



nidhi nagrath

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Nidhi Nagrath is a Senior International **Life Skills Trainer** attached to the Lions Quest in India Foundation.

She trains adults in three scientifically structured programs, addressed to varying age groups. The programmes focus on developing **Social** and **Emotional** competencies.

1. “**Skills for Adolescence**” enables young persons between 10 and 15 years to develop their best potential.
2. “**Skills for Growing**” is for children between 5 and 10 years.
3. “**Empowering Mind Enriching Life**” reaches out to adults from all walks of life.

She is an effective Communicator, with a pleasing personality and motivational spirit.

She is deeply involved with the Lions Quest movement, from 1994, when she participated in a Teachers Training Workshop.

As Trainer she has conducted over 200 Teacher Training Workshops in India, Nepal and Bangladesh between 2003 and 2020.

She has addressed Several Parent Workshops, Refresher Trainings and Lions Quest Awareness Seminars.

In 2001, she was made a 15minute film, ‘Changes & Challenges’ on the Skills for Adolescence Programme.

She participated in the Concept formulation, Scripting and shooting of the TV Serial ‘Sapno ki Dhara’ on Lions Quest, as also the Review of Education Material on AIDS.

She was part of the team in Nov 2007 for the Review of Skills for Action Programme, and Revision of the SFA curriculum 4th Edition and 5th Edition.

Qualifications

Her Educational Qualifications include an **M. Sc in Child Development** in 1977.

She has attended a number of Courses, namely

- ‘*Est*’ Communication Workshop.

- Silva Method of Mind Control in 1994.
- Training Programme for Volunteers - focusing on Women's Issues, at the Sophia Centre for Women's Studies & Development in 2002
- 'Training of Trainers Workshop'-in Participatory Training Methodology at the Tata Institute of Social Sciences (TISS) in 2002
- Workshop on Mediation, TISS in 2006.

Teaching Experience

- She taught in 1984, at the SIES Pre-primary Teachers Training Institute.
- She conducted a programme for students 'Pathways to Growth' on social and emotional learning, and Seminars for teachers, at the CTES College of Architecture, Mumbai.

Professional Work

- She is Partner at Anil Nagrath & Associates, Architects, involved with Interior Design, Project Management & Accounts and Administration since 1981.

Other Interests

- Her Creative pursuits are seen in her Hobbies & Interests.
- She is very involved in Landscaping & Bonsai and is a Member of Indian Bonsai Society.
- She has also made artistic artefacts in Macrame, Ceramics and Crochet.

Travel

- She is widely travelled. Having lived in Fiji for three years, she has toured U.S.A., Canada, U.K, Netherlands, Belgium, France, Germany, Sweden, Denmark, Norway, Switzerland, Finland, Japan, Australia, New Zealand, Singapore, Thailand, Nepal, Bangladesh, Greece, Italy and U.A.E.

Community Work

- She worked with Girl Guides Association & YWCA in Fiji 1977-80
- She is an active member of the Lions Club of Bombay Govandi