

## Our Reviews on Practo

Verified Patient

27 days ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I was diagnosed with paranoia and I have been eating sertraline 50 , morning , and 50 evening and I have been considered to be a social misfit. Even my family members felt that I distorted behaviour and affected those with whom I came into contact in devastating ways. I was paranoid about how my friends viewed me, I was paranoid about the perfection of the work that I submitted to my boss sitting till 10 o'clock in the night, and at one point of time, my wife told me that I am dangerous because I can perpetrate violence. When I recognised my condition and I realise that treating my paranoid behaviour can prevent or reduce antisocial activity against all the people who were in my circle? I went and started all my medications diligently. I have experienced delusions of persecution, ranging from thinking others out to get me to falsely believing that I have physical illness. I have fought with suspicious Ness, hypersensitivity, extreme vigilance and simmering anger, and tendency to blame others for problems and absolve myself of almost everything. To be paranoid is a very hurtful Epithet. After five years of eating medicines and gaining about 10 KG of weight, I started searching Google and spoke to prof singh. The first thing he told me is that paranoia is a disorder of the mind, not a flow of character, and before proceeding with any form of assistance, he spent three months sensitising my family to what I was going through, and eventually we started speaking and working together to understand the root cause of my paranoia and persecution complex as I would say. Over time, I learnt that my sadness can help me relieve my tension, and that I can use it as a healing emotion that can help let go of things that aren't working anyway. Five years of wasted time and six months of talking to my family by prof singh, made them realise that I was not paranoid from birth, but it was the circumstances of my family and the complete lack of responsibility that my father decided to indulge that had created a situation of hypersensitivity and extreme vigilance along with simmering anger and tendency to blame others for problems and absolve myself of almost everything that had led to my behaviour. I was neither paranoid, neither was I crazy I was just reacting to how I was brought up.it has taken a lot of time to understand this, prof singh has been very kind and gentle with me, but I have to give myself also the credit that I believed in the fact that I need to give myself time to heal. If I had not given myself this time to heal which was very nicely explained to me by sir, I don't think I would have recovered, and it is with great gratitude. I would say that the way he spoke to my father, my mother, my wife and explain to them what I was going through, that also helped cure me. I really don't know if I'm cured but I know that I am not what I used to be. I am a complete human being and my entire family has one person to thank, and that is GB Singh. It may look like I am over thanking him, but nobody has any idea of how I was made to feel in my home and in society with the labels given to

me, and I'm so grateful that I have come out of all these childhood created problems and that I can finally live that makes me write this and thank prof singh again and again, however, embarrassing, it might seem.

V

Verified Patient

3 days ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness

I am 78 years old. There have been problems between my son and daughter in law and the in-laws. No one I tell you managed the family counselling . When we returned to Meerut my niece asked me to speak to Mr Singh. I tell you it was fantastic . Mr Singh , was so detailed in his testing and analysis and getting everyone to hear one another . 1 month and believe me things are 75 to 85 percent better. Sitting at home , connecting to my son's in-laws from Lucknow with my son and daughter in Noida , it was remarkable . Very impressive. Well done . My blessings 🙏🙏

V

Verified Patient

a month ago

Visited For Learning Disability (Dyslexia) Treatment Psychological Problems Online Counselling

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

No one can imagine the emotional distress a parent can go through when their child is facing difficulty in school and a correct label or a diagnosis is not possible. I am emotionally and psychologically very grateful to Dr Singh because he did the entire psycho educational assessment for my child completely free of charge and in conversation with him, I learnt that from the month of August - 15 August to be more precise, all Dyslexia and Learning Disability assessments are being done free of charge by him where no money is being taken for the test's. Why I am writing this review is that I don't think anybody in our country is doing this level of charitable work and in today's world where everybody is so jaded it's very nice to see that somebody is making an effort to make a difference to the lives of children who have special needs and who have learning disabilities and is trying to help in whatever way possible

that an individual can do. Please keep up the good work. You are doing much more than what most people speak about. May God bless you for all your kindness.

V

Verified Patient

a month ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

In a compelling and articulate way, Prof Singh showed me the way emotional legacy passed down to me from my parents and affected me as a child emotionally and how socially it was damaging me as a adult. Undoubtedly, one of the best sequence of therapy I have seen where he has helped us identify my emotional road blocks and provided a path through them. It takes a lot of courage to accept what you have not gotten childhood and what wasn't there that should have been there the guidance the attachment the kind of love that parents should be giving to us as children and how the way our parents talk to us can do so much damage to us at a later stage of our life. It has been a very gratifying although intense platform where we were able to discuss my issues which allow me to distinguish my worries from my misunderstanding of the fact that I was under serious depression. As more of us who are educated faced with Modern day problems, I think good psychotherapy is something we must look out for for our own well-being.

V

Verified Patient

a month ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

When ever I used to speak to Prof Singh, I would ask , When will I see changes . When will I think positively. Then last week , When speaking to him , I realised I was making positive rationalizations in my conversation to everyone and my expectations had dropped to near zero. For a week now I see that my entire conversation with people is like I am just accepting things with no expectations of any reciprocal effort from others. It's a strange feeling from going from an empty cold feeling inside my chest to a warm feeling that I am in good hands and nothing will happen to me. My next step is to

reduce Bupropion intake and make it as less as possible. I'm from Calcutta and with the facility of zoom , it makes therapy so simple . \*\*\* \*\*\*, I'm very grateful

V

Verified Patient

a month ago

I recommend the doctor

Happy with: Doctor friendliness

Finding the right counsellor I think makes all the difference. I am a single mother living in Leeds , UK and we have some very good counsellors here. The price of £150 may be okay for some , but it hurts when you are meeting twice a week. The other problem is the 50 Minute problem as we call it. We don't get a minute above 50 Minutes. Dr GB , has regularly given me 90 Minutes and even more for less then £50 and he is very good having been educated in the UK. I would suggest Indians living abroad to work with him and then take a call on how to proceed. The man is sympathetic, straightforward, and well versed in his knowledge. Well done

V

Verified Patient

4 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I have been on SSRI medication until I read about Peter Kramer & Irving Kirsch work's about the erroneous theories of chemical imbalance and I was stunned . I read how they the case for them evolved by saying that the scientific evidence for Serotonin theory is junk as written in their book's. It was pretty simple. A normal patient goes to the doctor and explains he's depressed. The doctor talks through the options with him, and if they both agree, he starts taking an antidepressant. At this point, doctor start's to monitor the patient. If the antidepressant doesn't work for him, he's given another one. If that one doesn't work, he's given another one—and on and on until he gets one that feels as though it works. This is how it works for most of us out there in the real world: a majority of people who get these reach a point where they just reconcile. I have been there emigrated back to India from Seattle as I would start questioning my own feelings, and doubting myself—and that caused me to hide more. My Husband left Microsoft and came back after one year. I went to a very expensive therapist ( Not Names ) in Gurgaon and it was just an intelligent chat and I felt foolish when I was told that “ it is the way for us women, we have to chin up and move on” what rubbish. We connected with Prof Singh over TeleMed

from Gurgaon as I could not even force myself to get out of the bed on most mornings. I'm very close friend of my husband had been in long-term treatment with Professor Singh and spoke very highly of him and we decided to give it a try. It's difficult to believe but the very first appointment give me the sixth sense feeling that here is somebody who probably understands what I am and the kind of complete mess I am in and we just move forward having faith in God and today almost 2 years down the line we are still in weekly communication and I am much much better and much much more sorted out to handle myself on a day-to-day basis and my husband is able to talk to me without me, being cranky and irritable with him, because what had caused me to go into the spiral of acute depression was the loss of our third child, as I was in serious antidepressants and I can never forgive myself for not knowing that I could've put myself through serious therapy, and then it was better to give it two years of time, rather than damage my body so badly and get traumatised at the death of my only daughter who was born black and blue. My advice to folks where ever you are in this country, you must try therapy first before you jump to eating chemicals, and if chemicals are required, you should not ignore them, but look at getting yourself a very good Doctor Who can administer the correct form of therapy suited to your personality and your own deficit requirements

V

Verified Patient

a month ago

I recommend the doctor

Happy with: Doctor friendliness

Finally , someone who was able to give a clear, understandable, description of the depression that I was going through. Using everyday life examples and the debilitating effects that shame and guilt can have on our life. Dr Singh has the ability to take you by the hand and lead you through a journey towards self-love and self acceptance. My therapy with him has been helpful and offered me an understandable way to learn to diminish the emotional thoughts of a shame based childhood. As the eldest son of a family with a father who was too busy working and my mother who was depressed and left to do the chores of the house. Finally a complete understanding and freedom from the shame and guilt that have blocked me throughout.

V

Verified Patient

3 months ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness

Your greatest strength is also your greatest weakness. I've always had a natural tendency to be on edge, to be extremely aware of my surroundings. I'm alert all of the time and, although a predisposition to being quite observant is great for your career, it isn't always the best for your personal relationships. As an artist, your job is to see the things that other people don't necessarily see. It's because of your ability to notice anything and everything that you are able to draw conclusions, notice trends or comment on various social phenomena. In my sessions with Dr Singh, he used multiple techniques. The best techniques for me are the ones that make me separate my emotions from the thoughts; to realise that what I'm feeling inside isn't necessarily an accurate representation of what the situation is. So, now if I'm feeling stressed out of my mind, I take a step back and notice that I'm feeling stressed, then take another step back and notice that I'm having the thought of feeling stressed and then follow all of the instructions and teachings of Dr Singh and without feeling good in 10 minutes I am breathing in a much better and a more comfortable manner and I can feel the anxiety seep out of me. It has been one of the greatest investments I have made on myself for the last 1 1/2 year.

A

A Srivastava (Verified)

6 years ago

Visited For Interpersonal Relationship Issues Personal development Career Counselling

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Wait time Value for money Treatment satisfaction

I'm a Software Engineer working at an Investment firm in Bangalore. Lately, I had been facing many issues at my workplace as well as at my home. At my workplace, I had begun to feel that my seniors have lost their faith in me and my colleagues don't see me the way they used to. I would avoid any social interactions as much as possible. I would be listening to songs on earphone all the time. I would eat my lunch alone and forget about me participating in any team activities. I could see my work quality deteriorating and I felt helpless. I couldn't even muster enough strength to walk up to my peers and ask for help.

At my home, I have my parents who are both in their old age fighting with diseases like diabetes and thyroid. Every other day, I'd hear about one thing or the other going awry at my home, water flowing into the house, incorrect electricity bills by corrupt government officials. I care for them. And, I know they care for me too. But, when I know they are going through so much problems everyday, how can I expect them to provide me with emotional support. Heck, I wouldn't even feel comfortable sharing my problems. It would only add to their troubles. They certainly try their best when they find out somehow that I'm struggling through some personal problems.

Everything just about everywhere around me is going wrong. Where do I go? What do I do? Some mornings I'd wake up with such clouded thoughts in my head that it'd take me hours to just leave my bed and start my day.

Luckily one of my very close childhood friend who lives in Delhi told me about Prof Singh. And, she made such a case that I decided to visit him. I called him, explained him the issue and told him that I want to meet him in person. After hearing about my problems, he explained me that he only follows the best scientific processes out there that he follows and how he would try his best to help me. So, I made travel arrangements and flew to Delhi from Bangalore. Our first appointment went for over 4 hours where he kept listening to me patiently, asking questions and giving answers. In those 4 hours itself, he untied so many knots that had become tied in my head over time, that I was already feeling very relieved. And, I had not felt like this in months.

Next, Prof Singh recommended me to go for a test called the MMPI test. He explained me how it would help me understand myself much better, how it would make me aware of issues that I'm prone to and what measure should I take to keep my life in balance. I decided to go for it as my friend had also gone for it and she found it to be an eye opener. Next morning, I gave the test. Later in the afternoon, Prof Singh helped me understand the report, what it said and what that meant. And, I could now see many things that I wasn't even aware of earlier. Many things that I had been doing with a positive outlook were actually the ones that were hurting me. Then, there were issues that I felt had less importance but no it was high time for them to be addressed. An eye opener indeed.

It's been 3 months now. Things at my home are not so much better now, but thankfully, I have the energy to manage things at my workplace. And, I have the energy to figure out ways to help my parents back home and keep them happy too. I'm writing this feedback to serve as a thank you to Prof Singh for helping me out.

Also, I should mention that when my friend told me about the Prof Singh's consultation fee and the cost of test, I was in two minds about going through all this trouble. But, today, it feels like every penny was worth it. In fact, I feel that Prof Singh actually charge less for his time than he could.

Y

Yash (Verified)

6 years ago

I do not recommend the doctor

Hoped for better: Treatment satisfaction Value for money Explanation of the health issue Wait time

My review is not a simple good/bad.

Small introduction first, I am a male 20 year old college student. I have been struggling with myself since childhood. I have knowledge but have trouble applying it because I lose focus easily. I tried many different things for years but nothing worked. I recently got interested in neuroscience and realized that my problem may not be motivational.

After few days of research(books, videos, articles etc), all signs pointed at ADHD. I went to AIIMS where after listening to my story for 5 mins, doctor wrote me a prescription for ADHD. I was unconvinced of this 5 minute diagnostic and didn't want to bullshit myself. So, I started searching online for the doctors with experience in diagnosing and treating ADHD. After some research I came across Dr. Singh. I was impressed by his profile on practo. Great bio, experience and feedbacks( 95% recommendation rate with 241 votes). I thought, "FINALLY someone who can actually help me". So, after 2-3 calls I set up an appointment.

When I arrive for my first appointment, he was seeing another patient(she had an appointment before me). That was not a problem for me because I thought it's good that he is thorough with his patients. I waited 20-30 mins. After which he took a small break and then we started. We chatted for 5-10 mins. I told him about:-

(i) My inability to maintain focus on one thing. I have started more than 100 projects in last 3 years while finishing only 10 of them.

(ii) I drift off to some other stream of thought in the middle of a conversation.

(iii) Not able to bring out the knowledge and skills I know I have.

(iv) My life will go downhill if I didn't do something about my problems right now.

Then, he said that he would like to do a test. It will cost 7k. He loads up the test on his laptop and gives me the mouse. I moved the cursor to answer the question and the software froze up. Instead of admitting that it was a fault in the software, he told me that I moved the cursor too quickly which crashed the software. First time I have ever heard of such a reason in my 12 years of experience with computers. Just to be clear, there was no anger involved. He blamed it on me very casually. I just went with his flow and didn't oppose, since all I cared about was knowing and fixing my problem. In all the later conversations we had, he will casually brought up how I cost him money and how he generously didn't ask me any money for it. Classic psychology. Constantly reminding me that I owe him.



After the software crash, he said he was tired and asked me if it is okay to reschedule the appointment for another day. I didn't want a tired doctor looking at me. So, we rescheduled it to the weekend morning.

I arrived in the morning and retook the test. This time, moving cursor as slowly as I can. I finish the test, he takes a quick look at the result and told me that I do not have ADHD. He writes some brain supplements on a piece of paper and tells me to look into them. Due to another appointment, he told me to continue our discussion in the evening.

I came again in the evening. I asked him questions about my diagnosis. He didn't provide me with satisfactory answers. Most of his answers were along the line of "just try the supplements". He also told me to write him a review on practo as payment for all the money I cost him.

Later that day I called him to tell him that he did not give me a proper prescription, just some names on a rough paper. Who will take responsibility of any side effects? He snapped. Shouted at me and told me to just take back my money(appointment + the successful test). I just hung up.

Next day he calls me in a cheerful manner like last night didn't happen. He told me that I haven't written his review yet. Then, he stays on the phone helping me write the review. He told me to write honestly. I didn't say anything opposing. Again, because I just didn't care as long as I solve my problem. I finished the review. He told me that I can call him if the pharmacist asks for a written prescription (spoiler alert: they didn't).

I order the supplements and patiently take them for 1 week. Then, I call him to say that I am not seeing any kind of effect AT ALL. Instead of telling me to be patient or "it will take more time", he went to the same routine, "come and take your money back". I have had enough. We are talking about my life(or brain to be precise), not some faulty pen drive in warranty. Ended the conversation and that was it. I took the pills (brain supplements) for 2 more weeks without any effect.

To summarize, he was friendly, angry, intelligent and manipulative. I am not trying to paint him black or white, but grey. He didn't treat my problem with seriousness. I guess, just because someone has a great profile on practo doesn't mean they are actually good. Don't judge a book by it's cover.

I deleted my previous review and this is my honest one, where I know how his treatment and diagnosis worked out\* \*\* \*\*\*\*\* \*\*\*\*\* \*\* \*\*\*\*\*Thanks for wasting my time and energy.

Dr. Prof. G.B. Singh (PhD) replied

Dear Sir, Thank you for your feedback, This client is correct that we offered him a Test. This client requested for an appointment on Sunday, which we normally do not give. However, as the client was coming from Mathura, we agreed and opened the clinic and called a lady psychologist also. It is correct, the client was offered the MMPI-2 for a personality testing as he was being treated by doctors in Mathura with anti psychotics with NO DIAGNOSIS, and one doctor had written "unspecified severe psychosis". The patient is not aware that in a state of psychosis he was screaming and shouting and captured on camera and left a lady doctor in severe shock. Regarding the rest, it is anybody's prerogative to write what they want, and why leave it at this level of RANTING, why not go a step ahead and criticise some more. The patient must appreciate his own "psychotic" history and yes for him and any other client also, we would say "we may not be able to proceed without a scientific validation with a proper DSM V Assessment, as we don't follow word of mouth guidelines." The MMPI-2 is a very scientific and well respected as well as validated clinical scale and the amount of 7K is virtually doing it for free given it has close to 600 questions. I apologise, but let's have real expectations, and let us stop exploiting every medico who can help you. That we did not even charge should be viewed as a part of our larger charter to help rather than the patient being embarrassed about it. Also the client is invalidating AIIMS also, because there no one even bothered to conduct an assessment. It is unethical to degrade every institution you visit. Honestly, we hope you find peace and someone who can help you son. And do write your real name in such cases. regards GB Singh

V

Vinay (Verified)

6 years ago

I recommend the doctor

As they say, when the student is ready, the teacher appears! That is how I would describe my meeting with Prof. Singh. Something completely un-imaginable happened in my life, something that shook the core of my being, a trauma which I can't even begin to describe in words. I was engulfed with deep feelings of guilt, shame, humiliation and fear.

It was a life-threatening and embarrassing mugging incident which I foolishly walked myself into that has left a deep scar on my mind and soul. The after-effects of that have been so harrowing that I felt like I was hopelessly falling every-day in a deep dark dungeon not knowing how to come out of it.

Thankfully my search here drew me towards Professor Singh, who came in almost like a divine intervention for me. He has, as of now, brought me to a level of operational normalcy by identifying the immediate issue in my mind and dedicatedly addressing that before anything else. I am still dazed and I guess it will take many more meetings with him to start my path to recovery – but I hope I am back from the brink.

And when I think, it seems, only he could have done it. He is not your usual psychotherapist. He spent almost six hours with me in two sessions and got into my case fully, completely and headlong – even offering some out of the box ideas – and they really helped. He literally held my hand in this dark moment of my life – as I found it unfolding itself in front of me. I don't know how he does it but I am

indebted, truly! He doesn't believe in relying on medication much but in my case he did prescribe the safest and natural stuff – which he has immense knowledge of from his years of experience.

I still remember when I reached his office after scheduling an appointment; he was having a discussion with another client of his which extended much beyond the scheduled time. A part of me was irritated and a part of me was admiring the amount of time he can spend with his patient! And that is what kept me waiting there – re-assured that he will provide that kind of patient hearing to me as well. And I surely wasn't wrong. It was very late in the evening but he listened actively to all that I said and also perhaps, all that I left unsaid as well.

Before coming to meet him, I wasn't sure if I would be able to describe my incident to him – but in just a few minutes with him, I felt safe enough to talk about it. With him you can open up about your deepest, darkest secrets and fears and he won't judge you. It is a compassionate human connection that I formed with him.

I have been a soft hearted, empathetic, socially sensitive, risk averse and image conscious man, striving hard to bit by bit crawl up the social ladder with sheer hard-work and diligence. Sometimes being a good man, especially in middle class India, it could be hard – almost as hard as being a woman in India. I have been a simple guy indulging in simple things, just chugging along, not having any solid relationships to boast about – all of which is sometimes looked down upon. And I have always felt all that criticism was only fair.

After talking to him, I realized that it is this feeling of inadequacy, a feeling of inferiority complex or maybe the need to conform - that was perhaps at the core of the trauma I faced, perhaps. I regret not having met him much earlier. But I guess, the student was just not ready yet.

This review is not just a thank you note but also a shout out to all those peeps out there, especially men - the shy ones, the thinking ones, the spiritual ones, the introvert ones, the misfits – know that you are ok, that you are fine, and you are real – and that its ok to seek help, there is nothing wrong in it – in-fact, it's important to do it before life completely weighs you down!

Thank You!

A

Asmita Sharma (Verified)

7 years ago

Visited For Anxiety And Depression

I recommend the doctor

## ANXIETY

I have a generalized anxiety disorder that I previously treated with psychiatric drugs. Serlift was the most effective anxiety treatment for me, but the side effects were so horrible that I skipped days and would rather feel anxious. Side effects included , emotional flatness/lackluster, diarrhea, headaches, sleeplessness, difficulty getting up in the morning. When I learned about Prof Singh from my colleague who insisted that I meet him at least once I was not sure. I consulted both my doctor and my psychiatrist and they were adamant about staying on psychiatric drugs and avoiding a psychologist or ant supplements. I tried a few other prescriptions over a course of a year and I was miserable with side effects and substandard treatment of my condition. On 10 October 2015 I met Prof Singh and I am so happy!! It's now nine months into therapy at my own pace, I go when I need, I don't go when I do not feel the need to, and I am certain that psychotherapy and natural supplementation is the best treatment for my anxiety.

The effects of Psychotherapy were noticeable within two weeks and the only side effects are a some money spent. But then I would have spent so much more on drugs. I realised that. I realised that rather than 800 of consultation and 2500 of medication I might as well pay the thing in one go than be dependent . These are just figures and not what Prof Singh may change , but as an example I mean to say, I did not need to poison my body for the next 30 years.

After four months of the Psychotherapy and CBT treatment with Prof Singh , I experienced a life challenge and I started to stop my isolating stop feeling depressed. I still regained my prior-to-anxiety-treatment morning self (I used to be a morning person and wake up early, with a smile, even with a full blown anxiety disorder). My thoughts are focused and centered and positive. I am still a dynamic feeling human being with ups and downs, but I am no longer devastated by life challenges.

I stopped seeing the psychiatrist and now I see a psychologist instead - Prof Singh helps me with behavior modification, ways to deal with my problems instead of avoiding them.

One thing I've noticed, and I'm not sure which supplement to attribute it to: my allergies - severe reaction to dust and people passing comments have almost completely disappeared. I haven't breathed so easy at this time of year in a decade! I am a woman in my late thirties with no children, and I have no health problems other than the silly anxiety which it it was handled well would have saved me loads to trouble.

My work is really stressful and my anxious mind is creeping back. Im no longer constantly agitated and I thank Prof Singh for that. He is radical, innovative and completely open to suggestions from clients. I have a friend who is a cabin crew and wants to be a pilot. When she met him, he advised he what to do. My heavens she has been selected in GA in India as a co pilot. I am amazed how he transformed her from a blubbering person to a self confident young lady.

I continue to see Prof Singh when I want and I meditate sometimes, I walk, I go to yoga classes every week. I am social and active and busy. These things help, but when the negative thoughts are at their full peak, I feel like I don't deserve to do the things that make me feel better, and I berate myself, which starts a whole cycle of isolation and increased anxiety. \*\*\* \*\* we don't like to say it in India because we hide but I say it , you saved me sir from a life time of antidepressants. For that than you. Every bit of rupee was worth it and will always be with you Doc.

Asmita Sharma

S

Suman sodhi (Verified)

6 years ago

Visited For Stress

I recommend the doctor

How it feels when a most happy person become lonely in life. Here is my story about my life. I know not everyone will be interested in reading my story but those who has suffered in a relationship will take out their time and read my story. Because many can related there with mine and before sharing it with you all I wanted to thank my doctor for helping me to get out form this and guiding me to live a happy life once again.

I was too young when I fall in love with my husband.I was in class 9th. He is 6 yrs older then me he was doing his engineering that time. He used to come to see me on every Friday just to see me that I am doing good or not. He is very good in writing poems so he wrote so many nice poems on me. That's how I started liking him , because he was doing so much for a girl who is studying in a school and that time every girls has a dream of a boy who can only love her ,can do anything for her so was I. He actually did so much for me to hear my answer yes. and I took 3 years I finally said yes when I was in class 11th. It was going great like it always goes when you fall in love with someone. I have all those wonderful poems with me. Sometimes when I read them I can't believe on him that he really had wrote all these for me. I was very good in the studies So I got selected in engineering . And I was so happy but , he wasn't happy for my selection. I ignore him and took his reactions very casual that might be he is not happy just because I would have to shift from here and he would not come to meet me on every weekends.

I was in my first year he started behaving different like he started fighting with me on very silly topics that why I am so busy in studies why I am not able to meet him every weekend. And I was so much in love with him that I really started missed my lectures to talking him. It's getting worse day by day . then

one day he said he wants to marry me and he already spoken with his family and they all are planing to meet my family. I was in 2nd year that time. I was happy but I doesn't want to get married so early .then suddenly he again started behaving different he used to tell me that I should come back to home and quit my engineering so that I can spend more time with him and he has joined politics so he wants me to come back to my home. And I can do my further studies from there. Not engineering but I could take admission in some other course.

Now I was so much in love with him that I really started thinking like him only. I quit my studies but my family was not ready for this. They spoke to me on everything and I told them everything .but they said I should complete my studies and then only I should think of my marriage because I was too young that time.

I again came back to my collage and he was starting ignoring me now. And I doesn't like that. I was the most happiest person and I was no more happy person now. I wasn't getting his phone calls everyday. When I questioned him he has very nice answer that he wants to make his carrier in politics so he doesn't get much time to call me. That feeling I can't tell anyone what sadness I felt in that age.

I stoped talking to him for many months.and now he was like that he would have to marry me just now. I was so depressed from his behaviour that I wasn't appear in exams I quit my studies once again and I knew that I was not doing a write thing but I wasn't able to make me understand this thing and I didn't share this thing with anybody not with my family.

When the result came out my family got to know about that I have not given exams and they all got very hurt. Now they really wanted to speak to him so that they can decide about my future with him.

Now I was not ready for the marriage because I was hurt. They all came to our home with the wedding proposal and my parents were happy that they came and I should marry if I doesn't want to study engineering.

The day has come now I was getting married to the person I wanted to be some years back. But I could see clearly that he is not that person anymore whom I loved so much. He was a different man now.

But just for the sake of my long term relationship with him and to see my parents happy I did not said anything and I got married to him.

It's been 5 years of my marriage and I am suffering so much sadness and pain in my life that I came to DR GB Singh and told him my whole story and he guided me how can I keep myself busy and how can I stay happy to make a good decision for myself now.

Just after getting married to him .on my first night I got to know that he was involved with some other lady and his family also knew about that I spend my whole night alone waiting for him to come and tell me the truth but he is very good in making stories he told me very different story and I wasn't having any option only to believe on him. He is a womaniser a big womaniser I would say but no one in my family is ready to help me to get out from this marriage because I have a child also it's a girl child. I do believe on him sometimes that he loves me but again My heart knows it very well that he doesn't love me he just wants to save this marriage because of his political Carrier. So that no one can say anything to him. I am now taking divorce from him and he is also ready to give. I am only 26 and have seen so much in my life but I must thank my doctor to make me feel confident. I thank you doctor because Of you I will be happy in life.

A

Akash Anand (Verified)

6 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionDoctor friendliness

dear dr singh, thank you for your kindness and assistance if not for visiting you, i would have continued to suffer as was. I have been suffering from depression and anxiety for around 10 years. that was when i suffered a total mental break down and lost everything including my job and my fiancée and my mind.

i ended up living in a PG and it was horrible and i would hide inside the room for most of the day, being too afraid to go outside incase i had to talk to people. my brain simply stopped working and i could not even get it together to make a cup of tea let alone go for food. it was so bad i hated waking up in the morning, and often wished that i haddent.

somehow my ex colleagues found me and brought me to the doctor who they thought could fix me after doing their tech research and who in this case was dr singh. when i met him i constantly i constantly had emotions of anxiety , fear, guilt, sadness and terror welling up from inside me. it was a gut wrenching feeling from my stomach and ache in my heart i dreaded the most. when i told dr singh that i wanted to end it all, i myself could not beilve what i was saying. thought the time i have been coming to dr singh he managed to get me in touch with my ex fiancée and bring her also into some sessions and helped me overcome my problem, step by step and generated the faith and the belief in me that i would become well.

what i appreciated was that my ex saw what was happening and could understand what i had gone through and she also began to accept me as being one of the many people that suffers from a mind condition.

two ways in which i can never thank dr singh enough is how he guided me to rebuild my life with therapy and concrete proof that i could get my life back together again. secondly and more imp was that he valued me sufficiently enough for him to take my calls and make time for me. and explain to my fiancee that the real issue was my behaviour which made her see me in different way.

this was very imp as when my ex came back for me it meant , that i must have been of some value to her and i did not have the right to end my life. people suffering from depression need support and encouragement to keep working on themselves. i have been following dr singhs options and rationales on my self to make the feeling of depression go away and they do go away and it helps me know that i am worth every bit as the next person. and i dont think of harming myself anymore . it takes so much to find someone who can help and in this case my friends did it and whatever they did they did right, and i am grateful they came to me and brought me to someone who took care of me, akash anand

V

Vijay (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction Doctor friendliness Wait time

It was 3 months before when i first met Prof Singh. I found him through practo. After reading some of the reviews, I saw a ray of hope in my life which I was not able to find at the time or maybe for quite a while in my life. With that little hope, I went to see him and at the end of our first session, my impression of him was that he is a complete professional and someone you could trust. He is kind and gentle in his mannerisms.

In our first session, I told him that I am 28 years old and still not settled in my career because I am not able to clear my CA final exams from last 4 years. Then, I generally started telling him that I always had some problems in focusing and I have never understood anything in classes since school and i also admitted that i didn't take my career seriously. For the lack of focus part, he suggested some tests and I was diagnosed with NL Syndrome. That also explained, why I always felt my whole life that something is not right in my brain and that was also the reason for my uncontrollable daydreaming. He prescribed me some natural supplements for it as he doesn't believe in medication. He said that after a point medication also stops working. Then, he also started asking me some straight forward questions, about my family and whether I really want to do CA. I replied no, I don't want to but now I am feeling like I'm stuck with it. Then, he very politely suggested me that happiness is more important in life than getting a degree. That I should stop pursuing a degree and try to find some work which I would find interesting because only then a person could be happy and successful in the long run. And he would also help me in finding that work as per my life situation and financial condition.



Another part of the problem was my relationship with my father. I told Prof Singh about it and he said that he could clearly see that in my personality. That is another trait of Prof that i admire, he has this intuitive sense of things. He would listen to you with utmost patience and non-judgemental way but he would also understand what is not being said and would make you feel safe to encourage you to share the whole problem, and that you will find yourself completely in tune with him. The problem was that me and father almost never talk. It is because he is very conservative and rigid in his thinking and I always feel that tension between us. Whenever I tried talking to him in the past he would just not listen to me completely and i always felt frustrated due to it. But now that frustration was bottling up since childhood and was affecting my whole life, i was feeling stuck with it. Prof told me that for my father talking or emotions means weakness. I felt exactly like that. Whenever, I would keep some different point of view from him on any topic, he would say that I`m very emotional and I find that reply really annoying. So, I gradually stopped sharing my opinions altogether in front of him. And sometimes even agree with him to avoid discussion. But now I realised i can`t move forward until I talk to him because it was in some psychological way affecting my personality. I always find difficult to open up with other people. Also I also noted in my behaviour that i would get angry with my father over small issues. But I found it to be an impossible situation. I don`t know how to talk to my father. So, when Prof Singh talked to my father for a while, atleast what it did was that my father started listening to me to some extent and i was able to say to him why i don`t talk to him. For which i`m really grateful to Prof Singh that he was able break some ice between my father and me. Prof Singh explained me some things about human nature and that situation is going to get worse if I do not take appropriate actions. Now, although my father still don`t understand me much but atleast I`m able to see some hope in this relationship. For which, I`m really grateful to Prof Singh.

So, with this email I want to thank to you Prof Singh sir. As due to you, despite my failure, i feel hope that things could get better if I take responsibility for my life. At the end of it all, I feel like I have found my mentor, to whom i can go whenever I`m in a predicament, so that I don`t feel stuck again.

I would highly recommend Prof Singh to anyone who is in trouble. I was sceptic to psychotherapy and related stuff. But, if you could find a right person, it could save your life from getting worse.

P

Priya (Verified)

6 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

Marriage Counselling

When we came to Dr. Singh, I had found out about the affair of my husband from the other woman's husband. He told me what he had discovered and thought I should know. Up until that moment, I'd

had no idea that anything was going on and wasn't sure what I should do next. My husband knew something was wrong, and figured I had found out about the affair. When I confronted him with what I knew. His confessions came in bits and pieces over the next few days. I didn't realize at the time that I still didn't have all the truth; I was focused on wanting to figure out how to move past all of it. I was going mad when a doctor suggested that I visit Dr. Singh as she had some very positive experience which was a bit beyond just normal. She said, he could make out what she wanted to say even before she said it.

I was sceptic as the first counsellor I went to had really confused me. She wanted us to process the whole affair in one or two sessions and seemed to place all the responsibility on me. She said I needed to forgive my husband right away in order for our marriage to heal. It felt like I was being asked to ignore all the pain and confusion I was feeling.

I want to thank Dr. Singh as the revelations were so quick, that all I needed to know that my husband was telling me the truth and when it came to the facts of the affair was like walking in a daze. I believed he told me everything, but I wasn't sure what he was feeling. I needed him to be honest about everything, and if he still missed the woman from the affair. That was a huge part of it for me because the affair had gone on for so long and had ended only because my husband had been caught. Since he wasn't talking about how he felt, I was afraid he secretly wanted to go back to her. This is where I thank Dr. Singh, as the comfort level he created was so immense that my husband's willingness to talk about that was an important step for us being able to move forward just flowed. As hard as it was to hear all of it, the fact that Dr. Singh helped the honesty which assured me that he wasn't holding on to secrets anymore.

I like what Dr. Singh said, that being committed to honesty can become empowering. It is easier to just admit the truth than to keep trying to control all the information. I also feel like now our marriage is where it's supposed to be. We meet Dr. Singh and talk about our problems and work through them together and our marriage is more of a committed partnership now. We are open with each other and we both are more involved in our marriage. I think our doctor's patience, \*\*\*\*\* perspective has helped our relationship change a lot. Priya Dhamija

M

Malti (Verified)

6 years ago

I recommend the doctor

Happy with: Value for moneyTreatment satisfactionExplanation of the health issue

Coping with my fathers death

My father passed away on April 28, 2016. It has been over 11 months and now I am coming to terms with it. Initially I tried to just block myself and my feelings and the emotional hurt I felt made me feel more overwhelmed with my grief than ever before. I miss him so much and it hurts badly. My father battled with cancer for years, each time winning the battle and remaining strong. Finally the cancer decided to overtake him and before we knew it, he was gone. I'm 23 and I dropped out of my M Phil studies. We belong to Patiala and there was no way I could forget. I came to Sir when I was surfing the internet and saw his experience and did not know what to do or expect, just that I wanted to understand what to do. I felt cheated that I only got 23 years with my dad. It was becoming more difficult as I realised how permanent the loss was and how much more time I would have to spend without him than I got to spend with him.

Sir, from the first meeting itself was so reassuring that I felt a strange connect with him, a feeling I don't easily get with everyone, and meeting with him was as though everything would turn out right. With Sirs help I have managed to removed the isolation I had developed from my friends and the isolation I had put on me which takes so much effort to go out into social situations, has begun to lessen. Honestly i find it nearly impossible to put a fake smile on and deal with it. Life goes on and I'm not ready to to yet. I feel sad most of the time, but I am now now passing the days watching mindless television. Just talking to Sir has made me realise the value of family and my worry about forgetting my father, his voice, his laugh, his encouraging words, how he could always make me smile when I was sad is beginning to make sense. Sir made me realise that , my father wouldn't want me to be like this. The manner in which sir has managed to help me overcome my problems sleeping and experiencing panic attacks, has helped me cal down to a very large extent. I plan to go back in July for my studies again and though I am scared to face it, I have learnt to take care of myself and my mother as I have started to work to taking care of myself. I owe a great deal to sir, who treated me more like a daughter than a patient and helped me overcome may feelings of uselessness.

I never knew that grief is so hard, and that it feels unbearable. But sir has managed to get me thinking rationally and for me, it seems that time has made things a bit lighter with his helping and soothing nature. I still feel so overwhelmed and I don't know what to do, but I am able to handle the loss a bit better now.I guess I want to share my story, so that others know that we can overcome to some degree the distress we face in our lives if we can get the right person to show us how to. Malti Yadav

T

Tina Johri (Verified)

6 years ago

Visited For Patient Counselling

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueWait time

## Marriage Counselling

Extreme Distress is how I would explain, why I visited Dr Singh. I had been married for 8 years, and what was a love marriage, became a terrible problem between my father and my husband's family. I am the eldest and it is my responsibility to make a trend for my brothers and sisters. My father was very supportive and never force me to study or do anything against my wishes. I have been a very happy girl and now with so much time I have become a very moody person. We had our baby boy 4 years ago and we thought the troubles would go away. But it only became more serious as now I had to look after my baby also and I really wanted to work also. When I came to Dr Singh, I was not sure I could tell him everything, but I was wrong. Somewhere in the last 6 months he took responsibility for my family and met my husband also.

It is not good to say I also may have been somewhere wrong. But I just wanted all the simple things in life like love, a family and a job. Maybe my problem was that I can shout very loudly and this also I am now controlling. If I say Dr Singh is just a doctor I would be wrong in saying this. His way of making you feel so comfortable and confident are very different. Being with him regularly and questioning him, I can say I have learnt a lot about my family and myself. It is difficult to admit, but after my baby's birth, I also had started to love someone who was married. I am not lying. This was also troubling me a lot in my mind because, after 1 year, I had began to feel he will not leave his wife. This was very disturbing and when I told Dr Singh about it, I felt so ashamed. But I wanted to be happy. How to explain what being sad can do.

I am 35 now, and I wish I had come to him earlier. I could have saved so much with my life and sadness that does not go away now when I think of my past life. Mostly I cry when I think of my father, but I also feel that I should have given more time to my studies and becoming something. Dr Singh has been like a strong person for us. He is our guide and well-wisher and a lot of decisions we take, now we first talk to him about it. One thing that he has helped a lot with is keeping me away from depression medicines as I do not want to gain weight and how long can I take medicines for my mind. The other thing is that my husband has also become more quite and less aggressive as when he talks to Dr Singh he is able to express himself much more better. It is not easy to find a well wisher and a guide, and this is why we are now definitely much better. We would like to thank Dr Singh for his extreme kindness and gentleness. Tina Johri

N

Neetu Menon (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction Value for money Explanation of the health issue

Divorce

Recently my husband and I almost separated, and over the course of a few weeks the life we'd made broke apart. The new reality did not represent a kind of progress. But it was in fact a regression. You break a glass: the new reality is that it is broken. I had to get used to the new reality. My young daughters would have to get used to the new reality. But the new reality, as far as I could see, was only something broken. It had been created and for years it had served its purpose, but in pieces it was good for nothing.

My husband believed I had treated him roughly. This belief of his couldn't be shaken: his whole world depended on it. Before I landed up at Prof Singh's calm room, if someone were to ask me what disaster this was that had befallen my life, I might have asked if they wanted the story or the truth. For me, life's difficulty has generally lain in the attempt to reconcile these two. My own children do that, forcing my husband's hand into mine when we're all together. They're trying to make the story true again, or to make the truth untrue.

Their growing neutrality worried me into taking action as I saw they were becoming disillusioned. And my husband saying I was a feminist, in the raw bitter weeks after we decided we should separate. He believed he had taken the part of a woman in our marriage, and seemed to expect me to defend him against myself, the male oppressor. Dr Singh very quietly asked him how would he like half of everything, including the children and how does he propose to divide children in half. I think that stopped him cold. What we got was an understanding of how maybe we had denied each other, what we expected for ourselves from the other. The first few visits were confusing.

My own thinking was had I as a mother, been denied? The pregnancy, the childbirth, the slow rebuilding of every corner of my private world that motherhood has entailed? I think Dr Singh understood when he raised the issue of what he called a pact of silence, a treaty that gave him and me equality, that I would not invoke the primitivism of the mother or innate superiority. How I have changed from angst of thinking my womanhood is a fraud, manufactured by others for their own convenience; that I was not born but made, is surprising to me also. As my husband began to respond to understanding that he does not have to fight that we should not have a joint bank account or a house in joint names he began to accept that our upbringing from my parents of male values to us, as daughters could come in a circle to his daughters. I think that hit him quite hard, and how Dr Singh did it, in his soothing voice was absolutely amazing. It was like a trance. I also understood that choosing to remain a lot out of the city may be my escape from my daily commitments, I may have signed up for when we got married.

The sad part is that my children have been roused from the unconsciousness of childhood; theirs is the pain and the gift of awareness. But I credit Prof Singh from stopping us from having two homes, to having one home. I appreciate it that I understood that that rescue was neither wanted nor required, that two halves are what made up a whole. Our combined sessions and our conversation helped me not keep missing my footing.

In the neutrality of Dr Sing's consulting room the whole past has been revisited, but with a difference. My husband knows what to do and I know that he knows what I go through and he is not aggressive anymore. Neither am I. As we learnt, and that includes me, how Dr Singh helped keep the family together and how he showed that the war of words, can be turned into a living silence which need not be disturbed, I appreciated a gentleman who would put in the effort to help keep people together.  
Neetu Menon

M

Mrs Neha Gulani (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction Explanation of the health issue Doctor friendliness

### Learning Disability (Dyslexia) Assessment and Treatment

My son was in class 5 when I came to Dr Singh and after his assessment realised he was dyslexic. Our child had spent years feeling behind in his class, he couldn't read, or do math problems at the rate his friends could do them. He said he felt stupid and worthless, but as the doctor assured him he wasn't as he could have unique ideas and outlooks on the world., as he grew up and that just because he saw things in a different way than his classmates and there was nothing wrong with that. He was just dyslexic.

In that moment the confused, and constantly in denial mother in me felt as though I had found the answer to my problems. My Son was no longer stupid; he just had a Learning Disability and there was someone in Dr Singh to help him and be there for him. However I must advise all parents that once you have a diagnosis does not make it easier, and I had to work along with child and doctor to help him.

The first thing we did was to stop all tuition as we realised that it was just time pass and he would only play games on the floor of his room, and he would make sounds with letters. The school was still hard for him and counting numbers in my son's head was practically impossible and reading was no easy feat either. The kids in his class would be able to look at letters and see words, and he would be mystified by the time he came home and absolutely clueless.

Now with time as he is in class 7 his dyslexia that used to be gigantic has shrunk—that is, all the parts except the memory part and that is also getting better. A lot of the time our son takes the parts of learning that are still hard for him as rejection -- as someone telling him he can't. As parents we feel helpless to see marks taken off for misspelled words in English and it takes a lot of counselling from Dr Singh for him not to feel jealous or worthless.

One thing we learnt from Dr Singh is that there is no simple code that makes living with dyslexia easy. There is the physical part of not being able to do certain things, and then there is the limiting mental aspect in which we would wrongly evaluate Aditya based solely on a socially constructed norm about what smart he is. This is something that has made a difference to our family life and brought peace and less fighting and shouting everyday. Dr Singh has been able to counsel us through understanding each other and redefining what smart means for our son, and he has definitely ensured that our child's grades have improved and his ability to read the textbooks and retain his reading had improved. Overall it has been a very good experience and we only wish we had come much earlier. Mrs Neha

T

Tina (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Sons Depression

My son is 16 years old and studies in a popular school in Delhi. He is a popular, funny, athletic young boy. However, his depression and anxiety is very worrying and stressful and at times relentless. Some months ago I decided that he had had enough of the silent, constant emotional pain that came with feeling less than he felt he should be. Ironically his comments like 'what is life worth' and so on began to worry me.

I always assumed that he was feeling positive, feeling that he was doing well. How wrong we were, and this became evident to my husband also when our child started to skip dinner with increasing level's of agitation which was something I had never witnessed before. Our child was restless, angry, and sullen. The pain and desperation in his eyes was something that I will never forget. It was vastly distressing to watch at the time, and even now, as I type, I feel immense sadness.

I had been to Professor Singh about 3 years ago for myself, and felt immensely safe with him and his nature of compassion. So naturally I turned to him, because I believed that with his gift of understanding the mind, he would be able to draw out my child. The first meeting confirmed that as our child spoke also with Professor Singh, who confirmed with us that his depression had really set in and asked us to try meeting someone who could help with medication. But I was sure I did not want this as the O levels were due and I wanted regular therapy, whatever be the time and cost.

The logistics of bringing him to Prof Singh were nothing compared to the gains he made from his 'home work' that he went through with the therapy, which we must say is a unique blend of cognitive behaviour and deep understanding that it get you thinking.

We actually removed all his electronic devices with Internet access, and hid anything that we thought he could use to harm himself with although this was not a doctors recommendation. Why I want to thank you Professor Singh is that you helped me organise an emergency 'at home assessment', and showed our child how much we had loved him even before he was born, and that we loved him now, more than he could ever imagine.

The really bad days are behind us but we still can not understand what made our son become so distressed. I am very grateful and this sounds as all what mothers may say, but getting my child back has changed my life. My pain and my depression I realise are nothing compared to what I saw, and how Dr Singh went out of his way, is something we can't imagine here. My child continues to see Dr Singh and although he still has some rough patches, he is getting better each day. I think as parents, we are forever altered by the experience; we have learnt from Prof Singh how to practice self-care, and are learning to be kind on ourselves, and our parenting limitations or abilities. This is something we will carry back with us when we return to our country, and also ask our embassy to consider referring children and adults in distress to the good professor. Mary Ann White

M

Manoj Thakur (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

My Daughter Pia has a learning disability. It is called Weak working memory. I refused to recognise it until she was 18, and I don't know what to do as I have called her as lazy , afraid, and stupid. I never knew my daughter has lived with considerable frustration and anxiety through school , not understanding why some things were so very difficult, when others were so easy.

Pia's learning disabilities usually showed themselves in areas of difficulty that are in marked contrast to other areas where they excel. She could not learn well through lectures, and had extreme difficulty reading. Pia could express herself very well orally, but spell or write very poorly. I never knew Pia possessed a unique combination of strengths and weaknesses. Her deficits and my shouting all have had a negative impact on learning and have interfered in a variety of ways for her. Prof Singh realised that a visual perceptual deficit was interfering directly with reading, and indirectly with the development of other skills such as writing. Prof Singh measured her IQ at 125. He said it was very good and Pia experienced problems in reading, spelling, written expression, math, oral language, study



skills, and social skills. Her learning disabilities were inconsistent, causing problems one day, but not the next. Prof Singh found that it was only one specific area, that was causing a problem.

Once she began receiving appropriate intervention with Prof Singh, she then began learning strategies to compensate for or overcome many of these difficulties.

Prof Singh made me understand what learning disabilities are not. They are not forms of mental retardation or emotional disorder, and they are not the result of being underprepared. I learnt why she avoided and had developed a negative attitude, believing that she could never understand all her assigned reading before the course ended. I understood why she was unfamiliar with the concept of a main idea in a paragraph or chapter. Or became bogged down in details. Textbook reading overwhelmed her, since her mind couldn't possibly retain information if she tried to absorb it all at once, placing equal weight on each sentence.

Prof Singh showed us how to relax and not to worry because Pia had good ideas judging from class discussions in which she participated. He had faith in her and urged her to 'just write down' her ideas. He helped her overcome an insurmountable task.

He taught her how her and why due to her visual perceptual problems, her notes were extraordinarily messy and incomplete. Pia is today in a Management institute in Mumbai. I want to say sorry to you Pia. I wish I had the brains a father should have to have known better. Manoj Thakur

A

Ankita (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Anxiousness

It has taken me more than one year to heal myself from the mental health problems, that I had started facing due to the stress of juggling many roles in my life. Online first and second visit, to the doctor I was shocked to realise that almost 40% of people of my age group for showing psychological disorders. In my own case stress related to pressure that was put on the need to fill many different roles by my parents and my significant better, was a major factor for the symptoms of depression and phobias that were making my life absolutely miserable. I don't think I would like to blame, my better half for all my problems, because I did have a little bit of elitism when I got married, given that we came from a very good family. Probably it was the difference in the family structure and the discrepancies in the

conditions, in the environment that led to the greatest possible contribution along with the high demand for the social role that I was expected to play. Coming to Dr Singh was more of a chance because I come to my friend to him, but seeing my friend come out smiling, made me begin to stop thinking, and I realised in my first interaction with Dr that, increasingly I was being expected to function as a carer, mother, a wife and daughter-in-law and all this was leading to extreme stress because I was expected to be perfectly shaped and impeccably dressed all the times. This is something that I realised on my own and not something that was put into my head by Dr Singh, but it was the beginning of my own appreciation of why I was in this condition.

Significant issue that I realised in my interaction with my doctor was that, I have spent countless months and weeks talking to my friends about these issues along with disturbing my parents, whereas I should have sought out professional help much earlier, because the only thing I managed to do was to give sleepless nights to my parents. My constant complaint that domestic workers undervalued, and that I am finding it harder to advancing career, or that I have to juggle multiple roles, without any emotional and psychological assistance, were always met with the replies of, "do some meditation", "go for a holiday", "take a break", and all this was only adding to the emotional and psychological cost of my health. These are the kinds of pressures that, Dr Singh was able to help me get over because rational analysis, made me appreciate the role that I was in, and the fact that there was no requirement for me to feel as if I have failed. The constant feeling in me that I was not successful, was gradually removed through constant questioning and rational analysis of how life is and how it should progress, and I have no hesitation in saying that the kinds of feelings that were leading to psychological problems like anxiety and depression, did begin to go away with unique formulation of cognitive behaviour therapy that Dr Singh uses. The crucial issue however is that, you have to listen to him.

I also learnt to appreciate the fact that, because of my own issues my partner was also suffering and was bearing the brunt of not only my own mental health problems but also his own work-related stress, and the anger problems that were surfacing, were related to the situation at home being extremely explosive. My advice to all the working women and the women who are growing up today is that, it is better to report a psychological problem and find a good doctor who can help you out, and on a regular basis try to work out your problems with your psychologist, because as I realise that, in my own case it took almost about a month for me to open up, but once I did there were so many issues and aspects of my personality, the Dr Singh understood and appreciated, and was able to put before me, that it is not possible to change your therapist once you have selected the person. So this is something you have to do very carefully, and I am amazed at the convenience and the ease of being able to communicate with Dr Singh that has also helped me to an extremely large extent. I am completely free of medicines, and rather than medicines I prefer to rationalise my thoughts with my doctor, and not only me but now my partner also has understood the issues, and as Dr Singh said once to us that, women and men both come from the same biological planet, they may be breathing air of different qualities based on their emotional make-up but, feelings and emotions don't change, and there is no requirement to deprive ourselves of the opportunity to change the situation to become better, because it does not make us braver, and neither does it help us in the long run. I completely subscribe to this philosophy now, and there is a lot that we have to thank our doctor for, and this is the least we can do to thank him.

G

Garima Bharadwaj (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Marriage counseling

When I approached Prof Singh last summer, I was not sure that my life could be made any better. I and my husband had been struggling with our relationship for three years. When we met Prof Singh, the kindness and consideration with which our case was handled cannot be described. It has to be experienced. We were also able to get a glimpse into what life has to offer and the struggles that can come our way. I realised that I may not be correct all the times and that my husband and I were not alone in our struggle. This gave us a deep insight into our own marriage and how to make improvements.

We have been married for 11 years and have 2 daughters, and started life as ordinary people so. I immersed myself in the role of mother and wife. Gaurav worked full-time and saw his role as provider. He was involved in our children's lives, but not to the full extent, that I would have liked.

During the 8 years of being parents we didn't take a whole lot of time to be alone with one another. Everything we did was with or for the kids. Being a full-time housewife I rarely took time for myself and when I did I felt guilty. As Prof Singh understood immediately, I wanted more help from my husband but never asked for this because, I felt that I should be able to manage on my own like a good mother should and I thought he should know himself he needs to help out more, I felt that I shouldn't have to tell him.

This was a mistake, as I realised in counselling with Prof Singh. My resentment that built up inside of me, was never communicated to my husband. I tried to share subtly, but not in any way that he was able to register and respond to.

I went into an emotional crisis and began acting opposite of my normal self and I wanted to just run away.

Prof Singh was also taken aback I think by my bitterness toward my husband for his lack of help around the house, and the issue is that he Gaurav was confused. He worked and felt he did his part and had no idea that I was so angry with him. He said he was hurt and upset and no longer had trust and became insecure in the relationship. I admit, as we spoke to Prof Singh and I have to say this, his ability



if they did not come home soon, I would have to speak to the college authorities, as well as their friends because it was unacceptable that living in Delhi, girls were coming home at about 10 o'clock in the night.

What I thought was happening, turned out to be completely incorrect, and it was not that my children were involved with other friends, but they were actually involved with what they called hanging out and having a few drinks. My daughter's story began to unfold, on the day she drank so much that, we had to induce vomiting, and take her to the hospital, to save her life. It has taken a lot for us to seek out therapy for ourselves, because it is after we who are able to understand ourselves, can we be able to help our child. I told Prof Singh that I am tired, frustrated, and that my marriage has all but exhausted me, and there is little left to keep me going, and now this scenario of my daughter, has taken its toll on my mental health.

I want to share with all the parents and the fathers out there, as well as the mothers that it is good to talk about feminism, but in reality when you see your children specially your daughters, being ignored and taking the wrong path, it can be very painful for a father. I find it very painful to write this, but I wish I had read something like this much before, something which could have given me hence of what can happen if we ignore our children, and I would have made my wife read it, and today we would not be in the situation where, we almost lost our daughter to alcohol and overdose.

Coming to meet Prof Singh has been a tough decision because, as a man I know that at some stage I would have had to look at the realities of life, and I realise that my wife was not ready for it, because still in her opinion, we have to let children grow up, and experience life on their own, to which I do not agree, and it is my belief that we have to still share with our child what is good and what is bad.

Being able to understand how things have gone wrong, and eventually bringing our child to him, has brought us together as a family to a very large extent, and even though that we do not talk so much, just listening to each other talk makes so much of a difference, and just sitting with Prof Singh as we try to understand how to move ahead has been an experience in itself which I am very grateful for. We almost lost our daughter, and we brought her back from virtually the jaws of death, and it is unimaginable for me to think, what would have happened if she had continued to consume alcohol, the way she was. The reasons are many, but the reality is that we found ourselves in a situation which we never thought could have happened to us as a family, but the one thing I would like to give credit to is that, our daughters were able to come forward and say that they wanted help, and they were somehow able to relate to Prof Singh, they were able to open up and share their feelings in front of us, and they were able to explain what went wrong in the process of moving from school to college, and how they were pressurised, in the need to conform to the local situation, where if they did not then they would not have had any friends, and I find this most upsetting because, friendship is based on trust and respect as Prof Singh also agreed with me.

My advice to all the parents is that, don't think that everything is alright just because you don't know what's going on, and do not hesitate to get help because the world is changing very fast, and we may not be aware of what is going on behind our backs. It's been an excellent experience with Dr Singh, and as a senior enough person myself I would say that, it has been a pleasure to interact with him.

M

Mrs Nair (Verified)

7 years ago

I recommend the doctor

First of all, I will say that I believed every negative about coming to Prof. Singh. After 2 months I also believe the positive ones. And you know what as time is short and it is difficult to tap away, all the Negatives are the Positives. Whether or not you can benefit from what I am trying to say is up to each individual and depends on the underlying cause of your problems. If you don't need what Psychotherapy product offers because your problem is not related to anxiety, or your Son as in my case - who just started cold shouldering me. Don't Come. But if you do, believe and you shall be pleasantly changed and surprised. However, no one can know the cause of the problem until they take some action. That is what I did and as I leave today for Mumbai I know that

for me, this was a life-changing experience.

My so had definitely not been depressed or as I think but - what is depression? It is so different for so many people and shows so differently and my son had been depressed for nearly two years and was at a breaking point emotionally. I had been taking him too a lot of counsellors for therapy techniques (as well as other lifestyle choices like exercise and healthy diet), but Rupesh always lacked the emotional wherewithal to carry them out consistently and effectively. I was stunned at how effective the first meeting was itself, and I have never seen Rupesh, actually like wanting to talk to somebody for the first time in his life. Besides his own father, with whom he manages to bond reasonably well, it seems like it had been such a long time since he opened up to anybody, and he did not want to get up today, and it has , costing me a lot of money, but I am the happiest mother today, and I would spend the double of that amount, to see him smile the way he did. I don't know about him, but it is for the first time in quite a long while, I felt "normal".

The only side effect I have faced is a amazed husband, a son who loves the good old Professor and some Money. But what is money worth when your son can't smile and his marks drop and he does not want to make friends. Worthless.

So thank you Professor for the changes You have brought in my's family, the changes you have made in my son, the changes you have made in the outlook that I have towards what needs to be done in the future, to be kind enough to explain everything patiently to my husband, to take all the telephone calls of my son, Whenever he called you, and never once complaining, and dealing with us with a

consistent smile. I also want to say that my heart goes out to you for the scene created by the other lady who made such an issue when you tried to help a young teenage girl by being so kind. Don't stop Prof. We believe in you and we need you.

Mrs. Nair

P

Priyanka (Verified)

7 years ago

I recommend the doctor

Loneliness and depression

After realizing that I was more than likely mildly depressed and not being an advocate of prescription meds, I started doing some research. I had already searching for a good Neuro Psychologist and not a Psychiatrist as I did not want to start taking any medication.

Considering that for my whole life I have been super active, very productive and motivation had never been an issue, I recognized that there was a problem, Nothing seem to matter, and nothing in life made a difference, and I would sit on my desk just looking at my computer, or I would come home and it would be constantly irritation and fights. Initially I blamed it on growing older (I'm 44) but when I got really honest with myself, I knew it was more than that. Within a span of 3 months from the time I started looking to come to a good psychologist, I found Prof Singh, but the sad part is that by now the misunderstanding between my husband and me, had reached such a level that, he was doing his best to avoid me, and I have to admit that maybe I had become overzealous with increasing age.

Psychology is so different from psychiatry, and I must advise all those people who are looking to improve themselves and their personality, automotive depression, or day-to-day dealings, which are making life miserable, you must come to a psychologist only if you are prepared to go through the counselling / psychotherapy sessions. There is no miracle in the first sitting but you will come to know in the very first sitting, whether, the doctor is the correct one for you or not.

For me, I want to say that Prof Singh was not only the correct choice, but also in the very first meeting, when I went away, I had this feeling that I am in good hands, and that I will be able to come out of my depression in a positive way without any medicines.

So far, so good. It has been about 8 weeks and I have noticed marked improvements in my overall outlook, mood and perspective. I really am starting to feel like my old self. My desire to be active, to do the normal parts of life like household chores, maintenance, grocery shopping, exercising - which I

had become to dread and be too tired for, are all back to just being activities of daily life and I happily do them. I am motivated to pursue my hobbies again. I wake up feeling fresh and ready to start the day. At this point, I am in conversation to see if I can come to him regularly, because I am now a firm believer of the fact that, for too long I have been trying to solve my problems myself, and within the family, but that is not the correct way, and that is not the way, we should treat our mental health, and after three months, the difference that I see in myself, is significant enough to say that, I made the correct choice, and I want to thank you doctor, for being there, and helping me through all the confusion that I had in my mind, as well as all the negativity I had accumulated, and I would gladly recommend just anybody any day.

Priyanka

M

Mr Luthra (Verified)

7 years ago

I recommend the doctor

Marriage Relationship

I am sitting with my wife as she is writing about her experience with weight gain and depression, and I also want to write because I want to share, what I went through in the last eight years of our marriage. when my wife and I got married, we were to people who loved each other deeply, although we could not have been more different from each other. However over a period of time, the pressure of my job, and living in a joint family system, I think had taken a toll on her mental state, and after our second child, I found that she was getting heavier and heavier, more irritable, and will easily snap at me when I would come home, not realising that I was very much by her side, only if she would tell me what to do, because I actually did not know how to help her. As I reflect today, although not very sure in the beginning, I must say that I owe a large part of the happiness we are experiencing now, to Dr Singh, and I was very reluctant but I am happy that my wife dragged me inside to meet him and to also open up and state my case of our marital unhappiness. What I thought would be a serious advisory session turned out to be a insightful masterful relationship Dr who was sensitive to my inability to open up, but earnest and awkward efforts to want my wife and family to be happy. My wife is completely right, and I think that had we not gone into therapy together, I doubt that this marriage would have held on longer together, because even I was getting extremely tired of working throughout the day, and coming home to listen to her nagging me, and my mother complaining about all the things that are not yet done in the house. These sessions have taught me how to use our differences to enhance our life's experiences, and when I now look at it, I remember that when I was on site in the United States, I would always wonder why people would go to their therapist, and I now realise its value. Being together takes a lot of effort, and sometimes you cannot do it alone, and sitting with Dr Singh has enhanced our marriage by helping me understand 'Chutki' much better, because we have been able to identify the triggers that were causing the problem in our marriage.



Dr Singh has kept all the sessions as practical as he could and there is no doubt we have seen the passion, trust and connection blossom! As a husband I feel I'm a better individual and partner, and what has helped the most is the decrease in the everyday fighting. First I took the 'fighting rules' as a joke, but now I realise that it is better to trust a doctor rather than think that it is a waste of time. I want to also thank Dr Singh as in a way we have found a mentor and a life coach with whom we can be ourself. I hope that he can help many more the way he helped us.

M

Mrs Luthra (Verified)

7 years ago

I recommend the doctor

Weight gain and depression

I clearly recall going to a shop in the Mall where Dr. Singhs Centre is located and taking a walk as my husband ordered all the non veg for the get together in our house last holi. I was just tired and could not stand in one place and the only thought in my mind was that I have to now spend another 2 days making food for so many family members. I was wandering eating my chocolate when I stopped in and walked in his clinic where this - tall guy with clipped hair – as I remember him was sitting on the carpet engaging an Autistic Child. The first thing I heard was “please go outside if you want to eat chocolates in front of children”

I was so taken aback and angry that I left and when I now look back in retrospect I can see that I was quite depressed. A lifetime of yoyo dieting had left me at 80 Kg and still climbing. The more extreme the weight loss, the more rapid and extreme the consequent weight gains. The last diet I had undertaken, I do not even want to remember as I lost weight but I was unwell with symptoms, which included seizures. I put on 10Kg stone in 4 months which I hadn't even realized was possible. I really did not know where to turn. That is when I decided to swallow my pride and go back to the same clinic and that decision then changed my life.

As an educated person, and yes with the clear thought that if I can spend so much on different diets, why cant I meet a good doctor and see what he has to offer, I kept my mind open and the circle of excellence has been useful.

When I look back still very hard to believe, but the first meeting itself was an experience in itself, because the doctor showed me a new way to be myself and how to view my own image without being ashamed of it. He actually wanted to finish the entire session in 2/3 sittings, but it is I who insisted on meeting him regularly on a weekly basis, and it is 12 months now, and I have been able to stop sabotaging my own self for the last eight months, and stopped turning to food to avoid confronting my fears. I remember that Dr Singh always encouraged me to eat, and that he said that if you don't eat how are you going to get the fuel to go about your daily life, and although I knew about it, but I had

never practised it, I actually sat down and allowed him to prepare a chart of daily living that showed how I can make it progress towards a healthy lifestyle. I actually learned what is visualisation, and the power of visualisation as taught me, how to discern the cravings from the needs. I had such a strong relationship with different types of foods, but gradually over a period of time, there are foods which I simply do not keep in the house anymore, I don't feel obliged to have them for the benefit of others, and if there is someone like my daughter who insist's that she would like to eat something which I now realise is unhealthy, I ask her not to bring it unless it is an immediate priority and she's not going to be able to live without it.

From where I was to where I am today, I am a much much happier person more creative and well balanced, as a individual I feel more resourceful and my priorities in life have changed significantly. I also realise that due to the weight gain, I was constantly in a state of sadness, which never occurred to me might be a form of depression, and I have been able to pull myself out of it with Dr Singh's help. While Dr Singh wanted to go about it in a scientific way, I insisted that I would like to talk my way through it, and the first thing he asked me was if I was strong enough to sustain the regularity of coming, because it would create a lot of pressure on me from my family and my husband. But I have to give this credit to my husband that he supported me fully, and as I write my experience, he is sitting right next to me and wants to also write what he observed has changed about me over the last one year. One of the major things I have learnt being with Dr Singh is that I do not need to justify myself, and that I need to be more centred, and that I also need time and space just as much as any other person in my life. And because of this and the other changes, as well as the change in the mindset that I have been able to make, I am fitter than I have ever been in my adult life and my energy levels are more consistent than before. There is no more weight gain and weight loss just like a game of yo-yo, and the cycle of depression that constantly followed me everywhere has decreased by almost 80 to 90%. one of the biggest and the most unforeseen outcomes has been the changes it has brought in my children, for watching me have started to change the way they also eat, and this is something I am very proud of because I know that they will not have to suffer the day I suffered.

When, I look back, and think about that day when I walked into the doctor's clinic, and found him sitting on a carpet connecting with the child who I gradually came to realise had dyslexia as well as autism, and the way he asked me to eat outside, I think it was a blessing in disguise, and today I have no regrets for that reprimand, because today I am what I used to always be, and what I always wanted to be, and I can now look at myself in a much more positive way. I do not try to solve my problems anymore with food, and both my husband and I, prefer to go and discuss with Dr Singh what needs to be done, when we are down and out and everything seems very confusing. It has been a wonderful experience meeting you's sir, and we look forward to a long-term relationship with you for the times to come.

R

R K Sharma (Verified)

7 years ago

I recommend the doctor

## Reached a point of Divorce

I am 42 years old and when I look back at life, I feel utterly sad that so much time has been wasted just trying to resolve constant conflicts in life. First it was the parents, then it was brothers and sisters and then my spouse. Both my sister and I, are twins, but I think when I am all alone, that due to the random chance that usually happens, which we call life, she came out better, and for good or bad, I had to bear the burden of struggling for everything in life.

My marriage was an arranged marriage because during schooling as well as college we came from a very conservative family, and the concept of being in a relationship was unimaginable. Additionally being two sisters was not easy on our father who was in a private job, and not very senior. Also somewhere it was always there at the back of the mind that we have to be very careful in whatever we do. Marriage was not a very pleasant affair, and although we use to speak for long hours before the actual ceremony took place, everything seemed to change after we were wedded. I had only heard of petty jealousies, that happen in households, on TV and we used to often laugh as sisters that, what is portrayed on television is something straight out of what should have been maybe 100 years ago.

But I was totally wrong. If I was to say that what happened after the wedding was like a rerun of a soap opera, I would not be wrong. Everything started with the control of the kitchen, and everything ended with a shouting match between my husband and me, and the catalyst being someone who I thought would be a mother to me. Four years of marriage, and every day of sarcastic remarks and taunting became a burden that was too heavy to bear, and when I started to cry sitting in my seat in the office in front of the customers, as I worked in retail outlet at a senior post, I realised that if I don't help myself nobody will. Coming to Prof Singh was a decision that when I look back, something that I took as a leap of faith when searching for a professional who could handle my issues.

On the first meeting itself, I realised that Prof Singh is someone I could truly be myself with. There was a very high degree of emotional safety in sharing with him what was going on, as the bouts of anxiety and low self-esteem, were damaging me to such an extent that I was not able to perform at work and neither was able to do any housework correctly. One of the things that I would like to say is that, I never knew what therapy is, and I used to always think of it as counselling. But after going through proper psychotherapy I understood that there is a difference between casual talking, and a scientific approach to what we're going through in terms of emotional turmoil. The entire process that I went through, allowed me to express myself in a safe and nurturing space, and it definitely helped me to get all the buried anguish out, and see my problems for what they really were. When I came to Prof Singh, the overriding problem that was driving me to the edge of madness was, that I was being told something by my mother-in-law, and something else by my husband, which essentially meant that whatever communication we had in the house, was being turned around in some way or the other, and when I look at it, I really wonder why, because it is unnecessary and only serves to degenerate the atmosphere of the family. And this is exactly what happened in our family also. After a period of time, the entire family was broken up, and we have all had to shift into different houses, and this makes life all the more difficult because how do I handle my one-year-old child, and how do I handle going to work, coming back home and taking care of the house also. I don't think I hated myself for it, but the

emotional hurt that I was piling up no matter how stupid or insignificant anybody would think of it, was making life absolutely miserable.

One of the mistakes that I committed early on in therapy, was trying to hurry up the entire process, and being watched by the gentle professor in a very amused manner. Today I realise that, I was wrong and that, thanks to his patience, my husband was able to open up with him on the third sitting, and come out with what was really hurting him, and when I asked him what was the issue, that was making our life hell, he was able to come out with a direct answer, which surprised me completely. When I think about it, and the devastating times we have had in our marriage, and the manner in which we have shouted at each other for the last three years, I only wish someone could have guided me, to seek professional help because I don't think I could have achieved this without the wisdom and caring that was provided to me by Prof Singh.

This is very important to mention for me, because I went much more than my husband did, and I still do come on a regular basis, that I felt extremely safe with Prof Singh, and this is extremely important for me because, emotional safety, and the feeling that you are in hands that care for you is extremely important. Honestly speaking, more than a compassionate therapist, what I was looking for was an extremely sensible as well as a educated and well read professional, and this is what I found when I came to him. Everybody is a great listener, and everybody tries to be creative as well as come up with new ideas, but to be able to scientifically assess the issue and address it is something that I have found finally. It has taken us exactly 4 months to resolve all the issues that were outstanding in the relationship, and this is something absolutely incredible, and something I can never forget, and for which we shall always be there if we can do something for Prof Singh.

M

Mrs Choudhary (Verified)

7 years ago

I recommend the doctor

There are people who touch our lives at certain points in our life's journey and we are forever changed and forever grateful for having met them and for the growth they have helped us to achieve.

My Doctor is one such person in my life. A close friend in India, whose son had been very effectively remediated for his dyslexia, introduced me to Dr. Singh during a time of deep personal crisis and turmoil when we knew no one here. I knew I wanted to chart a new path in my life's journey, but I did not know how to do that. I did not have the emotional energy left, nor did I understand my patterns and the process of how to change my responses to my circumstances. Dr. Singh, to give him his due credit, helped me to develop a vast resource to deal with the joys and sorrows, the relationships as well as the expectations that I was facing in my life.

In the last three years, that I have visited and known him, I have come to value and appreciate his insight, empathy and true dedication to the mental health profession. He, never fails to surprise me, and it is an experience to sit with him, and here it from him how it is, and sometimes even before you are ready.

With my doctor's support, I have learnt how to identify my target areas, which pulled me down and help me come back up where my personal growth is concerned. As my life coach and therapist, my doctor is a part of my journey, and supports me in my quest for a sound and healthy mind. Somehow he has managed to find the right mix for creating an emotionally successful balance in life, helping me understand my blessings and teaching me how to be open to new beginnings.

When my baby died, my husband and I talked that a part of us had died along with her. However I have to thank you sir that after going through so much of personal pain, your guidance has helped me see that I have the power to believe that there are a few things which are not in our control, and that I have the choice to select whether I am healthy or in pain, and that my thoughts and ideas have a value along with the fact that it is my choice, how I look back in pain for the trauma that I have suffered.

Dr. your therapy has been invaluable because you have guided us in volumes, and we never realized it during the process because it was so subtle and it gently paced process, that sometimes we did not even realise how the time went by, and how a new beginning reinforced our belief, when we were blessed with a baby girl this March.

My confidence has come back, and one of the most important values that I have taken back from you is that regardless of feeling sorry, or sometimes feeling in need of sympathy the crucial issue is that I need to deal with the that God has dealt me with.

Both Andreas and I, are convinced that your sessions have definitely helped us to live a better life, as well as a full life, and create a family, all over again, when we would have just given into depression, and probably gone our different ways. Thank you for changing our lives, and even for a miser like me, I feel that coming back to India to meet you, and visit the place where we left her, is a constant reminder of the fact that we probably have to remain in touch with you, given the therapeutic relationship that has been built between us. We now accept that we have to be our own judge, without automatically punishing ourselves and that it is more constructive to express our feelings than to allow them to build up inside of us. Both of us also believe that, we have to let go off of guilt, which is something you taught us and also the regret along with the old hurts, that keep on pinching us and change the way we behave, so that we can avoid anything that the risks touching the hurt all over again. We have decided to name our daughter Amrit, in the hope that she will grow up as pure as the word signifies. We will return to Germany by Friday, but I am very happy to meet and see that you are managing to touch the lives of others in a positive manner, thank you once again for pulling us out of the negativity that surrounded us after the first incident.

Elke

M

Mr R Aggarwal (Verified)

7 years ago

I recommend the doctor

The very thought of participating in marriage counselling, led to more fights in our house than did the original issue of why we should go for marriage counselling. I think it was as if my husband was almost as frightened of the counselling itself as allowing our marriage to fail. Thankfully when we went to Dr Singh, he was well aware of these common misgivings, and he did his best to alleviate my husband's fears, as well as my own fears, because we were actually reaching out for help, and he realised that the key issue was that we needed to focus on the fundamental elements of strengthening our marriage.

Our problem had started almost about five years ago, because my husband was in a travelling job, as was I. Maybe we were both wrong because we could not devote enough time to each other, but eventually it emerged that he wanted to take a separation, because he felt that he was extremely attached to someone who was working along with him.

When we came to Dr Singh's clinic, and he explained the situation, his first opening sentence was that "how could you be so hurt?. That was not my intention, and that I wish you knew me and knew my heart, because I feel so misunderstood when I am around you". It is good to go in to counselling knowing that you are looking for an objective as well as an impartial view of how things are, but to be told by your husband that how could you be so hurt was a bit too much for me. Dr Singh actually held my hands, as I turned towards my husband, because he got scared that I may get physical.

The first thing he said was, that you are two different people, with different histories cultures and personalities, and please don't expect your interactions to go as intended, because there will always be miscommunication with an unintended negative impact, which is going to hurt you. Somehow I managed to calm down, based on the reassurance and the coming effect his way of talking had on me, but I wanted to tell my husband that, intentions do not always have the intended impact. Sometimes intentions can have a greater impact, and sometimes intentions can have a lesser impact, but what you speak, and that also specially when we have come to resolve our conflicts, has to have some logic and sense. I would like to appreciate Dr Singh that, he did advise my husband that, there is a difference between an intention and the intended impact of what we are saying because of the filters, or the manner in which we understand something, That is being said and the way it is being said. It took a lot for my husband to understand that an unintentional tone, or wording can change the message, because of the manner in which it has been said, and the manner in which it has been understood.

When Dr Singh asked my husband, if he was already into a relationship, or that he wanted to move on from the current relationship, the answer was that he was tired and that he wanted to move on from the current relationship but had not initiated the new relationship. It is very personal to go into the details of the exact nature of the therapy that we went through, but I would like to say one thing and that is that I appreciate the fact that Dr Singh did not point out the specific flaws that either of us might be having, because as he said that it would only serve to build anger and resentment. When I look back I realise that, I actually wanted to know the flaws, that had brought us to this stage, but now six months after we met him, we both realised that it was one of the most sensible piece of advise because it helped us to work towards addressing our issues in a healthy manner.

I want to thank Dr Singh because, he was able to stop an issue from escalating into something much more serious which would have effected both of us as well as our two daughters who were now close to 13 years of age, and that it helped me to understand how my personality was impacting our relationship, and for my husband he learnt the methods of working through the inevitable as well as the irreconsiable differences of opinion, that he felt existed between the two of us. When I look back I realise that, it was not the differences of opinion that had led to the situation, but the fact that we were not ready to forgive each other in order to work through negative situations and actions that had led to this situation. I also would like to thank Dr Singh because, he emphasised positivity, and the unique as well as the exclusive techniques he used relating to rational and behaviour therapy has allowed us the power to develop and maintain a healthy relationship with each other now for the past six months, and I do not think that we will ever be in the same situation again, where my husband says that “ how could you be so hurt”.

It may sound a little bit silly but, what my husband was trying to tell me was, that he is yet not into a relationship, but would like to look for separation as a option to get into a relationship, and honestly I don't think that it is a joke for anyone to say this to his wife. If only he had not believed in the fact that, I would not take feedback negatively, or that I twould no offer resistance, to any form of suggestion to improve our life together, we would not have gone through the turmoil of the last five years. Today we are much more healthier than we were, we are much better friends than just husband and wife, and we have actually sat with Dr Singh and, understood how to talk to each other as well as understand what we are trying to communicate, because this is the main thing that had vanished over the last seven or eight years of our married life. So our gratitude goes out to Dr Singh as a calm, balanced, as well as a very helpful gentleman.

A

Ashutosh sharma (Verified)

7 years ago

I recommend the doctor

We are from the city of Benaras. My husband and I had been married for three years when we decided to have our first child. Little did I know that I would find out that I'm pregnant exactly 5 days after my husband died. Everybody talks about having faith in God, and that whatever does is good and for the betterment of our lives. However how do you answer the question of losing your husband, and finding

out that you are pregnant. It was all the more difficult because, nobody in a joint family understands the sense of loss that a wife can feel. My mother-in-law was grieving for her own son, my father-in-law withdrew and started to keep quiet, my brother-in-law and his wife went about their life, and in fact became even more cautious, in their dealings with me. If I say that our match was a match made in heaven, I would not be wrong because it is very difficult to find a life partner specially in an arranged marriage who can be so caring and loving.

When I thought about the baby, after she would be born, I just could not stop crying because I did not know what future would I give to her without her father, and I was mentally not prepared to accept any other man in my life even for myself or my child. My husband and I have always dreamt of raising our children to have good character traits, and of seeing them growing up going to college and achieving something in their lives. Just before my husband died, we were in the process of buying a new apartment in Noida, he wanted it, designed so that we would be able to welcome our child and this is how much he thought about our children. I really remember the day when everything happened, I was going away to office, and when leaving telling me that she felt as if he has a muscle spasm and that we must go to a doctor in the evening. However at around 2 o'clock, I received a call from the office to say that they had taken him to the BHU associated hospital and that he was fully conscious and that no one knew what was wrong. I was taken to the hospital by my in-laws, and when I reached there, it was shocking to see the number of people who were just, lying down in the corridors, in the intense heat, sweating and sick. What I hate most now about living there is the fact that, it took the ambulance on most one hour to get to the hospital, because of the traffic whereas it could have taken just five minutes, if only we had a better civic management system. The doctors also tried to revive him, but they gave up after three attempts, and then they asked me to come and have a look at him. His face was uncovered and you looked like he was fast asleep, but I knew that he was gone forever and that very minute, and everything around me just collapsed. When I woke up I was also in a hospital bed, and the gynaecologist told my mother in law that it is better I be allowed to rest in the hospital, and given the state of my pregnancy. It is then that after five days that I realise that I am pregnant. It was a huge shock for me, because I did not know what I would do. Already it was so distressing to hear the shrieks and cries of his mother which were completely heartbreaking.

As we had already booked our flats in Noida, and my nephew was under the care of Dr Singh, I decided to visit him because the pregnancy did not leave me with a lot of options, and visiting him was a blessing in disguise because the first thing that I understood was that I have to take a hold of myself and carry on. That I could not waver and that I have to manage to take care of myself and my child who has to come into this world. I kept asking the doctor that 'how will I go through the pregnancy without my husband, and how will I find the physical and emotional energy to take care of the child'. Slowly, but steadily speaking to Dr Singh I realise that, there are moments of despair, but when you have no option you have to build up the strength to just carry on. I learned from Dr Singh then there are and they will be moments of despair and of heart breaking days, as well as of longing months and this too shall pass, and that if I did not collapse in the initial two years, I would be able to make it through. Dr Singh helped me through each and every month of my pregnancy, and he actually went out of the way to come when I delivered my child, and he taught me to find strength in loving my incredible child, who needed me and would eventually return my love. There was no help from the community, and I realise that I am completely on my own, except for the support of my mother and father, and eventually I did have to move back into the house. However I give credit to Dr Singh, that he made sure that my family worked together, and rather than let me be broken and crying all the time, that



they encourage me over and over again, and give me the strength to keep doing what I have to do. The greatest problem came from the fact that, whenever anybody who did not know us asked me what does your husband do, my heart would sink, because I would think that what you have to say to someone, who does not understand about the difficult circumstances that I am having to deal with. Dr Singh advised me that, don't think about the whole road ahead of you and take one step at a time, all the time focusing only on what you have to do in this moment and to look at small victories until I have accumulated enough to say that I have the strength to look at life, and feel confident that I did not collapse. It was a very liberating, as well as a very helpful one year that I have had with my therapist, and my faith in God has been strengthened by my tragedy, and more than that my faith in human beings, like Dr Singh has been further strengthened, with the selflessness with which he helped me, when I just felt like dying. It is that times like this, when you do not understand that everything looks different, that you need someone to tell you, and show you how strong you are, and this is exactly what he did, and this is what saved me from completely finishing. I live now live now, for the present, and for my daughter, and for her future, with self-respect and dignity, and I have learned this from my mentor, and this is what I have to say to him, you have been the Dr Singh for me and my family, and at some point of time, I pray that God gives you all that you want. You are going to forever be, my father when my father is not there, you are always going to be my doctor before I take every decision in life, and I wish there was more I could do for you.

N

Nupur Goswami (Verified)

7 years ago

I recommend the doctor

Sadness and Depression after I lost my child.

When I lost my second and third child to miscarriages, the depression hit me like a hammer. The diagnosis was postpartum OCD, I had no idea where to start, how to understand it, how to talk about it, how to find a therapist – nothing in my life had prepared me for what was happening to me. I have never been in a deeper or darker place and had no hope of ever getting out of it specially in the kind of family I was married into.

There was so much pain and I felt so detached from who I really was. No one believed me when I said I was sad. Everyone said it is normal to be sad after the loss of a baby. The answer is it is not normal.

As I never struggled with depression before in my life, so it took me a while to understand out what was happening to me. All I knew was that I was afraid for my life and I didn't know how to get help. I called Prof. Singh and ate his head on the phone for 15 minutes until he bluntly said, you have postpartum depression even before I could meet him. "Take charge or wobble in misery" were his words.

My gynaecologist had already put me on 200Mg of serlift and I had been receiving treatment for almost 6 months and still did not feel 10% like myself yet, I felt like I'm not even getting there.

I had stopped taking a bath, laid on the bed and kept debating whether to go or not to meet Prof Singh. Eventually I did and it was a great relief. When I met him I had minimal support at home and had reached the point where I figured I was at a dead end. But that first meeting with Prof Singh where he helped me see I just needed to turn the corner and take the next step, made such a difference, that I went home somewhat more balanced. My husbands joint family was so uncomfortable talking about it at all that I tended not to bring it up so that I did not have to deal with the shame that was not mine to feel.

I cannot express the relief to know, in fact the immediate relief I felt knowing that I was not the first mother to have horrible crying sessions and collecting baby clothes that I could not bear to throw away. The meetings with Prof Singh along with my husband made my husband understand how I felt and believe me sir you saved me the months of agony I would have gone through were it not that I had found you here. Because of you I'm no longer afraid to tell my husband, my family and my gynaecologist about my recurring thoughts about as if a part of me is gone from inside me and that I feel so empty inside.

