (2 Sessions)	9.9.08	40
59	IFFCO(Gurgaon)	Emotional Intelligence	Half Day (2 Sessions)	11.9.08	40
60	Faculty Development Programme	Behavioural Science: Experiential Learning Paradigm	One Day (4 Sessions)	31.12.08	50
61	Delhi Transco Ltd.	Managing Self & Others	Half Day (2 Sessions)	13.1.09	40
62	Delhi Transco Ltd.	Conflict Management	Half Day (2 Sessions)	14.1.09	40
63	ITBP Mussoorie	Self-Awareness & Self Enhancement Anger Management & Emotional Competence	One Day (4 Sessions)	28.2.09	40
64	ONGC (Players of Basket Ball and Volley Ball)	Building Winning Attitude Creating Meaningful Life	Half Day (2 Sessions)	26.3.09	30
65	Amity International School	Positive Parenting	Half Day Sessions)	(2 2.4.2009	200

66	Amity International School	Positive Parenting Workshop	Half Day	5.4.2009	200
67	AITD- Managing High Performance Team	Working through Minds	Half Day (2 Sessions)	16.4.09	35
68	Amity International School	Positive Parenting	Half Day (2 Sessions)	11.5.2009	200
69	Rajasthan Police Training (TOT)	Behavioural Training in the areas of <ul style="list-style-type: none"> ○ Self Management, ○ Stress Management ○ Team Building ○ Motivation ○ Interpersonal Relationship 	4 Days (16 Sessions)	29 th June 2 nd July, 09	25
		<ul style="list-style-type: none"> & Communicate on Skills ○ Problem Solving ○ Attitude ○ Leadership > Human Behaviour 			
70	Faculty Development Programme	Behavioural Science: Experiential Learning Paradigm	One Day (4 Sessions)	20.7.09	50
71	OBC Bank Managers	Analytical Thinking & Decision Making	Half Day (2 Sessions)	8.9.09	25
72	Faculty Development Programme- Amity Staff College	Communication Skills: Cognitive Skills Affective Skills Psychomotor Skills	Half Day (2 Sessions)	19.9.09	40

73	Ministry of Tourism, Govt. of India-Common Wealth Games, 2010 in association with Amity Institute of Travel & Tourism	Positive Behaviour for achieving Professional Service Excellence	Half Day (2 Sessions)	26.10.09	180
74	Faculty Development Programme	Behavioural Science: Experiential Learning Paradigm	One Day (4 Sessions)	23.12.09	55
75	Ministry of Tourism, Govt. of India-Common Wealth Games, 2010 in association with Amity Institute of Travel & Tourism	Positive Behaviour for achieving Professional Service Excellence	Half Day (2 Sessions)	27.01.10	180 Student Volunteers
76	Power Grid Corporation	Empowering Positive Mindsets and Winning Attitude	Half Day (2 Sessions)	18.2.2010	35
77	Delhi Postal Circle	Handling Work Place Stress	Half Day (1 Session)	19.3.2010	30
78	Faculty Development Programme	Sensitization of Faculty to deal with students concerns more effectively	Half Day (1 Session)	11.5.10	100
79	Faculty Development Programme	Psychology of Communication Skills	Half Day (1 Session)	18.6.10	72
80	Faculty Development Programme	Assessing & Developing Emotional Intelligence Competencies for teaching Effectively	1 Day (2 Half Day) 4 Sessions	22 nd & 23 rd June, 10	92
81	Faculty Development Programme	Conduct and Evaluation of Value-Added Courses	Half Day (1 Session)	24.6.2010	25
82	Faculty Development Programme	Communication Skills-Key to Effective Teaching	Half Day	8 th July, 10	50

83	BPR&D Training	Stress Management: Prevention and Cure Through Psychological Intervention	Five Days	18 th April, 2011-22 nd April, 2011	13
84	CRPF Training	Leadership Management and	4 Days (Batch 1 & Batch II)	7 th -8 th May, 2011 13-14 th May, 2011	152
85	Faculty Development Programme	Enhancing Emotional Competency for Effective Teaching	Half Day	29 th June, 11	50

