

Research Paper Writing Workshop Catalogue



**KESRI**  
**FOUNDATION** <sup>TM</sup>

EMPOWERING LIVES ...





# ABOUT US

## The Role of Kesri Foundation in Empowering Education and Career Counseling in India

The Kesri Foundation stands as a beacon of hope and transformation, playing a pivotal role in shaping the educational landscape in India. With a strong commitment to ensuring equal access to education and reliable, research-based career counseling, the foundation has established itself as a driving force in empowering students and shaping the future of India's youth. Its mission is clear and far-reaching: to bridge the gap in education, providing affordable programs and certifications, while advocating for career counseling in every school across the nation.

### Equal Access to Education

At the heart of Kesri Foundation's mission is the belief that every child, regardless of their background, deserves access to quality education. The disparity in educational resources and opportunities is a pressing issue in India, where many students, particularly in rural and underprivileged areas, face significant barriers. Kesri Foundation aims to address these challenges by developing programs that reach even the most marginalized communities, ensuring that students everywhere have the tools they need to succeed.

The foundation's work includes supporting institutions that offer psychology courses and providing resources to students who might otherwise struggle to access higher education. By collaborating with schools, colleges, and organizations, Kesri Foundation has created a network of support that empowers students to pursue their academic dreams without financial or geographical constraints.

### Advocacy for Career Counseling

One of the unique aspects of Kesri Foundation's approach to education is its strong focus on career counseling. Recognizing the importance of informed decision-making in a student's academic and professional journey, the foundation emphasizes the need for career counseling in every school across India. Career counseling is not just about helping students choose a profession; it's about guiding them towards fulfilling and meaningful careers that align with their skills, passions, and aspirations.

Kesri Foundation actively works with schools to implement structured career counseling programs, ensuring that students receive personalized guidance as they navigate the complexities of modern career paths. The foundation's career counseling initiatives are based on thorough research and a deep understanding of industry trends, ensuring that students are equipped with the knowledge and skills needed to thrive in an ever-evolving job market.

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# ABOUT US

## Impact Through Workshops and Community Engagement

In addition to its educational programs, Kesri Foundation plays a critical role in fostering community engagement through workshops and awareness programs. These workshops, often focused on topics like career guidance, mental health, stress management, and substance abuse prevention, are designed to support both students and educators. By addressing issues that go beyond the classroom, the foundation helps create a holistic educational environment that nurtures students' emotional and psychological well-being. For example, Kesri Foundation has organized numerous de-addiction workshops across India, with a specific focus on schools and rehabilitation centers. These sessions are led by experienced professionals, including psychologists and counselors, who work closely with students to raise awareness about drug addiction and provide support for those in need. The foundation's commitment to mental health and well-being is further reflected in its partnerships with institutions that offer counseling services and psychometric assessments, ensuring that students have access to both academic and emotional support.

## National and International Recognition

Kesri Foundation's dedication to excellence has not gone unnoticed. The foundation is registered under MSME and holds prestigious certifications for ISO 9001:2015 for Quality Management Systems, ISO 45001:2018 for Occupational Health and Safety (OH&S) Management Systems and ISO 21008:2018 for Educational and Organizational Management Systems. These certifications reflect the foundation's commitment to maintaining high standards of quality in its programs and services. Moreover, Kesri Foundation is a recognized member of respected international organizations such as the Asia Pacific Career Development Association (APCDA), the International Association of Applied Psychology (IAAP), and the International Accreditation Forum (IAF). Through these memberships, the foundation not only gains access to global best practices but also contributes to the global discourse on education and career counseling. This international recognition strengthens its credibility and expands its ability to collaborate with educational institutions and policymakers around the world.



## OUR ACCREDITATIONS & CERTIFICATIONS



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## OUR TEAM

### DR. NAYANIKA SINGH

Resource Person



Dr. Nayanika Singh has done her schooling from The Lawrence School Sanawar following which she did her graduation with honours in psychology from gcg-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.

# OUR PROJECT

## OVERVIEW

The Research Paper Writing Workshop is designed to provide students, professionals, and budding researchers with a comprehensive understanding of the research process, from formulating research questions to publishing in reputable journals. This workshop will equip participants with essential skills in academic writing, research methodology, and the publication process, making it ideal for those looking to publish their work in national and international journals.