Now about 5 months from starting to feel good (after therapy) I still almost bi monthly visit him with my husband and Prof Singh sir , I think it is a great thing that you are doing. It is wonderful and you are making a difference and any day I will stand for you and say I'm living proof that you were the one person who understood. You gave me hope that I would make it through, and most importantly you made everyone in my family understand that I need to be given space to rest and recover. I did not need people coming into my bedroom and saying all will be okay. It can't be okay, this is the hypocrisy of our lives.

Thank you sir for doing what you do and for having a sense of humour where you can make a heavy burden seem light and keeping me informed and for bringing up the issues and sharing things I'm sure I would not have been able to share with anyone else. I will be sharing my experience with every single mother I know. It should be mandatory for mothers to meet you I think. It can help so much. Sincerely  
Nupur Goswami

A

Anshika Singh (Verified)

7 years ago

I recommend the doctor

Marriage Abuse

It is truly a pleasure to find a therapist who not only takes great interest in his clients, but also creates a comforting environment for you to be able to speak your heart out, without worrying that will anybody ever come to know. This is one thing that I really liked about Prof Singh, and that was his written commitment that he gave to me that he would not be what would never ever share anything about me to anybody else. Initially I was very hesitant to go to anybody for any form of help because, my partner has been emotionally and at times even physically abusive. It started with pushing and shoving, and taking my keys when I wanted to go out as if he felt very insecure and jealous of people he thought were a threat.

There would be evenings when he would be drinking, and start accusing me of being too modern, and I can't even say what he called me but it would go on until he would fall asleep and the next date was always the same, he was sorry and didn't know why he said it and did the things he did. I believed him at first, but after three years time I knew it was a mistake and I had to leave this marriage. It was actually my own father who said that, why don't I take things in my hand and either I should leave the marriage or I should make sure that he changes, because this is not the way we could continue living. I found Prof Singh on the Internet, and I came to him because he was in another city, and we did not want to go to any doctor where we live. Actually it's a mistake to think that we should try to hide and make ourselves okay, but I think this thinking of mine actually brought me to the correct person, who eventually helped me become strong and stand on my own feet. I came for a different reason, to hide from all the people who may have known me, but God brought me to the person who actually helped me regain my dignity and my respect which I had lost over a period of time. The most important thing I learnt from Prof Singh was that I have to believe in myself and tell myself that I deserve better, and that it is hard, but you can proceed with your life, and that I don't have to live like this, if I feel so strongly about the physical and emotional insult that I have been facing for so long. The second time I came I brought my partner along with me, and over the next few sessions, even Prof Singh realised that it was going to be very difficult and impossible to change. I wanted a change in my partner, and I wanted to keep the relationship, because I was very scared of what society would say to my parents, and to me once I was labelled as a divorcee.

The experience of Prof Singh is that there was an immediate sense that what he is doing is very important to him, and I now feel I had waited a little too long to seek help for what would have eventually turned into a chronic situation, and when I think of how I would have been at the age of 50 suffering the emotional abuse I still cannot stop shivering. What I could not have achieved alone, I was able to achieve with the gradual healing process that I went through, and rather than taking an immediate decision to seek a divorce, or put a case on my husband, I followed the guidance of Prof Singh, and I put some distance between my husband and myself, and I continued to work, and look a transfer to Delhi, from Chandigarh. My company helped me a lot, because when they asked me the reason why I wanted to come to the head office, Prof Singh was very kind enough to take the entire responsibility on himself, and speak to my superiors, and put across my situation in such a manner that, I did not lose my reputation as well as nobody came to know the real reason for the posting.

Time can be a great healer, as he advised me, and sometimes creating a distance between the person who is turning you into a complete emotional wreck, can be better than taking an immediate decision, which is not reversible. This is exactly what I did, under his guidance, and today after two years, I am

much more happier and relaxed person than I was in the first three years of my marriage. My partner has also sobered as he realised eventually that, it is easy to find a punching bag at home, but nobody will take any form of aggression or nonsense outside, and how materialistic the world can be. We have been corresponding with each other for eight months now, and we met on the 14th of this month for the first time, and I could not believe my eyes, when I saw him talking so humbly, and then asking for my forgiveness. We came to see Prof Singh yesterday, and I think he was as surprised because my husband took out a piece of paper on which she had written his apology, and how he will make up for all the rough time that he had given me. I'm writing this because I also much to Prof Singh, who was always there emotionally, never wavering in a support, always guiding me, and today I am crying as I write this, because everybody from my husband's family came to our house, and formally apologised for everything that he had done, and requested me to reconsider my decision. I don't know what I am going to decide, but I know one thing for sure, I have my dignity back, I have my respect back, and I know that even I am worth a lot, and not a 'bloody wxxx' as he used to call me. I have to thank the man, who was my mentor, my guide, a surrogate father, and a therapist, who supported me without questioning. He did tell me that if I was wrong he would have said so, but in this case as he said, we should not forget that, somebody's wife, is also somebody's daughter, and how would my husband have felt, this was done to a daughter if we had one. Thank you very much sir, because I know where to go now, when everything seems like it is falling down around me and thank you very much for not allowing me to take the medicines, and for helping me come through with emotional strength.

D

Dr Urvashi (Verified)

7 years ago

I recommend the doctor

I Didn't know what to expect with my first appointment with Dr. Singh. Being married for just 12 months, and suddenly seeing a change in the behaviour of your husband and your in-laws is one of the most difficult things that any girl can expect, specially after it is a love marriage. Being married was itself such a big challenge, and then the challenge that your husband has been diagnosed with mood swings and there are days when everything is fine and then there are days when he is screaming at me and I'm screaming back at him eventually, lead to a situation where I was scared and exhausted of even coming out of my room because it was a joint family, and I was the smaller of the bhau's. I try to find a therapist when the physical fights between us reached such an extent that we were able to even predict who is going to use which method to hurt the other person.

We found Dr. Singh using an extensive online search and were attracted to his obvious deep knowledge of the human mind, and it was not a random decision to come to Dr Singh, but a conscious decision, along with a feeling in the heart that he may be the one who can find a solution to our unnecessary problems, which really should not be there if there was no third party interference.

I have to say that I will never forget how when we met for the first time he made me feel supported unconditionally and the faith that I felt when I met him and I realised that the trust that has been broken in our marriage can still be brought back. I also realise after meeting him that what I was going

through wasn't going to be the end of me, and it was going to be actually the beginning of understanding of what relationships and expectations are all about. At one time when I felt like my world was about to end Dr Singh used an analogy of unpacking and packing a suitcase for the next stage of my life, to examine every piece of clothing carefully, and decide if each one was helping or hurting me, and to only take with me those items which were the best, and which made me feel wonderful, and not necessarily the most expensive. Items that give me peace and joy, and not those which were meant for the world to see. I realise that this is exactly what I needed and he also helped me with the relationship troubles, I was having with my mother-in-law, who somehow could not seem to let go of her son, and wanted to be a part of his life even after he was married and was now 28 years old.

The manner in which Dr Singh approached our case, impressed me on multiple levels, and I have to say that he had an uncanny sense for what I was pondering but hadn't yet said aloud, really listened effectively to what I was seeking, brought forward beautiful design ideas for my consideration of how life should be built around the quality and balance along with a lot of trust thrown in, and did it all in a timely manner and with excellent communication skills. The 'sixth sense' that we talk about, was present and evident, very strongly in his room, and I can perfectly vouch for the fact that, if he touches your hand, he can read exactly what you are thinking. It can be a little scary in the beginning when you realise that the person sitting across you, is able to understand each and everything that you are thinking, but when you get into the flow and begin to relax yourself when you begin to surrender and you realise that you are not being judged, the whole process takes on a different meaning altogether.

I remember knowing my husband all the way from school when we were in class IX, and I don't think that I was ever that much attracted to him or considered him to be the person that I would eventually marry. But when we met in a class reunion that was organised by Modern School BKR, it is at that time that he approached me and said that he always liked me very much and that it was okay he would like to invite me out. Of course eventually we did marry each other, but somehow meeting somebody going out with the person, having fun, is so different from the whole process of getting married, that the initial happiness, somehow had gone out of our marriage, and it had been replaced with, a sense of, a kind of a feeling of what have I done?

Is this what my mother and father have raised me for, is this the reason why I myself am a doctor, and yet I am, not able to resolve my own problems, such petty problems as, why cannot she make a cup of tea for us, or something so, childish as that why does she not help out in the kitchen. Nobody saw that, I also was a human being, and that I also had feelings, and that even I was getting very tired after coming back from the hospital. I don't think at one point of time, even my husband understood what was happening, and this is something that Dr Singh immediately understood. When you go through medical school we have seen many cases, where people are gifted, but I can say with full conviction that, the gift that Dr Singh has of, making you feel at ease, and trying to resolve your problems as quickly as possible, in a very logical and scientific manner, are yet to be seen. I am simply amazed by his ability to read your mind and your questions, so subconsciously while going through the entire process, where he may just, touch your finger tip accidentally, and everything becomes so very clear.

I want to thank him, very few people thank their doctors, because I know it as I am also a doctor, and I want to take this opportunity to share my feelings, and my gratitude that I feel to him, because not only did he manage to show what was happening in the house to my husband, but somehow he even managed to get my in-laws to come to him, which was next to impossible, because they are so proud people, and very gently sharing with them what exactly was happening, and that how either our house could turn out to be a perfect blissful house, or it could turn out to be absolute misery. I don't think we are yet hundred percent there yet, but we are definitely around 75% better and I think that is a huge achievement in a matter of two months and just three sittings. I want to thank you sir, as a junior as well as a client, because you understood the emotional pain that was being faced by me, and you also understood the emotional pain that was being thrown at my husband, and you were absolutely impartial in your sessions with us, and more than providing a solution, you are able to help us see, what was happening and what, would happen in the future if we continued in the same direction. I would always be happy to ask those of my patients who are distressed to come to you, and I am relieved that we found you and keep you as our life coach and therapist.

Dr. Urvashi

C

Carol Sencer (Verified)

7 years ago

I recommend the doctor

The reason for the email and this small appreciation note Dr Singh is to thank you. You helped get me by getting on the track of healing. I believe that if it weren't for our interactions I would not have gotten on track. I am, and my family in the US is eternally grateful for the wisdom and resources you shared with me.

As an American who was posted to an IT company as a Trainer for a few Months, I was living in Noida in a hotel. The emptiness of being here in India hit me very hard in 2 weeks time. I had always imagined India to be a spiritual country and was looking forward to learning from this country. However it was a shocker to see that it was just like any other metropolitan city and not clean specially when rained. In the US we see our therapist regularly once in 15 days to sit and sort out our worries and thoughts. Its not like that in India. The girls of my age were still talking to their moms and working on outdated emotional answers. Fortes being the closest hospital, I was directed there when my director found me gasping for breath. However I am sad to say that how can 5 minutes and a prescription cure emptiness and loneliness. Did the doctor even understand what I was going through? When I went to the therapist there, the person was more interested in where I live in the Midwest and life there than in me and I gave up.

As I was staying in the hotel next to a mall, where we went for dinner, I came across this clinic and decided to visit it. Meeting Dr Singh was like walking into my therapist's clinic back home. The three

hours I spent with him are priceless and he gave me the gift of hope by first understanding me and then guiding me appropriately. Those crucial beginning baby steps he took to understand why I was

‘flipping’ out and running up extreme stress and panic and anxiety helped me towards recovery. Probably having a German bloodline helped but Dr Singh worked through everything so systematically and precisely, that I wish I had met him before. I actually have taken a stack of his cards to pass around to my colleagues and friends if they come to India, and need professional help. He is as good if not a few shades better than our own therapist. There is no pretence, no beating around the bush and a simple straightforward approach with such kindness that it overwhelms.

As I leave India today, I leave with a better feeling inside me and have had a wonderful opportunity to meet a therapist who took me off a med called zaxis and healed me with rational analysis of what was going on, my perceptions, my expectations and what was driving me off the edge into the deep blackness of emptiness, sadness and loneliness. I never did find the spiritual side of what India had to offer, but when trouble came, It helped to find the right person right there next to my building where I was staying. Carol Sencer

P

Pankaj Khurana (Verified)

7 years ago

I recommend the doctor

Who does not have a problem, but I guess the most important issue is do we address our problems are to be ignored them. My problem started when I fell down from my motorcycle and was hurt very badly on my head, because my helmet was not tied to the chin and I never thought that, going from my house to the market which was a distance of just about half a kilometre was such a big thing. However that all changed my entire life as a remember it for years ago, and the brain injury that I suffered put me in a kind of situation where I would be talking and suddenly I would forget what I’m saying and just keep looking at the other person. For me it was not embarrassing, but my wife started to notice that everybody started avoiding us in the colony, and we stay in a typically middle-class area of Janak Puri. I’m not afraid and not a shy to say that, I don’t know how I was suffering, actually I don’t even know if I was suffering at all, because for me everything was normal I was going about my business normally, and I felt very lucky that I had survived my fall from the motorcycle.

how my wife found Dr Singh even I don’t know, maybe she got a reference or she went to the Internet, she still has not told me, and if she has I have actually forgotten about it, but is about a month ago I came to meet Dr Singh, and spent almost 4 to 5 hours with him going through each and everything about my accident as well as what was happening after the accident. After what I must tell you that the accident had happened about three years ago, so it is not that suddenly everything changed and that I suddenly came to the doctor, just that I did not know that things have even changed. I just have one thing to say, a lot of us do not understand this what the brain can do to us and our personality, and how even a small accident can have life changing difference on the way we live and how we think.

for me I was lucky because, I have to be very frank about this, before three years ago I used to be a very shouting man, and in the last three years I have seen myself change into a very quite as well is a very religious and I go to the temple also now everyday and this change has really made everybody in my family think that I am praying to God but actually I don't know why I just want to go, and I feel very happy when I go and I feel very nice when I am doing good for other people.

then I sat with Dr Singh I realised how the accident I had that day on the motorcycle had hit one particular part of the brain and how I have changed in my personality and how I will change in the next 5 to 10 years. Dr Singh also made a chart for me and showed me how everything will happen, and what I really liked about him was he did not ask me to come back again but said that whenever I need him I can come back to him. Why I want to thank him by writing this in my own way is that I am at least now understand myself and why I behave the way I do now because in the last three years, it has been very difficult for my wife and my son and my daughter to take care of me because a lot of time was in the hospital always with doctors and medicine is just not knowing what to do.

okay, the doctors they sure managed to save my life, but how my life had become after the accident was more important because, when I started giving a lot of rupees to people outside the temple who are begging, then my wife became worried, and that is the time she said that maybe there is some problem in my personality and I must meet some doctor, and am happy to meet Dr Singh, because he showed me how the accident hurt a part of my brain, that is causing changes in my self and in my personality and how I have to do to manage myself in the next 5 to 10 years so that I can stop anything bad from happening, or also I can be careful before the time comes. this meeting has really helped me understand myself and also to take the help of my very nice wife is now helping me to understand, and is now also helping me in my business, but the most important thing I want to thank Dr is for showing me why my personality was changing, and also for helping me understand, how to now talk to the other people, and the mistakes that I was making.

it was a very nice meeting, and now whenever I have any confusion I talk to him, and he's able to tell me on the phone what is happening, and many times I also visit him to understand and just talk about how to help myself more because of certain confusions in my mind, because when I talk about these confusions in my mind at home, everybody says that just my thinking, but nobody understands that I am actually not able to understand what is happening and that so many things have changed after the accident. but I am happy now and I am now feeling that I am in the correct hands and I want to again thank you Dr because you did not think that I am mad and you did not think that I am telling lies you did not hurry me up but try to understand each and everything like a father should understand his son or his child I thank you very much once again really from my inside heart.

P

P Laxmi (Verified)

7 years ago

I recommend the doctor



When we made an appointment to meet Dr Singh we had been living in different bedrooms for 12 months. We were both fed up with each other and had been hanging on for 15 years in a disastrous "love marriage". I think we were like enemies with love addict/love avoidant issues. We wanted our marriage to work, but just couldn't figure it out on our own. We had been to different doctors on and off with my husband telling me that that he had little hope and that if this did not work then why torture ourselves and maybe it is time for a mutual separation. We got routed to Dr Singh and I am steady enough to say that we both have hope and now have some insight how to start operating in a safe place with each other.

Initially at the back of my mind I did not believe it could or would happen. Too many hurtful and painful things had been said and done to have any kind of restoration in our marriage. It parents, your mother did this and your father said that and I had built walls between my husband and me and likewise that we felt that no one was equipped and fully capable to handle anything where we were concerned.

I am still trying to figure a few things out in my head, why things happened the way they did. I sometimes feel like I was the "sacrifice" in our marriage now left holding the baggage of emotions, fear, and guilt. My husband told Dr Singh that he was the 'sacrifice' goat. But I think eventually when we spoke allowing each other the space to speak, we understood what was happening. The realisation of how much damage we both were responsible for in our marriage was difficult to swallow. I came to realize the how and the whys of our love breakdown and we both can't undo the past, and don't know what our future holds with each other, but we have stopped shouting to start with. The one lesson I have learnt from Dr Singh is that as we can only speak for ourself's, the main point that mattered was that I as an individual am responsible for my own happiness. For 15 years, I had been handing my husband my heart and asking him to tend to it – to make me happy. The Dr. made it so clear that only I am responsible for making myself happy.

I can't be the fun, happy, girl he fell in love with – nor the bitter, angry wife I had supposedly turned into, and he can't be the young energetic young man and not the 'fatty' I see. Maybe we are both tending our own expectations and grouches as Dr Singh put it. I want to thank, no we want to thank Dr Singh for helping us identify our fears before they spin out of control or even begin. We want to share that it is not I, but we that matters and it was worth every minute. A word though, he can read thoughts. It not untrue what another person wrote, so do your homework before going and don't negotiate, you will feel miserable afterwards on your own as we learnt the hard way. Dr Singh you are our guide for life and words can not express the appreciation that we feel towards you. Even our children are so much quieter and less rowdy. Thank you. P. Laxmi

R

R K Jain (Verified)

7 years ago

I recommend the doctor

Hope and Helplessness

Our Son was born healthy after a very long 30-hour labor. Upon delivery his Apgar score was good although his head was elongated. Parth was unable to breast feed so we formula fed him from birth till 12 months when we moved him to normal food. We remember Parth would only drink his milk lying in our arms with his back arched so his head was up side down. Our Doctor never understood that may be in abdominal discomfort or could be allergic to the formula, which was the first question that Prof Singh raised. I am sad to say that from the time our son was born he looked healthy but he was always unhappy. Parth had a normal childhood until one day in one month he developed fever which our doctor treated with calpol. After that we also never took the signs very seriously and everybody was so happy that he was constantly moving running, bouncing and running. We were very happy when he began talking and used to laugh when he would repeat back what we said to him.

Parth learnt the alphabet and would label colors and complex shapes but he never told us if he was hungry or thirsty. At 3 years of age he knew all his times tables. His ability to do this was immensely appreciated at the play school and the teachers called him a genius and people were amazed with his brilliance but we had no idea of the war raging inside his little body. Then he began having sudden and unexplained outbursts of fear and anger and he would just start screaming about something that had happened in the past and was upset and unable to calm down. Parth also developed lots of fears which Prof Singh diagnosed as visual distortion of certain objects. His visual problems were so much that he couldn't cope with pictures on walls and would try to remove them and broke our TV because certain images frightened him. He also developed a fear of shadows. I realise we are late in coming to the doctor as Parth is now 8 years old, but still grateful that we have saved him from a life of misery if we had let it continue. I still remember when the first time the doctor took a look at Parth with his dilated pupils and heightened state of anxiety and told me he was under extreme adrenal stress. Prof Singh instilled the belief in me that recovery is possible and they gave me the skills and knowledge I needed to take control of the situation and get my son back. It has been 16 months but the therapy began to show results in 3 months that spurred us on and kept us fighting. Now my son Parth is not frightened anymore and is relaxed in his body and mind, his sound sensitivity considerably lessened. He is learning to swim and is really proud of himself.

More importantly for the first time in 10 years my husband and I are happy and at peace with ourself and we have a dependable source to turn to in Prof Singh when we feel we are in a crisis.

A

Arjun (Verified)

7 years ago

I recommend the doctor

I have been trying to crack the IAS exam since the last 4 years. However, the last 2 attempts were not successful and even after spending time in Kota, I felt that my concentration level is zero. I feel like I don't have a passion for anything anymore and feel like I have this burden inside me all the time. I'd always found the world a bit confusing. I never understood why people behave the way they do and why I never really seemed to fit in. I'd done well at school, but had found it difficult to relate to people

and to make friends. I always try to avoid social occasions but when I can't get out of them I end up sitting in a corner, lost in a world of my own. I did well at university though and married my extremely patient wife last year as the family felt that at 28 I should be settled. After graduating, I remember getting a good job but never enjoyed it and always felt lost as if there was a big secret that everybody in the world knew but me.

Then, about four months ago, my wife while browsing the internet started to read the site of the Dyslexia Association of India and about Dyslexia syndrome and instantly recognised that it was describing me. Suddenly everything made sense. I realised why I find some things difficult, when they seem to come naturally to everyone else. I realised why I don't always understand what people are saying or feeling. And I realised why I sometimes feel isolated and alone.

Since then, I've tried to learn more about things, such as understanding body language and facial expressions, which had previously eluded me. I even read all the motivational books on communication and reading and about being positive but it did not make me the same as those who understand these things automatically. In fact I felt even more confused.

For instance, I'd always found it difficult to make small talk until I read that the aim of such conversations is merely to pass the time, and that it's OK to drift from topic to topic without reaching any specific conclusions. If only I'd known that it was that simple!

That is when my wife put her foot down and brought me to Prof Singh. From that day on everything made sense as we spoke and as I went through tests that made me realise that I was having a problem with what the doctor called Decoding Words. I've also realised with his help that there are some things that come easily to me that other people find difficult. For example, I've realised that I'm able to understand complex ideas and then explain them to others, and that I can see patterns or trends in numbers and other information that other people can't. I'm also fairly bright academically and enjoy learning new things, but all orally. You can ask me anything orally and I will answer it, even though I find it difficult sometimes to concentrate and to understand things that I have read.

Learning about my syndrome has taught me that I have many talents but that I need to nurture these rather than try to pretend that I'm normal like everybody else. But the most important thing I also learnt was that I am a perfect and normal human being during the meetings with Prof Singh. Based on his suggestions I've made a few changes to my life. I still work in my old job, though now part-time for three days a week. This means that I can focus on my studies in a better and more organised manner and am enjoying it more. In my two extra days, I'm studying in a manner that not only challenges me intellectually but also feeds my passion for learning and knowledge. In the small amount of spare time that remains, I'm trying to learn more about my dyslexia and to write about my experiences and the many other things that interest me.

These may not sound like momentous changes to anyone who can read and just remember everything, but to me they represent a fundamental shift in what I want to do with my life. I've realised that it's not about doing what everybody else does, but about doing what I want to do. It's about following my own path, living my own life and finding my own definition of success. I am still going to try for my IAS exam in August but I am no longer crazy for it. There is so much more in life to live for that I learnt from Prof Singh that I can say that our lives are happier and less stressful. I'm still not sure whether having dyslexia is a good or a bad thing, but what I do know is that it's part of what makes me who I am. And now I'm OK with that. That is something I would have never known had my wife not taken me to Singh sir. I am more at peace and that is all thanks

G

Gaurav Sharma (Verified)

7 years ago

I recommend the doctor

I am now 28 years old and we are three brothers and sisters with my father working in the navy.

When I was in school, I was so happy, and then when I went to college everything changed and I was not comfortable sharing my room and had lot of adjustment problems with those who were studying with me. I don't know why but I was not able to adjust to my peers circle, and they were a lot of adjustment problems even when I found a job after my engineering. Everybody would talk a lot and I would just keep quiet and used to become a soft target and everybody said that I am softhearted person. After three years of doing work, I resigned to do my MTech, and here also I was not able to connect. I might not open completely, but I am very sincere and I had problems finding a job after M-Tech and was unhappy with myself. I was not the person I was and I did not know why.

In 2014 – 15 I had no direction, and this is when my parents arranged my marriage. My husband is also very nice, but now we don't share things and he says that " I have Akar". I don't know what was the reason but we could not connect with each other, and I always used to tell him that we should be sharing and caring and also take care of each other. Internally I was sad and there was adjustment problems with my mother-in-law. I think a lot of things I did not understand, and in six months of my marriage everything was going wrong. I am a very anxious person, and for me I am lost and I am seeing my husband and feeling that he will leave me.

It is then that my brother, asked me to visit Dr Singh, and arranged a appointment with him in the month of June. It was very important for me because it was affecting my work and I was not happy and also not able to balance my body. When I came to meet Dr Singh, I just sat very quietly for some time, and then it is difficult to explain but I made trust with him and I begin to tell him my story. I am not a naturally happy person, I am very happy when I am working, but I do not like it if there is no talk at home. I never realised, that also because my husband and I did not have much intimate relationship, that it was effecting my marriage. I used to always keep asking him that, meri galti batao. but he used to never answer and I used to feel very hurt. when I sat down with the doctor and I spoke to him about

my full life history, it was very surprising for me also to understand what was going wrong, and I realised that even if I am not very happy by nature, I can learn how to be satisfied and balanced as a person and a human being so that I do not have to spend the rest of my life in pain and thinking all the time that what will happen next. I followed the suggestions that were given by Dr Singh, and I am very grateful to say that my marriage and my relationship with my husband is much more strong now than before ever. Sometimes it takes another person to advise what we may not be seeing. I think this is what happened when I went and met Dr Singh. Some of the things of life which I never understood I realised, and definitely it made me much more conscious of what are the responsibilities of a husband and a wife and how they should work together to make their future happy. I have to say that it was not a easy decision for me to go and meet with a doctor, but I am also happy that I did go because I think my husband and I have found somebody who can understand us and who can guide us whenever we need help. I hope my experience can help other husbands and wives, because there is nothing more important than a strong marriage for our happiness. I want to thank Dr Singh, and I want to wish him so very the best so that he can help more people, and I think now that instead of thinking about things in my head over and over again, at least I know how to find help, and how to listen, but at the same time as Dr Singh told me to take my own decision.

S

S R Batra (Verified)

7 years ago

I recommend the doctor

DYSLEXIA & AUTISM

We knew something was wrong from the time our child was two years old. He used to scream for no apparent reason throughout the day and night for many months. His life was complicated by severe eczema and a number of allergies, including intolerance to dairy products. Our Son did not demand attention, wouldn't smile or wave goodbye and also responded poorly to speech. He barely babbled and did not engage in conversations. He showed very little interest in the environment and was very sensitive to smells, less so to noise.

The medical opinion at the time was that it was a normal development issue and we misread all the characteristics like not wanting to be cuddled and showing no desire to be picked. We made a number of visits to both doctors and psychologists, hoping to get an answer for his odd behaviours but they only focused on his skin and epilepsy.

Then in Class I we started getting worried that he was not engaging in play activities that the children were so enthusiastically indulging in. The teachers also did not advise as much about what to do, and although he repeatedly asked the class teacher, she always said that it is normal for children to be shy when they join school. However in class three, when the other children were reading and writing properly and I will join was just looking out of the window most of the time and could not even read the ABCD we started getting worried and at that point of time we started searching for answers. We

went to many institutions but there was no clear diagnosis of the problem, and everybody just put it down to slow learning.

He finally got diagnosed with high functioning autism when we visited Prof Singh, and do it almost devastated us, but at the same time there was a sense of relief that we know what the problem is and that there is hope for us. After do years of intensive therapy, combined with behaviour modification as well as special education, we are now trying to make up for the mistakes that we did and are providing him with the right support. Our child is more keen to learn then ever before and we believe the only way from here is up. It's not easy when you know that your child has autism, but at the same time it is very important and it helps if you find the right support system, and that is exactly what we found I Prof Singh's approach.

We would like to thank you so much for your time and efforts, it means a lot to us – our son wouldn't be who he is today without the constant guidance and support provided by him through our journey, and now we are no longer ashamed of our child-support doesn't, and today our son has the social skills that are necessary to survive in this world and we are also very proud of the fact that we see a lot of strength in him.

Our recommendation is that, do not ignore anything that does not look normal and always seek help if you can because times are changing and it is better to find help at the earliest possible rather than delay it. we know that our son will never be perfectly normal, and we don't expect him to be normal but we are definitely very grateful to the doctor for guiding us correctly and also helping us step-by-step when when we needed someone so badly.

M

M Gautam (Verified)

7 years ago

I recommend the doctor

I went to Dr Singh as I was feeling constantly angry all the time

At present I am the vice president with a leading hotel chain, with many divisions under me, and I have been facing escalating problems with anger outbursts at home and at work, to the point where both my wife and I were at the brink of divorce, and my daughter was constantly staying out of the house. I think everything started when I got my promotion and the financial benefits it brought to me, and the stress that this position also brought to me because they were constant demands being placed on me all the time from my family and my office to perform in my job as well as fulfil ever escalating needs.

I had actually gone to buy some jewellery for my wife to be more where Dr Singh's clinic is located, and I met him briefly, and took an appointment for a week later. One of the things that I would like to share with those who are reading this is that you have to realise that psychiatry and psychology are two different issues. In psychiatry I realised when I had taken my wife for depression after our second child that five minutes of consultation and a prescription was all that we received. But when I came to Dr Singh I realised that it took almost about 2 to 3 hours to get to the root cause of the problem, and I think I went away with more questions than answers for the first time that I had met him.

The second time that I met him, what emerged was that because we had moved to Delhi from Bangalore where my wife's family still lived, she was having anxiety attacks because she was constantly homesick and lonely, missing them for their companionship as well as the assistance they provided to our children. I realise that my anger was not because of my work, but actually it was due to the stress from my home environment where my wife had developed depression and anxiety attacks. I remember my own father responding very angrily to my own mother's depression, and I really did not want to fall into this trap. I also realised that despite my success at work I had long-standing feelings of low self esteem due to my own childhood. Both my wife and I went into therapy, and we both improved through the course of our therapy and we began to form friendships in the area that we lived in gradually and slowly, and I also realised that my wife had begun to tolerate my travel in a more responsible and mature manner. I felt much more satisfied in the marriage and eventually I found that my own anger had begun to subside and that I was less aggressive than I used to be. We have been in therapy now for over seven months where we visit Dr Singh once in 15 days, and it is always a pleasure to sit down and talk to him more like a friend rather than a therapist, and be guided through the little difficulties of life which we believe will vanish on their own, but never do. I think I have also learnt how to deal with my resentment of my own parents and over the course of speaking to Dr Singh I have also learned how to be kinder to the employees who are under me. Definitely the quality of life has improved for me, and this has allowed my family to grow as a unit together. When I look back I am happy that I took the impulsive decision of entering the clinic that day, because it changed so much in our family and in our lives. We appreciate the consistent, gentle and nonjudgemental manner in which we were dealt with, and the humbleness with which Dr Singh handled our case, and this was not due to the fact that I had a senior position, but because we realised that we were dealing with someone who was able to see through the pain that we were going through as a family. It's been a tough journey, but I think it will now be a much better one and there is a lot that I have learnt in the last few months.

A

Amit Wadhera (Verified)

7 years ago

I recommend the doctor

My Wife was driving me crazy

Neetu my wife is a very good 30 year old corporate lawyer who I brought to Dr Singh's Clinic thinking that she had ADHD. Always irritated, reversing the car very fast and shouting were very common for her and I think I couldn't take living with her anymore. She also complained of anxiety, stress at work,

mild symptoms of depression; and had been prescribed Serlift 100 mg a day. She was having mood swings, pressured speech, excessive talking, elated mood, ideas, rage, excessive excitability, racing thoughts, and also felt down at times. There was a history of tightness in her chest, anxiety attacks, and rejection sensitivity. She reported feeling somewhat better on the medicine, but would have fluctuating problems with attention, difficulty organising her work and home, being easily distracted, jumping from task to task without completion, interrupting others, acting before thinking, irritability, impatience, messiness, and mental fatigue.

That is when I decided enough is enough and searched and found Dr Singh Her first words to the doctor were "that previous trials to treat her symptoms of ADHD were ineffective, stating. I think the doctor just smiled and kept listening. Eventually we all realised in a very scientific manner that Neetu has an anxiety disorder, and dysthymic disorder as the doctor said. I don't know why she continues to suffer from feelings of low self-esteem, and be quite disorganised, easily frustrated, and readily infuriated. My main problem was that she is also emotionally unavailable to our children, hoards "everything," takes 30 minute showers, brushes her teeth for 20 minutes twice a day.

On the doctors advise we started her on a form of therapy that took place 1 a week and before she was exhausted and would not adequately participate in child care or house cleaning chores. 2 months flat and she is calmer and more personable; also more focused and disciplined. I am also seeing positive changes and noted that she was able to be calmer than ever, even when we fight. The main thing is that we trusted and believed our therapist and continued with the treatment and did not give up. We have a lot of friends who have been going to the doctors but they never had the patience to continue, and this is one mistake we did not commit. We would like to thank the doctor and we would like to thank him for his consistent support as well as for his availability of being there when we wanted to call him up on the telephone, and I am very happy now that my wife is much better, and is able to look after the house as well as her job.

Amit Wadhera

Mrs Kumar (Verified)

7 years ago

I recommend the doctor

ADHD, Depression and Substance Abuse that our son went through

My son is 21 years old, and is studying in a leading private university. He started out fine, and eventually got into the habit of smoking drugs with his friends. We took him to Prof. Singh for treatment as he had started to become unreasonable at home, and had begun to fight each and every family member, going so far as to crash two cars on the Noida Expressway because of his increasing difficulty in functioning. His problems included speech and language problems, learning disabilities, poor impulse control he also suffered from rapid changes in his mood, and at times appeared to gaze off into space and laugh just like that. Our psychiatrist was not which aspects of his problems were due to psychiatric illness and



which were related to possible subtle underlying neurologic problems. When we brought him to Prof Singh, he conducted various neuropsychological testing which indicated cognitive limitations that had not been previously identified. The recommendations for stimulant medication to treat the ADHD, was dropped and this made a rapid and significant difference with my son. He has now spent 5 weeks in intensive daily psychotherapy to address his behavioral problems and has now with Prof. Singh's recommendations placed in a vocational training program which addresses both his cognitive limitations and his psychiatric problems, while teaching him tangible job skills.

Currently his mood is improved, behavioral problems are greatly reduced and he is able to focus on his vocational training. It is a happy ending, but I can't imagine what would have happened if the problem had not been caught in time by Prof Singh. We chanced upon him during one of his free literacy camps and on impulse gave it a chance. My whole family is today grateful to him for saving our son. Now he is taking care of our family and we are very happy with having found him although accidentally. But we are happy to have found him and are happy he is available for us all the time.

One of the things that we really liked about meeting Prof Singh was that, he is not very commercially oriented, and there are many times when we would sit beyond two hours from but he never charged us more than 2 hours at one time, and my family really appreciated this, because it allowed us to come to him more frequently and also to avail of his services in free manner which is usually not possible when you go to the hospital when you are with a private doctor.

My whole family and my sister who is also a doctor would like to thank him for his humbleness and kindness and helping us.

P

Priyanka Sharma (Verified)

7 years ago

I recommend the doctor

I am 28 years old and always thought that I was an independent woman who had the courage to fight the world. I am a software engineer and everything was fine until I got married. The marriage was also good and my husband is a very emotional and caring man. The problems in our marriage started when after a few months he started to ask me about my college in Manipal and how I was and whether I liked it. Very innocently I shared with him all the fun we had and my friends and boys and girls.

Then the problem started as he started to get after me saying that how could I have been friends with boys or have a boyfriend being a girl. It started with remarks and went to constant ridicule about my character. We have been married for 4 years and from a happy fun loving girl I started to become an underconfident and irritable person. I realised I needed help when one day I was driving to my office in Noida and at the red light I just got out of the car and started to cry. I felt so stuffed like I can't breathe and the crying did not stop until I called my mother and brother who came to pick me up. We

first went to a psychiatrist who started me on a medicine called dcxid but i went from bad to worse. i started having thoughts of harming myself and my 1 year old daughter.

My best friend who had been to Dr Singh for her son dyslexia suggested i meet him once. i swear life changed in the first 2 hours itself. i felt so calm and relaxed and i felt so reassured that i was not going mental as my husband called me. no medicines, nothing. Just going through the process with Prof Singh was so recharging emotionally that i felt like i used to when my father used to talk to me. at first i thought Dr singh is just 40 years old. I was surprised to know he was above 50 and yet so what i would call 'cued on' in my software language.

I am much better now thanks to him. we had only 3 sessions and in the third session my husband himself said sorry to me. I must have cried the whole day on valentines day. It is very difficult to find a genuine therapist and now i have found Dr singh, we have decided to consult him regularly when we take decisions as this doctor has the halo to perceive and see through . I am grateful to him as a daughter would be to a father and i thank you Doctor. I hope you can help more people and spread happiness. Thanks you and regards and i am very happy to share my experience as i feel a lot of my colleagues in software are suffering so badly that they must go for help.

regards Priyanka

M

Mr Subash Kumar (Verified)

7 years ago

I recommend the doctor

It has been seven years since our daughter finished her class XIIth, and subsequently she joined the university to do fashion designing, but left it after two years, and then she went on to try her hand at doing commerce, and now she is doing her bachelors in business Administration. We really did not understand initially why she was changing her subjects repeatedly.

By this time we had also noticed that she was unable to eat her food from the last three years, and she would keep chewing her food and the moment she would swallow it she would feel like vomiting, but obviously as there was no food in the stomach it was very difficult for the vomit to come. What began to really worry us was when she refused to sleep, and began to see objects like spiders, which basically I would say would be hallucinations, and she would suddenly start crying and common hug me as a father, and then hugged her mother and repeatedly say 'I hope you both won't leave me'. we approached our physician, and despite various medicines to control her diarrhoea, as well as serious insomnia when everything failed we were referenced by the doctor to Prof Dr Singh.

I can state with categorical confidence that it was a life changing moment for us in the first week of May. Prof Singh sat with us for four hours, and I have to admit that I kept looking at my watch to see how much he is going to charge us, but I am extremely grateful to the referring doctor because we would have never realised in our entire lifetime what our daughter had been through. It was shocking to realise that as a child in class II she had been molested by the rickshawala, and subsequently by the neighbour when she was in class IV, and then later on by a very close uncle. During the night on one of his visits.

Our daughter was able to speak for the first time about her horror and was able to confide in us openly, which was a huge relief for her, because she was able to get off the guilt from her chest, and when she cried my heart went out to her for the trauma she must have been facing for the last 15 years, and which she had kept bottled up inside her, which was leading to the high anxiety levels as well as the serious depression.

Our Daughter is now in therapy, with Dr Singh and is already showing signs of recovering positively as well as gaining confidence in her day-to-day activities. It's very difficult for us to accept what happened, but at the same time we are extremely grateful to the good doctor to be able to analyse the issue correctly and identified the core aspects of what were traumatising my daughter. I would like to thank him through this forum, and I would like to also send a message to all the parents, as well as individuals, that as our society is changing, we should not think of not taking help and there is no stigma attached to seeking help because what we have is our family, and if we are not able to be healthy mentally then how can we be healthy physically.

Mr Subash

Sector 47

Noida

R

R Bhatti (Verified)

7 years ago

I recommend the doctor

"My son Vyome had spikes and lows in his School activity level, depression, and frequent outbursts of anger. Vyome was very discouraged about his reading and feeling like he wasn't very smart because of it. We had him tested previously at NIPSED and were still confused as only a basic paper and pencil IQ test was done and he was categorised as a slow learner even though he studies in DPS.

We saw Prof. Singh's profile on Practo and visited the website of the Dyslexia Association of India. Vyome was assessed very professionally and I must share that the tests done (WISC-IV, WRAML, Woodcock Johnson –IV test of his Achievement, his cognition his Oral Language, Along with the WIAT-II, the CPT-3 and the KEAT or KTEA ( I forget) and 3 more tests) were able to provide us with a crystal clear picture of our Son. It did cost us about 18,000/- but it was worth every rupee as when we went to US where my brother stays, we had him checked at UCLA. I enclose the e mail I send to Professor Singh to show how we spent \$ 4500.00 on the same thing and regret it even today. We could have done so much with that money.

Subject: Assessment of Vyome

Date: 24 January 2016 12:17:43 PM IST

To: "assessment@dyslexiaindia.org.in" <assessment@dyslexiaindia.org.in>

Dear Sir

In the last week of December last year you have done the detailed evaluation of my son on Dyslexia.

On advise of my brother who himself is a doctor in US we visited DR Melissa Del Homme at UCLA to get 2nd opinion. In the last 4 days Vyome has undergone various psychological tests at UCLA.

She was really impressed with your report and her diagnosis is in the similar lines. She asked me if she can be given permission to interact with you.

Please advise if it will be okay for you to share your details to her.

Her contact details are as follows.

Melissa Del'Homme, Ph.D.

Associate Director, ADHD Program

UCLA Department of Psychiatry

(310) 206-5590

MDeHhomme@mednet.ucla.edu

After the assessment by Professor Singh, now I see his attitude has completely changed and he is [attempting] reading independently more often. Also, I have seen improvement after just one month as he follows the guidance given to him and there is flexibility to when he does his daily practice.

Now he also sleeps the correct amount of hours a night, his negative thoughts have stopped, and his behavioral outbursts have subsided. He now has great behavior at school; I attribute his success to the academic and cognitive behaviour therapy recommendations that Professor Singh has given us and we have followed his advice faithfully.

I would definitely recommend all parents to Professor Singh as he is soft spoken, kind and genuinely involved. I also liked the fact that he sees only one child in one day. That in my opinion is a rarity.

R. Bhatti

V

Vikas Anand (Verified)

3 years ago

I recommend the doctor

Happy with: Explanation of the health issue Treatment satisfaction Doctor friendliness

In 2017 my wife was under a great deal of stress partially because of the division of our joint family and also of the manner in which we had to leave our family which to say the least was very unpleasant and very bitterly fought

She would get very agitated at certain thoughts and for the next 6 months to 12 months we must have tried each and every medicine that was there possible until she became absolutely blank and would literally fight with everyone on petty issues.

The months that followed were the worst months of our lives where my wife would not even come out from the room and then there were other times when she could do anything.

She became fearful and agitated whenever we spoke about my parents and would start screening immediately. The doctors suggested that she had something called schizophrenia.

I would always discuss with my colleagues at work that how is it possible that a 29 year old lady who was perfectly normal can suddenly develop such a serious issue as schizophrenic behaviour.

Our Psychiatrist, suggested that we go for counselling and he gave us a number of options to choose from and to be fair to him we did visit these people but the net result was 0 as a condition did not improve.

We found Prof Singh on the internet, on our own decided to give it a chance because we had so much to lose and we were actually very desperate.

In therapy we told that she may be redirecting her energy from conflict as well as the underlying anxiety into more destructive outlets rather than converting it into a constructive outlet like working or doing something productive where she may be more efficient because of the redirection.

Some of the Diagnostic tests that were done by prof Singh taught us a lot about ourselves and it also gave me the knowledge how to manage my wife of 2 years.

If I say it was a catharsis I would not be wrong , as Nisha my wife began to respond to him very well and I saw her smile for the first time after months. I am not saying what is right and wrong but the help that has been given to us and the manner in which my wife has recovered to a very large extent is good enough for me at this point of my life because I know that once she begins to understand and see the positive aspects eventually she will improve and be the same woman that I had married.

I would not be totally truthfully if I did not say that because everything we was exempt from income tax under the section 80G deduction, It helped me also to a very large extent where I did not hesitate in bringing Nisha whenever she needed help, because I recovered almost about 70% of my expenses it is not even the expenses that are my worry but it is the concern that my wife gets better and there is no doubt that there has been a remarkable change in her because we have been able to trust someone who knew what to do. Thank you sir.

R

Riley OConnor (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

My name is Riley and I am from Ireland. A lot of my friends from the NCR may know me as my husband and I have been here on a secondment for 2 year now. I suffered from a terrible self esteem and social anxiety issue which turned into severe sadness and I began to be treated by for chemical imbalances and medicines by my doctor which has remained stubbornly embedded in the understanding of depression. Taking a drug to tweak the biological chemical imbalances in the brain made intuitive sense for both of us, but no one told us that all depression isn't caused by a chemical imbalance, and that depression may not be a disease of the brain but instead an illness of the mind. Being depressed and on medication cast aside the social factors that contributed to my depression, such as isolation, and tragic events.

This doesn't mean that antidepressants that affect levels of chemicals definitively don't work—it simply means that maybe we don't know if they're affecting the root cause of depression. A drug's effect on chemicals in the brain could be a relatively inconsequential side effect, rather than the crucial treatment. As my sadness began to get more and more intense, I began to try to understand by reading that though various people could be classed as suffering from a distinct depressive disorder according to their life events, there weren't clearly defined treatments for each disorder. People from all groups are treated with the same drugs, though they are unlikely to be experiencing the same underlying biological condition, despite sharing some symptoms. I began to think - was I a part of a hugely heterogeneous group of people who are prescribed the same antidepressants, and will this not be adding to the difficulty of figuring out who responds best to which treatment. ? My husband figured out that I need help when despite getting a promotion, I could not stop weeping and curling up in the loo more often than not. For Prof Singh, no illness needs to be entirely dependent on biological malfunctions for it to be considered "real." Depression is real he said. The theory that it's caused by chemical imbalances may not be altogether 100 percent true as per him, we need to remodel both our understanding and treatment of depression. I went through all the assessments etc he suggested and even though therapy may be a more expensive treatment plan than drugs, my personal evidence suggests it is much more effective as an antidepressants, and so we gave it the considerable investment it needed. Prof Singh has helped me build coping mechanisms and healthy thought habits that do prevent further depressive episodes.

When I look back I think that Investing in substantive personal changes could have helped prevent the onset of my illness; I Look around me at the KPO I work in and I see an epidemic and I think we need to attempt to prevent the depressive health epidemic, from mushrooming. We should seek simultaneous help. If we need medicines then fine, but what about the underlying issues that are creating the problem in the first place. We delayed having our baby due to my anti depressants and I can't bring that back. Also I now wonder what is all this money we earn worth, if we can't be at peace with ourselves and our family.

V

Vandana (Verified)

7 years ago

I recommend the doctor

It is my recommendation that Prof Singh is truly an expert in his field. I really don't know how I went from Mumbai to Delhi to just meet this one doctor. You can call it gut instinct or just a random decision due to my mental state, but I have to say that one decision has saved my life and brought me back on track in life and I now choose to live for myself and my son.

I am a female in my late 30s who is currently going through a divorce. I have a child, which makes this process of separation with my spouse more challenging. I started with the doc at the middle stages of my separation. There were many obstacles I had to address, not only regarding my feelings but also focusing on the best interest of my young child. From the beginning, the doctor was able to guide me through the emotional turmoil that seemed to continuously change from week to week. Dr Singh was always available when needed for support and reassurance. Through the ups and downs and the overwhelming depression, the therapy he used without the usual medicines life has greatly improved. The confidence in me to make choices that are necessary so my child and I have a bright and wonderful future together have returned. The individualized dedication and commitment provided me has helped me become the person I am today. I am so pleased with the progress I have made with him that I wish I had not waited to fight it out on my own from the beginning. I sometimes tell him, I have never seen a man who speaks so less and does so much. No fancy airs, no attitude and I thought he was less than 40years old and god, when I learnt he is over 50, I think I had a serious shock - but a good one.

The good doctor is now taking care of my son also who was diagnosed as having ADHD because of the divorce and eating adderall regularly. Rahul is off his Adderall which was making him all the more agitated and losing his need to eat food and constantly getting into fights at school. The funny part is Rahul never had ADHD as per the doc. It was the divorce which was the main cause and my constant agony at home in front of him. God I am grateful to get him off the Adderall and have my son back.

Would I recommend this doc. To a million women who are suffering silently and to the millions of mothers who get bulldozed by their husbands when they say that their child needs help as he is weak with studies or is suffering and are beaten back by the paternal system that refuses to acknowledge that - my son can never have a problem.

Enough is what I say to the patriarchs and thank you doc Singh is what I say to you in Delhi. May Jesus be with you and your journey.

Vandana D Costa



M

M Gupta (Verified)

7 years ago

Visited For Psychological ProblemsMarriage/ Marital CounsellingDepression Counselling

I recommend the doctor

I started working at 25. I met my husband when I was 32. We met at work and he would always try to have lunch with me. He liked the way I dressed. I like to dress very feminine. We went out together for about two years and lived together before marrying. My husband's family is snobbish. I was never accepted by his family. My husband doesn't spend time with them. His college school friends are who he spends most of his time with. I came to Prof. Singh because I was fed up of being bullied and pushed around by him and his fake posh family. A big house does not make you posh.

My husband has never accepted that our son has a disability. I have an intellectual disability and my husband doesn't accept that either. But Prof. Singh, says that I don't have an intellectual disability, he says that just because I completed college and did not work, does not in any way mean that I have an intellectual disability, and it has taken me months speaking to him and going through therapy to understand that, I also have a value attached to me, and that just because I am not working, does not mean I have an intellectual disability and that maybe it is time I said the same thing to my husband, that I don't have an intellectual disability. However the problem is that my husband won't accept this because he can't see me suffer.

He says that I should be seen but not heard, and I feel like am not allowed to be me, I have to blend in so, he thinks. This spiral of constant hammering eventually led to what Prof. Singh calls very low self-esteem, and it took a considerable amount of time to show me that, I am not stupid, and that I don't have any disability, I am as normal as anybody else, as good or bad as the other person, and that I should be proud of what I am because, that is the way nature made me, and that is the way I should be loved for what I am, not loved for what somebody else wants me to be.

The first sign that was trouble, came when, my husband was physically violent toward the dog which hurt me because I love animals more than most humans I think. Then when our son was born I began to drop in self-esteem in his eyes because, he expected me to be the mother and do everything for our son.

If our son is sick I look after him, I am the one who does everything for son. He would only things for our son if he was forced. He only took our son out three times within the year. One time when I was in hospital with a serious lung problem he visited me and said " by the time you come out you will be right to do everything won't you?" and I thought 'is this what love and marriage are meant to be.' he used to send me shopping. This is the first thing that Prof. Singh stopped me from doing. because he saw that I was dragging one foot in front of the other when I had to push the baby cart, but I shared

with him that I do not have the strength to argue with my husband, however he persisted, and although it took me almost about 6 months, to bring myself to be brave enough to face all the bullying, I was able to put my foot down, and more importantly I learnt how I have to communicate and how I have to learn to be strong, and that I have to be strong not only for myself but also for my child who has cerebral palsy. Probably because I had given up so much, when I got married, and I felt so obligated towards my husband for taking care of me, that I took all the bullying and the violence, but it was Prof. Singh who put his foot down and said that no one deserves to be abused, because no one has a right to take out his or her frustrations on the partner in a physical manner.

The breaking point came when, my husband hit my son on the head he said that his brain is not okay and knocked it with his knuckles. This went on for some time, and then I began to visit Prof. Singh, the first thing that he planned out for me was to move out, and he spoke to my father to intervene even though he did not want to, and to bring me home to my maternal house.

I agreed to this, and eventually my parents also understood because, they were made to understand that my child that is my son was a part of my body and was also a part of what they were, and that I was ready to fight for him on my own if I had to. I am happy I took this decision, although it was driven by Prof. Singh, who went out of his way to convince my father, that one cannot just marry off a daughter and then say that they have done their duty. He made them see how my husband always tried to avoid his responsibility where my son is concerned. He taught me how to cope, by being three steps ahead of everything, by understanding how the world works, and also by giving me the strengths to complete my post graduation and get a job. It was very difficult going to the office as I was in my early 30s, because everybody around me was in their early 20s, but it did give me a sense of meaning in life, and for the first time I felt that I was capable enough to look after myself and my child. I also learned to understand the difference between right and wrong, and learning how I do not have to go down the track again, and that I have choices which I can make. I want to say that what has been helpful is, being able to understand life and how it works from my doctor, being in a quiet place with just my son, getting help being supported and being given the time to think about what to do next. I also learnt how to take things slowly because otherwise I would become easily confused, and I learnt to appreciate myself as well as my child. One of the things that I am most happy about is that, I do not have to suffer as I look at my child being hit, and my message to other women is that there is always light at the end of the tunnel, and that if you have children you might think you are doing the right thing by being there, and keeping them there in your house even though you may be being ridiculed for it - but actually you may be going through hell and your child would also be going through hell even if he or she can't express it and it is not fair on them. Once you get out you will find there is a piece of heaven for you also, and if you are at peace, the children are going to be more at ease because they will find intuitively that their mother is at ease and they will get better faster. You have yourself, you have to protect your child, but most important thing is that don't leave everything to chance and isolate yourself. If you need help go out and find it, and keep searching for it until you meet someone, and gut instinct says that this is the one person who can help me, and then everything will come together in harmony.

My advice to mothers who have a child with a serious disability is, don't compromise, because it is not your fault alone, and it could have happened to anybody, don't take any violence, don't take any

threats, and go get help if you are on your own, because there are people like Prof. Singh, who have managed to help me, and if I can rise from my low self-esteem to what I am today, I feel anybody can.

A

Amelia (Verified)

6 years ago

I recommend the doctor

I never realised realised that life abroad can be so tricky. Things can go wrong, people that used to be next to you are far away and changes in your life can take place fast. For me, a person who was living in India for the last 3 years, it was not very bad initially and I quite like the change and the experience after moving from Sweden to India. The days were brighter, there was more sun, and everything was full of light.

Vrindavan was the choice for me and I spend 2 years trying to learn Sanskrit and the sholakas my guru was a very kind person. Maybe around 19 months when I realised that I am not able to remember the Sanskrit that the creeping feeling of failure took over. I do not think I would have felt like a failure, but maybe the expectations of the guruji of the sect were too demanding and I began to fall back into depression as I was in Sweden. I was running from something and I realised that I had run into the same field again.

I don't think I could eat more of Zoloft that my doctor had given back home. I was tired and I wanted to cleanse my body and mind and understand why I am here.

Meeting Prof. Singh was not random as an south American Lady from Columbia who had mentioned her visit to him twice over in 2014 and how she had realised that her own inability to learn the Sanskrit was due to birth hypoxia which Prof. Singh very diligently found out. My first visit to the doctor was, to see if would be able to communicate with him, and whether he would understand my problem, and he would be able to appreciate the fact that I was not pretending but was actually unable to keep up with the demands that were being put on me. The doctor took exactly one hour, to transform the word, failure into a positive concept, and now when I look back after two years, I am beginning to understand that whatever he said was the right thing to say at every moment of his session, and that he actually allowed me to take charge of the session and conducted in a manner which which would make me comfortable rather than impose upon me what he thought was appropriate. I remembered that when I was in Sweden, I had everything but it wasn't good enough, and what I was looking for was perfection, but could not reach it as it always seemed further away than I thought. I often thought that if I could reach that one thing everything would be all right and I would be happy be happy. And when I considered it and debated it, and when if fell that it was within my grasp, the long list of failures and disappointments that I felt could not have changed me more than they did in the three years I was here.

India is such a rich country, its heritage is so valuable and there is so much it can offer, but the people are beginning to copy us, and are falling in the same trap, from which I was running away. Coming to Dr. Singh was a very considered and through out decision. Because I did not want to give up my belief that is where I would find the true meaning of life. But then I began to question myself that is the true meaning of life, living in a room alone, and learning to chant a particular verse which I do not understand. It is then that the need to go back to medications began, and I was so sure that I do not want to go back on the medications, that while talking to mutual friends in the mess hall, I was advised by my colombian friend, to visit Prof. Singh. It has truly been a wonderful decision, and over the last so many months every time I have come here, maybe two or three times a month, questions written down looking for concrete answers, I have always found them to be there in his humble as well as non-judgemental way of explaining things. Talking to Prof. Singh was at time like walking down a memory lane, and if you're coming to him be prepared to open your mind and look at yourself in a completely different way, because there is something about his healing touch, which keeps drawing you back.

All things aside, the one thing that I wanted to avoid which was not going back on to antidepressants, was a success, and I did not have to go back on Zoloft, and over the last many months I have learned how to manage my mind in a much better manner so that when the depressive thoughts begin to come, and I feel that I am point control over everything in my life, I begin to use the strategies that Dr. Singh has guided me through, and I do come out much stronger. In Sweden we give a great deal of respect to our psychologists, because they are the individuals who take our negative energy, into their own self and give us back the positive, as well as help us understand how to lead our lives productively and fruitfully, and this is something that I found in Dr. Singh, I fund a gentleman who is sincere, and who is dedicated to what he does, even at time when I must have trouble him with 1000 questions but he did not flinch or change in his demeanour even one bit. India needs more of Dr. Singh's, and if there was a way I could take back to Sweden I surely would have done so, but I know that having returned himself after so years, he's going to go anywhere, and I want to thank him for helping me not go back on medication which had driven me to self-doubt as well as questioning my own abilities.

Whenever I leave India, I definitely will carry rich memories of what India is all about, but I will also carry the memory of the one person who was always there, to respond to me and calm it down whenever I ran off into a panic state, and who helped me go through the entire process of understanding that inner peace is not something that is found in chanting alone, but in pieces actually in living your life on a day-to-day basis in a most appropriate and balanced manner. I have also learnt about expectations, and I am better able to manage my expectations from myself and others now after being in regular contact with Dr. Singh.

Amelia

I

Intezar Shabnam (Verified)

7 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Domestic violence

The first thing that I mentioned to Prof Singh was that how unhappy I am, despite the fact that I am married and I have everything, and I belong to well-to-do family, I remember telling him for the first time in my life, that I am not being treated, and that he is not treating my parents also right, and that things were just getting worse and worse as the days progressed.

Probably my mistake was not to listen to my parents, when they said that we come from a service class family, and that I was marrying into a business family, and that my husband would be dependent upon his father for a lot of issues in the long run. I don't know if that is the case, but when things got really bad I managed to cope on a day by day basis and try to ignore issues, by doing my own thing at home and ignoring him. When Prof. Singh asked me what did I do to ignore him, more than feeling amazed was quite supportive of the fact that I would get into the car and just go for a drive, or that while driving I would visit my mother's place for a cup of tea. I remember him mentioning that, it was a positive way to look at things and that it is good I did not retaliate back because shouting makes no sense in the long run.

My marriage went from being supportive, to my husband become very strict about who I went out with, and he was not at all comfortable if I went out with other people. It was like being a prisoner in your own house, and if I did go out it could only be with the family member which left me feeling nothing short of like a dog on a chain. It is okay to be in love and to advise the other partner, where to go, and it is also okay for a wife to wait up for her husband, as it is okay for him to wait for her, but is it even worth it, when your husband comes home and says so ' what have you been doing. 'There are two meanings to it, and I think I am old enough to understand what exactly he meant.

I think my parents were correct when they had mentioned that I need to be independent, because he started binding money from me, and I would often think that where is our half of the money that his parents would give, but I never came to know about it, because I was always discouraged to talk about it.

When I told Prof. Singh that we were always broke, despite the fact that we lived in a joint family, which was relatively well-to-do and that his parents had no idea about it because of his spendthrift ways, I am grateful to him how he managed to understand exactly what was going on, because he was able to suggest some options that changed the way life was moving towards complete disaster. It was helpful to have information, on how to move ahead, and subsequently I spoke to my family about how I was feeling and with Prof Singh and their support I decided to request my husband to come to therapy so that the root cause of the problem could be addressed. Sometime it does not turn to be a waste of time as it happened with us. Sometimes coming to the right person can make all the difference, and I was determined to give it a good chance before I took any decision.

My mother asked me to come home just for a week or something just to get away but I said 'No'. I was determined to ensure that the decision I had taken was given a good opportunity, and that I did not take any rash decisions which I would regret for the rest of my life. It took about two or three sittings, for my husband to realise what was happening, and when he eventually understood that was no help coming from his parents, but it was my parents who were helping us a lot, and that even at this stage were willing to hold my hand as I wanted to buy a house of my own, which I could keep, and where I did not have any fear of being to leave, a lot of things started changing, and they also started changing because, Prof. Singh was extremely kind with my husband, did not victimise him. but rather treated him like a son, even though it had to be repeated hundreds of times, he made sure that the message came through my husband's thick skull, that his family consisted of his wife and the child which would come, and not the extended joint family, and that if he kept on spending the way he was, there would be nothing left, and we would have a showroom of clothes right in our own drawing room.

The most helpful thing about reaching out to Prof. Singh was that, I was able to talk to him in the most natural and relaxed manner, and it was as if he had been waiting right there, for me to come to him and that he did not judge me, and most importantly, he did not judge my husband, because most people have a tendency to judge. I saw my husband cry, and let it all out, and I could see that the pressure and the anger floated away, and as Prof. Singh guided us through this extremely difficult time for my family and me, we managed because he made sure that we stuck together. When I came to Prof. Singh, I was prepared for a divorce, but the way he turned things around, was simply amazing, and I went with the flow, because inherently I did not dislike, nor did I hate my husband, I just could not tolerate what he had become, and I knew that what he had become was a result of extreme pressure from the joint family system, where everything was micromanaged by the parents, and he had no say and what to do and what not to do. It was actually wonderful to have Prof. Singh with us because, with his support I feel as if I have no worries now, and I am just glad that there is someone who understands what's going on, and will be there if something goes wrong. Also the most important thing is that, my husband has started listening to Prof. Singh, and has started to ask questions which he had never asked his own father, and a lot of mistakes which would have been committed were avoided. It has taken time but the situation has changed for me now, what we both wanted as a couple is there for us, and when we got married, while he would like to control everything, as he thought it was what husbands were meant to do, there is a sea change in him now, and if I say that I am overburdened with tasks which ideally I would have liked to avoid, I would not be wrong in saying it. But I really do not mind, because I have a better life now, more friends and a map to follow.

There is a very subjective issue, and my advice to anyone who is looking for a therapist is that there is no quick fix to any problem, and that instead of bothering your family consistently day in and day out, try to find a good doctor you can trust to talk to, yes mean exactly those words, a good professional to talk to, because the talking is not going to be simple social chitchat, but extremely professional analysis, where the other person understands that you need help, and can work towards assisting you if they are able to find out the issue.

My issue was to know that my husband was a bad man, my issue as I look back and realise was that he had no control over anything, and was like a puppet in the hands of the elders of the joint family, and

everything eventually was being projected on me in all the frustration. It is very easy to leave someone, and say that have been horrible towards us, but I chose the second route, because I knew that he was a good man, but even in selecting the second route, I made sure that I found the most appropriate professionals therapist, and I really did not worry about how long, and what the costs would be, because I knew that the cost of taking a hasty decision would have been far more expensive in the long run, than the cost searching and looking for the best help that one could get. It's been wonderful dealing with Prof. Singh, and believe it or not, I'm happy to have him there by side, looking over me, and I knowing that there is someone I can go to assistance which is not emotional, judgmental, or irrational but assistance which is something what I would call multidimensional. I wish the very best for whatever he's doing, and I'm very grateful to him for being able to show me how to get up after stumbling.

M

Mohini (Verified)

6 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

I have two young girls, who are both in the age group of five and seven years. It has been almost about three years since I have been forcing my family, and telling them that there definitely is a problem, because both my children can speak very well but when it come to reading and writing their own schoolbooks it becomes such a problem that detention in the house never decreases. People with learning disabilities face many barriers in being able to tell the others around them, what they are facing, and I know that it was impossible for my two children to be able to tell me so clearly, that even though they are sitting in the class quietly, they are not able to understand even a single word that is being spoken. I get a sinking feeling in my heart when I think about the social care as well as the effort that we are making for our children, however any child who has a multiple learning disability, or an inability to study in school, or other complex communication needs is not going to be greatly helped simply by the production of more material, or being told by the class teacher all you have to do is "try a bit harder".

I brought my children to the dyslexia association of India, which is headed by Prof. Singh and had them tested very comprehensively for any form of a learning disability, and through the entire process the six areas of good practice that I identified were-

It is very important to know your own child's intelligence quotient, otherwise you are not going to be able to move ahead at all.

It is very important to be able to teach your child to be able to communicate with you, because unless the child is able to talk to you it is impossible for you to ever realise what is going on in the child's life.

There is no such thing as children who do not want to study, but there definitely is something such as children who were not able to study due different reasons, and it is not not possible for us within the family, to know what is happening unless we have professional who can help us.

Coming to Prof. Singh was an eye-opener, and after the assessment of my two children, I am able to go back home with complete clarity relating to practice recommendations, resources and links to examples of innovative work. I would thank Prof. Singh for creating the specially integrated work packs, on each of the key areas identified by the test with examples of good practice, and how to implement them.

What I also very much liked about visiting Prof. Singh was that, he does best to employ special-needs people, and that is commendable because it gives someone an opportunity to do well, without judging them by the way to look or how their body may be structured . All in all it was a very revealing session, I know the specific deficits that are now relating to why my children are not able to study at the level that they are expected to, and I am happy as a month to be able to them , because I want them to achieve a goal that is higher than what was mine, and I want them to be able to achieve rather than an in a situation where they are at the receiving end. I want to thank professing for all his kindness and patience, I also want to thank him for going each and every test himself rather than leave it to somebody else.

A

Alam Rahat (Verified)

6 years ago

Visited For Psychological ProblemsMarriage/ Marital CounsellingPsychological diagnosis (adult and child)Psychotherapy AdultDepression Counselling

I recommend the doctor

I had never realised that my anxiety could have medical cause or component. I have suffered for years and have been prescribed countless different medicines until I could not live with our alprax.

When my husband brought me to Prof. Singh he met us and sent me for a through medical check as I think he got worried seeing so many medicines on his table. When the results came in and we met him, I now understand why he has sent us for medical consultation to any doctor of our choice. I appreciate that he realised that before consulting for psychological care he needed to understand the constitutional basis of my being unweel. In my case it the first thing was that he stopped the 7cups of coffee and my symptoms of anxiety and panic attacks started to come down.



It was a surprise for me to learn that anxiety is often a component found within many other mental disorders as well. In my case I never knew it that for the last 6 years after our child, I had been suffering from depression and I don't know why but Prof. Singh mentioned that this was a good sign. I mean anxiety as a good sign? Then I realised from the soft spoken person in front of me that it means that I have not simply accepted my depressed mood and that I am fighting it out. I don't know how medical science works and how the brain works, but hearing this from my doctor, made me feel happy to a certain extent, because I felt that I was not a loser but I was trying to fight out a situation in my mind and that I was not giving up so easily. I realise that I was depressed and anxious because, the circumstances surrounding our house, and the way in which the relationship between my husband and me and mine laws was going was not perfect. However at some time I had stopped accepting to listen to any form of logic, and the initial evaluation that I had with my doctor although it was very rudimentary to rule out other possible and more serious issues did help me reach an understanding of my own personality and an appropriate diagnosis of what I was going through.

Prof. Singh offered me a number of approaches to work through the anxiety disorder that I was facing , and amongst the many options that I selected , I incorporated a psychological and psychotherapeutic approach because I did not want to eat any more medicines. I had become so psychologically and physiologically addicted to alprax , that I wanted to get away from it as quickly as possible so that my entire life is not wasted, going from one medicine to another medicine. I also calculated that if I was to continue to eat the medicines, I would land up spending almost 10 to 15 lakh in the next 25 to 30 years, and my brain would be nothing but garbage. I would much rather work on my self now understand my weaknesses, and have regular therapy sessions rather than be dependent on chemicals.

I am so surprised that people are sceptical about therapy specially individual psychotherapy, but I realised when I went into individual psychotherapy with Dr. Singh that it is not the fear that makes them sceptical but it is the fear and the worry that they have to show so much about their lives, that they back away, and very few people are there on a regular basis, or make the effort to come to meet their doctor. I have been very lucky, to have found the right psychologist, and it has been a very revealing journey for me to understand why I have become the way I have and now we are working to reverse the process and is making such a huge difference in the family situation that I am in a considerably more positive mood on a regular basis, and this makes a huge difference because, I am able to keep my husband and my child happy and I am also able to focus on my work. Previously where I would go to work in a irritated and upset way, I now try to look at things in a more relaxed and balanced manner, and the best part about being with Dr. Singh is that I can call up any time, when I run into a panic situation and he always knows what to advise me, and this makes a huge difference to my health and my mental well-being.

M

Meghna Som (Verified)

7 years ago

Visited For Learning Disability (Dyslexia) Treatment Marriage/ Marital Counselling

I recommend the doctor

As a mother of three children, two of whom have got serious learning disabilities, I can say one thing, that it is very easy to give advice but it is very difficult to follow advice, when you look at the face of your children, and feel completely helpless, not understanding what to do, where to go, and whom to trust. It has taken me a lot of false starts, but eventually I managed to get around to finding the right and extremely humane professional, who has been able to very appropriately identify and guide me, where my children are concerned, and show me how to help them academically as well as emotionally.

After I spoke with Prof. Singh, who encouraged me to understand that I had a lot to offer, to my own children rather than depending upon others, I feel much more relaxed, and at the same time relieved with the fact that, I am finally doing the correct thing and using the most appreciate technology for doing so. We live in a country, which is so secretive, about the problem that we face at home, that I do not think I would have ever been able to get to get any form of help, if it was left to my parents and I would say Aldo my in-laws. Prof. Singh never wanted me to leave my job, because he always encouraged me to be financially independent, and he was of the firm belief that, give the flexibility that my employer was offering, working from home and the office, I would have been able to manage as I was very well appreciated and respected in my office. Leaving was my choice, but being guided by him, was an eye-opener as to how to bring up intelligent as well as well groomed children.

In the last 18 months, I have seen two of my daughters begin to speak good English, and my son learning what manners are all about. My children no longer run all over the place, whether at home or when I go to visit anybody, and I am very happy about this. This was not always the case, as first I do hand in the social situation of having daughters and then a son, and a decent person who I was married to, but someone who was not able to get himself involved in the day-to-day life of the children. It was good that my partner was a decent person, but it does not help when there is no help or no involvement, from the other person to manage the house which can be so difficult, specially when you are living all alone, and there is no support to help you.

The kindness that has been shown to my children, and the kindness that has been shown to us as I have been shown the way, is difficult to express in mere words. My children's school has not been so supportive, and it has been very difficult, to have them appreciate the fact that, a monther who is working alone, to around three children, has a limited ability of control, over all the children at the same time. This gap was filled by the most respectful person in the world that I have met in the form of

Prof. Singh, that it has given me he strength to carry on every stage .

It is all thanks to him, and his advise that I was not alone, and that I should believe in myself if I ever wanted to educate my daughter's that is seeing me today, lead a relatively organised life, which is so different from a messed up and mismanaged family life that existed when we had moved to Delhi. The

day-to-day harassment specially initially of getting the children into a decent school, and then to day-to-day fights that were erupting between my husband and me over small little things, would have surely lead to a serious issue if we had not reached out to him on time. As a person and as a professional, I have to agree that, I have two yet come across, someone who can be so giving, and so gentle, and at the same time, be able to absorb so much with a constant smile. It is very difficult to decipher what he is thinking, but you can sometimes see glimpses of some distant pain, if you catch him unawares.

Through the time that I have bringing my children to him, I have seen him sit on the floor, to interact with the most nonsocial child, to interacting with what I think I saw were famous models, and never once did he discriminate, between one or the other. It is truly wonderful to have him in our lives, and as my children grow older, and as my daughters become better and more proficient in their academic, I seem to be becoming, a vociferous advocate of guiding mothers and people in distress towards him, and never has anybody, regretted or given me any feedback

Y

Yaswant (Verified)

7 years ago

Visited For Psychological Problems Individual psychotherapy Stress Anxiety Disorder Counselling

I recommend the doctor

When we think of trauma, the first mental image that comes to our mind is of a woman or a young lady who has been through a lot of physical or emotional trouble and who has been either beaten or emotionally traumatised by her boyfriend or her husband. However I would like to share with, everyone that it is not only women but also men who get traumatised and hurt, and that we too feel used as well as depressed then somebody takes advantage of us.

I had finished my mechanical engineering from the Indian institute of technology, when I met my current girlfriend who was at that point of time in her class XI. I did not know she had a stepmother, but when I realised that her mother, who was actually her stepmother was dying of cancer, I promised her that I would take care of her daughter. I think this was the biggest mistake I could have ever made in my life because, my entire life was focused on academic, joining the IIT, and then becoming a IAS officer. It has been over there years since I have passed out of my engineering colleges, and it is unbelievable that I have not even been able to clear preliminary examinations of the UPSC, due to the emotional trauma that I went through as, I fell in love with this young lady, and then I realised that I am being made a fool of.

The first time I realised that I am being made a fool of, is when I would be repeatedly called up wherever anything had to be done, and I learnt six months after all my friends knew that she was dating somebody who was one year my junior. Whatever bliss I thought I had found finished

completely, and when I confronted her, she started getting very upset and angry, and relationship we had believe would go on to become a marriage begin to disintegrate, and the words I would hear were so hurtful, that I actually started believing that I was a ignorant fool.

I was working in an IT firm, when I decided to seek help and sought out Prof. Singh because I got extremely scared, when my girlfriend started to threaten that she would kill herself in front of room, if I did not listen to whatever she said. At first I thought it was a joke, but when she started cutting herself, I have to admit that I panicked, and because I had yet not told my parents, as my father was in the paramilitary forces, I actually barged my way into Prof. Singh's clinic and refused to move until he met me. The first thing that I remember when I look back, that Prof. Singh did was make me sit down, and then whatever happened in the next two hours, is very difficult to explain from a man's perspective, because I am not a weak man, but I definitely am a human being with feelings and emotions, and for the first time in six months I began to gradually relax in those 120 minutes that I sat with Prof. Singh.

As I reflect on, the amount of help and assistance that has been given to me, by Prof. Singh without any consideration of time or duration, I can only express my gratitude to him as I would express my gratitude to my own mother for accepting me for whatever I am.

Never once was I judged, never once was I looked down upon, never once was I made to feel that I have done something wrong, and the contrary, I am the one who actually had to stop him from calling up my father, because he wanted to involve him in what was happening, as he became very concerned that if something did happen , my whole life would be devastated.

Eventually of course he did speak to my father, but I wholeheartedly thank him for his unconditional acceptance of my situation as well as what I had gone through, and his ability to see thought the entire episode from both points of view, rather than in narrow tunnel vision. I have to share that it is no use being in love with anybody, when your partner is always jealous, when you phone or visit any friend whether it is a female or a male, and who cannot tolerate you going out for a simple movie or a pizza, and who continuously accuses you of being bad, looking at other women and being a man of no character. Had I been a man of no character I would have not wasted my CAT exam and I am sure that I would have passed it and would have been able to finish my MBA, and be well placed by now. I lost everything because of love, but I gained back my life and time because I sought out the help, just in the nick of time, before something serious happened for which I would be held responsible. Initially while I bore it with patience , but then when I took the decision to put my foot down after my sessions with Prof. Singh, I passed through such a traumatic period lasting one or two months, that only god knows how difficult it was, and it was so difficult to convince myself that I am not the guilty one, and I don't think I would have been able to do it without the help provided by Prof. Singh.

with all the help that was provided to me through the process of therapy, we were able to change any my situation slowly at first by getting financially untangled, then going out and returning to the things that I used to be, and which made me valuable again and I began to feel more confident, through I

would relapse and feel horrible, as my pride was deeply shaken along with my faith, for which I had to struggle, and it was struggle through which Prof. Singh held my hand all the way through.

what has helped me to get stronger is a combination of the current guidance that has been provide to me by my Doctor, my therapist and my mentor Prof. Singh, and my faith in god as well as the encouragement I got to forgive my girlfriend for the hurts she had done to me, and eventually my father and my two sisters who came with me to meet Prof. Singh and who were guided by him how to assist me to re-organise my life, set my new goals and prepare for the future.

I can say today honestly that I feel I am much more in control of my life again, I wear the clothes that I like, and not that anybody else likes, and I became myself again. I would advise anybody who is in a similar situation whether it is a boy or a girl, to get out of it immediately because the kind of relationships I have gone through, I know that such people never get any better, and the longer you stay in any abusive relationships it will only get worse, and eventually you are going to be the victim, and as Prof. Singh guided me the wounds will be greater and deeper with time, and that it is better to be alone with dignity, rather than be in a pretentious relationships, just because you are repeatedly told that you are a man, and a man has to tolerate and bear all the thought that is thrown to him and towards him. This is not a umbrella advice as I was cautioned by Prof. Singh, because there are many times when things do get better, but we know in our heart that things cannot get better, we should know what we have to do and we have to be brave enough to take those steps.

I was not brave enough, I was extremely scared, I was afraid what my father would say, I was ashamed of what my sister would think of my, and the end result was that I was breaking up completely, and I have been joined piece by piece since by by Prof. Singh and for that he is my hero.

D

Deepika P (Verified)

7 years ago

Visited For Depression Counselling Psychological Problems

I recommend the doctor

Depression after my Wife's death and a failed second marriage

I was a single father with children and remarried after the death of my wife due to cancer. it was one of the costliest mistakes I ever committed as never spotted the warning sings. In the second marriage where I through I would find a soul mate, it was very disturbing scenario. Anyway, it turned into a living nightmare with a year of being married.

She took every opportunity to belittle me. when in a temper, she often hit me but never on the face. I thought I deserved it because I was withdrawn and bad husband-that's what she kept saying. I could never do enough to become a good husband for her. I couldn't leave because that would have meant leaving my children.

I tried to tell my mother but what little I told she said, "what are you doing to make her behave that way?" I felt abandoned by everyone except the kids. After several years my wife said she was leaving. That was when I had my emotional breakdown and knew I needed help. Actually I needed help much before that, but through that being a man I could handle myself without any help from outside. Totally wrong and when I think about my mothers reply, I realized that if mother could think like that, then what about the othes?

Prof. Singh was an extremely stabilising factor in my life when I first came to him, he had just returned to India and was in the process of setting up something for children. Through the 4 years with him I have been able to regain my dignity and after my wife left me and everyone said the divorce was my fault. I never told anyone what really happened. But Prof. Singh, walked me and made sure I did not break down completely. First the death of my wife and now a divorce. I felt like a complete failure, it was with Prof. Singh that I finally had the courage to share that went through because of the depression, which followed after I lost my job. I had no close friends by then. losing my job also was a mistake because the medicines made me so drowsy that started to become slow and as I am a flight attendant with European airline , it noticed very fast. Everyone is competing with the others and words and news travel very fast.

through therapy I began to focus on the reality that my children needed me even though I felt pretty useless. That is one thing Prof. Singh ensured was my priority and the only thing that got me through and eventually made me realise that it was not all my fault. Guided by my therapist I started to get involved with their day-to-day care and that gave me a purpose. Their love gave me strength. The doubt about my husband qualities were addressed by Prof. Singh and do not linger and have now gone away.

During my time with my doctor I understood and got the confidence to believe in myself and the fact that the worst time of my life was over.

What helped more to get stronger was the constant therapy and the fact that I beloved and surrendered to my doctor. If I didn't have to think of the kids more than myself, I don't know what I would have done. I might not even be here now. Prof. Singh was like a father because he helped me see that it was abuse I was going through. I was living in a naive cloud and had no words to describe my confusion and terror.

now when I see someone who is going through mental hassles or being abused, i tell him or her to seek help, and yes I do give them Prof. Singh's number because he is a class apart and does have this

ability to read the mind or you can say the situation. I have seen him hold a clients hands and tell her that her son was adopted and it was a shock for her and me who was leaving his center, because it was so true that the woman started crying. It's a bit uncanny but I think he may have suffered himself, as his ability to sooth is amazing, and definitely beyond normal. Working with him I have managed to erase so many confused thoughts especially the nagging feeling that somehow you are the one to blame, the mad person when something goes wrong. I have learnt from Prof. Singh how to keep moving that it's no good saying to someone you have to leave because there are so many other things to do . now the only positive thing is the love I have for my kids and they for me. and someone like Prof. Singh to whom I can go when I am distressed because he will not judge me.

A

Avinash (Verified)

a year ago

Visited For HyperActive

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I have truly become what we can call a pacifier because I was forever doing things for people and even if I was suffering I kept on doing it because I wanted to look good in their eyes, I was completely emotionally exhausted when I came to Professor Singh and I can tell you that What works for you works and you have to let go of what doesn't. We must all learn that we should not be afraid of saying no to others even if they are very close to us as some of the things that people demand from others are so emotionally taxing that they are just not comfortable and we lined up making a mess of ourselves. I can say that after sorting myself out don't be afraid to say no to those tasks and politely let others know that helping them out is not possible for you at the moment if you are completely busy and tied up. You might like to help people or you might not but certain situations are more demanding. People can be weird and extremely selfish and they keep asking more of you to be it to invest more time and energy or to do things which you might not want to. In all of this, I find myself emotionally drained and exhausted. I have learnt over time how to say no and that's the beauty of boundaries where you can put boundaries with people or in general insure that you don't have to do it go on as much as they want and I have learned that there is a line beyond which you can't go and you have to go to stop for things. I'm really grateful to Professor Singh for being there and actually teaching me what to do by making a few calls to certain people on my behalf because I was so scared of the reactions that they would have.

B

Baleshwar Prasad (Verified)

a year ago

Visited For HyperActive

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I got into this cycle where I had the urge to fit in with everybody and the society around me and I very quickly discovered all the Waze ad which I was looking at myself and deceiving myself and the idea of self consciousness slowly crept in to me. I got so obsessed with even small things that this even started affecting my social activity and at some point of time they would have been complete social withdrawal and I would not have been able to face people and pressure if one of my colleagues who has been with Dr Singh had not referred me to him. The initial conversations with him seem to be extremely deep and I felt that maybe I'm not getting across and I did stop therapy for two weeks after my first two sessions but after that I realise that maybe I am rushing things because I want results very fast. My urge to fit in and urge that everyone has was so much that the pure pressure made me do unusual things and took a toll on my mental health. When you cannot fit into your community whether that is your group of friends your class or your neighbours or the people you are working with I saw that I had started doing things that were out of my capacity and liking and regard. Of course I found my place finally in the group and at what times when I did not get my place despite the efforts that I made and this must've driven me completely paranoid. I'm grateful that I went through a proper diagnostic assessment first where I saw what I had become and then went through therapy correctly and I'm also happy that I was able to see the logic to blend my thinking with my doctors thinking and was able to make small changes in small gains from which I came out. I'm very grateful to my doctor and as I was referred to him I will not hesitate to refer anyone else who may need any assistance from him.

S

Sanjay Raina (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Relationship Counselling, Negative thoughts

When I first met Prof Singh, my condition was that I would think of something and co-relate it to others, and there was this fear of becoming like other people. What is the other person thinking of me and if I say something, will the other person say that was constantly in my mind. It was very difficult to speak to my parents as they were getting angry suddenly and I was beginning to prefer to be alone. My limit was to be with someone for max 15 minutes and I wanted to be alone and preferred it. But being alone also means that I was not able to do anything for myself, and I was talking to myself and these were



becoming my beliefs. Constantly I am think why is someone talking like this or that. I have to say that sir has managed to calm my thoughts down a lot. My thoughts which used to get intermixed are a bit more clear and I am not constantly remembering the hurts. Our marriage is also better, as things which were becoming progressively worst have stopped for some time now. When we used to fight, I would normally lose my cool and constantly bickering at each other. It was as if nothing was good. One year we have been meeting Dr Singh as and when we want and one thing is certain, my world has not come crashing down, as it would if I had not sought out therapy and counselling. Some things I have also changed with therapy and this is how to understand every situation and then react. Fighting my negativity, doubt and my nature is not been easy, but gradually my wife and me know that there is something we need to change. Going to a psychologist was very different at first, but then we understood how it can help. We live in Rewari. But we still come once in 15-20 days and we are happy with the progress I am making in improving my negative thoughts and also how my wife and I are able to speak to each other more peacefully. Sanjay Raina

P

Prateek (Verified)

6 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Explanation of the health issue

As a young working professional who was successful in his own right, I was extremely Confused with the fact that while I do very well, even with little or no preparation, in complex problem solving that requires using only the cognitive facilities; I am Having a Very Hard Time performing up to my potential in specific areas( Standardized tests, reading, certain motor coordination movements). This was a big impediment to my professional goals. Also, since my childhood I always felt something was out of place.

