



Nyamat Chadha, Assistant Professor, PG Dept of Psychology

Awards

S.N.D.T. Rank-holder position for M.A. Clinical Psychology (2017-2019)

Research

Dissertation guidance for 10 M.A. II students (2019-2020)

Practice

Independent psychologist under self-run initiative 'Let's Talk'

Courses

Buddhism and Modern Psychology (April 2020)

Mind Control: Managing your Mental Health During Covid-19 (March 2020)

Workshops Conducted

Workshop on building self-awareness for B.A. Psychology students (September 2019)

Workshop on Thriving in Relationships (November 2019)

Trainings Attended

Intensive Clinical Training in Psychotherapy (December 2018)

'Shadows and Lights'- An experiential Gestalt training workshop by Dr. Yaron Ziv (October 2019)

CRE Workshop on 'Essential Counselling Skills for Counsellors and Special Educators' in association with the Indian Association of Health, Research and Welfare (March 2020)

Articles Published

A Beginner's Guide to Therapy for Indian Students published by Citta, India (March 2020)

