

Major General (Dr) MP Singh, Ph D (Veteran)

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A blend of army and corporate experience in the domains of Higher Education Management, Learning & Development, Corporate Training, HR (selection / recruitment), Project Management (specialised in Telecom projects).

EDUCATIONAL QUALIFICATION

Programme	Institute	Year
Ph D (Subject : Enhancing quality of life through spiritual intelligence)	NIT, Allahabad	2015
M. Tech (Digital Communication) : 80%	NIT, Bhopal	2004
B. Tech (Telecom)	MCTE, Mhow (JNU)	1982

CERTIFICATIONS

Certifications	Institute	Year
Certified Neuro Linguistic Programming (NLP) Practitioner	Heureka Institute, New Delhi (American Board of NLP)	2016
Certified 3Q Practitioner 3Q = IQ + EQ + SQ (Spiritual Intelligence)	3Q Institute, Australia	2017
Certified Life Coach and Spiritual Master	Symbiosis, in collaboration with USA	2016
Interviewing Officers' Course (Scientific techniques to select candidates, to be officers in the Armed Forces)	Defence Institute of Psychological Research (DIPR), DRDO, Ministry of Defence, New Delhi	2009
Train the Trainer	AVTEC, Delhi	2015

APPLIED SPIRITUAL PURSUITS & PERSONAL DEVELOPMENT

Reiki (Grand Master)	Vipassana meditation	Pranic healing
Advance acupressure	Cosmetic acupressure	Past life regression
Psycho-neurobics	Integrated cosmic energy healing	Art of living
Tarot card reading	Violet flame	Prana violet healing

TRAINING EXPERIENCE

Training Background

- Certified trainer.
- Global Learning & Development (L&D Head) with Punj Lloyd Ltd for last six years.
- Been delivering training sessions and conducting workshops for several years for corporates, educational institutions and NGOs.
- Was adjudged the **best trainer in Punj Lloyd Ltd** consecutively for the **last three years**.
- Participation in national and international conferences has been a regular feature.
- **Delivered a key note address** in an **international conference at Bangkok on 06 July 2018**.

Opportunities for Conducting Training (1983 to date)

- **At Corporate**

As a Corporate Trainer, I evaluated, planned and implemented 84 training sessions at different levels, and personally conducted sessions on spiritual & emotional intelligence, Reiki, leadership, stress management and several other behavioural trainings across all levels in Punj Lloyd Ltd, benefitting thousands of employees, leading to higher productivity.

- **Military College of Telecom Engineering**

As a Major General, conceptualized and implemented training for the officers and other ranks, with courses ranging from M. Tech, B. Tech to Diploma. Through frequent motivational addresses, brought about phenomenal changes in them, enhancing overall efficiency.

- **Indian Military Academy (IMA), Dehradun**

As a Major, was a Lead Directing Staff (faculty) for hundreds of officer cadets. Delivered training on leadership, motivation, team building, personal effectiveness, inter-alia, thus strengthening their foundation, shaping them into the best military leaders in the world.

- **1 Signals Training Centre (STC), Jabalpur**

As a Major, imparted military, technical, and behavioural training to combatants, preparing them as valuable assets of the army.

DELIVERY OF TRAINING

Endowed with years of experience in the domain of training, has single handedly been delivering training sessions and conducting workshops for corporates, educational institutions and NGOs on 72 different subjects / topics covered under nine categories.

Lectures / Workshops in High Demand - 12

Spiritual intelligence	Prevention of sexual harassment (POSH)	Interviewing techniques
Reiki (up to Grand Master level)	Grooming & etiquette at workplace	Neuro Linguistic Programming (NLP)
Meditation	Leadership	Mentoring & coaching
Stress management	Personality development	SSB coaching

Prevention of Sexual Harassment at Workplace (POSH)

Awareness	Compliances	Advisory
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Reiki

Reiki 1st Degree	Reiki 3rd Degree (3A)
Reiki 2nd Degree	Reiki 3rd Degree (Master level)

NLP (Neuro-Linguistic Programming)

NLP (Neuro-Linguistic Programming) for success in life

Mentoring & Coaching

Mentoring & relationship coaching	Mentoring and life coaching
Follow up & feedback coaching	Leadership coaching

SSB Caching (for Entry to Defence Academies)

SSB coaching

Interviewing Techniques

Interviewing techniques for HR

Corporate Trainings (Lectures / Workshops) - 30

Inspiration leadership	Attitudes and values	Personality development
Managerial effectiveness	Business writing	Ergonomics
Personal effectiveness	Team building	Planning and prioritization
Group dynamics	Good Governance	Practical motivational skills
Power and politics at workplace	Communication skills	Presentation skills
Grooming & etiquette at workplace	Making minutes of meetings	Problem solving and decision making
Listening skills	Change management	Work life balance
Time & task management	Conflict resolution	Basic Excel
Interpersonal skills	Creativity and problem solving	Basic Power Point
Telephone etiquette	Campus to corporate	Organizational change

Spirituality Trainings (Lectures / Workshops) - 15

Financial abundance through spiritual intelligence	Building leadership through spiritual intelligence	Enhancing quality of life through spiritual intelligence
Success in career through spiritual intelligence	Corporate success through spiritual intelligence	Holistic health through spiritual intelligence
Success in business through spiritual intelligence	Improving relationships through spiritual intelligence	Chakra
Spiritual laws of success	Activation of whole brain	Violet flame
Art & Science of meditation	Creative visualization	Aura enhancement

Wellness Trainings (Lectures / Workshops) - 15

Stress management	Cupping therapy (Chinese)	Super brain yoga - (Choa Kok Sui)
Emotional intelligence	Art of happy living	Forgiveness
Acupressure	Law of attraction	Life management skills
Cosmetic acupressure	Self-leadership	Mudras
Wellness and wellbeing	Yog nidra	Gratitude