Dr GB patiently listened to my personally story, understanding my case thoroughly. He performed several internationally recognized tests (He knew about the exact requirements for what would be relevant for the US schools which I was targeting). I didn't have to think twice about his judgement. He patiently guided and helped me understand the rationale for every test he conducted and, more importantly, helped me understand myself. He professionally conducted all the tests. Along with the tests he helped me prepare the reports which the US universities require. The report was so perfect that my request was approved by the US school committee without a second thought. Also, based on the results he suggested appropriate medicines/treatment. The important think which I would like to highlight is the personal connect the Dr GB forms with any individual's case. One can tell in a discussion with Dr GB that money is the last thing he is after. I have had so many late night calls with him, so many sessions where he didn't ask for a counselling fee, helping me even when he was sick or very busy. What I want to highlight about Dr GB is that his clinic is not about monetizing and making a business

but about really helping children/adults be successful. Infact he also conducts classes for children with learning disabilities free of cost. He is really passionate about his cause and really wants to help as many people as he can.

Thanks to you sir I got an opportunity to pursue a dream which I had almost given up on. Hope you get all the support you need and help many more people like me.

Thank you !

S

Sophia (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

Living in India

I was looking for something to refresh our marriage, to bring us where we used to be, to find ourselves, and our love and our interests. We were just moving along and everyone thought we had it all. Success, children, expatriate living and we even had what everyone believed to be the ideal marriage.

Everyone we knew thought we were the lucky ones. Nobody knew that to keep up that life, we worked countless hours, seven days a week, and spent long periods of time apart chasing that financial dream, and supporting that facade on our lives until it all came crashing down on us. Our marriage was unsustainable as we grew further and further apart. We were like business partners that lived together, and that effected everything.

We reached a breaking point, and knew that we had to let it all go. We had both broken so many of our marriage vows and my husband broke the big one. We visited with the doctor nearest to our farmhouse in Gurgaon in the biggest hospital complex and true to word in 2 minutes flat I had a wonderful prescription for antidepressants that I could have easily got from Toronto. Our friends who had been here in a french company and had visited Dr Singh referred us to him and it was absolutely amazing. There we were with a doctor that understood and we could relate to. The manner he shed a light on our marriage that we wish we had seen a years prior, and helped us was amazing.

There was no intrusion and asking how something makes us feel or telling us what to do. It was all about us, and what mattered most was that we were together again and that was more of an antidepressant than what I had got. Did it help us? To say yes would be an understatement. It helped us achieve a relationship that is now better than it was something I never thought would be possible after the incident.

S

Samantha Koirala (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

End of Marriage help

Deciding to end a relationship might not be the same as actually leaving. I realised this when my 9 year marriage was near divorce. The more entangled I was, the more I could not work out what logistics might have to be worked out.

As Lawyer, this is the last thing I expected in my life. I thought It's OK to take your time and plan the exit and the next phase. But I realised that the hardest relationship I wanted to get out of was the one that was the most dysfunctional. We came to Dr Singh after reading a lot and decoding this was the psychologist we wanted to meet. Coming from Nepal is not easy but when the stress level definitely takes its toll you want what you see is the most promising option. It has been a absolutely great decision and I now understand why one should take the better choice when we need some help. Dr Singh became more like a coach, therapist and a really grounded mentor the kind that loves you unconditionally and isn't afraid to pull you back to reality. I feared for my emotional safety and he definitely became and built a strong one person team to support us in the transition.

When my beautiful marriage fell apart I did what we all do. Stayed as was more comfortable to stay in the broken place rather than risk the terrifying unknown. Dr Singh helped me shed countless rational excuses that kept me stuck and showed how to let go of the idea I had that this is the worst time for me to make a change. He showed me in ways how to remove my inhibitions about the fact that I'm too busy, too tired, too needy.

I think he taught us that there is nothing such as there is not - too not-enough. How not to exhaust ourself mentally and physically, and not continually repeat the same behavior that created the problems in the first place. It has been expensive, but worth every bit saving our marriage and we owe this to him. Samantha Koirala

A

Angela Stone (Verified)

7 years ago

Visited For Dyslexia

I recommend the doctor

I'm a mother of three, and an expatriate, whose husband has been working here in India for the last two years, I was having a lot of trouble with my middle son who was refusing to go to bed, did everything he could do keep from going to school, would not let his younger brother alone (teasing, hitting, taking away toys, and had started tearing up his books, along with refusing to sit down and study.

I did not know whom to turn to and understand his school and academic problems, and I contacted the British dyslexia Association who referred me to the dyslexia Association of India. My son was assessed by the association and by Prof Singh, and eventually we realised that he had a phonological processing disorder, that was preventing him from understanding what we were talking to him accurately and correctly, along with very high degree of anxiety because everybody in the school was teasing him.

We have started our child on certain natural supplements, that we have brought in from the UK, because we do not believe in giving medication to such a small child, and already we see that he is much more calm, and we are now working on his phonological processing so that he can, pay attention to the teacher in the class and understand what is being learnt.

We are very happy with the assessment that has been carried out in such detail by Prof Singh, and I have two shared that we were to have got this level of assessment done back home, we would have had to pay close to £1200, and having it done here at almost 1/10 cost, was absolutely delightful, and the accuracy with which the assessment was done was at par with what would have been done by one of our doctors at home. I would highly recommend Prof Singh for his excellent knowledge and competency, as well as his ability to get along with children, and make everybody feel so much at ease.  
Angela Stone

R

Ritu (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

A few says ago I decided to visit Dr Singh as I am going to Europe for an MBA and wanted to understand the situation i find myself in. A lot of depression where all these dimensions of my life have proven too much for me. I have had this feeling that I'm not good enough to handle them and that I've never been good enough. I have been feeling even more stressed all the more by memories of how my parents coming from a small town in UP used to boost my brother while I was the star of the school. When I came to Dr Singh I have had threats I've run from, challenges I couldn't meet, self-destructive actions, like locking myself in my room for days on end.

When I came to sir, the person I am, I'm certain, I was continuning to lose control to the pressures of living. The strange thing is that when I'm not depressed, everything looks different. I feel I can live the story of victory over challenges. Over time I have learnt how not to start to drift into emptiness with sir, how to manage an imbalance, tipping me into a spiral. One spiral takes me deeper into depression until it spins itself out. From the bottom of the whirling storm, I start to spiral upward on the other side. Some time ago I realised I have made a good choice in coming to sir. I saw how when I was there, two doctors had come to meet him for their child and how they were trying to aggresssively manipulate Dr Singh. In all the stress of meeting me and reassuring me as a doctor, as a father, as a psychologist as a well wisher , I saw sir handle them with the perfection that only a professional of experience and calmness can. These are qualities worth sharing and as I leave for my MBA I want to say, I will always be in touch with him, wherever I am. I really wish him the best for all the kindness he holds in his heart.

D

Deepali (Verified)

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issue

Like many other things in life, there are simply no easy answers to the problems I have been facing negotiating through life's vicissitudes.

Truth-telling can be tricky when we talk about it within certain contexts. I have been struggling between being transparent or not, as instances of infidelity, I know can be terrible, and had been living with the thought that what my husband does not know, won't hurt him. However, like most things in life that do not have easy answers, this proved to be more detrimental to me than anyone else. The

last thing I wanted was for my partner to leave our marriage being the offended party. As Prof Singh put it candidly when I met him that the revelation may prove life-enhancing to one, but despairing to another. Yes, I was suffering as an individual, and as Prof Singh said - make your own decision based on the circumstances you are facing and what you want in life for I as he said would know more about the people involved and the surrounding circumstances, than him.

I wanted the guilt off me and all I wanted was for him to help me handle myself with dignity when the time came to say this to my partner. This he did and both my husband and I are glad we came to him, because truth-telling can be liberating and useful to a relationship, but also can lead to a lot of hidden hurt and loss of family ties. When my husband asked me why I wanted to share our incident on this forum, I knew that I wanted to close this saga and try to share with others in my situation that don't suffocate yourself. If you need help, get it and work with your therapist to understand yourself and why things happened. That way you can save a lot of trauma to yourself, even before any issue.

Dr. Prof. G.B. Singh (PhD) replied

commendably brave

P

Prateek (Verified)

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

Visited for marriage counselling. my husband and I were facing severe conflicts. We didnt know how to handle hence came to prof GB for help

Some context: My husband and I belong to two parts of India, which though unified and culturally very different (I belong north India and my husband from south). Our marriage was a love marriage. Unfortunately our parents didnt apporve our marriage when we were dating and decided to get married, thereby leading to isolation from our families. We tried to win them over because we really believed in each other and more importantly because we were really in love. Unfortunately despite our countless attemps, they didnt approve. Sadly, We had to go ahead with our marriage without their support.

Now, it had been 2.5 years since we got married, and the reality of life hit hard on us. Coupled up with the "lost spark" in our relationship and mounting work pressure, we faced a major financial setback.

All this took a major toll on our relationship. Now without a lack of social and family support our relationship was falling to pieces.

As a last hope to save our relationship, we came to prof Gb to help us.

He patiently listened to what each of us had to say. I really liked the way he listened to us without any judgement or bias, just pure and calm listening ears (all we wanted at this point in time).

After listening to both of us, like an orchestrator in a symphony he guided us to sort our problem by discussing with each other. At the end he gave us a few very insightful tips about how and why we should stay together. He was even willing to talk to our families! (which we humbly declined, as we felt stronger to face them on our own)

The purpose of this note is a deep heartfelt thank you. Prof GB you really helped us save our marriage.

Dr. Prof. G.B. Singh (PhD) replied

Pre Marital Mental Status Assessment is normally not done in India. Given the way we are moving towards Individualistic expectations and a lifestyle specially in the major metros, it is always better to build in a scope for going through a Pre Marital Compatibility assessment, where the couple can be matched one on one for - Aggressiveness, Disconstraint, Emotionality, Introversion, Repression, Hysteria, Psychopathic Deviate aspects, Paranoia, Hypomania, Anger, Cynicism, Fear, Social Discomfort and Family Problem scales. A lot of couples in our country, don't opt for these, and the lack of understanding of the mental process leads to issues within months of the relationship forming. 'Spark' is about accepting and appreciating and not just a 'zing' feeling we expect out of a relationship.

A

Ayushi (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

It is a myth to say that sadness and depression is a middle age persons or a rich man's illness. A stereotype insulting to young people like me facing the same battle, albeit with greater difficulty since we may not be directed to the correct access to information and services. Also I have been putting up a smile face and at times an expressionless face since class XI. Now in a high pressure job in a law firm, I am capable of maintaining relationships with people I love and can smile and laugh and have a good time, but the extent of loneliness I go through I know.

Most parents and friends don't know that if you live, love, or work with someone like me with depression, just remember that each person has a different story, the science of their depression could differ, the experiences and triggers vary, but the point remains: everybody deserves care and understanding. Honestly this is what I found when I came to Prof Singh. The comfort in seeing that he knew that everyone deserves care and understanding. I can say stress and loneliness chooses no age. I started working only a week after graduation. I was lured by promises of fame and a hefty salary. Everything went well for the first few months until the job felt like a beating and I felt that the job title, salary, and stability were no longer worth the stress, mental and emotional.

With constant care from Prof Singh, I am now able to manage myself much better. At times I feel like I am talking to a father figure, at times a Psychologist and times someone who just knows what to do and how to handle me.

Dr. Prof. G.B. Singh (PhD) replied

Welcome Princess

M

Mansi khurana (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness  
Explanation of the health issue  
Treatment satisfaction  
Value for money  
Wait time

I visited Prof Singh because, I am a chartered accountant and after finishing my studies, and my chartered accountancy I found myself working in a firm where I did not even know what I am doing. When I was studying I had a goal, when I was doing my chartered accountancy I had a goal, and suddenly here I was working for a company where I expected my seniors to be teaching me, but more than teaching me I was being given numbers to check, and the agitation and frustration was when I had to leave for my house at 7:30 Pm and my boss would come and give me work which would keep me back to 10 o'clock in the night.

I did not know what to expect when I came to Prof Singh, but the one thing that I began to understand after doing a clinical assessment was that, I had lost complete structure in my life, and was becoming a victim of my own thinking, where I was not able to say no to my boss neither was able to say yes and the net result was that I was extremely stressed out all the time.

Prof Singh with all his empathy, virtually treated me like his kid, and explain to me that at my age how things should be, how they should evolve and how I need to take care of myself personally as well as emotionally, for me to feel wonderful from inside as well as outside. he has been a wonderful help, and more than a psychologist she has been and has become a kind of mentor where you can go to him



and ask him about everything you want to do, and he will guide you so perfectly that what he says is exactly what will eventually happen.

I want to thank you so because, it is now after four months I realise why you wanted me to look at myself from the outside as well as from the inside, and why you wanted me to broaden my horizon, rather than being stuck in a narrow tunnel, and I think I am now much better off because I am able to take the risks that I would have never taken had I not been guided by him how to look at life, with a broader perspective.

Mansi Khurana

N

Nikita Arora (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Explanation of the health issue Wait time

Anxiety and Lonliness

As a child i was excessively worried and nervous and I tended to over analyse situations, was very fidgety and founded it difficult to relax.

when i turned 18 i had my first intense anxiety attack and after which my anxiety worsened significantly and added to the problem was that all social and physical situations were something I avoided with potential anxious situations and often started using alcohol and smoking to rid my situations.

My anxiety would change overnight and manifest into a seemingly unsolved problem.

I worried about my mental state and felt i had to hide my emotions and thoughts from strangers, friends, family and even my doctors.

Eventually i forced myself to visit Prof GB Singh and was successfully taken of medications.

I was very vary initially but the manner in which Dr singh dealt with me and the way he let slip in the psychological advice and help me how to understand what the future might hold for me has been of immense

it has been an absolutely refreshing experience and the way in which I have been made to feel at ease has been remarkable to say the least

I think I had I not sought out someone to help me I would not have been able to change my thought patterns which had become irrational and negative along with my coping behaviour and it was a great relief to know there was and could be a better future.

The takeaways has been that I have been able to understand the errors in my thinking and I am being able to implement better coping strategies after talking to my doctor and this has reduced my anxiety levels considerably which has enabled me to live more balanced and normal life and also has given me hope because I know that there is someone who has understood me completely and thoroughly and to whom I can turn to at any stage

of my life for a question if I have any and I would like to thank him about the things he has taught me and the effort as well as patience with me

Nikita Arora

P

Paldeep (Verified)

6 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionDoctor friendliness

I am writing on behalf of my fiancée. Let me give you a little background first. The person I fell in love with was amazing and she loved me like crazy. The passionate phase of our love life went on for no less than four years when the problem started. She was preparing for the civil services exam(still is). After two years of preparation she started doubting her abilities. Not everyone has a strong will power and even if one has, to sustain it continuously for years day in day out is no easy task. Add to that the fact that her family was going through a tough time as well. She was regularly falling ill and would ponder for hours on how she is not successful in her life. Being with me made her feel even smaller as I had a good educational background, a stable job and no family problems. As time passed, her family started looking up to her for support. She became depressed and crumbled under all this pressure.

The situation worsened as time passed. She would have terrible mood swings, would burst out very often and would be irritated with everything

She finally confessed that she did not feel anything for me anymore. I was heartbroken. But I could not leave her like this. That is when I proposed to her that we get married so that I can take care of her and she can still carry on with her preparation after marriage. Being the caring person that she was, she was adamant that she would not ruin my life by marrying me. Then we decided that she needs professional help. We looked for a counsellor online and came across Prof. G B Singh's profile and reviews about his treatment. Hoping that he could help us, I got in touch with him and booked an appointment.

On the day of the appointment in the morning, we had almost broken up and I had given up all hope that she would recover. Finally as a last ditch effort I sent her to the counsellor. And then after a 3 hour counselling session, the miracle happened. She was her old self, the bubbly cheerful and energetic young lady I had fallen in love with. I was overcome with joy. She proposed to me to get married and said that she had overcome all her fears and was clear on what she wanted and how to do it. She would not stop thanking me for finding Dr. Singh. And I in my heart could not stop thanking him in return. For me the visit was a black box where I sent my depressed girl friend and I got back my cheerful fiancée. I cannot thank you enough, Sir!!!

D

Devika Roy (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Explanation of the health issue

Acute Stress in Marriage and Loneliness

When I came to Dr Singh I was in a situation that after 6 months of marriage I was feeling like wanting to run away and could not help fighting with my partner constantly.

What could be the reason this was damaging our marriage completely because this is not how I wanted to be with my husband.

When we came the doctor initially I was a bit hesitant but it is with a great deal of confidence that I can say the way in which he handled the subject and was able to make me understand what was going on was really very good.

It was shocking to realise that the kind of abusive partner I had become due to the history of my own Complex childhood trauma and living in a house where I had been a witness to so many fights as well as poverty and being neglected in favour of my brother.

my abusive behaviour had become a normal part of my personality and I was not able to deal with the after effect of my trauma.

we were both getting very tired and my husband had been telling me for a long time that he did not like how I treated him and as the doctor knows even I did not like it how I was treating him but I was not able to control what was going on and it took some reflection for me to understand the real reason and the cause behind it.

Sometimes I think that had we not come to meet the doctor we would have never understood the real reason behind the daily fights and we would never started become better and it would have been Just another field marriage and relationship.

Even the sadness the loneliness and depression that used to come with all the fighting was beginning to take its effect on our health and now we are able to understand how to move on in our lives without ruining them.

it has been a difficult time but also something which has allowed us to come out of it with dr singh help.

Devika Roy

Y

Yogesh dalal (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction

As a young man from a typically Punjabi family it was very difficult for my family to accept that I had fallen in love with somebody who had been married before and who had a child and this was creating a lot of turmoil in our house because of the social expectations.

We have been dating now for 6 years but with a lot of opposition from my family and a lot of expectation from my fiance's family because they wanted to see her settled.

Things that reached such a stage that we had begin to quarrel with each other rather than being nice to each other and at one point of time I realise that if we were to keep fighting how would we marry and settle down for love.

It was at this time that we thought we would seek out counselling help and started to search the Internet and also speak to people who had visited councillors and were referred to doctor singh to see if he could understand our situation and guide us as to where we stand and what we should do.

It is without hesitation I will say that it has been one of the most comforting factors to have come and meet him Although we had to come all the way from Firozabad and at one time we thought that why should we take such a long journey but after we came and met him we realise that the journey was not only very productive but was able to clarify so many issues for us at we were able to sort out in our head what we have to do and how we had to move forward keeping both the families together and without breaking any traditions as well as any relationships.

One of the things that I can unhesitatingly recommend is that Dr Singh is an absolutely an judgemental and Ether professional who very sincerely try to get to the crucial issue that was bothering us and as it turned out the real matter was completely different From what I was thinking and opened my eyes to the reality of how much women have to go through in our country.

It has been a pleasure to have met him and I am sure that in the future also whenever we are not sure of something we shall be coming to him for guidance because we realise that how important it is to have someone who can understand your issues in a non judgemental as well as a non emotional manner and help you along and that the time spent with your Counselor can be so productive and can save you so much of pain and agony in the long run very big thank you from both of us to doctor Singh

Yogesh dalal

S

Shivani (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Anxiety depression sadness

I've been dealing with major depression my entire time in class XII and then through college and my job life. Initially I fought my parents to let me see a Psychologist but they took me to a psychiatrist as that was less expensive, and I was told i have major depression, OCD, and social anxiety disorder. It was horrible eating medicines I don't even know were fore me and soon I was making excuses to friends as to why I was busy every saturday and sunday because I was embarrassed and sleepy and bloated. I confided in a few close friends who were supportive, but frankly I was relieved to leave my home. I thought things would change, and that my depression would disappear because I was finally away from my home baggage. I was wrong.

I met Dr Singh exactly three weeks ago and I was too distracted by the newness of Noida to really focus on my mental health. I met him as when I googled I found him very close to my office and I needed help as my depression had returned in full force. Absolutely incapacitated is what I would say and the only reason I survived is because I knew I needed help. Dr Singh, you have no idea of the help and kindness you have literally showered on me and how much difference you have made to life in the last 20days. I want to write for you because you went from being a total stranger to a mentor and father and still are. You have taken me off all the different medications and shown me the combination that worked for me, and it is not like magic, but finally I reached the peak of understanding my disabilities, and started down an easier path. You have given me the tools to make the going a little easier, and I know that I have someone who will continue to carry me on days when I just can't walk anymore.  
Shivani

P

Pankaj Kumar (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Relationship issues personal therapy

I have been in a confusing relationship and as an American lady living in India and in her early 40's I found myself wanting help in understanding what was happening in my life with my Indian Fiancee. I have been together with my partner for over 2 years and it confuses me when he makes statements like - you don't owe me anything or that I'm an independent guy, because i felt quite seriously for him. I don't understand the issue with public talking to each other, what is the problem with keeping a balanced approach to life.

I don't want him to quietly follow my lead, or I follow his lead even though we may have other opinions of a matter, I believe that we should be able to talk to each other. Recently we were together when he suddenly said he was going to the gym. I find that he is easily irritable, sometimes changing his plans with me suddenly. This really got me as I remember that when we were children our father was always working and he would often go out with his colleagues on his days off. Mother was more focused on my brothers academics and my first relationship had ended as he was cold and distant. When I came to Dr Singh I was in a panic and highly anxious as I felt this too would result in a separation.

At almost a fourth of the cost, I have found a great therapist and my own active trouble with going head-long in a relationship with a man who objectively does not seem to express feelings freely for me, has enabled me to move on from a pattern of agreeing to go out with individuals who are not able to relate on an intimate basis and logistically are not able or willing be serious about my feelings. It been great as couples therapy has enabled us to engage with each other in spite of the hurdles of his being conscious of himself and understanding that its not a maladaptive defence to be dependent. Its been great, and thanks to Dr Singh for his help along the way.

G

Geeta (Verified)

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issue

I have been having post Divorce Panic and Anxiety for like 2 years now. I have been divorced for 06 now and we are separated now. We married in 2012 and I came to Dr Singh as it was easy to think and do it then, but now it was a stark and hard reality of life, that was tearing me up and giving me panic attacks from hell.

As a God fearing lady I never believed that it would be so bad for me personally and that I would be suffocating on a daily basis after the actual divorce.

My visits to Dr Singh have been a lot about my own reflection, but I have to give this credit that he has been great covering my black holes and being the once safe place where I would not be judged. If nothing else it has served as wise counsel and care. My marriage was difficult, and I did not take the decision of divorce lightly. The reasons we divorced are personal and private and I can not share them. I also want to clear the question of abuse. We had our issues, but that was not one of them. I did what I thought was my only choice at the time, maybe because I felt so lost and without options and trapped, feeling like I could not handle my heartaches, and the daily rejection. Being with Dr Singh and looking

back, I just wish I could have had vision beyond my circumstances, to see beyond myself, and wish I had met someone who could have just made me sit down with my husband and talk to us about what to do, like I am doing now.

Sometimes it takes one hard look at what happened and this was the reinforcer I got from My Doctor and I think I saw what was happening not through the lens of only what I wanted but also what maybe life is all about and there is no better person than Doc to break it to you in his quiet humorous way, when he suggests to give yourself distance, time, and space to evaluate your motives before you make a decision. I can't change what's done, but I am better able to understand my panic and serious anxiety and at least now I'm not beating myself up or walking in desperation. Doc has been great and supportive and helped me fight to stay away from anxiolytics which were a part of the diet now for sometime and that feels good. Doc is expensive but great at saving the day for me and has been able to prune the negativity away from me, and that matters. I would rather spend it on good counsel and someone to fall back on than chemicals to fuzz my brain. Geeta Dhaiya

R

Rita Gurung (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction

Come for Relationship and Marriage

My Name is Rita Gurung and my family came from Nepal to Dr Singh as I was in great depression. 3 years ago I was married to a nice boy from Canada and I was very happy as I thought that my life would change. When I went to Canada I realised that everything was not as was promised and my husband would smoke all the day as it was allowed to buy some substances there. Also even though the family was nice they had gone to Canada 25 years ago and their thinking was still stuck 25 years ago. In Nepal and India we are not developed but as we develop, our thinking is also developing and progressing.

After 1 year I realised that I have to work also and cook also and this is not my life my father sent me to Canada for. I came back 2 years ago and have been on depression medicines for so long that they had stopped working. Searching for a good counsellor for my relationship issues I have now found solace in the help of Dr Singh. We came to him in January 2016 and whenever we come to Delhi and India we visit him. Even though I am formally divorced, I find it very difficult to overcome the trauma of the time I spent in Canada and overtime I think of the past, it is like a huge mental trauma for me to even think. Even with medicines, I start to shiver and sweat and the crying was endless.



It is true, there is something very different with Dr Singh. The way he could read my thinking and tell me what happened was like sitting and hearing myself speak. Also the way he speaks and how he managed to calm me while just talking is very difficult to explain because it will not be believed if I write it. It is very spiritual, like a gift. I am now writing to tell you that I Rita Gurung have stopped all my medicines and am so connected to myself thanks to Dr Singh that I will now be getting married in June 2017 again and to a boy from India in Kathmandu.

I am very pleased to get my life back and to be able to talk to my doctor on the phone when I don't know what to do. He is ever patient and so kind that it is like knowing you are very safe. It is really a very safe feeling and he helped me. I am very obliged and I want to tell everyone how I am now okay and at peace in my mind. regards Rita

P

Priya Jalan (Verified)

6 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendliness

My husband and I are a couple of ordinary people working and we found ourselves in an all too common situation, a disappointing miserable and failing marriage. There was hardly a moment when we could understand how we had got ourselves into this stage of affairs and six years after we had been married in what we thought had been basically a happy marriage we were at a situation where nothing seemed to work. There was so much frustration, confusion and anger and most of us were convinced that the other was primarily at fault for us being in this situation. It took a lot of soul-searching as well as thinking about what we have been through for us to seek out somebody would be able to help us, and after a considerable amount of debate we decided to come to Prof Singh.

We had reached a breaking point after years of slowly developing bad patterns of relating to each other, and I think like a frog who is swimming in a well all the time in circles we did not know what was happening to us, and we were all the time trying to figure out how to resolve it but the only thing that we were getting was friendly and family advice. The last two years were a period of several years of circumstances that brought out the worst in us underscoring the fact that we ever, Rather we had never learned to communicate and resolve conflicts. When we reached Prof Singh we had crashed completely and I had brought up an issue that meant nothing and the pressure and pain on me and my husband was so much that we both clammed up and then we did not speak for six months. We realized that either we have to break up and move part or we have to resolve the issue and move forward and that was the time that we sought out the assistance that we got from Dr. Singh. When we first met and we realized that he could see through our ability not to tolerate tension and a lack of communication between us. In our meetings with him we realized that there were three paths we were standing on rather than two and each one looked unacceptable to the other person. On one side was the path of trying to just continue as if nothing was happening and trying to keep hiding the

problems and I think this is something that we had been doing and we were only growing worse, and as rightly pointed out by Dr. Singh this was not the way we should be living at our age.

S

Surbhit (Verified)

6 years ago

Visited For Patient Counselling

I recommend the doctor

A great genuine human being:

I am sure you must have read many great feedbacks below. I couldn't agree more to each of them!

But, in this small note I want to highlight and thank GB sir for a great human being that he is.

Like everyone else I visited GB sir's clinic for a session due with me. However, what awaited me was beyond my expectations. As soon as I entered the clinic I was hearing distinct agitated voices, an innocent girl crying, some lady abusing over call, threats of police etc.

Being concerned I asked the clinic staff, what is wrong. Then based on some inputs from the clinic staff and my own personal observations I understood the context. The case was a distressing example of an abusive relationship gone sour (Very sour). I won't go into the distressing details but the young girl (early 20s) had no money and had no support system (Because of her conservative family background who did not approve of any form of relationship, She couldn't tell her family or anyone about this). All the girl wanted was for this chapter to end. However, her partner wasn't letting her end this.

GB sir not only handled this delicate and complex issue with poise and maturity, he went out of the way to talk to all the people the girl was scared of confronting, effectively handling the issue. I was in the clinic for over 6 hours, and I could see him constantly stressing himself, handling the issue for someone whom he did not even know, not expecting anything in return (He did not even get the nominal counselling fee, which helps run the clinic)

I asked Sir why you are doing so much for her, when you yourself might get into trouble. To which he humbly said "She is just like my daughter Surbhit". And indeed GB sir did play the role of a father that day. This particular example was enough to assure me that I am in right hands. Because honestly people we need to ask ourselves, how many of us would actually go so much out of the way to help someone (even at the cost of ourselves). He never heard back from the girl, nor did Doctor GB get

anything out of this (literally nothing). He just did it because he felt that girl needed him at that time. And I personally can say this based on my experience, GB sir indeed saved a life that day.

Sir I know you never heard back from her, but while on our way back, I know how grateful and thankful she was to you. She actually said and I quote her "Sir saved me"

A

A Jain (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction

Daughters Dyslexia

There is no such thing as rock bottom when your child is Dyslexic. There is always another level to explore. My wife and I found one such level on the day when our child's school asked us to give in writing that, if our daughter did not do well in her class IV exams, we would have to withdraw her from the school. Reluctantly we signed the piece of paper as we realised that we had everything to lose.

The biggest hurdle was to find the right professional who specialised in Dyslexia and then make the leap of faith that we have to help our daughter. The answer came as we eventually found Professor Singh and the meeting was what we would say a sobriety call. We realised that the signs we had been ignoring of late speaking and learning the alphabet should not have been ignored and that we would have to rebuild our daughters life leaving out the parts that aggravated our anxiety and depression.

What made us come to Professor Singh was the lack of prejudice and his emphasis against applying a pharmacological regime. He did this by respecting our reports of our daughters symptoms and also how he addressed the socioeconomic dimension complicating our situation. As a gentle guide he built resilience in our daughter over a period of 6 to 7 months with hard boiled optimism mixed with intense patience for our child and is and this helped her ace her difficulties and what we as parents perceived as injustices on her with his critical social conscience and scientific awareness of the fundamentally biological nature of Learning Disabilities. The wealth of knowledge we have experienced and seen in our interaction is a pleasure to understand and the most important issue is that what was being labeled as Dyslexia and other forms of problems was addressed with the fluidity of intelligence in a way that, we were shocked to understand that what everything thought was dyslexia, turned out to be a different problem.

We want to thank him for his redesigning of our daughters academic material and helping her gain the confidence to face her friends and peers and also begin to take an interest in her academics. This for us is crucially paramount and for this we are ever grateful to Professor Singh for his help and acceptance of our issues. It means a lot to us. A. Jain (UCO Bank)

K

Kavita Bhatnagar (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

I promised myself that if my sessions with Dr Singh were fruitful I would write for him. When I was pregnant we all were very excited as this was the first child in our family. The excitement turned into a disaster as in the 8th month of expecting our baby, my husband's health really deteriorated. This was the time when Dengu was spreading. The running around led to my own health deteriorating and we had a premature baby, and the next 15 days our son spent in the NICU.

The situation become such that the doctor even asked us to concentrate on my son or the husband. This broke me down, and while the entire family consoled me, I knew that we needed professional help. We literally Prayed for a good doctor and meeting Dr Singh was a blessing. His calmness and how he can be so took half the worry off me. The negativity in me lessened and just talking to him and reliving my worst fears, allowed me to start to relax. For a new mother, the compassion he gave us was absolute and as a woman who is in PR I can also make out what is real and what is fake. The genuineness was 100% and more than anything else, I gained the strength to keep moving and with sensible guidance was able to prioritize how to manage the family. Dr Singh's approach can be quite innovative and different and the analysis allowed me to gain the strength that god has given us all, but which can fail in difficult times.

With Dr Singh's guidance we kept a very positive atmosphere at home which was quite hard as it was extremely difficult for everyone in my family to see what was happening. The visualisation techniques that Dr Singh used were so effective that I would visualise nothing but positive aspects of life.

Today I am grateful that God blessed us with the gift of a child and my husband is also well. But also I owe Dr Singh a very grateful thank you, as he became a corner stone for us, in moments of crises and stood by me whenever I panicked. It was not very easy for us to always be really positive but no matter what happened, we kept our faith in God and the genuine concern from Dr Singh.

To all those who are reading, I just want to share that you to have faith and believe, and do not hesitate to take help as every single effort will lead you towards becoming mentally healthier. And a huge thank you to you Dr Singh.

D

Deepika (Verified)

7 years ago

I recommend the doctor

Self Issues and Child Issues

Let me and my wife place on record our heartfelt gratitude to Dr GB Singh, whose diagnosis and guidance has helped my 13-year-old son show improvement in the Neurodevelopmental disorder he is suffering from.

After having interacted with number of psychologists in the last 12 years we learnt about the existence of the charitable trust 'Dyslexia Association of India' run by him, after reading about him on line. Our son was assessed and diagnosed with a Neuro developmental disorder. In spite of not having taken an appointment he was kind enough to attend to us patiently and explain to us in detail the actual problem and suggested us the remedial measures. Not being stationed at Delhi, our query has always been attended to on telephone as and when required. Due to his guidance our child has shown improvement, in his behaviour both academically, as well as socially.

Having been benefited, we share information about the existence, of this organisation to help out the children suffering from learning disabilities, as well as the good doctor who, as we realised is much sought after, for his dedication, as well as his immense abilities. The remedial measures recommended by Dr GB Singh, not only instills confidence amongst the needy children, assist them to overcome the disabilities, but also helps them look forward to a better tomorrow. The same goes, for all his other clients who come to him with myriad issues, which would otherwise, be kept hidden, were it not for the manner in which, Dr GB Singh, handles them, as well as work sincerely to, make them okay on a priority basis. Lt. Colonel A Kumar. Addl. Director Ord Services, Headquarters Northern Command.

R

Rahat K (Verified)

7 years ago

I recommend the doctor

We are a family of 8, with 6 sisters and 2 brothers. When our father died we were lost as the youngest sister was always different and we did not know how and who would take care of her. Our mother was all alone and the youngest went into depression very fast. Not yet employed, we did not know what

to do as she would refuse to eat food and for many days would just sit by the window. My mother being almost 75 did not know what to do and every time she tried to talk positive things my sister started to shout and scream and banged the doors. My colleague referred us to Dr Singh and we came from Aligarh to Noida to meet him with a fixed date and appointment as he refused to just see us whenever we said we would come. First it felt very rude, but when we came we understood why. He only meets a few people every day and gives them his full time. Our first meeting was so extensive that I began to wonder what is the end result. There were more questions than answers in my head. But surprisingly our sister took an immediate liking to him and he made her feel so comfortable that even we were surprised that she was speaking so normally and softly.

It took three sessions to understand how our youngest sister had compressed her feelings about daddy's death into an explosive personality. Probably being the youngest, seeing him on the floor it came out was too much for her and she just went quiet and numb. She gradually started to talk about her feelings and I give my full thank you to Dr Singh for his patience and his kindness in dealing with her. Crying is not good, but we don't know, we just were so relieved to see her tears that it was like a heavy stone lifting from the heart. The manner in which Dr Singh guided her through the whole issue was so gentle and full of caring that it was a moment we can't forget. We come back every month to bring our sister to meet him and now she has done her class XII with 78% marks. Dr Singh was the first person she called and we were not surprised and not angry at all.

It is not easy to experience a father passing away and when we think of her sitting next to the window just looking out it was miserable. Now it is better and we are happy we tried to find help and God be graced he led us to the correct doctor. We thank him from our heart and wish well to him.

S

Shaib Bedi (Verified)

7 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Marriage Counselling

Everybody thinks the problem in marriage it is always the man's fault. But sometimes has anybody thought that it can be the other way around. This is exactly what happened to me when my wife and I got married about one year ago. The problems started when even though she also works in advertising, she started to hate the fact that I talk to my female colleagues. I tried to explain to her that a colleague is just a colleague and not a personal girlfriend or someone with whom I will ever have an affair. But I don't know, she never understood.

In October 2015 when I had gone on site abroad to Malaysia, she unfriended every girl on my Facebook account, and it was like killing me as a lot of my colleagues stopped talking to me as they were in my team. How to explain to them that I am not doing it but my wife has my Facebook account password and that sitting in Delhi she is doing all this. Then I received an e mail from her saying that 'all you men are the same and all you men need the same thing' it was very hurting as I love my wife very much and how can I ever thing like this of the people I work with. I can lose my job and also my reputation.

It is then when I came back to Delhi that my father first went to meet Dr Singh and afterwards told us to go to him. My wife was so aggressive in talking that I would feel very ashamed when she would talk loudly and angrily. It took 2 months for my wife to slowly realise that what she was doing is not right. I have to thank Dr Singh as he very patiently explained to my wife how a relationship and a marriage works and what commitment and character are all about. I am very sorry Dr Singh that my wife shouted at you also so loudly that you were taken aback. But I am very grateful to you for the patience and the way in which you handled her and made our marriage much better. Today we don't fight over work and my wife and I talk and share everything and we also called my team home for a dinner and I introduced my wife to everyone. Had I called them for dinner before going to Dr Singh, my wife would have said, that I like them more than her. But now she understood that work life and personal life are not the same.

I am much more happier now going to work and there is happiness at home. I want to thank Dr Singh for this and I wanted to tell also that the man is not always bad or at fault.

N

Neha Aggarwal (Verified)

7 years ago

I recommend the doctor

Marriage Counselling

Many years ago, our marriage was essentially over. We fought and yelled at each other constantly, slept apart and hated to come home. It was easy to blame each other for the seemingly insurmountable problems we were experiencing. Then on the suggestion of my father we found Prof Singh. Sitting quietly in the corner of his clinic he turned out to be a unique blend of a compassionate psychologist and super-intuitive person who can read you a mile off. He's a master at creating clear solution-based plans and helping his clients get laser focused on their goals and taking concrete steps to achieve them. He's been extremely helpful for me and for many people in our Aggarwal community in those ways. And he does all of that with a sense of humor and fun. He really helps you get things done, and it's a pleasure to go to him.

I can not imagine how my life would be without his help. I can not recommend him highly enough. With his help, guidance, incredible insights and patience, our marriage changed. We learned new ways

of communicating, started accepting each other and our fights lessened and stopped. We became close once more. Today our marriage of 11 years continues to flourish. Without a doubt, Prof Singh saved our lives and our marriage. My husband and I do love each other and have since the day we met, but we could never go a day without fighting, and most nights we went to bed angry at each other. Not any more, not after your course. I don't know how this works exactly but it works. We are closer than the day we got married almost 11 years ago. It's like we just met each other all over again. Now we use all that energy and spark in our marriage, and truly enjoy our time together.

With his help, we discovered that what we bring to the relationship defines it, and we got the tools to make the relationship we truly wanted: a supportive, animated marriage where communication and intimacy flourish, rather than the doomed relationship we had and were continuing to create. I know people talk about miracles and I usually don't like that word, but now I do. Because what has happened for us in our marriage is truly a miracle. We owe this to you, Dr. and your peculiar ability to read a person like a book. We can never thank you enough.

M

Mrs Dr Singh (Verified)

7 years ago

I recommend the doctor

I have had a sleep disorder for 25 years and unknowingly along the way became addicted to benzodiazepines. No doctor ever warned me of these and kept renewing the prescriptions. Eventually my sleep situation worsened and I started forgetting things . I would go nights with no sleep. Two surgeries for a gall bladder and a lower back my situation became desperate. I went a whole week with no sleep and was put into ICU for exhaustion. At that point I was so fed up, I stopped all medications suddenly. I almost died from doing that (again no guidance from doctors), and then had to slowly titrate off of benzodiazepines This was a slow and painful process that took months. Apparently my central nervous system was so damaged from all I had gone through that it was going to take months or years to heal. At that point I researched and found Prof. Singh in 2015 October. I started psychotherapy and a few natural supplements and started using it faithfully and within a week I had started to sleep better. I was now getting 2-5 hours of sleep most nights. I have experimented at times and stopped meeting him, but I feel lost and within a few days my sleep is lessened again. I use no medications and finally feel like I have my life back. I have no other explanation except that the Cognitive Behaviour Therapy and the natural supplements has helped to get my sleep pattern back where it should be or at least close. After 27 years of a serious sleep issue and five years of very bad health, I am finally healing.

I would Label Prof Singh as caring, empathetic, sensitive to my needs, and I feel like he practically reads my mind sometimes. I feel heard, validated and most importantly respected for who I am as a person and not just based on my diagnosis. I feel like he basically saved my life after my sleep issues. He is my lifeline and I don't know what I would do without him so important he has become in just speaking to him once a fortnight.



I have never had a bad experience here with anyone in the entire time I have been going to his practice. We were able to find the right treatment pattern for me in a very short amount of time (especially compared to any other practices, which would have taken months to over a year, and we did it in less than a weeks time) because of my doctors ability to see beyond the usual. I am so serious. So if you are seeking Proper Psychological help without medicines, this is the place to go. I owe them so much.

R

Ravinder (Verified)

7 years ago

I recommend the doctor

I am the parent of a 20 year old boy who had started to smoke and take bhang in smoke form every 30 minutes. The experience has been very troublesome. Through the expertise of Prof GB Singh he is now stopped and is now learning to be accountable and responsible. As a parent, I have found Prof. GB Singh to be exceptional. When we were in the middle of a crisis, the support and direction from him was and is invaluable. It was very difficult as this process when you see your son smoke drugs, you are lucky to get some miracle to make a change and Prof. Singh was that miracle. My sons situation was extremely serious and very scary and he now looks back and can see how much could have gone in the opposite direction. He has gained a tremendous amount of self-worth and appreciation of life and remains aware that he needs to stay in control of his actions and continue to make good choices. As a parent, I am also forever grateful for the services provided by Prof Singh. I have received immediate response whenever I contact his office, and excellent professionalism. As a parent, I will stay educated around all the issues and remain a steady and positive support for my son as he is my son and irreplaceable.

I also experienced relief from most of my symptoms. My depression was gone quickly and with very good results. Thank you for giving me my son back. You were the only one who was willing to help our family when we badly needed it. You hold a special place in our heart. Our son is doing well since he stopped taking wrong things. I am forever grateful to you with your kindness and logical approach with life-changing results and professional way of managing which is refreshing and can give hope in the darkest of times.

I thank you so very much Prof Singh and appreciate being able to share my thoughts.

B

Batkupar Diengdoh (Verified)

7 years ago

Visited For Anxiety And Depression Alcohol Addiction

I recommend the doctor

First of all, I would like to give my heartfelt gratitude to Dr. G. Singh. I am from Shillong and belong to the royal bloodline. I was on a visit to Delhi for medical reasons. I have been a diabetic for 5 years now and in the process have lost a lot of weight.

Prior to diabetes, I had a lot of mood swings and sudden outbursts of anger and crying for no apparent reason. I could never understand why this was happening to me. I, however, did know that I was not happy because of everything that had happened to me in the past.

My parents never had a peaceful marriage and I never had a normal childhood. I suffered a lot of physical abuse as a child because of which I was holding on to many grudges.

I had started consuming drugs without the knowledge of my family and this affected a lot mentally. I was always depressed and could not understand why I got angry. I preferred being alone and stayed away from people and avoided making friends.

I had visited many doctors for the purpose of counseling and I was fed up. I felt it was of no help. I just could not come out of my depression.

Finally, my sister suggested that I meet up with G. B Singh. I was a little apprehensive at first and hesitated to visit at first. But, I am glad I did meet him.

I always wanted someone to understand my state of mind and he did just that. I did not have to explain much and he still understood me. It was hard for me to live after I had quit drugs because it hurt but his medicines have helped me to get through. today i am more at peace and am helping him out at his clinic by working closely with children with special needs. Thank Dr. Singh from me and my family.

Without you I could not have made it through.

S

SP Agarwal (Verified)

7 years ago

I recommend the doctor

Thank you so much for all your help and support for the last 3 years with Unnat. We have seen how he has found his studies at school in Nainital increasingly more difficult to cope with and how this has impacted on him personally.

He is 18 years old and when he started school he was slow to learn to read. Since class III he has found the demands made on him difficult to deal with and we thought that this was because the work was too difficult and beyond his abilities rather than there being a reason why he was having trouble coping. Like many parents instead of asking for help we tried to struggle on but deep down we knew something wasn't right. Ever since we remember Unnat struggled in a way in which we cannot quantify, whether that be the time it took to learn to ride a bike or the troubles he had with everyday organization. We thought all this was just normal and we could put strategies in place to deal with these issues. At School the pace of work needed to keep up to date with coursework meant he found his difficulties slowed his work down, he over complicated work and all of this affected ability to cope and results reflected this. He got very frustrated at why this so difficult and this impacted on him personally. The breakthrough was once Unnat was professionally assessed. The minute I came into contact with Prof Singh we felt he understood us and answered our questions. We got the diagnosis and after reading the report and since increasing our knowledge of we realise he wasn't struggling because he was not clever enough.

We were not sure what to do but with the help from Prof Singh we feel fully confident in carrying on with our sons education. This experience has also taught us not to doubt our child and if we feel something isn't right not to just struggle on, but do something about it.

The intervention has helped all of us a great deal. we can see a change in Unnat, he is much more positive about being able to tackle his difficulties. Thank you for your kindness and always being there to answer our concerns. Without your help Unnat would have struggled on and not have reached his full potential. We feel now he can move forward and your advice will guide him for the rest of his life. We cannot thank you enough.

SP Agarwal

K

Keshav Aggarwal (Verified)

7 years ago

I recommend the doctor

I was advised to seek Prof Singhs help after the school counsellor of our sons school in Haldwani told us that siddharth has serious behaviour and learning problems.

Siddharth was having difficulty with a lot of things that were preventing him from progressing in his studies and I wanted to rectify these in order to help him do well and get good marks.

His main difficulty I thought was his poor memory as he would always have difficulties in concentrating during class and he could not write the correct answers and struggled to find the right words during conversations and when giving oral answers also.

Also, reading aloud was becoming increasingly difficult as well for Siddharth and the stress began to really get in the way of having a good family life.

Dr Singh was an excellent mental health and Neuropsychologist. The tests that he put Siddharth through were difficult and long but they were really worth doing; the outcome most interesting and answered a lot of questions. They explained why Siddharth was having so much difficulty for most of his life. Siddharth will give his board exam for class X next year and it has been a real struggle to get here and almost impossible to move forward from this point due to the mental block.

The report in particular was really well set out and explained why our child was having all the difficulties. The assessment Dr Singh put Siddharth through identified three things that he has, Dyspraxia, ADHD and a small amount of Dyslexia. The breaking of this news to me was a shock to the system. However, over the past 6 months, and through Prof Singh's clear explanation and professional advice, I am coming to terms and Siddharth is currently re-organising his life and approach to life and studies. He now wants to do fine arts and not become a doctor. He is finding new strategies and is becoming more organised and focused.

Most importantly the road ahead is a lot clearer for my family now as Haldwani is a small town. Prof Singh has been excellent in guiding both of us for the last 1 year and I would certainly recommend him to anyone who finds themselves in a similar situation to my son and my family.

D

Dr Charu Chawla (Verified)

7 years ago

I recommend the doctor

I directly got to talk with Professor G B Singh for appointment for my concern regarding my son. Dr Singh gave me appointment as per my convenience. He was present before even I reached with family. These lines may seem meaning less but I myself am a Doctor. I found him dedicated, perfectly professional, polite with to the point genuine advice & exact diagnosis.

My elder son has learning issues at school even has been losing interest in studies even after being in 6th Class, for any middle class family it's a matter of worry and concern about the future of the child what he will do for his life earning and survival in such tough timings. Dr Singh took detailed history of my child before birth and after birth year by year and explained each factor biologically, I am a Doctor but my wife is non-medico even she understood the terms and language used and made it easy for us to understand.

issues my child is suffering n going through .I am sure my child will b 100% perfect with help Provided by Dr Singh .

My younger son has Autism he is going to be 3 yrs old now v diagnosed it almost 1 and half years back since then had gone for various consultation n therapy .It almost proved of no help in past .Dr Singh at meeting just in few moments diagnosed exact pattern of his ailments and gave us precious time of almost 6 hrs consultation by explaining minor details n further action required .I am truly Grateful and Satisfied by information shared for my kids .

I request to all parents either medico non medico if you find any behavior issues with your kids done hesitate to get him monitor because today's acceptance can safe life of your children before he/she goes to any other Pshycological pattern. Children are our true earning n bank balance they need care n affection most of us don't understand there needs ,Please don't delay...

Dr Singh is really a God Blessed person ,I found a hope of light after consulting with him and I am Sure my Kids are going to be Perfect human being under his guidance n support.

Thanks alought Sir ..

J

Jain (Verified)

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

My sense of inner void, coupled with lack of purpose in life is as if I am transparent and anything positive like love or joy just passes right through me. Then I feel like it was never there at all. I have been obsessed with wanting happiness. The social and personal expectations that I should feel happy and not sad have just increased my feelings of sadness and a sense of disconnection to the people in my life and the world around me. For a very long time I have felt that I am going through the motions, and not able to contribute to the world and that my life is not what I would like it too be. It is horrible to be in a wasted marriage at the age of 38 and feel like I am not fully part of the world. I couldn't feel anything and nothing I did made an impact on events or other people, I existed but I wasn't alive. When you feel like everything you do is pointless and you're just going through the motions. Just trying to fill in the time until you die. Sometimes you have fun or something good happens which can distract you for a while, but ultimately there is a hollowness inside which never goes away. I have been on opioid painkillers and completely dependent on them. I have now started psychotherapy and between the appointments I feel better control over myself. Mr Singh is very kind. I much more aware about myself

and what I should be doing. The brooding is still there but the sinking feeling has gone as I know I have someone to fall back on, till the next session and I know I will be better now with time. It is a big relief

Dr. Prof. G.B. Singh (PhD) replied

Yes Mam you will be well. You would have been much better if you had just trusted us from the beginning. I advise so many callers that it is a myth that an in person appointment where you physically sit across a Psychologist is the only way to proceed. In Psychology the clinician or the psychologist is more important as the topic is very subjective. We have seen people and couples who resist guidance thinking they are spending money so they must physically come, sit and then proceed. The western world wants only video based consultations as they go for the quality of the psychologist not the self-perception of what they think is correct. This myth of sitting in a hospital and talking is misguided thinking in our country and thus even you realised it after trying everything. I'm not upset or angry, I feel very sad and helpless that a lot of your time, money and effort has been wasted by you, and that you have suffered needlessly for so long when we could have assisted you almost 1 year ago.

S

Saxena T (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

My entire personality changed after suffering from Covid in April this year. From getting out of bed in the morning to tackling a chore to going to work, my underlying sense of motivation that used to drive me from beginning to completion of any task at work and home just went away. The desire to work was replaced with constant anxiety and a feeling like not even stepping out of the house. My motivation which was my key activity to living a productive life just vanished and from a lively young person I became a listless brooding person. Without any desire to do anything it was hard for me to complete important tasks, find a work-life and home-life balance, and make the most of every day living leading to not only me being miserable but my old parents also being miserable for me and my wife and small child being neglected for even the small things that are needed to be done in the house. For the first time in my life I found that I was floating from day to day and week to week with just no desire to do anything. I was so afraid of failure with emotions of embarrassment, sadness, worry, and stress. It took me two months to seek help and this first step was not easy. It was a muddy one, with unpleasant feelings, and they can be difficult to process healthily, as I felt that I am not a mental retard. Now when I look back I feel that it is possible that people who are scared of failure would rather do nothing at all than feel they need help at something. Dr Singh said that sometimes if a person is extremely overwhelmed, the individual can retreat into a make believe world and avoid all of the tasks they are supposed to be completing. That was me. What I can say to my generation of people is that at the end of the day, motivation is different for every single person. Try to identify poor habits and patterns and take help to find those intrinsic motivations and really use them to your advantage. There will always be stumbling blocks along the way, but every step forward however small is progress as I learnt. Take help, try and find a person who understands you and stick to a treatment plan, as I did.

R

R. Sehegal (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I Used to stay away from my parents since I started college and I was not be able to discuss much of my life with them. I have a elder brother so my parents gave most of their attention to him. Once in college I started feeling very lonely and hung out with a group of friends who seemed to accept me with all my flaws. Later I met a boy through my friends and he was too good to be true. He made me feel very loved and cherished and we went out and hung out a lot. We would go out shopping and explore new cafes and he told me all about his life and his family and I became very sympathetic towards him. We got into a proper relationship and 7 months in it he started cheaating on me. Keyword go out with other girls behind my back and go on car rides with them and I would not know about it since I would be studying for my exams. He would also go to oyos and get intimate with them and I would never get to know till the very end. Then when I would question him he would start just fine and become very passive aggressive towards me. There came a time when he hit me once and started abusing me every time I suspected him of doing something wrong which he actually did. The girls who he was with while being with me showed me messages and pictures of him and his advances towards them. Then he would try in say that he would like to marry me and I should talk to my parents about him. When it came down to finances he would ask me to borrow money from my parents so that we could stabilize ourself and get married. Once I started giving him money he started abusing me for more and kept on cheaating on me. I became so helpless that when I turns towards my parents for help they refused to get involved. Then I went to my close friend who suggested that I break away from my relationship and concentrate on my final year and visit GB Singh Sir. I broke the relationship with his help and he spoke to my father to help me and also pay for my treatment. His care and understanding was very nice and humble.

R

Ragani (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

First The Things I Did Not Know Body image affects people of all genders. The start of my puberty's physical changes, combined with identity, popularity, games in the PT class, contribute to adolescent challenges. Food and weight are not the only issues; my preoccupation with facial features, skin, hair, clothes and height, and striving for a hourglass figures undermined my peace of mind and diverted attention from my other aspects of self and life.It did not help that I had to accept my body type and inherited features, see differences as distinctions, and know being plump in appearance is not my

identity. Media messages about teen body image, online profiles, friends, sports, DID NOT. As my mom encouraged to me to value variety in shapes and sizes and to embrace my own and others' uniqueness, my younger brother was outright mean and I have forgotten the time I cried. Dating is another minefield when you don't know on what you are stepping on. As I started to identify the non-physical appeal and qualities I sought in a partner and relationships, the intensity of my body image challenges was very difficult to validate. GB Singh Sir helped me beyond all measures and encouraged me to build character, ponder ethical dilemmas, see struggles as steppingstones, and find ways to be charitable and beyond. I had given up being active and interacting with friends. He did role plays with me, with were so embarrassing initially asked thoughtful-provoking questions encouraged verbal and artistic expression, write poetry create posters and even made me take a session with him being the patient and I being the psychologist. That was so cool. I am definitely better. And mom and Dad have agreed to let me have session till the board exams end and I am in college, as we speak on Face Time mostly. I have as yet not decided on which college I will go to but I will speak to Dr Singh Sir and ask him and take his advice whether I should stay in India or go abroad and study because with all the mopping up that I have done, I want to become something and make my parents very proud.

Vineet Rastogi (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I realise that we can avoid medication if psychological help can be sought on time. I have been able to help myself from going into a depression with therapy. Initially, I was hesitant because I was not very sure of what we would achieve, and session cost always played on my mind. But when I did the calculations I realised that a lifetime of therapy, saves me not only the cost of medication but the cost of damage to my body and the resulting changes in my brain I decided to go for therapy. I have been able to build a significant amount of resilience, where I do not let adversity define myself. I am now in a position to move forward with rationalising my issues, transcending pain and by perceiving bad times as a temporary state of affairs. It's possible to strengthen your inner self and your belief in yourself, to define yourself as capable and competent. Learning how to prepare myself for emotional emergencies and being adept at accepting what comes at me with flexibility rather than rigidity. Prof Singh literally taught me to be like bamboo in a hurricane to bend rather than break. Or, even if I feel like I am broken for a time, develop a strategy where deep inside me I know that I cannot be broken for ever. In fact I would go to such an extent to say that before we enter our work life we should always get ourselves vetted and tested to understand our personality so that we can fight with stress and tension when we go out to work, and we know how we will respond and this can then be of immense use in our day-to-day life, where as I had started to do, we do not need to catastrophise everything and consider that everything and everybody is against us. I think everybody should get a therapist wherever they are and they should try out a few different professionals before they settle on one, the reason is that it is very important to be able to click with the person who is helping you as you can't keep changing.

C



Commander Verma(Retd) (Verified)

3 years ago

Visited For Stress

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

I spoke to Dr Singh as I was very agitated with the news of the 80+ not being treated in Europe and thought the same would be here also. At 86 after serving in the Navy I don't expect to be considered useles community individual. I appreciate Dr Singh's reinforcement and the reassurance and I want to add to others also, don't underestimate the mental resilience of those in my age group. We have seen and been through much more than the youngsters have. I was very agitated but talking rationally helped me reduce my and recognise the level of my own anxiety about the situation around me. I want to tell you as a retired Commander that I have had many postings and heard a lot many B\*S\* speeches in my life. At my age we can make out intuitively who is what. Dr Singh is calm, keep's the explanation simple, stick's to facts, and most importantly, is dead straight and no B\*S\*. He taught me a great thing how to use ZOOM and reach out to old friends that I had not caught up with in a long time by setting up group video chats. I also think and agree with him that we sould seek information mainly to understand what practical steps we need to take and for any information update, to do so from trusted sources.

Let me also say that it does not matter whether one has a mental health issue , anxiety, sadness or what as this uncertainly and confusion has made it increasingly difficult for a lot of us to maintain good mental health. This curfew measures, working from home and whatever has increased the number of stressors that we are having to cope with. For people like my 82 year old wife and pregnant granddaughter who has a pre-existing mental health issue and was originally Dr Singhs Client, this time period has been extremely destabilising as I have seen that previously she had been able to find a good equilibrium and now there is a re-emergence of her anxiety and confusing symptoms. I am encouraging her to turn to her therapist for assistance through this tough period and talk out her feelings. Its great that I can also join in the video chat.

A

Arush Madan (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

How to overcome that feeling that wrong has been done to me and how my relationship had become all about compromising myself and even denying who I am because my girlfriend thinks so, and this feeling that I am no longer living in the reality of what the relationship is but in a fantasy of what my partner thinks a relationship should be, is what brought me to therapy.

I am a perfect example of a man whose girlfriend gets so jealous that she forbids me to be alone with other women. She feels so insecure that she demands to be constantly reassured of my love and attraction to her, and all by ISOLATING myself from talking to other women. I have gone along long enough behaving as if everything is OK, until now when I have begun to resent her and lose interest in the kind of relationship I have. This restrictive situation has started me to hate it and her when I love someone but that person is manipulating me, thinking I am in the relationship for physical sex and that it can be used as a weapon to control me.

Counselling has been very important as I have tried all forms of counselling before only to be told to 'respect' my girlfriend. Instead of telling me what to do Dr Singh conducted some pretty serious and expensive diagnostic tests and guided us how to treat each other with respect and honesty, so that we are true not only to each other but to ourself also. I have been trying to make decisions about both our lives and our actions without compromising our integrity or acting on a sense of guilt or obligation. I would have surely broken up as I felt choked by the restrictions as it compromised my sense of vitality, and my GF was inadvertently setting the stage for deception. I feel everyone must have a therapist in today's world. Someone who we can reach out to on the phone or a message. The investment of my time and money with GB sir has allowed me to be free of guilt and help my GF to BELIEVE that the more open we are with each other, the cleaner and more resilient our relationship will be and that it actually makes it more comfortable. We feel very scared that we won't find others but we are truly mistaken. If there is no trust, better to exit nicely. But in my case the meetings helped in a good way.

S

Samir Thapar (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

I brought my sister to prof Singh as she is a wonderful personality , but has no friends. She has been complaining about excessive anxiety and general difficulty in controlling her life. Our house is constantly hassled as everyday is a catastrophe and after dropping 3 semesters in Amity , she has been in constant extreme agitation as she felt she can not handle it. She is so pretty but felt that she makes a fool of herself in front of other people. Eating food was like approaching death itself which may occur if she ate the wrong food. Answering her question of " am I fat " was agony. If we say you are not fat , she says you are telling a lie, if we say change your dress , she says I know I am fat. We came to prof Singh because my mother was so stressed that every phone call to her was like a crises. The Medicines had also made her dull and slow. Initially we had some reservations as we were advised to have

someone come with her always, but soon we got very comfortable when we were shown through a test what her real problem was. I never knew that therapy could be effective as my sister was able to leave her self destructive behaviour quite fast. We are very happy that she has been able to redirect her energy from conflict and her anxiety into a more constructive outlet of gymming and studying because of the type of redirection that she received from sir. I also want to thank sir for reducing the charges as we wanted a longer term therapy for her so that she can avoid problems in later life.

T

Tripti (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I am Anubhi's sister in law and after the Shristi incident, she made sure our son also goes through the assessment with Prof Singh. I really want to thank Prof Singh and as my son had reached all his developmental milestones at the normal times, although he did seem to be quite a bit clumsier than his siblings and found it particularly difficult learning how to ride a tricycle. We were very proud that, at 2.5 years old, he knew not only all his colours, but his numbers and letter names too. At his 3-year check his doctor was impressed, by his use of the word 'penultimate'. He was passionate about Thomas the Tank Engine, and collected everything to do with it. He would play the same part of 'Thomas' videos over and over again, and could repeat chunks of the narrative. He also liked watching advertisements and, on seeing his grandmother he would delightedly run up to her and announce, 'Surf Excel washes brighter!'

When he started school it became evident that he could read, but that he found it very difficult to follow a story or think about the characters' actions. He preferred books containing facts, and his interest changed from "thomas' to Cars, which he talked about even when people weren't listening. He found it difficult to sit with the rest of the group on the carpet and he seemed to believe that the teacher was talking only to him-so he was puzzled to be scolded for interrupting. In the playground one day he hit another child, and when asked why, he explained that he was only hitting back. In fact, the other child had tapped his arm to ask if he wished to join their game. He had been diagnosed as having ADHD before we came to Prof Singh. The real case was so different and here we were feeding him concerta everyday before going to school and having more problems when he got back. What I want to say is, we don't invest in our children and just follow the herd blindly. Honestly we save money, we look for bargains and then we feed our children all sorts of nonsense medicines with wrong assessments. This is what I am thank to Prof Singh. For straightforwardness and knowing what to do.

A

Anubhi Sharma (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Srishti was born following a normal pregnancy and her first year was unremarkable. As she began walking her interest in people and the environment kept decreasing and she stopped using the few words she had learnt like papa , mama. Our paediatrician said this was normal as some children develop differently. Her favourite plaything at this time was a small metal ring which was on the strap of my hand bag. She used to fiddle with it for long periods of time. The bag became so much a part of Srishti that when I would take the bag away she would start crying and it was inconsolable. But if it was lost she simply stood and screamed until it was recovered. She was also attracted to running water, loved watching patterns of light on the floor, and would happily stand watching the washing machine revolve. She was inexplicably terrified of the newspaper and the courier being put through the gate. By the time Srishti was 5 years old, family life had become very stressful, as Srishti was increasingly frustrated and destructive, and all trips out were abandoned. She showed little preference for any one person in particular, and if she wanted anything she would merely take and direct people's hands in the general direction of the desired object. She occasionally said words (e.g. car) but did not use them meaningfully and they were seldom repeated. She reacted strongly if anyone moved her possessions, and was distressed by any change, even, for example, if I her own mother changed her hairstyle. Her diet was extremely restricted and she ate only cornflakes without milk and buns with no butter; she preferred particular brands (testing by smelling them) and refused to eat other brands. An attractive child, with an intelligent expression, my daughter was physically strong and agile; we had been forced to place bars at her bedroom window to prevent her climbing out, as she was oblivious to the dangers of doing so. Even so the doctors said that all biological indicators were okay and some children are slow learners and talkers. Prof Singh Diagnosed he and it was a shock for us to read that a beautiful girl had Autism. Why were we not told earlier and guided earlier is the thought that runs through my mind the whole day now. What if I had not come to Prof Singh, what if she had continued like this. With a lot of help we have made many changes and are now trying to help her, but it is so late in my heart.

Sonam (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

When your husband thinks he is young at 40 and jumps women a person like me felt lost, alone, defeated, and unsupported. When the constant chik chik and yelling started ripping my children apart I knew marriage was over. What I needed was a mentor. What I needed was a person who had assisted and helped so many others out on the other side, and could tell me it was better over there. Dr GB Singh could see that I was debilitated by guilt, worry, and old wounds from childhood, marriage, or both and how I didn't realize how all of it was leading me away from happiness and who I really was, and who I still could be. I needed to talk, and feel, and know I wasn't alone. One think I learned in my sessions along with my children (Who also attended the sessions) was to Let go of that guilt. I don't

say that because I believe it's what Dr GB would have liked or what other married women would have liked to hear – but I say it with 100% belief and trust.

If you had met me even ( as late as 32 ) I would have laughed and said, get a life, we can do things and it is in our hands to get over the guilt, hold our head up and persist forward. What I have learned to realise is that talking to my peers and friends only added to my irritation as everyone has 10 different suggestions to attain Bliss and Nirvana. There is no universal nirvana and one persons sagacious advise does not fit all people as our minds are different. I was told by friends to switch on saintly channels to listen to wisdom, hear podcasts and meditate and what not mental gymnastics.

If anything worked it was a scientific analysis of my mental health and clarity of how I was breaking down internally and due to which factors including my own past and reactions to life situations. I have been with Dr Singh for 5 months and 6 sessions with some expensive tests. He has not flipped any switch that I am constantly smiling from ear to ear. He has been able to guide me to self recovery and draw out clear plans for what we need to do. Clarity to move forward has been given. He is a very nonjudgemental and humble person and never criticised anyone. In fact he encouraged me to seek options to see where I click. Very much recommended

A

Abhishek (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionValue for moneyExplanation of the health issue

Okay, it took me 5 months to build the courage to come see a Psychologist. The first one was pretty superficial. I thought I would save money, but it was a nightmare. 8 months ago I was sure I will go crazy one a lot those days. I felt warranted in the feelings was having about so many issues with my partner. Then I tried to have discussions with her about the issues, and it somehow always got screwed and off subject, and she always somehow circled back to old arguments that had nothing to do with the subject at hand, and I was the inevitable guy idiot. I had started to realize how negative my partner and the only bond we shared was when I complained about anyone . I realized that I was getting into a nasty habit of being judge-y and I also started understanding that my ex was always a victim, and never accountable.

Every argument I ended up having, results in it being my fault, even if I was the one with the hurt feelings to begin with. My partner had no ability to argue effectively, and went right for the jugular when I tried to to have a calm conversation about my feelings or an issue that hasn't been resolved.

Even when the Psychological Test Dr Singh conducted indicated I was pithing parameters. She was weeping and said it is all my fault and that I asked Dr Singh to take my side. So much BULL. Obviously, when you don't feel respected or supported, you may start to reciprocate those feelings. Pity is not love, my friends. I was referred to Dr Singh by me friend from my IIT in K and she and her now husband are doing very well and leading calmer lives after their therapy. My therapy has helped me to stand on my feet and for myself and assert my feeling without creating conflicts. Dr GB has a way of putting issues and options across in such a succinct manner that therapy lasted for only 5 sessions and we had our moment of clarity pretty much by the 4th session. I am glad I broke out of my ego not to take help and contacted him.

H

Harshit (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

My wife and I have been sticking together for 4 years of marriage now but this does not mean we have been living happily together. I have been working so hard to be the perfect modern day husband and making my marital vows stick far more often than needed, that I am literally tired as a man fulfilling every emotional need of my wife. I have not been able to crack the code of conduct that is expected from me as a husband. If I could live again, I would prefer to live together rather than marry because if it does not work at least there will not be any fight over money and shouting parents. It have been hard to get my wife for counselling as she thinks that men oppress women and that I should fix my self, and I feel love dissipates once we start verbally eviscerating one another. There's so much bitterness between us that I never thought counselling could be amicable. Dr Singh has been pretty cool with us and has not cast judgement on me or Neha my wife, even when our differences degraded from geniality to downright acrimonious behaviour in front of him. As a millennial I have tried to bend myself to push my dear wife in front, but I am done being a floor mat. It is too much of heavy lifting for me and I am not against love, but I am convinced that our better half's are turning the clock on its head and pushing people like me a bit too very far to get equality. Dr Singh in his least has given us a framework and for me a way to reclaim my sense of self. He has got Her to stop complaining to her parents at the very least. He has also been able to table our difficulties which has so far been impossible to do. It also helps that everything we pay for with him is Income Tax free and claimable for us.

N

N Srivastava (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

My one major regret has been that my parents could not guide me in studies. We were left all alone to understand what to do and how to study with no knowledge of how to proceed. There was no internet, no mobile phones and no resources like the children have today. I have seen my son in an agitated state since class 6. He has been going completely blank whenever he has been handed over a question paper and becomes a stone statue when he has to write. Ask him anything verbally and he will give very good responses. But ask him to sit down and study and even a small noise will agitate him, and he is getting up from the desk with every excuse. Sometimes it is bathroom, sometimes it is asking a friend on the phone what the answer is and sometimes it is, he is very hungry and wants to eat chips all the time. My husband and I have really slogged to reach a certain level and now also we are constantly having to slog it to keep our positions in the corporate world. We thought we have given everything to our only son and now he is wasting his school years letting time fly away. My senior in google had visited Prof Singh and in discussion with her I decided to pay him a visit with my husband and son. Our appointment has been very fruitful and has given us clear perspective about his growth curve and also how to plan his studies. We did not go thinking that our son will have Dyslexia or any Learning Disability and it is my impression after this visit that we were wrong. I now firmly believe that we need to look beyond our ability as parents to help our offsprings and there is so much out there to learn about our children that it is not possible without correct professional help. There are so many myths that are created by society and social and family pressures that the actual reality is lost for most parents. I personally feel our Indian schools are not totally equipped to give us a clear picture of our children's learning progress and by the time we come to know it is too late. Our wake up call is like what happened to us when the board exams are coming near and panic set in. Prof Singh has really helped us to handle our son and treated him like his own child. We are genuinely touched by his gestures.

D

Divya Gupta (Verified)

3 years ago

I recommend the doctor

After Anil's teacher suggested Anil needed to try harder, to take more risks, I assumed the teacher was right. Anil could not read words in class III which had no visual cues, You can see a bat - you can't see a "when" or "why". His frustrations with being assumed as not trying enough by a few teachers who think grammar is synonymous with intelligence have just resulted in high stress, low self esteem and low achievement by my child. Due to the varying nature of the number of disabilities, it can be difficult for parents to recognise it in children, especially as we have not been trained in how to spot all this stuff. Let me tell you a learning problem can affect the way a student communicates and it different for everyone. Once we got a formal diagnosis from the DAI a lot made sense to us. It is absolutely exhausting when your own child does not, not only understand text but struggles at school and with homework. You can spend a frustrating number of hours studying for spelling tests, only for those words to fall out of your kids heads the next day. Until Dr Singh was able to patiently explain everything to us Anil and I were often overwhelmed and lost our temper at each other. Seeing my son go through some of the learning disabilities has been tough for me. The counselling and tests with Dr Singh have surely helped my relationship with my son become stronger. And this has helped me speak to the teachers in a more direct and planned way rather than just listening and nodding my head. I can now

ask questions that I was so afraid to ask before and even if I don't get answers, I know it must be registering somewhere in their minds also.

R

R. Dhanoa (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

There's a beautiful and powerful intention behind the welcoming smile Dr Singh gives you. His mellowness literally translated means, I see you, and by seeing you, I bring you into being. Imagine being greeted like that. He has been able to show me what it takes in the way we see ourselves? Our thoughts, our emotions and our stories that help us to thrive in an increasingly complex . Because how we deal with our inner world drives everything. Every aspect of how we love, how we live, how we parent and how we lead. The conventional view of emotions as good or bad, positive or negative, is rigid. And rigidity in the face of complexity is toxic. We need greater levels of emotional agility for true resilience and thriving. Dr Singh has been crucial in deciphering this for us as a couple.

My father died on a Friday on 2nd november 2019. He was a businessman. My father hadn't been able to keep his small business going during his illness. And my mother, alone, was trying to raise three children, We felt, as a family, financially and emotionally ravaged. And I began to spiral down, isolated, fast. I started to use food to numb my pain. Binging and purging. Refusing to accept the full weight of my grief. No one knew, and in a culture that values relentless positivity, I thought that no one wanted to know.

But one person did not buy into my story of triumph over grief. Prof Singh heard us and got both of us as a couple to authentically relate to my grief and pain. It was a simple act but

that shaped my outlook , I started to move beyond the rigidity of denial into what I've now come to call emotional agility.

Life's beauty is inseparable from its fragility. We are young until we are not. We walk down the streets sexy until one day we realize that we are unseen. We nag our children and one day realize that there is silence where that child once was, there has been peace and calm in every meeting with him. I wonder how he absorbs so much himself but hats off to him seriously. The most difficult part was leaving everything in his hands I must admit. It's not easy and very difficult to do. And we did it and don't regret it.



S

Supriya Nath (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

My kids were struggling in school, but they said their stomach hurts in the morning before class. For me it used to be a common part of the morning routine. My child would lie down on the bed and say I have a stomach ache. And then I have to make a decision. Vomiting without a fever was also a sign of stress we realised as he would vomit most mornings without any medical reasons like and it was my decision if my child stand at home or went to school despite these stomach aches.

Our initial appointment with Prof Singh was for counselling, but testing revealed that his stomachaches were caused by stress and lack of being able to remember the quiz system he had in his class for science and for this he was trying to avoid school. His weakness in remembering and retaining language and answers as well as shyness in speaking in front of his class was so bad that he had started to pretend to be unwell and not go to school regularly. His entire pattern of strengths and weakness was understood after the sessions and with time he is much more stronger in his personality and confident to go to his school. I believe that while children can have learning disabilities, our school system also in no way helps these children from nursery onwards. If these were addressed then, problems would never arise when they reach class 6 or 7. Even if you think your child might be "faking" a stomachache, something real is happening that needs to be addressed. It might be that the child is having trouble with his reading and writing or other difficulties with schoolwork. Or maybe the child is experiencing serious anxiety There's also a chance he is being bullied. These symptoms must be taken seriously for our own future.

Dr. Prof. G.B. Singh (PhD) replied

Its true mam, a lot of such symptoms like you mentioned, vomit, losing a book, misplacing the pencil box, delaying getting on the school bus, saying there is no class today are in the same category and caregivers have to be very aware in todays time about these before it is late in life.

C

Chris (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Therapy is a word that raises eyebrows in our country. When I came for therapy , I was a whole lot worse than I thought. Essentially, I was nonfunctional though I don't think anyone would have ever

believed it from what they saw of me on the outside. The magnitude of severe suffering was masked by my perfectionist practices and behaviors. This mask provided the capacity for me to be a slow and steady ticking time bomb in my behaviour.

I was hardly sleeping, and plummeting down a hel hole of an eating disorder.

I wanted to meet prof in september 2018 but , I was not washed out and exhausted, sticking to the perfectionism, but barely breathing.

To say the least, I was deeply depressed, and so nervous that my self worth had to be contingent on objective conditions. I don't believe I have a chemical imbalance, and so did the prof , but to have gotten in to a behavioral cycle between depression & exhaustion and overachieving & perfection I was a mess .

When I finally came to him.on March 2019 It became too much when I would simply not go through the day and tried to self medicate, and isolate myself completely.

It is a lot to absorb when you hear that there are so many things you are not doing correct. Initially I rejected everything prof Singh suggested , diagnostic assessment included. Over days I calmed down and began to listen to him. Honestly I wanted to save money initially. I wanted to rush my sessions . I soon realised that was far wore than not coming . My last session was particularly calming . I understand what I have to do and the way I have to do it. When I look back I think I should not have delayed from last year to this year. I should have been sincere to help my own self. Chris

Dr. Prof. G.B. Singh (PhD) replied

I guess everyone wants to save money Chris, so why blame yourself. I have seen since I am back that clients even ask for discounts after a session. It leaves a very weird impression and feeling. Very few of us believe in proactive preventive mental health management. It is like very few would go to a dentist for a clean up every 4 months. The need is not felt. We can cut down the consumption of medication by immense proportions if we take timely action and this can result in better ageing and mind-body balance.

T

Tushita (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My relationship was literally finished when I came to therapy and I needed to come to terms with where I wanted to place blame. I blamed my husband as he refused to see a problem in our relationship since the last 3 years. I always told him that we need to address how best to resolve the disinterest of his parents and his constant avoiding responsibility for the meaningless fights, in the pursuit of meaningful connection. Dr Singh has been a very calming influence on both of us though at first my husband resisted everything. I truly believe that everyone has a deep desire to be seen and loved for who they really are. But this is only possible through person to person communication and shared experiences over time. From my first session I knew there is a possibility for improvement and my heart remained hopeful. I used to blame a broken communication system that has allowed him to use text and messaging to be the preferred form of communication for all our issues regardless of the subject, and the horror of his mother reading everything he used to send to me privately without any consideration to circumstance. Every time he said that he is a product of his environment I would get so upset about the choices he made, that there would be constant irritation between us. Dr Singh has been very patient and has helped me engage myself in learning to undo the damage and for getting caught up in such a ridiculous mess of emotional deception. He has been a guardian angel and some of the issues I have discussed with him objectively, have been an experience in itself. As a female, I know how difficult it is to open up to anyone about my private life and if I felt comfortable, then I can surely say without doubt that it was very helpful and has created a base for us to be able to understand a lot of personal perspectives. He has an open office system, which made me conscious at first but it was also comfortable for me personally as I knew I was in very safe hands.

Dr. Prof. G.B. Singh (PhD) replied

We may be the product of our environment, but we can choose to be kind or indifferent. You chose well. Regards

P

Pari (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

College has not been a kind place to me. I don't like the attitude of a large number of people who I have to deal with. The teachers are just to the minimum and my age group is confirmed lost.

I have been under tremendous pressure for 1 year to start nicotine and alcohol and be free and I don't like it or want to be. I have seen some of my friends go back home and some lost to the PG world of degradation. The way I had developed negative self images about my way of Talking and body images made me feel so useless that when I went back home I would lock myself in my room and howl. I do not want to study in such situations. My senior who had not been able to clear her CA exams and had gained a lot of insight after regular therapy brought me to the Dr. It seems weird as I connected with him so quick though he is my dad's age and from October and November I have been able to discuss everything and reform my opinion about work, studies, future and how to look up to myself in general.

How i felt about my body image my looks my anger at a number of matters and why I can accept with time now. At first it seemed so unsettling to share so much intimately and personally but as I became comfortable talking to him, in 2 months I found a mentor and a well wisher. My error was to be discussing in detail with my friends and now I see that at my age they also had a certain idea of life. It is not wrong , but it is not scientific and non judgemental. My brother also now has met sir and is clear on his career path , my parents are feeling better and I am less under pressure to be what I am not. He has been very kind in some instances going out of his way in taking my worried calls and I am grateful for that also.

Mr Mehta (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

It has been very frustrating and anxiety producing for me as a father to watch my 18 year old girl who is determined to do things in a way that I totally disapprove and that also when her safety is involved.

I wish there was one simple solution for this and the reality is there is no solution at all.

I realised in my sessions with Prof Singh that the more I attack the person who was misleading her the more she would run.

Based on my sessions with Prof Singh I have been able to control my anxiety and be able to let my daughter know how I feel. I have visited with her to the psychologist and we have been able to see that as a parent I am not her enemy. I don't like saying this but in the end it is probably nothing one can do because when your child becomes an adult they are allowed to make their own decisions and mistakes.

I am thankful to Prof Singh because he has taught me how not to argue with her and if how she understands about her actions and how they are affecting me and my life how worried and scared I feel about her and if she cares about those feelings how she will change, this itself is made a huge difference.

I have also learnt that people learn from their mistakes and as long as they know that they can come back home and then they have a home they can learn and move on with their life. I have also learnt that I do not have to get angry ot my daughter and neither do I have to break my ties with my daughter

but too accept her and this is something that has changed me completely at my age. Thank you for this

S

Sharda (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for money

I have been wanting to submit and do so again that. I had been with my partner for 9 months and we had met on a dating site and we both agreed to take down our profiles. When we spoke and I asked if he was on others and he said no. I have had a bad feeling lately and decided to check a few and he is on several of them. One site in particular, he has "no preference" marked on everything he is looking for in his mate except non-smoking and I'm a smoker. It's like he wants a non-smoker but won't tell me the truth. Taking the smoking out of the equation, I feel that I am being betrayed on some level because he is posing as single after making it appear that he wasn't on dating sites. I did not know how to approach this subject because I'm sure he will not like the fact that I went on sites to find his profile.

That is when while surfing I came across Prof Singh's site and it took me 2 months but yes I did come and meet him. He has gone seriously beyond his call of duty to assist me and make himself consistently available. It took 3 visits before my boyfriend decided to meet with him as a couple and it was an instant hit off and the test we did was an eye opener for both of us. I did want to had a devious and not totally moral way of seeing if he is not totally committed to me, where I wanted to register myself on one of these sites, in another name without a picture, from a new email account, and send him a few emails saying I am interested and eventually see if he will come on a date, but thank god I listened to sir and he did recommend this as it is deceptive - and I may have not liked the resulting mess when he finds out what I have done. Its better I did not and listened to Dr Singh. What I like about him is his calmness and that he did not pressure us to come back but left it to us when to come to him. One suggestion to you sir is that as you meet 1/2 people a day, getting an appointment is difficult and I wish you worked on Sunday also.

Dr. Prof. G.B. Singh (PhD) replied

Im happy you both are together kid

A

Ashan (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I agree with the lady who has written for Prof Singh, that it can be beyond what we may expect. Anyone who has been in an off and on relationship can tell how frustrating it is. Most especially when you love them so much like they know you so well to know that no matter the circumstance in which the break up is based on, you are always going to make up and start from a fresh page with them.

Almost like you can not do without them and your life revolves round them which is literally speaking true. It's very off and on thing only that he was the one who constantly kept messing us up and each time i kept crawling back to him like i had no life aside from that i shared with him.

We started dating in 2011 and from 2011 to late 2017 he played with my heart knowing i was always going to come back to him. He knew he could break up with me to date others or he was telling me that he is not sure he can be in a relationship because apparently he needed to find out what he wants in life and discover who he is. Let me assure you this happens. You can be a fool in love, and miserable in 3 months after marriage.

What I liked about my visits to Prof Singh was there was no pressure. I felt no pressure to set a visiting timetable, or a target of when we will be okay or if we don't do 10 visits we can't do it. I like the way he can leave it to us to base our schedule when we are comfortable and when we want to. I appreciate what he said "I have the right to choose to come or not" therapy has been a kind of life coaching now where i is it him to discuss and understand issues that would have foxed me some time ago. He is also able to decipher a lot for me and that helps me with day to day coping strategies and definitely i have modified some negative behaviour over time. With time and visits, I am more balanced. Distress comes up, but I use therapy to understand it.

Dr. Prof. G.B. Singh (PhD) replied

That Distress exists is the most important to understand. If there was no distress there would be no challenge. Understanding distress and knowing how to manage it is what matters. You are on your way, kid

H

Harleen (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

How work can influence physical and mental health for better or worse was not very clear to me until I started visiting Dr Singh. I had been experiencing intense and frequent loneliness due to the social disconnection at my work, with low mood, lack of motivation and my coping ability. My family



were for me. I am grateful that my parents stepped in and I went along with their suggestion. I give credit to Dr Singh for how he handled the matter and would not hesitate to share his reference.

V

Vibha (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I never knew that parents can make such a difference and how we grow up and how our personality develops. I decided to leave my house at the age of 18 so that I could study in the university peacefully and away from the day today fights of my parents that was driving me absolutely mad.

