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## About the Editors



**Dr. Nayanika Singh** has done her schooling from The Lawrence School Sanawar following which she did her graduation with honours in psychology from ggc-11, Chandigarh, Post Graduation in Psychology from Panjab University with specialization in Clinical and Counselling Psychology and PhD in Jungian Psychology from Punjabi University Patiala.

She has also done a Post Graduate Diploma in Guidance and Counselling. Dr. Singh, has a passion for research and has 70 papers published in National and International Journals of repute. She has presented more than 35 papers across the country for National and International Conferences and is on the board of studies of academic institutions and member of many National associations.

She has a passion for writing and has authored a book in Sports Psychology and Edited a book on Mental Disorders. She has the acclaim of correlating Psychology with Art as part of the National Mobile Exposition in 2009 sponsored by the Govt. Museum and Art Gallery, Chandigarh.

Dr. Nayanika, is certified for Emotional Freedom Therapy (EFT), Internationally Certified as Mindfulness Meditation Practitioner (IAPCCT Certified), Certified Parent Coach form CCI and a Certified Career Counselling Coach. She has also done a Certificate course in Art Therapy from Asha, The Hope Foundation in collaboration with ICPEM, Govt. of India, content approved by United Nations, Geneva.

She is also a Grandmaster in Reiki Therapy and trained for basic modalities of Hypnotherapy, Expressive Arts Therapy, Neuro-Linguistic Programming (NLP), Life Skills and Mandala Art. Dr. Singh, has a passion for training and has conducted over 500 behavioural trainings and a number of webinars.

Dr. Singh has done a Ten Days Online Course on Casestudy writing from Stanford University, Georgetown, U.S.A in collaboration with MGSIPA under the able guidance of Prof. Kent Weaver and Mr. Blair Cameroon.

She has also done a training module on Purpose & Motivation and Leadership from Chandler Institute of Governance, Singapore in collaboration with MGSIPA.

Some of her core areas for trainings include : Stress Management, Mindfulness, Life Skills, NLP, Team Building, Motivation, Drug Awareness, Office Etiquettes, Research Methodology, Emotional Intelligence & Regulation and Leadership.

She is also a reviewer for and on the editorial board of many National Journals and International Journals such as MOJABB, Medcrave publishing house, CA, USA.

Presently she is working as an Assistant professor in Psychology at Mahatma Gandhi State Institute of Public Administration (MGSIPA), Chandigarh, Govt of Punjab and conducting behavioural trainings for IAS/PCS officers and officers of boards and corporations of the Punjab Government.



In addition to being an academician, **Dr. Kailash Chandra Barmola** is a spiritual seeker. He started his career as an academician after earning his Ph. D. in psychology from Gurukul Kangri University in Haridwar, Uttarakhand. He gained a fundamental grasp of human nature from this beginning. He published more than three dozen research papers and gave about two dozen research paper presentations at the national and international levels as a result of this fundamental insight of human nature. Thirty percent of these scholarly contributions come from the spirituality sector. *Sahaj Dhyana Yoga : An Indian Philosophical Technique of Counselling*, 2022; *Bhagavad-Gita : A Technique of Conflict Resolution*, 2020; *SYAM : Mental Health First Aid for Tele-counseling during Covid-19*, 2020; *Kundalini Awakening : A Technique of Spiritual development*, 2019; *Gayatri Mantra : A Technique of Relaxation*, 2018 is a few of the most recent contributions. The research articles cited above share his spiritual experiences. An edited book on *Mindfulness and Alternative Healing: The New Normal* is being debated and presented to investigate a new aspect of spirituality in the context of health and well-being.

Various lectures on spirituality and its application to daily life were given by Dr. Barmola. At Chhatrapati Shahu Ji Maharaj University in Kanpur a few months ago, he gave a lecture on Shrimad Bhagavad Gita & Holistic Personality Development. Additionally, he has taken part in numerous talks and conversations about spirituality and how it affects people's lives.

Dr. Barmola has served on various academic institutions' boards of studies. He does mentorship work in addition to teaching and research. Dr. Barmola also offers a variety of philosophical and spiritual counselling services.

He is currently employed by SGT University Gururgram in Haryana's Faculty of Behavioural Science as an Associate Professor. For psychology bachelor's and master's students, he teaches counselling and organisational psychology. Additionally, he oversees the research work carried out by Ph.D. candidates, postgraduate students, and undergraduates in the faculty of behavioural sciences.



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