86	Faculty Development Programme	Emotional Decorum for Nurturance (Displaying Empathy)	Half Day	30 th June, 11	50
87	Faculty Development Programme	Behavioural Science: Experiential Learning Paradigm	One Day (4 Sessions)	15.07.11	50
88	Power Grid Corporation	<i>Self-Assessment for Enhancing Positive Attitude Stress Management for Healthy Living</i>	Half Day (2 Sessions)	12.4.2012	25
89	CRPF	Stress Management: Prevention and Cure Through Psychological Intervention	Half Day (2 Sessions)	13.4.2012	25
90	Amity Institute of Education	Positive Schooling for Societal Growth	Half Day (2 Sessions)	24.4.2012	30
91	IIT Roorkee	Psychological Intervention for Prevention of Stress	Half Day (2 Sessions)	13.6.2012	50
92	CRPF	Nature of Stress	1 Session	21.8.2012	30

93	CRPF	Nature of Stress	1 Session	3.9.2012	24
94	Centre for Professional Development in Higher Education (Delhi University)	Enhancing Emotional Competence for Enabling Academic Environment.	2 Sessions	22.9.2012	30
95	CRPF	Overview of Stress Management & Nature of Stress	1 Session	1.10.2012	24
96	Centre for Professional Development in Higher Education (Delhi University)	Balancing of Masculine & Feminine Energy for Empowered Society	2 Sessions	6.10.2012	30
97	CRPF	Overview of Stress Management & Nature of Stress	1 Session	15.10.2012	24
98	CRPF	Stress Management & Prevention through Psychological Intervention	1 Session	19.11.2012	24
99	CRPF	Stress Management & Prevention through Psychological Intervention	1 Session	26.11.2012	28

100	CRPF	Stress Management & Prevention through Psychological Intervention	1 Session	3.12.2012	20
101	05 Days CRE Program on "Specific Learning Disability (SLD)" From 28th October to 01st November 2013	Prevention of Learning Disability	1 Session	30.10.2013	50
	Indian Cancer Congress	Life Events, Stress & Cancer: Is there a link	1 Session	21.11.2013	50

102	Tihar Jail Training	Self-Development for Positivity, Interpersonal Relationship and Communication Style, Leadership and Team Building, Stress and Coping Strategies, Attitude and Mental Health, Counselling Skills for Happy Life, Healthy adjustment to New Environment & Social Reintegration, Spirituality for Positive Mind.	1 Session	23.12.2013	150
103	CISF	Personality & Behavioural Skills Training	2 Weeks Training	3.3.14-14-3.14	100
104	DGR	Positive Schooling	2 Sessions	20.6.2014	20
	Faculty Development Programme	Role of Behavioural Science in Teacher's Education	1 Session	22.8.2014	100
105	Presentation to Students from Unimore Italy for Amity India Immersion Program (AIIP) at AUUP	Stress Management	1 Session (1 Hr)	29.8.2014	25

106	OBC Bank Officials	Managing Self and Job Satisfaction	2 Sessions (1/2 Day)	31.10.14	30
107.	5 Days CRE Program	"Prevention of Learning Disability	2 Sessions (1/2 Day)	21.5.15	30

	on Learning Disability				
108.	<u>SECOND EDITION OF AMITY INDIA IMMERSION PROGRAM FOR STUDENTS OF UNIMORE, ITALY</u>	Psychology at Workplace Organisational Behaviour	2 Sessions (1/2 Day)	2.9.2015	30
109.	<u>SECOND EDITION OF AMITY INDIA IMMERSION PROGRAM FOR STUDENTS OF UNIMORE, ITALY</u>	Stress Management	2 Sessions (1/2 Day)	8.9.2015	30
110.	FDP	Resilience and Academic Excellence	1 Session	9.1.16	50
111.	KRIBHCO Training	Work Life Balance and Stress Management	1 Session	20.1.16	30
112.	DGR Training	Self an Inward Journey	1 Session	4.5.2016	30
113.	<u>SECOND EDITION OF AMITY INDIA IMMERSION PROGRAM</u>	Psychology at Work Place & Positive Organisation Behaviour	1 Session	30.8.2017	30

<u>FOR STUDENTS OF</u> <u>Brunel University</u> & <u>Kent University, UK</u>				
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Emotional Intelligence Trainings/Workshops Conducted and Supervised