Little did I realise that my leaving the house would not ensure that I leave the emotional baggage that I was carrying and I came to a situation where I had stopped touching anything that my father touched as well as have become compulsive in terms of certain actions.

When we came to doctor singh the overriding reason was that 3 of my ROKs in my arranged marriages had broken up and we really did not know what to do and how to proceed because nothing seemed to be going right.

I insisted on a premarital counseling this time because I wanted to understand my proposed partner and I wanted him to understand me better and we felt that there is a significant amount of issues that we individually could not handle but a professional would be able to outline and clarify for us. It's been a pleasure to deal with Dr singh and both of us have had extreme level of comfort in discussing with him issues relating to our current standing as well as future and even how we should plan for our work life balance together. I can say with surety that we try to plan our ourselves and we believe that the best laid out plans will fall in place but we do not give adequate space for failure and most of the failure I have realised from my own personal experience is human failure where we fail to appreciate the other persons point of view because we are bringing baggage from our past. Going through therapy has been an eye opening experience because it is not just about counseling or talking but it is about a scientific approach to understanding our mental health what are our differences as well as getting an objective view of how to manage our expectations.

The most important thing in our interactions has been the significant degree of comfort level as well as the ability to resolve all queries and issues without delaying and the genuineness that we found in him. It helped me know what to do and where minor changes would make major differences.



N

Nupur Yadav (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

When my daughter was having her therapy, I asked prof singh about what I could do to help. He was really helpful, and he actually invited me in to have our own session. And that was really helpful in me understanding how Nupur had these dark thoughts, and how I was supposed to help her start thinking for herself. Nupur would be having, would be feeling a little low. And I would ask her what was wrong, and she said, I text my friend, and she's not texted me back. And she would have these thoughts that, effectively, she'd jumped to the conclusion that her friends didn't like her.

Pro Singh would help Nupur to recognise that there's a different way of thinking about why her friend hadn't text her back. The battery was dead on her phone, or her friend was busy. The more often we did it, the more often she would start to lift herself out of those thoughts herself. And that would help, help her think in a different way.

Whilst everything was going on with Nupur, I realised that I was depressed as well. I was suffering the low moods, irritability, tired, no energy. Just seemed to be sinking, spiralling out of control. Just wasn't getting any better. My brothers, and sisters, and cousins, everyone was there. Not overbearing or anything, but a phone call, how are you doing? And I found that so important. Because soon as I started to look after myself, that impacted Nupur. Because if I was happy, and positive, and energised, she became positive and energised. And as we learnt in our sessions even when you don't feel like it, you've got to lift yourself up. And if you keep doing that, it will pay off. They will feel it.

You've got to look after yourself as Prof Singh repeatedly emphasised.

A

Abhishek (Verified)

6 years ago

I recommend the doctor

Happy with: Treatment satisfactionDoctor friendlinessExplanation of the health issueValue for money

Simple Help

When I was very low or depressed, I would engage in self-harm behavior. You may be surprised but this meant I would start cutting or burning my skin even banging my head against my table. Parents were not very calm in order to try to understand what might be going on for me. My self-harm was transient and did not last for a long period of time, but normally took place when ever I felt anger, distress, fear and overwhelmed or hopeless. I think I just wanted to cope with something that felt very difficult.

I think with Dr Singh I learnt that my trigger was a variety of things, including relationship difficulties, trauma, abuse, bullying, negative life events and general pressure around exam time. Cutting for me release all the built-up anger and frustration and pain I felt inside. There are many things that happen to me in my life which cause the pain I feel and how I release it. Mostly the feelings of isolation like being outcast pretty much from relationships altogether. I don't feel like I am a very stable person and I hate myself a lot of the time. School is stressful, home life I can't handle sometimes. What Dr Singh taught me was something I wish my father had. how to Feelanything else apart from the distressing emotion, not escaping from fear, depression, fear or guilt or distressing images. How to relieve feelings or anger and frustration, and how to regain a sene of control to gain a sese of belonging

Dr. Prof. G.B. Singh (PhD) replied

Please reach out for help where ever you are. It is not a sign of weakness. It takes considerable strength to come forward and seek help. Also the world is changing. If you can't find help immediatly at home come and seek assistance and then call your parents. Everything can be worked out.

V

Verified Patient

3 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Those of us who were raised by parents who were unsupportive or abusive have an idea of the kinds of experiences that might be causing some of our problems. Others have read stories of really disturbed families and messed-up childhoods, and believe That's not me. I had a good family so it makes no sense for me to feel the way I do. However, sometimes even with the most supportive family members who believe they are doing the best for us, we can find ourselves locked in a web of symptoms and pain that we don't understand. Very often in our closed society and structure we tend to hide everything because we don't want anybody to know what is happening to us and this is the waorst thing that we can do. My husband and I have literally been brought together, but the good work

that's been done by Dr Singh, and this is something that only can be experienced to be understood and it took us one session to make up our mind

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I was referred to Dr Singh by my classmate from college Who had a son who was delayed in his overall developmental milestones and his speech also was not very age-appropriate even though he had reached the age of six years. Her experience with Dr Singh was extremely significant because she mentioned something about Neuroplasticity and asked me to talk to him about our daughter who was six years old and showing certain signs which I was understanding as very high IQ and a very high developmental potential. I have to admit that in my first conversation with Dr Singh I feel so embarrassed that the Kind of questions that I asked him. when I look at it now it was so petty that it is amazing how he kept his patience and did not pull me up for my slackness , is how I would describe it or even casualness is how I would describe it on my part. I also have to apologise because after the first meeting my husband dissuaded me from proceeding to get our daughter assessed and checked because the fee amount of the entire assessment was coming To be around Rs.30,000-Rs.35,000 with all the tests and the diagnostics that were to be done and how I regret it, because when I look at it now I feel that I should've had the capacity to take this decision on my own as a working woman, because I earn my own pay-check and I should be dependent on myself and not anybody else when it comes to my child. I want to thank Dr Singh for taking interest in my child when I called him up the second time and the test that were done for my child. when I sen the reports to the United States to my sister who is a consultant in neurology she was absolutely amazed that the assessments that are done by the American dyslexia Association had been done for me in her language "for peanuts". In her own manner and she advised me that if the same tests were done by a psychologist in the United States it would have cost me a minimum of \$3500 and that the results were so accurate that the assessments were valid not only for India but for the United States , also were we ever to come out to the US, we would not need to have the child reassessed given the fact that the same assessments that they would have conducted were conducted by the American Dyslexia Association under the IDEA. I am very grateful and I am very humbled by the kindness shown to me by Dr Singh although initially in the first meeting I felt as if he's going to refuse us if we were to go back to him and one of the things I also realise is that we have to break free from the mentality of our parents generation ,where we feel that everything will be alright and all that needs to be done is to discipline the child which I realise now is one of the most incorrect and I would say heartless options that are there and provided to us by our parents. I will be very honest the money of 35K + did hold me back but I realise that had better sense not prevailed on me I would have had not only And extremely awkward child but also someone who probably would have had no opportunity in this academically oriented world and it is with my

heart that I thank Dr Singh for the intensity with which he helped me despite my initial attitude towards him. I hope that other people can learn from my mistakes.

Dr. Prof. G.B. Singh (PhD) replied

Good evening sir / madam Yes the assessments of the DAI are valid for the US and other countries. Some more information about the IDEA is provided and can be useful for parents planning to go to the US for on site appointments or permanently USA The Individuals with Disabilities Education Act (IDEA) is a law that makes available a free appropriate public education to eligible children with disabilities throughout the nation and ensures special education and related services to those children. The IDEA governs how states and public agencies provide early intervention, special education, and related services to more than 7.5 million (as of school year 2018-19) eligible infants, toddlers, children, and youth with disabilities. Infants and toddlers, birth through age 2, with disabilities and their families receive early intervention services under IDEA Part C. Children and youth ages 3 through 21 receive special education and related services under IDEA Part B.

V

Verified Patient

6 years ago

Visited For Family Problems

I recommend the doctor

Psychological Assistance

I am the son-in-law of an extremely well-known and famous man, a man after whom the movie was made which is called 'AIR LIFT'.

I work in Kuwait, as a CEO of a bank, and I would like to take this opportunity to put on record, that when my family which includes my extended family, and not necessarily per se my wife or children, needed a very experienced as well as a reputable psychologist, we chose Prof Singh, and I would also like to put it on record that we chose very wisely, because we were not disappointed after our meeting and interaction with him.

Prof Singh is an extremely balanced, very fair, extremely nonjudgemental, and the caring human being, who would look at all perspectives, before making a decision, or even advising any of his clients. Some of the insights that he has provided, to the family have been remarkably foresighted, have assisted in us reaching a considerable number of decisions, his clarity has also ensured that, never has there ever been a client confidentiality conflict, and that the greatest, and the highest levels of the decorum as well as proprietary have been maintained at all times in his dealing with all of us.

As some of us would know who have benefited from my father-in-law's (HARBHAJAN SINGH VEDI) selfless dedication, to being one of the most well-known and the wealthiest of all people living in Kuwait to helping over 1 million Indians, come back to India, I feel proud today to be a part of that family, and I feel proud to be a part of the bloodline, that has always done the right thing, without hesitation or thought for their own self gain.

It took us a lot to zero in on Prof Singh, as a choice for our psychologist, in fact I would say as a choice for our family psychologist now, and I am sure that my father-in-law would have supported my decision, because, Prof Singh comes across as a very impartial, nonjudgemental, humble and also as a person who would never view his client in terms of their social status or what they are, but work towards helping them, so that the integrity of the family as well as the integrity of the situation is maintained.

One of the things which I particularly liked about Prof Singh was, that he has a foolproof client confidentiality system in place, and I am amazed to meet someone who is absolutely clear about the fact that whatever you do he is not going to talk about one client to the other, or between the clients. I also like the fact that he treats the family and specially the husband and wife as a unit, and I really don't know how he does it, but he has this ability to see through you and look at the issues that are facing you and understand them perfectly, and this can at times come across as a little bit scary. His documentation is perfect, his recommendations are absolutely accurate, and I would wholeheartedly recommend him to all the expatriates people of Indian origin who are living in the Gulf.

If my father-in-law on whom the movie 'AIR LIFT' was made and whose name was HARBHAJAN SINGH VEDI, was there today I'm sure he would have approved of the fact that his children are in good hands because, I recall that when I asked him for a reference for an accountant, even though he had one of the best accountants, he preferred not to refer that accountant to me because the primary thought in his mind was that, there may be a conflict of interest, and I really like this fact because when I look back at it, I realised that it is always better to keep issues separately.

It is without hesitation I would mention to all those who have benefited from my father-in-law Mr. HARBHAJAN SINGH VEDI, that if they want someone sensible they should not hesitate, the way I did not hesitate to go to Prof Singh.

After all the consultations my family has had with Prof Singh, and my own interaction with him, I could not be more agreeable to his philosophy, that a family that stays together, always prospers together, and that there is nothing more important than a husband and wife as a unit, and that integrity in relationships is one of the most crucial pillars on which life is built, and I am proud to be a part of a family, which has built itself on sheer hard work, as well as integrity, and I dedicate myself, to my wife and to my three children, who I think are my life, and after meeting Prof Singh I realised that, I can write it down with complete clarity on this forum, that nothing comes before my spouse and my children, and as I have learnt from my father-in-law, and the principles which have come down to my

wife from her father, the correct choice is always the best, whether it is a marriage, having children, or selecting an appropriate doctor.

I would like to put on record my appreciation to Prof Singh, and I thank you for his unbiased assistance and services, and the dignity with which she has treated my family, specially my spouse, as he does with the others.

Vikram Shekawat

CEO National Bank of Kuwait

Kuwait

V

Verified Patient

7 years ago

Visited For Depression CounsellingMarriage/ Marital Counselling

I recommend the doctor

Visited due to an abusive relationship

It's quite a terrible thing to admit that you have been in two abusive relationships. Confessing that though,I must add that calling the things, right names is the first big step in recovery. Ironically, when I met my boyfriend ,I was quite aware that my previous relationship had been abusive but I wasn't able to realize that things were going the same way again. I wanted love so much that I denied all signs right from the beinning .

When I started dating my first boyfriend at the IT firm we work at , I was a 21-old-year-old depressed girl with family problems. I had a weak health, poor self-confidence.

Right from the beginning I knew that something was wrong, but my intuition was silenced by the hunger for love I had. Later in our relationship I realized clearly that I was suffering, I wasn't able to identify the source. It was standing next to me and I was calling it love.

Being in a relationship was like being locked in a prison, being tied up and unable to speak. Sometimes when we were out together I "disappeared" for the whole evening and curled in a nook. I felt better away from him, away from his mordant words. My eating habits were never okay, but with him at times I wasn't able to eat at all, as he used to scold me in restaurants and even at home for "bad table manners". I was not a sociable person by the time I met him, but I wasn't a lone freak either. Gradually he made me believe that I have no friends. If I had any, I wouldn't introduce him to them because I was so afraid of being embarrassed. So he discouraged me from making friends and on the other hand he criticized me for being a loner.

I managed to develop a kind of bipolar life. In some dark moments I was desperate with pain, and in the clear moments I was able to write a whole page about my boyfriend denouncing how evil he is. Guess what I did with that page later? I threw it out and persuaded myself to forget about it. I guess I could read a whole book on relationship three times and I would never admit that "this applies to me too." Love is blind, the saying goes, and I was blinded by fear.

There were many obvious signs that he didn't care about me: he didn't give me any presents for birthday any festival, didn't keep promises, he didn't return things that I had lent him. I apologised for him, believing the excuses he gave me. I did office work for him and he hardly even thanked me. If I didn't do his work for him, he would shout. I was an excellent student compared to him but he never wanted to hear anything about my successes. He accused me of hurting him and showing off. He was the king in my eyes and the loser was always me.

When I got out from this relationship, I realized there hadn't been even more serious stuff going on. He assaulted me physically more than that the worst assault was when he held my neck and pushed me towards the wall. I was petrified and tried not to make him more furious. He never apologised for this, and I believed "I deserved it" because I made him angry.

Then there was also a great confusion in my head about our intimacy relationship. I thought that everything was okay even though I remember myself going home in pain and him scolding me. He didn't care about my feelings. I thought my life was just okay but later I developed a gynecological problem.

I remember he could get furious about just anything and start to yell and kick things. Once he called me bad names just because he couldn't find his keys. Another time I was with him with his coding and he wouldn't stop shouting at me. Was I the one to blame for his laziness? Sure I was. I believed that if I had behaved well, he wouldn't have got angry.

We never argued in the true sense of the word. He had his requirements and I submitted.

It was the 10th Diwali when our relationship started to break. I was so afraid of losing him that I would negotiate his insane accusations and try to submit. He didn't like that I am not a "sociable person" (i.e. drinking and driving fast with his friends), that I don't wear make-up like the other girls and that we don't have much in common (which was true, no matter how hard I tried to resemble him and his friends). This is when I started searching for psychiatrists and eventually started taking medicines for anxiety. But this kept on increasing and eventually my roommate suggested I meet a good psychologist. Meeting Dr. Singh was a lifesaver and the first few sessions allowed me to understand what was happening and why it was happening. The Doctor held my hand through the process of going off medicine and getting my sense of dignity back and I am so grateful to him for this.

Where my boyfriend was concerned I negotiated with him and soothed him for two months more but our relationship was coming to an end. No matter how I would try to satisfy him, he became bored and for reasons that I don't remember, he wanted me to leave. I thought my life had come to its bitter end. My "last offence" was that I cried in front of his mother, because I felt so bad. It was "agreed" that I would not discuss our relationship with anybody else including my and his family. He gave the reason that it really hurts him and I had swallowed it.

I was beaten, broken, but with that kind of faith that gives you courage. I had tried to do everything he wanted me to and it didn't help, so my foolish head I assumed that I am not worth him. It gave me a certain light. I realised that if I had belittled myself to nothingness, and it hadn't helped at all, all then there must be something else going on. The pain didn't seem unbearable from that moment on.

Dr. Singh realized after meeting my friend, as he said to me that he loved you only until you started to demand greater freedom. When you stopped worshipping him, you were no longer attractive to him." It took me another month to realize that it was true.

This all sounds pretty terrible but I considered my boyfriend a weakling, an unloved child who needs a mother. I tried to help him, but he wanted me to be mother and a total intimate friend at the same time. In this schizophrenia I felt lost and guilty. It was here that Dr. Singh was my greatest strength and I felt cocooned in his caring and warm words, his healing touch and his therapy which was so logical that it helped me self-realise where I was going wrong. It was bliss because I wouldn't have been able to break free without help of Dr. Singh.

I consider breaking free a great success and also that I ended this relationship within half a year of coming to Dr. Singh even though I felt so powerless and scared, I managed to get out of my boyfriend's influence. After several weeks my health has improved and I have more energy. The traumatic syndrome is still haunting me from time to time, but I have never lived so fully before. I wish all those who are trapped in abusive relationships that they find an efficient doctor and can get out and live in freedom again. My advice to others is to listen to your intuition always, it's not embarrassing to find a good psychologist and talk, than to get blinded for years gradually! If you feel something is wrong then there is something wrong.



One thing I learnt from Dr. Singh was that if you feel terrible, than you are suffering and if it's not getting any better no matter how hard you are trying, the fault is not yours. Quite the opposite- the manipulator sees your efforts as a threat to his power and so he tries to push you back. Thanks to the effort of my psychologist I will neverb allow myself to fall in this trap once again and I will consult him without delay even for the slightest issue.

V

Verified Patient

7 years ago

Visited For Depression CounsellingStress

I recommend the doctor

From the age of 18 I have been struggling with my weight. Then when I entered college I started to feel very conscious of my looks, specially when the boys and girls would look at me. Maybe it was my imagination, but I felt so conscious that I started to eat less and less every day. Now at 24 I am just not able to eat and this has affected my energy levels and also my face which has got wrinkles. It also affected my monthly cycles and that is when my Gynaecologist referred me to Dr Singh. Meeting him was difficult as I don't think I had any Psychological Problem. But when I did meet him casually thinking that let us see what a Psychologist has to advise, I was deeply disturbed. The months that I have spent in Therapy with Dr Singh gave me valuable insight into my struggle with what he diagnosed as anorexia nervosa. The doctor has always been firm yet compassionate and fostered an understanding of the general and specific causes of my illness. Slowly as I reached optimal nutritional status, my emotional and mental state improved greatly. My ability to understand myself and my disorder increased dramatically. I was also shown a varied number of ways to fight back, such as being encouraged to use my voice to have my needs met. In the time that I was in treatment, I learnt how to speak with confidence and began to feel free to ask for things that are necessary for me to feel empowered to be a person and not just define myself by the number on a scale or how my clothing fit. Lately I was taught about Exposure Therapy. This gave me the opportunity to better understand my relationship with food and showed me how my thoughts about specific foods were simply not valid. One of my great fears regarding food is sugar. Through sessions that took me back to exploring this specific food as a child would, I have come to understand that sugar is simply a food and does not have any of the bad connotations that I had attributed to it: It has a place in an everyday diet and is an energy supply. This does not mean that I no longer struggle with issues surrounding sugar, but it has given me a basis to be able to refute what I find to be scary about it. And this gives me strength to fight my self-taught and what Dr Singh called "Internet Doctor Syndrome" misinformation regarding my daily eating patterns. Exposure Therapy gave me ways to look at the very basic fears that I have to confront on my plate daily. I am very thankful to have been given the opportunity by Dr Singh to regain a relatively normal relationship with food and the ability to understand the things that I need to do to maintain recovery. Now I am no longer exhausted, frustrated and miserable. I am not so conscious about my body anymore. I accept it the way God created me. The most important thing which I liked was the time factor. This therapy was not easy, but my problems were also not easy in my mind where I was just thinking of how I look. Dr Singh helped me recognise the problem for what it is, and combined research-based guidelines with excellent guidance to give me the best possible chance at a real

life. Now I am employed as an account manager with a leading mass communication company and can handle myself confidently. I have incorporated a monthly visit programme with Dr Singh, where I sit and discuss various concerns that still don't go away, and I like it. I like being able to express myself freely without being judged and being able to talk about my inner fears, which I cannot even with my best friends. I get objective guidance and understand why when I went to USA, everybody has a particular doctor they go to regularly. First I thought it was so funny. But not now. Now I understand how the correct help can prevent mental distress from going out of control and becoming a life altering factor. I would recommend my doctor to anyone who wants to get better and stay mentally healthy for life. I hope my experience with fighting with myself can help other women and also men to get help in time wherever they may be living.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction

My gratitude is to share that I trusted and was helped by my doctor. I am Sagarika resident of Gurgaon. I am separated from my husband from last 24 years. My life experiences were full of sadness and loneliness. My father was serving Indian Navy and was posted in Ahmedabad, there he met my mother while attending few events and it was a first sight love and it all started from there. They were into this relationship for an year and decided to get married. My mother was full of happiness that she married the man she truly madly loved. But after 2 months she got to know a shocking news that my father was already married and had 3 sons from his first wife. He was not separated from his first wife and now he married my mother. My mother was in a trauma. She was not in a situation to leave my father as she was pregnant. She was in a deep pain. The man she loved the most broke her trust, played with her feelings. She was going through an emotional trauma and yet was not able to take step. My father decided that my mother will stay in Ahmedabad with me so that I can complete my studies in Ahmedabad. After few years when I was 9 he moved with his first wife and sons. They misbehaved with my mother and with me and we had no option as we were emotionally physically and financially weak. They kept on blaming my mother. I realized the society is very cruel, it's very common to blame women as this a male dominating society which doesn't support women.

I have seen such depressing events in my life but my mother always tried to hide her pain and sadness from me so that I can concentrate on my studies. I always did well in my studies just because of my mother's efforts.

My father came back when I was in class 12th and then again he wanted us to shift to his native place that's in Haryana which turned out to be the worst decision. We both suffered a lot, my brothers didn't accept me and my mother. They hated and bullied us.

I was doing my graduation and one day my eldest brother came to my father with a good marriage proposal for me. My father was so happy as he thought first wife and sons accepted us. And the worst part is we all were living together under one roof. while I was in my final year of graduation when they decide me to get married which was arranged one,chosen by my brothers. I was too young but still I accepted the offer and kept quite as i wanted to see every one happy. I was in an impression that they might accept my mother too. Because over a period of time they realized that my mother is good at heart. I was so happy that at least I will be getting married to a person who is well settled in gurgaon but my dream got scattered in front of my eyes. That was the worst time of my life after my marriage. They told everyone that I am not their real sister. They abused me and my mother. This was their planning to spoil my life, to take a revenge. My husband left me after 6 months of my marriage when I was 1.5 month pregnant. My father was too old to fight with their own sons for me. He died after one year and I gave birth to my son. After my father's death they tortured and abused us, finally they asked us to leave the house. I never imagined that this will happen to us after suffering and struggling so many years. I have gone through so much in my life . I got selected for a teaching job in a school and started teaching maths . I was earning and taking care of my son and mother.

My mother is getting older and now she is not ready to accept life's situation. I was in a trauma and discussed with my colleague, she referred me to Dr Singh in Noida. He is a psychologist. I went to him and discussed with him. He is very humble person and gave me a path to walk. He suggested me how to live my life without thinking about anybody else. I am not here to feel lonely.Now my life and thinking is gradually changing. Whatever I suffered it was not wroth it. Now I have a different point of view about life. I feel positive and energetic towards life. My friend told me that he is expensive too but after meeting with him and taking one session from him I thought it's worth it to consult him because it was a turning point in my life. One thing I know. It takes time to heal but it helps to know how to develop strength of one has a good guide

V

Verified Patient

6 years ago

Visited For Stress

I recommend the doctor

Happy with: Treatment satisfaction

The nature of the trauma that I was going through when I came was such that, when I came to Dr Singh because I was experiencing situations that have left me with distressing images, thoughts and feelings and bodily sensations that would appear out of nowhere after my divorce. It is extremely difficult to describe what it means to have nightmares and flashbacks that appear out of nowhere and will you feel that you're constantly on the edge and ready to explode.

It has taken almost 2 years to come out of the current situation and seek help, and my sister had been to Dr Singh and referred me to him because I was just not able to quite and internal chaos with all the unhealthy relationships as well as the unhealthy behaviours that had been dumped upon me and I was suffering from. I have to appreciate the fact that Dr Singh went about everything in a very scientific manner, and rather than just reach a diagnosis based on mere conversation he used methods that showed me what I was facing and eventually I realised and began to appreciate the fact that I have been through unresolved trauma as well as what I was going through was a traumatic stress disorder. The few visits that I have had with him have been able to give me the strength and the ability to understand what I am going through and how to deal with it specially the way she has facilitated the reduction in relief of my depressive symptoms along with the anxiety anger, and the sleep disturbances I was facing based on the relationship stress that I had gone through. In a way I have been able to explore my mind, body, as well as the triggers that were damagingly in my day-to-day life and has helped me get sorted out a little bit. With his help I have been able to stick myself and rewrite what I really want to do and understand that I have to start living my own life, and not leave much room on a daily basis. It's very difficult to accept that you have to change yourself, and that there's nobody else was going to do the changing for you, but this knowledge that I have gained from him by talking to him repeatedly has given me a new purpose and meaning in how I am approaching my day-to-day life. initially when I went into consultation with him I thought that I would be able to find a resolution almost immediately, but I realised over a period of time that there is so much introspection that has to be done and there is so much that has to be brought out, that it has also helped me appreciate the entire process of growing up as a child, as well as how my schooling years have effected me and the kind of choices I made. Dr Singh is a wonderful conversationalist, and during the entire process of just talking to him, I began to understand where I stood than that how I have to move on in life rather than keep brooding over the past. There has been no miracle cure but, they definitely has been a appreciation of what I have, as well as an understanding of how I have to move on in life rather than just get stuck in one area which would be nothing like but going in circles in circles. he has been a great help, a wonderful guide, and a very non-judgemental therapist, and this is something that I appreciate it a lot about him, along with his surprising ability to be able to read what I was experiencing in a profound manner. Sampurna

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Marriage Counselling and Emotional Issues

When I came to Dr Singh, the only thought that was there in my mind is that I do not want to be made fun of. I had been storing memories for such a long time that I had forgotten how to be open frank and what it meant to speak my mind. My husband and I met 10 years ago on a chatting website , and we started talking but I was very shy, and I do not even remember how we managed to gel with each

other. I remember we would talk once in a month for almost about an hour or so but over a period of 2 years my feelings got stronger for him, and one fine day when he proposed to me I accepted it. Constantly throughout the first seven years I feel that I have been suppressing myself if something is going through my head, and I did not want to regret doing anything wrong or not loving my husband. I agree that I was very pampered after marriage, but slowly the pampering decreased, and I am still not very confident when it comes to speaking because of the everyday tension that we have been going through. Almost 6 months after I got married I lost my job, and when we managed to get a job for me, I feel now that I am at almost 10% of my productivity level because of the fact that we fight a lot.

I remember we never went on a honeymoon, and I also recall that probably the problems began before marriage because my husband says whatever, and even before marriage he said that maybe we should not be getting married. Slowly I realise that if he wants something he will never budge and I have to let him be the dominant one but the saturation point came about 12 months ago, and I cannot say sorry animal. He told me that I don't want you to say certain things as words hurt and all we have been doing is that I am the one who has been buying peace. I did not want my marriage to fail because it was out of my own choice and, it was after a lot of searching that I first came and met Dr Singh, and then somehow I have been able to bring my husband also to him and we have been talking to him and taking counselling and therapy as to how to build our trust back in this marriage. I know that there is a lot of fear in breaking up such as hurting the other person and having the other person resent you, and this is the reason I did not want us to be at a situation where we are not able to bring back our marriage. Dr Singh we have been able to break down the necessary steps to achieving a situation where we do not reach the point of breakup, and I think what we have realised is that respect can be even more important than love.

As Dr Singh explained to us that love without respect can be very dangerous, and that it can crush the other person sometimes quite literally, we have greatly understood how to respect each other in the last one year, and reach a relationship of respect where today I can say that my husband is able to understand me as a person and a unique individual and has learned how to merge his needs with mine. I am writing this as I hope that many other people will benefit from my story, the way I have benefited from what people have written, which was how I found Dr Singh. He has helped us come together, he has helped my husband to understand me, and we are now thinking like mature individuals rather than in an emotional way the way we used to do in the beginning.

Priyanshi Sharma

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

## Relationship Problems and Marriage Counselling

I always believed that marriage functions as an attachment relationship, and when we got married I was assured that we would be able to incorporate all of our differences into mutually understandable as well as workable issues. I came from a very stable family background, where marriage was viewed as an intimate adult relationship, which is linked to the quality of functioning of the entire family in many aspects. However my spouse came from a family background, where the loss of her father had led to very high degree of insecurity, as I realised in the therapy sessions with Prof Singh. Coming to the doctor has made both my wife and me realise that marriage influences and can be influenced by various family subsystems, as was explained to us. As I come from a very stable as well as a very close knit family, it was my assumption that every arranged marriage will have some problems attached to it, and that it is to be expected that there will be a level of instability. But seven years of instability, was a bit too much, and when we came to Prof Singh, I was tired of being told that I can leave home whenever I wanted to, because the question that was running through my mind was, is this not my home also. The anger issues that my wife was facing, and was admitting to not being able to control, were beginning to impact me because we have a 18 month old baby girl, and this was not the way in my mind I was going to bring up the child.

I would rather be alone rather than live in a emotionally violent environment. We have been working with Prof Singh for the last six months and, we have been working to understand how to cement our marital attachment bond, because there is a great deal of insecurity in the Relationship that my wife shares with her family. whether it has been understanding the entire issue from a different perspective, or it has been the experience of going through therapy, we both have managed to reduce our stress levels to a very large extent, and today we can say that although we may not be perfect, but Prof Singh has definitely managed to open a line of communication between the two of us where we are able to talk to each other rather than just be judgemental about the other person. It has always been a pleasure to speak to Prof Singh, and one of the good things about visiting him is that we have been able to structure our visits to him based on our convenience rather than being told to follow a certain pattern, and this has allowed us to work on our problems ourselves also and at the same time continue to come to him as and when we have required his assistance. We appreciate the fact that we were never pressurised, and we never felt as if the visit was a commercial issue. I would unhesitatingly recommend him as a person and someone who can make you feel at ease however, uncomfortable you are. Robin Sharma

V

Verified Patient

6 years ago

Visited For Anxiety And Depression

I recommend the doctor

## Depression after birth

I found myself extremely depressed very soon after my daughter's birth. I was overwhelmed with being a mother for the first time, and I also had my hands full supporting my chin who was suffering from jaundice. I never knew what I was going through until my father took to visit Dr Singh and with him it took a little while for me to fully admit, that maybe I was extremely stressed and burnt out. The main thing is that the doctor was so reassuring that what I was going through happens and that it was also okay to be going through it. I had no reason to be embarrassed about it, or to hide it. I have been through times of depression before, so I knew that there was a strong possibility that I would suffer depression after the birth of my daughter. I went through denial about it, anger about it, and through thinking that I just needed to change some things in my lifestyle. Eventually I got to a place where I knew I needed to address what I was up against.

I want to thank my father that he first went and found the correct doctor and took me so that I could start to feel like myself again. With Dr Singh's assistance I am still addressing my post delivery depression on a daily basis, but I am getting better. There are a few things that helped me along the way. The first was my father noticed and sought out help. We went to a counsellor who immediately saw all the red flags, signs, and symptoms of postpartum depression. He helped my husband and me to realize what was going on, and why I felt the way I did. This helped me to get to a place where I knew what I was up against, and that I could not go at it on my own.

Talking to Dr Singh was a huge help in helping me decide what direction I wanted to go with help in dealing with my depression. He actually guided us on the options just having someone to confide in about what was going on, and so much more was strangely relaxing. This was a huge moment for me, as it was also the moment when I first realised that I could and would get through this.

After 1 year I can say that I went with the option that was best for me, and what fits into our life style. This ties back to why talking to my doctor was so important. After meeting Dr Singh, I knew that I needed to deal with this for my baby, for my husband, and for myself. I was not going to let anything make me feel ashamed for getting help in some form. I also am so grateful to my father for helping me out as alone I would not have been able to do it on my own. It could have been worse than I could ever imagine, and I am grateful I got the help from a wonderful human being full of gentleness and genuinity. Trisha

V

Verified Patient

6 years ago

Visited For Dyslexia

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

## Dyslexia

I am 26 and two weeks ago I was assessed for dyslexia by Dr Singh. Let me say this to my parents. I wish you had addressed my dyslexia as soon as it was discovered, that I can not pay attention or read and learn what I am reading. The longer I could not read, the more I have felt "crippled" in our Indian society — which depends on the written word for learning, employment, driving, shopping, reading menus and even worshipping.

Progression in many facets of my life halted when I could not read and memorise. From science I went to having to take history and I continued to grow physically, but faced a mental and intellectual obstacle, every step of the way. My Dyslexia, especially as it was unaddressed, has left scars on my psyche for life that I am not good enough.

The sad part is when Dr Singh asked me why I wanted to know at 26, and in a very kind way, not a bad way and I wanted to say, because no one wanted to see the reality and that my dyslexia was leading to rejection and isolation. The way I was treated in school when I could not answer immediately and felt silly when picked on by some teachers to read aloud. My prophecy became a reality. How to tell my teacher Mrs. Shubha that Ryan is a great school but if you don't understand that if my brain cannot perceive the words on the page correctly, calling on me more is not going to help the situation. You only will help me create a direct link between my learning disability and social failure? Yes in my case it was in my face. Negative emotions were consistently and continually conjured up in my mind and embarrassment and shame are two emotions that have lived with me as I work my night shift and as my delayed identification causes a ripple effect in my health, for the rest of my life.

I got tested because I wanted to finish the circle of up chalking up another failure and another embarrassment. I did not want my job to go because of dyslexia or the fact I cannot do what other children can do. I got tested because I can now pay for it myself and I wanted to break the connection between my dyslexia and humiliation, by understanding how to make myself better. And I thank Dr Singh because he taught me like a son how not to end up withdrawing from relationships and feeling like a social misfit the rest of my life. How to avoid developing into an anti-social personality that is unreachable from anyone who wants to offer love and support. How to manage my aggression to cope with embarrassment. That this is a protective mechanism, as no human wants to feel humiliation, and how to withdraw.

From Dr Singh I have learnt how my brain perceives the pattern of going to work now as it was in school and caused humiliation, and how I did everything to avoid the pain. I am realising and learning I won't know or understand I am doing this, that it happens automatically as a result of how my brain works.



I am now learning that if I feel humiliation, there is no freedom. It is a taskmaster that demands greater and greater negative feelings to support it. It is a taskmaster that tells me to look at every situation through the eyes of humiliation. Dyslexia can cause great unhappiness. It has caused it for me, and I got tested because the only way to break the connection between my dyslexia and humiliation was to address and overcome my disability and with Dr Singh's help, I am getting it done.

SK

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Explanation of the health issue Treatment satisfaction Doctor friendliness

Constant Sadness and Desperation with life and Medicines

The first aspect of understanding myself was when Dr Singh showed me that if I ever have to think of good mental health I have to think of being able to look at myself in the mirror everyday and say I'm happy with what I am and that I'm satisfied about who I am and what I say and do.

Before I met Dr Singh, I was on Flumil for 8 years and now I have the ability to question myself how easy it is to be happy if I want to be. Well as I learnt in therapy, it is not easy to be happy, but Dr Singh did teach me not to be unhappy, and that change made all the difference in my life. He taught me how choices come up and how we make our choices when life changing events happen.

As a Army Officers wife, every 1 year we moved stations and no one can imagine waking up every day feeling like you can't live with yourself. I had no no motivation or interest in anything. This is the reality I faced after 17 years of marriage once the children started to reach class 12th. Coming to Dr Singh was so difficult because I could not convince my husband that we need help. There is no such concept where he works. Eventually it was all my voice and it was up to me to help myself and learn to protect myself and support myself.

I have fought her depression every day for 8 years, but did not know how to look after myself, how to exercise and what medical treatment to seek. I have battled long and hard on a journey to be at peace with herself and to be well. After meeting Dr Singh and saw issues in a new light with proper therapy

which was based on a time frame , I realise how how brave, foolish and how desperate I was. I feel embarrassed when I think how I must have driven Dr Singh crazy with my screaming and yelling.

What I appreciated through all my constant meeting was that while I felt like he was pretty quiet and I didn't get to know me as I wanted to, I realised that depression was the culprit which could not make me thing straight. Today I can say sadness can twist your thinking and I wish I had the courage to get help which was there under my nose and I felt scared about what the doctor would this of me.

I thank you Dr Singh because my journey has been very long and you had the have used a lot of tools to help me. You have educated me, made me realise no one is immune, howsoever strong they are and that we can not run away from the problem, but face it. I wanted to write about my self because I feel free when I express myself and because it is very dear to my heart. I don't want the same thing to happen to anyone as what's happened to me. As my doctor said, once it is done it is done. I am special, unique, and cannot be replaced. That still stays with me. Mr. Goenka

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction

Stress , Anxiety and Hopelessness with Depression

I started exhibiting symptoms of anxiety in my office and my GM and friends told me it was just something any new Team lead goes through. The physical complaints, like headaches and stomach upsets quickly led to a situation where I was not able to step out of my house on time and could not reach office also on time. The distress was immense as was the stress and pressure.

I was concerned and worried that the change might prove a problem, so I initiated a visit to Dr Singh even though I never liked going. It took me a month to get an appointment as he was also busy and it seems he meets one person per day, but somehow the voice instilled confidence in me and even though I continued to struggle with office I waited. My anxiety continued to grow and I was now becoming very concerned about germs and dirt. I wouldn't touch my socks, preferring to slide them off with my toes, and refused to eat from a clean bowl with surf bubbles on it.

When I finally met Dr Singh, I was buying clothes everyday and it took a vey brief period of time for him to notice the symptoms of my anxiety, and the depression that I was also suffering. I have been struggling to get to the correct and appropriate mental health doctor that my journey is and was

nothing short of distressing. I think I was really floundering and Dr Singh realised this in the first meeting itself. More than a cure, Dr Singh immediately gave me the inner gut feeling that I am with the correct counsellor and if I didn't have the capacity to know where to turn when things went wrong, he would be there.

As a young person of 27 I have struggled through without the help of any service, and Dr Singh was the end of the road where I found sense and sensibility. I have learned to persevere in the face of change and become more confident in my outlook to life and take responsibility for my own health and have become more self-reliant. I am thankful, I did not turn to medicines and know what to do with my anxiety and depression when it gets out of my control. Dr Singh was always out there, unfortunately it sometimes takes time to find a competent professional.

The hardest part of my journey was giving up and letting go out there and do it for herself. As a counsellor, Dr Singh has been instrumental in teaching me how to shift from reliance on others to reliance on myself and this ended up being a pivotal moment for me. Dr Singh has helped me and made me realise that all solutions were in my own hands and taught me and guided me how to have faith that I can help myself, because, as he says ultimately, that's the way it has to be. I never understood the power of therapy and I am much calmer and balanced now. There is a lot to thank Dr Singh for and I am happy to find someone I can depend on. Natasha Tandon

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Relationship depression at work

When I close my eyes and recollect the moments when my colleague and boyfriend ditched me the memory still makes me want to cry. But I have learnt to be strong and move on thanks to Dr Singh. He has helped me at every moment from the time I met him and never let me feel defeated. What drove me mad was that I was living a perfect life and working hard. I believed that when Ashish (his real name so he can also read it) started to give me attention, that he liked me for what I was and not just for fun. After 3 months and knowing that he was married and would never leave his wife drove me mad and I can still remember me crying helplessly all the time.

As a brave daughter, I knew I needed help and that I have to learn to take care of myself, that made me come to Dr Singh because I knew, if I am not okay how will I take care of my father and mother and I

was right, because I did not want my father to deteriorate before my eyes because of me and someone he loved.

I appreciate Dr Singh helping me understand the cycle of the string of work and mental abuse and how I was losing my self confidence, and this is not what I wanted to be as I grew older. Taking the huge step to open up yourself is never easy, but when I read about how one client "Madhavi" had written about Dr Singh, I decided to give it a try. The whole experience was like opening a new world to me. It was like speaking to a gentle guide who could read my thoughts before I even spoke them. The bitter truth is if you don't solve your problems, it never goes away. My parents helped me half-heartedly whenever doctors advised them that my condition was serious but they always revoked the support later. But this was 180 degree. It was like speaking to a doctor, father, and a learned man all rolled in one.

Cultural conditioning had made me very reluctant to seek help but I did it anyway. Medication did not help especially with the severity of the side effects and doctors were never understanding nor sympathetic. My days felt like I've been thrown into the deep sea and me trying to swim for air. I knew it was chronic given the pattern of me falling into maniac thoughts frequently. I got more and more angry because I have always been so passionate about living and I don't and still can't believe how I got myself in my situation and this itself made me more depressed. I have to give Dr Singh credit for the way he guided me through every step and every call he took. Once I even called him 'papa' and I can't forget his smile. Yes I agree with Madhvi, he has some way of being able to read your thoughts, maybe years of experience or some gift after meeting so many people, but I was able to scientifically understand my emotions and what had happened.

I have always felt very uncomfortable sharing personal issues but the best thing I ever did for myself was to keep coming and seeking help. I still don't have the support at home but this has been more than compensated by visiting Dr Singh regularly and the meaning of life and emotions he has taught me and which I need and now I utilise to keep myself busy and to remind myself that I have good qualities too, actually helps. My counselling sessions have helped me to see the light in this dark tunnel and I know I am getting closer to the light. I never knew the passion I have, which Dr Singh helped me to understand and to find my happiness is more than enough to actually save me I realise. For this I shall be ever grateful to him and a loyal subject to say. I know where to come when I have a problem. Someone who will never shut me out. Thank you so much sir.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Treatment satisfaction

## Marriage And Family

We are the parents of two children—my wife has two boys from her first marriage and I have accepted them and me the way all of us are. Our second chance has made us value something we had once lost. It has helped us crystallise what marriage means to us. It was not like this always. The time we spent in the 1st year was extremely stressful mainly due to children. I came across Dr Singh's profile about 18 months ago, when we came to Gurgaon to set up our business. Meeting him was a well thought out and researched business. It took me exactly 5 minutes to decide that this is the therapist I want for life and I was and am right. I feel like no one has ever seen me, known me, understood me, or appreciated me the way that he has. The biggest thing was that within a month I was not afraid to let him see the good and the worst in me. There's no pretending with him—I get to be me.

Dr Singh has helped us and helps us, and today we are clear that marriage isn't about the idea of love and romance alone. We learnt in our case how that was the easy part. In our case he helped us understand that marriage is about the promise to do whatever it takes and be whatever we need to be in the moment to stay together. I have learnt to ensure that I will not give up and my wife now understands with time and patience that she won't give up. And now, it's our promise to our children, as well.

We spent the first six months of marriage just arguing over silly issues. Maybe as my first marriage was a disaster where my spouse used the law against me, and I was the receiving end of the legal system despite being innocent, Dr Singh gently treated my trauma first and made me realise that there's no generic marriage rule that can apply to all couples. I have no qualms about sharing that the amount of trauma I suffered due to the system had weakened me and it was a difficult decision to settle down again. But at 35 years, I could not have spent my life alone and as the second marriage was an arranged marriage, I was very scared.

I am however lucky. My marriage to my current wife doesn't even slightly resemble my first marriage. None of the advice that would apply to that marriage would apply to this one, and visa versa. I have to admit that initially, I was very suspicious of every statement my current wife made. The last marriage was built on gender mistrust towards me as I am in advertising. It resulted in me being victimised through the law and legally, and it was horrible. Sir, has helped me calm down and understand that I need to relax and I am now much calmer and for both my wife and me we have learnt to understand that the Most Unique Characteristic About Our Marriage Is How Much Time We Spend Together.

My advise to those who do not know what to do is to not do it themselves. After constant fights at home with my parents and the second marriage, when my father said, try meeting a good psychologist, I thought he was joking. But he was not, and today I can say that his experience has saved me from emotional distress that was unimaginable. 18 months and we still come to sir. There is a lot to be grateful for and I am, for the second chance that life has given me and the wonderful wife that I have. There are not enough words to thank you sir. What I most appreciated was that Dr Singh made the effort to provide us a home visit as it was very difficult to get the children also along, and he wanted

to observe the home environment. Initially I thought that was funny, but realised its value when he was able to observe what I and my wife did not in the home settings. I really wish him the best, and thank you for the patience, and the oasis where we can come when it gets very hot. Naveen Khanna

V

Verified Patient

7 years ago

I recommend the doctor

Living with a disability, and being treated harshly for it.

My father had a very bad temper, and I used to always think that it is normal from the cultural background that we came from as we were from Haryana. On the other hand he had attitudes towards both my brother and I, or men and women that were cultural- or even stronger because they were cultural. I think that some men use their culture as an excuse for violence. However my father never actually gave me an explanation for his treatment of me other than it was always because of me, things that I did or didn't do. It was always about me rather than about him but on the other hand I was always supposed to be a 'good Indian girl' and I am definitely not an ideal Indian girl. In fact sometimes I ask myself when I cry myself to sleep, that what is an ideal Indian girl.

Every time I wanted to go out, or do something, my father would get angry, he said it was all my fault, and that it was nothing to do with his behaviour, and that I should follow the cultural expectations of me otherwise I would be irritating him. Sometimes when I see my grandfather and how he behaves with my father, I think that my father's conflict with his family was because of his parents, and their expectations of what proper behaviour was as well as what they thought that a good son should be doing. Due to his behaviour, my mother had almost given up and the overwhelming memory of my mother is that she was in her bedroom with the door closed. I came to Dr Singh, when in a fit of anger my father threatened that he would break all my bones, and banged my head against the wall, I wanted to go to a psychologist who was as far away as possible from where I lived in Gurgaon, because I know that, somebody or the other would tell my father and he would be even more angry that why have I gone to a psychologist.

One of the reasons I decided to visit Prof Singh was I remember at one point feeling very alone and in having the sort of experience that I did, and being quite desperate to find somebody ,who would be able to understand my issues, and not just sympathise with me for some time, charge me some money and I could go on home. Now almost 2 years on from the first time that I came to him, I have met all kind of unfortunately large number of women and even men who have had those sorts of experiences, but because there is a social stigma attached to coming to a psychologist to get help, nobody wants to hear these stories and there is silence and it makes you feel quite alone.

People can hear stories about disability being caused by road accident or a long illness but not by being abused by a family member. People can handle it if you say your disability was the result of an motorcycle hitting you on the street. I mean it's getting into the area of 'that's not nice' but people still react better than - if they know the assault was from a family member.

The violence was happening to me at a time when children weren't encouraged to disclose their abuse, However after meeting Prof Singh, and sharing the details of the trauma I was going through, I started crying for the first time because, I had walked through so many doors hoping somebody would at least ask me the question that was troubling me, and nobody had asked me the question what was really troubling me, but Prof Singh did, and that made a huge difference because, I realised I was in the right hands, and that he was attuned to what was going on, and he was able to see the fear and anxiety in my eyes as I was speaking to him. I am so grateful that I met him because, at least I did not get the responses, which makes a person feel like ' what not to do' which are motherhood statements or ' what to do' which are also motherhood emotional statements.

Instead I actually appreciated and respected, the gentle prodding and guiding, which actually helped me to open up completely with him. I remember that when I had told my teacher that my father would kill me if I was to go against his culture and that I was worried, her reaction was that it will not happen, and I could see that there was a look in her eye of disbelief at what I was trying to share. My next step was that I went to the police, and I can say that going there is not the best answer it is – probably the worst answer. Maybe they have got better, but I remember that at one point, it was so terrible that, when I went and told them that my father was hitting me and my brother, one of them actually said that ' he has to look after the izzat of the house'. I do not understand how you can look after the 'izzat' of the house by repeatedly slapping a daughter everyday, if she was to go to college, wearing jeans. When I look back I realised that it was the biggest mistake I ever committed because, I spent nearly 12 hours been questioned repeatedly by different men, and there was no productive outcome.

I wish I had found Prof Singh earlier. Women with disabilities do not get access to information about gender violence, and specially if the violence is coming from your own father. I think the most important thing that I learned from Prof Singh was that, never give up specially if you have any form of a physical or a neurological disability, and apart from the physical access issues to day-to-day aspects of life, I do not need to think that I don't possess the skills to work with people who are significantly more intelligent and communicative than I may be.

Disability is no criteria to judge a person, and disability is not a criteria for the success that comes along with it. This is something that I learnt from Prof Singh, and I am utterly grateful to him for being there for me whenever I needed him. With due course of time I have been able to tackle the issue of having to take longer to work with my disability, I have been able to stand up to my father, and prevent him from physically hitting me, but resources and the issue of resources is always a problem, and there are barriers which I have now learned how to overcome by my doctor's assistance.

Verified Patient

7 years ago

Visited For Autism

I recommend the doctor

I have led a very lonely existence since I was in class VI when I was sent to a boarding school in Mussoorie. My exact feelings were that at the end of the day, we are all alone. I used to wonder if anyone ever truly understand what it is to to experience all the things you have experienced, to understand your joys and happiness and pain. When I spoke to my mother and father they would say we can talk to other people about how we feel, we can draw pictures, well can play music, but all this attempt to communicate ultimately leaves something behind. We cannot always get our feelings, ideas or experiences across exactly. There is a painful reality that ultimately if we and what we are in is not in balance we shall remain alone, by ourselves, and ultimately lonely.

As an XLRI graduate I should be good at alleviating my loneliness than other people, at hiding my monadic existence than others. For me, loneliness should be a fleeting feeling that visits me on cold winter days or gloomy rainy days when I am left only with the thoughts in my heads. But it turned that despite a love marriage and a well of life for me loneliness is a curse, a shadow that follows me all the time, and surrounds me in my waking time and in my dreams.

I met my husband in the same institute and in 3 days we were so much in love with each other that I never imagined I would be so happy. Good Jobs with good pay meant we could fulfil every wish we ever had. But happened can not last forever. My husband had a bad accident which left him unable to use his legs and hand what the doctors called quadriplegic. I have never bathed and cleaned a child and here I was at 27 doing it for a man of my age and a future that was as distressing that the tears would not stop. In 2015 after 3 months of trying to handle it bravely I broke and my tears dried up as I was crying through the day in office. I began to withdraw from friends because I thought I could see pity on their faces and then whether I want to believe it or not I realised what being alone means. I realised how it feels like to lose a husband and the loneliness of life set in. Everyone said that loneliness is a universal phenomenon, it visits everyone at some time and that it is inescapable, and I should turn my mind to music, literature and art. How to explain that I felt lonely describe and it was painful, and I had feelings that were like depression, low self-esteem and aggression at times.

I came to Prof. Singh because I read that he was fantastic with children. I thought to myself that if a Doctor can understand the pain of an autistic child or the pain of a Dyslexic child who is not able to express his feeling in words and needs to be understood intuitively, then he may understand what I was going through. I was so right. The first meeting was so relieving and the loneliness which I felt, and Prof Singh described as my need to belong and which gives us emotional health where we can share our problems and issues, where we can laugh and have a good time, we can learn more about ourselves and others and should have come from my family as a part of interpersonal relationships and interactions was absent. Meeting him and talking to him with his unique way of using his version of Cognitive therapy has managed to allow me to deal with my virtual solitary confinement which was



such a painful, harsh experience. My sadness which was a painful reminder that I was not getting the desired relationship I needed and Prof Singh identified as social pain, as it resulted from my social isolation. The only way he advised me to be truly satisfied is to find those interpersonal relationships that will satisfy my need just as if I was hungry I would need food.

I am much better now and healing as I learn how to cope with loneliness as a social pain, and learning that I could have been the one in the wheelchair. I have learnt with time and from Prof Singh how to handle myself and that loneliness and sadness like hunger, it is subjective and how much is needed to satisfy a person varies. One person may need to eat a lot to satisfy his hunger and another person may only need to eat a little bit. I needed a lot of interpersonal relationship getting this interpersonal relationship I needed was a lot more difficult.

I have been able to overcome almost to a 70 percent degree the feelings I had and the isolation I had built even when I was surrounded by people and yet was not able to fill the hole in my heart of my desperate loneliness. I have learnt from Prof Singh how to establish and maintain interpersonal relationships, which can be very difficult to do and to accept life a day at a time.

It has been a very calming experience coming here as loneliness is a legitimate need that should not be ignored or taken lightly. As my he said, just as other needs, if left unfulfilled, it can cause serious health damage, our need to belong, if left unfulfilled can also cause serious health damage, ranging from mental health issues such as depression to physical health issues like high blood pressure which I was beginning to develop. Prof Singh is my mentor and someone I can depend upon for life. His connectedness is so reassuring that I am able to start building my circle again in office again. Thank you sir for everything.

Deepika Rajput

V

Verified Patient

7 years ago

I recommend the doctor

Wanted a divorce but changed my mind and it was the most important thing I did

We have been married for 14 years now. We come from a small city in Bihar and as a couple we want the best for our kids, because this is our family and we wanted to salvage our own sanity. We try to do everything differently because we had seen what our parents had gone through, and we did not want to do the same things and did not want to commit the same mistakes. I remember not seen my mother speaking to my father for weeks together, and always telling us that papa was not a very nice person because he used to shout at everybody. But as people I was so worried about ourselves and our divorce

and that it will damage other children forever, and that it will destroy our lives, that despite all our differences, on one of my regular visits to a healthcare centre, I took the advice of a doctor and visited Prof Singh whose clinic was quite nearby.

As I had not spoken to my husband about it, I was extremely anxious but then again what I have seen repeatedly during these past eight years of life since the children have been born, I was sure that I did not want to give them this kind of an experience, because I knew with all my education that our actions and attitudes have a huge influence on how well our children do, that how quickly we as adults can become alright, but how much time it takes for children to recover and sometimes I have seen the children just do not recover, and it eventually causes a huge shift in their own personality and their way of thinking. When I went to Prof Singh, I realised after some time that, through his guidance I was able to appreciate that I have far more control over my own life than I may have ever thought of. When I walked out of his clinic, I had this feeling that both my husband and I can have a great life together filled with love, the children and even a decent relationship with the evidence from both the sides. It's difficult to identify the exact reasons why we kept saying let's leave each other constantly to the other person on a daily basis, but one thing I realised when I left Prof Singh's clinic, were the words that he had used and that it was not the marriage or the or the divorce that matters so much, but how we attend to our relationships and ourselves, that is far more significant and has a greater impact on our lives.

There are many good reasons why some people separate from each other, and sometimes my husband and I used to also feel that if two intelligent people cannot live with each other they should move apart, but what do you do when you have two children, because 11 years have gone by and we are no longer so young as we used to be, and our own children are close to 9 and 10 years old, that what impression I'll be going to give them, when they ask us where is their father, or where is their mother. I going to write this for Dr Singh this because, he has worked tirelessly with us, taken our calls when anyone else would have probably ignored them, at times not even charged us, and at times held our hands to bring out the best in us. I don't know if I will ever be fully reconciled with my husband, because it is impossible to forget the hurts that were caused by my sister-in-law and my mother-in-law. I remember Dr Singh telling both my husband and me that, it is easy wanting to have a decent divorce, but it is going to be a completely different issue to maintain an ongoing positive relationship with each other because children are involved, and that we would have to understand that we would have to actively co parent our children because, a significant amount of time has passed and we will have to continue interacting with each other for years or even decades. When he mentioned this, and give us certain innovative therapy sheets to fill out, it made both my husband and I think that maybe it is better to follow the doctor's advice, and to set up ways to regulate our emotions and conjure up empathy for each other in the face of frustration, and look as well as try to create positive moments in our life, rather than constantly be unhappy with each other. As we filled up our sheets relating to our feelings, my husband suddenly looked up and said that, that it is so hard to file or to proceed with the separation because, every time he filled out a different questionnaire that was handed over to him by Dr Singh, the process would make him recall the good times we had spent together. I also realise that, it is tempting to continue focusing on a point of contention and thinking that you must work it out now before you proceed over to the other issue, but our doctor did not allow that to happen and in fact he switched to a conversation that he knew would go well, and now when I think about it I realised that it was an extremely intelligent move from his end, because it managed to divert our angle from each other and bring it around to one of our children who has mild autism.

The Manner in which Dr Singh worked on the concept of bringing out the better part of ourselves to break the resistance without fighting was remarkable, and the way he made us discuss issues of serious contention at a later stage without fighting, make me smile now when I think about them. We Would always go on for a very long time when we would talk to each other, but the one thing we learned when we sat down with our therapist was that we were given a time limit of five minutes to complain or register a concern after which we had to keep quite. I think his idea was that we often hammer away at the complaint, or a problem repeating it again and again thinking if we just phrase that exactly correctly, the point will stick and our partner will change. But as we both have realised criticism rarely leads to positive change and instead we have bought learnt that we have to stop and move on.

In our case, Dr Singh diverted the topic, in such a manner that we started talking about how our son is more attached to both of us equally rather than to any one particular parent. It has been a very long time since we have been criticising, defending ourselves, and putting a wall around us, because we're both educated and none of us wanted to compromise. We both don't know how it would have been and we left each other, but there is one thing for sure that we understood, that there was no guarantee that what was to come would be better. Maybe it is this thought that got implanted in us very deeply, which made us think considerably before we decided to reach a final conclusion. I feel completely helpless when I came to my doctor, because I had no control over the finances, I had shifted homes and was now living with him, and they were days on end where I would feel absolutely worthless, and even wonder what I was doing in my life. I am glad that I sought help because, my husband was able to understand better, that the entire issue was not of my making, but that he had become so uncommunicative over a period of time, expecting everything to be just perfect, that he had forgotten how to appreciate me, and this in turn had led to me taking it very casually and letting go of myself and not appreciating my own worth. Going from medicine to medicine, anxiolytic to another anxiolytic, I finally realised that, I do not want to be numb, but I want to heal myself, and I have been able to do this very successfully, although it has taken me close to 8 to 9 months to do so, but I have to give credit to my doctor that he never insisted I visit him, and it was my choice went to visit him, and when he met me in nature that, I was the only appointment, so rather than people walking in and out, he was able to focus completely on, my unread emotions, and even my husband, who told me that this will be the last therapist he would ever visit with me, was able to completely let his emotions flow, and this really helped because it has made us realise that, either we don't get into a relationship, and that once we get into a relationship, we do not need to adjust for each other, but we need to merge our thinking as our doctor said, and we have to look at happiness from a perspective where we can actually spell it out for the benefit of our spouse because they may not be understanding what we may want, and this is the biggest takeaway, that I want to share with everybody, and that is that we learnt the ability to communicate with each other, which we otherwise would never have been able to do, because dealing with each other was such a emotionally charged event, that we were not able to objectively appreciate what the other person is saying. It has been a very pleasant as where fruitful experience, and I'm very happy that I got referred to Dr Singh by my doctor, and we have been able to discover someone to whom we can turn to in times of crisis.

V

Verified Patient

7 years ago

Visited For Autism

I recommend the doctor

Over the past two years, Prof Singh has been coaching my daughter who was diagnosed as having Autism, on a regular basis thrice a week. When we came to Prof Singh, our daughter was three years old, and we knew something was wrong, but what was wrong we had no idea because all the doctors we had gone to, indicated that it is normal for children to grow up with a slight delay either in speech or in walking. When our daughter started biting children at her play school, we got very worried and found Prof Singh. From that date till today, he has guided us through some very big transitions in our life and we could not have navigated through these changes without the honesty, and the grace that he has shown towards us, and the unconditional love he has given our daughter. His coaching skills have helped my child to overcome the most negative aspects of her problem, and most importantly for us he has helped us to see clearly, and identify our values in life, and use them as a guide to make life changing adjustments and changes, which we would have never imagined ever.

I can say without any exaggeration that his combination of empathy, strength patient and compassion, have helped keep us together as a family and emotionally stable. I am so glad that I started this journey early in life, because as I have educated myself, I have learnt the importance of early intervention in Autism, and in so many areas of our lives both my wife and I have been able to make huge strides. I personally am so grateful, that my daughter has started to talk, even though it is not perfect grammatically that I will be telling everyone who wants to seek assistance to come to him. We are more confident than we were ever, and our faith is stronger as is the respect we have for our child and other's children, and we are also very thankful that, he has involved us in the entire process of therapy so that we can do it at home, because as he said “ when you are educated, and someone is teaching you what to do, why should you hold yourself back from helping your own child”. These words just do not leave me and remind me that what our responsibilities are all about.

I have seen so many parents whose children have learning problems like Dyslexia and Autism, but who do not do anything about the issue hoping that it will go away, and I have seen many friends of mine, go into depression on hearing that their child has Dyslexia or Autism, but I have yet to see an equal number of parents step forward and do something for their own children. One of the reasons I think why we also succeeded was that, we completely put all our eggs in one basket, and trusted Dr Singh so completely, that at one point of time, he also mentioned that he felt morally obliged to us to help our daughter because of the level of trust we have placed on him.

My daughter is yet to join a mainstream school, because it is very difficult to convince the schools to take a child who has an existing problem, but here again Dr Singh specially had books prepared for us which she wrote based on the curriculum of the CBSE, that would ensure that our child does not lag behind when she joins school. The books he has created for us, are far superior than the books being taught even in the best of the schools, and the manner in which they have been created specifically

for my child ensures that she is able to read them, in the way her brain is programmed to do such activities.

I wholeheartedly recommend Dr Singh for any child or any parent, who is looking for a truthful and honest answer to their children's problems, and who does not want to listen to what they want to hear. At times he can be brutally honest, but I know one thing for sure which I have understood in the last few years working with him, that it is better to take a hit, rather than reach the edge of the cliff and then begin to wonder how to save your child.

V

Verified Patient

7 years ago

Visited For Psychological Problems

I recommend the doctor

We realised that our daughter has a problem, when she began to sleep late, and most of the times when she woke up in the morning, she was not feeling very well and was extremely depressed. Despite our repeated requests to advise us that what was the problem, she refused to provide an answer, and we actually had to set up a small camera in her room, to understand that what was the issue. We would like to warn other parents, that Facebook and other social media are a source of grief for many vulnerable teenagers. These forms of social media, have become the new place for kids to hang out, and the difference is that what kids project on the social media is an unrealistic as well as an idealised view of what is happening with them. For our daughter, this idealised portrayal of who she is, showed up in photographs and in the kind of things that she was writing about herself. In fact we realise that there was, a strong sense of competitiveness where she wanted to be popular, and the need for approval. We were completely alarmed, when we found her crying one day in the kitchen, and she had made at least 8 to 10 cut marks on her arm. The first thing we did was we to go to hospital, and got her cleaned up.

As my wife was already consulting with Dr Singh, we decided to go and speak to him about it, and eventually we brought our daughter over to him, and it turned out through a gradual process of unwinding and gaining the trust that she had become a vehicle for cyber bullying, there was a lot of sexting and other mean-spirited expressions of disapproval that were going on, and all this was effecting our precious little child to such an extent that, she had begin to believe in all what was being written about her. She had begun to make self comparisons, and eventually she had landed up feeling that she did not measure up. The sad part is that, we realised very late and things had become so exaggerated, because it was not real life, that we were able to save her in the neck of time.

In consultation with Dr Singh, we also learnt that it is necessary to expand the warnings of what can happen when we rely too much on social media to a donor sense and adults alike, and as in the case

of our daughter it fed into feelings of low self-esteem and depression. It has taken almost about seven or eight months for our child to come out of her feeling of low self-esteem, and that is the reason I am now writing this, because I wanted to see the results first when we went for help. We never doubted his capacity to help us, but we were completely shocked by the behaviour of our daughter. I agree with Dr Singh when he says that, it's important for parents to ask questions about what's happening, particularly with regard to any problems arising on the social media platform, and it's important to help children see how exaggerated and unrealistic things can be especially when they start comparing themselves to each other. I also agree with Dr Singh when he says that it's necessary for parents to discuss all the risks that lurk on the Internet, including falling prey to sexual predators and being aware of the dangers of cyberbullying and sexting. Our daughter's problems began when she began unfriending certain people on the social media, and this led to negative consequences without being labelled as ugly as well as not fit to be a friend. Dr Singh's advice to my daughter was that, when she relates to others in a face-to-face interaction, the entire episode takes on a different dimension, but when we start becoming friends with people on the social networks, and then we realised that they do not belong to our line of thinking, and we don't be friends with them anymore, we can land up being shunned by them in a huge manner, and this can have serious negative consequences, as was evident with our daughter. Being ostracised this way resulted in lowered self-esteem and feelings of depression and of not belonging for her.

One of the things that our daughter has learnt in interaction with the Dr is that the social media can have an immense amount of emotional power, and that these interactions can generate feelings of mutual dislike instantly because unlike in the real world, where you take time to decide, on the computer you can do these things immediately and there is a clear sense of unreality about it. We are still trying to come to grips with almost losing our daughter, but we are very lucky that we already had a very good therapist whom we were consulting for my wife, and that he was able to understand as well as rescue my daughter from further danger and harm, and I shudder to think of what would have happened had she gone any more millimetres deeper. I want to thank Dr Singh because, the trust generated in my 15-year-old has taught her the importance of the fact that you cannot shake hands on the Internet as you can in real life, and that a brief touch can make a real difference, in making up your mind whether you like a person or not. I do hope that other parents out there, are aware of their children's activities, and my advice to them is, don't delay taking help, and don't try to manage it on your own, because the only thing you will manage to do is emotionally complicating matters even more.

V

Verified Patient

7 years ago

Visited For Anxiety And Depression

I recommend the doctor

Sadness

How do you recover from depression and a sense of complete loneliness, when you feel that nobody cares and nothing matters anymore. Most Of the conflict and the feelings are internal, and there is a lot more in action than action, and in my case, I hidden in the shadows much of the time, that I did not even see that what was going on. When I came to Prof Singh, and we went back into the history of my life, I realise that I have been having these feelings from the age of almost 10 years. My typical memory of my mother, was a beautiful lady who would be sleeping on the sofa, and she used to explain that her sleep problem was due to the constant shifting around that we had to do due to the nature of my father's job. 20 years ago nobody used to mention strange things like emotional problems or nervous breakdowns, and as I went through therapy I realise that no one actually tried to get even a bit of help for my mother, much less for me who was in school, and was supposed to be self-contained, and study to impress my teachers, which I did and was applauded for being so mature and adult.

During the course of the therapy over the past many months I realise that, my migraine headaches had started when I was in class XII and increasing intense anxiety about school. There were days I would just not go to school, felt shame as if I was faking it and obsessed over everything that my friends and teachers will be talking about me. As I went through the therapy, I now realise that in my early 20s, my loneliness had begun, and as Prof Singh pointed out, I had broken open and streams of depression, fear, panic and anger were part of my day-to-day life.

Regressing to the past to understand my present problems was a tremendous help and it did change me in many ways but my ups and downs, did continue for at least 3 to 4 months, and effected my marriage children and my career. That was when I surrendered to my doctor, and I write here today for him because, my depression had become so disruptive that my wife couldn't take it anymore and demanded that I get help. I discovered with my doctors help that depression had become so destructive, that it pushed into every corner of my existence, and both work and family life had become so difficult. The strange thing was that after so many years of living with a feeling of sadness and loneliness inside me, a constant fear that I would lose my job. The one good thing that I did was, I listen to the experts who had a much broader view of the issues, and as my doctor Prof Singh made it clear to me that contributors to my situation could include genetic inheritance, a family history, tramatic events and stress as well as the misfiring of multiple body systems. One of the most important efforts that I made on the suggestion of my therapist was that I channelised my energy, into something so productive that I now run a very successful business, doing something I love, and just walking out of my high stress job which I had been less and less able to do effectively. While my wife supported me completely and the cause, over a period of time she also realised that, it was so essential for us to talk to each other, and open up, to understanding that what I was, I was not doing purposely, and that is when I regained the awareness and emotional presence to be a part of my family again, instead of a father in hiding, and are constantly worried husband.

What I really learnt from Prof Singh was that, life is a process and that setbacks happen. There is no simple happy ending, but if you are clear enough in your head, then you can overcome what you're going through if you have the support of your family with you, and that rather than looking for a happy ending, and a happy feeling, I should be looking for a decent life with a high degree of balance in it. And this is what I did, and this is what led me to get off all the medications, and this is what helped me to make my wife understand that I needed somebody to talk to, and all the years we had spent had

been wasted because we could never understand each other. This is something that my therapist made both of us understand, and this is something for which I am going to be eternally grateful to him, and it is without a doubt, that I am going to ensure that, whatever I can do to guide those who come in contact with me, I will be sending them to my doctor, because someone who helps you find your happiness, is worth every bit of what he does, and this is the one thing I have found in my doctor.

V

Verified Patient

7 years ago

I recommend the doctor

Marriage and Family

We have been married 12 years. We have 2 children ages 7 and 10. We started out like any ordinary couple, fell in love, got married and had kids. As a wife I immersed myself in the role of mother and wife. My husband worked full-time and he always considered his role as a provider. He was involved in our child's lives, but not to the full extent that I as a wife was. Being a stay at home mother, I devoted myself completely to the children and we did not take a whole lot of time to be alone and with one another. Everything we did was for our children, and whenever I would take time off for myself I would always have the sense of extreme guilt, and I really needed more help from my husband but I never asked for this, because both my mother and my mother-in-law would say that, as a wife and a mother I have to manage on my own, like a good mother should. I always felt that my husband should know, what I'm going through and that he needs to help me out more, without me having to tell him, but somehow I think I did not succeed on this issue. I burnt out completely about 18 months ago, and it is at this time that I started going out with my college friends disregarding all my actions and how it would impact my family. Today, as I can say that I went into an emotional crisis and began acting opposite of my normal self and began taking time off for myself, away from my children and husband and in extremely large doses. I am not ashamed to say that, when people began to show an interest in me, I engaged myself in an emotional affair, however I did not go beyond that. Upon, my husband is discovering what was happening, we went to meet Prof Singh, and at first I thought we were going to meet him for our child, but I was taken aback, when we sat down and he said that he had a few things to talk about our marriage.

If I say that I was seething with bitterness towards him, for his lack of help around the house all these years I would not be wrong. I however was surprised to see that he was confused, and felt that because he worked and did his part, he had no idea why I was so angry with him. Sure enough he was hurt and upset by the emotional connect that I had developed with my friend, and the insecurity in the relationship was evident. I have to give credit to Prof Singh, because he made my husband understand that, I was not having an extra marital affair, and that it was the loneliness and the sheer desperation, of wanting to talk to somebody that had led me to make friends, and he actually advised us to become family friends rather than solitary friends. I appreciate this because, when I look back I realise that it has saved, a considerable amount of misunderstanding and my family, probably a breakup of our relationship, but more importantly it has made my husband aware of his responsibilities, towards his



wife and children. What we learned from Prof Singh was how to uncover the faulty thinking that was behind our behaviour, and that how this emotional connect with somebody else was an escape from dealing with the realities of our marriage. I also realised that my husband used to avoid conflict, which was a part of how things had got this far where we were together. Somewhere, I also realise that when I look back into my childhood I had a negative relationship with my own mother and was giving myself the message that I had to be perfect, to be good enough. A perfect mother, a perfect daughter-in-law, and a perfect wife. And this was one of the reasons that my husband was oblivious to my unhappiness, and completely taken off guard by the friendships I had started to make. It is so easy to talk of divorce, but when you have two children, it is very difficult to go down this road, but there is so much pain after 12 years that you really do not know how, we're going to make it work.

From the last 18 months or so, we have been meeting Prof Singh on a regular basis every month, of our own free will, without any pressure, because he actually told us that, after the first one or two sessions we did not require him any more, as we had understood our issues, and we could work at understanding our own faulty thinking. However, I wanted to sit with Prof Singh and make him a mediator where, I could share with my husband, how I communicate my needs, and how he has to understand what I am trying to say that I need help.

Over a period of time, both of us have become transparent to each other, and we have regained a sense of trust between us, and although it is still awkward for my husband to talk, we have learnt a great deal about ourselves, and in the end, we have created a marriage, that we always wanted to, and the reason for which we actually got married to each other. When we met we did not want to be like the other couples, but over time, is exactly what we had become. He going to his office and coming back late in the night, I taking care of the children, listening to what is good and what is bad, more from my own mother, than my mother-in-law, and losing myself. I would like to advise all women, do not try to eat medicines and try to become better, because medicines are not going to help you in the end. Neither will those people who claim that they can see the future, and make astrological charts, which I today condemn totally, because I have done that also to find out, if my husband is going to be mine again. I would say that wherever you are, whichever part of the country, which ever part of the world you live in, try to find a good counsellor, and a good therapist who can help you understand yourself, along with your better half, and can work scientifically to help you, in a very systematic manner, with your interest first. For this I thank Prof Singh, and I thank him for the confidentiality he maintained throughout, and we will always come to you sir, because you helped us realise and understand, what is the meaning of life, and what is the meaning of love, and what is the meaning of balance. Thank you doc.

V

Verified Patient

7 years ago

I recommend the doctor

I am very grateful to you Prof Singh, for taking me and my family out of such a difficult time embarrassed situation. Because are ordinary middle-class people, the only thing that we have is our

children, and it is very important that they do their studies nicely because there is nothing else that I can give them, as a ordinary service class man. I want to thank you because, we were very shocked and we did not know how to talk to our child, when he started wearing the clothes of the girls. for our society, it would have finished us totally if he had, started to wear the clothes of the women like the night dress and the girls undergarment. you were very kind, and my child is know feeling much better after understanding, how the people will laugh at him, and what can happen if people living around us see him in the dress of the girls. You have saved us from such a difficulty, with so much secrecy and so much private and completely confidential talking that I am very grateful for your help. for many many parents like me, to see your child do things which are not natural can come as a full shock and shake our heart. everybody says be more open and be more modern, but it is not easy to see your own blood and your own child to do things, that we know everybody will laugh at.

My wife and me and all my brothers were very upset at the behaviour of my child, and first we thought that maybe he has gone mental. then we read about how to find a doctor who can help him by talking, and we then find you, and we come to you with so much hope and so much gratefulness, that you keep our trust in you complete and in so much little time, you have managed to advise my child, what is the good and what is the bad of doing these dirty things. the way you were so kind to him, and the way you were so sweet to us, is something we can never forget, and now it is my heart's desire, that my child grows up, because he will not finish his college this year, and I wants him to, become a big man, so that we can then have a happy family when we are retired with your help and support. it is my praying to other parents, that do not get angry at your child, but always try to help, in any difficult position, because if you try to help sincerely, we will always have success but if we shout and be angry then we can make our child even more angry. from my family, and from my heart, I thank you once more sir, for all the support you have given to me and especially to my wife, because she was like shaking and crying, and I do not know what she can do if her child was to become, like those people you see. Thank you very much sir, and thank you very much for keeping it so much a secret.

V

Verified Patient

7 years ago

I recommend the doctor

Extramarital Affair

I don't think I can change the past, it is gone and the hurt I caused may never be repaired. This was my thinking when I came to visit Dr Singh. I did not have the courage to bring my wife for the first time, and after a marathon session of three hours, the first thing he told me was, go bring your better half if you really want to be cured. it took me almost 3 months, to muster the courage to get her. I know I cannot change the past, but I can always amend the future, this one line that I took away eventually made me face the reality of where our lives were headed. when We got married seven years ago, both of us were postgraduates from the same university, and we had grown up studying together, and somehow it naturally converted into a marriage. However after the initial years, I found myself to be alone and no one seemed to understand and I just seem to be waking up in the morning going to teach

my students, coming back, buying the vegetables, going to mother dairy, and my entire life was getting more and more depressed. We were both very fine until we had our first child, and I realised how lonely I was, because I belong to West Bengal, and my wife was from Delhi, so she had the constant support of her parents, and I felt as if I just did not exist for the 24 months from the time we found out that we are going to have a child.

It is horrible to even mention how weak I was that I started to go out with my former friend, and I really liked all the attention that I got from her which I was not getting from my wife, and somehow we both became so emotionally close to each other that what had started out as a simple friendship, or my own requirement to fill the loneliness of my life gradually turned into a relationship, and as relationships are they never stop at being just friends. As I mentioned to Dr Singh, more than feeling guilty, I actually enjoyed the company of my new relationship, because it gave me the freedom to be what I want, and whereas my wife would argue with me on each and every issue, I felt that I have found somebody who was willing to accept me exactly for what I was, and who did not want to change me in any way possible. When I spoke about it to my best friend, I realised I was not alone, and there were so many other people like me, the only thing being that nobody discussed what was happening in their lives. But somewhere deep down in my heart I knew that, when the reality would be found out, it would break us completely. This is something I really understood after meeting Dr Singh because, I realised that as he said that, you can't change the past even a minute ago, but you have to push forward and try to make the future better. I understood that I may not be able to change anything that has happened, but I can change how it will effect both me and my wife in the future.

When I brought her to meet Dr Singh, I did not tell her the reason why we are going, and where we're going. In fact she was very surprised when we entered the clinic, because the first words that came out from her mouth were, ' why have you brought me here, do you think there is a problem with me, or are you planning for a divorce and you want to talk to me about it here'. It was from there that, I let the doctor take charge, and what was supposed to be a one-hour meeting, became a eight-hour meeting, as my wife could not believe what she was hearing from me. There is no justification for what I did, but somewhere however I felt that, I probably would not have done it if, I had not felt neglected in my marriage, but this again was of no use as it is very difficult to make, a wife who is crying, understand what was going through my mind when I deviated from our relationship. I wanted to tell how lonely I felt, how disregarded I felt, and that I just seem to be doing things for everybody, and no one wanted to sit down and understand my emotional condition. It is very complicated, and I did not expect her to understand, and yes of course she did not understand it for the first time, but I have to give full marks and full credit to my wife, that she did not walk out of the house, but rather give me an opportunity to explain myself. It also helped a lot that there was a therapist sitting in front of us, because he was able to moderate the conversation, and though I am 100% responsible for what ever happened, I could see Shilpa reflecting as to where we both may have gone wrong. Both of us did not want to end the marriage, because we had a lovely baby girl now to take care of and it would have been horrible when I think of the fact that she would have to grow up alone if we were both divorced. I think coming to Dr Singh was the right decision, because it prevented a issue which was so serious from turning into something which would have completely damaged all our families, totally because of my mistakes. I cannot say sorry enough to my wife, and I try every day to make up for it, but whenever I see that look in her eye, when I come home from work, or when we both sit down together in the canteen to have lunch, it makes me feel absolutely miserable. The reason I am writing this, is because I want to share my experience, about my marriage, and how loneliness turned me away, from

a stable house to someone else, because they need to be appreciated, for whatever I was doing in our lives was never there.

I know this is not an excuse, and if I had not come to a therapist I would have never found out what wrong I was doing, and I would have never had the courage to stand up and face my wife and tell the truth, and I know eventually when she would have found out it would have been the end of our marriage. things have not become alright even still, but the one good decision that I took, is that I sought out the help of a professional, and I want to say that I am glad that I found Dr Singh, because before him I had visited other doctors and I found that everybody was so very judgemental about me, that I had lost hope of getting any form of assistance, to face reality and to help me communicate to my wife about how sorry I was, because I don't think I could have kept on living as double life, and all I wanted was the safety and security of my house and the love of my daughter. I think this is the main reason why I am writing this because,with Dr Singh, the whole issue was handled in such a mature logical and emphatic manner, and he was able to share with my wife exactly what was happening, and the consequences of various options, and about the power of forgiveness, that I don't think I would have been able to find anywhere else.I know so many friends of mine, who are in a similar situation as me, and this includes a lot of colleagues were also ladies, and I want to tell them that, I was able to realise my mistake very early on, and I was able to truthfully share with my wife where I had gone wrong, and asked for her forgiveness as well as tell how what made me do this horrible thing, and that had I not met the correct professional I would still be struggling, and in all possibility we would have been separated by now, but the immense ability of my doctor to put forth to my wife both sides of what can happen, and how she can decide to make a choice, without being revengeful, has changed my whole life. We both are trying to build our trust now slowly, and we have come back from a two week holiday that we took where we visited all the temples in South India, after leaving our daughter with my in-laws, and I am at least more at peace with myself, for being able to tell the truth, and ask for the forgiveness from my wife. I don't feel very proud of it, but I am definitely grateful, to the doctor for helping me keep my marriage and my child, and for guiding both of us before we committed any hurried mistakes, which would have damaged all our families, my job, her job and the future of my daughter, and for that I am extremely grateful to Dr Singh for my whole life.

I am sorry for such a long message, but I also want to write this because, I want a lot of people to read, how I went wrong and how they should stop themselves, before they lose their families and the children, and how they should try to get help from wherever possible even before they make the mistake I made.

V

Verified Patient

7 years ago

I recommend the doctor

( My husband and I work in government departments, and whereas my husband works in a government department in Rajasthan, I work in the Delhi government, and we are a nuclear family with two children who are extremely concerned about the academic achievement of our children

because that is the only resource we can give them as they grow up and become independent and get good jobs.

We were totally confused with our daughter who seem to be very intelligent but was not able to concentrate as well as get the marks that he should be getting based on what the teachers used to tell us in every parent teacher meeting. As we live in Gurgoan, we must have gone to at least three different doctors to try to find out the problem but everybody had his own idea of what my daughter's problem is.

We came to Dr. Singh after reading about him on the Internet, I can say with 100% surety that the moment we sat down and we started talking to him we knew that we are in the right hands.

What we thought is Dyslexia, because that is what all the teachers used to keep saying that your daughter has got dyslexia, after all the tests were done we realized was not a dyslexia problem, but something so simple that we wished the other doctors had even made an attempt to check it and help us. Because all the teachers used to say that our daughter has got dyslexia, we had attended many meetings and programmes to help her overcome the problem but everything was so frustrating, because everybody has his own idea about what should be done.

I can honestly say, that after we realized what the actual problem was it was as if a light had gone on for my daughter, and this was very exciting after years of struggling. Things began to make sense to her, and her reading and ability to focus has gone up by almost 4 times. Her mathematics has improved tremendously, and even her private tutors are amazed at the fast progress. My daughter's ability at mathematics has improved tremendously and even her private tutor is surprised, because she's able to do much more than one hour than she would do with him initially.

The shift from declining effort and scores and results to positive comments and noticeable improvements in all areas of learning happened within the first three months itself, and as a mother I know how difficult that is for any normal child to achieve, and specially the child like our daughter who had started to think that there is a definite problem with her. She also began to realise that she does not have a disability, and it in a way empowered her to use her natural strength to make learning easier.

Even as a mother I have learnt so much over the last three months, that I have stopped constantly irritating my daughter, and demanding that she study because I know now that she will study but she has to be given the right environment as well as the freedom to select what she wants to study and in which manner.

Over the last few months she has changed from a shy quiet girl who was unsure of her own abilities into a balanced and happy girl who now realizes that there is nothing wrong with her. As a mother I am also very happy to see the change in her demeanor in the last few months, and I am also quite

satisfied to see her personality really shine the way it should have been right from the beginning. Very slowly but very surely she is now willing to pick up a book to read which she would have never done before and makes an effort to read what is written.

More than anything I think I am just happy to see her being happy and confident also seen her happy to go to school and not worry about what the teachers will say or what the other children will say as a confidence levels of gone up. I think it was worth the time and money to have visited Prof Singh, and sometimes when I discuss with my husband, who still does not agree that these issues exist, and was very apprehensive about getting our daughter checked and assessed, I realised that what are we earning for. For who all are we going to leave whatever we are earning, if we cannot help our own children. What is the use of working and continuing to make fixed deposits when your daughter is not even able to get 50% marks in school. Visiting Prof Singh has totally changed my mindset at least two words learning issues as well as towards children who do not show their full potential, because I think it is we as parents who are to blame and not the children. )

V

Verified Patient

7 years ago

I recommend the doctor

At 28-years of age I must have gone through at least over 50 panic attacks every month for the last 4 years. And I am not joking about it. When the attacks came, they came like waves, and my Physician told me to surf them. I could have throttled her but being an MBA from IIM (A) I faked my best smile and thought – yea what a ride.

