
Naynee Singh

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Summary

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

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

12/2022 – Present

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

- 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*, 11, 549–552. <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

Certifications

- 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

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

Projects

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

Conferences attended

- October 2024** Internalizing Disorders in Children & Adolescents
Event: National Children and Adolescent Psychiatry- CME 2024
Organized by: Department of Child and Adolescent Psychiatry, NIMHANS, Bengaluru, India
- April 2024** Alzheimer's Association International Conference Neuroscience Next 2024, India hybrid Hub
Organized by: NIMHANS, Bengaluru, India
- March 2024** Women's Mental Health- Conversations and Connections 2024

Organized by: NIMHANS, Bengaluru, India

- March 2018** Evolving Trends in Alternative Care for Children in South Asia
Event: 3rd Biennial International Conference (3rd BICON), Amity University, Noida, India
Organized by: Udayan Care, New Delhi, India
- September 2017** ADHD in Schools- Recent Trends and Interventions
Event: Seminar in association with Prof. Dr. Russell A. Barkley, Ph.D.
Organized by: 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)
Event: 2nd Biennial International Conference (2nd BICON), Amity University, Noida, India
Organized by: Udayan Care, New Delhi, India
- April 2014** Transdisciplinary Perspectives to Early Childhood Development
Event: Three-day International Conference, Jamia Millia Islamia, New Delhi, India
Organized by: The Centre for Early Childhood Development and Research, Jamia Millia Islamia, New Delhi, India

Positions Held

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

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

Referees

- Dr. Geetha Desai, MD, DNB
Professor, Dept. of Psychiatry
National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru
Email: 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: janakitrichy@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
- Dr. Kiran Modi, Ph.D.
Founder, Managing Trustee,
Udayan Care, New Delhi
Email: kiranmodi@udayancare.org