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# RESEARCH PAPER WRITING

## 01 ONLINE WORKSHOP

**DURATION: 4 SESSIONS**

**MODE: ONLINE (LIVE VIRTUAL SESSIONS)**

This online workshop offers participants the flexibility to learn the essential skills of research paper writing from the comfort of their homes. It covers the critical stages of research development, from selecting a research topic to preparing a manuscript for submission. Through interactive sessions, participants will receive guidance on how to write effectively and avoid common mistakes in academic writing.

- **Who Should Attend:**

Undergraduate/postgraduate students, early-career researchers, professionals, and anyone interested in learning the basics of academic writing and research.

- **Key Takeaways:** Skills in research methodology, writing techniques, literature review, and how to structure a research paper.

**Workshop Content:**

- Identifying and developing research topics
  - Structuring a research paper: Introduction, literature review, methods, results, discussion
  - Academic writing styles and techniques
  - Citation management and plagiarism avoidance
  - Overview of the peer-review process
  - Tips for publishing in reputable journals
  - Practical exercises in abstract writing and data interpretation
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# RESEARCH PAPER WRITING

## 02 OFFLINE WORKSHOP

**DURATION: 6 SESSIONS**  
**MODE: IN-PERSON (WORKSHOP)**

This in-depth, hands-on workshop provides participants with a more intensive experience, allowing for personalized guidance, group discussions, and practical exercises in research writing. The extended duration ensures a deeper exploration of academic writing, with dedicated time for peer feedback and one-on-one mentoring.

- **Who Should Attend:** Students pursuing academic degrees, researchers, PhD candidates, and professionals interested in producing high-quality academic research.
- **Key Takeaways:** Mastery of the research paper writing process, hands-on experience, and detailed feedback on personal writing projects.

### **Workshop Content:**

- Comprehensive overview of research methodologies
  - In-depth guide to each section of a research paper
  - Advanced writing techniques and avoiding common pitfalls
  - Data analysis and interpretation for research papers
  - Practical workshops on writing a literature review, discussing results, and drawing conclusions
  - One-on-one feedback on research drafts and abstracts
  - Certification of participation from Kesri Foundation
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# WHY CHOOSE KESRI FOUNDATION'S RESEARCH PAPER WRITING WORKSHOP?

## 01 EXPERIENCED TRAINER

Dr. Singh, who has authored over 70 research papers published in national and international journals, brings extensive expertise to this workshop. Her hands-on guidance ensures participants receive top-tier instruction and advice on writing and publishing research.

## 02 COMPREHENSIVE CURRICULUM

The workshop covers all critical elements of research writing, from developing a research question to successfully publishing a paper. Participants will leave with a clear understanding of the entire research process.

## 03 PERSONALIZED MENTORSHIP

Both online and offline programs provide opportunities for one-on-one mentoring, where participants receive personalized feedback on their research ideas and drafts.

## 04 PUBLICATION GUIDANCE

The workshop doesn't stop at writing skills—participants will also learn how to identify reputable journals, navigate the peer-review process, and increase their chances of publication.

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# WORKSHOP BENEFITS

## 01 HANDS-ON WRITING EXPERIENCE

Participants will engage in practical writing exercises that allow them to apply theoretical concepts to real-world research projects.

## 02 ENHANCED RESEARCH SKILLS

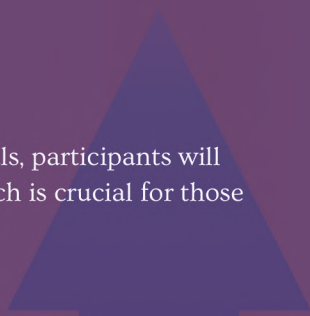
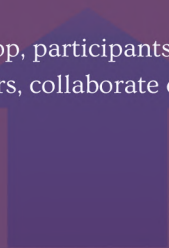
From identifying research gaps to mastering citation techniques, participants will gain a deeper understanding of the essential elements of successful academic research.

## 03 CAREER ADVANCEMENT

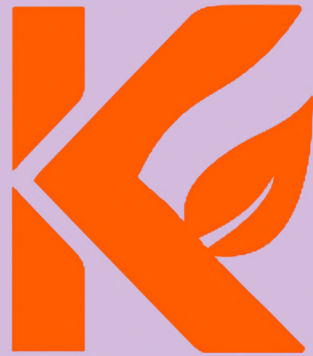
By learning the skills necessary to publish in journals, participants will boost their academic and professional profiles, which is crucial for those seeking to advance in their fields.

## 04 NETWORKING OPPORTUNITIES

In the offline workshop, participants will have the chance to connect with fellow researchers, collaborate on projects, and engage in peer-review activities.







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