I can best describe my feelings as a flushing sensation on my face and felt I would die with the level of rapid heartbeat, nausea and the sense of doom that comes over me. Forget that I developed excessive sleepiness, was having crying spells in the bathroom of my posh office, and then episodes of feeling funny where people sounded incoherent and hollow.

My attention was rock bottom; I was easily distracted, and had difficulty completing assignments. I must have searched the Internet more than I worked for Panic Disorders and Depression but it only made things worse.

Meditation, yoga nothing worked. Eventually my boss who probably knew Dr. Singh asked me to check him out. I read about him online and was so skeptical that I junked the idea. Then after two days I said why not. I was so desperate that I reached his clinic at 0930 in the morning without an appointment and stood outside a locked clinic wondering when will it open. It opened at 10Am and I sat with the office boy till 1030. More than me the Doctor was surprised to walk in and find me.

Okay, from 10:30 to 2 o'clock I must have raved and ranted like a nut case, but I give credit to this man, as he did not utter a single word. But after that, it was like I am in a totally different world. All my past experiences melted away and the way he spoke and gently walked me through everything was so soothing that I even forgot to take my afternoon medicine.

Anyway to cut a long story short, I met him on 18 June and in 1 month, I can positively say that I am no longer that jumpy, wired up, nervous wreck that I was. I visited him 4 days in a row, so desperate I was, and after emptying my mind, I now know what was happening to me. It's personal so can't share it, but the entire thing made so much sense that it is a much calmer person and I owe it all to him. And yes I want to thank him on this forum as my energy level has increased, I am able to concentrate and sustain attention and focus, and I felt like ninety percent of my old self. He managed to help resolving long-standing problems with self-esteem and confidence and provided me with tools to help better organize my life. A good therapist is super hard to find and worth keeping. Dr. Singh is for keeps for me at least.

V

Verified Patient

7 years ago

I recommend the doctor

Visited For Anxiety and Panic Attacks

I would like to say some words about my experiences with the Prof Singh.

I can't express enough gratitude for the amazing help I have received through him and the resulting transformation I have been going through with assistance from his constant availability. My life has changed forever and I am finally turning into the person that I always wanted to be...and the person I never thought I could be.

In 2011 I got my first panic attack. I had been highly anxious since I was a young child but I did not become seriously symptomatic until I was 28 years old. That first attack set in motion an intense fear until the point where I was paralyzed in fear...intense fear, panic attacks, feelings of gloom and wanting to vomit, crazy thoughts, sweating, heart palpitations, racing heart, tingling sensations, shivering, shaking, headaches, dizziness. I fell apart and was convinced that I was going to end up in a mental hospital.

The hospital Psychiatrist prescribed antidepressants, which I took for a year. After getting some six months later I was back on them after another panic attack. I thought my life was going to be a lifelong struggle with a disorder that I could not control and that I would be on medication for the duration of my life.

I searched websites, went to a psychologist, and purchased books...I tried everything. My life changed in March 2015 when I found Dr Singh on the Practo website. I was instantly at ease with him and he made me comfortable from the beginning. It refreshing talking to somebody who knew what crippling anxiety I had. It was like talking to a mirror, because the problems that I thought were unmanegable became simple and finally I had hope!!

I have been working Prof Singh since May 2015 on my underlying factors, and it has been the most eye-opening experience of my life. Not only are my anxiety symptoms no longer a significant issue, I have learned incredible life lessons and tools to cope with everyday life. I'm happy, motivated, calm, and content. Quite frankly, I'm feeling better than I can remember in my life...even as a child. I'm not tense or irritable any longer either. I have learned to be comfortable with myself and live life the way it was supposed to be. I still plan on working with Prof Singh and meeting him once a month because I still have a lot of learning to do. I'm still in recovery mode, although anxiety is no longer a significant issue for me. For all of you anxiety sufferers, I can't emphasise enough how important personal counselling is and I found someone who is top notch. Great person and a great counsellor. He's my mentor who made me medication-free! Now I know how important it is to talk to a professional and not a family member. The who concept is so different. Aparna Mehta, Maple Heights Gurgoan (I dont wish to disclose my house number) but I am much more confident to mention where I stay as I am not weird or different. I am also a normal human being and this can happen to anyone. I learnt this from Dr Singh and it has made me stronger to accept myself for what I am.

V

Verified Patient

7 years ago

Visited For Anxiety And Depression

I recommend the doctor

Depression

I am a mother of two, and a wife. I am a full time mom and BPO Team Leader. I believe I have had the "typical" ups and downs in life. My parents are both alive today, however their lack of presence in my life as a child probably played a major role in my depression as an adult. I have suffered bouts of depression throughout my adult life starting more intensely after the birth of my second child, my son, when I was 24. Back then I did not even know what depression was and that help was available. I suffered through it for about a year.. Then brief run ins with depression after that, and of course being older I became aware that there was actually medicine and professional help for me and became better and came back to my "regular" self after being treated.... However, with the knowledge and expierences that I had with depression could have prepared me for the severe depression episode that I experienced in 2011... So severe, I couldn't function, work, eat, even simple tasks, getting dressed seemed so impossible .I became psycosis and out of touch with reality, because I couldn't sleep and



my mind was so lost....I truly believed I was the saddest person here on earth and I cry now thinking of how painful it was for me.. Depression hurts so much and that doesn't include the physical pain that you have, the hair and severe weight loss that I had.

The oddest thing about my depression was that no traumatic events were happening at the time in my life. The only thing that might have triggered my depression was.. I was obsessed with dieting and had recently lost 20 kgs (with diet and exercise). I was not eating much and possibly lack of nutrients shook up my brain chemistry.. Anyhow, I ended up losing complete touch of reality after suffering, crying,counseling, different medicine for 5 months. I believe it was my mind's way of trying to heal, was to just check out completely.. I was deemed 51/50 and admitted to VIMHANS hospital. After about 1 week of strong meds, (and tons of prayers) my mind started to feel relief. Awe like a sense of "I'm going to be ok, afterall just like my doctors told me". I believe my mind was thinking and thinking so much that is what was causing me to fall deeper and deeper into depression and when I was given the strong meds in the hospital my mind was able to relax and stop the record player of negative thoughts and I was able to see things in a more reality state of mind. From there my road to recovery was in progress. I have been in group therapy, one on one therapy and counseling and the medication that ended up working for me was prozac. Before my episode I was not on any type of medicines and before that only took them when I had my "smaller" bouts of depression and for only a brief time... When I was going through this awful time of my life I tried various psychologists. Eventually I was brought to Dr Singh by my sister who had been to him for her sons dyslexia.

Today, I am so thankful for life, and glad to have come to him. I am not on any meds now for 9 months, of course with the help and approval from my therapist dr singh who helped me through and just the desperation of wanting to get better helped me to be healed. I listened to him and trusted him. Even today, I have comfort in just knowing if that ever happens again to me, I know where to go and who I can turn to.. In the deep mist of the depression, I couldn't imagine that I was going to make it through, but here I am living proof, depression can be CONQUERED!!!!!!.

V

Verified Patient

7 years ago

I recommend the doctor

Visited for depression and panic attacks

My name is Sandhya and this is my real name and I'm 28 years old and a long relationship with depression,anxiety,panic attacks and insomnia.

I am so desperate to feel normal,happy,healthy,content and not have to keep numb my feelings with drugs forever.

My dad died when I was 13years old,and he was my everything,my mom was never a mom,couldn't care any less.My dad and I would do everything together,and he loved me so much,we had such a strong connection.the day he passed away I was supposed to be with him but I was 10 minutes late and he had already left.

There is a lot more to this story,but I will try to keep it short.My mom went to the hospital and called me saying that my dad was getting the discharged papers and coming home....about 2 hours later I found out that he had been dead since the car accident....she gave me a false happiness and took it from me in a minute...it was like I could no longer breathe,I was screaming,couldn't stand up,sit or lay down.That was the beginning of my hell.

My was a chemist,so everytime I cried,my mom would medicated me so she wouldn't have to deal with my emotions.Its been almost 16 years since my hero was taking from me,and not one day goes by that I don't think of him,his face,his voice....he was funny too! I have cut myself to release the emotional pain,I have serious panic attacks and anxiety since then. I have tried clonazepam, depakote, serlift I am very sensitive to any meds,I always get the side effects... I don't drink,never did any street drugs,no overdose.

I am beyond sad,my anxiety won't allow me to sleep,and if I do, I woke up more tired than when I went to bed. I visited Prof Singh on an impulse while coming down from wave cinema about 2 months ago.At first I was actually quite irritated, because he made me wait for half an hour as he was with somebody. But then I realised that besides me there could be other people also may be having problems, and somehow I swallowed my feelings and waited to meet him. I am so happy that I did that because the meeting that I had with him, changed my whole perspective on life, and i realised that maybe I was not taking ownership of my own problems. But more than that, it was his reassuring and calm nature as well as his confidence that made me sure that I have come to the right person. I have been meeting regularly now every week, and I am completely off all types of medicines, I have also taken up the job and I am feeling much better now interacting with other people in the office and realising that life is worth living. I am very grateful to Dr Singh, and one thing I know is that whenever I have a problem he's there to help me. I go to him regularly whenever I feel as if life is getting very heavy, and it may sound funny but I feel much more, after meeting him, and I am more reassured now as well as much more confident thanks to him than I was for so many years. Not only is he my therapist, but he is also my life coach, and someone I can turn to in times of distress knowing fully well that I will not be judged for whatever I do, but will be correctly guided in each and every way. Sometimes I wish I had a father like him but I know it is not possible.

V

Verified Patient

7 years ago

I recommend the doctor

## Loneliness and Sadness due to our Marriage

Like everybody else my wife and me married to have happy and fulfilling life. I knew her since a year before we got married. She is a great woman with heart of a child. After I met her I decided to get married to her and dedicate myself. I visited her parents to meet with the family in Feb 2015. I was more than satisfied with the way I was treated and found the family members educated, well cultured and respected.

I never expected that things will become so bad between my wife and me. Truly speaking I am mentally exhausted because of frequent fights. It has been very hard for me to maintain balance and composer. These flare ups are bringing me to the point of emotional breakdown. During the last year it has progressively become difficult for me to handle my wife as she is more than often upset at trivial issues. She screams, turns abusive and starts to hit me physically. She is particularly very abusive towards my family, who even do not live with us. There is no way to calm her down. I fail to understand such extreme reaction from her. If there are disagreements we both can talk in nice friendly way. I am not a rigid person and always make an effort to understand other person's position but at the same time I expect a little consideration for myself and my family. My wife main complaint is that I do not love her and do not value her – at all. I have been very patient and never backed out of my responsibilities towards her. Even in these difficult situations I have never left her alone. Many times she tried to leave the house in fit of rage whereas I always acted patiently and ensured she does not take any step that might endanger her personal security. I have to beg and plead with her to prevent her from leaving the house. I feel helpless as she is far from her family and in a foreign country. If I had lack of commitment or love I would not have done what I did. No matter how bad I felt I have always kept her respect. I never screamed, hit or abused her. When she gets angry she takes all out on me and I have tried to digest all inside me in the hope that situations will change but it has become worse over time.

Living life like this has taken a heavy toll on my mental health. That is when I decided to search for help and came across Prof Singhs profile. It took me 5 calls to get through to him and I had to actually ask Practo to connect me to him. But the impatience turned into complete calmness the moment I spoke to him. The meeting in the first round was so calming that I know that things will be okay now between my wife and me. Dr Singhs understanding, non judgemental attitude and patience to go deep into the issue has helped us understand each other better. From moving towards a divorce to being together again is a relaxing feeling. Thank you for everything

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

I have seen so many people experienced unrequited love, that I was sure I dont want to be a number in this heartles game. When love is not returned it not only is painful, but also quite common: who has not at least witnessed a case. I used to think only folish girls analyse 'ideal love', that is, the best love we can aspire to. I am happy to concede that my ideal of love includes reciprocation. In my relationship of 4 years, when trying to figure out how love works, I realise I was misguided to start with an idealised version. I learnt that most loves that we experience and witness are not ideal: they are messy, painful, and imperfect. Many such loves are not reciprocated. And yet, many of these loves are also grounded in reasons. The reason I admire my mother. In my case I forgot to look at love as it is, not as what I wanted it to be. My Love as it is became exactly what it need not be a non reciprocated companionship. Dr Singh immediately realised what was happening and realised that for me committing myself romantically to a person involves getting married, or being in an exclusive relationship, but for my Boy Friend his thinking was changing to a romantic commitment being compatible with being in an open relationship. For me romantic commitment requires a deep concern for my Boy Friends welfare, to the point of putting his interests above everyone else's. I realise that Insofar as people have different characters, different moralities, and different personalities, love and loving relationships can take on many expressions. Dr Singh realised the dynamics happening and through the 6 months he worked with us, he managed to get my BF to understand that entering into a loving relationship corresponds to entering into a socially regulated, or even institutionalised, practice, such as dating, marriage, and the like. Dr Singh with his open logic showed us both that It is easy to conflate a loving relationship with its social counterpart, a social relationship characterised by shared activities and regulated by social norms, and that how being different for different sake is not worth it. How 4 years is a very deep commitment and even raised a thought process that what was my BF doing for 4 years, that now he needed a change? That question I realised was so important as if it was a 1 year old friendship, I would have just walked out myself. I had to beg and drag my BF to Dr Singh and pay from my pocket, and every minute was worth 10 times it value, and there is so much to thank him for.

Dr. Prof. G.B. Singh (PhD) replied

Good evening , I'm glad you have retained and memorized what we discussed , literally adverbatis and shared your feelings. Do remember that it takes two people to make something or break something. Both of you have to work hard on the process, it's a 50:50 always.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

I used to think that people who talk about depression are faking it and making it up to get pity but when my own wife begin to suffer a situation i which she got severe anxiety and panic to go out of the house after 6 months we decided to take it very seriously and approached Dr Singh

The gone by 10 months things had deteriorated so badly that fear and avoidance of situations along with people and places where it would be unsafe to have a a panic attack like a mall even our local vegetable market began to affect my wife severely

This lead to a situation of a specific problem where in the morning she would not get out of bed until I also got out of bed and accompanied her to the kitchen and help her make it because she felt scared being alone and wanted somebody That is me around her

Any family social gathering for any friendship , social gathering she would always avoid and there would be a fight for at least 24 hours before my wife would agree to come and then again it was because of some kind of of a fear that she would be requested for a performance being a good dancer and once you are backtage am back you would have to to talk to everybody after that and this is something that is not possible as per her.

When we came to to Professor Singh on video i very hesitant because of the cultural issues where we thought that everybody will think that my wife is maad and that we have a a person with mental condition at home and we will lose all the friends in our society we anyway were extremely sensitive To The Social position they were in or their husbands held.

She would miss interpret ordinary situations as quite serious and big things in her own house.

It is extremely difficult to explain but when my wife spoke to Dr Singh and I was sitting right behind her. Dr Singh asked me to do so let the client speak and i make some noyes notes contribute something to the patients need for any help I was surprised when she began to speak of issues like dizziness for weakness and fatigue. I was not even aware of these low-grade depressive or anxious symptoms and would attribute all this to her inability to go out of the house and rather than proceding randomly processing maade her do a very detailed questioaire ,. For which I am thankful. that time and feel I got was a very big boon for me because I work in the government sector as a Section Officer..

With gradual trust building measures she began to open up to him with me sitting by a side, I learnt that faulty interpretation of physical signs and sensations as evidence of physical illness is central so as we were being explained we begin to understand that it this category of disorders are basically disorders of cognition perception with strong emotional contributions.

Unlike most individuals we found that my wife with other somatic symptom issues was actually experiencing physical sensations which are common to all of us that she was very quickly focusing her attention on these sensations and then I would not be able to relax and would sit down on the sofa and start watching TV. I thought that the psychologist would recommend not watching TV but I was surprised when he recommended to my wife to watch as much TV as she wants but to first finish our

household chores and then switch the TV on and until then she could switch the TV even at 0 volume if she felt that there Was Nobody around her and she needed somebody's company.

We initially we had gone for medication , hoping to make her alright professor Singh was able to show my wife that her diorders were an enhanced perceptual sensitivity to illness use where she was tending to interpret ambiguous stimuli as threatening and then she would become very aware when I say very well it means she would become very frightened of any sign of possible illness or disease and even going to the party because she felt that she would pick up somebody's virus and then fall sick. Now gradual help over the last six months she has understood that although it is not certain the cure is unlikely to be found in isolated psychopathological factors and that fundamental causes of the problems were similar to those implicated in the family disorders. Before all this started we had such a wonderful life and never knew what hyperresponsiveness was

In my wife's case her hyperresponsiveness it probably had combined with a tendency to view negative life events as unpredictable and uncontrollable and therefore to be guarded against at all times. In discussion it came out that her first year of marriage seemed to coincide inside her with the beginning of the disorder. Additionally being the third daughter of a family after birth she had been given a way to her grandmother to be raised as a child Till the age of 11 years and this also had maade a significant impact on her thinking process because she was in her grandmother's company almost all the time and I must clarify that her grandmother is an extremely kind and devout and Pious lady.

We came to realise that there had been a disproportionate incidence of disease in her family when they were children even today my wife had not fall sick she was carrying strong memories of illness that had become the focus of life as well as the focus of anxiety.i am grateful for all the help provided to us

Dr. Prof. G.B. Singh (PhD) replied

Good morning sir. It is not unnatural to put oneself in the patients place and I would say " Usurp " their emotional agony and view it from the lens of our own eyes and start to make deductions. I have people even calling me and asking me what is the procedure we will follow then compress medical school , MD and doctorates into an internet data base, so that they can make a decision whether they have to come to us or not , which in the medical field as a profession is technically and tactically wrong, specially in a subject like psychology and psychological distress which are very dynamic as well as constantly changing based on the way the patient responds. I have seen people walk away after two sessions and are completely aware of what to do and are clear in their mind for life - and then still others who in therapy learn what to do and stay positive and healthy. I see people who don't ever get cured for life and need help on a constant basis. THIS IS LIFE

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

When we brought our father home after he had recovered from COVID-19 and his high-density CT scan was about 8/25, we were also happy that we had been able to become winners in a fight that was impossible to win. It would be joy that was very short lived as after about two weeks we found that this type of newly revolving pandemic infection mainly infects the human respiratory tract causing mild to moderate symptoms, HOWEVER the hidden door side of COVID-19 is via penetrating the brain, revealing a huge threat especially to elderly people who are more susceptible to its severe side effects and even death to more extent. We did not know what to do and as all of us do, we quickly searched the Internet and was shocked to know that Covid affects the brain also due to lack of, oxygen that it prevents from going to the brain, and we really never knew that even seconds of delay of oxygen delivery to the brain can cause damage that cannot be repaired for a lifetime.

My father began to suffer from neurological manifestations including dizziness, headache, irritability, accompanied by muscle fatigue. This is not such a simple virus and we learnt that it has a direct neuro-invasive pathway into human brain cells which is mainly through the olfactory route leading to long-term neurological complications. In addition to highlighting the ability of COVID-19 infection to intensify a pre-existing dementia symptoms you can imagine the extreme distress we were going through and wondering that are we going to be now in a more prominent severe stage and to add to this worry what is the fact that will the neighbours had marked us out and actively stayed away. We have seen a steady decline in our fathers memory as well as his recall ability and his ability to do day-to-day work and we would like to emphasise that anybody who has had Covid at any age should get himself very carefully checked Neuro-Psychologically so that the exact issue can be pinpointed without any further delay. As per Prof Singh the susceptibility to COVID-19 infection may lead to a future risk for neurodegenerative diseases including ,dementia, and that the neurological alterations caused by the virus may result from direct CNS/PNS attack or indirect influence on various organs that later affect the nervous system. For example, hypertension, common COVID-19 comorbidity, results in blood-brain barrier impairment and may enhance the risk of COVID-19-related cerebral complexities. He did mention that, there is a hypothesis that relates neuronal damage to the respiratory stress from deteriorated lung conditions. Our father had definite deficiencies on certain tasks that were related to direct and reverse recall as well as spatial organisation. It is not possible and I would not like to share the report over here but this much I can see that the individuals who are getting better are not even aware that that there are long-term damages that are being caused by this virus to their brain and body which will only manifest in the coming years. Depression, Anxiety, Helplessness, Marital Distress whereu one partner is okay and the other is not is becoming a regular phenomenon and must be addressed with proper mental health caregivers. For dad it was a serious mountain of Neurosis and Familial Anxiety with feeling Paranoid that was making him be what he was and it took 3 months and a session a week to bring him back to near normal and now he himself calls up Prof Singh and sets up his own Skype calls . We think of expenses but we forget he is our father and by gods gratitude our family is better bonded

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

My father died in 2015. He was 42 years old and I was 15. My mother said to me to go and say goodbye to my father before I went to school. My father was on his knees and his eyes were closed, but he knew I was there. In his presence, I had always felt seen. I told him I loved him, said goodbye and headed off for my day. At school, I drifted from science to mathematics to history to biology, as my father slipped from the world. From school to engineering to work I went about with my usual smile. I didn't drop a single grade. When asked how I was doing, I would say "OK." I was praised for being strong. I was the master of being OK. When I married I felt it was a lovely experience as despite our caste differences my in-laws were very nice and kind. I felt I had found a father in my father in law. Very nice and kind till we were married and I went to my sasural. There I realised that I was expected to be something else in my personal bedroom and something else when I come out. Be very open and modern with my husband and when I come out where all the traditional sarees and the makeup for my mother in law and my father in law because I have to keep up the appearance and the respect of the house. Fine I did this because my mother said that it takes time for parents to change and my in-laws will also change with time and become slightly more open to my comfort. Also because they were better off my mother was of the opinion that I may not get a well-to-do family, if I separated. More than anything I feel betrayed by my dad in law as he was so sweet before the marriage and so aloof and not interested after the ceremony. He left everything on his wife. I came back as where to go, but after 3 - 4days the same backward thought process started. Nothing happened and eventually I had to come back to my parents house and that is where I came in contact with Prof. Singh and actually talking to him, and understanding what was happening. I am very sad to say, I married as I thought my husband was intelligent and was good and earning well on his own even if he came from a rich family. But I was wrong. I have not seen in my family a mother lie down on the same bed as a grown up son and put a hand on his head or feed him at 34 years with her hand. It is all wrong and I have been in counselling and this trauma of tolerating everything because my in-laws have money is not acceptable to me. Prof. Singh has been very good and has counselled my mother also what to do, and I have also learnt a lot from just talking to him and understand what to do. There was no support from my in laws and I don't expect it also. My mother said counselling is expensive. But what will I do with some more moey if my whole life I have to cry and be unhappy. I like that I can WhatsApp Mr Singh anything and he always replies and calls back. It takes away my worry immediately. He is a very fatherly figure for me.

V

Verified Patient

2 years ago

Visited For Remedial and PsychotherapyPsychometric testingPsychological Problems

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionDoctor friendlinessValue for money



A few months ago, I realized that my stress levels were getting too high, building up a lot of negative thoughts and emotions, and eventually straining my marital relationship. I was going through a lot of rumination and my mind was filled with negative thoughts, sometimes even bordering on depression. Although I knew that a good clinical psychologist could help me deal with this, without any prior experience, that too in India where clinical psychologists are a rare breed, I was pretty skeptical to consult one. Had I consulted a physician, I would have been referred to a psychiatrist and I would have been prescribed anti-depressants for sure. I did not want this and so I had to take a chance and with a lot of nudging from my husband, I finally decided to take an appointment with Dr.Singh based on the terrific reviews he had on practo. I must say that it was one of our best decisions ever. At my first session with Dr.Singh, I was not even able to tell him what my problem was and just kept talking to him about random things that came to my mind until I felt emotionally drained out. He patiently listened to me and then also spoke to my husband. Even at that point of time, I was not too convinced that he was going to be helpful. He explained many hardcore psychology concepts that were new to us. I read up a lot about them later and gave myself time to reflect upon Dr.Singh s words. He asked both of us to take the really expensive personality test and honestly, we took it with very little hope, wondering how filling up a questionnaire would really help. But, Dr.Singh firmly believed it would, and we just trusted him. He was also very generous to offer a huge discount for us on the pricing considering our financial status. We then had a second session to discuss our results and this time, I should say, I already felt different. Just filling up a questionnaire and listening to the interpretations from Dr.Singh absolutely made a stark difference in the way I saw myself as a person. After this, Dr.Singh confidently said that it would just take one session to set me right and again, I was taken aback. I had the impression that psychotherapy sessions must last for months together to bring about a change in one s mental health. But again, Dr.Singh was right. He knows exactly what would work for each of his patients and that there is no common pill for attaining good mental health. And this is what makes him unique and successful in his profession. Within one therapy session, and slight changes in my lifestyle as suggested by him, I could see a drastic improvement in my mental health. I started observing positive changes in my mood and behavior. All this happened within just a month. Now, I feel fresh, energetic and positive every morning when I wake up and I cannot thank Dr.Singh enough for that. I am glad I found Dr.Singh because now I know whom to approach confidently when I need help. I strongly recommend Dr.Singh without any reservations.

Dr. Prof. G.B. Singh (PhD) replied

Mam, I'm truly grateful. Believe me , I am, as I know your case. We are a national collective or a people of disbelief, and doubt. I can only hope those who read this have some faith in your faith and trust in us. Regards

V

Verified Patient

3 years ago

Visited For Psychological ProblemsPsychometric testingInterpersonal Relationship Issues

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

When god sends you his messenger hold his hand and let him guide you.

I'd describe my experience with Prof Singh as something as magical. But more importantly you have listen to God's messenger whenever he conveys a message and when you fail to do so you might find yourself in a darker place. I'd recommend Prof Singh and would ask anyone approaching him for any kind of guidance or treatment to just listen and follow whatever he says. He's has a very kind, direct but deft approach and he'd help you by empowering you to bring together all your broken pieces.

Now I am sharing my story with you :

Before I came under Prof Singh's guidance I found myself stuck in a never-ending loop where I thought about my regrettable moments. The moments that made me think that I am truly an awful person. For all the moments I ought not to choose to do what was right and kind or when I chose not to speak the truth or when I spoke things that were mean and bitter when I was angry. Sometimes the self-hatred became insurmountable and I used to wonder that this is the not the right way to live with myself.

A few issues with my behaviour that are outright wrong and that drag me down over the time:

1. My habit of hiding things or lying about them: I know they stem from my physical, financial or other kind of insecurities but now I am moving closer to reality as I grow.
2. My anger or impulsiveness: I say things in the heat of the moment that I'd rather not say and sometimes they are not meant to be taken in their original sense but they do are very self-destructive as they damage my close relationships.
3. My inability to change or comfort with these behaviours dragging me further down as when my mind did nothing except think more about past events.
4. I wake up with regret and I am not able to put things into action as either I am thinking about the past or what would happen if I change my future i.e. the future. Here I mostly exhaust myself mentally.

I really want to burn the old self because right now because in this very moment I don't love myself. I am getting strangled by myself financially, inter-personally, mentally, personally, and on the career front.

I know I have made people happy and done some good and that's driving me for further change. Also I love my mom and I don't think I am not the person she would want me to be. Recently, I have disappointed everyone and including myself.

I don't want to live with myself like this and I am willing to do everything that Prof Singh's asks me to do and developing virtues for a stable, peaceful and healthy mind is the most important thing. I have also give a few high quality psychometric tests that only Prof Singh is trained to assess.

Its never too late, we all as humans make mistakes but it is important to find the light and choose it instead of the darkness and I hope as you read this you have found the light in the form of Prof Singh at the end of the tunnel and when all doors seems to have closed for you. And most importantly I am sure you'll be your own light as you undergo therapy and become self empowered.

Go for it !

Dr. Prof. G.B. Singh (PhD) replied

Son , you have overwhelmed me. It is a privilege to be considered a father figure and I respect your feelings. We will always be there for you - as much as the almighty may demand, but the depth of your intensity has taken us by surprise. We don't know but all we can say is we are very humbled

V

Verified Patient

3 years ago

I recommend the doctor

1 year ago, I was sure I wanted to be divorced after 10 years of year of marriage. Before my thoughts went to separation, I spent a lot of time thinking about the future and focused on the hope that my life would improve, that I would be happy in my marriage. The hardest part of wanting to divorce was coming to the decision, in admitting that I was deeply unhappy and in finding a way to communicate this to my spouse. There was sadness in the loss. And then all the practical things: dividing property, finding a place to live, informing children, family and friends. I felt very alone and abandoned. At the same time, I felt I wanted to be free more. My spouse never felt the need for counselling and therapy. What is that we can't solve that a counsellor can was his favourite sentence and within 5 minutes we were bickering once again. We came to meet Dr Singh family and all in tow at the age of 34. It was hilarious to see the look on the doctor's face. Imagine 34 years old and needing your dad and mom to come with you for therapy.

The reaction of my in-laws was extremely difficult and while I expected that they would be bitter I was not prepared for the "shunning" I experienced from them in front of dr singh. Dr singh kind of

convinced us to give it a last chance and helped us go forward one day and one problem at a time. In conversation we came to realise that my history with my husband was in fact not limited to our children, but the entire apartment complex thanks to his mother. Getting diagnosed and accepting it helped acknowledge the emptiness between me and my husband and made the future look less scary and more valuable. It gave me hope. After therapy I live much more one day at a time. This does not take away from my commitment or loyalty to my family, but I am just no longer willing to sacrifice my own serenity for anyone who gives me negative vibes. The best part of therapy for me was learning to stand on my own. The thought of living for another 45-50 years in an unhappy marriage was pivotal in my decision to either seek therapy and ensure changes happen or I leave my marriage as life is short and we are meant to be happy. Returning to normal life and specially sex was a challenge as the very thought would send a shiver up my spine. My spouse has made a lot of changes for me and I come to my doc for maintenance of my sanity every month with my husband. Well we are together for the now at least. At least the loud voices and aggressiveness has stopped. Respect is in. That is a good enough start.

Dr. Prof. G.B. Singh (PhD) replied

Yes Mam, I saw the Neglect and the expression was because I believe in respecting everyones privacy and it's not fair to eavesdrop on your son in law or daughter in law issues. It does not matter if it is woman or a man, I have seen an equal number of men suffer also. But listening in on someone else is just not fair.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My daughter is absolutely scared every-time the school opens in June/July. Going back to school is pure torture for her. Im very sorry but the class teacher and the counsellor have made ME feel like I am an outcast along with my daughter. Every time it is the same, I tell my husband that we are sending her back to an environment that judges her to be stupid. If I feel bullied when I wait in line to speak to the Principal then I feel my daughter must be feeling bullied and abused inside and not speaking as others think she is dumb.

Even when we have got 3 assessments done and the doctor should have helped her rather than letting it be one more step towards failure. That's because every assessment was held privately in secrecy and I think even they did not recognise the problem . How can we handle something you can't define properly ?

Sadly, we have stumbled along for 3 years now because no one knew and everyone adopted a wait-and-see approach – wait for three years to see if the child improves. If no improvement occurs, then

the child will pass out of class 12th and thank you very much it is not my respected schools problem anymore.

Tragically, assessment and intervention came far too late for Divya's learning development. It was a wait-and-see disaster. After this I learnt one thing. When the institution asks you for an assessment, go with your own gut feeling. Research 2/3 options and see what they have to offer. Cheap is not the best and Big may also not be the most perfect sometimes. There are a few other simple things that will help. First, be kind to your child and accept a problem can exist. Second, get her screened and don't count your rupees or how much you are spending. Quality comes at a price. If you want a sweater it will cost you 3-4 thousand rupees, if you want a brand like Lacoste it will be expensive, however if you want a Cashmere sweater beyond which nothing exists, then it will cost you serious "Cash".

If your child has Dyslexia, there must be immediate action, earlier the better, start in class II itself. My daughter's story is a living tragedy, it also has led to monumental losses for us. Today I feel like wanting answers from the school for why my daughter was systematically left behind because of her disability which when we came to Prof Singh was found not even to be dyslexia ?? She has a very high form of Autism called Aspergers Syndrome. Someone should have seen it as whenever she was transitioning to another class the frequent behavioural suppression led her to have less social support from her friends and even fewer close relationships with other peers. What we thought was less satisfaction in her personal relationships has now led to a huge interpersonal cost of behavioural suppression due to suppression of her reactions and isolation. All during school Divya was not even close to getting a reasonable chance to succeed. Unfortunately, because of my inaction, I blame myself that she is headed for a troubled life. I should have researched more and made better choices. I should have pushed my family and husband to comply even if it was to satisfy myself. We are now sending her to UBC in Canada and she will study Mathematics, a subject in which she is very Strong. The tests, the counselling for college, the factual reports have really helped us. It has been a very professional experience dealing with Prof Singh and he will support our daughter via the internet also for counselling if Divya needs help.

Dr. Prof. G.B. Singh (PhD) replied

Please research, in fact as we had shared with you also when you had come that, we have been writing to schools in Delhi, Gurgaon and Noida that they should offer all available options to parents rather than direct them to one particular clinic or institution. We also believe that you as the parent must first visit the place and satisfy yourself and this visit should not be charged or commercialised. You as a parent must then decide based on your budget and better judgement where you want to have your child assessed. Remember it is a privilege that you come to a particular centre and not the other way around. 10 years ago there were very few options, today parents have significant choices and as a parent you must exercise these choices. Regards

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

My child did not receive help from his school and the environment. My son with his learning difficulties fell through the gaps and did not receive the extra support he need to achieve his full potential. He also presented with issues such as anxiety, social difficulties, not wanting to go to school, truancy, and other behavioural problems. My visit to Dr Singh was an eye opener and my son with his learning difficulties showed a combination of specific delay areas in his ability to learn. Dr Singh identifies these areas of delay through asesments using very advanced standardised tests, observations, and relevant case notes.

I wish these specific learning disabilities were detected early enough then specialised intervention programmes could be offered to remediate these areas and build the early building blocks, underlying processing skills, and working memory needed for the child's scholastic learning and eventual success.

However, as these learning difficulties had not been previously identified before he reached high school, Dr Singh spent the time and effort and he can recommend the implementation of special conditions, including a reader-writer, use of a laptop, extra examination time, etc. after completing a formal asesment. I learnt very late that without correct identification and appropriate intervention, learning difficulties can limit a child's ability to learn, including which subjects they choose in college, and have a life-long impact in terms of future careers and the direction that life takes them. I realised it is not worth taking the chance. I took a chance to visit him when I saw his profile. I was initially referred to a clinic where the the concerned person kept calling the school about what they wanted her to do. I got so fed up that I walked out of the clinic \*\* \*\*\* her judgemental attitude which was irritating me as I did not want a lecture on how as a parent I was failing as I know how I was working my As off to support my child. I want to tell you parents and the upper echelons of parents and society that do your homework and seek out competence not a place that the school sends you to. Take at least 3-4 opinions and meet people before making a choice to get your son or daughter asesed. Remember chep in no good and can be worth trash in the long run, become aware and keep the decision in your hands. Ask the school for options in writing and then take your decision. There is no rule that you have to go to one specific doctor. You can choose any and the school has to HONOUR your choice as a parent as long as the professional is correctly registered with the RCI

Dr. Prof. G.B. Singh (PhD) replied

It is very nice of you sir/madam to share your experience, as very few parents want to come out open. However, we live in India and not many will be able to digest your praise. If you want to leave it on , I respect your decision, and if you want to erase it, I don't mind that either. Kind Regards

V

Verified Patient

4 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendliness

### Marriage Issues

I and my husband have had the kind of marriage people say where we are made for each other. Single friends have confessed to me that they hope to find a partnership like ours. However things are so messier on the inside, that I at least could not take the consistent loneliness.

When I was decided to come to Prof Singh in Nov. 2018 we'd been married with children for more than a decade. We had our strengths and weaknesses but there was no communication department, which allowed us to navigate the transitions of parenthood, moves and job changes. Despite this we had tried everything and did not want the children to suffer in anyway. The painful truth is that I personally think we waited too long to seek professional help. It is very difficult to make the correct choice and we did not know where to go. Dr Singh had helped our friend and we had seen some great changes with her son who was autistic. Somehow Dr Singh had managed to keep the child together and also the improvements were quite significant, not to be noticed.

We all read accounts of the sympathetic, supportive husbands who work and are patient and my husband and I are like this probably two-thirds of the time. The issues started when all the things I couldn't do he did not do and ignored. From cleaning the house, doing laundry, communicating with teachers, mediating sibling fights, and my own physical limits. I could only watch as the little energy I had went to my house work. By the time night arrived home both of us were completely spent and totally unavailable. This is something we had been ignoring, and while he could speak to people in his office, I would have not minded it had there been some outlet for me also. I have been in 3 sessions with Dr Singh and I am shocked at my own bitterness and how I have endured. Our expectations had created so many friction points of marriage where the ways we see things so differently that we were already so apart I realised.

What I want to write and pay my own respect to Dr Singh is that, he brought the family together as because of our own limited energy and concentration, we did not know what to say and both of us were just fed up. We opted for discussion as a form of therapy and it could not have been a better suggestion as it allowed major realignment conversations that helped bring us back to a place of mutual understanding and respect about our differences. Also I had given up work and at Dr Singh's clear appreciation that we had a financial strain of decreased income and increased expenses after moving to Delhi, I must work. Money is the source of conflict even in stable situations and in our case we had began to argue about purchases that never were an issue before.

Our combined sessions made us realise that none of our extended family live near us and how we at our lowest moments, would lead to him vacillate between his frustration with my helplessness and the responsibilities. But the shouting, staying away from home till late at night were of no help to the situation and this is Dr Singh's greatest contribution to our life. We were able to stay focused and create a plan where we could recover. Today I am working and gainfully employed with a DPS school and have a clear roadmap with for how to steer my marriage toward success and away from the potential aapada we were in. Opening up is not easy, as I realised, but finding the person who can help is a very big factor to stability. This has really helped us and we both want to thank our Doctor for his constant availability and help where he could read our mind about what was going on and what we wanted over and above the words we used to talk to him. When we both talk at home now, the one common factor we realised was some innate ability to calm you down that we did not find elsewhere, that made the difference, otherwise we would have never travelled so far to meet him regularly. Thank you

Dr. Prof. G.B. Singh (PhD) replied

I am truly, truly humbled. (Very Very genuinely) I am truly humbled and can't see the name, but thank you

v

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Depression Lonliness

In my case of depression, I used to get very angry and quite irritated with my parents and my friends, and the silly little things that my mother used to do. Like, she used to not clean the kitchen at night and it just would just make me angry. And I wouldn't want to see my friends, in case I shouted at them and they wouldn't want to be my friends anymore. The only way I could describe being depressed is being in your own sort of zone, where you feel like other people can't understand what's going on, or they just don't get it. I felt really unhappy-- not really unhappy with myself, just I didn't feel anything. I didn't-- I felt empty.

It is difficult to believe but I did not have any emotions in general. So it was a really horrib state of mind to be in, and people just thought, oh she's just sad. But I really couldn't relay that across, because it was such a pressured state of mind for me. I was really guilty about it all the time, like I was a burden to other people just being there, and that I wasn't worth their time, I wasn't worth people's attention.



Depression is an often misunderstood term; people might talk about feeling depressed when referring to fleeting periods of low mood. However, depression is a serious stuff and affected all aspects of my life, including school, personal interests and activities and relationships with peers and other family members.

All of the signs at my age of 23 could reflect normal behaviour – after all, it’s a challenging time so mood swings were common to me. My classmate who was 23 and was getting married asked me to meet Dr Singh as she said he opened her mental block in one go. One go, okay let’s give it a try. It was a riot of laughs to meet Dr Singh and in between the laughs he slipped in how to keep an eye on things and make a note of what I have been noticing and how often signs of depression were coming up. This he said would help me to determine whether it’s adolescent behaviour’ or something more serious.

I realised that depression may look different in different people, and that some symptoms may not be immediately obvious to us.

23 is a challenging time so mood swings are common, as are changes in sleeping and behaviours asserting independence from parents. So how do you know when you should be concerned? I learnt from sir how it can be helpful to compare how we are is currently, with how we normally are. I learnt to keep an eye on things and make a note of what I have been noticing and how often signs of depression were coming up. This I realised is something that helped me to determine whether it’s ‘teenage behaviour’ or something more serious. The good thing was coming to Dr Singh and just flopping in his endless compassion which will always stay for life with me.

V

Verified Patient

3 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Some time ago, I consulted Prof Singh. I am a IIT educated, 42-year old woman, previously I was told I was a “multiple personality” and wanted help from Prof Singh to fully integrate myself and my memories. I had moved recently from a US city and had been in treatment for three years with another

therapist there. I had received a diagnosis by the time I come to him of dissociative identity disorder. Prof Singh has been one of the most reassuring psychologist that I have gone to, and in the last eight months, we have achieved what 3 years of therapy over there were not able to achieve. It's very reassuring to see that excellent work is being done in India also.

D

Deepika Mahato (Verified)

6 years ago

Visited For Marriage/ Marital CounsellingStressFamily Problems

I recommend the doctor

I come from Jharkhand and when I was there I always felt trapped between two cultures. My family was very traditional-we weren't allowed to wear clothes as we would have liked to, even at home and there was no option of any discussion with the daughters. My family wanted me to finish my education early and just get married. I came to Dr Singh as I was under a lot of pressure and under serious depression with thoughts only of running away somewhere.

We are still in our first year of marriage, and the only thing we do is we argue constantly. I am working night's which my husband does not like because there are men working with me. Both of us have completely different outlooks he wanted someone who was not so independent. I can share my experience as now my husband is with Dr Singh, and there are a lot of change in the last 2 months. First whenever we had a fight, he would call my parents and say, 'Will you come and get your daughter? I don't want her anymore.'

The reason I came for help was that I felt completely worthless-like an object , instead of a human being . I tried to push back against him but soon it was just easier to give in. It is difficult to share how I felt completely desperate. I think I could not apologise to him anymore more than changing him. I am happy to have come because I have learnt how to handle my situations and how to react to what situation. My husband is also understanding the consequences of what we can become and how it can affect our child once we have one.

One thing I really liked what Dr. Singh told me was that I am not damaged goods, and that I don't have to fight needlessly. Anything can be obtained with correct intervention and he has kept his promise.  
Deepika Mahato

A

Aaghnya (Verified)

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Relationship Counselling

Meeting with Dr Singh is something like meeting Anthony Hopkins and can be extremely intense if you are not prepared for it. Without a doubt one of the greatest in all decisions has been in the way he has ended each session with the takeaway for us. He has the knack for the backhand reveal and the right emotional pitch, which has helped me personally to a significant degree to overcome my despair and anxious resignation, a feeling that was beginning to sink in, most of my complicated and uncomplicated moments of life. I have been going through this tension between wanting to give in, and wanting to give up also as I faced my own demons, and went through the process of a relationship, a marriage, giving birth to a child and then eventually becoming the sole breadwinner of the family.

I had taken into account everything except infidelity, which eventually turned my life upside down, and I found myself questioning my own self as to what was the shortcoming in need that had led to this situation where I was shouldering every responsibility, and still have to be faced with this devastating reality. I have been through individualised psychotherapy, for about eight months now, where I come when I want to come, because there are times when I feel so good, that I'm able to live the life I wanted to. But the sketches of infidelity still somewhere troubled me intensely, and I find myself in the situation of legal dysfunction, it kind of a decay, that just tops my entire life whether it is my working life or my home life suddenly, and I find myself sitting and unable to control my emotions. The facade of this perfect middle-class world that we live in, is just not what it is in reality, and feeling after all the therapy I have gone through, I find that I don't seem to be an isolation incident.

It was not easy to come regularly to someone whom I did not know and whom I had found over the internet, but it turned out to be a very wise and a sensible decision, because I realise that I have been able to develop the coping mechanisms that Dr Singh has helped me evolved, and rather than relying on medication, I am able to face life in a more realistic manner, than I used to when I had discovered what was happening with me. It Has taken the two of us both my husband and me, to work out our issues, but as I jokingly tell my doctor I wouldn't have been able to do it without meeting Anthony Hopkins.

R

Ravi (Verified)

7 years ago

Visited For Learning Disability (Dyslexia) Treatment Career Counselling Family Counseling

I recommend the doctor

My son is in class 9th and we were having major problems with his attitude as well as his behaviour at home and then at School.

Somehow when I could speak to my son I managed to convince him that we should come and meet doctor singh because, one of our neighbours had recommended him very highly and it was with a great deal of convincing that I have to bring my son to the doctors clinic.

I was very keen on bringing him because every time we went to the school and in every parent teacher meeting we were repeatedly been told that our son was becoming rowdy and had has started to mix with the more Rowdy children.

To get a 13 year old child to open up is not easy but I have to say this that it was an experience in itself to see the doctor at work and eventually the problems that we found was more to do with his Youth Group than him because they were after him that to be a part of the peer group he has to confirm to what is correct and what is not based on the collective decision that they were making.

Once we knew that this was the main problem we were able to proceed further and we were able to communicate with our son about what we need to look at when making friends and what he needs to avoid in case there is any kind of pressure on him because friendship does not come with any preconditions.

We also had our son I Q tested because it had never been tested before and we were able to understand his intelligence level and we were able to formulate a plan along with Doctor Singh on how to proceed where his academic were concerned. we were also able to eventually speak to the class teacher and the Council of the school and advise them about what is happening and in our case we changed the section for our son because we did not want him to be in the consistent pressure by others and we did not want him to ruin his future.

I want to thank you doctor sir as a father and I want to wish you the very best and I hope you continue to do the good job that you are doing because every child is precious and if we can help our children then are we not helping our future.?

regards Ravi Shankar

V

Verified Patient

4 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

It is easy to think that the solution to loneliness is participation in social activities. People and even doctor's forget that loneliness and social isolation are not the same thing. I have been told participating in social activities can help some people to overcome loneliness but I could never let my feelings of loneliness go as where is the ability to have meaningful conversations in the NCR. People will think I am a sociopath or a frustrated working lady if I approach a couple to say hello. I think Dr Singh create's the right environment and provides holistic, personalised support and gives a lot of himself to help us

S

Shobha Sharma (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

The disconnect between my wife and me is so deep rooted that we start shouting at each other at a moment's notice. some times I feel that it's not about blaming my partner but it's also about the understanding I get back when we are in a relationship or marriage and having a emotional disconnection specially. A feeling of being under appreciated and lack of thoughtful gestures can hurt.

I got married because I believe I wanted this one person in the world to really think I am wonderful for doing all the things that I can do and the same for her but the disconnect has been so high due to constant criticism where work is concerned and social life is concerned and the insecurities that we been fighting now on a daily basis.

Talking about our expectations and problems has been very beneficial and we should have done it earlier. We should have done the compatibility diagnostic test also a long time ago to understand each other better. My suggestion as I learnt gradually is no one needs to suffer in silence and that is for guys too. I believe that the freedom I get in writing this is immense as my spouse was also able to see the point of view when it was discussed openly and calmly. I appreciate Dr Singh for his maturity in how a lot of situations were turned from deterioration to balanced. And I also feel better sharing it openly.

Dr. Prof. G.B. Singh (PhD) replied

The credit goes to you sir, essentially what you both did was to increase your awareness of life in order to increase your experience of freedom.

S

Smriti Rai (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionWait timeValue for money

Dyslexia Testing

We brought over daughter because she was having mood swings and had a feeling of being inferior to the others in school.

Our daughter is very intelligent in mathematics and has been doing numbers from a very early age and we were very proud of it because she has scored exceedingly well in class 10th.

Where is we had come for therapy session involving her Complex and her inferiority feeling, we went away feeling extremely surprised because it image that rather than and inferiority complex our daughter was a gifted individual who was able to do her mental calculations and her numerical ability was very high due to a certain ability that emerged during the assessment that was done.

It's been a learning curve for us and when we talked about it at home sometimes we feel that why do we delay things right till the end rather than addressing them when we begin to know this thing at a very early age for our child.

It has been a very productive and very recommendatory session with processing and without hesitation I would say that we have gone back enriched with knowledge of how to interact with our daughter as well as how to plan for our future in a more logical as well as a systematic way

Smriti Rai

I

Indu Verma (Verified)

6 years ago

I recommend the doctor

Me and my husband was going through rough time. The moment we spoke to Dr Singh for appointment, our problem was half resolved. The kind of confidence and comfort we got from his voice and his funny cum serious response was enough for us to believe that this is the right move.

Trust me it's so difficult for a person to talk to a third person about personal issues especially when a female subject is talking to a male counselor. \*\*\* \*\* \*\*\*\*\* \*\*\*\*\* \*\*\*\*

Having said that most of the relationship issues exaggerate because we are unable to express ourselves to each other, unable to accept each other with flaws. A good counselor acts as liason between us and help settle the conflicts.

In just a few sessions he made us understand the importance of relations, acceptance, forgiveness, and the art of living.

Thank you seems like such a small word for a such a wonderful person and his contributions towards society.

I would just say " All the best Dr. Singh and keep up the wonderful work ".

A

Aashish (Verified)

6 years ago

I recommend the doctor

There comes a time in life of everyone married couple when it seems like the end of their companionship. I also faced that time and had mentally started preparing myself for life after separation. But i wanted to make one last effort so that even if it we part ways it wasn't bitter. Luckily, I found Mr. Singh's details here and after going through the feedback and having a word with him we came to him in evening at 7 PM. My wife had no inclination of meeting any psychologist since she had given up on the relationship. After talking with Mr. Singh for about 2:30 hours when we walked out of the clinic, she said to me, "Everything will be all right". I knew then our relationship, our marriage had survived and was in fact was going to be better than ever before. We had one more session with him a couple of days and that seemed to have removed the divide between both of us which had been created in our 12 years of marriage. Our marriage had survived, and we both knew now that we loved each other more than ever before.

Thanks to Dr.Singh amazing way of making you feel comfortable and addressing your concerns/problems all the time keeping the atmosphere very light with his humor.

I truly wish more couples who decide to suffer silently or get divorced talk with counselors like Mr Singh before they take the extreme step, it could help saving your relationship.

I will forever be in awe and respect of Dr. Singh

V

Verified Patient

7 years ago

I recommend the doctor

I know that I have upset Prof. Singh a lot with my decisions and thus I have learnt from him. The biggest mistake I did was to fall for my future husbands promises that he would change, and I thought I could rescue him. I hoped he will change if I loved him enough and show him my compassion. I believed that he had some mental issue, like he was depressed or stressed, and he needed me to be there for him. He said he would take his life if i ever left.

What I have now learnt in therapy with Prof. Singh and understood myself, not told by anyone ,is that we tend to want to glorify and look at the good side-we try to block all the bad things. It's easier not to think about the hardship, the pain, being hurt. you get so comfortable as the outside is much an unknown. And living away from home, I didn't have that support network where I could go back and talk to my parents, and I also realized then that except for sympathy and causing more emotional turmoil for my father what would I get and that would not have helped at all.

I remember saying to Prof. Singh that I was useless, dumb and stupid but he gave me the courage to challenge the brainwashing and my thinking that had become to so negative, that that there's no way I would have gathered the courage to survive without his help. The unique way in which Prof. Singh combined written cognitive behaviour therapy and my sessions with him helped me to regain my trust in life because now I believe that it was not me who ruined his personal life.

my husband and i will separate , and I am sure of that, but I will let it go as Prof. Singh has been teaching me to. From balanced and positive to completely negative, humiliated and now regaining my mental strength, I have seen everything. And I am happy I took the initiative to find someone who could understand, assist guide me and mentor me perfectly.

I have been visiting Prof. Singh now for the last 6 months, and it his been like going from prison of torture to tranquil sea of mindfulness. it is hard to but I hope what I went through can teach others a valuable lessso.



I met my husband when we were in Hyderabad and I was 21 years old and I was living alone . We didn't starts a relationship straight away, because he just came to our office for a visit. he was seven years older than me. I thought: he is handsome, he is tall, he is very attractive'. he was from Mumbai.

After a few years of meeting each other I thought that I knew him, but actually I didn't. When you are living with the person, you don't really know. I hadn't had any experience of a relationship. in the early days things were quite good. we did the usual things, like going out, catching a movie, going to the malls and gave me lots of little gifts and flowers. there were lost of early tell tale sings actuall. one time we were supposed to meet. for some reason he thought that we were going to meet somewhere else. so I waited and waited and eventually I walked away. I just so happened to walk into the street where he was waiting. He got really upset and basically grabbed my office sling bag, threw it down on the ground and was shouting 'you' re so stupid, where were you, I was waiting for so long ! was so scared that I just didn't know what to do. He just thought that he was right and I was wrong. he explained his reaction by saying 'I love you so much, I worry about you so much, you are a girl here in this city, if anything happened to you I would not forgive myself. Over a period of time I have been able to understand and learn what are the words that mean 'problem' and what to to do and for that the credit goes to my therapist and guide Prof. Singh.

V

Verified Patient

7 years ago

I recommend the doctor

Loneliness is painful, without a doubt this was the most frequently occurring issues in my life.The hurt the sorrow, the depression and the torn up feeling made me feel like I was damaged from inside. clearly the pain that I felt was something that only a lonely individual or someone who has seen what it feels like to bleed can understand. When our marriage beganto break up it began to hurt even more because we did not have anyone to share it with. Honestly we did not even know where we are going and when people talk about things like darkness drowning or being clueless and having no meaning in life began to understand this.

When I came to Prof Singh I first wanted to understand if this was the place where I wanted to come. I want to understand why am I feeling so lost and lonely just because our relationship is breaking up. My initial meeting made me realise that it is not possible to go to your family because they can only offer emotional help by saying have something to eat ,or take a break where as a professional can help give a sense off meaning and understanding of the world.

Somehow I convinced my partner that when we have a problem that we are not able to figure out for ourselves then it is better to go and get professional help as it is better to go and talk toa professional about it so, that the other person can help us to figure out what is going wrong what are our good points and our points. In other words to help us maintain a sense of Identity. We were so lonely and fighting all the time that there was no one around to give us support and we had begun to lose our

sense of Identity with no one to guide us on our mistake or to give us a different point of view. Prof Singh helped us understand how we had become encircled in our own delusion and thinking without the benefit of giving Each Other a break to come out of the vicious cycle of expectations. It is no wonder that we were constantly fighting and that we were having this feeling of being lost and Confused because as Prof Singh pointed out, there is no one out there to maintain our sense of Identity or our sense of self but our own consciousness and our own abilities to listen what is appropriate and what is inappropriate along with how much we are willing to merge with each other and work as a combined unit rather than individually. If I say that we were living in a void or a black hole feeling hollow and empty with complete Emptiness inside I would not be wrong and I would say that as was pointed out by the doctor that at some point of time even I need to realise that there was something missing which I was also not able to bring to the relationship.

Both of us were empty because of the bickering and during therapy we realised that from inside we were trying to reach out for each other and to be with each other but the constant fighting and the threat to break up with each other although we did not want to break up with each other had led to a distance forming that was hurting. Prof Singh helped and showed us that we need to come out of the cold frozen void of false expectations and these are some of the description's that used to be there at the back of my mind but we had never associated them with feelings of loneliness. Meeting with the doctor and going through the therapy help us understand that we had shut down our emotional centre and that perhaps maybe we still were having walls around us that we needed to break down and Prof Singh showed us how over a period of time loneliness can be very painful overwhelming and can result in rejection which can cause a trauma to form over a period of time. He also showed that how we had withdrawn from each other and had overburdened ourselves so much with all the same hurt the sorrow the loss of control and how we had our emotional Centre down that we did not want to feel anymore. He brought us out from the cold frozen places we were not feeling anything in and gave us back the hope and security of trusting each other. It has been an extremely emotional as well as an enlightening journey for my partner and me and I am extremely grateful that I trusted in my gut instinct and came here because today after 5 month I can say for sure that we are much closer to each other than we ever were and today we have learnt so much from professor Singh that instead of fighting we have begun to discuss and respect each others point of view rather than hurting and withdrawing into our emotional states of being scared and afraid. It has truly been a journey and I would not hesitate to recommend to anyone to try it because you only get from it and you have nothing to lose but everything to get back

A

Amit Chopra (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

I got tired of hiding behind a mask of perfection, and suffering deeply inside my mind. A perfect education and a perfect company and in the same breath I found myself wondering over the years that why I could not guess why there was no end to my suffering .

The pain of the mind is something one has to experience to understand what helps means.

For me it meant removing the different layers of facades and being brave to lower the defences i have created to shield my vulnerabilities from the people around me

As an individual if we acknowledge it, here lies the starting point to a more rich fulfilling connected life.

My depression was perfectly hidden in a way you would have never even thought, I had it all. No one knew about how out of control I felt and how I disliked, my busy life and at the same time feel guilt about admitting it , as it makes me feel like a hypocrite to the tremendous lifestyle it gives me.

I came with a home face and an office face to show the world. A tired and sad face and a bursting with success face. Anyway, I am not hopeless as of now and have learnt a very important lesson.

Psychotherapy with Prof has been great and very intelligent with large doses of sincerity. I look forward to a long association sir.

M

Mariana (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

The environment at home after marriage has been very strict with respect to norms, and private space. As a Mexican married to an Indian my marriage environment places demands on me to acquire the manner and order of the house to avoid both formal feedback and negative acts from a lot of people being a joint family. These are not merely abstract issues of concern to me or other's who may be experiencing about how profound the implications can be in terms of less freedom, choice and opportunity for safe, meaningful relationships. Silence can be as oppressing and has lead to my personality change including the chronic loss of free choice and the need to wear a constant mask of invulnerability and emotional flatness to appear strong. I sought help because I wanted help and not just needed help. The problem was again a mind set that we have given you 5 sessions, how many

more do you need to get well. If it was in my hands, I would never have allowed the marriage in the first place and come to a home , where will all the wealth you have no space of your own, no choice of who to be with. Prof Singh has been compassionate and a very good conversationalist who has allowed me to express myself without worry. I can vouch that despite relative stability our habits of thought, behaviour and emotion can be changed in significant and consequential ways if we find the correct map to help us.

T

T Ekani (Verified)

3 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

My son started walking at year 1 and kept running all the time. He started speaking when he was 4 years old at the speech pathologist. But he was slow to expand his vocabulary. He then started speaking with a stutter. We went through speech therapy for 6 years as his home language was Kannada and we wanted him to speak English. His alphabets were in the lateral image and we rectified some things like t-j, D-B and w-m, which still happen. Matras and Akshars are still a problem in Hindi. His reading is no better, he skips words and lines and jumps over words and is often confused with similar looking words. His handwriting is very bad and illegible in daily routine. Maths is a nightmare. 32 is 23, 19 is 1P, and he can't process too many instructions. He tends to forget easily and is easily distracted and has anger management issues besides being unorganised. WE FLEW down from Bangalore to Prof Singh as all else failed. The humbling truth to learn about your child is like a shake over. We are back in Bangalore now, but I am extremely grateful to Prof Singh. I don't want to write what the cause was, but then had we not checked it out, we would have regretted it for life. Totally worth it.

- Ekani

Dr. Prof. G.B. Singh (PhD) replied

Be kind to your Son Mam.

A

Anupriya (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for moneyTreatment satisfactionWait time

Marriage issues

I was a very religious person growing up and when my parents divorce happened, I lost that religious framework in my life. I saw my family as a sacred entity and then it was shattered. I had promised myself that when I would get married, it would be for a lifetime. However it was a very strange feeling, when I found that at the age of 25 the same thing was happening to me, and I was falling into constant sadness on a daily basis. I was literally crying, going to work, and crying on the way back, and even when I came to meet Dr Singh, I was crying throughout the time I was sitting with him.

I submit with a great deal of humility, that he has been able to show me, how to work things, met my husband, and shared with us how we should be moving ahead in life. The entire experience has been an excellent one, and the exposure to Dr Singh is something like talking to a very calm and balanced person, and suddenly you know that things are going to be alright. As I came to him through this particular site, I would not hesitate to say that we made the correct choice, and just a little guidance was all

that we needed, and we found it with him.

Anupriya

P

Parul (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Lonliness

I have not been able to escape the painful experience of loneliness.

It has been in extremely distressing kind of anxiety that I have been suffering from for some time and somehow the excitement of everything was lost with feelings of loneliness over a period of time.

Sadly marriages and relationships that we begin in love and hope do not always last and social ties also get lost through separation and the most painful was when my social transition from being in a relationship turned into complete isolation and I began to eat depression medication and after sometime I realise that the medicines also stopped working.

It is then that I came to doctor Singh and whatever he said it has been an extremely productive 1 year and I can see significant changes in my own self and my way of thinking for which I want to thank doctor Singh and I want to share that what I went through was an extremely unpleasant experience when I was alone. I was not able to concentrate to focus my attention effectively and it has taken considerable amount of effort on part of doctor Singh to help me unwind and learn not to be highly self-conscious and self-focused how not to dwell on my actions.

I am better now and I am able to balance my thinking better with a recourse to someone when I need desperate help.

S

Suresh Aneja (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

Marriage Breakup

The whole experience of a meeting doctor Singh was an extremely wonderful and perfect balance of therapy as well as someone who could guide us through the mistakes that we were making in our life.

Everything that has been written about him and maybe written about him is accurate and both my wife and I have yet to meet somebody who is so non-judgemental and takes you at face value that he is able to help you with what you are thinking you even before you are able to articulate it.

One thing that we did feel and in our opinion it was good because we could go with it is that, doctor Singh can be extremely professional but at the same time thoroughly scientific and this can be a significant amount of money which I think in our culture we're not used to, where we don't pay the proverbial top dollar for top class services. So before you plan a visit to him you must be aware that

you will get the resolution to most of what you have on your mind but at the same time you are visiting a very premium practitioner.

We would like to thank him for what he has done for us and the manner in which he has shown us and shared things which could have been worse for us and the way forward.

And the saying that to find a good therapist is not easy comes true in this case completely and wholeheartedly.

We will be coming back to you Dr and thank you.

Suresh Aneja

Dr. Prof. G.B. Singh (PhD) replied

Good Evening, thank you for indicating you will come back. Psychology works on the underlying basis of the issue and not just the symptoms. I guess that is why some may find it different. But thank you for you're honestly I wrote the above on Thursday 23 / or 24 and today is 25 I think. But when I think about something I am feeling irritated and it not for you Suresh. It is a general theme.. What I am seeing in our country is we buy a look alike Louis Vuitton bag and walk around with it feeling great. We think the other person does not know that it is 'Junk' and try to convince our own self so badly that it looks like a genuine one. The key word is "looks". The issue is how can a local bag be a louis Vuitton ? Everyone looking at it will say - Wow where did they buy that, we need to find the same shop in Lajpat Nagar or where ever. Who are we fooling ? Well, only ourselves. So thank you for your compliment that I met your expectation and to every potential client as my clients are for a lifetime, my advise is "Get yourself a good Louis Vuitton, and hang on to it for life"

P

Prashansa rana (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issue

It took me a week to decide to visit a doctor due to a typical thought process of feeling embarrassed. When I entered the Clinic, Dr. Singh was already talking to the parents of a kid. When they were leaving, Dr. Singh taught the child that even if he does something weird in public, it is OK and he need not to be sorry and kissed the child. There and then I took a deep breath and realised that I took a right decision by choosing him to be my secret keeper.

In the very first conversation, he looked into my eyes and understood everything, I had to say jogging much. Trust me, that is the best feeling when someone understands you even before you speak.

After the short two hours, I was happy and realised that I am not that bad as people made me feel. I learnt to say No when I wanted to! I learnt to forgive and forget. Dr. Singh, my superhero makes a person feel very positive and good. The way he slip it in the conversation never let you feel that you are talking to a doctor or you are actually suffering from an illness.

He can change your outlook and make your u live happily ever after.

People, for you- please do not hesitate to visit a doctor like me and Dr. Singh should be on top of the list.

M

Mansi (Verified)

6 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendliness

Sisters Depression and Cutting off From Society

For 4 years my sister who is a computer software engineer, had cut herself off from society and withdrawn into a shell. She moved away from the NCR region and went back to our hometown with questions on the very value of life and living altogether. She was on Psychiatric medicines which she stopped as being intelligent she felt she has no depression.

It took us almost 4 months to get her to Dr Singh with canceled appointments and apologies to to him becoming embarrassing. One day on a whim our sister decided that our pestering was enough and gave an ultimatum of 30 minutes to us and visited Dr Singh with us. She sat for 4 hours with him, even underwent a clinical assessment and came out convinced that life is worth living.

It was to say the least amazing and we were speechless with what we were seeing. A girl who had not smiled was smiling. We feared that she would stop smiling the moment she went home, and this did happen, but she did not leave hope of the fact that someone had finally understood her. With all due credit what we could not achieve in 4 years Dr Singh achieved in 4 hours of marathon conversations and it was amazing. His way of words and logic and absolute non judging persona were amazing. We



have our sister back and that is amazing. He has to be experienced to understand what I am trying to say. Mansi

Dr. Prof. G.B. Singh (PhD) replied

The success here belongs to the client as much as it does to the Doctor.

A

Abha (Verified)

6 years ago

Visited For Family CounselingChild Psychology

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionDoctor friendliness

We had been deeply troubled and mentally stressed out for close to 1.5 yrs because of our 12 year old son after we changed his school. During this time, we had started observing reactions that were quite unusual for his age and not in line with his inherent nature that we were accustomed of. The major alarm rang when he started showing severe emotional outbursts that also brought to fore volatile reactions of self-harm and destruction. He showed lack of interest in studies, and even stopped going to school.

This is when we fortunately found Dr. G. B. Singh's reference on Practo.com. He exhibited immense understanding of our son's case while listening to us patiently and answering all our queries. He conducted some relevant and exclusive tests to identify the exact cause of the problem. Through these tests, he addressed our dilemma whether we were being unrealistic and demanding too much from our son that was beyond his true potential. For example, was he denying going to school because he could not understand and process the information that was taught? Using the results, Dr. G. B. Singh gave us the confidence that our son was actually among the top 3% of the highly-intelligent gifted children across the world. His brain functions much beyond his biological age. All this diagnosis reinstated our faith in our child's capabilities. We believe that under Dr. Singh's able guidance we will be able to achieve the desired outcome and see positive changes in our son's behavior.

Dr. Prof. G.B. Singh (PhD) replied

It is very rare to come across a child with a Full Scale IQ of 131. It is even more rare to come across a parent who writes to say thank you. It means a lot and lets us know we are on the correct path. Hope you kid does brilliantly well in life

V

Verified Patient

6 years ago

I recommend the doctor

I had started to cut myself because I was so lonely

It has taken me a lot of thinking, whether I would like to write about my struggle for so many years, and the negative emotions I have experienced when dealing with myself, specially the emotions of being manipulated. There is so much pressure through school and through college, to succeed, that it is very difficult to understand for the other people, what complete and loneliness mean for a girl living in a PG and trying to prepare for competitive exams. It is a totally different life, that most parents do not understand, and it is very difficult to explain to them that nobody wants to make choices to experience bad emotions, but that is exactly what was happening to me, and it is very humiliating when you realise that you are actually choosing to hurt yourself repeatedly.

I was brought to Prof. Singh, after I did something when looking for friendship and having broken up with at least there people, and then feeling completely worthless and cutting myself on my thoughts, because all I wanted to do was cry and sleep. The overall sense of apathy with my studies, the isolation, and the constant rejection, where I did not know what I was doing wrong, had started this habit where, I began to cut to see the blood , and trying to understand if I was human. It's easy for those who are living with their parents, or those who come from families which an afford to provide every need of their children.

But when I crashed the light bulb on the table lamp, my roommates who used to never talk to me, are the ones who brought me to meet Prof. Singh, because one of them had been to him before. There is no doubt that I was completely hassled, and did not want to even spend the money, but when they said that they would have to ask me to leave the flat, I agreed because it is very difficult to get another room. Meeting Prof. Singh was quite challenging for me, because it was not easy for me to talk and share with him what I had been through, because I felt completely ashamed of myself, but gradually I don't know why but I think it was the rationality with which he approached me, and the non judgmental attitude, helped me to sit down and tell him what I was going through.

The first time I came my friends just dropped me went away and I felt as if was a mentally retarded person going to psychologist. However over time, I have understood a lot of issues about myself specially the way I was abusing myself and the self rejection and self-hatred that I had begun to develop for myself and other. The doctor understood, when I explained to him that, I would just sit on my table, and look out of the window, with my mind completely blank, thinking of nothing, with tears in my eyes, just wishing that I did not have to study, and wishing that I could go home , or that somebody would come, and make such nice friends with me, that I would not have to be like this, and all lonely.

The engineering exams that I wanted to clear so badly, today don't matter at all to me, even though I am in a very good college, and the emptiness of the last six years has changed my personality

completely. From a happy smiling person I have become a quite and thoughtful girl, and I really do not know what being happy is all about anymore.

I am working with my doctor, and I have spoken to my parents, and visit Prof. Singh every week, and through the sessions, I have begin to slowly understand what was happening, and the cycle of negativity that I had got into. I did not want to take medicines, because I have seen my own mother, take antidepressants, and I have seen how she keeps sleeping through the whole day, and how she put on weight.

I was so sure of this that, I followed every instruction given to me by the doctor, and I did every exercise that he mentioned very religiously, and without questioning, and eventually I was able to decrease my self-injurious behavior, as I began to learn from him that I was simply punishing myself in the from self injury to become the chosen solution to my own inner conflicts. Probably the most important thing that Prof. Singh has done is, he has helped me to open up, and he has helped me to learn how to talk and express myself without any fear, as well as be able to be less inhibited about my personlity. Before I came to him, I think I was doing this unconsciously, by cutting myself, and I realise I have gained nothing from hurting myself repeatedly, because it was a false feeling of control in my mind. With my doctor's help I have begin to understand, what I was doing was nothing but a psychological defence, and every time I was humiliated, because it did not have the knowledge what to do, I would continue to hurt myself so that I could ease my pain.

Coming to Prof. Singh was not my choice, but coming to him was the best choice I could have done, because I was able to heal myself, due to due the fact that I accepted all the suggestions, and started to judge myself less harshly. Over the last eight months I have learnt, how to be self contented, and I have learned how to be balanced in my life, and I do not look for happiness others. Instead I now look for happiness in the small things I am doing in my life, and one of the things that is helping me is my regular visits to person who has become like a guide, menter and a resource who I can trust completely, and someone I can share my emotions with without being criticized and judged, but most importantly somebody who has the knowledge to counteract the negativity, and the emotional loneliness that was completely finishing my life. He has been absolutely great, and will continue to be great for me forever.

V

Verified Patient

6 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

We have been living in the united kingdom now for over five years, and our son was also born in the UK. The UK is supposed to have the best health services, and we also were under the impression, and all the delays that we were noticing in our child be they speech delays, or other developmental

milestones, we were told that these are a normal part of the growing up process. There were a lot of actions about our child which did not seem normal, specially when he started to avoid us and to become less and less verbal, but we ignored this on the advice of our general practitioner, as we were told that children do show the symptoms.

We got really worried, when his form teacher started to give us a call, and began to complain to us that he was not able to mix with the other children and that he would keep walking around the class, and pick up what he wanted from anybody's desk. Initially all of us ignored it but eventually the situation became so serious that we were told to have the child checked. There was a waiting period of almost 6 months with the cost of £3000, and it was not the money but the time that was becoming a major issue. So when we come to India, the British dyslexia association referred us to the dyslexia association of India, where we met up with Prof GB Singh, who self administered and tested our 3 1/2 year old son. Our worst fears came true, when eventually our child was diagnosed to have autism, and it seemed as if the whole world around us has collapsed because, I am 39 and my wife is now 35 years old, and it is a little bit late for us to plan another child. However I have to give credit to Prof GB Singh because not only did he take control of the situation, and not only did he ensure that best was done for the child, but he also made sure that both my wife and I were, guided correctly through psychotherapy, as well as the essentials of daily living that are required to deal with a child who has autism. It is almost after 3 1/2 years that we finally know what to do, and it is not easy and quite worrying and scary, but one of the things that we feel is that at least we know the direction that we have to walk on, and we know what to do in a extremely charted as well as a systematic manner, and we have a path to follow on a step-by-step basis through which we can have our child. It has been a truly blessed experience, and also at a fraction of the cost of what it would have been in the united kingdom, but more significantly we know are in a better position to plan our own professional lives as well as the future of our son, as we know the problem and what to do. At this point of time I can only say thank you to our family psychologist who now is Prof Singh, for bringing us up-to-date and for also being a solid moral support for us when everything seemed to be falling apart. Garvit Mann

M

Mohit (Verified)

6 years ago

I recommend the doctor

I never imagined that this experience would change my imagination about what therapy is. Very professionally handled and as my wife and I have been having consistent disagreement about our lives and priorities we decided to come to prof Singh.

Our disagreement extended from financial to parents and at this time we don't think we even want to talk to each other. We felt and my wife felt I hated her while I felt she needed to appreciate my constraints. What I appreciate about the entire episode of the visit was that the doctor used scientific tests to first determine our personalities and then proceed step by step.

I'm a saver and my wife is a spender. It is okay if we do it in a balanced manner , but not as if it is the end of the world. Our visits have seen different results on different days but the outcome is that we are now talking at home, thanks to prof Singh.

It's going to be a journey, but we are relieved that we have found a doc we can trust and who has made extraordinary effort to assist us. It is and will be a pleasure to meet him regularly. Mohit

V

Verified Patient

6 years ago

Visited For Learning Disability (Dyslexia) Treatment Psychometric testing Autism

I recommend the doctor

I would like to share the story about my daughter, and how from the age of four years, she has been struggling to read, has been made fun of in school, has been taunted and bullied, and been called absolutely no good by her friends, and how we came across Prof. Singh, and how our entire life changed.

My daughter has got something in common with, Picasso, John F. Kennedy and George Patton and a number of other Indian actors and actresses, who I do not think I can name because I do not want to be misunderstood or I do not want people to point fingers at me but I am proud to say that my daughter is;

A Dyslexic

I don't know if dyslexia is going to affect her as she grows up and gets into education, but one thing for sure I know is that my daughter is not going to get discouraged, and she is not going to be weeded out before, she gets an opportunity to get admission in a college of her choice.

When we first met Prof. Singh, we were so ashamed because of our daughter's grades as well as her inability at social interaction and the fact that, everybody would be much ahead of her in class.

But when our daughter was tested, we realized that words are alive and out of control, coming at her too fast to comprehend and that she was seeing letters and words from all sides. Prof. Singh described our daughter like a ballerina who can focus on a point as she pirouettes to keep the world from spinning out of control, and he was able to connect with her, and he was able to explain to her what her positives and negatives were, over the course of the last one year our daughter's grades have gone from average

to high average, and I know that this change is a long lasting change, because she already has the motivation to do better, once she has achieved the benchmark which we thought could never have been achieved in our lives.

Using the strategies that were outlined, our daughter's mind is able to focus and see words long enough to give them meaning, she is able to read comprehend and now succeed in school. What I can say from my personal experience is that if you are dealing with a learning disability for your child and you have checked, than it is worth a try and you must definitely meet Prof. Singh although he is a bit of a renegade, and with him it's either you follow or you do not follow him, but the one good thing is that, the level of kindness and the level of respect, the level of gentleness and the level of dignity, is unsurmountable.

I would give him five thumbs up. Thank you very much sir, for taking such a big load off our head, where our daughter's education is concerned , because we know and you know as you have advised us that it is the only inheritance we are ever going to be able give her.

R

Rao (Verified)

7 years ago

Visited For Family Counseling

I recommend the doctor

I along with my wife went to Prof Singh as we were facing lot of issue of understanding each other. It's been four yrs I m married and initially everything was good and it was a happy family where I along with my wife n my mother used to stay happy. Then after two yrs of our marriage we were blessed with a baby girl n I was the happiest to become a father of such a beautiful baby. But some how since then things started changing between me n my wife. Her behaviour started changing towards me and my mother she started misbehaving with both of us and as the time passes she started abusing me n my mother. Things went to such a extent that she started threatening me that she will commit suicide and will put all the blame on me and my mother. There are times when she used to pick up the knife and tell us that she gonna cut her vein just to make us scared of her. N now as we meet Prof Singh things hv been bit better and he is trying his best to save our marriage but with so much things happening in my life I think I hv lost the battle of my life. Today I feel so scared that if something happened to me then who gonna take care of my mother and my lil daughter as they don't hv anyone in their life without me...

V

Verified Patient

7 years ago

I recommend the doctor

There are several things which particularly impressed me about coming to Prof. Singh. Each meeting was productive, tangible and provided a result with involving me in examining each aspect of what had happened in life in great - I found myself asking questions that had not necessarily come up when simply talking to my family members and for first time I was being required to demonstrate practical applications of my understanding.

Whilst interacting with Prof. Singh involves a good deal of time in really thinking about each question, I've found that this has meant that my appreciation of my family and the causes of our issues after 17 years had become really ingrained and something I will always carry. The issues which were bothering us related to the differences we had in our perception of life. Coming from an extremely conservative background, and getting married to another extremely conservative person, we found that life was perfect for the initial few years. The problem started when, we were posted to Korea, and there I started working. There was nothing wrong in my working and I was always encouraged by my husband to go and work so that I do not get bored staying at home.

Maybe what happened was that, whether it was the exposure to a global market, or it was an exposure to so many people, with different styles of thinking, at some point of time I seem to have moved ahead, and I never realised this until, I found myself going to work at seven in the morning, and returning at nine in the night. Everything was so well-organised, with no worry of having to cook food, or clean the house because everything was so dust free, I think that both my husband and I began to drift apart, because he would always come back on time. It has taken me time to understand what had begun to go wrong, and when I approached Prof. Singh, it was with time that I began to see and realise my growing understanding and interpretation of both our behaviours, which was leading to a complete break up of communication, and what was making things complex and often confusing, when we could have easily sorted out everything appropriately.

Initially meeting Prof. Singh singularly, and then with my husband, over the past three months has helped me understand the way we approach life, as well as what we speak and what exactly is being interpreted by the other person, and to a great extent this itself has helped me understand where we were going wrong. When I first met Prof. Singh, and he asked of me that what can he do for me, My response was that I want to mend our relationship because, I knew that moving on would mean having to adjust to somebody else, or living alone, and better than that would be to try to understand the behaviours, where both of us were going wrong so that we could come back together as a family once again.

I appreciate the fact that Prof. Singh was able to break down whatever he communicated to me thematically so that I was able to walk ahead step-by-step through each session, and the fact that he took the time to read as well as comment on each question that I posed to him in a very logical manner.

After the sessions both of us felt like we have some idea and understanding, of how to analyse, not only what we are talking about what we are talking to each other, and I think this is what paid of.

I would however like to share one thing with anybody who decides to go in for psychotherapy, that do not expect any miracles to happen in three or four sessions, because if you're looking for miracles, you might as well go to a psychiatrist, because if you are looking for an immediate relief, it is medicines that you need, but I don't think that medicines necessarily work because, being solution, when you have two save your family and your children from ruin due to your own, as well as your partner's inability to play along with you. Yes I have benefited from coming to Prof. Singh, and it has been a wonderful experience speaking a mature and sensible doctor, and sometimes , well speaking to him, I did feel like I was being spoken to by a professor much more than anything else, who taught both my husband and me, the consequences of the path that we were on, and I really appreciated that from my own perspective and my bringing.

We are not regular into therapy now, because we're trying to work with each other to heal the whole process, and we go back to Prof. Singh as and when we like, and it always provides us with new avenue's as well as options of how to look at life .

V

Verified Patient

7 years ago

Visited For Psychological diagnosis (adult and child)

I recommend the doctor

I'm writing because, very few parents in India would like to share their experience of what happens in our families. I have been watching helplessly as my daughter and my son have been growing up, and I have been watching completely as my daughter has been turning from a smiling little girl to reserved, as well as a while and child who started shouting throwing things if spoken to rudely.

Violence happens in all families, whether it is a mother slapping a child in frustration, a father hitting a son in anger, or even a father taking advantage of his daughter. We actually stumbled across Prof. Singh's clinic when we had come to watch a movie on 14 November, and I was just thinking that my daughter is now 26 and has vet to complete a graduation and what is the reason behind it, so let just check. I was just not prepared for what came next, and I have two say that I was absolutely shocked, when within three minutes it took my daughter to tell doctor that what had been happening for the last 10years. It is just unmentionable, because it involves a family, my family, and I am not going to share it with everybody, but I am going to share that be vigilant, and don't take things for granted in your own house, because the danger my not be around the corner, but in the very house where our daughters are. I never understood why my daughter would cover herself so tightly around the waist when she would scream, and with gentle treatment strategy, the first thing I have noticed is that, she



is able to look at me in the eye, and she knows that I am not ashamed of her, but that I am proud of her, and that whatever happens I will be her mother.

We are now working with Prof. Singh to explore options of debriefing of thoughts and memories, and feelings surrounding the experience. I think the main thing is I tell my daughter is that it is going to help her remove the isolation the guilt and shame that she has been feeling, and sit outside and I watch her talk, but I do not listen or hear, because I want to respect her dignity . We it's been just two days, but these two days have given me hope, and the reason they have given me hop is that, I'm so glad that my daughter is able to hug me, is able to look at me in the eye and tell me what she wants for her breakfast, rather than just eat quietly and go back into her room.

I think as I would like to mention what the therapist said, we can build trust by being trustworthy ourselves, and exposing ourselves to those individuals, who help us reinforce our feelings of self-esteem as well as the fact that we are worth it. I know that as I exit Prof. Singh's room, I can still hear his words when he says that they will be improvement but no happy ending, but they will not be frightened, and what I really liked about the meeting was that, how he was able to connect to my child in front of me, and for the first time my child was to place her trust, in the hand of a man who is probably olds than her own father, and express herself really. The worse part is that I feel so re victimised, because neither can I consult my child, and nor can go back start fighting home.

How I landed up here, why we met him, I don't begin no but I'm so thankful we did, and I'm so grateful to the lord Almighty, That at least my daughter has been able to find somebody she can repose trust in and speak to so that she can heal herself with time . I don't write more than this, but this much I do want so that the others over there don't suffer in silence, the way I have in my family has suffered. I also want to thank Prof. Singh because, it was as if everything had to fall in place at the right time, and for me trust is a huge issue, and I have found the one person I can trust and it took just one meeting.

V

Verified Patient

7 years ago

I recommend the doctor

I came professor Singh because I had reached the depth of my sadness and I did not know whom to Turn to. While searching the Internet I came across his profile and I felt that what was the harm in meeting someone who may be in a position to help me and if not in a position to help me then at least I would be able to get some direction. I don't know whether it was my voice or that he was free or that I had to meet him, but I was able to get an appointment that day itself.

Likings happen and so does love. I do not regret anything that has happened in my life and it was my choice. But when after just 2 months of marriage , a woman feels that she is not being treated like a woman and is told that her husband can't do things like her and that there are differences between

men and women it is too much to swallow. The reason is that being a woman what are my expectations and needs and why does it happen that some partners just do not understand it at all ?

I have not been told a simple I Like you, forget the other word after 1 month of marriage. When asked the answer is , do I need to be saying this all the time ? Relationshis are not a joke and marriage is very serious business. When I came to Prof Singh and was explaining that I do not want expensive gifts or that he does not need to spend money but just make me feel special so that I know that I have a value in his life , he was refusing even to understand anything and kept smiling.

I give full regards to prof Singh as anyone else would have asked my partner to leave but the doctor was so patient and kind that he just smiled and shrugged it away. I will never forget the scene and never forgive him for making such a fool of us in such dignified company that I had to say sorry for a 100 times which then went and made the doctor even more sad. I wanted a quiet divorce and I wanted to move on and live separately and start life again. it had anyway taken so much time to come to a good doctor and here we were with him trying to be as much of a freak as ever.

from my past I know that rather than fight I would rather walk away from the situation quietly but now here I was arguing and shouting back with an amazed looking gentleman looking at me.

