



# AASTHA DHINGRA

ASSISTANT PROFESSOR  
CLINICAL PSYCHOLOGIST  
GRAPHOLOGIST  
HEALER



**AASTHA DHINGRA**  
*Easing Your Life's Journey*

**AASTHA DHINGRA**  
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*"The only person you should try  
to be better than, is the person  
you were yesterday"*

**Facebook** : [psychologistaastha](https://www.facebook.com/psychologistaastha)  
**Instagram** : [psychologist\\_aastha](https://www.instagram.com/psychologist_aastha)  
**Linkedin** : [dhingraaastha](https://www.linkedin.com/company/dhingraaastha)

## PROFILE SUMMARY

Principal Consultant & Co-founder- AD Executive Training and Coaching Pvt. Ltd.

Former Assistant Professor & Deputy Dean (Office of External Affairs) at SGT University, Gurugram

Consultant Clinical Psychologist at Polaris Hospital & Jeewan Multi-speciality Hospital, Gurugram

Former Psychologist on the Panel of Juvenile Justice Board, Gurugram

Media Psychologist at One Shot Film Productions Pvt. Ltd.

Trainer for educational and corporate institutions like Pernord Richard, Maruti Suzuki India Pvt Ltd, DLF Ltd., Rotaract Club of Delhi Mavericks, ProTeam Web Services Pvt Ltd., Manav Rachna International School, Dronacharya College, Sharda International School, SOS Children Village etc.

Certified SOUL COACH, EFT Practitioner, Graphologist, Career Counselor and Psychometrician.

Author in Psychology with an impressive portfolio of 40+ published papers in esteemed national and international journals including SCOPUS

Authored a book titled "Child Development and Learning" & Editor of three influential books: "Mental Health: Journey from Illness to Wellness" and "Covid-19: A Compilation of Its Impact & Solutions", 'Futuristic Trends in Social Sciences'.

Contributing Member of the Editorial Boards for the prestigious International Journal of Indian Psychology (IJIP), Interactive International Publishers (IIP) and PSYCHOLOGS, a leading Mental Health Magazine.

Anchor / Guest Speaker featured on renowned platforms including Times Now-Navbharat GNT News, India Today Group, NDTV Prime, and Disha TV, offering expert insights on psychology, mental health, and

## Licencing & Certifications

- **Certified Graphologist**

Issuing Authority: PoH, Mumbai

- **Internationally Certified Career coach (Foundation Level - I)**

Issuing Authority: Mindler & Career Development Alliance (USA)

- **Certificate course in Forensic Psychology (Accredited)**

Issuing authority: International Association of Therapists (Accredited)

- **EFT Practitioner Course**

Issuing authority: Joy Lall Memorial Educational Society, Chandigarh

- **Clinical Psychologist**

Issuing authority: Rehabilitation Council of India (RCI) A-60143

- **Youth Empowerment and Skills Workshop (YES!+)**

Issuing authority: Art of Living

## Work Experience

- Facilitator With 'WeAvecU.Org' (MSME)
- Life Skills Trainer With Ohana Academy
- Clinical Psychologist At Ananta Hospital
- Clinical Psychologist At Polaris Hospital
- Former Assistant Professor At SGT University, Gurugram
- Freelance Consultant And Trainer
- Former Consultant Psychologist DLF Foundation, Gurugram
- Clinical Psychologist At Jeewan Multispeciality Hospital, Gurugram
- Director & Co-Founder At AD-Executive Training & Coaching Pvt. Ltd.

## Educational History

- Pursuing PhD. In Psychology from SGT University
- M.Phil in Clinical Psychology (RCI Registered)
- Masters in Applied Psychology
- Bachelors in Applied Psychology
- PG Diploma in Guidance & Counselling
- Certificate course in School Counselling
- Certificate course in Sexuality Education
- Diploma in Marriage and Family Counselling

## Trainings & Workshops conducted

- **CORPORATE:**

Sentiss Pharma, Carrier Group, Expedia Group, WE AVEC U, Commissionerate Lucknow, I-CAN, Living Balconies, Museum Culture Marketing, Global Health Xpertz, Smartworks Noida, Pernod Richard India, Rotaract Club of Delhi Mavericks, ProTeam Web Services Pvt Ltd, Jina Living , Antarmanh, IQ Processor (Jaipur), Maruti Suzuki India Pvt Ltd, DLF Foundation

- **SCHOOLS & UNIVERSITIES:**

Salwan Public School, Ryan International (Bhondsi), Shishu Kalyan Sr. Sec. School, Ridge Valley School, Lady Florence School, Drona Public School, DAV Public School, Salwan Montessori School, Jhankar Sr. Secondary School, Florence International School, Flora Dale Senior Secondary Public School, RVS School, SDIET Faridabad, IIHS Ghaziabad, JIMS University Rohini, Manav Rachna International School, Zakir Hussain College, Sharda International School, Amity University, Dronacharya College, Mohanlal Sukhadia Univ.

# KEY PROFESSIONAL ACHIEVEMENTS

Honored by REET Foundation for Mental Health Advocacy, alongside esteemed guests Dr. Rajshri Singh, Dhriti Malhotra, and Vineeta Jerath.

Recognized by Mrs. Sunita Duggal, MP Sirsa District, for impactful volunteer work during the pandemic.

Expert Counselor with NCPCR's "Samvedna" mental health telecounseling service in New Delhi.

Provided specialized counseling for parents, children, and teachers at Ryan International School, Bhondsi, as per Gurugram District Administration's request.

Actively engaged in RAAHGIRI-Gurugram and RAAHGIRI Ballabhgarh, conducting free counseling sessions to raise awareness on various issues.

Recognized by Manas Charitable Trust, Ahmedabad, for the impactful campaign "CORONA MAI KUCH PRODUCTIVE KARONA."

Key Resource Person for Haryana Government's initiative, "Project Zindagi: Beautiful Mind, Beautiful Life."

Acknowledged by Columbia Asia Hospital, Gurgaon, as "The Youngest Enthusiastic and Ethical Practitioner in Gurgaon" for efforts in clinical psychology.

Provided specialized counseling for parents, children, and teachers at Ryan International School, Bhondsi, as per Gurugram District Administration's request.

Launched "YOUTH EMPOWERMENT PROGRAMME: Y.E.P." in collaboration with Jesus & Merry College, DU, and Enactus NGO, focusing on employability skills for underprivileged children in sales and retail sector.

Recipient of the Dr. Kalam Skill Guru Excellence Award at the DKIF Education Summit and Awards, 2022-23.

Honored with a Trophy of Appreciation by the Legends Star Awards on April 15, 2023, at the prestigious Taj Palace Hotel, New Delhi.

Invited as an Expert Clinical Psychologist by Swati Khushboo, distinguished organizer and social worker, to discuss the crucial topics of the importance of relationships and the role of nurturance in the context of 'LOVE JIHAD.' The distinguished stage featured prominent figures, including Shri Bhijat Mishra (BJP), Shri Shakti Mohan Awasthi (ADCP, Noida), Shri Gopal Krishna Agarwal (BJP Pravakta), and Shri Sidharth Shankar Gautam (Varishth Pravakta)

Chairperson at International Conference on Impact of Artificial Intelligence in Special Education: Need to promote Inclusive Pedagogy

SMT. Sushil Gupta Excellence Award-2024 in recognition of visionary leadership & outstanding contribution in the field of Disability, Rehabilitation & Praiseworthy achievements at professional front

Token of Gratitude by Renova International Publications to be invited as Distinguished Guest at New Delhi World Book Fair, TARANG, Feb 2024