S.no	Topic of Training	Duration	Date	Trainer's Name	No. of Participants
114.	"Emotional Intelligence in the age of Artificial Intelligence" and "Strategies for becoming Emotionally Intelligent".	1 Day	29 th May 2019	IILMCEI Team	82 Students
115.	"Power of Emotions to Empower Self and Others	2 days	23 rd May 2019	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	60
116.	Workshop on 'Creating Emotionally Intelligent Classrooms'	1 Day	27 th May 2019	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	200 Teachers
117.	Creating Emotionally Intelligent Classrooms". Genesis School	1 Day	30 th May 2019	IILMCEI Team	55 Teachers
118.	"Creating Emotionally Intelligent Classrooms".- Banyan Tree School	1 day	1 st June 2019	IILMCEI Team	Event Conducted 50
119.	Emotional Intelligence for	1 day	4 th June 2019	IILMCEI Team	65

	Health, Happiness and Success''				
120.	'Let the Story do the Talking: To Enhance Self Expression among Children' for teachers of Banyan Tree School.	1 Day	6 th July 2019	IILMCEI Team	60
121.	Mindfulness for Goal Orientation and Success' at IILM, Greater Noida Campus and Lodhi Road campus.	3 Days	9 th , 11 th & 15 th July 2019	IILMCEI Team	60 PGDM students – Lodhi Road
122.	EI for Creating Emotionally Intelligent Classrooms' for principals and senior teachers of various schools across Delhi NCR.	1 day	20 th July 2019	IILMCEI Team	52 Teachers
123.	EI for Conflict Resolution'. XII students of Banyan tree school on	1 Day	26 th July 2019	IILMCEI Team	150 students
124.	Daily Practices for Mindfulness in Education' for teachers of Banyan tree School.	1 Day	3 rd August 2019	IILMCEI Team	50 Teachers
125.	'EI for Communication and Interpersonal Skills' for technical officers at CEPTAM, D.R.D.O., Government of India- officers – DRDO, Govt. of India	1 Day	30 th august 2019	IILMCEI Team	42 Officers
126.	'EI for Health, Happiness & Success' for students of Bal	1 Day	23 rd October 2019	IILMCEI Team	100 students

	Bharti School, Pitampura				
127.	Emotional Intelligence & Positive Parenting for Excellence in Children' organized by IAHRW & Department of Human Development & Family Empowerment, Bharti College, University of Delhi	3 Days	5 th , 6 th 7 th November 2019	IILMCEI Team	70 Professionals – Delhi University
128.	Training on Cognitive at LIC ZONAL TRAINING OFFICE, SECTOR 18 GURUGRAM	2 days	14 th & 18 th January 2020	Dr. Megha Pushkarna	50 Participants
129.	EI for LIC employees- at Zonal Training Centre, LIC Gurugram	01 Day	29 th February 2020	Dr. Megha Pushkarna Dr. Neeru Singh , Dr. Ramya Dwivedi & Dr. Monika Sharma On-campus	50 Participants
130.	Training on Effectiveness through self awareness	01	12 th March	Mr. Rajesh Kandwal & Dr. Megha Pushkarna	70 Participants
131.	Applying EI & Positive Psychology to Schools	01 Day	8 th November 2019	Prof. (Dr.) Abha Singh, Director IILM Centre	74 Participants

	Counsellors across Delhi NCR			for Emotional Intelligence.	
132.	Emotional Intelligence for Career Aspiration and Happiness'' was conducted. For Banyan Tree School students	01 Day	25 th May 2019	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	150 students
Total No. of Trainees Trained = 7298					

Emotional Intelligence Webinars Conducted & Supervised

S.no	Topic	Date	Trainer's Name	No. of Participants
1.	"Mind your Mind Health"	18 th April 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	400 Participants
2.	Emotional Intelligence & Family Well Being	20 th June 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	100 Participants
3.	Emotions for Healthy Life- St. John's college Agra	22 nd June 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	95 Participants
4.	Emotional Intelligence & Positive Parenting	27 th June 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	200 Participants
5.	Emotional Intelligence	24th July 2020	Prof. Megha Kochhar	60 Participants
6.	Career Guidance Session	8 th August 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	130 Participants

7.	Each one care for one – Mental Health Awareness Campaign	14 th Dec2020	IILMCEI Team	112 Participants
8.	Panel Discussion – “Mental Health for All”	15 th December 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	359 Participants & 6 Eminent Panellists
9.	Creating Emotionally Intelligent schools	16 th December 2020	IILMCEI Team	88 Participants
10.	Maan se Maan Ka Illaj-	17 th December 2020	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	152 Participants
11.	Well Being & Holistic Living – senior citizens	18 th December 2020	IILMCEI Team	60 Participants
12.	Emotion & Well- Being – Genesis School, Greater Noida	9 th January 2021	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	60 Teachers
13.	Session on – Emotional Intelligence for Sustainable Development” “Waste Technology : Emerging Paradigms in Waste Management” – Department of Biotechnology IILM , Greater Noida	31 st January 2021	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence.	200 Attended