I want to thank you prof because you know how he changed when you did not react. how he felt ashamed when I also raised my voice and what he had to answer when the issue of separation was explained in detail by you along with the consequences.

You saw that I loved him and you guidede me as a daughter and you promised me and you kept your promise. I will forever be grateful for what you did and how you made him realise that the grass is not greener on the other side.

It was the best decision to have found you sir. And I can say this with my heart and soul. you are my safety net in this world and now even my husband with all his pride has mellowed down and looks forward to coming to you. We love you sir

S

Suyash Saxena (Verified)

7 years ago

Visited For Career CounsellingDepression CounsellingAnxiety Disorder CounsellingStress

I recommend the doctor

My Name is Suyash Saxena and I am a student of Pathways World School. I am 18 years old and I was going through a lot of depression due to my grades. Then I met Dr. GB Singh and he did a few tests with me to understand my problem and he was quite accurate in recognizing my problem. I also used to get very nervous before a test due to which my grades were affected. He gave me medicines and treatment through which both of my problems have gone and I am quite happy with the way he always treats me and listens to my problems. I would really like to thank him from the bottom of my heart for helping me out in such difficult times. He is a very sweet person who is always ready to help me out as even if he does not have time he still makes sure that somehow he is able to manage me in his schedule for the day.

Overall, My experience with Dr. GB Singh was really amazing and I would still keep going to him for my further problems and issues and would also recommend any child who is having the same problem as me as he is just the right person to get in touch with.

D

Dr Kumar (Verified)

7 years ago

I recommend the doctor

Dyslexia Testing and Relationship Therapy

As a doctor I have sent so many children for testing of Dyslexia and also for Marriage and Relationship therapy to many different psychologists, and psychiatrists. No one comes close to what Prof. Singh has been able to provide. Prof. Singh has helped all the children and patients get better and as my adult patients have told me he has helped them realise that they have the ability to control how they deal with life's stresses by developing a stronger insight of triggers that cause habitual patterns of thought and behaviour.

The advantage of this approach, versus that of some of us who are just quick to diagnose or pathologies, is that my patients who have gone to Prof. Singh have gained considerable awareness of their old patterns and have learned how to replace them with new ones in a very short period of time. This has helped me also treat them better and in a more effective way.

Prof. Singh is a naturally gifted therapist and as a Medical Specialist I can say he is different and his wisdom and caring are wonderful. His Freudian Psychoanalytic sessions for relationship issues are absolutely unique and have helped lot of my patients who are married and we would highly recommend him to anyone who has been through long-term therapy with others, only to remain stuck with the same, repeating life patterns.

P

Prabhav Tuli (Verified)

7 years ago

Visited For Patient Counselling

I recommend the doctor

Frankly speaking I feel that I words cannot do justice to the interaction that I had with Dr. Prof. G.B. Singh. From the very first phone conversation with him he was extremely warm and reassuring.\*\*\* \*\*  
\*\*\*\* \*\*\*\*\* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \*  
\*\*\*\*. His sessions make one feel very warm, protected and they have a very calm and peaceful aspect to it. My session with him lasted close to two hours and trust me it still feels that time just flew by.

I have been seeing multiple doctors since over a year now related to health problems brought on after a traumatic family incident and only one session with Dr. Prof. Singh has cleared my doubts and helped me understand my physical as well as mental health.\*\*\* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \*  
\*\*\*\* his advice and suggestions have helped me come a long way on my path to recovery.

With his patients he cares that his patients get quality medical care and proper guidance rather than personal monetary benefit. He truly puts his patients and their health first.

\*\*\* \*\* \*  
\*\*\* \*\* \*

To finish, I very highly recommend that you have one session with Dr. Prof. Singh, I too had my doubts and reservations before the session \*\*\* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \*

Warm Regards.

-Prabhav Tuli

V

Verified Patient

7 years ago

I recommend the doctor

What does the future hold, Who knows? What a scary thought for the already-threatened, but there are no answers one can acquire and apply to real life. Will my job turn out okay? Will my fiancé still care for me? Will I stay gainfully employed? How scary, even to this day, to type the words "I don't know." The only thing I do control is to be the best possible version of myself. And to surround myself with people — professionally and personally — who are kind, nurturing and understanding. I have done that now, accepting a job with a school in Nainital. I like the people, and most importantly, I'm learning to like myself again thanks to Prof Singh.

At my lowest moments, everything and everyone in the world was a threat. Not just people I knew, but people I knew I'd never meet. In an anxious state, all I could see were the things I couldn't do or didn't have, and all I wanted to do was to be happy. I had great appreciation about what I used to be, but in 3 months I was crying at home, at work and calling up Prof Singh and crying on the phone while he listened softly and kindly. No matter what I did, the feeling was of a sense was that it would never be enough. It did not help that I work for an advt company and was reading the internet all the time. I wish I had not. Everything I read Applied to me.

When I met with the doctor I realised that the crux of my day to day fear and worry with unhappiness was the complete inability to be at peace with the present moment. Always expecting and waiting for something to go wrong. I was guilty about things I'd done poorly and trembling with worry that I'd soon lose my fiancé also and something else up too. Professionally, that would all come crashing down any minute. Honestly it took two sittings and a gentle guiding hand to make me understand what was happening. Tomorrow I go to Haridwar where I stay to meet my parents. I am much more at peace knowing my real issues and how to deal with them. Yes I want to say thanks to him. He made a difference.

He also showed me that everything is not about money. I must have sat with him on days for hours, but he never billed beyond a point. I agree with the person who wrote that this is one place which is not all about money. There are a lot of children who I see coming to him. Dyslexic, Autism, I don't know about their checking process. But for personal cases I agree Prof Singh draws a line. He knows where the line should be. This helped me come back to him repeatedly. And coming repeatedly really helped as I could focus on my issues and not my purse :)

Riya Myria

V

Verified Patient

7 years ago

Visited For Anxiety And Depression

I recommend the doctor

Coming from a small family in Rajasthan, it was not easy growing up with the expectation of the entire family resting on my academic achievements. I think it was from the age of 10 years that I was sent to one of my uncles in a bigger city to study, and the only thing I remember was studying so hard that I eventually made it to one of the most prestigious engineering colleges. In 2008 just before my marriage and began to develop, aches and pains and must have visited numerous doctors as well as had umpteen number of scans done. However everything was perfect, and even after marriage my wife and I would wonder as to why am I suffering so much, when everything is going perfectly for us by the grace of God.

We relocated to Noida, about three years ago, and I decided to go to a psychiatrist. I was prescribed Flunil at a dose rate of 30 MG per day, however when I spoke to a friend of mine who is also a doctor he asked me to eat 10 MG per day. The problem is that although I did feel a little better, my suffering and my mental agony did not go away. I began to develop thoughts which are horrendous, and I begin to fear going near a balcony, in case I feel like jumping off it, and when I would see my son, I would worry that I may not harm him in any way, or when I saw my wife in the kitchen, I would fear that I may pick up the knife and may harm her.

These thoughts and worries, tormented me immensely, because they had never occurred before and I could never in my imagination ever even think of harming my family, in fact even if someone were to think of harming my family, I think I would be the first person to respond and take care of them completely rather than letting any harm come to them.

One day sitting idly at my computer, I wondered whether I need psychiatric help, or is it that I require proper psychological help to understand what is going on in my mind, and why is it that I am beginning to think of random thoughts which should not occur in a intelligent as well as a hard-working individual like me.

For no reason I googled, about the availability of good psychologists in Noida, and I found the profile of Prof Singh on Practo. it was an impulsive decision, but I called up, and made an immediate appointment, and within 30 minutes I was sitting in front of him, which was even surprising to me.

I believe that I made the best decision, because after one hour, of sitting with him I realised that here was someone who actually understood what was happening, and although he did not provide me with the bases of my emotional turmoil, he did ask me to bring my wife the next day along with me, which I did diligently, even though she is carrying our baby. Over a period of two hours, I do not know how but I found myself being regressed right back to my childhood, and eventually the diagnosis was a surprise to me. Not only have I given up Flunil, but I have also started to understand how emotional factors and situations in life can change our thinking as well as Outlook to life .

Before the session ended, I had one of my best friends who was also a doctor and specialising in neurology speak to Dr Singh, and even he was surprised by the diagnosis, but he completely agreed on the course of action which was extremely simple, and I am now following it and I think I am on track now to regaining my life back .

Nothing could have been more disastrous than having to live every day with the worry and the fear of harming one's own family, now I realise that sometimes medication can cause certain symptoms which can be more detrimental than beneficial. To a certain extent I would say, I now realise the basis of my symptoms, and why my aches and pains would torment me endlessly, and now I know that I am in safe hands, have given up the medicines, and now I also know that my recovery to being a complete person and a human being is going to be faster and more proportionate to my expectations .

I would like to thank Prof Dr Singh, for his time as well as his immense patience and understanding, as well as his ability to identify the underlying factors that have been troubling us, and I think that I would like to retain him as my family's therapist for life as, we do not realise that living in the modern world, we can be faced with so many uncertain situations, which may be just subjective thinking on our part, but which can cause so much harm based on our behaviour, as well as emotions, that it is always better to have someone who can understand the complete history, and be there to help you in those stressful times .

It is without doubt I say that, I would recommend Dr Singh, to each and every individual I meet, who may be suffering emotionally, either from sadness and loneliness, or mental torment for which he is not able to find a solution. It was wonderful meeting him, and the pleasant surprise, and I am extremely happy that I have got off the medicine, which was creating additional symptoms rather than solving the symptoms.

V

Verified Patient

7 years ago

I recommend the doctor

Visited for utter Loneliness

As a child I always wanted to win. I couldn't understand that people could play a game without wanting to win. As a teenager I didn't understand how people could end a discussion, without clarity over who had won, because only when you win, you gain something. When you win, you count. When you win, you get recognition. That's how I lived when I was a young adult. I wanted to get and live my life as a winner

But I still felt like a loser. I had everything i could wish for, but it didn't fulfil me. 'I had everything, but it wasn't good enough. I wanted perfection, but I couldn't reach it. It was always further away than I thought. I often thought that if I would reach that one thing, everything would be all right and I would be happy. But when it seemed that I would be able to grab it, it appeared to be just out of reach. I didn't feel fulfilled, and I had a long list of failures and disappointments. I felt cornered by life and blamed everyone. I became very bitter.

I found myself on the ruins of my life. It didn't show on the outside, but on the inside I felt empty, lonely and dead. 'The only thing I knew is that I wanted rest. Rest from the endless struggle for perfection. I didn't want to live anymore.' I was poorer, because I had no one.

I met Dr Singh on a whim. I never thought he would understand. I was proud and it showed. It took me 1 hour to crumble . I saw compassion and His searching heart. Slowly my heart melted and I understood that my childhood had been repressed so much and I had bottled it up.I learned to accept life through regular session. I didn't any longer feel the need to win. I could rest from my struggle to find acknowledgement. I understood that only I could end my loneliness and that no one could give me peace.

I saw all my achievements and victories for what they were: nothing at all. I just wanted to fill my empty hands and my empty life. Prof singh taught me what true love is and to live as a real winner. Coming to him I felt I had found something really important. And He made me a winner again.

we all can attain victory over loneliness, hurt, pain, anger and even death.I learnt this from Dr Singh and his non judgemental and gentle guiding hand There's nothing He wants more than to give His love to you. He really wants you to be victorious. Not because of everything you can do yourself, because He made me feel victorious and i felt like i had joined the winning party. I love to visit him every week. I look forward to meeting him on every saturday and sharing my week with him. He has given me so much selflessly I can't thank him enough

Love Smriti Arora

M

MANISH UPRETI (Verified)

7 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor



We people came from Haldwani where our child studies in the middle school, and he was having lot of problem to read and write, and he was also having a lot of attitude issue, and also he was very aggressive and angry all the time. He would take the scooter and the motorcycle and run away and he would drive very fast and he was never interested in reading his books. We were referred to Dr Singh by the school, and we came here especially to meet him, and I can say now that after meeting him I know the problem with my son, and I know that my son will be okay because we have managed to at least find out what was the reason that he was not studying, and why he was always getting so angry.

my son is 13 years old, and I wish I had taken this step when he was six years old or even four years old so that by this time he would have been perfectly okay. Sometimes I think that it is the pressure from society and also the people who talk and gossip who prevent us from taking any help but I now realise that it is always better to take help rather than not to take help,

i would like to thank Prof Singh for his dedication and his patients as well as his ability to understand us and listen to each and every problem carefully as well as because we are not very rich people not do everything for money. I also now know that my child will become better, and this really makes me happy as a mother

J Joshi Haldwani

R

Reema (Verified)

7 years ago

I recommend the doctor

we came to visit Dr.Singh for our child who was diagnosed for Dyslexia from NIPSED based on mere IQ scores.

He started failing in 6th grade and we were really concerned about his well being. We then attempted to search for a remedy for his problem and came across the Dyslexia Association of India.

When we visited Dr.Singh he performed a few assessments like Wood Jhonson, something called WISC, something about intelligence.

We were very surprised to find that our sons IQ was much more than was had been measured one year ago and we were also surprised to learn that the real cause of my son failing was something totally different.

Then with the guidance of the doctor we started doing the right things and now my son is getting B and B+ in his studies and making progress, slowly but definitely.

I would definitely tell all the parents that they must once atleast get their child checked from Prof.Singh and this man has some special god given gift which is very difficult to describe but is visible when you meet him.Today after 6 months i can say as an NRI that every parent should visit this doc at least once in their life time for their child. it can change your child life completely as it changed ours. less stress, less fighting in the house and knowing what to do. Thank you prof. singh and I am very happy to express myself for the others to see as a child is a child. whether mine or any other mothers

S

Sharmila (Verified)

7 years ago

I recommend the doctor

My husband Rajat was an addict. Not only was it tearing our family apart, but it also was causing him health issues. The addiction took over and he turned into someone that I didn't know. I didn't think anything was going to change him, but I was wrong.

On April 2 we decided to visit Prof Dr. Singh to see if we can get any help from him. It was one of the best decisions he has ever made. This visit made a huge difference in our life as Rajats true colors come back out and brought out the husband I once knew. He job was in danger and now as he is sober and I am thankful to God. He is now supporting his family and he is faithful to us and to God. I have seen an extreme change in his attitude.

I encourage anyone that has an addiction or a family problem to take a chance and make a change in your family's life. We never knew that cognitive hypnotherapy can make such a difference and how to become a better person. I would like to say thank you to Prof. Singh Without his intervention I don't think my husband would be here now, as after his EGD at St Johns medical college in Bangalore he was half finished. If you know someone who needs help Dr. Singh should be consulted once at least. It is worth it!!"

Sharmila , C22 FF Kendriya Vihar Noida

S

SK Tandan (Verified)

7 years ago

I recommend the doctor

We read it all and we tried it all...(counseling books that is) and nothing seemed to work. We came to Prof. Singh based on the recommendation of a mutual friend as a last ditch effort. The divorce papers were already filled out, the parenting and financial plans had already been agreed upon. I came here only to be able to say that I had tried everything before calling it quits. We found success AT LAST. Up until now we were working on a 2D plane. The experience brought it to 4D, like a beautiful ride with sights, smells and sounds. It was no longer just words on a page, but now alive like a musical. It was weird, but I could now see the relationship and my deep depression becoming okay and come to life. It made all the difference. We both wanted the same things all along, but we were just on a parallel track. Now we're on the same train. I can't be more thankful for this experience to Prof. G.B. Singh and wish him and any other client the best in their efforts.

Don't give up, it is worth a try. Why suffer depression and agony when help is here.

D

Drishti (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

In a world of fluid family structures, the resources I have had at my disposal to maintain my marriage and care for my daughter in my parenting tasks has varied as romantic partners entered and exited our family life. I have seen heightened parenting stress and faced the psychological strain created as the demands of my role as a mother exceeded my capacity to handle things. Today I look back and realise that decisions made by me due to relationship transitions has caused nothing but tension in my life and agony for my father and mother all the while increasing my stress to such an extent that I was ready to give up. Dr Singh has been a source of exceptional support for me in what he called my relationship churning and helped me stabilise my entire personality and mental chaos that was making me go crazy. I have managed to move on rather than break up and get back together with my ex husband, and keep the cycle of emotional turmoil ongoing. I am grateful to God to be able to get out of my toxic relationship in time.

R

R Pandit (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

The experience of touching a life is one of the greatest life building experiences one can go through. But there is no time and no patience to read the number and quality of the book's in this world. I and my wife speak to Dr Singh. Being a Victor Franklin and an existentialist ( amongst the other ) , he made sure that I found meaning in my life and pulled me out of my suffering and made sure, that the conversation always steered to the acceptance of even the most tragic circumstances as he truly believes that we should not suffer unnecessarily in order find out why we are here and what are we intended to do, but we can find meaning in our worst ordeals. A childless couple we found an infant with deformity thrown on the fields of potato which was adopted by us. 4 years later we had a son naturally. My suffering knew no bounds until I met prof. Singh. He asked me just one question I still cant forget and answer. I failed. He asked me " which goddess gave up her privilege for your son to be born" illogical I say. Logical and tears my wife wept. This one statement made me love my daughter more than my son. He is my therapist and my guide and I thank him, for giving meaning to my wife.

Dr. Prof. G.B. Singh (PhD) replied

Mr Pandit, I have seen you put in so much of effort for your adopted daughter for the last four years that anybody would not have done for their own daughter. It is paradoxical that few days ago we had a similar situation and of course we cannot disclose any details under any circumstances due to the non-disclosure agreements we sign, an exact same situation was presented to us , about 15 or 20 days ago. Sometimes I feel that when couples do not have a child they should not adopt a girl child and then when they have their own boy child they should either give the girl child more importance , or should give both the children the same importance. It is extremely unfair that when you do not have a child you adopt the first child that comes your way you enjoy the first few years of that child and when you have your own biological child you begin to forget that the first child who brought you so much happiness is also a human being and deserve the same level of love that you are giving to your own biological child. It is very sad to see adopted children being treated in a a different manner from one's own biological children. Also we are observing that in India we value 20-30 K rupees much more then the the dignity of life and the possibility of a correct diagnosis so that future development can be correct and appropriate, specially if it is a girl and that also an adopted one.

W

William Mauer (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

I am writing from Kolkatta. Falling head over heels with a foreigner can be an exotic and heady affair. Merging lives, with one person forced to leave everything to settle in another country, is an altogether more challenging proposition. Just inside the front door of our home hangs a print of Soni Mahiwal. My wife got a very nice good quality print and had it framed in golden. She said it spoke to the heart of what we were. Really I dont know and was having second thoughts. Everything was a struggle here. Even though my Bengali much is better now I miss chatting with friends in NZ with depth and nuance. And that becomes a problem because we bond as humans over shared laughter. I have found people here who I like but new friends are not the same as old friends. When such people aren't there to

reminisce, formative anecdotes sink from sight, fading like old Polaroids. Yet the flavours and sights and sounds of home remain painfully there. This is where GB entered my life and over weekly sessions and sometimes more he has helped me appreciate life with my wife in ways I may not have thought off. A very intelligent person, but with the saddest eyes, he reminds you of Master Yoda and the quote “ Do or Do Not, There Is No Try”

Dr. Prof. G.B. Singh (PhD) replied

Good morning Bill. Yes there is no "try". Either we do something or not do something. I also respect the fact do you are a teacher and I understand the pay skills of a teacher. You still invested in yourself and your wife even though you did it for a short duration. You trusted us with the the Diagnostic assessment and you understood how to take it forward. Not many husband's and not many fathers are willing to do that. So a lot of credit goes to you also. Regards

H

Hari Hariharan (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I am Hari Hariharan and I am 58 years old. I am in deep debt to you Dr. You have saved my family lakhs of rupees because of your mediation. When Swetha got married in a different north India family in a love marriage I never thought that life would be so complicated. In TN we are not complicated and everything is simple, expectations are simple and if anyone makes a demand we cancel the marriage. My entire clan was aghast when Swetha put a simple mutual divorce case and we were gifted 5 criminal cases from the boys side. \*\*\* \*\*\*\*\* \*\*\*\*\* \*\*\*\*\* \*\*\*\*\* The quotations I remember telling you were from 2 Lakh to 7 lakh and at least 5 years on court. You Helped an old father brush it aside. You brought all together, you put sense in the boys head, you logically made it an annulment. I know you are not a lawyer. I know you don't owe us anything. But I am a father. I will never forget. And I will tell everyone I can of you. A few Good Men do exist. You are one. I know you are worried that this will lead to hatred for you from others. You mentioned it to me, not to write, you made me sign that I will not write about it. Im sorry I have to. Forgive me. How can my soul rest if I don't thank you.

S

Supriya (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I was reading this article on Sunday about divorce and how we who are educated pay a higher price. My thoughts went to Dr GB Singh, who in 2014 had helped me come out of serious self doubt and conflict. We had regular sessions and probably I benefited and got transferred and did not stay in touch with him. At that time, when I took over as the COO of my company, the differences had started to surface. They were always simmering, but they had not surfaced and my move had surfaced the disconstraint in the two of us. I don't think so but as told to me by my husband, I had become arrogant and aggressive after my elevation. No one blamed me for meeting new people, but everyone blamed me for have my own ideas on everything. We broke up before we could even say the word therapy or counselling and the blow to my self worth was terrible. I have had regular sessions with him which were more in a question and answer formats, where we spoke about my upbringing and the college and decisions I had taken. It helped a lot to understand the vacuum that we both had created. Its easy to read about how if we are successful we are shelved, the options we should take, but there are no directly correct answers. When I look back I wish we had sought out counselling and that each of us had made a bit more of an effort from either side. I just wanted to thank you Dr Singh.

Dr. Prof. G.B. Singh (PhD) replied

You underplay yourself Mam, not every lady makes it to a company board and not everyone gets to break the glass ceiling. I don't have your contact details, but I would be honoured if you came and visited us. Im happy you are not threatened by the aloneness but rather have taken it in your stride.

S

Sonia (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Ayushman's school teachers have been so dismissive of him since he was never good in academics. It was very difficult to control him at home also and he would not listen to anyone in the house. His marks were very poor. He was fidgety and constantly tapping his right foot. I thought that we should be hard on him and not make him weak by pampering him extra. So when he started to cry in the mornings, we thought it was just a tantrum to avoid going to class and I would force him to go crying to school. As we stay in Sector 39 the school was very near our house. Then I decided to get a learning disability test for ADHD. It is there that he confessed that the teacher makes fun of him. Every time she asked a question to the class she would say words like 'anybody except Ayushman'. my god these educators do not even know how much emotional damage they have done to my baby. Prof GB, hats off to him, tested my son himself and showed me that he has no ADHD. Rather he was being laughed at school which in my opinion is a form of serious bullying. He is working with my son to build his confidence and what I am grateful is that the assessment was very detailed. we were so impressed that my husband and me also have done some sessions and tests with him so that we can learn about ourselves also. I have been a very involved mother, but our schools need to be serious with children as they are very vulnerable. Hats off to Prof GB for his assistance.

K

Kamakshi (Verified)

4 years ago

I recommend the doctor

I feel our institutions are a living tragedy for a Learning Problem student and for what they do to us. They don't want us to be able to think about our way of thinking and express what's difficult, and choose strategies that are going to be able to help us. I am 19 and with SERIOUS DYSLEXIA and quiet and overlooked. As I try to hide from the teacher's view so that I will not be called upon to interact, I think I have fallen through the cracks of the hard wooden chair I have sat on for god knows how long. The only thing I learnt is that my bums pains a lot if I don't shift every 5 minutes. Mentally I am numb and gaging at the thought of university and post university and how I will survive it. I must be the one of the few who researched and insisted that I be brought to Prof GB. If I am a girl, then so what. I deserve attention and I deserve to know what is going on with me to move ahead in life. There has been a lot of soul searching and I am better off knowing what's going on, and I deserve to be. I may be a girl but I'm no less than a boy and Mom got it when she tried to justify to the Prof and got it right back. I feel better and less agitated.

A

AVM Lumba (Verified)

4 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Happy with: Doctor friendliness

Success sometimes is not about achieving something, it can also be about knowing your objective and also knowing a correct strategy to reach your objective.

My daughter is severely handicapped and has been handicapped since birth but no one has understood what a brilliant mind she had and the the application of her brilliance where it could be utilised to make her self sufficient.

No one guided us , no one pointed me in the correct direction. Being from Jammu there was no way I could take her back that and make her live a life of harassment.

Prof Singh (he dislikes being called doctor Singh) spent 1 full day making friends with her. 1 day to assess her, and 1 day to tell a shocked father that her IQ was 137 , which he said was IIT material. On

the 4th day he called up all the institutions, on the 5 day he signed their form for learning disabilities , which incidently we realised only he can as per the guidelines , on the 5 day then he sent the hard copies to their admission offices and then charged us a very good amount of money. Then he gave us a IT exempt receipt of section 80G and made whatever he had charged 100% tax free under the IT act 1961, for this retired Air Vice Marshall of the Indian Air Force ,

What an effort , and what a blessing , and what a curse . A curse as I wish I had found him earlier , a blessing as I did manage to find him and an effort as no school ever , ever guided me to him.

Dr. Prof. G.B. Singh (PhD) replied

It's a privilege sir, you have served our Nation. The Section 80G with 100% tax exemption we give to everyone Sir, as the revenue is given away to the needy. 80G helps a lot as sometimes the cost of assessment / consultation becomes totally free.

A

A Joshi (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

I can't forget being told by my sons junior school head that because our son has ADD , he would not be eligible for special treatment ( There are so many children she said ) Whenever I bring up that my son may need help, his teachers either change the subject, or just give me a weird look. I had Dr Singh at the DAI look at the report to make sure my son receives the correct accommodations. I always just agree with what his teacher writes on the report. Let me warn you, we parents need to use our brain in the best way, and the only way is by bringing to the meeting at our childs schools is a accurate non refutable report.

This is difficult as every school has some tie up or the other with people they work it. That's a HARD position to be in! And I just want you to know that I--and I'm sure a lot of other families here--know where i am coming from. I've felt reservations at times about the suggestions for my son, but, ultimately, I've found myself in agreement with the recommendations, after I decided to check 3/4 centres and come to Dr Singh for his recommendations. No ADD, no ADHD, my son had a hearing problem. A blocked middle ear. Thats all. I wish we had been sensible earlier.

S

Sonia Arora (Verified)

4 years ago



I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Dyslexia is just a general term. So much confusion was caused by two assessments and the school wanted a shadow teacher. We needed it to be clarified as in my personal parental opinion Reading and Writing are very different processes, and require a different plan if it is really a problem.

Prof Singh has helped us evaluate our child for eligibility for all areas of suspected disability. We also learnt that Dyslexia is a specific learning disability and confers eligibility under the rPWD act if it impacts the child's academic or functional performance at school so as to require special services. Now with clarity my child is entitled to appropriate special education services to address the impact of all his disabilities, including classroom accommodations. I think it is best to address matters early, while there is time to get accurate evaluations and planning lined up and completed before the future starts. It is an eye opening exercise to know about your own child's development and where they stand globally against their competition.

M

Mithun Banerjee (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My wife and I are down to earth hardworking individuals who prefer the house and family instead of getting into all social traps. We don't know from where our son has got his traits of telling lies such that we don't know how much to believe him. All failure are not our fault and I have said to my wife, I don't think we understand this millennium generation. How can parents be a son's biggest enemies. He has given up on his studies despite being in class 12th and says he wants a break year, which is very worrying and scary for ordinary middle class people like us. We caught him, pretending to study with his back to us and eyes closed and sleeping. There is no focus and the moment we say anything he begins to shout like a psychotic person to push us away. This is when we started to really worry. Our visit to Prof Singh has been productive as he could build a connect with our son. Prof Singh has definitely been very supportive and we could not ask for more. I am amazed at the insensitivity of this son of ours. Maybe it is a common occurrence in this generation, but how can any 17 year old take life for granted and think it is his birth right to shout at a father and demand everything saying that all his friends have it. It is very disturbing, and I am honestly grateful to Prof Singh for his kindness.

Nimisha Yadav (Verified)

4 years ago

I recommend the doctor

Happy with: Explanation of the health issue

I think we as parents are guilty of pushing our dyslexic child in a way that is same as asking a student who uses a wheelchair to get himself up and climb a staircase without any assistance. This child can crawl, and will reach the top, but he will take longer. I have done this and I thought he was not trying hard enough. My dyslexic child is in the same condition and work 10 times as hard as his friends just to reach the baseline when it comes to reading and studying.

Dyslexia is an important aspect of my child's identity and it is a part of him, the way his smile and manner of talking are unique. We did not know initially and then encouraged him to hide it and it only resulted in sham rather than being normally accepted. Prof Singh encouraged him to be comfortable and open about his dyslexia and this has helped give others a fuller picture over time. He asked him not to lower his expectations as he can go on to achieve great things if he went to college and was provided the correct support. I realise that my child should have the opportunity to learn how to read with his eyes, and if that is difficult use audiobooks as we did on the doctors advise. Today I regret not taking action earlier and I hate it when I think how I made him suffer all alone

Dr. Prof. G.B. Singh (PhD) replied

Parents are guilty of nothing Nimisha. Parents always try to do their best. Whether not very well off or well off, parents are well wishers who are the only givers in a child's life. Instead of regretting, the better option is to spare some time and effort to understand your child and help him/her in a very targeted way. Parents do all they can. Don't be hard on yourself

N

NIKHIL CHOTRANI (Verified)

4 years ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Treatment satisfaction Doctor friendliness

I consulted dr gb singh 3 years back, and my condition was very bad at that time..i was a extreme case of drug addiction and was have extremely low confidence and low self esteem that time..u can say i was mentally impaired at that time..i must have taken kgs of drug and kgs of medication after that for treatment if u can believe me..dr gb singh's understanding, helping nature and his excellent supplement knowledge helped me out get through it..i passed my btech after that, i was a intelligent child but was caught in between u can say that..i was 7 marks less than qualifying iit jee exam, if u can analyse that..after my btech i qualified gate examination too..now i am teaching chemistry at an

institution to iitjee and neet aspirants..and also i am holding a youtube channel at this this in which i am providing free chemistry lecture for class 11th and class 12th competition students..you can see if u like\*\*\*\*\* \*\* \*\*\*\*\* \*\* \*\*\*\*\* \*\* \*\*\*\*\* \*\* \*\*\*\*\*  
\*\*\*\*\*

I would like to end with thanking note to dr gb singh whose presence at that time was really necessary..thanks sir..may god bless you..u are doing an excellent job..u are giving life to people..i say..

And dont worry of his charges,you wont regret at last..thanks

\* \*\* \* \*\* \*\* \* \*\* \*

Dr. Prof. G.B. Singh (PhD) replied

You have come a very long way son. I googled your you tube channel. it is very good and I wish you the very best in life.

Shilpa M (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

A learning Disability is not merely an unpleasant experience but is harmful for the future of children and their health and well-being as well. You watch your child suffer with no buffers against opportunities in later life, even we as adults experience gaps in knowledge.

Perceptions of positive and negative schooling quality we realised were significantly related with how well children do and how they are understood and perceived by their peers. I have seen my children struggle, and we have been called by principals and told that they can't afford to spoil their class XII results and to get my child admitted in the National Open school and if I may say it is all very prejudiced and so humiliating when we have to stand to attention and explain to our principal that it is our offsprings future and a slight change will destroy it. With Dr Singh, we have been able to pinpoint the problem that we were facing and take corrective steps at home as was taught to us. It is very difficult as after some time what is taught in class XII and beyond is difficult to do and how to continue to sit and teach when there are a 100 other chores to be done at home. All through this we have been helped in a most calm and balanced way. More than anything else, we as a family are calmer and more positive with our sessions. Thank you for your help.

Dr. Prof. G.B. Singh (PhD) replied

Shilpa, is it not our fault as parents also. How many of us are willing to spend some time and money for our children. In the US and Canada, parents come every 6 months to assess the learning curve and the improvement curve. Honestly, we have to now start thinking for ourselves from a very early age and have children assessed from class II onwards and specially around class VI-VII, to ascertain the academic proficiency pattern of the child. Parents should also visit at least 2/3 Psychologists and then reach a considered choice - and stay with the person they are comfortable with. We get a lot of cases of doctor "jumping" and this also does us no good.

A

Amit (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

In his first few months at primary school, our daughters teacher recognised that she might have a learning difference. She is bright, articulate and outgoing, but struggles with reading and writing. Monica was formally diagnosed as dyslexic when we came to Prf Singh and after she began working with the programs we saw good progress in her reading and spelling. However, she also found learning and retaining basic maths difficult, and maths homework became very difficult. It was incredibly stressful for all of us. We'd sit together working through her Math homework, but she hated it. I can't forget the shouting and the crying the tears, anger, threats and bribes. We didn't want to give up on her but it became so counterproductive and we didn't have the skills to teach her effectively. Eventually it was dr singh who held our hand and guided us every step of the way and we are quite a lot grateful to him for his totally open and humble response when ever we have tried to contact him. I think if we can go back to when the children were small, I would have come much earlier to just understand my child, rather than leave it to the last minute and waiting

A

AZAAN (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

We visited Dr G B for our marriage counselling because my wife and I had grown so apart from each other that I can make up a short story of our marriage on the lines of "quiet really, just very quiet with a lot of insults". In reality, my spouse was Netflix. There were odd weekends when my only social interactions took place in shops. I understand now why old people confide in gardeners and maids. Loneliness is compounded by the shae of being lonely. Which is a pity, as I suspect there are a lot of us out there At work on a Monday morning, colleagues ask about the weekend. I make up a short lie on the lines of - great really great. Forget great how can you be great when we have not even slept

together for 6 years...my marriage was a joke. My normally very difficult wife has somehow developed a trust for the dr that is not explainable and I also try not to be a A\*\*H\*\* any more. My marriage has left me totally frustrated and I think if we had not found someone to help us I definitely would have run away.

C

Chumki (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

After years of abuse, I had lost the ability to discern what was right or wrong in a relationship. How much screaming or fighting is acceptable. How much should your spouse determine where and when you go places. Did I really not take his feelings into consideration. Were his criticisms of me correct. All these questions became a confusing muddle that I didn't know the answers to. It seemed easier to simply learn how to tolerate all the screaming, name calling and physical abuse.

Today, my children are all grown up. As my daughter and son navigate their relationships, I have dr singh be there and be vigilant about looking for signs of abusive behaviour.He has told my daughter not to overlook it when her boyfriend shoves her rudely aside when he's drunk, or pressures her to feel guilty for going on with her life. I get dr singh to guide and tell them that continually being berated and criticized is not part of a healthy relationship. I worry that my sons may try to save an emotionally volatile, or excessively dependent, woman. But with therapy I am close with all my children and although I try to resist using my marriage to their father as a comparison to their relationships, I know they trust that I can recognize potentially abusive behaviours, after we all have been in therapy and learnt to use guidance from dr singh on a regular basis. When there is no father, god sends a well doer along the way. It makes all the difference.

A

Anjali Singh (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Our family has been in deep emotional turmoil since we came back from Canada. The job loss there and relocation back to India, resulted on heavy dependence on alcohol for my husband and a cultural shock for my daughter. She has not been able to adjust here and just when she was adjusting, the problem of alcohol became a reality in our house. When she failed in class 11 , I was so disturbed and

confused that after running from pillar to post, I visited Dr Singh. The Learning Disability testing that he carried out and the help he provided in counselling my daughter has had a significant impact on her. She somehow formed a very strong fraternal bond with him and has taken his guidance seriously. Today she is going to sit for the National Institute of Design exams and I hope she clears them. The identification of the weak memory areas and the specific learning style has helped us also to understand how to proceed with her. Her dream was to do designing and with serious Learning Disabilities she has reached the level of this exam as dr singh also is responsible for certifying for the National Institute for Design. I have had a very difficult journey back and an island of hope was created for me by him.

A

Akanksha Singh (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issue

My son since he was, a kindergarten student struggled in school. I can summarize his performance for his effort at school by saying, that despite multiple interventions, he struggled with his letters and sounds. Due to this, he was behind in his studies. This combined with his inability to read word properly made reading extremely difficult. Ayan also is not able to focus on the task at hand, he works below grade level, his writing is difficult to read and he seldom asks for help. Furthermore, he does not understand the taught material and he has difficulty listening and following instructions. Ayan has hated and avoided reading at all costs because of his difficulties. Only 30% of his writing was even legible. Everyone said he had ADHD. We found Dr Singh and the DAI and came when Ayan was in IX. There was No ADHD as we discovered and the learning disabilities were being caused by different reasons. With all the support from Dr Singh, not only has my child done well but is now doing engineering with help and recommendation from dr singh. My regret is that why did I not come earlier as so much of overthinking and daily fights at home would have been avoided. My advise to all the mothers and fathers is that we try to give our children the best we can afford. It is very important to so the same with our children as academics is the only thing that will assist them in becoming something in life.

S

Sharma (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionValue for money

The concept of a family advisor or a family psychologist is something that we began to understand about four years ago when we had come for a marital issue.

We normally have a family physician or we have a family doctor or we have someone we go to regularly and this is something I have begun to understand as both my wife and I have been coming to Dr Singh over the last few years. Whenever We have spoken to the family or to our parents or our friends it would be a very high element of emotional reactivity . we have now begin to take external advice to find an objective understanding of the situation and it has only helped us profit and move ahead. It has given us consistency but it was not easy because initially when we came we would always think that why should we depend or take the advice or suggestion of another person as what we know is better for us. Letting go slowly to a larger extent with the years has being quite relieving in fact and there always has been something that we had not thought of whenever we have met professionally and this has made a huge difference in our lives.

We really I appreciate all that you have done for us Dr.

R

R.Jha (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessValue for money

I visited Dr Singh with my wife because my wife awakes many time during sleep at night. She complains about server pain in her legs. Her body keeps shaking and shivering almost all the night. What really troubled me was her aggressive behavior towards children, especially towards to me and the problem that was most servere among all others was that at occasions she suddenly becomes senseless and does not response to any call. In this condition she could not drink even a single drop of water and vomited it all if we made an attempt to make her drink. If this had happened when we were in our 50 or 60's I could have understood it. But when we are 26 or 27, this makes no sene at all. What was creating this condition is a mystery to me and agony to us together. We are stuck on the 15th floor of a building on the expressway, and my serious fear was that nothing dangerous should happen. We did not want to do for medicines as we have to have our baby first. For one month we have been working on it and my wife is 60-70 percent more functional than she was before. As we are also from Bihar and have no body here in the NCR region, these meetings also have set up a support system for us with someone has managed us like his own children and there is someone to call in case we have sudden anxiety again.

Dr. Prof. G.B. Singh (PhD) replied

It is always a privilege . Regards

A

Anirudh (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Wait time

In 2018 I have seen two losses, of my grandparents and I didn't know what to do, how to act in front of people, what I needed to do privately, who I could reach out to. I was fearful of people and having to comfort me. I didn't know how to talk about what I was thinking. One of the things I think is if I stop grieving, my memories of my grandparents would fade, and I will lose my connection to them for ever. Everybody says time is a good remedy but time does not help and one year has gone doing nothing literally nothing. It is emotionally very draining and I feel messed up with everyone pretending as if life is great. When it is not great it is not great. Why should it be great when I don't feel great. I would like my parents to be more open to knowing that it is normal not to feel good if I am affected by my grandparents loss and I need time and working on my feelings with my doctor is helping me understand myself and its reassuring. We're going to lead messed up lives anyway, having help is better

A

Arpita (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Value for money

Since 18 I have been away from home and I still feel lonely at times, and I have started to accept it until I met Dr Singh. I feel that it's okay! Loneliness creeps in when we want to feel connected to others (but don't at that moment), and with our social-media-obsessed culture, it can be an especially uncomfortable feeling to realize you're disconnected. I was on it all the time and running panic attacks. With my therapist I have begun to slow down a bit and realise that that feeling doesn't have to be a negative if I can take it as a time to breathe and reconnect with myself I can pull myself out of it. Being an introvert, I draw my strength from times of being quiet and alone, and I can use that alone time to unpack my worries and breathe a bit. And if I feel really bummed and just can't move past the feeling, I realise in my therapy that it's okay to let that out too! Sometimes I can allow myself to feel sad for a moment, maybe have a good cry although the doctor says I need to build mindfulness, to release the emotional build-up, and then wipe my eyes and move onto something I enjoy. I have benefited a lot from being able to relate to him and intelligently speak to him on the phone when I was in a situation. It's a bit of an effort coming to Noida, but he compensates by giving extra time to me.

Dr. Prof. G.B. Singh (PhD) replied



My only suggestion is please do stay in therapy. Don't use it as a one off meeting or a bandwidth with limits. A normal conversation with a FRIEND is good sharing, but it is not mindfulness. It's just a good conversation.

A

As Singh (Verified)

5 years ago

Visited For Family Problems Professional Development

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money Wait time

I have been through an amazing experience that I would like to share.

I was hunting for a good psychologist for the assessment of my daughter and had spoken to Prof Singh.

Subsequently we contacted others and once we were decided , we selected to come to Prof Singh.

I advised one of the other centres that we would not be visiting them but to Prof Singh . On the day we were to come to Prof Singh we receive a call saying all negative things for Prof Singh , like he is expensive and everything else.

I am shocked at the way professionals are behaving. It is my choice and my right to come where I want. I have the telephone number of the caller and now the number is switched off.

I feel this is very wrong and I am even more glad I chose to come to Prof Singh. \*\*\* \*\*\*\*\* \*\*\*  
\*\*\*\*\* \*\* \*\*\*\*\* \* I am even more positive now after meeting him and feel very irritated how someone can call me and try to influence me negatively. I can provide the number where I received a call from if needed . My suggestion , go for it Prof , don't ever feel bad.

Dr. Prof. G.B. Singh (PhD) replied

One feels bad A, because it is unwarranted. Then one gets over it. It's a Democracy, and kindness along with acceptance is a virtue that is difficult to find.

V

Venkat (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for moneyTreatment satisfaction

My thoughts are hammers, and they keep on hammering down on this thing known as my brain. This is a pretty apt description of how I have been feeling every day, and my brain is not able to cope with the level of stress and the negative, and otherwise undesirable, thoughts I have, on a moment-to-moment basis. When my brain and I are alone together, I can't get it to quit assaulting me and let me be.

I found himself literally weeping on Dr Singh's shoulder so frustrated I was at the ineffectuality of life. Eating large amounts of venlafaxime doesn't work, it's too hard, it's made things worse instead of better. I will say for all the people for whom this makes sense, and who find it hard to do something as simple as shift attention, there may be more success elsewhere. I've done these tests and am retraining my brain to think a little more literally, with the doctor's help. Dr GB is more a sagacious mentor and we worked out a strategy where I could tele consult him regularly. It's better than running for a smoke overtime I did not know what to do, I am thankful that I can speak on the phone to him, it reduces my immediate anxiety and not so expensive. It's a good option specially when I am travelling outstation.

Dr. Prof. G.B. Singh (PhD) replied

Yes Tele Consulting can be very helpful as it can work as an immediate block, or an immediate diversion from unwanted and intrusive thoughts, if you are sinking fast.

J

Jyoti (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I have no doubt that I will eventually repair myself. But recovering from emotional disaster is very complicated. My own mental distress has been lingering longer after my father expired. I am happy to have got counselling help to move past the catastrophe's in life as it helped me understand be able to tell myself a clear story about what happened. And in my case the story was not so clear, with a rocky marriage. Complicating the problem, I have been attempting to manage my anger, and anxiety alone and dealing with physical symptoms, like my headaches and fatigue. What I liked was that Prof Singh was very careful and did not put me into some diagnostic box that made me permanently dependent, on labels and reading about them. I don't think we need to self manage or hide our panic and need

for reintegrating with friends and social networks as sometimes there is no easy rebuilding of emotional networks that are washed away, swallowed by the loneliness or bathed in toxic fumes from ruptured trust. Thank you for helping me rebuild my strength. Jyoti

A

Arman kashyap (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Now that some months have passed, I wanted to write my review.

Honestly, what a wonderful thing to have a doctor who actually cares about my well-being, and takes the time to explain his thinking. He's a great doctor, and when I think back to the days when I had rushed and impersonal treatments or the hassle finding a family psychologist who would fit me in, I am truly grateful. The doctor is hands-down worth having as a family advisor and his demeanor and manner is calm, positive, thorough, attentive, flexible, and personal.

I had the that I was being cared for about my whole being and not just the fact that I needed counselling. It is for this reason that I would definitely recommend him to anyone who values their mental health and wants a psychologist that's holistic, empowering, and truly supportive even beyond his work hours. Whereas previously I was made to think I have serious depression, working with Dr Singh, I slowly saw how my mother's death had led me to feel guilty and brought back memories of family quarrels which were pulling me down and making me feel sad. I like his scientific approach and his way of explaining everything. Dr Singh can be expensive as his charges are on a half hourly basis, but when I see the kind of medicines I have given up and the return of my body to balance and specially my male sexual issues which were seriously affected, it was worth every bit. He is very calm and gradually can become like your family advisor.

A

Arjun (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessValue for moneyTreatment satisfaction

I think the reason for my divorce is that I mistakenly thought I could make everyone happy because I had a well-paying job. Ultimately, I couldn't live up to those expectations. Also, the reason that our

relationship failed was because my wife would often make a mountain out of a molehill. Many problems that could have been solved in a few minutes were blown out of proportion. It is after therapy that I realize it wasn't good for our mental health.

When we married, my family was very opposed to this relationship. They liked my wife as a person, but they did not believe that she could make me happy as I am a serious work person. In therapy, it was evident that we really do love each other, but I now understand and guess in reality love alone isn't enough. It's sad. Many people blame their failed marriage on various differences, but in our case, it was simply avoiding responsibility on both of our ends. I am grateful to Dr Singh as he did not let either me or my ex-wife spiral down to the point where we became bitter enemies. I wish we had met him earlier and stuck to his guidance. Maybe we would have been able to salvage the situation by working a bit harder on ourselves and working together with each other.

Dr. Prof. G.B. Singh (PhD) replied

The sad thing is that retaliatory complaining rather than resolving matters amicably is damaging a lot of relationships. If it is genuine, it justifies the means. When it is retaliatory and consciously pursued, then it can do more damage than achieve any purpose. Arjun, did not need to share his experience, but it can serve as a learning point that we live in a small world. We can be quick to 'get back' at someone as everything is instant, but what when we meet them again in another setting.

S

Simi (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

Our relationship and the environment that surrounds it has been marked with a significant degree of chaos. I want to express my gratitude to Prof Singh as he has assisted a lot in easing the system of rigidity as well as a lack of flexibility and arbitrary rules that have surrounded my relationship and made me develop a sense of overwhelming confusion.

It is very difficult to describe the feelings of fear that remain unexpressed or unresolved and that have led to emotional shutting down on numerous occasions along with detachment from my loved one.

When I started counselling I seriously thought that I am responsible for the problem associated with the mannerisms of my partner and at one point I even believe that I had created the problem for both of us.

I was eventually diagnosed with a generalized anxiety disorder and over a period of time I have learnt how not to internalize the messages of mis trust as well as insecurity and belief that I should be suppressing my emotional responses. Counselling has helped me practice ways of recognising behavioral patterns and have also help me improve critical thinking skills and my own impulse control along with understanding how to strengthen my stress management capabilities. Very often we ignore the obvious and I did the same. However I realise that reaching out helped and I would say this to anyone.

R

R Reddy (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issue

Prof Singh was the God sent for our daughter who is 5 years old. Every school was refusing her admission as they said she is mentally challenged. They asked to get a certificate that she is not mental.

As we are from Hyderabad we were shocked and not knowing what to do. We found sir on the internet.

Sir checked our daughter and he found out that they was total confusion because our daughter was speaking Kannada initially then she was speaking Hindi when we came to Delhi and now the school was asking her questions in English so she was not a mental case but she had what he called as complete phonics confusion in her mind about the sounds of the words.

He tested her very carefully and personally and he also wrote a note for the school so that she gets admission and we are very obliged because we were guided correctly and honestly we were given the correct reassurance as parents we felt that we were in good hands and that there was somebody who had come to our help when we needed it most for our daughter.

Our daughter is now in school.

Dr. Prof. G.B. Singh (PhD) replied

We all need to take care of our Daughters

T

Tanushree (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Relationship counselling and loneliness

Action was not happening with gloominess eating into both of us when we visited the doctor. I don't know how to help him and myself anymore as both of us were out of the circle of trust that should be there between a couple. I think it is normal when someone closes all conversation topics that distance will increase and depression will happen.

This is what happened to me along with weight gain after 5 years of seeing things being moulded around and being minutely judged with impatience and hurtful words.

Coming to therapy has had a positive effect on my outlook to life as it has taught me not to be afraid anymore. The lack of confidence and respect and uselessness I was constantly feeling is somewhat under proper control. I like the way Dr Singh has made me feel comfortable and slowly reduced my dependency on medicines and how the changes in my married life have ensured that we talk in a way that should not cross any boundaries. It's good.

J

Joy Baus (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

On my way home from the U.S , we had made an appointment with Dr Singh. This is our 2nd trip home and our relationship is completely confused. I actually feel that life does not care about relationships and it has its own agenda. Our meeting with him was a lengthy regression into the past , the current and the future. The problem is that maybe we all want to draw from our relationships. When I gave Love I expected nothing, but we both complicated it by playing games with our relationship.

What i appreciated most was that this meeting was a therapy session that was a transpersonal experience with immediate bonding, and personally speaking, without bonding I cannot be congruent or feel genuine. It was quality counselling of depth with healing and something I call soul searching therapy. I would say, that as we were open to all forms of discussion which helped Dr Singh also to be able to speak freely, he assisted us in knowing a lot about ourselves through exposing vulnerabilities

and it was relaxing to talk to a therapist who conversationally created healing to bring out the sense of awareness we had buried away somewhere.

Both my wife and I would be very happy to use his services again when we are back in India again.

A

Anita (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness

I used to think that going to a psychologist was all about weeping and sympathy, and those who could not cope with life. When finally after 2/3 years of dealing with madness in my personal life, I made an appointment, I found that the visit was invaluable as it opened my mind to options that I had never imagined. The conversation that I had with Dr Singh tuned me into what I was sitting on and could not see. I think I was wasting life and seeing people in packets of puzzles and options where I had to do my bit at my expense and here I was in one day thinking, can I also live like I was hearing it. My worries, my inadequacies and concerns scare me. Meeting Dr Singh, made me realise that I have one life and that there is no big deal in wanting to live. I do have to say though that he does charge for every hour, you spend with him so don't go under the impression that you can sit for free the whole day. But he is cool and I know where to go when I need to sort out myself. I just wish I earned a bit more to visit him more frequently like 2 for 3 times a week, and whenever I feel like I am going to fall off the face of this earth.

Dr. Prof. G.B. Singh (PhD) replied

Appreciate your nice words, but do bear in mind that there is a difference between a psychiatrist and a Doctor of psychology. As a psychologist it takes time, and even up to a few hours to meet and understand the underlying issues that are causing the mental agony or difficulties. All psychologists charge by the hour, albeit with differing amounts based on their own considerations. This is well understood in the West where Psychologists play a critical role in preventing distress, depression, anxiety and other mind health related issues. I would look at it as an investment in preventing and understanding your mental health and not as a cost as it can be as effective if not more than medicines as per the US Surgeon Generals latest guidelines. However, you are most welcome and we are humbled with your appreciation. regards

V

Vaishali Aroa (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

Ours is a love come arranged marriage. I think the gap between the engagement and the marriage was very high. Maybe we got very used to each other, and the fighting started. The first 3 months were a fairly tale. The next i year was like everything was a mistake.

We came to Prof Sigh for premarital counselling. it was an intense session lasting 3 sessions, and we were able to tell about our fears and aspirations.

We also did a very complicated mental health test and Prof Sigh explained the difference in our personalities and how we should learn to read to each other with kindness and respect.

This session has brought us closer to an extent that we understand each others weakness and strengths. The fighting has lessened and we try to be more tolerant of each other, which is a good thing. He does not get irritated so easily and I can understand his need to work late. We have no shyness coming to prof singh and learning so much and seriously we would advise that a lot of people who want to get seriously married, work on understanding yourself. It

Dr. Prof. G.B. Singh (PhD) replied

One of the things we really appreciated in this case was that the lady took the initiative in wanting to understand the compatibility. I was amazed how she very systematically analysed every responses and discussed it with her husband and the manner in which they agreed to work together for the future. Well India is arriving !

D

Deependra Jain (Verified)

7 years ago

Visited For Autism

I recommend the doctor

My child had problems starting from his birth. He had delayed milestones specially speech. I visited many consultants and various speech therepists in Noida and Delhi. It was by pure chance that I reached to Dr Singh approx 2 years back. I must say that it was probably luckiest day of my life. He accessed my child for almost 4 hrs and provided very detailed report. He explained issues with my child (before him no one could even catch the real problem) and also path to deal with those issues. We are following his advice for past 2 years and results are visible. Prolems that he predicted then became real and thanks to him we were prepared for same. It was almost like astrologer predicting future. We will remain thankful to Dr Singh for our entire life. He not only helped my child but also helped us face the reality. Sometime I shiver with thought that how would have been our life if we didn't met him.



Even if you have slightest of doubt regarding your kid go to him immediately. This man is pure genius. More power to him.

R

Roselyn Margaret Das (Verified)

7 years ago

Visited For Behaviour & Thought ProblemsAutismPsychological diagnosis (adult and child)

I recommend the doctor

The doc is super marvellous.. He is one perfectionist with whom i felt comfortable. My younger brother had study prob, behaviour disorder, etc which i thot was a serious prob and none of the doctors could help me on. The session was so fruitful. At one glance he understood his prob. He dint sympathise but explained the situation so well in uch a systematic way that i had the zeal to get things sorted for my bro n myself. This doc is a persob who genuinely understands your concerns n comes up with a fruitful solutions. He tries all ways and means to try to find solutions for one's problems. My first visit was really very very helpful. N m grateful to him for going out of the box and helping that little child. In just few hours i saw the positive change in my bro. He used to get behind one thing till he hasn't got it but after d meet adi showed a lot of improvement. If i told him not to use the phone while travelling he understood. He gets scared when lect alone but when i was on phone for a while away from him he ensured to stay calm n wait for me rather than being impatient or calling out to me to b witb him . i do not know how useful this testimony would b for u if u r reading this but pls understand if u seriously need consultation then just believe in yourself abd vist him once. M not saying to trust me but believe the positive experience i had.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I have always been taught to believe that certain achievements like getting a good job followed by a successful marriage and a continuous stream of income would make me happy for the rest of my life till i retired at the age of 60, and I have the qualifications from an IIM which certainly places me in this category. But after four years of achieving my dream job, and coming out of an extremely toxic as well as a violent relationship, I can see that my work isn't what it used to be and I started having huge regrets. Three months after I had left my job in Hyderabad and come back to Delhi that I took up

psychological counselling and correct therapy with Dr Singh, and over the months I have found myself as if I was peeling off layers upon layers Of an onion and my reductive thinking. I still have huge regrets, but all my discussions have made me understand that even if some of the major challenges may permanently change my life significant amount of emotional feelings are in my hand, and that I can change my thinking process based on my feelings and how to understand to manage them before they become extremely cemented in my brain. It's my personal opinion that a lot more people should be looking for therapy rather than languishing and worrying themselves to death or talking to their friends about the misery in their lives because I have been talking to my friends about the misery in my life and the only outcome of all that was pity which I now feel was far worse. it has been a wonderful journey with Dr Singh it's been a bit unconventional but the talking has really helped me understand myself and my needs much more.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Our actions will always speak louder than our words. As they say a lot about the kind of person you are. Never hurt anyone or do anything that can do bad to someone. Dr singh philosophy in my sessions with him was very clear that we often are mistaken that what we do will only affect others- but what we throw will always come back to us in one way or the other. I have never been happy and I have been full of anxiousness and anxiety along with a completely dysfunctional family and a dysfunctional relationship which eventually led to my depression and I over a period of time and gradually learnt that seeking happiness means giving with the only intention to share positivity and smiles. Even the thought process that I can commit vices to others or any immoral act that hurt my peace of mind, has been radically changed and I realise that it costs a great deal in terms of peace of mind and it does not want to be in this amount in our lifetime. It's taken a lot for me to remember how to let go and that if somebody does not want to be with me I can never force them to be with me. This has definitely made me a much more complete and a very balanced human being. A lot of people write to say thank you, and I think I now understand why because mental health is such a issue that it's a stigma to talk about but finding the right person can make a huge difference in the way we perceive our lives and how we eventually grow old , and I thought one definitely would not like to grow old in a very bitter and cynical way. Therapy has done a lot to change my way of thinking.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Often people think that multitasking is a talent and no doubt it is tough. But the fact is that it made me jump from one point to another in a fraction of seconds. I had such a different style of working which was completely chaotic that I was never fully present in what I was doing and it took me time to move on from what happened in one instance and get rid of the fear about what may happen in the next instance. Working with Dr Singh the last nine months have been extremely cathartic and I have been able to hold my complete attention so that I am able to complete the tasks of my day-to-day routine with complete satisfaction and happiness. It took me almost 9 months to move on from my personality that I had developed and to get rid of the fear for what may happen, but I am grateful that I did not end up digging a hole so deep that it would have been very hard for me to find a way back home. Learning to love myself and fill myself with love and peace and developing values that motivated me to work in the current environment have been extremely stress relieving. From being somebody who would take all the time I have become somebody who is happy to give others and be the reason for his smile for other people also and this is something I have learnt from Dr Singh when I aligned my own thinking to the thinking process that he invited me and we don't take therapy seriously in our country but I realise that it can be a life saver and where we think we need drugs to get better we can actually talk ourselves into getting better the way I did. I will definitely recommend good therapy for most of my generation of the Millennials.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I have this tendency to overestimate how much other people notice about me. I tend to think there is a spotlight on me at all times, highlighting all of my mistakes or flaws, for all the world to see, especially given the open floor plan in which we sit in the working environment that is provided to us. For me personally this has been much worse to the point that it has had an affective disability on my work where I feel uncomfortable around even my colleagues and this gets especially bad when we go out for a party or something. I wanted to get all this constant feeling of being embarrassed when I came into therapy and it has taken a significant amount of time for me to understand and be convinced that everyone is not noticing or secretly thinking badly of me. It was not an overnight phenomenon but a

gradual change in my behaviour and attitude where I changed from being very self-conscious to learning how to be normal and accept the glances as well as the compliments of people around me. What are used to think was a panic disorder and need medicines for I realise was nothing more than simple nervousness and although it has taken me time to recognise this fact and overcome my anxiety and self-esteem issues the one thing I have done is the fact that I have persisted and I have continuously asked questions so that I could understand how to get better and I am very much better now because I have been mentored very correctly to be empowered to manage my issue and lead a richer life.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Love ,kindness, affection, sensitive attunement , respect, companionship , is not only difficult to find, but is even more challenging for many people to accept and tolerate. There have been countless examples of my wife reacting angrily when loving responses were directed toward her. My wife became outright nasty when I told her that I loved her so much that I wished that we could have children together. She had never expressed hostility toward me before and I was not pressuring her or even suggesting a course of action. All I said it was just a sweet feeling. I never knew that being loved arouses anxiety because it threatens long-standing psychological defences formed early in life in relation to emotional pain and rejection, therefore leaving a person feeling more vulnerable. Psychotherapy took time as it can be frightening and the fear often translates into anger and hostility. I know that love is scary when it contrasts with childhood trauma. In that situation, a spouse can feel compelled to act in ways that hurt the lover: behaving in a punitive manner, distancing themselves and pushing love away. Dr Singh helped us resolve the defensive posture that she had formed early in life as because the negative reaction to positive events occurs without conscious awareness, I know she responded without understanding what caused her to react. The point is why rationalise the situation by finding fault with or blaming others, particularly those closest to you. And I owe Dr Singh my gratitude for helping overcome these hurdles between the two of us.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I am 36 years old and the mother raising two children. I have been working full time since I have graduated from my MBA Institute in Lucknow. I got married at the age of 29, I wanted to raise more children so, at the age of 34, I planned to become pregnant again. Soon after becoming pregnant, when I was sitting in my car waiting for a traffic signal when I suddenly suffered a panic attack: my head felt hot, I could not breathe; the panic made me so scared that I returned home. I suffered a miscarriage and my emotional state changed. I suffered a panic attack when visiting my familiar beauty salon by myself. The feeling of heat when hot water was poured onto my hair made me afraid, my head was hot, I became afraid! I could not run away from there, as I was fixed into a chair. Leaving the beauty salon allowed me to calm myself; however, anticipating further panic attacks, I returned home without having my hair cut. It was after about a month, then I continued to experience troubles in daily life such a sudden panic attacks and sudden dryness in my throat with my breathing kept me constantly worried and I would keep drinking water I realised that I need serious help. I did not want to eat medicines because I had seen the effect of weight gain on my mother, so I have been trying to change my thinking using psychological methods and working with Dr Singh has been very fruitful. I have to say that initially my husband was not very sure whether this would work, but with time he has also become a very big supporter for me, and the manner of support I receive from my doctor is extremely reassuring and very focused on my actual issues and well being of my mental health, and my mental illness has been a top priority , which has helped me a lot especially when we went into couples therapy after my initial therapy so that my husband could also understand and help support me.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

It has taken me time to understand that my solitude can be willed also rather than imposed. I think no one ever needs to be alone as long as they don't mind who they are with. I have always been afraid and I have kept the wrong kind of company which was much lonelier for me than being by myself it was further from what mattered to me, more grating in its insincerity and more of a reminder of disconnection and misunderstanding than is the conversation I could have in the quiet of our my mind.

I

used to think that being alone is proof that I have been rejected by the world, but now I am very convinced that this is not proof that I have been rejected by anyone but it is clear evidence that I have taken a very good look at the available options that I have and that the wisdom that has come after being in counselling I have even managed to do some rejecting myself of certain extremely toxic people in my life. Today, I am in a position to like myself more and I am not scared of friendship with myself, I know that others aren't laughing at me when I am alone and that there is no fancy party that I am being prevented from attending. It's wonderful to be able to appreciate that I can be both on my own and a fully dignified person in my friends circle. It's very difficult to conquer the dread of loneliness but it does help to put me in a position where I can access my options correctly and to choose wisely the decisions I have to make regarding my career and my relationships at least. I would recommend for everybody to help themselves, and not to ever suffer in silence in any toxic relationship or any toxic marriage but to learn that life has much more to hold and to give if only we can make the effort to find help to guide us.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I became involved in porn when I was in class X, and I was able to get off it literally by going cold turkey once I understood the problem and how I was plastically reinforcing it. I found eventually that I was attracted once again to my partner. I never had any addictive personality or serious childhood traumas, and when I understood what was happening to me, I stopped using my computer for a period to weaken as Dr Singh called it my problematic neuronal networks, and in 6 months my appetite for porn withered away. During my growing up teenage days there were critical periods, during which I am now able to understand, that I had acquired a preference for problematic sexual types. Gradual guidance and consistency along with a very practical and caring attitude where I learnt about how the laws of neuroplasticity allow us to acquire problematic tastes also allow us, in intensive treatment, to acquire newer, healthier ones and in some cases even to lose our older, troubling ones, was extremely intriguing as I got to communicate in an emotionally safe and secure environment whatever I wanted with the doctor and the replies I got was so satisfying, that I began to see under the pain of why I was addicted to pornography and that how I had to make a effort, in my own mind and in my own brain otherwise it was a use-it-or-lose-it brain situation, where my sexual desire and love are concerned. Today, I can share with conviction that although it feels very stimulating pornography is one of the most damaging form of erotica that we indulge in because it gives us a very crooked sense of what intimacy is all about and we can bring this into our relationships with disastrous consequences as I saw firsthand.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I have adopted various strategies to avoid facing my own flaws and to conceal these flaws from other people. I have avoided looking at photographs of my self and having my picture taken. Trying to conceal my defects was a large component of my everyday life and I camouflaged my flaws using make-up (sometimes even when sleeping), clothes, sunglasses, hairdos, and, avoiding certain lighting or showing myself from certain angles. When I felt that I sometimes wish I could wear a burka, that is when I realised I need help. Help was however literally non-existent and on the contrary I came out of a significant number of offices feeling more downcast than before, so I just got it confirmed that I can't get any help with this. I have been through the process of therapy now on a regular basis almost twice or thrice on a weekly basis for the last six months and gradually I have learnt how to live with my dislike for my own body shape. I guess I did not have any good idea concerning what could be done about the way I was built and my attempts to conceal what I thought were defects were working against me and my self-esteem as well as the physical presence that I brought to my workplace and my house in the evening.

It is an incorrect opinion we have in our country that psychological help should be taken only by those individuals who have a mental health issue when I look at myself and after having been in therapy when I look at my colleagues and friends and even my own relations within my family I realise there are so many incorrect behavioural patterns that are not being addressed which I am now able to see after having been through counselling that I wonder why we do not seek timely assistance and build the skills and the resiliency that is required to live a normal day-to-day life. Had I not come in therapy and had I not met Dr Singh I probably would have been still going through my day-to-day life with the same incorrect behaviour patterns and the same self disgust and self dislike which has taken a toll on my physical and mental health as well as it my view of my personality and restricted my life which could have been lived much more fully had I known how to handle my issues correctly. I would recommend that a lot of us need to get into counselling if nothing else but to at least understand ourselves better.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

After enduring an abusive partner I have discovered some experiences aren't easy to put behind you. I have also recently come out of a volatile divorce. The abuse and the aftermath have been the most difficult experiences of my life. I met and communicated with different professionals over the course of a year, which was emotionally challenging. I was also tormented by a stream of well wisher's who wanted me to fight it out myself and each with their own version of how to move one. I didn't realise I was setting myself up to implode. I could barely keep up with my workload and increasingly fell behind on work and personal deadlines. My physical health was a wreck. My weight dropped dangerously low. What little sleep I got was littered with nightmares. I finally began therapy and was told I suffered from post-traumatic stress disorder. But I continued to use work as a coping mechanism. I felt I was up against a wall, until Dr Singh insisted after a few sessions to stop everything. Taking a break terrified me. But deep down, I knew it was a good idea. I was fortunate that I persisted in therapy and did not abandon it prematurely. The hiatus helped me embrace some of the quiet I had been desperately avoiding and concentrate more on myself. I underwent trauma therapy, my sleep patterns began to stabilise, and I rapidly gained back weight. It wasn't easy, though. I am an impatient person, and taking time to deal with my grief was not easy. But Kudos to Dr Singh, who never gave up on me and offered me up to 2 hour's of time and even more than 2 hour's consistently from his end and never rushed my appointments. At times I felt embarrassed paying for a single session and getting significant time from him worth 3 session's. He did what someone in his position can do to support me and it made all the difference in the world.

M

Mr Sharma (Verified)

5 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Today, unlike any previous time in history, we women have options about the work we do and the role it plays in our lives. But it is precisely here that so many of us get stuck. With so many choices, I have had to struggle to figure out what I really wanted or where to start once I did. Honestly Dr Singh has provided me a very clear framework for discerning and developing my calling and without hesitation he has treated me like a father.

Dr. Prof. G.B. Singh (PhD) replied



Dude , that is seriously overwhelming. You have to thank your parents also for supporting you to be in regular sessions.

V

Verified Patient

2 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendliness

I visited Dr GB Singh three months ago and have been seeking his advice for the past three years. My initial consult was a month before my marriage when i was having doubts regarding my partner. I am a Christian by faith and mine was an arranged marriage. After meeting my partner ,he advised me not to go ahead with the marriage as I was getting second thoughts, but I decided to go for it. After a month of my marriage trouble started brewing as I came to know that my wife had slept with two men.I had asked her about this during our courtship period and she told me that she was a virgin. I had a girlfriend before marriage but i never got involved physically. When I came to know about my wife's past I felt betrayed,my trust was broken. I couldn't talk to anybody about this and felt that I was all alone.I was in a dilemma and decided to consult Dr GB singh again. Meanwhile, conflict started growing between my wife and my parents regarding household chores which added to the chaos.I was feeling trapped and felt that this marriage has brought me nothing but misery.He met both me and my wife and counseled us. With his help I was able to handle an otherwise difficult situation. He was very kind and supportive, I remember calling him whenever I felt low and he didn't hesitate to accommodate me despite his busy schedule.He even stretched beyond his practicing hours many times. All I have to say is that he has a gift for reading people and provided the much needed support when I lost all hope.

Dr. Prof. G.B. Singh (PhD) replied

Don't let thoughts drag you down son. And I really want to share this. The way your spouse has evolved over the past few years and become completely altruistic for you, is a blessing that very few in a marriage can ever hope to achieve. And this I want to share with anyone who cares to read this , it is the marriage and the time when we commit to each other to be with each other for life , that is the only significant issue. All else is no longer a reality. What you have is the reality and the reality is the lady has moulded herself to such a degree that , I would say that you are blessed. Emotional pain is different , that will heal with time , see the sunrise , it has given you an unobstructed view of life.

V

Verified Patient

6 years ago

Visited For Stress

I recommend the doctor

My gratitude to Dr Prof Singh. A great human being. A well behaved man with great sense of humour. I am less of words to describe his personality. But I am thankful to Dr Singh. I have been visiting him from one and half months,he has guided me how to keep myself happy in difficult situations. Before meeting with him I normally get depress of anything that not be in my favour. It had anything like if someone had said negative about me I feel so depressed and show my anger to them. And if sometimes I did not react then I was trying to hurt myself. I was emotionally very weak and low in energy. But he told me what life can give you and what we should take from it. Whatever he guided me I followed the same and have seen tremendous changes in my behaviour. He is a nice man. he understands your situation very deeply. \*\* he can tell you your situation without even mentioning it. He can read your mind through your expressions and behaviour you do in front of him. I must say I am so blessed that he has came into my life to change it for my betterment.

Now I always try to change my behaviour on every that situation that gives me stress or depression. Every person has his own views likes and dislikes some of my friends has suggested me not to go to a psychologist as here in India people think that we are mentally weak or mad that's why we need a psychologist. The good part about Dr Singh is he never gives you medicines he only suggests you and recommend you health supplement which never gives any side effects to your body.

I am very happy and satisfied with Dr Singh's advice and treatment. He is so genuine and very humble. Doctor I thank you so much for giving me genuine advice. I will enjoy my life and never take anyone's shit on me.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Wait timeValue for moneyTreatment satisfactionDoctor friendlinessExplanation of the health issue

I have been experiencing a lot of anger and depression for the last 2 years and was not able to understand the cause of the problems that I was facing.

One of my friends had visited Dr singh and referred him to me and then I decided to meet him because I feel there was nothing to lose.

I feel much more calm now because after the sessions that I have had with them I realise that as an adolescent I had repressed a significant amount of anger with my parents when I had learnt about the separation in the marriage after the decision has been made.

I always had this feeling that my family life has not been authentic but I feel deceived when I learnt about the seriousness of my parents relationship problems even though I had been aware of the constant fighting that used to take place.

I realised after the therapy sessions that I would have preferred to have been told about the extent of these problems because then I would have come to recognise what was going on and that it can be difficult for parents to talk about it but I felt very cheated being a part of the family and I just say never forgave my parents for keeping me in the dark.

There is no doubt about the fact that I feel much more calm and peace now after understanding that people do grow apart and I am able to manage myself much better but I wish that my parents had been a bit more open with me which would have helped me cope up with my studies and initial phases of my career more easily.

For this I would like to thank Dr Singh because he managed to calm down my anger at myself and my parents and I begin to realise that if I have to do well in life I have to learn how to let go of my hurt and move on in this world . I am very happy that I took the initiative of seeking out assistance and it's been a very valuable experience and also allows me someone I can trust to come back to whenever I need some form of guidance

Dr. Prof. G.B. Singh (PhD) replied

Remember, it is always humbling for me also when someone trusts us

V

Verified Patient

6 years ago

Visited For Interpersonal Relationship IssuesStress

I recommend the doctor

Happy with: Doctor friendlinessWait timeExplanation of the health issueTreatment satisfactionValue for money

I had been facing a lot of interpersonal relationship issues from the second year of my Masters Program (at one of the top state universities in Delhi). And, I was facing issues with everyone, i.e, my family, my

friends, my relatives, my co-workers, etc. This would often lead me to being depressed, completely drained out of energy. By the time my post graduation came to an end, a very close female friend of mine left me and this left me devastated. This wasn't the first time I was going through something like this. But, this time it ruined me. I barely managed to complete my MTech. I lost my dream job after struggling with it for 3 months. Note that I had worked for 12 months to secure this job. And, shortly after this, all my savings went kaput.

I was desperately seeking a clinical psychologist, I knew I needed help. And, after looking up on different places and websites, I came across Prof G B Singh's profile on Practo. I read 4-5 feedbacks and made up my mind to visit him. Given my background, seeking his services was a costly affair, I was living off my parents' money. So, I thought I'd just visit him once, explain him my problems and see if he is able to help me out. If not, I'd go to the next best option. And, boy, do I feel happy about taking this leap of faith.

While I assumed that I'd be having 1 hour sessions spaced weekly, Prof Singh sat with me for roughly 3-4 hours on the first meeting itself. He carefully listened to my problems. He explained the underlying issues to me. And, he suggested me ways to address such situations in the future. After being satisfied with his consultation, I decided to go for the MMPI test. And, I must say, it helped me a lot. It answered a lot of questions that I was seeking answers to. In my humble opinion, Prof Singh is like the Oracle from the Matrix.

I should mention that I have had suicidal feelings a couple of times before I had found Prof Singh. And, I should also admit that had I not met him, I might have done something unwise. Sometimes, we get stuck in infinite loops. At those times, we need external help to break out. I wrote this feedback to tell you that I found help. And, I hope you find it too.

Dr. Prof. G.B. Singh (PhD) replied

:) Thanks Neo

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Marriage Counselling after Arranged Marriage

Coming to meet a Psychologist was a big deal as normally I never imagined that as a Man I would have problems. I was married to a girl through a marriage proposal as I am from a rural background and have studied and and now work for an IT company. My marriage is 2 years old. Things got stressful.

To be fair, I can become very closed when something makes me defensive. And this was something my wife would do. I knew I needed help from a professional when one day I was laying back down. We were both tired and fighting and I said "do what you want" and closed my eyes and suddenly she hit me three times in the head. I was totally freaked out, because violence is a huge insecurity for me and I was afraid I'd react and the family and the law would get involved.

It is easy to say that someone has anger issues, but how to handle the anger issues when we are not a fault is something I have sincerely learnt from Dr Singh. I have learnt not to be explosive, or injurious and deal with situations verbally. I have learnt not to get into circular arguments that would just escalate and escalate. When my wife met Dr Singh on the second sitting, the arguments were such that she would get defensive, stop listening, would just start contradicting herself. We did realise that she was not ready for the marriage, and that it was something that my wife had to comply with, but it is no reason for her to explode at me for no reason and that also when I was the quieter person. It is difficult to rationalise with someone who is regretting her every decision, and though we were advised by sir that it would be difficult, my father in law supported me a lot for the counselling sessions and eventually my wife started to understand the perspective of what I could offer and what was not possible. I have had a very balanced and happy experience with Dr Singh and have become a firm believer in seeking help when there is distress. Eventually both my parents and my in laws have met sir and issues have been worked out to a better understanding of living with each other. Ranjit Bhandari

V

Verified Patient

6 years ago

Visited For Marriage/ Marital CounsellingFamily ProblemsAnxiety Disorder Counselling

I recommend the doctor

I am happy to share my story as it is a everyday occurrence in most homes and never goes reported. When I came to Dr Singh, I was experiencing abuse for over 6 years before I sought help. At the beginning of my marriage things were fine but after some time when my husband was not able to handle his job changes he started to punch walls and doors and kick things. Soon he moved onto me and started to push, shove around, punch and kick.

The first time I reported abused to family, I was asked to go back as we had two daughters and one was not even 1 year old. I have been accused of seeing other people, caught on on my neck and suffered split lips, cuts and marks.

Coming to Dr Singh was a huge step as I was not sure of what to do as my husband blamed everything on me for going mad. I came to Dr Singh as everyone wanted me to compromise and this made me so agary- I phoned him for help and I swore I won't a victim. Eventually I ended up in hospital in IBHAS. However Dr Singh came to speak to me about what had happened. I was quite honest , and told him what had happened and that there was abuse happening in the home. I done want to say much, but I have been Dr Singh client for more than a year and had I not come to him story may have been very different. I might not have been able to handle myself and and my children and my not have had the strength to go on. He has been a pillar of strength and a father figure minus the judgement and blame and today I am more composed, calm and can lie every day as per my plan. A lot has changed and I am grateful to Dr Singh for bringing me back to where I can stand up on my own and for creating a zone where I come to when I feel life is getting heavy on me.

I am happy everyone reads my story, but I don't want my picture published on any feedback. saanvi

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Marriage issues

9 years of marriage, has led to a situation that I am finding it difficult to communicate without contention, and all our confrontations are similar to what we have on a regular basis. This was the main reason why we wanted a therapist as everyday it was the same, absolutely similar. Our sessions have been very productive as at least the repetition of the same general pattern of communication where one accusation was leading to another, and the original point of was lost in these everyday fights and criticism, and recall of past mistakes has come down to a lot even if my husband is not able to resolve or close the issue.

When we came here first, both felt we were trapped in a vicious cycle of conflict and hopelessness, but Vineet was unwilling to accept it and refused to be teachable or to change even though it was necessary. I think our problems were always unsolved as we were actually pretending to go through the motions of solving problems and Vineet was intent upon influencing and I felt manipulated by him. This was only leading to extreme stress and dislike.

I am convinced after my meeting with Sir is that one common mistake we all do in a situation is to judge the intents and actions of one another. Even in the session we both realised that it is a mistake for us to speak for each other, because we don't have the superpower to read thoughts.

One thing is sure, the constant preconceived notion of what a husband or wife ought to be like are zero. Vineet believed he was fulfilling his responsibility best by earning money, no matter how much time it required and that wife means be content to stay home and take care of the children. At least these ideas are modified and done with at least. Our take away has been about managing expectations in marriage. With such an understanding, the change process I think can be much easier because there is a difference between clearly and sensitively disclosing one's experience and saying anything and everything that comes to mind as a means of venting feelings. It has been somewhat awkward but like most new skills, with practice they will come naturally, but on the whole a very good experience and one where we can go back to him. But be prepared to pay a premium as he takes only 1 or 2 patients in one day, and we had to wait for a week. But yeah it was good. It takes some ability to draw out my husband and get him to talk and we achieved this. Sonika

V

Verified Patient

6 years ago

Visited For Family Problems

I recommend the doctor

Dear prof Singh. I am writing to say thank you for your assistance in healing me and my mother. If it had not been for you. We would not have known where to go when my father's relationship issues led to my parents divorce. With your help I have been able to keep my spending time with both my parents.

What I feel sad about is that I thought I could be an example of a child who could weather the pain of a broken home rather well. Doctor you were like a rock and I wish my own father had been there for the simplest of times for me. I don't know how it will sound however your gentleness gave us the peace of mind to deal with the struggle of our own father not being around. It's not easy to see your friends father be there in the house for them, and your ability to guide us has seen us through the extremely difficult period with lesser pain than it could have been.

The things our father has missed and may miss are still very heartbreaking and your understanding and specific guidance of our progress has made a significant difference.

Mummy still feels that it will not take time for us to be just okay. But I know how alone it can be. I also want to say thank you for taking my calls and also for some how not even letting me realise that I was speaking to a what should have ideally been my own father.

Sometimes I think about how you knew our questions even before we could say but I guess your abilities on meeting so many people may be making them difference.

Mummy says it is something more. Please accept our gratitude for all the assistance.

V

Verified Patient

7 years ago

I recommend the doctor

My daughter's smoking addiction

I meant to write about Dr Singh for some time, to thank him very much for giving me my daughter back. I am very impressed by his professionalism, his wonderful heart, and personality. He is one Dr who has taken time out of his busy schedule to explain everything to me, and to make the necessary changes.

He is very patient to listen to my problems and effects of the treatments so he can decide on the best options to present to me. It is a pleasure to know him and he has touched my, my wife and our family's heart with his care and warmth.

My daughter is completely of her medication, and has not smoked for the last 12 months. Yes it's very difficult to accept, when you see your daughter smoking and coming home smelling of alcohol, and it happens so suddenly, that for it to even sink in takes days, and when you realise the enormity of what is happening, there is nothing that you can do. We see these scenes on TV, as well as movies, and smile thinking that is this the way how they live. But when it happens to yourself, it is so difficult to accept it, that it Breaks you into pieces. But I can most certainly give the credit to Dr Singh, and to the help that you provided, and the way in which you held my hand throughout the process of winning my daughter back. What psychiatry medicines did not do for over 3 1/2 years, Dr Singh did it in one month's time. Those 3 1/2 years was so difficult, not knowing where I had gone wrong, and always blaming myself, that it took a toll on our health also.

The extremely innovative, cognitive behaviour therapy, as well as the combination of, his own concept of a form of therapy he used which he says is Logotherapy developed by a psychologist who lived in the 1940s, was so powerful, that we were able to bring our daughter back from irrationality to



complete sense of rationality, as well as understanding what to do in life. I can only express my gratitude, and I do it through this portal because I want Dr Singh to know, that we will never forget you, and this is what we have to say sir, thank you very much, thank you so very much from a father of a daughter.

V

Verified Patient

7 years ago

I recommend the doctor

It is difficult to put into words how the experience with Dr Singh has been and how much it has impacted us. Thank you is not adequate to express our hearts gratitude to him. He was attentive to our needs emotionally and physically. Just speaking to him was so empowering and through that it opened our eyes to so many things. We have learned about ourselves individually and about our marriage that will impact every aspect and relationship in our lives. How do you say thank you for that? We are forever changed!! God bless him and we pray that every couple who comes to Dr Singh has same life changing experience as we did.

When we came we did not know what to expect as the stress of being in India was getting to be too much for us. We had no idea what to do and just needed a good therapist to help us. He led us through a process that was more about ourselves personally than anything else and we learned things that will help us to become whole individuals so that we can come together for a healthy and truly intimate relationship. I look back and see how God's hand worked to bring us here, and there are no words to express how grateful I am we came. We came to India as we were going through a job loss and we felt that taking time off would help a lot. It was a relaxing experience as the pace of life was slow, but the issues with money were really beginning to roll over into our personal relationship. Eventually my wife was sucked into a whirlpool of parties and friends who were also from the western world and I began to lose her to drinks and late nights. The constant fights as she came home late, and eventually when someone dropped her home in a Rolls Royce was a bit too much for me to swallow. When I confronted her, she was too high to even know what was happening and then I realised that I don't want to lose her to the same very things we were trying to stay away from in the US. That is when we came across Dr Singh and I have to say that the logical as well as rational approach taken by him has really helped us and my wife saw where she was slipping. We are together again now and still here and trying to heal our trust and it was with the help of Dr Singh that we managed to put the broken pieces together. It takes a lot to accept and not question and this is one thing that Dr Singh ensured I did. I am grateful for that as my wife has greater respect for me and I know that we will never go down that route again. Thank you Dr Singh

V

Verified Patient

7 years ago

I recommend the doctor

Wanted to finish everything

I'm writing this as a thank you to your help in the darkest moments of my life. I have been thinking a lot about you and how you

managed to stop me from ending everything with your caring and compassion. I now feel as safe and secure as I would have felt if my own father had

been alive. I feel worth living, and not dysfunctional. When I am in your centre, it is a totally new experience for me and as a result I do not feel the fear and distrust I have felt in the past. I want to share your competency, skill and patience with the world and it is evident that a lot of your clients feel that about you. I hope you do not lose that touch.

I have been to MANY psychiatrists and psychologists in my small lifetime and generally the scene is one where they are in need of a vocation - almost a sense of them just putting in time and the 5-8 minutes consultation and hurry to meet as many patients as possible. Even their office staff are dysfunctional. I suppose they are over worked, understaffed, unappreciated.

You are different. You are special. If you had not held on to me I would have probably gone by now, I was so tired. I know you said to come whenever I felt overwhelmed, but I will continue to come every month and if you don't meet me, I will sit there till you give in. Many people don't understand the value of a father until it is very late. I wish I can turn the clock back. But I can't and it really hurts. But you have been rock steady and there. Patient and logical. I am really grateful for your presence in my life now. Thank you from a daughter and with love.

V

Verified Patient

7 years ago

I recommend the doctor

I will start by thanking Professor Singh, as I like to address him. He is such a wonderful man, who can read you like a book. Just 2 sessions with him and I already feel at peace.

I have been married for 6 years and have known my husband for almost 10 years, yet the relationship was falling apart slowly and steadily. We never realized it until one day I came to know of his extra marital affairs. It was highly depressing as my child was very young and I was already battling his abusive and hostile family. Life was difficult and unlivable I would say. My house was full of people who abuse, curse, scheme, hit each other, shout, scream and yell and fight endlessly and untiringly, driving each other mad. I tried not to react and support my husband, be with him in this time but it did not help.

He became very aggressive and abusive towards me and my family. Living with him was mentally draining, traumatic and pushing me deep down into the drain. I lost all self confidence, used to cry and sob anytime and anywhere. I was asking questions and never got any answers from him. All I was told is how incapable and unsuccessful I was in every role in my life.

Thankfully, my faith in God, the support of my family & friends has saved me from the depression and kept me going. But, something within me is dead, I don't know my likes and dislikes anymore, and have lost all focus and direction. I can no longer trust this man, he and his every word is fake/hollow to me. I had been fighting all alone to take a decision, to understand why it happened, if my decision of leaving this person is right or wrong? After almost 8 months of battling this dilemma, I wanted to seek help, someone who can objectively tell me what I must do, how I must do it, if I must do it! Someone who can hear me out and also my husband and tell us if at all we can make it work again for the sake of ourselves and our son. I searched the internet and by God's grace I stumbled on Prof. Singh's practo profile. After reading through all the feedback, I decided to meet him. I convinced my husband to meet him too.

Prof. Singh is extremely focused, helpful and father like. He is very easy to speak to and can read the person inside out. He is true to his profession and is the most amazing person I have met ever. Prof. Singh I have complete faith in you and I would love you to be my mentor and coach for life. Thank You.

V

Verified Patient

7 years ago

I recommend the doctor

I am a doctor and on searching for a expert who would assess and evaluate children for learning disabilities came across Dr GB Singh's name and DAI through your site Practo. I went through the testimonials and visited him further to discuss about my nephew and finally arranged a consultation for my nephew with him. Dr G B Singh, was extremely flexible with the appointment as we had to come from south of India and return back the same day.

Although, we realized that our quite , calm and reserved nephew had some issues with fine motor skills, writing time, handwriting and was trying hard to cope with the demands of the school work, his external demeanor did not indicate how much he had to suffer to reach the expectations of teachers parents and the like. He is a very curious, disciplined child and loves to talk about scientific facts and reasons. However his grades in paper were disappointing him above everyone and he was getting frustrated that his efforts did not bear fruit.

It was only at this juncture, we decided to ask for help with Dr GB Singh. He carried out all the tests necessary to pin point the problem accurately and helped us understand better the problems with our

nephew. The suggestions given by Dr GB Singh is helping him to gain his self confidence and hope soon he will be able to score well as well.

As a physician , I understand that every child is unique with capabilities and disabilities and every parent strives to help the child achieve its full potential. Unfortunately, the same could not be said about our educational systems and the tremendous pressure a child has to bear to complete the schooling . In such an environment, kids like my nephew are a fortunate few who have the support and understanding of the family and guidance of experts like Dr GB Singh but there are many out there who badly need the guidance and help them accept their limitations and go beyond them

I am glad we consulted Dr G B Singh and his guidance has been valuable to understand the limitations and now my nephew is determined to overcome them and beat the odds.

V

Verified Patient

7 years ago

I recommend the doctor

Although skeptical, when I first was referred for an evaluation for my child , I knew it was something I had to try for my son. Then, a little more than 4 1/2 years of age, my son had several issues. He was speech delayed, a sensory seeker and highly active. He seemed to have a brain fog and with poor communication skills he was extremely frustrated. He also had one food allergy I was aware of, eggs. Almost two years later, many allergies unveiled and treated , my son is a different child. His brain is much clearer now and no longer 'blank'. His speech, communication, sensory and behavior issues are minuscule if any. He no longer is allergic to eggs. The difference in him is quite major. I continue to treat him because there are still more allergies we have not touched on and I'm still seeing improvements as he passes them. I strongly believe in the help that Prof Singh gave us and I strongly believe in his dedication. I certainly would not spend the time or money if I felt otherwise. I take my younger son to Prof Singh as well, and will continue to until I feel my children are perfect.

I remember how my son barely spoke. Now he is positively chatty. We owe his success to the correct help provided. At the time of his diagnosis, Vipin flapped, rocked, spun toys, had a fascination for fans, liked to spin, was sensitive to certain textures, liked to stare at lights, and barely spoke. Today, almost all of the autism related behaviours have disappeared.

I feel that my job is to inform as many people of Prof. Singh and the work he is doing . I believe it is my duty as a mother to tell other mothers what worked for our son and at the end of the day, I can rest assured that I have truly done everything I can for my son. Not only that, but it worked and it is and will be always wonderful to be guided by Prof Singh.

V

Verified Patient

7 years ago

I recommend the doctor

My daughter was cutting herself

I first noticed my daughter's cuts when she was helping me cook dinner. She told me that she had slipped in school. I was so surprised that the fall had been so serious and was worried about tetanus and had her take an injection and didn't think much more about it.

But when she started long-sleeved shirts and became secretive, like something was bothering her I knew something was wrong. My daughter could not and did not tell me that the marks on her arms were from something that she had done. She was cutting herself with a blade when she felt sad or upset.

I was so shocked that I could not believe my only daughter would want to disfigure herself and panicked. I spoke to her school counsellor who referred me to Prof Singh. It was so difficult to take her there but when she met him, she just immediately liked him and started crying. She wanted to talk to him alone and we allowed it as we were sitting outside and could see her. After 2 hours when she came out with Prof. Singh, she appeared so calm and at peace with herself.

Unfortunately Dr Singh keeps everything very confidential so we could not get much out of him, but he did say that our daughter was free to share everything from her end. He did however educate us on one issue. He said that it can be hard to understand why children cut themselves on purpose but that it is a way some people try to cope with the pain of strong emotions, intense pressure, or upsetting relationship problems. They may be dealing with feelings that seem too difficult to bear or bad situations they think can't change.

After 5 sittings our daughter is very fine and with Dr Singh's help has learnt that there are other ways to cope with difficulties, even big problems. We as parents also realised that the help of a mental health professional is so important for major life troubles or overwhelming emotions and that the correct doctor can help put things in perspective to talk problems over and help balance emotions. After meeting Dr. Singh, I also realised that a Psychologist is for life and finding one can be very difficult. I am very grateful to Dr. Singh for his compassion and kindness towards our daughter and helping us understand our child better. A big thank you to him.

V

Verified Patient

7 years ago

I recommend the doctor

I am very grateful to Prof Singh and the excellent Logotherapy Therapy sessions with Him. I was under a lot of stress from an overload of business trips, was experiencing anxiety and feeling overwhelmed when I first started consulting with him. I was under pressure to bring in more work and I let the pressure build up in me and actually took on more business assignments than was healthy. I did not have the work-life balance I so treasure.

I had never had any counseling before, so I cannot compare the sessions with Dr Singh with any other sessions. However, right from the very start I felt an immediate sense of trust being built. I could feel that he genuinely wanted to help me. He is very gifted as a therapist and a coach. He helps you to see and really understand things more clearly and deeply. He also gives you practical tools to work with.

It was especially comforting to work with someone who really understands anxiety and takes the time to help you understand symptoms and how not to fear them. I learned how to understand the symptoms better. Afterwards they started decreasing more and more. I moved from a state of fight or flight to a state of "rest and recuperation". I still have a lot of work, but it is better paced now because I also make a conscious effort to pace it better.

I learned to slow down again and not feel I had to carry the burden alone of finding funding opportunities at work. I understand that it is a team project to be shared by all team members.

I would recommend Dr Singh very highly. He has some special gift which immediately relaxes you when you look in his eyes. He walks with you, empowers you and helps you to help yourself thrive. The Humorous fact of life is that when I was waiting for my appointment the family that was meeting him for their son, was the family of the most famous astrologist . The grown up boy who started talking to me said his name was Vashisth and who they had brought kept saying, that my father is a famous astrologer. It was a bit of a joke because we in India search for answers outside when the real power is IN OUR HANDS. We are responsible for ourselves not our stars, but at least I know I am in the hands of the correct doctor. :-). Mrs Dubey

V

Verified Patient

7 years ago

I recommend the doctor

Dear Dr. Singh,

We were very sad and disappointed when we were not aware of you and were not aware about the problem of one of my twin son Harthik. When one day my husband told me about Dr. Singh and his achievements and contribution towards such children we find a light of hope for our child. I remember the day we shifted to Noida from Gujarat the same day we visited your clinic along with Harthik, when discussed his issue in detail since the time of his birth, he heard me very patiently, calmly and gave your opinion and told us the truth that our son is having Autism which was really difficult for us to accept but still we accepted it. Dr. Singh gave us a new hope and assure us that he will be alright once his treatment will be started. We have already started with his said medicines and counselling session with Dr. Singh.

Harthik is a blessed child, i have brought him up with a very good values, his world revolves around his parents and grandmother, he hardly speak to anyone around neither in his school nor around his surrounding, he feels inferior among his peer group, having lack of confidence but having very sharp memory, sincere towards his studies, hard working and religious too, in his school also he was known as a silent and decent child, his teachers always appreciate him but wanted him to speak and open up.

Harthik had secured 7 CGPA in his 10th class and has opted Humanities in class 11th. As we have started visiting Dr. Singh and his treatment is already started, i am observing positive signs in my son, he speaks with others now, expressing his views, sharing his opinions in his class. He is fond of Dr. Singh and always ready to visit him.

Me and my husband are grateful to Dr. Singh to guide and counsel us regarding our son. We are relaxed and satisfy now as we have left everything on Dr. Singh to decide the future of our Son.

Thanks and regards,

A Kaul (Mother) 8758953914

V

Verified Patient

7 years ago

I recommend the doctor

My daughter

My daughter is a officer in the government department and was married in 2007 with the concent of both the parents The problem that started one year after marriage and is the biggest problem between them is the behavior of the husband.

He is alcohol addict after consuming alcohol, he becomes very aggressive and violent with wife. He manhandled my daughter and call names. she feel threatened and had to run for safety to her friends many times. He takes these incidence very casually afterwards as nothing has happened and expects normalized behavior from her. He seems to have inflated/false ego, responsible for many problems. I think he seems to be suffering with frustrations also. The biggest frustration is his strained relationship with his father. His mother expired before his marriage and his father married again. This development angered him a lot. He misbehaved with him and his father cut all relations with him now his salary is lower than his wife and I don't like when he be violent with my daughter.

After a lot of consideration I decided to take matter in my hand and made visit with Dr Singh. It is early, but some change I see has started. He is now careful of violence and trying to be aggressive. For this I am much grateful to doctor. I also think slowly his drinking will now slow as he is understanding why he be drinking so much. His father reject him and he miss him very much. But it will be okay now as the psychologist doctor has made him understand the main problem. For this I am thankful to the doctor as I am father and it hurt my heart to see my child emotionally and also physically scare.

V

Verified Patient

7 years ago

I recommend the doctor

Visit for consultant

I think I've always had depression. One of my earliest memories has been as a little girl on the playground watching other children playing and having a good time and being alone on the sidelines and wondering why I couldn't have that kind of fun. Depression first began to interfere with my life in my early 20's and I began to get treatment for it. For thirty years I was in and out of hospitals with severe depression. I can't even count the number of medications and hospitalizations. I was willing to do anything. My Father's friend had taken his son to Prof Singh for therapy for aggression. He mentioned it to me and my mom and we went to a consultation. I was hopeful but very frightened. I was scared to be hopeful because so many times doctors have said "this is what is going to work for you" and it would maybe work for a couple of months and then it wouldn't work so I was always being disappointed.

I was concerned about the cost but it was my mom who said to me, "don't you want to try something that could possibly change your life, no matter what the cost"?? And I really wanted to try.

I wasn't quite sure when I started feeling better but I think it was a couple of weeks into treatment. My mom started noticing I was more alert and aware and my face wasn't so tight.



Dr Singh has helped me to feel the best I have ever felt. I have come off an enormous amount of medications from which I suffered a great deal of side effects. Fatigue during the day, all day was the worst side effect for me to deal with. This made it very difficult to keep a job. Now I am alert and awake and I sleep like a normal person. I am not falling asleep in the afternoon and unable to get out of bed in the morning. That has been the best change and that has been because I have been taken off so much medication.

If I had given into my fears I could probably right now be in the hospital, feeling helpless and hopeless and not seeing the light at the end of the tunnel. That is so far from where I am right now thanks to Dr Singh

V

Verified Patient

7 years ago

I recommend the doctor

Visited for reassessment of Dyslexia for my 10 year old son

As a doctor I knew that my son had reading and writing problems. Up to class III everything was fine. After that the problems started when we found that

Bharat (not his real name )did not read properly. He would skip words, read very fast and could not comprehend what he was reading. The bullying was also non stop for my child, but the school was and is very supportive. The scores were all B- and c in EVS and English and maths word problems. He goes to GD Goenka school and we were sent to a famous doctor, but the problem remained and the only thing we did was 80 sessions which were non productive.

Totally frustrated I searched the net and saw the website of the Dyslexia Association of India and Prof Singhs profile on Practo. It took me 3 months to make up my mind, but I can write with absolute confirmation that coming to doctor Singh was THE right choice. The number of tests, the in-depth analysis and the correct diagnosis made me realise I wish I had come here earlier. As doctors my husband was very wary so I brought my son on my own.

I am grateful that finally I know the actual problem and my son can be helped and is being helped in the correct way. Finding the correct way is most important and I thank Prof Singh for his dedication and his attention to detail as well as his patience in diagnosing my son accurately. His strategies also were so simple that we can and are doing it at home and my son is becoming better in studies with each day.

A definite recommendation to Prof Singh and all parents looking for answers to their childrens academic and psychological problems.

Dr Mrs. M B

V

Verified Patient

7 years ago

I recommend the doctor

We first met Prof Singh in 2012 when we had gone to the mall to see a movie and when Rajat was in the 9th grade in DPS Mathura road. Reading and keeping up with school work was getting more and more difficult for him each year. There were some subtle indicators in elementary school that there was some sort of problem, but our family doctor said these were normal issues that children face (he was wrong). As each year started the problem was becoming more obvious. I just wasn't sure what the true problem was. We took our son to several different doctors near our home and had him tested also but it was a simple IQ test and I know realise that it was not enough.

Everyone sent us away saying "Everything's fine." He was managing to get around 50%-60%. No one realized how much he was struggling and how hard he was working at home to get his work done. His self-esteem was going down quickly and it was breaking our heart seeing him feel defeated all the time. He often said she felt like some freak in class as his spoken english was very good but the marks were very poor. We were really at our wits end and didn't know where to turn.

So we took a chance that day and entered the clinic and since then my son transformed so much that he got 90% in class XII board exams and we realised that he had been dealing with Dyslexia all along.

His life is so much different than when we first saw Dr Singh 4 years ago. It is so hard to truly describe the changes. Not only did the treatment make it possible for him to just complete his school work, he did it with all A's in the CCE setting. Now doing hospitality management he is so much more confident in himself and what he can do. My son has realized that he really is smart and is in fact a normal human being. Rajat never liked books but now reads for pleasure.

I came across his profile while browsing and I am happy to write this for Prof Singh as what he did for us definitely changed my sons life and for us that meant every thing.

My advise to parents is that if you know in your gut that something is not right with your child don't give up on what the professionals tell you and just accept it. Be there for your child and don't be afraid to keep asking and searching for help. Going to Dr. Singh was definitely worth the time and money and I am happy to write this for him, and hope he has not forgotten us.

V

Verified Patient

7 years ago

I recommend the doctor

Visited for Sadness and Lonileness

Living with just my wife and daughter all alone and away from my home town in Uttarakhand had made me completely lost and empty. After being treated for Sadness that was never going away by a lot of different doctors for the last 5 years, I went looking for a doctor who could help me go off my medicines, and replacing them with nutritional cures. I'm so glad I found Dr Singh, as he filled the emptiness completely. He surprised me with a few things, like him only seeing very few patients in one day and who are in psychoanalysis with him, and his admitting that psychopharmacology is not his strong suit. But since the psychopharmacologists have managed to control my moods only partially, and with severe weight gain and other side effects, I was ready to try something new. We have constructed a plan that should enable me to get off my medicines eventually, but in the meantime, I've been surprised how helpful the psychoanalysis has been. After so many years with so many therapists, I thought there was nothing that I didn't know about myself. Prof Sing's insights on my family of origin have indeed helped me understand my current behavioural patterns better, and I feel very hopeful about continuing to grow with his help. He is professional, kind, interesting, and open-minded. I would definitely recommend him to anyone looking for a mental health provider who is willing and able to go beyond a particular specialty and see and treat the whole you, seeking the source of problems and natural cures, not just temporary symptom relief.

I am now planning to get my daughter also checked for Learning Disabilities and Dyslexia as I notice that she is very bad in Spelling and in remembering her questions and answers. In fact I was so surprised to find another homeopathic doctor who had come for his own children who were running all over the place and seemed to have some major problem. If another doctor is coming to Dr Singh, it means a lot for me, because it means I made the correct choice

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issueValue for money

Dr Singh has been a welcome addition to our family and as a person we can go to in a completely secure environment. My girlfriend and I have dated for almost 5 years before getting married. But the lack of consideration of boundaries in her never stopped. Even after six years of being together, she insists on having a look at my phone when I am in the bathroom and she also likes to go through my office bag and this irritates me very badly then there is a fight in our house on a weekly basis, I would say on every second day when I see what she is doing. I think she does not respect my privacy and to have my own things because I don't think I have to share all my thoughts with her because some of them are related to my work where I don't think my wife can help me. I never imagined in the five years that we were dating with each other that she would have this need to be correct all the time and that due to her own insecurities and self-esteem issues she would never allow me to talk and would cut me off every time by saying she knows and then the same cycle of saying sorry again and again and again just has driven me so crazy that I would have dumped her if the problem was not solved. It is not funny when I am expected to step up even though she never communicates what she wants to meet. It's been a very good experience in the sessions we had because some of the diagnosis we have done although alien to us have helped me a lot because I don't think my girlfriend and my wife would have believed me had I said the same things to her in detail and probably I may not have been able to show her what is going on because we never could have imagined the reasons for what she was doing. I also would say thank you to my wife because she made a lot of effort and was able to accept a different viewpoint from an elderly person whom she could relate to being her father's age and I think that also helped a lot. What I don't understand is that we are attending such advanced colleges we are dating each other and then getting married but the cultural change in our mental status is not happening and before marriage the entire situation is different and after marriage the expectations change so much. There is no clarity in expectations.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issue Treatment satisfaction Value for money

Before we got married I think the first thing we should have done is entering to premarital counselling. I am not saying this because my marriage turned out to be a complete disaster but definitely being married to somebody whose tastes who's likes and dislikes are completely different from my own has not been easy on me. At the time we came into therapy, we were completely turned off from each other. We both were in a lot of pain, or so I would like to think, but I think more than my wife it was me who was in pain and who has been insisting for such a long time that we enter into counselling that the entire process of meeting different psychologists was so superficial. Every time we spoke to someone and we spoke about intimacy and sexuality I was always told that do I have to talk about love because marriage is all about commitment and character. I don't think anybody understands that it is my job to just work and bring money and keep working for my family ??? . My anger is also directed and the fact that why is it that society just expects a man to keep working and fulfilling his duty while neglecting his own happiness perpetually for his family's happiness??? It has been so hard to get my

wife into counselling that by the time we reached Mr Singh, I had given up completely that anything will work. We have engaged in counseling on a weekly basis for 6 months and then done monthly sessions for 6 months after that and hats off to Dr Singh that he has succeeded in taking my marriage off the ledge and making it to a healthier place to be in. I will be honest at the fact that we were able to learn to communicate better with each other and my wife has become very open to listening to me before reacting but the whole enjoyment and the whole process of being married has led to so much tiredness that I feel as if the last 10 years have been wasted of my life and the life of my wife because we definitely could have been happier with someone else rather than live the way we have. I'm sure things will be better now with certain realities in place but honestly I think that premarital counselling is very essential in India because time is changing and no one feels like wanting to be in a marriage which is more like a prison.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

Should I seek therapy for my problems and dejection was a crucial question at the center of my thoughts . Because how we deal with our inner world drives everything, and every aspect of how we love, how we live, how we parent and how we lead life, I wanted someone who would understand the depth of my distress. My hesitation and my conventional view of emotions as good or bad, positive or negative, was very rigid. And as I learnt in counselling , rigidity in the face of complexity is toxic. We need greater levels of emotional agility for true resilience and thriving. The sessions were very different as they made me think a lot and eventually I had to accept myself for what I had become. Being in video therapy using zoom and Skype also shattered my myth that I have to meet a mental health professional face to face . In fact I found it to be very convenient to speak to GB sir from my home as it cut out my travelling and traffic time. As I had been in counselling before with someone else , I also realised in therapy or psychological counselling the doctor is more important than the setting of the meeting. I am mentioning this because I had insisted so much to sir that I want to meet him face to face that he had at one point asked me to find someone else. But I'm happy I went with my gut feeling and I have no regret. I realise we have to be open to new ideas and options and leave the professional work to the concerned professional, as the destructive work of denial and saying no and wanting things my way only would have made me miss this opportunity of my therapy sessions with sir.

Dr. Prof. G.B. Singh (PhD) replied

Anger, frustration, fear, and other "negative emotions" are all part of the human experience. They can all lead to stress and are often seen as emotions to be avoided, ignored, or otherwise disavowed, but they can actually be healthy to experience. A better approach is to manage them without denying them.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I thought that my marriage would be the most intimate relationship, which I am entering into and it will be the small space where we will feel safe and secure. The only thing I have encountered so far is strong negative emotions and events with anger arising from disagreements, disappointments, and emotional betrayals. My husband has only managed to fall into a primitive, survival-oriented mode of interaction, and pulled me also into it and I hate the way I have become. We disagree on every important issue, raise our voice at each other and after that I feel so unhappy that I don't know what to do. In these interactions, we have only attempted to justify our own behaviour and criticise the other person in a very harsh and a very contemptuous way. We both have been taking therapy from Prof Singh, and the general discontentment and dissatisfaction has decreased. It took us 2 years to decide to get therapy out of the 3 years we have been married to each other. Though there are many such thank you's, my reason for writing and sharing this is that if only we had entered into therapy 2 years ago, all this time would not have been wasted. 24 Months of our life have gone into fighting and making up. We could have planned our baby by now and been clear on where we want to settle down, and save so much of money that we spent going up and down from our parents house and them coming to stay with us. I feel numb from the conflict and irritation and am learning to emotionally manage my self. These 2 years have given me nothing but dark circles under the eyes, and an agitated face. I think I should have insisted on pre-marriage therapy, I would have been clear about what to do at least.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

It's one thing to know in our minds that overwhelming circumstances are not the end of us, but it's another thing to move our hearts to that place as well. We can take the sadness out of our feelings of being overwhelmed by remembering that God is still with us. Yes I mean god for there has to be one but we always need to take another step. Believe me when my husband wanted me to take a couples session, I felt there is nothing wrong with me and he should get sorted out. One meeting with dr singh, and I was so sure that I asked my husband to have some sessions with him. My work life had become so increasingly demanding, that every day was more complex and relentless. And with my personal and family needs, the increase in complexity left me feeling so crazy and completely off balance. I think the complexity of our world had surpassed my own complexity of mind and my ability to handle job plus husband plus 2 children non effective. effective. This has nothing to do with how smart we are, but with how we make sense of the world and how we operate in it. During our session's dr singh

asked me who did I trust the most, and I trust god the most. He asked me to try praying again in my mind and I was shocked but did as he suggested. I felt very conscious initially but I realised soon that it does not matter. God is present at all times and in all states of affairs. No matter what we are facing, we can hold on to Him in prayer. I realised that distressing times are opportunities to remember the goodness of God. Of course we went about our lives and our sessions continue, but I feel more calm now that I am not alone. It was a very simple suggestion, but has helped me personally a lot. I dont want to suggest other people do this, as we are all different. But for me this made a huge difference how I was seeing my life as I anyway came from a pious background.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I have been imagining negative thoughts on a constant recurring basis for the last 5 years. Whether it is the environmental stress in which I grew up that has caused me to think about myself in a very negative way as if I am a victim of everybody's dislike and distrust. I never knew that if a human being does not have faith in themselves and that good things can happen to them also, we will lead the life of the victim always feeling hurt as to what will happen to me and how my partner will eventually get tired and leave me.

Sometimes things are very nice, I am beginning to doubt whether it is my brain that is playing tricks or is it actually very good and life is worth living. Whenever five or six days pass by when im feeling good and smiling I get this coursework done something wrong is about to happen, and it always does. Because I know that things will go wrong I am all prepared and on a hair trigger for anything to go wrong. When I overthink myself I try to sleep because sometimes I feel that if I am not thinking it will be better. Dr Singh has been of immense help to me in the last six months and when I say this to him, he actually tells me that I have been a great help to him because I have persisted and put my trust in him. Yes I have put my trust in, him, and I have persisted in my weekly sessions, and today I can see it, with a great deal of confidence that I have gone from the bizarre to new normal. I don't have dreams of being trapped anymore, and I don't have night sweats which really troubled me. It has been a very promising conversation with Dr Singh for the last six months and I can say, without hesitation in that it has been worth the time and money very well spent. I do wish however and this is the feedback that you could please take more than 2/3 clients a day. I understand your condition but believe me when I say that only time will make those who have come to you understand the benefits they have gained.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

My parents had Covid and were in hospital for 10 days and with all our prayers they have survived. But I am noticing changes in my mothers behaviour, and I can see that she is beginning to forget things like names and sudden recall of day-to-day activities which she used to do without even thinking. We approached a number of doctors but we could not find any satisfactory reason because everybody said that these things can happen, and are normal for a lady of 58 years of age. Eventually we were asked to consult a psychologist and we found Professor Singh on the Internet, after carefully taking down each and every part of the history, he suggested that because oxygen levels for my mother may have dropped during the illness period it may have affected her where her brain is concerned and that we should go to a Neuro Physician. The Neuro Physician spoke to Professor Singh and decided to agree to examine my mother for any hypoxia related issues and as shure as can be we found that there have been changes in mom because of oxygen lack and that it was one of the reasons that she was forgetting things randomly. We never could expect that this is something that could happen and that we would learn this from a psychologist, but we are extremely grateful to Professor Singh and we are also extremely grateful for the fact that he has the facility to run diagnostic assessments that can actually pinpoint exactly what the psychopathology of the client is currently. After the diagnostic that he carried out, he referred us to the neurosurgeon but it has taken us 3-4 months running from pillar to post to under understand what is going on. I would highly recommend that if you can afford it it is worth having a conversation with Professor Singh to understand if any of your parents is facing any sudden changes in mood or behaviour or forgetting things if they have been affected by Covid because at least you can then take correct action in time for it

Dr. Prof. G.B. Singh (PhD) replied

SARS-CoV-2, the culprit of the COVID-19 pandemic, is also associated with neurological symptoms isn't entirely surprising, given some evidence that its close relatives, MERS-CoV and SARS-CoV-1, have been associated with neurological symptoms too. But the proportion of patients developing such symptoms—and their mounting collective numbers—has startled some scientists.. COVID-19 Blood Vessel Damage May Cause Brain Fog and Other Long-hauler Symptoms Lack of oxygen, increases inflammation affects serotonin levels in brain, which can have a very serious effect on neurotransmitter imbalance in the brain and can cause changes in personality if it is not addressed and if it is not correctly diagnosed as to what part of the psycho pathology has been affected. Blood vessel damage and impaired oxygen delivery related to Covid 19 can play a role in mood changes and cognitive difficulties that people with the disease face during illness and recover. One cluster of symptoms people with COVID-19 have experienced — even after active infection has passed — is cognitive or mood impairment. This may include memory problems, depression, anxiety and the inability to focus or concentrate, which is called “brain fog. widespread cerebral microvascular flow disturbances, are effecting individuals and they dont know.. When I advise them about it because they have already spent lots of rupees recovering they are not willing to spend a few thousand to understand the brain and help us recover that which is very unfortunate, and I wish they would simply trust any mental health professional and follow their advice rather than read on the Internet and make their own judgements. The current view explains that in people with COVID-19, have a shortened blood flow transit time in the capillaries limits the amount of oxygen that can be delivered to the lungs and brain.



Imagine the consequences. I will request Practo to please publish this on a priority basis and not delete any information because this is very important for the longevity of the human beings involved including fathers, mothers, children et cetera.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

I am a 31-year-old data analyst from Calcutta, me and my wife dated for three years before getting married in 2019. When we didn't live together, we had sex every time we saw each other. After marriage, however, things changed. After 1 year our sex life became inconsistent. We would have a really good active week and then a month with nothing, or just one at times. It began to hurt our relationship. In 2020 December early in our marriage, Malti got pregnant, but we weren't sure the marriage was going to make it, so we wanted to terminate the pregnancy. Part of the problem for me was that I didn't know how to talk about sex with my wife and she also was uncomfortable about talking. We did everything but we could not talk to each other. I have struggled with the notion that no was the automatic answer if I tried to talk to her, as she always gets up and goes to the kitchen or the bathroom when I try to talk about sex in detail with her. The best thing we did was that we took counselling and therapy and also because we could do the therapy on things that previously would embarrass her. It is always good if there is help and we want to thank you sir for your fatherly help that you have given us, and we are having our baby. Your video counselling was more comfortable for us because where we stay is such a small place with a lot of conservative people, even the doctors are very conservative, and speaking to Professor Singh from there on video was much easier and we could very easily express ourselves and share our thinking and I can say that in the last four months multi and I have become very much open to each other and can speak on things that previously would embarrass her. It is always good if there is help and we want to thank you sir for your fatherly help that you have given us.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

I am 28 and I have serious trust issues in life. Sometimes I feel that my body is this huge window from the floor to the ceiling and I am standing there and looking out. I have always pleased people around me, afraid that they will leave. There was so much self-pity and it had increased because everyone is something and they are all about what they have done. I am constantly scared of the future and what

will happen to me in the future that I get up at 2 o'clock every night and start crying sometimes I even think that if my parents were to die what will I do. My self confidence on my self esteem has been so low that the feeling in my mind is that I am not good for anything and also I am a introvert. I was born in Gorakhpur , where there is very little chance for a girl to go out and is so Limited that I have been completely focused only on my studies and my work. Now that my parents are asking me to get married I have been having sweats in the night and that is when I came to Dr GB Singh. I have been very lucky because I know the difference that the the counselling has made to me and all my fears and what I could not talk to my father he did and also he spoke to my parents and with the sessions with them life is somewhat normal now. I am still continuing my therapy but I am very grateful that I took this chance because first I used to think that psychology cannot help that much but I realise now that how powerful it can be and how much help somebody can take and I am very grateful to you to doctor singh for whatever you have done.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

While people in the earlier generations were more likely to see no solutions to problem they faced, to have a sense of resignation about their miseries, as a member of the current generation I see possible guidance and help in talking intimately. With the decline of normal structured institutionalised ways of dealing with problems and more and more friends of mine and my peers making use of intimate relationships as an arena for working out problems (which end in serious conflict). It is the thought that over the last five years experience in my family where we had become this modern family in the modern world where there is no room for cordial relationships, that the level of clash and contention in the relationship was so bad that we were not even talking nicely, in fact we were talking so sweetly in our plastic relationship that it was like a TV serial. My fault was and is that in trying to be a perfect modern husband always trying to please my wife's ego that I had lost all the self-esteem I had in every respect. I felt like a surplus burden. I came to Dr singh , as the correct relationships within my family were now been completely broken with well meaning relations and in-laws. I had this desperate life in which the power struggle and contention between my wife and me was horrible. Dr Singh has helped us come close to each other and develop the morale in the face of suffering. My wife could relate a lot to him and his logic and we have been able to overcome as we realised the futility of constant conflict. It is ironical that we stay together but deal with contemporary issues in unrealistic ways. The assessments done by Dr Singh have also helped a lot in bringing us back to a sense of life balance as it placed in front of us the reality of what each of us was.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

Since childhood I have been experiencing numerous difficulties in my life, began by my father and mother who were continuously abusing each other and in some emotionally hurting me in different ways, my actions had developed a sense of helplessness inside of me that stayed with me for many years to follow starting at the age of 16. I got married to my husband who at first seemed to be a man of well maners, but I saw the changes with my own eye's that he was completely the opposite of my mother, my younger sister and my expectations, besides he had created this abusive unhealthy environment for all of us which had further increased our level of helplessness. We were not able to take control over our life. Even today at 33 due to a previous lack of control in important life milestones, I feel that sadness could have been easily avoided. If my father had left home, it would have been less traumatic, and if my mother rather than crying everyday with tear's had held a firm stance , I would not be in this place. Now every time there is talk of marriage, I feel a sense of anxiousness and dread about what will happen to me and how will my husband and his family be towards me. Saying all will be well is easy said. Going through would be terrible. I have been under consultation for 2 years, and he cut through my BS and has guided me to recovery steadily but surely. He is a very calming presence, and we have benefited from doing away from emotional numbing and passivity, following my victimisation. I felt there was no freedom from my situation. I learnt have enough will power to, or walk away from situations which were putting me under stress and giving me depression. From not having one, I now understand how to have a personal perspective of the situation based my own unique personality.

Dr. Prof. G.B. Singh (PhD) replied

Every lady needs to be respected and it should be understood that marital abuse can come in many forms including emotional physical as well as giving the other person a silent treatment. I completely believe in the fact that women are to be given an even greater level of respect. Of course as in the case of some men so with women there will always be one odd rotten apple. This does not mean that the rest of the 99% fall in the same category. Thank you for reaching out to us as a conscious decision made after much forethought. Sincerely

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Treatment satisfaction

Loneliness may be a common experience but my levels of loneliness have gradually increased through the middle adult years, and I have seen the social isolation, not subjective objective personal isolation. I lived a relatively solitary life and did not feel lonely, but conversely, now that I can live an ostensibly rich social life I feel lonely nevertheless. This distressing feeling that accompanies the feeling that my social and personal needs are not being met by the quantity or especially the quality of people took a

toll on my health. I know loneliness is an equal opportunity tenant for the poor and the rich, and let me say that it is the equivalent of physical pain, and thirst for having someone by my side. I visited with Dr Singh as the pain of disconnection, and my feelings of loneliness were not succeeding in motivating connection or reconnection with others. As my Therapist Dr Singh has helped me drag myself out of the chronic state I have been in for some time as I was afraid it would have serious consequences for my memory and my emotions. I definitely recommend him and in fact my suggestion is that wherever we be, we must not hesitate to approach a mental health professional if there is a requirement. I also have seen the benefit of not visiting in person but going through therapy through the online process the way it is normally done in my home country in Canada , and I would encourage every person that they must not hesitate to find themselves a good mental health professional as after doing all the cost benefit analysis I have come to the conclusion, that it is much more expensive in terms of the toll that our body takes when we have to be on heavy drugs and if we can avoid it by self motivation and auto suggestion with the guided help offered by \* \*\*\*\*\* psychologist we must reach out for their expertise.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

As a Mom of a class 10th student , I can see that students have been highly vulnerable to fluctuating issues during the COVID-19 pandemic, and stress and mental health problems increased during the pandemic for my son also. I never knew that perceived stress and troubling thoughts among teenagers could be so severe during the pandemic and raise stress levels so high that children could not sleep, and even eat properly as they felt their weight was increasing exponentially. The coronavirus experience has been so unique that it has effected widely disparate areas of life on the social and individual levels, for us.

The enforced social isolation, led to a strong bout of psychological distress and high anxiety and stress levels for us after seeing our son and daughter become directionless. Although my children were not exposed to the pandemic I saw the vulnerability with regard to the deterioration of mental stress for my son.

He developed high stress and anxiety levels and negative psychological consequences of the COVID-19 pandemic. As we could not handle it at home, we collaborated with Mr Singh to create an efficient system, off both psychological and academic help for him. Dr singh helped our son fight the overabundance of information and misinformation.The generalised fear that our son developed was impeding studies and leading to depression and anxiety for our son, leading to a deterioration in health with very high stress levels, were being expressed also in decreased satisfaction in day to day activities and a lack of desire to study and interact with the family. He would sit for hours alone in the room and

shout when we tried to speak sweetly to him. We went for online psychological counselling with sir on a regular basis which was very critical as we realised during the session's as he had self harm thoughts, which we were able to control with Dr Singh's help, who helped us tremendously, to decrease the stress levels for our son and indirectly us a parents.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Having a positive attitude about marriage and negatives ones about divorce is crucial, as is having family and friends that share these values. Equally crucial is securing professional counselling that is positively committed to saving marriage. Practically, dealing with life issues that were undermining my marriage, where my wife fell into a pattern of binge drinking as well a fighting over my money and your money are vital and can be helped by an experienced therapist is a life saving mantra I now believe in.

Our past experiences were very traumatic for me as the professionals always suggested and argued that as she is in an unhappy in her marriage to persevere would be cruel for her wellbeing. My wife was convinced that our marriage as it was heading for divorce is bad and full of holes, abuse and other negative dynamics that are irresolvable. She was also convinced that our divorce would be better for all concerned. This notion was contradicted by Dr Singh, who very patiently went through everything and showed my wife that every married couple faces severe challenges in their relationship, which at times seem to drag on without clear resolution. With two girl children I did not want to divorce and just wanted basic decency, but today our culture emphasises self-fulfillment and some moral subjectivity, and has destigmatized divorce. There is little pressure or encouragement to stick together through serious marital challenges. However, most divorces can be prevented, and doing so leaves a lot of us better off, as was with us, and the common notion today that that divorce typically ends a marriage riddled by severe conflict is false, has been false for us thanks to the doctor. He made my wife believe and showed her how happily, by contrast, working on the unhappy but a repairable marriage is successful. I am happy that my investment in the sessions worked out well in the end as I had hoped for so badly. I hope others can have the same success as we had. But I had the stomach for it and the willingness to spend time and sessions for it.

Dr. Prof. G.B. Singh (PhD) replied

Good evening Sir. It's a very positive sign that as a gender you sought out an objective understanding to where you were also not aware of what was missing. Most men don't come forward in our country as it is an issue of " izzat" and being looked on as weak. In fact it takes strength of character to trust and as you said - have the stomach for it , as you have to face the mirror of your own shortcomings also. Regards

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

I learnt this from my therapy. Keep trying. There is something powerful about naming this as grief and a sense of hopelessness. It helped me feel what's inside of me. So many have told me in the past week, I'm telling my coworkers I'm having a hard time, or I cried last night. When you name it, you feel it and it moves through you. Emotions need motion. It's important we acknowledge what we go through. One unfortunate by product of the self-help movement is we're the first generation to have feelings about our feelings. We tell ourselves things like, I feel sad, but I shouldn't feel that; other people have it worse. We can — we should — stop at the first feeling. I feel sad. Let me go for five minutes to feel sad. I realised my work is to feel my sadness and fear and anger whether or not someone else is feeling something. Fighting it doesn't help because your body is producing the feeling. If we allow the feelings to happen, they'll happen in an orderly way, and it empowers us. Then we're not victims. I learnt to see things a bit differently. After the first 2 sessions, I wanted to withdraw. But my mother persisted, I develop a stomach for therapy. Today, it's a good time to stock up on compassion. Everyone will have different levels of fear and grief and it manifests in different ways. Mt Team Lead got very snippy with me the other day and I could see his fear and anxiety. I was able to do this, as I had seen myself clearly in the various sessions I had had with Prof. Singh. So be patient if you enter therapy. Think about who someone usually is and not who they seem to be in this moment. This helped me cure my grief at the thought of a life working constantly from morning to evening to support myself and also helped me understand the insecurities I have. Im in my eight month now. And I meet with sir once in 15 days now to keep the maintenance and also ask questions to keep myself propped up. No regrets at all. Everything we speak demands answer's from my soul. I realise I have changed. But I had a desire to change. So I changed. Sir I was scared first but am contended now.

Dr. Prof. G.B. Singh (PhD) replied

Mam, everyone has been effected by the pandemic in some way or the other. Every loss is unique as it changes people left behind in dismay and distress. Mid winter has been very bleak for a lot of families. So please keep trying and keep walking forward, even if it is at a slow pace. Regards

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

When thing's go well it is natural to be happy. But when things go wrong, you are expected to

Be happy. The crushing emotional blows of disappointment are further aggravated, when

You are disappointed by someone you trust and expect to give you what you want. Constant disappointment by someone whose child you have carried for 9 months, had your stomach cut can lead to blame, resentment and rage, like I felt when I literally threw my tea on my husband. I am so sorry for that. Every suggestion to get into therapy, to rectify our relationship, every no to the suggestion is an experience you feel when you consider what might have been, in contrast to what existed, came with a finality and recognition that you don't have and did not get, or will never achieve what I wanted. I was constantly idealising what could have been while consciously denigrating my relationship. I have hung on to this thin thread because I felt He would change with my love and caring. Now when we are in therapy, I realise I did not get what I wished to have, and that it was easier for me to protest with anger, than it was to encounter my sadness about the course of events. Eventually we did come for help, as I felt I deserved a positive outcome and a good life. Two months and taking each day at a time, I have begun to hold defences and start to build up lost self esteem and surprisingly get more respect from my husband. Professor Singh, you have no idea of how you have touched our lives and how valued you are in our home. I assure you we will continue the counselling regularly, no matter what. I wish we had come to you before we married. I am sure the start of our lives would have been softer.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issue Treatment satisfaction

Last year I saw my father's last days and I saw how we did everything to save him. We poured money like water into the system to save him from his heart failure. My husband and I in the last 4 years had been in so much psychological stress and there was so much persistence from my side that we should see any counsellor but it was always refused by my husband due to his thinking that he is not going to expose himself to any body and that this does not work and can help nobody.

So the end result was that there was no one else except my father to turn to to talk to him about everything and we never realised that I was putting so much pressure on him that it eventually seen as unhappy was a part of what happened and I can never forgive myself for it.

I had approached Mr Singh, 1 year ago and then i was pressured to stop talking to him because of pressure from my husband and his logic that how can communicating and talking about our thoughts

and going through a systematic therapy program help us when we can easily talk to each other because we are educated.

I can say that it was one of the biggest mistakes in my life to listen to him and not continue the therapy, the reason is that we poured tons of resources into something we could see happening to my father, and the external heart pain we could see, but we thought that heart pain that comes from our internal soul had no value and I can never forgive myself as well as my spouse for devaluing the internal pain to such an extent that it manifested in a disaster in the family. My advice to everybody is if you can pour hundreds of thousands into something you can see don't hesitate for a few rupees to approach a good counsellor who can save you the emotional pain that comes when things go out of control and I can only thank Mr Singh because he took us back despite the rude words spoken by my husband to him and I am very grateful to him for sustaining and helping us along on a regular basis.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Value for money Explanation of the health issue

I think I missed my life, like a person who gets up late and misses his train. And then I was upset upon being told, that given my history and current challenges, psychotherapy can be expected to take a long time before yielding dependable, internally experienced change. I am/ was in the midst of a crisis called loneliness. From the 1st year in college I have reported always or often feeling lonely. Being alone does not portend loneliness for me nor does being partnered necessarily prevent loneliness. But I would appreciate a confidant and a regular dose of physical affection and needs only amplified by the pandemic. As an Indian lady I have long been encouraged to put all my eggs in the marriage basket, but since March 2020 I have forced me to rely upon a wider array of social relationships out of necessity. My Therapy was not about denying difficult emotions. It was about opening to what is happening here and now, and cultivating and appreciating the good in my life. I have been able to develop the habit of counting my blessings, have been better able to appreciate the positive aspects of life that remain even after my painful event like my job loss. I have been able to help others, even when I was struggling, and it did increase my positive feelings and helped me gain perspective, which are invaluable in times of stress and grief. I would have never been able to develop the resilience to handle difficulties more easily, and bounce back more rapidly after traumatic or unpleasant events, if Dr Singh had not taught me the mindfulness techniques of purposely focusing my attention on the present moment and accepting it without judgement. I am convinced beyond doubt that learning to live more in the present is especially helpful when the future is uncertain. I have learnt about gratitude and a thankful appreciation for what I receive, and I acknowledge the goodness in my life. I learnt to apply this to my past, my present and prepare for the future.

V



Verified Patient

3 years ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendlinessValue for moneyTreatment satisfactionExplanation of the health issue

When Dr Singh asked us how he can help us, I wondered what to reply. As a couple we have been living separate lives for 5 years of 8 years of marriage. Before my husband and I got married we lived like a couple that was the envy of our workplace. Now we have become more like roommates, living in a PG than a married couple. There is a lack of communication, conversation, intimacy and we both feel we just co-exist. Sex has tapered off and changes in the bedroom where affection is withheld as punishment from both sides is common. We both and I want to be fair we both get angry over small things and then withhold affection. Our conflicts have escalated to a point where we have even resorted to psychological and physical violence. Dr Singh undertook the whole responsibility of maintaining the emotional alliance and he never betrayed our secrets to the other. I know my husband tried and even told him we would go to another counsellor, but Dr Singh just kept smiling. Today we can say we know how to stop we have enough understanding of not to allow escalation of conflict into violence. Mostly I am amazed how my husband has changed more than me. I thought I would need to mould myself, but my husband is more a fan and now speaks to challenging cognitive distortions and how we should not be entangled in conflicts and how we should better control our anger and other negative emotions and negotiate time-outs during conflict. First I thought my husband's attitude was a farce. But 7 months consistent behaviour can't be a farce.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

I can say I have sat in front of the telephone and agonized because I have been so afraid to pick up the receiver and make a call. I was even afraid to make a call to a colleague working on the same floor as me or even go to the bank for a transaction as I was afraid I would not be able to handle the pressure of dealing with the person and that the individual will be upset with me. It's very hard for me to take rejection, even over the phone, even from someone I don't know. If I say I am especially afraid to call people I know because I feel that I will be calling at the wrong time and the other person will be busy and they won't want to talk with me, it is not an overstatement. I feel rejected even before I make the call. If I do make a call, when I end the call I sit and analyze, and ruminates about what was said, what tone it was said in, and how I was perceived by the other person. My anxiety and racing thoughts

concerning the call prove to me that messed up this conversation up, too, just like I always do . Sometimes I get so embarrassed just thinking about the call, because I am so afraid that what will the other person be thinking about me. I know that it is not really true, but I could not get out of this trap. Always conscious that people are looking to me wherever I go, judging me by my clothes and my looks. I have tried to smile, but it is so weak that my lips shiver and I have always felt that in occasions where we have to attend get together , I always feel like I am making a fool of myself and my self-consciousness and my anxiety rise to the roof. More than anything else, I don't want anyone to know that I am afraid deep inside me. It has taken me 3 sessions with Mr. Singh, and 1 test and he has already helped me understand what I am going through and why. It has been very helpful that the sessions have been virtual as I don't think I would have been able to go to a clinic and when I keep my eyes safely away from anyone else's gaze and pray I can make it home without having to talk to anyone. My life was seven miserable days of anxiety and worry ahead of me to think about it, over and over and over again. 3 Sessions. That is all I did to become fully aware of each of the issues facing me. I will be continuing the therapy, and the positivity I have felt makes me respect the manner of his working.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

My daughter has been in treatment for recurrent depression, self-mutilating behaviour (cutting her arms), and several suicide attempts. A major theme was her need for self-punishment because of her past history, which started in school. She often experienced terrifying feelings of aloneness and inner emptiness. Over the course of several sessions with Prof Singh who very patiently helped her to open up, she was able to be aware of her condition. She used to tell us that she felt like she was in an ocean with giant waves, and that she would try to cling to some rocks. She used to say that she used to dream of me, her father and that she would see me in a boat with my hand reaching for her, but she cannot reach it or hold it and I cannot reach her. My wife got scared when she said that she was afraid she would drown. Prof Sir associated the power and intensity of the waves to her suicidal impulses and the rage she felt toward herself. Her loosening grasp of the rocks was he connected to her diminishing capacity to control her suicidal impulses. He taught us how finding herself alone in the ocean and lacking the strength to save herself reminded her of her sense of inner aloneness and emotional fragility. Although she believed I was trying to help her, nothing I said or did seemed to be effective. The sessions and the assessment has been considerably helpful and there is a great deal of positivity in her that we see after just 4 weekly sessions. I am truly convinced in the power of correct psychological therapy and have seen how it can work. Getting the first appointment was difficult as we did not know how to contact Prof Singh, but then we called the Practo number on his page and we were amazed that he answered his call himself. We thought we would never get an appointment as it mentioned lack of availability, but we were fortunate that we understood that Practo has a call now option and we have to call him, and subsequently it was good. The initial problem we faced was that we realised that he takes only 2 or maximum 3 appointments and the time he gave us, above and

beyond was incredible. We faced no problem on the video appointments and it actually helped my daughter speak from the comfort and security of her room.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

I first sought out Dr. Singh with the complaint that everything was all

right between me and my wife except our sex relations, which occurred

practically once a year. My wife joined from the next session as it was

unproductive as per Sir to have one person trying to solve

the issue, while the other did not know what was going on. I know my

wife loves me and said it also and does not want our marriage to break up.

But how can we live if she says that it feels like a duty to her. My wife will

want to write the rest of this feedback.

It is true what my husband just mentioned. But I am just not so interested in

intimate relations and after our third child I feel so worn out and even more

less interested than ever. I am so tired by the time I go to bed in the night

That I can't even think of anything else except sleep. I agreed to the counselling

as I agree it looks unfair to my husband, but what can I do. My mother

has always told me that good husbands do not bother their wife very much

for sex and that we get very little satisfaction specially after the child

is born and she is right as I get so tired through the day. I started counselling

with my husband just not to disappoint him and make him feel bad. However

my attitude towards good counselling has changed a lot after our talks

with dr singh who was very mature from the start and had very non judgemental and non conflicting views and he has genuinely helped so much that I think we should have entered into counselling therapy much earlier.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

My husband and I live in a joint family on different floors. The entire system is perfect, except for my husband's elder brothers' family and wife. It doesn't take long for behaviour from even a single person to start creating a toxic home environment, which unfortunately we have been carrying to work. The entire drive from home to office is full of shouting and accusations towards each other as husband and wife. To the world we are a perfect couple. Well dressed and in senior positions. The attitude and meanness from my sister-in-law takes the form of things that can't be explained, and we have tolerated it so much that keeping quiet and tolerance has led to the behaviour being spread. When she is in a rage, she says mean things littered with expletives and we have been tolerating it that it has become a part of our life. She's quite accomplished in her discipline, but has zero emotional intelligence. At 36 she behaves like a spoiled 16-year-old and her narrow vision makes it difficult for me to even sit next to my husband's brother as she will come and sit right in front of us.

The problem is that this creates a mixed feeling of helplessness and a perfect storm of feelings off intense anger and helpless. Previously engaged, happy, my child found it harder and harder to cope up and would burst out crying. I think what wrong we did was that at some point we gave up. This also affected my work performance as I was calling home every 30 minutes after the school to check if our child was okay. We came for therapy or counselling when our tolerance level for this problem went beyond and over our heads as I think eventually, anyone will lose hope and disengage when put in such an environment we can't control. Prof Singh went out of his way to include my brother in laws wife and our in laws who thankfully responded very well to counselling as they also were seeing bad things happening around them. I was telling my husband after counselling that we are such hypocrites that we talk about it all the time, but never have the guts to do anything. I think I am glad we took some steps to meet Prof Singh and also to thank him for his time as we exceeded our time a lot and he was categorical on not charging extra on our helplessness.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My take away from Sir has been that trust is an attitude that we have towards our family and spouses who we hope will be trustworthy, where trustworthiness is a property, not an attitude. I found meaning in what he said to my wife that trust and trustworthiness are distinct although, I found it particularly appealing when he said that ideally, our spouse whom we trust will be trustworthy, and if I am trustworthy I will be also be trusted. Where we had failed was that both of us husband and wife had attitudes toward one another that did not permit trust. I think as a couple we were not well grounded. I think we have learnt to be vulnerable to each other and at least think well of each other in any situation as we may not be knowing what to do.

Being an introvert who runs from crowds I gradually learnt that if I am optimistic then I will view my wife to be competent in most respects. The one thing that worried me and still worries me is because I am not totally clear is that what sort of motive should I expect from my spouse who I want to trust the most.

I admit that I was failing to be optimistic about my wife's competence that also made me have trust issues. I was not confident that she would display some competence, as my idea was to trust when people do certain things—for example, to look after my parents to give me advice, or to be honest with me and I regret that I used to think that she did not have the caring and the relevant skills and attitude to be kind to me. I have wasted a good 4 years in this cycle of ups and downs and whatever happens I do not intend to lose the grip and allow my family to suffer due to me. Therapy has been an eye opener for me.

V

Verified Patient

3 years ago

Visited For Interpersonal Relationship Issues

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

We were married for 4 years and recently had a baby when things started falling into a rut and we found it hard to even hold a normal conversation without having fireworks. We married because we were in love and that love was still there in us but somehow we lost it between work and other family responsibilities. We thought we can sail through and find a solution on our own but it was only making things bitter. In the Meantime a double whammy hit us when we lost our dads almost at the same time. So we both separately started to look for a therapist when we found Dr Prof G.B Singh's glittering profile. I wanted to meet him alone initially then we both agreed that we can visit him together. This, i must say, was a turning point of our lives. Dr. Singh had a beautiful cozy chamber where we started talking about our interpersonal issues. Thanks to Dr. Singh's patience and empathy that we both shared our side of the stories with him in front of each other and some parts of the narrative was deeply revealing for each other which led us to reflect. We have a small kid and our lives circle around our lovely child. We both had this bridge which we couldn't find on our own to cross and again find each other. Dr. Singh helped us to refocus on that bridge and defined our problem effectively wherein was lying the solution. The pieces of the puzzle was all this while lying in front of us but we couldn't see through. A child needs both parents and therefore we are trying our best to be together and may be someday we will be able to cross the bridge and find each other again. Till that time we are keeping all the channels of communication open and thanks to Dr. Singh all the outbursts have subsided. We have a different equation now but i feel different is better than dysfunctional or divorced for the child.

Dr. Prof. G.B. Singh (PhD) replied

Mam, you have set the bar very high for us. Although the name of RN Tagore is best remembered with neat writing , the versatility of the culture of the state is evident in the eloquence of the flow of words of the daughters of the state. Please look after your child together. Regards

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I was in school in my class XII in Agra when I became friends with a guy in Facebook who was in the first year in the University . Eventually we started talking a lot and we exchanged numbers and we used to talk all night. He used to flirt me a lot, he was so caring and sweet and sucked up to all my demands because I had anger issues. He introduced me to his family specially his mother, who was also very supportive towards me. My family is very strict about relationship issues and they only wanted me to focus on my studies so I could not share anything with my family. My father said I will be thrown out if I ever had a boyfriend. Siddharth was very supportive and his mother is even more supportive and they will bring the Rishta to our house. For 5 years we went out and went all the way. I got totally emotionally involved with him and he was my best friend also. Then after 5 years in 2020 jan he started asking me for marriage and told me my father is very ill and he wants to see the marriage . One day I got into so much stress that I actually stopped studying. Also now my mother showed me many photos for marriage. Siddharth got married, and he blamed me that it was not him but me who compelled him to marry another girl instead of waiting for me. One day his mother called and taunted me by saying that, Beta since you are more like a daughter to me so my son has basically used you because he could have waited longer. Then I broke down and was in such a bad condition, my sister took me to Sir . I am trying to study and Dr singh has made me delete my profile from Tinder and also made me very feel very body positive as I am healthy. I have lost 3 years of my life in this ,wearing a dark mask on my eyes and not trusting my parents. Now is 5 months I work with dr singh to make me the same

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I connected with Sir through and online search, and I want to also share my feelings so that some other person can benefit also. After the lockdown , not being from Delhi I also started to feel lonely and started to have thoughts of not belonging and the value of my life and what was I doing in my PG just left alone with my thoughts, becoming my own worst enemy. I feel so isolated that this was the perfect breeding ground for negative, self-critical thoughts, until I started to speak to him. My thought patterns make up such self destructive thoughts and behaviour that I was keeping myself zoned all the time. This lockdown has led me to brood on feelings of isolation, to avoid others and remain in a lonely mental state.

I don't have poor social skills. In fact, I have perfectly adequate social skills but this pressure I am feeling is beginning to choke me. I started to feel very anxious and a fear of failure. Interfacing and talking is helping my essence, understanding my self-limiting beliefs and fear which is interfering with my mind and squeezing my brain. This doctor has a very soothing voice, but I guess it is required for the work he does, but hearing him and his interpretations sure calms me down, and I am going to get through this as well. I realise its a small price to pay to have someone I can rely on to advise me correctly. Or maybe what I want to say is that, it feels good and warm to know I have the support of someone who

has seen and worked the world over to give me a different perspective from what I understand from others when they interact with me. It's very easy to bond with him, I can be myself talking to Dr Singh.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

My biggest mistake was my image in society and what will people say. Samaj and the repercussions of samaj and our neighbours. Since 2018 when I started counselling it took me 2 months to get to the real point. It took me 3 months of self-shame trying to bring myself to face Prof GB. He was always welcoming, even in the most negative of my behaviour. When I could not tolerate my arranged marriage partner's lack of desire to consummate the marriage, I broke down. I'm not willing to live 50 years more pretending that we are a happy couple. The fact was we were never a happy couple. My husband refused therapy or counselling. But my parents came with me as they felt they owed me an answer. In therapy I found peace and a strange sense of calmness. What it is I don't know. There was a lot of calmness and reassurance from Prof Singh. I had calculated that if I get depressed and have to eat medicines for my life I would be spending almost a 1000 a month and over 10 years I would have spent 9 lakh rupees just on medicines. My father said to me to understand myself and become strong. I did it and Singh sir did what no one did. He gave me back my dignity and value being a woman. He was slightly harsh in between, now I realise why. Truth is harsh. I came back to his sessions regularly twice a week and today I am so strong, no one on this earth can hurt me emotionally. What my parents could not do, what society could not do, he did it for me. He became a therapist, a father, a guide and a mentor. He became a life line which I can call when I am confused about a decision to make. I took a divorce and moved on. I was not willing to suffer my life in lies. Prof Singh helped me every step of the way. I will stand by his side any day he needs a daughter to help him as he ages. That is how much I owe him

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Prof Singh helped me through my break up that happened January 1st. He's super articulate and provides you insight on things. He provided me with terms associated with what I'm feeling. One of those terms being extinction theory where when the feelings are dying you feel them more intensely before it fully withers out and when knowledge is shared and not withheld and just knowing there as



a term associated to what was feeling made me feel grounded. That I wasn't the only one going through with it since there's a term/theory based on it. Worked out my feelings with me. Even if it's right or wrong. Provided me with an unbiased perspective. Which is hard to get with your friends since they'd just be on your side. Even though we were talking for a month, Prof really helped me through a lot and I thank you for that. If problems arise that are just as bad I'll probably come back here. I respect his slow and thoughtful approach and how he offers information in a way that I can understand and trust. I like this because I am analytical and it slows me to decide within my own value system how to look at things as they are and react accordingly. The plan right now is to heal and revive. It's critical when stakes are high, to have clarity and confidence in yourself. I had to do something because my relationships across the board were suffering and I couldn't allow myself to be the one who caused this or didn't try to make the bad ones better and the dump or adjust the malignant ones that sucked my soul. The one issue he insisted was I come with a family member every time and although I did not understand this perspective, when we went on zoom from the second session and later I understood why when he shared the reason and I respect the choice he offered to me. Also he charged me lesser on zoom and that was a sure shot help for me even though I got the mandatory 80G receipts. He is definitely a go and he is very high on keeping secrets which for me is important as I am an anchor on TV.

Dr. Prof. G.B. Singh (PhD) replied

I remember what you said. You said I don't care about losing my position and my TRP, but I am scared about losing myself completely. Also you knew that therapy is not magic, but a guided system of self improvement. So you won

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

I came to Prof Singh as I did not want to be a father whose children would say that my father failed to model a healthy, committed relationship, and have them talk to same age peers to understand and discuss parents and eventually start some form of substance abuse which is so common now that children as young as 12 are doing weed. I love my wife, but I've realised that I may never get what I need from my marriage as both of us are equally smart, equally educated and both earning well.

I don't want to be the father who puts too many expectations on his children. Prof Singh has taught both of us to focus on the good things that caused us to marry and not try to change each other into what each of us think the other should be. I really liked his bit about the fact that it's not about proving who's right, it's about humbling yourself and completely surrendering to each other. When I approach conflict with humility, I'm met with explosive anger till we decided to start calming down. In the short years of my marriage, I have felt the pain of conflict that naturally occurs between two imperfect people. I've been wounded, and I've inflicted wounds. I came to therapy wanting my daughter to see

that no matter what kind of problems we face together, we'll always be together for her. We have damaged our daughter so much as I see it that it is terrifying. I would recommend the Prof, just remember he is expensive, but as he is giving away a lot I don't grudge him that, also the money we paid him saved about 50% of the amount from our taxable income as he gave us a section 80G certificate every time we came to him.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I first came to GB sir in 2014 when I was in 3rd year in college. There was so much confusion in my mind about my future and my relationship with my father. There was domestic violence, between my parents that was so traumatic. My mother had her own views and he would hit her on her forearm in frustration. GB sir also guided me in how to give me responses in my CAT interview, as I was flunking interview after interview. There was so much caring and feelings from him that I used to wonder how can he be so. After 6 years I now understand. In my opinion it's more than simple Psychology. When I see my own 6 month infant, my heart fills out with love. I recently went to meet sir, and saw the same feeling I had with my infant on his face again and with more intensity. We have become so immune to the stress of daily life and being used by each other that we have forgotten to recognise and respect the caring love from an elderly figure. Of course we pay for our appointments, but I have realised with age that these also are different with different people. The feeling, the caring , the genuine liking can be seen through and through. As India progresses, I'm sure more and more people will not be so afraid and hesitant seek out someone to help them. In the last 6 years, I think I made one mistake. When I was feeling better, I did not stay in constant contact. Probably I did not want to spend the money. Probably I felt what is the use. I was wrong. During a offsite visit recently, my colleague took a one hour break and when I asked her where she was going, she mentioned she had a therapy appointment. She was so comfortable saying it that I was quite impressed by her confidence. Later when I asked her about it she mentioned that the regular visits help keep her sorted out and she does not like to discuss her personal issues with office colleagues and friends. I think we go to professionals for help when we are desperate and then forget them. When I came to GB Sir, he welcomed me with so much warmth and kindness that I felt guilty. Im writing to say a thank you to you sir.

Dr. Prof. G.B. Singh (PhD) replied

There is a wonderful novel by ARTHUR MILLER who was the First of many husbands to Marilyn Monroe. A brilliant playwright he wrote a book called - "All my sons". It is set in WWII. At the height of the war, in a rush to not stop a production line and of course the contract, he ships out faulty piston heads for the P52 planes. Then he realises that these are meant for his sons squadron and tries to warn his son about the potential death awaiting him. The tragic end culminates with one sentence. The one sentence he tells his supervisor when burying his son is " I Forgot, They were all my sons". If one can love one's own son or daughter and we are true to ourselves , then why can't one make the attempt

to do the same for another's child? Caring and love have a different trajectory as we age and over a period of time. Caring can be in many forms. So you don't have to be guilty. Remembering is good enough, and even if you don't remember and come as and when needed , it is fine as our brains are programmed to seek out human contact where we are most comfortable .

V

Verified Patient

3 years ago

I recommend the doctor

Every wants a good life, but not everybody gets a good life. Not in our culture, where a marriage can be similar to being chained to a bed, even if the chain is made of gold and diamonds. I decided to meet with Prof Singh after visiting the house of an employee for Diwali. The wife made such an impression on me that I decided I needed to know how she could be so calm. In our marriages of broken dreams, how could this lady, whose husband was rumoured to be abusive, have made it. What did she do differently that I was not doing sitting on my gilded couch. Everyone I had met, our astrologer, pujari, everyone said look inside of you. When I met Prof Singh who had helped, literally helped put this lady's relationship on track he surprised us by helping us by going outward. It was an experience that made all the difference. He made us feel a bit uncomfortable as he seemed to be years ahead of our wildest concepts of life. That's when I realised that we were attempting to be a bit better when I wanted my relationship to be 1000X better. Not a bit better, a 1000 time's better. The most difficult part was for my husband to surrender his ego and find time to meet with him every week for 2 hours uninterrupted. Prof Singh, changed the very mindset of so many issues, in our marriage but opening up was no easy for my better half. When he did, even I was surprised. I persevered and I did not feel funny although my husband said we are talking too much. I disagree. So we persevered and if I say there has been a radical shift in attitudes in our relationship , I am not wrong. He deserves our appreciation.

Dr. Prof. G.B. Singh (PhD) replied

Mam, you persevered. In therapy that is very important. Whether you come to me or any other professional anywhere, in the country the key issue is to persevere and trust the individual. You trusted me, that is also why you gained a lot. Regards

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I met with Prof Singh as I was a distraught mother. My son, who attends an independent school priding itself on specializing in differential learners, had a very bad week. The school's disciplinary point system – an ad hoc way for teachers to let students know they are unhappy with their behavior – yielded a number of points well beyond the accepted threshold for my son.

The guidelines for giving out negative points at this school aren't clear. The child just knows that he gets a lot of them and has internalized that he is a "bad" kid, the "annoying" kid. The one thing that is crystal clear is that my child's learning difference is Dyslexia, presenting with severe impulse control challenges. Most of the points, the head of discipline wrote in an email to me, were due to "excessive talking." But giving negative points to an extremely bright child who struggles with a known challenge of impulsivity seems a bit like disciplining a blind person for excessive "not seeing."

Prof Singh has been able to assist my child and me and the teacher in addressing that any child's challenges requires compassion, reframing and recognizing the reality of "invisible" disabilities. Furthermore, children learn from adults who role model patience and understanding. In the spirit of building self-esteem, we must assess a student's lagging skills and collaboratively strategize with the student for an effective outcome. We have to accept that some skills take longer to learn and require contextual practice. Most importantly we need the help of dedicated therapists who can see beyond their own benefits the way Prof Singh Did.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

Since we moved to Noida, feeling down is a normal part of life, with emotions such as hopelessness and despair which just won't go away. Sadness and struggle with setbacks in my job and marriage infidelity has changed how I think, feel, and function in daily activities. My ability to work, study, eat, sleep, and enjoy life, have been replaced with feelings of helplessness and hopelessness and just trying to get through the day can be overwhelming. This black hole I have been in, has not been helped much with feeling lifeless and empty. My husband indicated that he has been honest with me to tell me that he has an ongoing affair, but does not want a divorce. I think either I am from a backward era or the thought process of today is a total jumble. My mistake was to isolate myself which further led to decreased energy, appetite, sleep, and interest in work.

Dr Singh has been very graceful and kind and has helped me reach out to friends and explained my distress to my parents, and has encouraged me to not be alone or think that I am a burden to others. The simple act of talking to him face-to-face about how I felt was an enormous help. He did not try to fix me. He showed me options and what choices I have. I have achieved a lot with exercise and by eating a mood boosting diet on his recommendation. He has also helped me pick up a hobby and though I did not feel like it at first, but as I participated in the world again, I started to feel better. In between I have slid from optimism to complete emptiness a number of times, but now I have formed a pattern and meet with my doctor once every two weeks or so to re-engage myself. Dr Singh has also helped in reaching out to my husband also and I don't know whether I will go for a separation or forgive

my husband, but I am more calmer and balanced as of now. My advise to those suffering like I am is that no matter how hopele you feel, you can get better. Understand the cause of your depression and recognise the symptoms and then you can take the first steps to feeling better and overcoming the problem. It is not a taboo. Get help and do it openly and without fear of what people will say. They don't matter if you are going to feel uselss all the time.

Dr. Prof. G.B. Singh (PhD) replied

You have very correctly said that " no matter how hopeless you feel, you can get better" It is not easy to feel better, but we can choose to 'be' better. That is what makes us humans. We can opt and choose not to be vindictive and be kind howsoever it may pain the heart. Please , be kind and before you take a decision give it a very considered thought.

v

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I am an Indian an I firmly believe that we can look after ourselves. I also believe that there is a potential harm of having needless volunteers and that they can do much harm. I had been facing volunteerism which was reinforcing paternalism from the exchange workers that I could not be or remain passive or remain a grateful recipient any more. The finale was when I felt patronised and I felt I had to laugh at every joke and no one understood that while slogged it out, the exchange workers were shirking pressing issues like the infrastructure and resource shortages, or duplicating my work resources. It came out as explosive anger as I felt that everyone one was Prioritising their own interests rather than our needs in the company and after shouting I realised I needed to keep my job and my cool.

I believe that criticising good intentions discourages people from trying to do good and we shouldn't critique the problem unless the person has a solution. Frankly I do not feel the need to comply and joke just because someone jokes and laugh because it is polite. I am a sincere and hard working individual and why should I try to be like the others in the same field. But I guess it did not go well with my team leads and my VP and I was referred to Dr Singh for considering if I would like to meet him. It was an insightful meeting, I would say, because I realised that a lot of issues were related to my own loneliness and my trying to change my nature, which with the help of Dr Singh I was able to understand I do not need to change. I did however being to appreciate how to follow an insightful approach to dealing with people and some of the situations were so hilarious that I felt it was more like a conversation. Time passes very fast with him, I realised and one feedback I would like to share with Dr Singh is please do not hesitate to call a persona back because when you leave it on us it can be understood as that we don't need more sessions. Just let us know and we would feel great to come back to you. And we will not misunderstand you as if we did, we would never come in the first place, and we want to come. It is great to talk to you. You have taught me so much about how to manage my irritation naturally that I feel more sensible and mature.

Dr. Prof. G.B. Singh (PhD) replied

:)

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendliness

Intimate betrayal hurts and it hurts badly. I stumbled upon my husband's email that left me devastated. And thanks to modern technology, my pain was magnified by an archive of electronic evidence of his duplicity. You think you are ready for it, or that it will happen to others, but the damage this pain can not be overlooked, once it is experienced. My marriage was not a pragmatic alliance that ensured economic stability or an economic enterprise but rather a companionate one, a free-choice engagement between my husband and I, based not on duty and obligation but on love and affection.

Whatever anyone may say, affairs do not have a lot to teach us about marriage, what we expect, what we think we want, and what we feel entitled to. As I learnt in my sessions they reveal our personal and cultural attitudes about love, lust, and commitment—attitudes that have changed dramatically over the past 30 years.

My expectations of marriage have never taken on epic proportions. I still want everything the traditional family was meant to provide—security, respectability, property, and children—but I also want my partner to love, desire and to be interested in us as a couple. We should be best friends and trusted confidants. I don't agree that we used to get married and be intimate for the first time. Or as my husband said, now we get married and stop having intimacy with others. I think the conscious choice we make to rein in our freedom is a testament to the seriousness of our commitment. By turning our back on other loves, we confirm the uniqueness of our significant other.

I share this because we can't stray because marriage fails to deliver the love and passion it promised. It's not our desires that are different today, but the fact that we feel entitled, even obligated, to pursue them that is hurting us as our therapist guided us and I agree. I want to share with couples that infidelity does not always correlate neatly with marital dysfunction. One of the most uncomfortable truths in this situation is seeking assistance in understanding it. It has been very difficult, and it would have been terrible to proceed like this at 38 years and a daughter in class 10. Talking about it has

helped and talking about it maturely has helped bring clarity to the confusing picture, but it has not been easy to forgive and forget and my gratitude to my doctor for holding us together

Dr. Prof. G.B. Singh (PhD) replied

Very few people find that talking helps. Mostly I find that clients come, and some even go through a very thorough diagnostic tests, but the follow up is minimal after that. It is not about time, but about INSTANT results. About finding immediate value, and expecting to observe measurable changes in brain chemistry - which is not possible. In this case, it was productive because both the husband and wife were willing to go through Insight Therapy and evaluate without blaming each other. My take is that where ever you stay, have a good Doctor of Psychology as your therapist as it can be extremely helpful to medically analyse human behaviour and the motivation behind our actions. The trend grew in the United States after 1939 and is a very important part of mental health. We should make it a part of our routine also as medicines should NOT be the first line of defence, but a secondary fall back option. I would also suggest, as in this case though the couple were not very well off they invested in their families well being. Do not compromise on saving a few rupees and realise that the issue has ballooned to such an extent that it is affecting not only the Brain but also the Heart and other bodily functions like Hypertension. Im personally proud of this lady as she had the magnitude to see beyond and take issues rationally, and even when we said that you don't need us anymore, she insisted on keeping her weekly visits on.

V

Verified Patient

5 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

Prof Singh has been immensely helpful. My wife has had a lot of difficulties in letting go of who I once was. Certain events have limited my participation in life activities. Consequently, I'm not exactly the same spouse I was before. Her struggle to let go makes it harder for her to appreciate the person I am today, and it created complications & negative emotions in life, we have been in therapy before and this time the brief contact we have had for the last six months has helped settle our family emotionality intelligently.

V

Verified Patient

3 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I am sure most of us have had trauma of some kind in our lives and live with the day-to-day scars that have resulted. Cleaning out those experiences that have become part of the brain's structure it's so difficult because we are so free to share it with somebody professional and this very big hiccup is something I was able to overcome, and I realised that it can be incredibly healing. Thank you

Dr. Prof. G.B. Singh (PhD) replied

Thank you. The biggest hiccup that a lot of doctors who call me for advise is how to share with a potential client is that Psychology is not same as Psychiatry . The hurdle is in understanding that speaking to a psychologist who is a Doctor I not a coffee table talk but serious medical based conversation. In this regard should a client be worried about a 1000 rupees extra or getting well. Most juniors who call me are faced with this dilemma and my advise is if you feel you are providing value stay with your deliverables and charges . I have seen patients consuming medicines worth 30 thousand also in front of me. If we can't respect a process that reduces someone's dependency on medicines then how can we get over this hiccup. In Germany it would take 6 months or more to get an appointment with a very senior psychologist. The hiccup is all about money. There was a couple earning a total of 3C between them , negotiating for 500 less per session!!!. Yes 500. Mindblowing . It will take time but the people are evolving and change is slow but surely happening

S

Shiv mahajan (Verified)

6 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Dear professor Singh, it is with a lot of gratitude I want to say thank you to you for the assessment of my son that was done personally by you. I now realise that had we not come to you at this crucial stage when he is middle school, it would have been terrible for our child when he would be nearing his class x exams. I have to share, that the initial cost of the assessment did make me think twice, but I am glad that I did weight my sons life in therms of the tests and the evaluation done by you personally. Had we persisted on the old belief that he has a some form of dyslexia, we probably would have done everything in our capacity and power to help him, spent more money and wasted his time and effort. it has been a true eye opener for us and I wish we had met you earlier. I am sure a lot of parents say this to you, but you have given us the perspective that nothing is more important than the importance of supportance of supporting or children. I am not able to forget what you said and I agree that education is all we can offer them, and now at least adarsh is also more relaxed and less under stress with the knowledge about what is happening.



V

Verified Patient

5 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I have learnt strategy and how to exert soft authority in the last 2 years and am still erasing my past childhood trauma with Dr Singh , who has given me this sense of being protected from within as an absolutely. It has shown me that my life has its own way of moving, no matter what my mind thinks about it. To my surprise, I got answers to questions in my life. I had never dared to ask. I can highly recommend to give it a try and be open-minded as for me the results were life-changing in my own personal approach of life.

V

Verified Patient

6 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Sir we cannot show more respect for showing us how Instead of looking inward to detect and eradicate within ourselves the products of how emotionally damaged by our experience of life we were, for us the need to direct our gaze out into the world to identify the sources of our pain and unhappiness in social pathology , and how our families are creating the problem in our marriage and not the two of us. We would've never realised this had we not come to you, my only regret is that we should have followed our instinct's and found you earlier.

Dr. Prof. G.B. Singh (PhD) replied

I don't think it is about instinct , as I had mentioned earlier . It's about accepting that one needs the assistance from somebody and being willing to accept impartial guidance and non biased objective psychological interpretation. I am also of the view that when anyone selects a psychologist we should spend a bit of money and speak to a few before deciding which one suits you best. There are people

who can be very good for you in the north , south , east , west of the country. If you think they understand your requirement kindly don't start negotiating on money. You can always walk away if you are not satisfied . 4 friends in Starbucks can spend 5K easily . Let's respect the doctors we go to and as I said , one can always walk away and find someone else. See this is also what happened to you . We are happy you are happy .

K

K. Narayan (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for money

Prof Singh has helped guide my son and daughter in law. My son was crazy to and wanted to leave the house after 9 months of marriage. My daughter in law and he were constantly fighting over space and sharing of household work with my Mrs. We were not used to this type of fighting coming from the Government Service sector and being a middle class family. What is this type of love marriage if the marriage is to simply break the house. How many years have my wife and me spent just to educate our son and in 9 months he wants a different house. It is impossible. Sure Shot he would have shifted out, but better sense prevailed after the counselling and now he is not shifting out. I am very unhappy with this attitude of marrying and then breaking a family. But now we are okay that our daughter in law is seeing the logic and reason to co-operate. I am very grateful to the doctor for his helpful nature and calmness.

V

Verified Patient

6 years ago

I recommend the doctor

My daughter goes to school on the same bus every morning and in the afternoon from school to home, she walks to the bus stop with her friends from school but then she catches the metro. When she gets off the train to walk home, there are a number of other students from her school who catch the same metro. While she waits for the metro, some children of class 10 often stand near her and they usually have been pushing and pulling each other trying to be funny. There have been a couple of times when the boys have wrestled around and fallen on her bag pushed into her. My daughter is unsure if they are deliberately trying to get at her but said if she stands in a different spot they still seem to be near her. There are also some girls but they stand away when they all wait for the metro. They seem to ignore the grade 10 boys and their stupid behaviour and didn't even intervene one time when a guy a really big class x one fell on her and her bag. I think it was this issue that eventually hassled our child as she expected some assistance and not a quick glance over and where the other girls kept talking in their close little circle.



Prakash Sharma (Verified)

7 years ago

I recommend the doctor

I am working in a top IT company with high management position. I was suffering from some depression this was my thoughts and use to feel low in life. So as per my discussion with my wife I visited Dr G B Singh to his clinic in center stage mall. After having first meeting it was more of questions and analysis time. In my second visit I was surprised and socked to know what he told me was exactly the issues I was going through. With some of his own innovative template I was able to know my issues and its solutions. What I most like about Dr Singh is he is ethical and transparent. I will surely recommend Dr Singh for people in depression or suffering from anxiety. He has very innovative Cognitive Behavior Therapy (CBT) methodology.

K

Kajal (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for money

We have been with Dr Singh now for 12 months. When we came the struggles that I have had to get attached to others and demonstrate love have been immense. I noticed a pattern in which I struggled not only to maintain appropriate peer and personal interactions, but also struggled to connect with myself emotionally and my husband. Trust is a major component of positive emotional attachment. When you haven't experienced the love, affection, and protection of a loving parent, I developed defences or protective mechanisms that kept me separated from other people in some way. Unfortunately, defence and protective mechanisms can prevent the individual from engaging appropriately in relationships or trusting that I was falling for and this is what I learnt and our family is more happy and feel secure in the relationship.

Dr. Prof. G.B. Singh (PhD) replied

I believe we as parents are responsible for the well being of our children. You have been brave to come out of the emotional turmoil. You are also brave ( and I am not being patronising ) to write about it And acknowledge it. There is no reason why we habe to needlessly be in pain. It better to find solutions where ever you may. It's NOT a taboo and I believe that is also what you are trying to share. And I agree. If you were in a different city and had sought someone, then also I would give you the T up.

S

Susan Smith (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

I was asked by the American psychological Association representative to meet Dr Singh as i was travelling through India, and I had become quite morose and withdrawn after sometime.

My partner and I were constantly fighting over small things that would have never occurred in Canada and what I imagined would be a soul searching journey was turning out to be a horrible day today Fight for both of us.

The availability of doctors who meds was also too much and I for sure know that I would rather go through a proper therapy session rather than pop a pill.

It's been a wonderful session that we had with doctor Singh and are happy that quality therapy is now a part of urban India as well. I believe I have gained a part of my sanity once again and I am not picking on my partner and neither am I feeling so overwhelmed. Feel much better

Dr. Prof. G.B. Singh (PhD) replied

Appreciate it. Not many remember

A

Arjun (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for moneyTreatment satisfactionWait time

I never imagined that it would take me just one session to understand what to do with my career as well as my life based on the decisions I had taken

I visited Prof Singh with a clear Emphasis that I was going to resign the next day from my work because I had had enough of being pushed around where I was going to work and I had no idea when I was going to come back

The conversation that I had with him was completely contrary to everything that I was thinking and the revelation of and what I should not do

I definitely will be coming back again and the current situation is that I have not resigned from my job but I am looking at it from completely different dimensions which had never even occurred to me in my life and nobody in my family had even raised those issues. For this I am very grateful and thankful that I sought out help and a big thank you to you

Dr. Prof. G.B. Singh (PhD) replied

Thank you for visiting us. Sometimes, when everything seems very confusing it is always better to understand why things are going wrong and what we can do about it. Not many people understand this as in India we have a large extended family structure and everyone has an opinion. However, opinions are always guided by thoughts that we develop over a period of time and may not necessarily match the current reality of the times. In such cases, wherever you are, and who so ever is nearest or available to you, it is prudent to look the issue objectively and from a mental health perspective. This can go a long way in avoiding needless errors that one can make. regards

M

Madhav Madan (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

The most striking feature of Dr Singh is that it's not the Psychology and it's application to your problems.

The difference is in the few seconds it takes you to suddenly realise that it's beyond problems and you are looking at a mentor.

We think that we don't need help. That is what I also thought when I first came to meet Dr Singh. Time has proven me wrong. My whole family has supported my decision. My father who was a staunch believer in self help grudgingly admits to wanting to meet him when ever suggested.

My sister my mother today acknowledge that there are matters we can't resolve within a complex emotional family set up.

For me it has been finding someone to guide me in this race. A bit expensive but worth every bit worth of the time you can get off him. It is always a pleasure to meet Dr Singh. Today I am able to sleep better, and have a clearer understanding of my whole perspective on work and home

Dr. Prof. G.B. Singh (PhD) replied

Dad was the tough one

C

Col Verma (Verified)

6 years ago

Visited For Stress

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I sought assistance from Dr. GB Singh for my daughter's stress and anxiety problems. Currently 17, she faced a crippling exam anxiety which pulled down her academic performance over a period of time. Along with that, she had been displaying mild depressive tendencies.

Dr Singh came as a blessing in disguise. Not only did he put the child at ease with his comforting and empathetic disposition, but even diagnosed the underlying problem through a test. Furthermore, my child has found a confidant in him. She is currently undergoing treatment and as an armed forces personnel, it relieves me greatly to know that she is in safe hands while I am away.

I believe it is essential for children and parents to seek help in such situations, as timely action can go a long way in preventing deterioration and promising a brighter future.