14.	Mindfulness and Wellbeing''	26 th March 2021	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	52 Participants
15.	Project Safalta : Workshop series Introduction	31st March 2021	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	360 Participants
16.	Project Safalta : Examination Stress Management	1 st April 2021	Dr. Megha Pushkarna	230 Participants
17.	Project Safalta Study Skills	2 nd April 2021	Dr. Ramya Dwivedi	210 Participants
18.	Project Safalta Importance of Goals for Better Results	3 rd April 2021	Prof. Megha Kochhar	250 Participants
19.	Project Safalta Learning Tips for Exams	5 th April 2021	Partha Mazumdar	300 Participants
20.	Project Safalta Examination tips for outstanding results	6 th April 2021	Kirti Maheshwari	500 Participants
21.	Project Safalta How to be motivated during Exams	7 th April 2021	Dr. Archana Singh	300 Participants
22.	Project Safalta Emotional Intelligence and future Motivation	8 th April 2021	Prof. Saakshi Singla	200 Participants
23.	Project Safalta Time Management for students	9 th April 2021	Dr. Megha Pushkarna	160 Participants
24.	Project Safalta How to be organized with studies for	10 th April 2021	Prof. Megha Kochhar	150 Participants

	effective results			
25.	Project Safalta Learn to be thankful for what you possess	14 th April 2021	Dr. Ramya Dwivedi	150 Participation
26.	Project Safalta Importance of Mindfulness Meditation for students	15 th April 2021	Dr. Archana Singh	150 Participation
27.	Training Workshop on Mindfulness & Wellbeing for GD Goenka Teachers	8 th June 2021	Prof. Megha Kochhar	70 Teachers
28.	Workshop on Stress coping skills for GD Goenka Teachers	9 th June 2021	Dr. Megha Pushkarna	70 Participants
29.	Talk on Yoga & Meditation for Flourishing Health	21 st June 2021	Mrinali Kharbanda	150 Participants
30.	Careers in Psychology	24 th Aug'2021	Prof. Megha Kochhar	157 Participants
31.	Careers in Psychology- Master class	25 th Aug'2021	Dr. Abha Singh, Dr. Megha Pushkarna, other experts	200 Participants
32.		26 th Aug'2021	Dr. Abha Singh, Dr. Megha Pushkarna, other experts	180 Participants
33.	Mental Health Awareness Campaign – Panel Discussion - Social Dysfunction & Spread of Drugs	12 th October 2021	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence, Dr. Sanyal & other experts	67 Participants

34.	Mental Health Awareness Campaign- Age Disparity in Mental health	13 th October 2021	Prof. Saakshi Singla	60 Participants
35.	Gender equality advocacy	3 rd Dec 2021	Prof. Saakshi Singla	70 students
36.	Workshop on Importance of Effective Communication- Sherlock institute of forensic science, India.	8th Jan 2022	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	200 Participants
37.	Mental Health and Well being - Teachers - St. Marks School, Meera Bagh.	25 th Jan 2022	Prof. (Dr.) Abha Singh, Director IILM Centre for Emotional Intelligence	80 Teachers
38.	Teacher Aspiration & Excellence Program (TAeP 2022)	26th March to 2nd April 5days Program	Prof.(Dr.)Abha Singh, Director of PSY-FI SOLUTIONS	25 Teachers
Total No. of Trainees Trained				6363

Training / Workshop Conducted in the Year 2023

S.N O	Name of Client Organization	Name of Session	Structure of the Programme	Date	No. of Trainees
1.	Community Program	“My Mental Health , My Priority” Positive Ageing	2 Sessions	8 th Jan & 11 th Mar 2023	120
2.	NTPC	Self-Love key to Health and Happiness	1 Session	27 th Jan 2023	50
3.	NTPC	“Well- Being and Happiness”	1 Session	28 th Jan 2023	40
4.	NOFFA	SAY NO TO EXAM FEAR	2 Sessions	25 th Feb	40
Grand Total = 7,298 + 6,363+250				13,911	

***All webinars that were conducted are uploaded on YouTube and are being continuously viewed by hundreds of viewers creating awareness.**