P

Praful Pundir (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

Feeling of Depression

If I was to say that I had reached a condition where nothing matters anymore because of the way in which I was being made to work in my company and that there were so many pressures and

Expectations on me from my parents as well as my bosses that I wanted to finish everything and had reached a stage where nothing mattered I would not be wrong.

My father had died in February 2017 at 64 and half of me died with him.

I know how I dragged myself to the doctor and how he managed to balance and stabilise me. If someone had told me in my IIT that talking and being guided helps I would have laughed because it was a mess of a melting pot. How Dr Singh does it I don't know. How he can gently turn your mind I don't know. What I do know is I am alive because he helped me cross the bridge and for that I will be thankful for life to him .

Praful Pundir

S

Sumit Singh (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issueValue for money

Our son did not even have Dyslexia

We were shocked when after the assessment of our son Arjun we were told that he did not even have Dyslexia.

When Prof Singh showed us the evidence of what was the real reason behind his inability to focus and pay attention to studies we felt that we had wasted at least 5 years doing everything wrong to help our only child. Sometimes I blame myself as a father because I had always sought to save money on procedures , but I realised the mistake when I saw the lack of improvement in his performance and constant tension at home.

I can only say thank you to Prof Singh as Arjun has definitely made an improvement that is visible and is under good care and guidance now.

Sumit Singh





At this point all we want to do is say thank you to Dr Singh and it is a heartfelt thank you and I hope that with what I am sharing many other parents are able to appreciate and understand the value of an \*\*\*\*\* diagnosis rather than just a superficial analysis of what is the problem with our child  
Avantika Tiwari

L

Lt Col Mayank Dubey (Verified)

6 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

I take this opportunity to convey my deepest appreciation and sincere thanks to Prof (Dr) GB Singh for assessing my seven yr old son's learning abilities in a most professional manner. Detailed and accurate analysis carried out by Dr GB Singh , words of advice and medicinal remedies are already showing encouraging results in such a short time. For parents like us , the thorough report specific to my son which followed after his detailed interaction with my son itself is proving to be a bible for us to identify and plug the voids. His guidance has given us a correct perspective and a new direction. We look forward to his continued guidance.

We are humbled.

Lt Col Mayank Dubey

9th Battalion the KUMAON Regt.

V

Verified Patient

7 years ago

I recommend the doctor

We came to Dr. Singh as it had been a week after our sons death it was torture for both Seema and me. We did not know what to do and we were living hour to hour.

both of us couldn't think of anything past one hour. After a month now we have slowly, started living day to day, thanks to Dr. Singh's ability to absorb our pain. We realised what Dr. Singh meant when he

shared that whenever a child dies, it's too soon, and it's unnatural, we did not need to and shouldn't burry our children, and they're always fighting against that unnaturalness.

We never realised and now understand that it's very common for bereaved parents to experience a state of numbness in the early days and weeks after a child's death. we could not figure it out until we met Dr. Singh, that this numbness serves a valuable purpose: it gives your emotions time to catch up with what your mind has told you. We have now allowed these feeling of numbness and disbelief to flow as they come rather than stop them as it helps insulate us from the reality of losing our son and it has helped us tolerate what we did not want to believe.

We have been given the encouragement from our Dr. to surround yourself with close friends and family. when everyone told us to try and forget Dr. Singh encouraged us to talk about our child and let the memories the photos elicit for us through our mind. We never thought we would need counselling for what we had gone through, but when we look back I think it was a very positive thing to do as it helped us overcome our grief without isolating ourselves. It was a help to have come to meet someone who could guide us through the process of recovery and through our loss we share the reality of and how we to move ahead. it has been a solace and has made a difference to us. Our gratitude goes out to you doctor for your compassion.

V

Verified Patient

7 years ago

I recommend the doctor

My husband tends to over think things in a good way , so when he opened the diary our son had brought back from school and saw that the counsellor had sent a form they wanted us to sign, he was shocked that our Son was been labelled as needing special education.

The school wanted to meet us so that they could explain what was happening and that we could take care of what they mentioned was the lack of basic social skills. we went to the school for a meeting with his teacher, the guidance counselor and the principal. they were concerned because our son was asking his teachers science questions during interval instead of playing with the other kids. our son participates in all activities ,has, lots of friends, and play dates sleepovers almost every weekend .

Since our son has learned to read, he 's really enjoyed being able to look things up to learn. He loves school and my husband thought we should see a private therapist to protect our son from being typed by the school system and lost in a category that could cause future damage. We approached Dr. Singh who assessed our son beautifully and worked with us, our son and the school to help them understand how to better deal things like this in the future. Dr. Singh helped us avert a crisis and we will be forever grateful to him.

Kids should be allowed to develop to their full potential without being categorized and judged. We hadn't asked for this upheaval in our life and changes in our son that went unnoticed and until I took some time off from work to spend with him did he really take interest in talking to me or doing activities with me. I hadn't noticed how withdrawn he had become as I didn't see him till evening when I got home from work.

I will always think of the day I met Dr. Singh as one of the luckiest in my life. Working with Dr Singh has opened a secret box and opened an avenue of communication for all of us that we will use for years to come. I wish that the school counselors would learn to use this approach as well. Dr.Singh can't be everywhere ! We both thank you Dr. Thank you for taking care of our family.It means a lot.

D

Dr Sandhu (Verified)

7 years ago

I recommend the doctor

Learning Problems for my Son

Undoubtedly the best professional in this part of the globe for issues relating to Dyslexia as well as other learning disabilities like autism and dyscalculia. \*\*\*\*\* \*\* \*\* \*\* \*\* \*\*\*\*\* \*\* \*\* \*\*  
\*\*\*\*\* \*\* \*\* \*\* \*\*\*\*\* \*\* \*\* \*\* \*\*\*\*\* \*\* \*\* \*\* \*\*\*\*\* \*\* \*\* \*\* \*\*\*\*\*

Along with this however, you have to be prepared to understand that excellence comes at a price, and if you're looking for a cheap way out, then

Prof Singh is not for you. However if you are looking for brilliance along with doing everything in one go, and you don't evaluate your child whether it is a son or a daughter in terms of paper money, then it is DEFINITELY Prof Singh who is for you.

From One doctor to another professional\* \* \*\*\*\*\* \*\* \*\* \*\* \*\* \*\*\*\*\* \*\* \*\* \*\* \*\*\*\*\* \*\* \*\* \*\* \*\*\*\*\*  
\*\*\*\*\*

R

Rohan (Verified)

7 years ago

Visited For Anxiety And Depression

I recommend the doctor

I got to know about Dr. Singh through Practo, and I'm glad that I did. Without getting into the details as to why I visited Dr. Singh, I'd like to say this; speaking with him felt more like speaking with a close friend, and not like a doctor. He was extremely humble, kind and knowledgeable. We only met a few times, but whenever we did, I always left feeling more calm, at ease, and with a greater understanding of some of the things I needed to do to take control of my life. I would certainly recommend him to anyone else seeking help.

R

Rohit Goyal (Verified)

7 years ago

I recommend the doctor

In the last week of December Prof Singh had done a detailed evaluation of my son on Dyslexia.

On advise of my brother who himself is a doctor in US we visited DR Melissa Del Homme at UCLA to get 2nd opinion. For 4 days Vyome underwent undergone various psychological tests at UCLA.

She was really impressed with Prof Singh's and her diagnosis was in the similar lines. She had asked me if she can be given permission to interact with Prof Singh on Vyome Case.

Her contact details were as follows and I felt proud of being an indian.

Melissa Del'Homme, Ph.D.

Associate Director, ADHD Program

UCLA Department of Psychiatry

(310) 206-5590

MDelHomme@mednet.ucla.edu

We are very grateful and would like to than Prof Singh and his absolutely accurate analysis which even someone like UCLA admired. I would wholeheartedly recommend him to all parents.

Rohit Goyal

V

Verified Patient

7 years ago

I recommend the doctor

Confusion about life and How I am living it

When I was six years old I fell down from the fourth floor of my house, and I was taken to the hospital in Kashmir where the doctors did not take my issue very seriously. I was in coma for 30 days, and after that a lot of changes took place in my personality as well as my learning ability. I studied in Amritsar in Holy Heart School, and I was subjected to a lot of ridicule and bullying by children who did not understand my problem. In class Xth I scored 89% and then in class XIIth I scored 75%. I went on to do my commerce because I could not understand science very well. At that time I did not realise that it is not because of less intelligence but it is because of the injury to my brain that I could not take up science.

Life has never been the same again, and everywhere I went I always considered myself to be different. What I did not realise was that I am not different, but it is our brain that makes us different if it is injured. My brain was injured and no one realized that I have suffered from what is now called it traumatic brain injury. Sometimes I feel that if I write this or that if I was to share this with anybody I become a subject of sympathy for everyone. However the main question is, being a very proud gentleman, I don't want sympathy from others, I want respect I want them to acknowledge that I am as much as a human being as they are. I want them to understand that falling down at the age of six was not something I did by choice. From doubting myself to going to different psychiatrists and taking medications I eventually came to Dr. Singh. In fact when I look back I am grateful that I did as I realized that I am still alive because life comes only once. I learnt that the whole issue is not about my deficiencies; the whole issue is about my abilities. Prof Singh made me appreciate that I have so far been looking at what I do not have whereas I should have been looking at what I have. I have a very nice personality, I have a very caring nature, I cannot hurt anybody, and I want to do good for society. I am working on it, but looking at it from a holistic perspective, I am more at peace with myself.

V

Verified Patient

7 years ago

I recommend the doctor

Dyslexia and Learning Difficulties

My 6 years ago a boy in class I was struggling with reading and letter reversals.

His teacher could see how smart he was, and was saddened to see the gap between his intelligence and his skills. She asked our counsellor madam in Springdales School Pusa road to have his tested as a precaution and gave us a few recommendations. We were no sure as both my wife and I are doctors. We searched the internet and also called the CBSE office.

Eventually we decided to come to the Dyslexia Association of India to meet Prof Singh. We met with the psychologist and I am still amazed at how effective simplicity can be. The latest technology was used to test our child and the results were there for us to see. Alongside the simplicity of the doctor , both my wife and I were also amazed at how enormous the changes were for our child in a matter of 3 months. His level of self-confidence has gone up at school this year, he is doing better in class, he scored high on language and has started to respond back to bullying.

Thanks to the support he received and as a doctor I know what - based on the tests of WISC-IV, WIAT-III, PAL-II-RW, BRIEF, and Woodcock-Johnson IV mean he is no longer showing signs of dyslexia.

Of course this is impossible - but thankfully he will always be dyslexic and enjoy his gift of altered perceptions, but what the testing is saying, is that he is perfectly capable of meeting the required expectations; and that is because he is now a corrected dyslexic and able to use his tools and skills to do what everyone else is doing. As a doctor from the Safdarjung hospital in Delhi and seeing the chaos around me I can say with a good amount of certainty that the Dyslexia Association and Prof Singh are doing yeoman service to children. Please keep up the good work and don't change. Don't let the environment change you. And once again thank you

V

Verified Patient

7 years ago

I recommend the doctor

Came as I felt like the world was ending for me

At 26 Years and diagnosed with depression by my own uncle who is a Psychiatrist, I began to ask questions from myself and what constantly running in my mind was, is this how you are going to grow old with difficult thoughts and feelings and also why I am so ashamed and anxious. I am eating at least

8 different types of medicine. And asking myself, is this how my life will unfold without freedom and any contribution to my own professional growth and despair. Maybe it is easy to handle physical illness but very difficult to manage the thinking that keeps going through the mind. I am educated and also an engineer from UP. But now I was taking 8 medicines everyday and crying anytime something even very small happened.

When I searched on the computer I saw Prof Singh's details and immediately took an auto and went to his centre. When he met me, and listened to me I began to relax and after some time I was a little bit more easy with my racing thoughts. I liked one thing that Prof Singh said. He said we all have the ability to have psychological flexibility. But to know how to have it is the difficult thing. To find the way to go from negative to positive is what makes the little little difference. After 2 years of going down and down deep into worry, then panic then anxiety I started to understand what is the difference between psychology and medicines.

It took me 8 months to slowly stop the medicines and another 2 months of therapy to come out of the hell of my mental status. I no longer fight with my anxiety or hide from it by showing I am so strong. Lastly when I used to have a problem it was like there is a heavy thing on my chest and my heart used to beat so fast that I had shooting pains. With Prof Singh he explained very patiently and non-judgementally that he will use a therapy called acceptance commitment therapy and that it will not be easy but I will feel okay in a few months. I trusted him and today I am much better. I went to meet him yesterday before going to the US for work and I was at peace with myself. When I return I will start my meeting with him once a month and his logic and non-judgemental approach will keep me progressing in life.

V

Verified Patient

7 years ago

I recommend the doctor

Visited for Panic attacks and the mess my life had become with medicines

Looking back, I recall first experiencing a panic attack in class X. I remember getting so nervous that I would have to leave class and go to the counselor's office. Until I was 18, I was in and out of psychiatrists' offices. I was on and off medication and it was a challenge to find a psychiatrist that I could like. They all gave me medicines in 5 minutes and - I was in and out of the OPD usually in 5-10 minutes flat. Throughout school, I experienced anxiety and panic attacks. And when I started college, my anxiety and panic attacks intensified. The worst panic attack I ever experienced was during a lecture in my first year of college when my lecturer made fun of me. I had all the correct internet symptoms, plus I broke out in an allergy that covered my face, neck, chest, arms, and all down my back.



During a panic attack, the first thing my parents has advise me was that I should get out of the situation that is causing it. However, since most teachers find it disrespectful to leave during class, I had to sit for an hour and half in this agonizing state. As soon as I got home, I knew I needed to get help. I had been prescribed a benzodiazepine only in case of an emergency. The psychiatrist was not available in the hospital and when i called him he said “ “If you cannot control your panic attacks, then maybe you should drop out of college.” I started crying. I could’t believe this doctor had just uttered those harsh words. It was as if I had cancer that could not be cured.

That was the last time I saw him and when I went to see a movie to the wave mall I saw Dr Singh’s clinic and decided to see what it was about. Fortunately, I met him and it was the day that life changed. I learned to control my panic attacks through therapy, and my amazing doctor who has always been there for me and never passes judgment. After patiently listening to me, he could always ease my fears and anxiety. At age 25, I’m about to receive my post master’s degree in economics. Although I still worry and get anxious, I haven’t let my anxiety disorders control my life: Now I control them. Please do not feel ashamed to get help because I can promise you this. Once you do, the quality of your life will improve tremendously. Mine has after meeting Prof Singh and it feels great

V

Verified Patient

7 years ago

I recommend the doctor

Being a armed forces officer can be challenging. It is what I always wanted to be and will proudly continue to be. But behind the scenes was a different story: Over the course of my mid-twenties, I began to suffer debilitating panic attacks and intrusive cycles of thought. I worried constantly that I was on the edge.

My fears and my worry kept me restricted from social events even though I wore a stoic mask and when medical room room with imagined heart attacks (where doctors looked at me like I had 10 heads)

My breakthrough moment was when my wife started feeling totally depressed and started crying everyday. I realised I needed help and that cost was no longer a concern. I wanted to make my seniority and get better. After I decided to get help for my depression, one challenge was telling the doctor why I wanted therapy. I had never told anyone I felt depressed. I hated having to leave work early for counseling sessions and how some questions about feelings left me embarrassed. But what kept me returning to therapy was my sense of relief when I climbed the stairs to the office. However embarrassed I might have felt, I was unburdened after talking. Therapy helped me learn how my loss of interest in everyday activities, intrusive thoughts, and rumination were symptoms of depression. Thanks to my doctor , I learned that if I wanted to get out of depression, I had to leave behind my downbeat mindset.

What I can say now is going to Prof Singh was one of the finest decisions I have ever made. From thinking about taking premature retirement to getting my promotion made many happier events become reality. I'm not going to say I've been perfect ever since. I've done plenty of stupid things and fallen plenty of times. The difference is that I try to focus on the recovery instead of reliving the cycle of negative thoughts and anxiety. I am much better, more compassionate and my men love me for that. I don't view going to Prof Singh as an expense, but rather an investment in my living better and I would like to thank him for that.

V

Verified Patient

7 years ago

I recommend the doctor

Post Divorce counselling

I was so overwhelmed by the thought of divorce and concerned for my children. At times the anger, anxiety and self doubt seemed unbearable. Dr Singh was so wonderful at keeping me calm and focused. He helped me get through the process with dignity. He helped me to concentrate my energies on the outcome for me and my kids and not get bogged down in the trap of day to day hostilities (and thoughts of revenge!).

Ultimately, the result was what was right for all of us, and at a much smaller price tag. I walked away from divorce with my head held high. I have no doubts that my decisions were in my best interests and the best interests of my children. Two years later, I consider Prof Singh my mentor , my spiritual guru, and my friend. I wholeheartedly recommend G.B to anyone who can get past the need to draw blood from her ex and do what's right for her children."

Prof Singh demonstrated wisdom, intelligence and grace during this entire ordeal. He employed the highest standard of professionalism when dealing with brash and loud high court lawyers and acted as a calm and steady voice of reason during a most difficult and stressful time. You have been beyond fair and equitable regarding billing for time spent. That aspect of this experience has been recognized and greatly appreciated. You demonstrated a genuine empathy for my situation and I felt you always had MY best interest in mind. I couldn't have asked for more principled and honest representation or a better Psychologist throughout this entire process. Regards Mrs Singh 10 March 2016

V

Verified Patient

7 years ago

I recommend the doctor

I am a successful model and a screen actress, and I have suffered from anxiety for many years. Having anxiety is like having diabetes or asthma: They are all illnesses. But in 17 years as a actress , I have yet to see someone yelled at for having diabetes or asthma.

Somehow I summon up the courage to perform in front of the camera even though I suffer from panic attacks. Here's how I overcome my panic: I found that medication does not work best for me but surrounding myself with positive people who believe in me as an actress does. I learned that yelling triggered my panic, so finding a brilliant psychologist no matter what the cost made a huge difference. Luckily I have an excellent psychologist who understand my condition.

I have another trick, too: I say what I think about out loud. When I forget to do this, my anxiety takes over, and I have to remind myself to talk to myself while practicing skills. Eventually, I don't have to say these verbal cues out loud. When it becomes habit, I can just say them to myself. When I need to be calm, I call Dr Singh long distance. Everyone has thoughts that can help motivate them, and they can all be used as part of the mental preparation routine. My Psychologist makes me harness an emotion that is more powerful than the fear of the skill.

Under Dr Singh I also embrace my flaws and use them to my advantage. I would cry at the Shoots almost every day because of the mental blocks, and I was embarrassed to be in my twenties and crying in front of Spot Boys. I flew a very tired and irritaed Dr Singh down to Goa for me. He hated it and said so. But I wanted him just sitting there for 4 days watching me, reassuring me talking to me and showing me the path. Slowly, I learned to accept that I may not be the best example for the average actress or model, but I can be a role model for those who are struggling.

During a Shoot in Candolim a you lady told me "You are my idol because you cry every day and you keep trying ... you are my hero." Actually This I dedicate to Dr Singh who has changed my life. I stopped being ashamed of being one of the millions of people who suffer from anxiety. I started embracing it and using it to help budding models and actresses. I have learned that no one chooses to have anxiety. Instead of isolating actresses that have been labeled "mental cases," I choose to stand by them and tell them they can do it, too. And a large part of the credit goes to Prof Singh.

V

Verified Patient

7 years ago

I recommend the doctor

Negative Thoughts

Actually, I am struggling with severe negative thoughts since November last year (it's been 8 months now). Due to these negative thoughts, I

struggle with strange fears , the fears that may seem trivial and small to an average person, but I find hard to get rid of them.

At first, it started with the negative thought that what if I stop understanding what others are saying in a conversation? What if I face

problem in communicating with people? This was a strange negative thought and I tried to fight it. But, it did induce some fear in me

when I thought about it. Gradually, other negative thoughts started coming up in my mind such as what if I stop understanding english or I interpret the words of english wrongly? It seemed that there was an inner being which didn't want me to understand or interpret english correctly. It seemed some inner self was trying to destroy me.

Then other thoughts came up like what if I start getting hallucinations? Although I haven't experience any hallucination, but

thought of it terrorised me. Other thoughts were what if I start misinterpreting the scientific explanation of world and around us? and there are other thoughts like this.

It seemed there is something inside my head, which is adamant on destroying me mentally. I fight these fears, they also fade away at times but then start appearing at some other instant. I am unable to get rid of them completely, for which I needed help and I am thankful that I mustered the courage to come to you.

I know such negative thoughts come up in everybody's mind and people know to get rid of them. But somehow, I am finding it difficult to

detach from them. But with your help I feel I will be much better and I think I will be much better.

Who does not want to like like a normal man, and you showed me the way. For that I am grateful and thankful. It made a difference coming to you and thank you.

V

Verified Patient

7 years ago

I recommend the doctor

We are very thankful we contacted the Dyslexia Association of India as doing so has enabled our son to finally realise his true potential.

Our son has always been a confident, outgoing, young man with a wide circle of friends. He coped well with the demands of the first two years of secondary school. However, by his third year the work became more demanding and he found it harder to do well. The picture was confusing because although he was doing well in class, he was struggling to replicate this performance in timed tests. This made him frustrated and upset. To make matters worse, his self-esteem was affected and he began to think of himself as "stupid".

When a good friend heard us discussing our concerns he suggested that we should have him tested for dyslexia. After extensive testing Prof Singh provided us with a comprehensive report. Although we have never liked the idea of our child being "labelled" it was actually a reassurance to know that he had dyslexia and dyspraxia; this helped to explain why despite his high IQ, there was a disparity between his coursework marks and timed assessment results.

We shared the report with his school Somerville They were impressed with the detail and recommendations in the report but at the same time they were surprised that our son's learning profile included dyspraxia, given his natural athleticism. The school undertook to monitor his performance over the coming months and to test the hypotheses laid out in the report. After three months, his teachers unanimously agreed with the findings of the report and Access Arrangements were put into place. The report recommendations have been used to develop a programme of support to enable him to do his best and to work around his specific learning difficulties.

We are really pleased to say that within a short time he really got his bounce back. It meant a lot to him to know that there was a reason for his difficulties and that he could use a variety of techniques to overcome them. He is now much happier now at school and is making great progress.

A huge heartfelt thank you

P

Poonam and Prathap Pingali (Verified)

7 years ago

Visited For Psychological Problems

I recommend the doctor

Our 14 year old son, who is very good at extracurricular activities be it drama, dance, elocution, cycling or Scientific experimentation had developed severe anxiety issues when it came to Mathematics. He also has a high IQ due to which children of his age couldn't understand him and he had no friends. He had started losing confidence in himself. We assumed that these were teenage issues which he would overcome with time. He stunned us when he was ready to risk his life as he was unable to finish the Math exam. A friend recommended Dr Singh and meeting him proved to be the best thing that has happened to our son. In the last one year, with Dr Singh's guidance and medication, not only has our son overcome his fear of Math, he has now opted to take advanced Math in IGCSE and has regained confidence in himself. He is also slowly gaining respect of his teachers and peers. We as parents are now able to understand him better and help give him space and encouragement to do well in his life.

O

Oommen John (Verified)

7 years ago

I recommend the doctor

Dr Gurdeep Singh is an excellent cognitive psychologist, well versed with all the latest evaluation tools and techniques. Within a matter of minutes, he could make a pin point diagnosis and suggested the therapy needed.

Dr Singh has trained in the most prestigious institutes across the world and its a great service he is rendering to people in India at the DAI.

I would strongly recommend his clinical acumen and his thoughtful approach with children. Also recommend that all parents who think that their children are struggling with academic have an evaluation done, if identified early there is so much that can be done to build up the childs confidence and ability to excel in studies.

M

Mrs Anju Bakshi (Verified)

7 years ago

I recommend the doctor

My son was very upset and had suicidal tendencies and I brought him to Prof Singh, and my son spoke to him comfortably for the first time and I hope and know he will get well soon.

Dr Singh was able to draw him out of his shell and my son said 'he is liking to talk to you' to the doctor. This was very reassuring and I am grateful to Prof Singh to help me overcome this so scary and working

threat as I live on the 10th floor. Now my son is in therapy and I hope he will recover soon thanks to Doctor Singh

D

Divakar (Verified)

7 years ago

I recommend the doctor

When I called Prof Singh for the appointment I found him a very soft spoken and understanding professional and when I visited his clinic I realize that Prof Singh is truly an expert in his field who have a thorough understanding of brain functioning. He understood the problem and explained the situation in a systematic and scientific way that I understood very well. My first visit was really very helpful. He uses very advanced diagnostic tools and is able to pinpoint the exact problem. I would recommend him to anyone who wants exact diagnosis of his problem.

G

Garry Khanduja (Verified)

7 years ago

Visited For Patient Counselling

I recommend the doctor

My parents both in their 50s had so much emotional baggage with each other, Constant fights were driving them crazy. A family of three was disturbed. Being the only son I took charge of the situation and discovered Dr/Prof. Singh on Practo. He is very soft spoken and have lot of patience to dig deep into the entire story. Although numerous sessions wasn't an easy thing on my pocket but I was ready to do it for my parents because I love them and want to see them happy and it paid off well. We saw lots of small kids and their parents visiting Dr. Singh. It was extremely humbling experience but I only wish his cabin was a bit more private and sound proof for clients like us.

M

Mrs N Kumar (Verified)

7 years ago

I recommend the doctor

I have known Prof. Singh professionally for over 4 years. When I needed to find an expert/psychologist for my students to interview on cyberbullying, I immediately thought of him. Dr. Singh is a kind, caring, and highly competent professional who made my students feel at ease throughout their time working together. Prof Singh worked closely with my students and brought a fresh and insightful viewpoint on the topic of cyberbullying. Most importantly, it was on a level my students understood. My students

not only enjoyed working with Dr Singh, but they also took away a lot of information to use in their daily lives to help prevent cyberbullying. We were all so happy to have his guidance on a regular basis

Mrs N Kumar Cambridge School Noida

S

Sangeeta Verma (Verified)

7 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Hi, I visited to Dr. Gurdeep Singh for my younger son who is facing learning disabilities, Dr. Singh diagnosed him accurately and most importantly he abled to connect with my son in 1st meeting , I noticed it whenever, I went for counseling , meeting a change in his energy level and behavior. I live near Janak puri , took one more counseling by some other, as Noida is very far from my place, but not found connectivity with my son as same. It is my trust in Dr Gurdeep that after a long time finally I am at right place . Time to time he advised and supported his own, it's like I am in front of god who knows well what you want and think.

I really thankful to Dr Gurdeep Singh and wish him to all success in his life.

Regards

Sangeeta Verma

A

A.r (Verified)

7 years ago

I recommend the doctor

It's not often that you meet a person who truly cares and goes the extra mile unselfishly. I visited Dr Singh in January for help as for help for both me and my family as we could not get through a terrible time after losing several family members in an unspeakable tragedy that was too big for me to handle and move on from. I was suffering from depression, anxiety, and PTSD. I couldn't sleep and wasn't able to function at work. My marriage was falling apart and I didn't know how to change any of it. I'm not the type of person who would ever speak to a psychologist, but your empathetic, caring, and non-judgmental approach helped me open up to you and develop a trusting relationship. Dr Singh you will



never know how much you are appreciated. Thank you for helping me put my life back together. You were truly meant to do what you do.

M

Meenakshi (Verified)

7 years ago

Visited For Autism

I recommend the doctor

Dr. Singh is really excellent. My son is suffering from autism from childhood . His counsellor mam recommended us to meet Dr. Singh. We reached his clinic at 11 a.m. approximately one hour he discussed the problem with me and my husband. After that it was three and half hour test session with my son . It was suprising for me even after such a long time my son was happy,otherwise he gets irritate with the strangers and don't want to talk to them. For me it is enough to reveal that really Dr. Singh is perfectionist in his field. I wish we had met him earlier. My son wants to join his classes in future. Thanks a lot Dr.GurdeepSingh

L

Latika Malavalia (Verified)

2 years ago

Visited For Psychological ProblemsPersonal development

I recommend the doctor

Happy with: Explanation of the health issueValue for money

Dear Sir

Greeting for the day

Writing this letter is impromptu but I always wanted to extend my sincere thanks to you for helping me, making me believe in my capabilities and always giving the right advice. From the childhood, I have this deep desire to have a mentor or guru who can guide me and show the correct route to live a meaningful and fulfilled life. And I am very happy that I have one now.

Sir I know there is long way to go and many things to be corrected but I am at peace that I am on the path which is congruent with my aim in life.

Sir you are doing your job extremely well and please keep helping people the way you are doing presently as people out there needs professionals like you. I sincerely wish you success, happiness and peaceful life.

Once again thank you very much.

Regards

Dr. Prof. G.B. Singh (PhD) replied

To be able to get this , for one human being to be of some value for another in the way you have described , is humbling before God and the individual .

K

Kanupriya Swami (Verified)

2 years ago

Visited For Family ProblemsStressCounselling for Depression & AnxietyPersonal developmentCounselling And Stress Management

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I've taken multiple consultations with multiple doctors for stress and anxiety but never went back for a second appointment. Dr GB Singh lets the conversation flow so organically that it doesn't feel like therapy. It felt really easy for me to open up to him about anything under the sun.He doesn't rush, he doesn't press and he takes you as seriously as a medical professional should. If you feel there's something wrong, he's your man to get to the root of it and get answers to your why's and how's. 10/10 would recommend to go for the first session and then you wouldn't be left wondering.

Dr. Prof. G.B. Singh (PhD) replied

Child, trust me , there could be nothing more humbling and kindly take it at face value please . I am amazed you have written your name with such considerable boldness. I hope we can meet your or anyone else's expectations. Regards

S

Sujata Yadav (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

Nothing can change the pain that I have experienced in the past. My sessions have helped me to calm down and change my thoughts and feelings. I can now truly say that there are things that happen in life that are tragic and unfair. There are people that come into your life that hurt you. And we may see them as awful. But they are there to serve you. They are there to help us tap into the person we truly are. This whole process where Sir helped me understand that there are there to help you become even greater, they are there to help you become who you were meant to be has made me stronger and even more determined to live my life on my terms.

T

T. Gupta (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

We have never met a senior Psychologist who gives only 2 appointments a day or who when you realise , it has been 2 hours , still does not stop you from sharing your problem in detail. It's a very holistic experience to have a session with prof Singh. I would have never found him had I not tried to search more , going deeper through many profiles. A very holistic and spiritual approach to the whole healing process. It was easier for my husband and me to open up to him when we realised his maturity and age. We thought we were speaking to a 45 plus person but he is almost 57 or 58 and this really helped us feel emotionally safe and comfortable. We never knew we have been in conversation for Two Hours and still can't believe it how time passed. A very very kind approach with no rancour for anyone is how I would describe him.

L

LT. CDR SINGH (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

I am writing from Mumbai where I live in Colaba, being a Naval Officer. We read about dr singh and as we are constantly posted all over India, we decided to consult him online. My wife's parents live in sector 21 noida and they recommend dr singh to us.

I am very impressed with the quality of the online appointment, and the quality of the testing . The online video consult facility has helped us tremendously and been worth more than meeting someone here face to face where we would be exposing our 4 year old son to Virus . Lt Cdr Singh

A

Aayushi Saxena (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I will be honest, I never thought that therapy or counselling could help my problems. I'm also embarrassed to admit that I felt that why do Psychologists charge more than normal hospital doctors. I never realised that a counsellor gives you an hour or even much more of their time, while a medical doctor meets 4 or even 6 patients in an hour. When I came to sir, my panic and anxiety had been intense for almost 1 year, and I was vomiting before every meal and whenever I thought of my work. I was taking flunil but it was making me slow. Sir has helped me get off this and also guided me how to lose the weight I had put on. He has been always kind, sensitive and caring through out. He even spoke to my father when my family wanted to understand what was the problem with me. I also realise that what I thought would not work , worked very nicely for me.sincerely Aayushi Saxena

Dr. Prof. G.B. Singh (PhD) replied

I would say this is a very valid point for anyone seeking therapy where ever they be. Also for some of us who don't work for profit but give for a cause - - it becomes very embarrassing to answer the question - How much do you charge ?. If you get well for the next 50 years of your life , any amount is worth spending at an early stage. We have seen so many people on medicines at age 60 who continuously state , " I wish someone had guided me on time when I was 20 + " , I would have been able to handle myself "" , - - but the time has gone for them. So have faith , it works slowly but surely and there have been instances when people self realise in 2 or 3 sittings what is going wrong if the Doctor is very good.  
Regards

M

Mrs. R sharma (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendliness

Thank you sir for the immense effort you have put in to assess our 2.8 year old child. The whole process and the developmental profile was an eye opener for us. Even the autism tests were extremely revealing. Actually with a lack of these facilities and knowledge I feel a lot of mothers don't know where to turn to. I'm convinced that everyone should do a development profile test that you did for us at least once in a lifetime from the age of 2 to 10 years so that they can understand their child better and help the child.

Dr. Prof. G.B. Singh (PhD) replied

We completely agree with you Mam. Also our assessments are Tax free under Section 12A & 80G. The challenge what observe is that parents are in denial most of the time. They can see delays but fear that having the child assessed will uncover neurobiological issues and hope time will solve the problem. How can time solve the problem when you don't even know what the problem is, as epigenetic changes are occurring in an increasing manner. We agree that a basic developmental profile should be done for all children. Regards

S

Sonakshi (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I just wanted to gather things around me after 2 years of my relationship. And all I did was ask my BF if he saw a future with me as I wanted to settle down sometime in the coming year's. I was blown by his answer that he was not so in love with me and wanted things to happen organically. My eye's must have popped out as he asked me if I was well and could he get me a glass of water. No I was not well. How can any girl be okay to be told after 2 year's by your BF that she is 'not so loved'. I felt like a car that has been driven and the owner needs a new car now that the old one is a bit 'too familiar' in his word's. I give Professor Singh full credit for saving my sanity during the last 3 months and stopping me from jumping straight into antidepressants. Conversations with him have help build my self worth and self esteem back, and I am less shaken up as of now and more confident of my needs. Thank you so much.

A

Arti Sharma (Verified)

2 years ago

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issue

My mother passed away just after my 16th birthday. This week I am approaching my 18th birthday and I am hopeful for the future. I used to dread birthdays, as it always reminded me of the one person who was not there to celebrate it with me. Not a day goes by that I don't think about my mum. However, I am determined to succeed in my upcoming class XII and become a Doctor like my mother. Whilst birthdays have always compounded my sense of loss, being hopeful has enabled me to enshrine a positive mental attitude that will see me through to the future. Dr Singh , has proven to be a pillar of support for me, and always available any time whenever I called him on WhatsApp or I wanted to meeting with him, after my mother I think I would like to thank him for how he believed in me and was clear that I can do it. My advice to anyone, as they learn from Dr Singh is that facing the loss of a loved one is to train yourself to think positively. Celebrate their life and make sure you do them proud.

M

Mr. Vikas Jain from Jaipur (Verified)

2 years ago

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issueValue for money

Dear Sir, because of the lockdown my son who is 29 had gone into a very severe anxiety and panic attacks. We were helpless as he would not come out of his room and take food from the kitchen and go back to his room to eat. He had started to wash his plates and after that take them to his room so that no virus can attack it. He wore the same clothes everyday as he felt that washing clothes with others in the washing machine would make him sick. We were so helpless and felt so helpless that from practice we decided to approach Dr Singh. After a few sessions , and speaking to Dr Singh, Himanshu our son , started to open up and calm down. Dr GB Singh went out of his way to help our son. He took his calls when he was free, returned his calls if he was busy and gave time which no one would in this field. I am very grateful to God to have sent someone in time to help our son and bring him back to normal again. God bless you sir

M

Mr U Sharma (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessValue for money

Since one of the main goals of marriage is having satisfying marital relations, encountering problems in this dimension has had wide unpleasant effects on all the aspects of our life. On the other hand, due to cultural and social limitations, we have been confused when seeking for treatment. Specialised counselling in pre-marital consultation is helpful and early resolving of differences is of great importance in decreasing marital conflict. Considering the complex nature of marriage, usually

specialised counselling of the boy and girl with help from an expert is very effective. I have made sure my daughter and son in law have gone through the counselling with Dr Singh and it has been very beneficial. Our daughter in law has a better relationship with her mother in law and the adjustment to our family has been smooth.

Dr. Prof. G.B. Singh (PhD) replied

We completely agree with you Mr Sharma. We are getting significant cases of married couples who speak to us and who have been to horoscope makers and have been misled specially in arranged marriages, where dates and times have been changed for the benefit of the individual. When we asked one such gentleman he nonchalantly said , "what difference does it make , I got what I wanted". His spouse has gone into serious depression and is on medicines and they as yet have to have their first baby. The residual effects on the lady and her first child due to the lithium will definitely be there. How it expresses itself , only time will tell. Where parents are spending lakhs on a wedding , we also suggest that a few sessions should be invested in by both sides and especially the compatibility assessments must be done, so that both sides can work on their shortcomings. You have done the correct thing as a parent sir. Regards

M

Mehak (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

For a divorced child like me, the suffering sometimes borders on the unbearable, bringing up fears, past hurts and a strong desire to run away. I have constant and strong anxiety. The talk therapy has helped me a lot. The tests have shown what I have become. I have been able to speak about the childhood traumas and what uncles can do, in an environment that left me feeling unburdened and vindicated. I am happy with my Skype sessions after my first face to face. It allows me to open up in ways I explain. I feel safe and secure when speaking from the comfort of my home or my office conference room during lunch time

Dr. Prof. G.B. Singh (PhD) replied

Its a very good way to have your privacy and still stay in touch with us. We also prefer that after the first visit a lot of young working women go this way, as you can be in touch regularly without having to travel physically, from your home or office, and also it offers safety for you and a great deal of confidentiality for you.

S

Savita Goyal (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issue

Prof Singh, I'm great full to you \*\*\* \*\*\*\*\* \*\*\*\*\* \*\* \*\* \*\*\* \*as we could not understand what went wrong with him, why was he so slow and could not read and write property .We met you through the internet as I was constantly searching any thing which can help me.

Its 2 year past we were working on your guidelines and teaching him according to you and giving supplements according to you. Now he is in much more better condition physically and mentally accepting few problems in reading writing and balance. Thanks and I couldn't stop my tears when I look back thanks a lot . I'm looking forward for more improvement. Regards

R

Rajib Sen (Verified)

3 years ago

I recommend the doctor

Children should always be a very good blend of our parenting assets. One type of focus that usually receives less attention in school is how children are bullied and made fun of by teachers and children in the same class. This is the story of my daughter in Calcutta where Prof Singh had his camp for checking children on Christmas 25th. After meeting Prof Singh I am sure that for every rule there is always an exception, and after all is said and done, a child is a child as Prof Singh said in his speech.

My harrowing story of my daughter being exposed to the taunting and teasing for not knowing good English should now be over. It is a betrayal of the school system to allow those more powerful and strong to bully our children and it is a feeling of great relief to know that with correct approach and submitting to the school the problems of our children we can voice our discontent. I thank Prof Singh for opening my eyes and my wife eyes and guiding us

A

Aman S (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Everyone views a marriage or a relationship from a woman perspective. How many of can be sincere and view it from a neutral perspective. Even if I am wrong, if you continue to tell me I am wrong it can



never work out as one day I will also give up. When we came to Prof Singh, I really did not know what was going to happen next but still somewhere within me the feeling was very not good. I did not feel positive in my relationship. If we can't speak to each other properly through the day, how can you expect any man to be like a button and be ready for sex anytime in the night? It's crazy the expectation that is on me. We are better now for sure, as we followed the therapy very carefully. From 1 to 10 we have gone from 20 percent to 60 percent. But I still feel that if a wife cannot continue therapy and expects me to change in 24 hours it is not possible. I am not god. Loving each other again is not impossible as Prof Singh has shown us. It is difficult but is possible as I found out.

Dr. Prof. G.B. Singh (PhD) replied

Yes Aman, a husband has to stand for his family, and it takes effort but is a responsibility we undertake when we marry

R

Reema sinha (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

I had come to Dr Singh in 2015. At that time, he had checked and tested my daughter who was struggling at school. She was in Somerville school and there was a lot of conflict in our kind about her performance and future. We were frustrated and in despair about the future being an Army family. Today our daughter is studying in the US and settled properly. Dr Singh's timely assessment of her academic and personality issues and guidance on her strengths and weaknesses has proved invaluable and a blessing for us.

B

Bikram Rathore (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

We came from Jodhpur for our son who had passed class XII. He was diagnosed as having Autism and was on strong medicines like schizodon. Imagine our surprise when after proper assessment we found out that he does not have any Autism but has an IQ of 135. There was no Dyslexia also and no Autism. We cried as we have wasted 8 years of his life thinking he has autism. The shame from our family, friends feeling sorry for us, it has been so tormenting for 8 years. Now we come to know that there is no problem. With 78% marks in board and giving the exam for the Regional Engineering College in our home town, Sir assessed him and recommended him to the college and now he is doing architecture

as he can see and visualise everything so nicely. We are very happy with the outcome and feel we are vindicated. The testing is expensive , but I think our sons future is more expensive and we will not be able to bring the time back if we had not come now in time.Thank you sir.

S

Sunil Saxena (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessValue for money

I've made mistakes and in therapy I've learnt from what I have done , and I promise that I will never do it again. My wife is my pillar of support and a blessing that I have been overlooking and my behaviour in our marriage was suffocating for both of us. Prof Singh can cause radical changes in your thought process and if one does not have an open mind then it can be a tornado of feelings I used to believe that everyone has an agenda, that every relationship is a contract and that there is no such thing as unconditional love. Once I have overcome my fear of being seen as weak I know now that it is better to to look for someone to support you in tough times, and if you do find someone who you can trust, take it otherwise you are on your own and it can cause depression at a later age and date

R

Ritu Jaiswal (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionWait timeValue for moneyExplanation of the health issue

I wish better services were available to families of children with special needs. We need more, psychologists and support to get through life. We spend our time fighting the system for health and education, and we run around looking for help and there is no way to know where to turn to for help. I have spent 3 years running in circles for my children, and then found Prf Singh eventually. If I had know about him before it would have been so better. Our children deserve more. We love our kids. But we are tired and most of all we are ill informed and therefore lonely. We have received immense help and support from Prof Singh for our children.

Dr. Prof. G.B. Singh (PhD) replied

Besides the fight and struggle Ritu, it is the lack of desire to take responsibility for the additional burden of care that comes with knowing one has to help a struggling child. Don't forget once the school has

been informed, they have to make arrangements to help children, and how many schools are willing to help.

S

S P Mishra (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

I regret that I got both my children checked so late for their Learning Problems. I wish I had known before about the work that Prof Singh does and the nature of the tests that are done by him. Both of us have been running pillar to post and unnecessarily hassled about our children, with everyone giving their own opinions. When the Vice Principal suggested that we can visit him to give it a last chance, I wish she had told us about Prof Singh earlier. We were made to go to different people that the school counsellors kept recommending and I feel like questioning as to why. We should have been told earlier about options rather than herding us to those who are hand in glove with schools. You are doing a great service Sir. Keep it up.

T

Trisha Goyal (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I have seen a complete shift in my son's ability to control his emotions & avoid meltdowns. He is more receptive to re-direction and better grasps the consequences of his actions. He is more focused and less oppositional/argumentative. He is still his quirky self, but it is like this visit has cleared the cobwebs, calmed and centred him more so that he can be more fully himself, as well as more comfortable and confident in his skin. I only wish we would have found it sooner. No crashing, no clumsiness, less shouting, less tics, and almost no meltdowns. So grateful and have been telling everyone I know that could benefit from it to use it, So thrilled, And he is so much more confident as we praise him so often now for self control, Best thing that ever happened to us.

Dr. Prof. G.B. Singh (PhD) replied

Very few parents wish to spend the time and money you and your husband did Trisha. You started early and you are seeing the results. I pray for the good of your son. regards

H

Hemant (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

All the treatment I have received so far has focused on treating my physical body with drugs and failed to consider the emotional, spiritual, behavioural and mind factors. I have been made to believe that I have a disease and I have been sick for 3 years withdrawing from family, society and possibly work had I not met Prof Singh. I have shed my feelings of anger, apathy, gloom and sadness which I believe now were making me sick. It has taken a lot of effort and discipline especially on days when I felt I will lose my mind to believe I will be okay. My negative mindset created by all the years of being told there is something wrong with me, I think was my biggest disease. We need support and care as I got to get well, the psychological healing I received made a huge difference to me

N

Neelima G (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

The board exams are coming on the 7 of March and my son, has been getting very anxious and having panic attacks regularly. We decided to seek professional help for him when he started to avoid eating breakfast and missing his dinner. There was so much anxiety that, he started playing on the phone rather than studying. Even his sleep started getting affected. Under professional help, there is a lot of improvement and he is more focused on his studies now. He has been able to discuss all the issues with Prof Singh and is sleeping properly now. We were hesitant at first to meet anyone as we thought our son is just 16 years old. All the sessions have been very helpful giving more focus and understanding to us and our son.

D

Divyani (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for money

Therapy has helped a lot and it was exactly what I needed to have the bit of an extra release as it greatly helped me process my feelings and learn how to move on. I think I did not want to stop the mourning the relationship issues because of the intensity of the symptoms and I am pleased I stopped

it with time. With time , I started using my relationship as an anti depressant as per my doctor, and he was right. I have accepted that ongoing sadness and tears are a normal part of life and knowing how to handle them is important. I always got additional time from Dr Singh and these gestures were important to me

R

Ruchi (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

When you are twenty plus , love and getting work are all that come to mind. Parents, family don't matter. I now think we should pause to think about what we want as its pretty serious in todays society. Its easy as my difficult experience has shown me to fall in love and want to spend every day of our life together. These desires draw us together , and so early in age also make us grow to dislike each other over time. After three years of fighting each other on the way to a split, I have understood with dr singh, to beilve in the celebration of life itself , with whom to share sorrow ,manage my health. The chats with dr singh have taught me how to manage my symptoms of betrayal and being left along, and not back down when things get tough. Ruchi

M

Madhurima Sharma (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness

It's so difficult to get your child to open up with you that it is a serious challenge. My daughter went into a complete she'll 4 weeks ago as her class 12 board exams have started to come closer.

She stopped eating and began to panic with vomiting. We have never seen counselling and this is new to me but I needed her to stop the panic behaviour otherwise how will she give her board exams.

Very well managed and very soothing , with calmness now on our daughter. She is much much better now and more balanced and relaxed now.

V

Vidyut jain (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

I am Dyslexia and I know that I am highly intelligent, so it is frustrating as you want to learn and without reading learning is very difficult. I was having these thoughts because everyone said I couldn't read or write. Children with dyslexia – and other learning differences – are made to feel stupid, often by people who are uneducated about our situation, but should be. To hear someone call you stupid at a very young age, really reinforces what you are thinking already as a person.

My mother was made to feel it was her fault and that I couldn't read. She was told that I just needed to focus and read more. One of the biggest problem was training the voice in my head not to tell me, I can't do this. I can't do this to OK, how are we going to do it when I met sir.

For me to know that I was different, and that I could do something well, that was the big thing. I don't want anyone to feel the way I did in school.

Meenakshi (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

I would have withdrawn my daughter from school if we had not met prof Singh. We were under extreme pressure to remove our daughter after she had failed her 9th class exams 1 time and was repeating it with very bad marks. Our last resort was to find someone who could try to analyse our daughter. Prof Singh did this and over 2 days we found out that my daughter's seizure when she was 15 months has changed her abilities. He spoke to the school and although the authorities were not open, he persisted and managed to request our daughter to at least be allowed to attend school even if 10th boards could be through a different way. He made a lot of effort and helped my daughter. I did not expect it and in our social situation a very unexpected kindness

Dr. Prof. G.B. Singh (PhD) replied

Most schools, are on the whole quite accommodating and helpful. Probably what they need as an institution is concrete evidence, so that their records are in order. Regards

H

Henat (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I remember coming after my panic attacks started to make me feel light-headed and sweaty, with stomach cramps. You get this tingling feeling , of being exhausted for the rest of the day. My doctor, diagnosed panic attacks.

The problem is that I know they are physical how they affect me, but they come from mu brain. I have used a deep test with Dr Singh to understand why I worry and begun to avoid those situations so that it does not become a self-fulfilling prophecy. I beilve that we all need to know how to withdraw until we can completely isolate yourself from our, anxiety. A good thing my doctor has done is to keep me going to work, because otherwise I may have become reclusive.

M

Mukesh Kumar (Verified)

5 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Much before our child was diagnosed with dyslexia and before we knew how common this learning issue is, kids in school called her dmb. But Dr Singh told her not to listen to them. He told her she could be anything she wanted to be. Our child and we believed him and she managed a score of 78% in her class 12th. We as parents attribute her ability to develop the ability to start thinking differently in her sessions with Dr Singh as a factor in helping her succeed. We also understood her strengths and weaknesses from a different perspective and coming from a town like we were able to advise our family also how to interact with her properly. Thank you.

R

Renuka sharma (Verified)

5 years ago

I recommend the doctor

Happy with: Treatment satisfaction Doctor friendliness Explanation of the health issue

I am very happy after getting my daughter assessed for Learning disabilities by prof Singh. I was given options by the school and I was not satisfied by the results. When the teachers said they can't teach my daughter due to low ability , I came to Prof Singh. She was tested in front of me and we were shown different ways to teach out daughter. I have already asked in writing to the principal why they are not giving dyslexia association as also one of options to parents but no answer. It is better for parents to be well educated before making decisions and we must have right to chose what we like . Schools should not force to go to one place only as it makes options small. I am happy after my daughter's testing with prof Singh

Dr. Prof. G.B. Singh (PhD) replied

Yes, this is an issue. A school should normally give you options as per the PWD act, as this allows you as parents the choice. A parent can always ask a school in writing what options it is providing them as the PWD act empowers you to help your child foremost.

R

Ruchi (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issue Doctor friendliness

I always thought that loneliness was exclusive to people living alone with no one around but sometimes loneliness is more acute when you are in a crowded place because no one knows how you feel inside. Everyone is going about their busiess not knowing that someone within reach is hurting so much inside. I would colour the feeling as a dark grey gloomy cloud, because that is how I felt all the days I spent in my PG room all holed up. The end point came when I dropped a semester and tried to understand that I need professional help. Dr GB has been a great support system and pretty cool , through everything and its cool to drop by and spend time with him.

A

Anushka Jalan (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money Wait time



I don't have the physical presence of my parents to turn to in the NCR. But I am blessed to have found a father figure in Dr Singh who I know I can count on if I'm feeling a little down. It was very difficult to make take a call and trust someone but I am pleased I did and he has been a psychological support whenever I feel a bit blue. It is very difficult to be totally dependent on friends to cure loneliness every time i feel alone, that's ultimately my job to deal with those feelings. Talking and being with Dr Singh lifts your spirit like nothing else can. We all have our own lives and struggles to deal with sometimes, and it can put a lot of pressure on me and being able to talk has been a source of strength for me. What I now see is that it is a important part of today's support network, to have a good mental health professional who I can call when I have a problem. 5 Stars.

Dr. Prof. G.B. Singh (PhD) replied

Im grateful

M

Mrs. Goyal (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

When our child suddenly stoped using the computer, even though he's always enjoyed it before , he also didn't want to use the computer in a place where we could see it, we thought there was a problem. When we came to Dr Singh it was so surprising when we learnt that my son mentioned to him that he had been trying to tell that he was trying to tell us about bullying indirectly by saying "there's a lot of drama at school" or "I have no friends. We should never ignore our children's statements like he doesn't want to go to school or appears uneasy about going or he becomes withdrawn. It was a eye opener for us truly. We should have positively come earlier

Dr. Prof. G.B. Singh (PhD) replied

The culprit is patience, or the lack of it. And I don't blame the parents, even in this case. The exposure to the Web and Shaming using personal put downs is a very serious issue for our children in schools today

V

Vishal Jain (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

It's very reflective. The whole process, it is very reflective. You don't walk away feeling that someone is sweet talking you. Rather it is feeling of reality and concrete tests and diagnostic understanding of problems. It's like mentoring with a massive understanding of what needs to be done. But I personally prefer it as it gives me a clear and precise idea of what I have to do. I have definitely been able to get off my anxiety, but also maybe because I was willing to accept the reality. Scientifically systematic is how I would describe Dr Singh.

K

Kanchan (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issue Doctor friendliness

I'm taking care of my father, he's 79 and at best this is a difficult job. 1-1/2 yrs ago I walked out of my house to care for my son, leaving dad behind. It's been stressful for sure! I have to discipline myself to exercise, I am doing some art work with sculpt clay because that's available for now! I reinforce my faith, by reading and have a smart phone now, mainly for Banking, but stay in touch with my parents that I miss so much. Learning to use a smart phone for me at 51 was a big challenge I lived thru it, barely ..lol Life goes on with or without us.. my interactions with prof singh have convinced me ..I am determined to keep my thoughts positive and make my life a enjoyable journey inspite of hardships !God bless you!

Dr. Prof. G.B. Singh (PhD) replied

Mam, you did not walk out on your father, your family is as important. It would have been ideal to have everyone under the same roof, but at the best of times, it is sometimes not possible. Regards

N

Nisha (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

A very nice person to talk to. He has assisted me to learn how to accept and handle unpleasant feelings and my stressful situations. Whenever at work or home, things did not go my way, my bursting point would be very low. As it no use to be frustrated, I would be more angry with myself that I am frustrated. When I was crying about this then I decided that I must understand why I have this problem. What I truly liked was that we had only 2 sessions and he was able to show me how to manage myself. A little bit premium but I like that I have control in this meeting manner. I think this is better, and I prefer that I can come at my desire.

Dr. Prof. G.B. Singh (PhD) replied

Nisha, more than 2 sessions are never required. Once you know what is the cause of the distress, you can work on it intelligently. It should be your choice to come and sit with us or anybody as you have to balance your time and money. Keep Smiling kid.

R

Ritu Dhingra (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I'm extremely upset about how my doctor treated my case and thankful how Prof Singh resolved my dilemma. My husband and me went to our doctor for my father who has Parkinson and he asked us to go to Prof Singh For getting a complete Neuro Psychological assessment.

When I called Prof Singh, he started to smile and was bemused and I was surprised as to why.

He then advised me that maybe my doctor is joking with me as assessments conducted by him are in original form and expensive

We got the assessment done and it was very detailed and very comprehensive. When we took it to our family doctor he was surprised as he literally said that he never thought we would actually go and have my father assessed for Parkinson's.

I'm very obliged to Prof Singh and very irritated that how can another person in a similar field direct me like this . Prof Singh not only conducted the assessments but did it himself for my 69 year father and was extremely humane to him.

Dr. Prof. G.B. Singh (PhD) replied

I was smiling because before your case also I had cases of people being sent to me and I guess here it seems -- there is no better way to ascertain what others do. You trusted us, that is a reward in itself.  
Regards GB Singh

A

Amit (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I can tell you first hand that in a Marriage , both husband and wife cannot always get their way. My wife's choices of how to respond, were so typical. She is ever like I'm willing compromise, but has to win the battle. All her behaviours to manage is to win all conflict but useles also different from those that are best for the relationship. Dr Singh showed us how to find ways to compromise, or at least have the conversation that allowed me and my partner to see things eye to eye. communicating in difficult times can be as important as the outcome of the conversation. I have seriously learnt to shift my focus away from trying to explain things and try to make conflict optional. I have the choice and Dr GB has been more a guide than

anything else. Very good

Mr. RK Agarwal (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

I was initially a bit unsure and upset, when I came to get my son assessed. Dr Singh, pointed out that it was not required and that there was no issue with him. Now when I think of it, I realise that, he was so genuine about it. Instead of just making a assessment and creating a tag, he counselled us and my son on what was happening and how to deal with it. I am very happy and realise that he saved us a lot of future issues that would have happened with the Tagging of my son. I am very grateful.

R

Rajni Malhotra (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendliness

I lost my job, subsequently had to switch and was in a middle of cazy health crisis and fighting with my confidence when I walked in on Dr Singh. From the moment I stepped in to his office it has been invaluable to me. Dr. Singh was caring in a way that I have not experienced for a long time. He has been concerned, communicative and crucial in a time when I felt very little options were left. Extremely comfortable to be with, and very accommodating and non pushy. Now I use him as a life coach and a person to sit and clear my head with. Would recommend him and of course it a personal choice also.

I liked that as I was coming from Gurgaon, and he could only meet me in Noida, he did not charge me for the time equal to my Ola. Speaks volumes.

Dr. Prof. G.B. Singh (PhD) replied

OLA!

C

Chaitaly (Verified)

5 years ago

I recommend the doctor

Happy with: Value for moneyExplanation of the health issueDoctor friendlinessTreatment satisfactionWait time

I really do not remember the last time I woke up feeling happy. I found Sir on Practo, and this was one time I took a decision, as when I go out and try to do something, I always hesitate. Emotionally also when I came for a meeting, I found myself stepping back and there is this hesitation of sorts, as probably my parents are perfectionists. I try not to reach out to people as I worry how they will judge me. I have in my therapy made a very good mentor and the question of will I ever amount to anything is also more or less very clear. Every time I have had an appointment I have been able to calmly deal with myself for at least the next 15 days and the anxiousness has lessened with my sessions. Feeling that you are not good enough is not a great thing and I have no regrets with my therapy. It can be quite calming. At least I am not interacting with wrong people now. Thank you.

R

Reshma khan (Verified)

5 years ago

I recommend the doctor

Happy with: Wait timeValue for moneyExplanation of the health issueDoctor friendliness

We found Dr Singh on the Practo website and came to him for my husband. My husband came from a very troubled background with a father heavily addicted to drinks. He had over thinking with negative thinking. He wanted everything in a sequence. The dilemmas were maddening. When he started getting jealous about the attention I was giving our son, I decided enough is enough and we approached the Psychologist. My husband was never picked up by his father and his mother would be on the bed always. It has been so difficult to bring him down from the anxiety medicines and show that he is secure and will always be important for us, and in this process the assistance provided by Dr Singh has been beyond measure. We would always recommend him to anyone who would need a sensible Psychologist

Dr. Prof. G.B. Singh (PhD) replied

The family as a unit is very important, and with increasing urbanisation, it is better to resolve issues if one can. It can lead to balance and calmness later on in life

H

Harish (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessValue for moneyWait time

I was reading the Times of India today in Noida and read an article about how a young man was trapped in a situation that his photographs were used to trouble him. I was reminded about a situation in 2017 when on a visit to another country I encountered exactly the same problem. I remember coming back and Meeting Prof Singh and how I learnt that what I was experiencing was Traumatic Shock at that time. Luckily I followed the guidance given to me and the visits to Prof Singh made me desensitise myself from the traumatic event. When I read the article today the memories came rushing back and I called Prof Singh. He still remembered and was very patient and kind to listen him out. Sometimes when we get well we forget held our hand in our moment of crises. And recalled how I was helped by the constant encouragement in 2017 and - just a small thank you. I will come visit you soon Prof

Dr. Prof. G.B. Singh (PhD) replied

Thank You Sir

A

Archana (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

It's been a great experience and my wife and I have been living a nightmare, and wanted to save our marriage. We tried marriage counselling, but that didn't help. We've been together for eleven years, and the marriage was falling apart. What's even worse is we didn't know why it was happening. Our marital analyses has been a learning shock as much as reality check. I particularly liked that a lot of personal and intimate issues we avoided discussing at home and understanding each others perspectives were brought out so gently and proficiently that it seemed like a drawing room conversation.

M

Mr Handa (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I would like to express my sincere regards to you Sir, for your dignity and the clarity with which you shared how one should conduct oneself. We as educated individuals should be clear that life is more than small petty things and that one can rise above all to better himself. I have learnt in the last 7 days how you have with sincerity been open and humble at the same time and I realise that having the ability to completely be honest can be difficult . I am sure I am in the hands of a very grounded Psychologist

V

Vikas kumar (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I've been on and off depression for eight years. Depression is emotional. It can break your heart. I have been on medication for attention deficit disorder (ADD) and ever since have struggled with ADD, depression, anxiety, you name it.

There is more to being sad than just the depression. I have witnessed situations that were very disturbing with some of the personal relationships I forged have given others hurt. I've been manipulated by people I thought were my friends, but who turned into enemies I don't want in my life any more. To this day, it's hard for me to trust new people.

Right now I'm living and working toward life balance with parental social contact and I have hope that my life will get better and better. Dr Singh has been crucial in getting me into my family fold again and that means a lot to us.

Dr. Prof. G.B. Singh (PhD) replied

Just keep walking

R

Rohan (Verified)

5 years ago

I recommend the doctor

Happy with: Value for money Explanation of the health issue Doctor friendliness

When every small task cripples you then it is no use when everyone says look at the positive side of life. What positive side when I can't even see the day from the night. This competitive system in our country is going to make half of us md eventually.

Zero self esteem with me wanting to run from small talk which is all bloody fke is a serious panic generator for me. I just have not been able to focus and feel my time is running away.

There is a great deal I owe to being in treatment . Clarity is one of the things. Being able to talk to the doc is another as the downward spiral was horrible.

R

Rudrani (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Explanation of the health issue

What I very much liked was that he is not in a hurry and give you full time and the level of connect is like immediate .

The basic standard of care that is so important to help a person who comes far exceeds the norms and fragility and vulnerability are handled with dignity and some humour. Nothing is trivial for him and a very balanced human.

The unhealthy self beating and repeatedly agonizing over my failed relationship has not gone away but I can deal with it better. Dr Singh can change your perspective if you can stay the sessions. I appreciate that when I still do frak out he answers my whatsapp messages with humour. The unique thing as a girl was that he did not offer me a solution. I got this "That's it" he just spelled it out for me from the conversation and I was convinced I knew what I had to do.



It's a find. Nice find. I tried to mention the name of my colleague who had suggested him and got a blank face. I liked that in him immediately. I'm safe.

Dr. Prof. G.B. Singh (PhD) replied

Thank you for your trust

R

Rohita (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionValue for moneyWait time

Greetings

It's always a privilege to come for my regular therapy from your end. I travel all the way from Kota as I feel secured to get treated under your hands.

Good Doctors understand responsibility better than privilege & practice accountability better than anything else. Thanks for being one such person.

Many patients recommend you as a good Psychologist but I go one step further to recommend you as a good human being. If I had had this opportunity to discuss my confusion earlier, I would have higher CGPA and know how to work towards it. I would have been able to handle my relationship Issues also better and not lose the last 2 years in this sadness that does not go away and makes you want to think why everything happened.

Many thanks!

N

Neeta (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I actually feel like he is a healer. The marriage that I was sure shot would not survive has survived 12 months now. It had been building up as I was trying to make a decision and I decided that based on the time I had invested I must try for both our lives. I love my freedom and independence. Big emphasis on freedom. But I tried out meeting Prof GB and don't regret it.

I have learnt to be kind and accept myself as a human being and my partner also as a human being. I'm that girl who is willing to be single than be unhappy. But 5 years of investment was not easy to chuck away. Glad I did not

Relationship counselling

Dr. Prof. G.B. Singh (PhD) replied

I believe what you mean is Glad you "DID" the counselling, in the last line

A

Aryan (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendliness

I think what I have been through has made me more courageous wholehearted and empathetic with people because for me it was a difficult world to be in.

The experience of bullying in my workplace and relationship has I think left me deeply shocked . Honestly I can't believe how people target people specially those who are vulnerable. Being in counselling has enabled me to protect myself and visualise a field of protection around me. What I have learnt about my anxiety is that it was a real response to a real situation and that whatever anyone may say it is better to ask for help. Also it's no use feeling and living as Dr Singh said with despair, hopelessness, helplessness and real fear. I'm better and I understand what to do when I am in distress now.

Dr. Prof. G.B. Singh (PhD) replied

:)

T

Tania (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Being judged is the worst thing that a woman can face. Living with this from my own family I have this thing that I will no longer be desirable and this is an emotional issue which is very difficult to control. The emptiness and anxiety that comes is very difficult to describe and leads to panic and my mind still freezes over. The dreadful thought that something will happen led to a diagnosis of extreme depression. Medicines did help me for a short time. My meeting with Dr Singh has been a radical thinking changeover. Losing the inhibitions that surrounded me has been nice. I think I have been able to open up more. Makes me less tense and fearful now.

G

Geeta (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendlinessValue for money

You can fall in love with someone. Someone can fall in love with you. What do you do when you fall completely that you also start to take the emotional and other abuse.

It's horrible and we needlessly suffer because we are afraid we will lose the person. Exactly what I went through. Then you realise that you don't like it, but the pattern has formed.

It's taken me time but I have gathered the courage and the rest of the courage my doctor has infused in me. I complete half a circle and Dr Singh helps me complete the other half. Thank you

Dr. Prof. G.B. Singh (PhD) replied

Trust in yourself child

J

Jobi Singh (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Dr Prof Gb Singh: We have visited Dr Singh for my son who is a airline pilot and who is not working for the last 3 years due to excessive dependency on alcohol and because of which he has been grounded and was now in serious depression that is drinking habit has become even more serious

The most grateful I am to Dr saying is because my son has been able to build a instant connect with him and is able to connect with him and talk to him which is at least a progress in the entire situation.

I am particularly pleased about the highly advanced test done which is done I read for American pilots to see their stress points and also understand if they have any psychological issues.

We are currently in therapy, and the improvements where my son is able to stop his self pitying have been very helpful. Thank you sir

D

Dev (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendliness

Dr Singh was a completely different experience.

It took two visits to convince him that we were serious. In the first visit I must be honest, I was very vicious with my husband and the doctor actually got up and held the door open quietly and it's so embarrassing as i realised that he was saying thank you and bye bye very politely.

So be prepared to meet someone who can be a bit eccentric.

The sessions have been fabulous and in 3 sittings issues are clearer. For us it worked like a life coach where medical and non medication things were brought up in therapy

Dr. Prof. G.B. Singh (PhD) replied

Being "VICIOUS" is not good.

S

Sonia (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

Prof Singh, I want to write in appreciation for you because coming to you has worked. I will be honest with you, when I heard about you, I had made up my mind that you are stratospheric in your consultations, but I am confident to write that this is not so. Very less in India I have seen such a scientific approach to Psychotherapy and I particularly appreciated at the end how you combined individualised with logic therapy which you mentioned was a combination of Alderian and Franklian.

It did take me 3 sessions to understand what you were doing, but once I understood them I realised that my angst was misdirected and I was projecting and becoming what I did not want to be. I also have to say that your non judgemental attitude on physical issues helped me relax as I felt not judged or under any pressure and it also made my partner understand some issue from a gender basis.

I am grateful Professor and I am glad that we could muster the courage to come to you. regards

Dr. Prof. G.B. Singh (PhD) replied

:)

M

Mary Ann (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issue

I was having this serious panic attack in the aircraft before take off and was hyperventilating, when I felt this reassuring hand on my own. I turned to see this calm looking gentleman sitting with what I later learned was his daughter. I was taken aback by the suddenness, but he asked me to match my breath with his and we did some breathing together and it helped calm me down. Later I learned he was a doctor and on his way for a lecture.

I was surprised, but reassured and felt very safe when he held my hand and took charge to calm me down. Radical but very helpful and most importantly as a lady, I felt safe. We got talking and I got to know he is a Psychologist. It was great meeting him

Mary Ann

Dr. Prof. G.B. Singh (PhD) replied

Appreciate you not wacking me. :)

A

Aahan (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionDoctor friendlinessValue for money

When I came to Dr Singh I expected sessions upon sessions of meetings. Nothing like that happened. I wanted to meet Dr Singh in Dwarka but could not as the next date was available in January 2018.

What I really liked about the meeting was that in the first meeting even though it went on for more than 3 hours the doc did not watch the clock or the billing and rather than all this focused on my issues.

Honestly I was scared of umpteen sessions and that I would be judged but the way it went was refreshing. I truly respect the fact that Dr Singh made every effort to bring the family together rather than highlight the differences. His handling of my mother and elderly father has made a huge impact on our family and how we are coming back together slowly. It's been an experience and a good one

Dr. Prof. G.B. Singh (PhD) replied

Good Morning, a major objective of the practice Aahan, is that we donate about 70 percent of the revenue for Dyslexic and Autistic children through our NGO. Thus not only for you, but for a significant number of our clients, who trust us and make the effort to travel to meet us - we normally have a 'Heart Stop time' of after a certain number of hours as we believe that the major objective is not billing but having clients who go back knowing that options exist whereby there is someone who will genuinely take care of their needs. I think I would expect this from my own doctors and do hope that I am not disillusioned when it is for my own self. I think, what goes around, comes around.

V

Verified Patient

a year ago

Visited For HyperActive

I recommend the doctor

Happy with: Explanation of the health issue  
Treatment satisfaction  
Doctor friendliness  
Value for money  
Wait time

My name is Rajiv Arora and I work in Private sector. Since my financial condition is not good and I was not in position to bear the expenses related to treatment of my child. Being a father it is my utmost responsibility to provide proper treatment to my child, I requested to Dyslexia Association of India to Donate these tests. The Dyslexia Association of India was kind enough to donate tests worth Rs.95,000 to me because my financial condition is bad.and I am extremely grateful to the Association for helping out my family and I hope they continue to do this for other people . The best part of this Association to give quality treatment to patient irrespective considering financial condition of patients. \*\*\*

\*\*\*\*\* \*\* \*\* \*\*\*\*\* \*\* \*\*\*\*\* \*\*\*\*\* \* \*\* \*\*\*\*\* \*\* \*\*\*\*\* \*\* \*\* \*\*

\*\*\*\*\* I am also very thankful to those people who get their children assessed by the dyslexia Association of India because I realized that the money is used them for less unfortunate people like us.

Dr. Prof. G.B. Singh (PhD) replied

Very grateful to you Rajiv for your openness , this feedback requires serious Ba\*\*s. Good luck with your son. Regards

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

When you think of your mental health journey, what comes to mind? What a question. I think when people hear 'rememberer to take care of your mental health' They think that everyone else is and that's not at all accurate, you know. For me I'm trying to learn still to make sure that I stay ok. You know what I'm saying? It doesn't make you weak to ask for help. It doesn't. It doesn't make you weak to ask for a friend to go to a therapist. It shouldn't make you feel weak to ask anyone for help. And you should be able to ask anyone for help. And everyone has to help someone if they need it. You know, starting that conversation- Dr Singh made it so too easy with his relaxed attitude and his voice which is so reassuring that you don't have to make it super serious right away. You can say, 'How you are feeling?' Sometimes you don't even have to say anything to someone for them to know they understand. And they don't have to say anything to you. Sometimes about somebody holding you and telling you. Not even telling you anything that's what I'm saying! Emotionally

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

My parents like to make comparisons between me and other children from other family. When the children of our uncles or aunties have good performance and behaviour, they would praise them in front of us and ask us to learn from them. I dislike being compared by my parents. For example, I was the 2nd in the class during class XI. My mum always compare my results with the student who got the 1st. This make me to develop a character that I always compare with others to evaluate my ability and performance. I always want to be the best. When I failed to do so, I will feel sad. I tend to focus on my weaknesses and I always neglect my strengths. Counselling has been very helpful and through all my talking with Dr Singh I have learned a lot of things about how to manage myself and how to find situations where I can learn how to come out of the depression that I usually go into I'm also very happy that I did not start medication immediately because I have heard about the side-effects and I do not want to take any chance specially where weight gain is concerned. I'm very happy with my services that I have received.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

As a guy people think that we really have it easy and we are always wrong most of the time but let me also also say that mostly we are the ones who also get dumped but I can assure you that , if my thinking was that dumper's us have it easy after therapy I realise that anybody who is doing the dumping or can be called a dumper does not have it easy. I'm not the dumper I am the dumpee. Me and my ex have been in contact recently and we talked over the phone. She was telling me how hard it has been ever since she left. She told me that she still thinks about me and cry's about me. No we're not getting back together because my because my therapy has taught me that I also have something called self worth and that I have to believe in myself and that I'm past it. My point is don't go a day thinking that they're hurting even if they have somebody else in the picture. They will hurt. They will miss you. They will think about you. Does this mean you'll get back together? Absolutely not. It doesn't mean



anything. I'm not posting this to say if you miss someone that it's an automatic get your ex back situation. My point is sometimes depending on circumstance it's best to let go. Stay strong out there for those who are hurting make them regret who they lost. Get up. Get help. One day you'll be okay.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

From when I entered University at Amity and from the 2nd year I wanted something so desperately that I became devastated after many failed attempts to get it. The pattern kept repeating itself no matter how I tried to change it. I have forever longed for acceptance so deeply that I lost interest in life when it didn't happen. I kept trying, but I kept falling in love with boys who couldn't commit. Each time, my boyfriend and I seemed so compatible. I looked forward to every hour spent together. I could envision a life together, and my boyfriend seemed to be on the same track. But one day he would drop the bomb—"It's time to move on." I heard the excuse, "The timing is not right" so many times that I am so tired of it. I'm 27 and 7 years I have spent in a faake world of cigarettes , alcohol thanks to the AT nearby. Prof Singh has worked with me day by day and today I am a Civil Judge I , where I can't share. The power of transformation I can share. My advice to all the girls is to stop looking for value in issues that don't matter and study hard there is much more to life after you do well

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I came across this page looking for help and a better understanding of how to deal with this. I have nobody left really. My heightened anxiety due to my work and the breakdown of my relationship has led to the worrst kind of sadness that anybody can experience. Im battling the worrst pain I've ever felt along with having the loneliness that weights me down. Im not sure how to flip it around and it scares me. I was already diagnosed with severe anxiety and depression and now that i lost my one and

only relationship for the last six years, i feel like I'm stuck in a dark hole. Im 30 years old and have a lot of life ahead of me the only thing is now its harder to see it. I used to be so amused with people who would say that they need therapy or help and today after receiving assistance for my breakdown along with the nurturing that has gone through therapy I just feel so sorry that I haven't been able to understand the being of other people until it fell on me, and I am so grateful for all the help I have received to this end.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issue

I had a very wrong idea about psychoanalysis and proper psychological therapy when I started my sessions. It is now 6 years , and I am speaking to Dr Singh for 6 years every week. For 6 years I have not had any medicine and my chronic anxiety and serious depression is under control. When i first started therapy and talking to him , I used to wonder why dive so deep into my childhood and my day to day emotions. Today I can say that instead to eating anxiolytic medicines I talk to Dr Singh. It is like eating medicine but no chemical is going inside my body. My weight has come down by 20kg naturally and I don't sleep in the morning till 9 or 10 am. My capacity to manage minor issues myself has also increased and so has my resiliency. I have saved on medicine costs in therapy , I have saved my weight and pre diabetes condition , I have not put medicines inside my body and my weekly therapy allows me to analyse every thought rationally. I think if we can find a nice psychologist who can understand us we all must seek correct guidance. What is the use of earning monney and saving all the money when our health only does not stay with us and we can't enjoy our life. We just hoard and leave it for our progeny and don't know how to live life. 6 years of experience and I am so very thankful today

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I've been spiralling with negative thoughts lately. I don't have many friends, and since quitting my 9-5 job and going into private tutoring, the lack of human contact is getting to me. I feel like I'm doing it to myself, and everything seems scary right now. Just going out in public is a challenge of late. I feeling very scared, and lots of anxiety, shaame, and worry. Most things that I used to enjoy are no longer fun. Even my profession isn't feeling fulfilling. My relationship of 5 years has left me with have tonnes of memories and lots off sadness, none of which worked in my new reality, and this brought me into therapy with Dr Singh. It is a lot of hard work but I am now healing and learning a whole new way to live in this world. It's the hardest thing I've ever had to do. But, during this past year I've experienced some stunning synchronicities with Dr Singh. Those moments have encouraged me to look deeper and wider leading me to learn to live. I am literally not the person I was. Now, I am trying to understand who I am and why I'm here. Im much better now.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issueDoctor friendlinessWait timeValue for money

My sister was a perfectly normal girl during the time she was at home and in schooling years. She was married off at 23 as most girls in Nepal are who are from good familes. It is then the problems started and she went into depression with the type of treatment she received overall. She became queit and also she began to cry easily. She would be okay when she came home but would cry when she had to go home. It was not nice that her husband would like to drink every night and lose control of everything. When the medicines became too much we came to delhi to AIIMS and from there, we were thinking what to do when one of the staff nurses told us that she brings her child to Dr Singh and why done we meet him.

For 5 months we have been in touch with Dr Singh and my sister is not taking any medicines now. She still feels sad, but the medicines and the horrible behavior has stopped. The trust and faith the doctor was able to build with her was really great and fantastic. Just by talking to her using different methods he was able to build her self confidence and bring her back from her very difficult life situation for which we are very thankful to sir.

Sailesh Singh

Dr. Prof. G.B. Singh (PhD) replied

Good Evening, It's very humbling. Thank you

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueValue for moneyTreatment satisfactionWait time

Diagnosed with Depression

Making an appointment and visiting Dr Singh was probably the single most powerful thing that I managed to do after being diagnosed as having depression by my doctor.

For the entire 3 hours that I spent with him I learnt and discovered a newfound sense of possibilities which I felt had plunged hopelessly after my diagnosis.

The conversation as well as the assessment process was transformational , exciting and quiet disruptive also in a way because I learnt new things about myself and they did shake me up a bit. t

Talking with him got me thinking about new ways to scale my own problems and grow out of them and to move on to new directions.

A significant part of coming to him has being that I have been able to look at what I have been going through quite objectively and instead of getting onto medicines immediately I am now considering the options that have been placed before me and this itself is a big issue because I did not want to start taking medication unnecessarily and wanted to understand what therapy as a process was all about. Many thanks sir.

V

Verified Patient

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Treatment satisfaction

Dear Prof. Singh. it is now 3 months and i want to thank you from the bottom of my heart. Life at home is much more balanced, and my In Laws are not speaking about the same subject again and again. Navneet also is clear about how to deal with them, and much more than that, I can see that the parents are careful about not using verbally incorrect language. The manner in which the food used to be made specially for him has decreased a lot, and even Navneet has telling the parents to offer it to me first. There is some change in Navneet's behavior also, and he has started coming home on time. He tries not to drink before coming home and has started to teach our daughter whenever he can. if it was not for our visit to you i don't know if i would have been even around anymore. The helplessness of being trapped with two daughters was not what I thought marriage would be, specially after knowing each other for so many years before also. I am very tired Doctor and you have been like a doctor and father all in one to us. but most of all I am grateful for your help in removing the constant worry and helplessness i felt in my marriage to Navneet. The worry that he will leave me and what I will do is about better. The constant anxiety from morning to evening fearing what the parents will say next is also better. i am using the things you taught us to communicate and is has helped a lot. At least I am less stressed.

V

Verified Patient

6 years ago

Visited For Anxiety And Depression

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

Unfortunately I was one of the 500 who lost her medical seat last week due to a government ruling. The Extreme anxiety I went through could not allow me to sleep or even eat my food. It was like my whole world had collapsed. and all i could think was what will my parents and my father say.

i must have decided to do something very bad to myself when i realized i must find someone to help me. I had to be strong but did not know how to be strong when i was crying all the time and vomiting my food every time i tried to eat.

Visiting Dr singh was like walking in a desert and finding water. if i ever become a doctor i have promised to follow dr singhs example of dedication. It took me 2 hours to calm down and i knew i was with the perfect doctor. it is not about listening to a patient. the scientific way in which he approached my problem was so intense and logical that i had no questions after his analysis. the things i had thought to do when my seat was taken away began to fade in my interaction with him. i cant stop the sudden anxiety that comes to me , but the coping strategies i have learnt have helped me a lot. my father has also met dr singh and he is also relieved that i did not do anything silly.

thanks to sir, i have started to regain my courage to study again and make my parents proud. I am also thankful to my god that i did not start to eat medicines but found a counsellor who turned out to be a correct choice in this world where i did not know where to go. Puja

V

Verified Patient

7 years ago

I recommend the doctor

we went to the NIMH Bangalore on the 13/12/12 then on the 17/9/2014 and then to VIMHANS in Aug 2015 and Fortis on 31/5/16. All the assessments we got done did not give us any answers. Someone said our sons IQ is 70 some said his IQ is 80 and all Diagnosis were different. Finally we came to Prof Singh at the Dyslexia Association of India and what a shock we got. Our sons IQ was not only good it was about 124 and the problem was completely different. After running from pillar to post we finally found relief and with the help of God we are now in good hands. The relief and satisfaction of knowing what to do can not be greater than anything in this world. Now that we are in capable hands I am thankful to God for guiding me to the correct place and the correct person who is helping our child. My wife and I wish we were aware a bit earlier and as thanks be God that we know what to do now. We are very grateful to Prof Singh and his dedication to help people who come to him. Our heartfelt thanks.

V

Verified Patient

7 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

My cousin(5th grade) has been battling with the reading and writing difficulties since she was in 2nd grade. Earlier we thought may be she is little weak and is not concentrating deliberately(it is obvious not all kids are fond of studies). But when she reached 3rd grade those problems only worsen. She failed in 3rd grade. I am a Biology student. So, I was aware of dyslexia and was suspecting the same in her. I told her parents to consult a specialist. They basically ignored her symptoms for 2 years. This year only we visited Professor G.B Singh. After having proper discussion for about 4 hours followed by proper diagnostic approaches by Prof. G.B. Singh on the same day, we got to know that my cousin is severely dyslexic. Now we know what we are fighting with and how we can help our kid with her academics. It is my request to all parents out there that please talk with your kids and try to understand their problems if they are not performing well in academics. If you suspect even a single element of dyslexia then it is better to seek professional help in such matters because the earlier the diagnosis then faster would be the recovery.

V

Verified Patient

7 years ago

I recommend the doctor

I would like to say that many people don't realise how much you CAN help your child if they are lagging in academics or not fitting in school or at home as other children do, as there is most likely much more going on than what the teachers or other people are able to understand. Getting an evaluation of your child by Prof. G.B. Singh is the first step which I can say you won't regret.

Not only is Prof. G.B. Singh able to ascertain and get to the root of many problems by talking to both parent and child but he is also certified to issue all of the latest psycho-educational tests which can help prove or further expand his analysis. As a parent you will feel a great sense of relief that you have found someone with such knowledge and experience who will help you find each and every solution there is available to help your child in a holistic way.

I have travelled from Ajmer to The Dyslexia Association of India clinic to meet Prof. G.B. Singh several times in the last year and

the support I have received there for myself as a parent and for my child has been exemplary and I encourage anyone with any doubts to just have a consultation as soon as possible. Not to mention that his reading improved in leaps and bounds after taking supplements .

V

Verified Patient

7 years ago

I recommend the doctor

Depression due to Abusive Marriage

When I met Ankit , I was in a very toxic and rather abusive relationship with a man which eroded much of my confidence and self image. Dr Singh helped me to see how many events in my life had brought me to that place, as well as allowing me to discover a much stronger, confident and self-loving person within myself.

I have been fortunate to be guided by him for several years now and he has helped me become the best ME I can. Prof Singh always senses when I may be stumbling on my path of growth, weighed down

by self-imposed negativity, and offers kind and gentle insights that are beacons of light in one's dark thoughts. he always knows exactly the right questions to ask, or offer the tools I need, so that I may see the positive steps that I need to take, which are often before me.

No matter how I may have felt upon entering his clinic I ALWAYS feel ten times better when I leave.

I truly feel that so much of the success in my personal and business life has come from his helping me to see and realize the greatness of who I am. I could never thank him enough.

Kiran

Parsnath Exotica, Gurgaon, Haryana

V

Verified Patient

7 years ago

I recommend the doctor

Visited as I was constantly sad and loniness

I thought I was having low self esteem issues, depression and self destructive thoughts. When I went to meet the doctor I realised that the knowledge that one can be abused as a child started with a tiny feeling. I always felt we had left our Joint family it was for family problems. But now I realise that at 41 that it was not that simple. I have lived with depression and low self esteem for years, and always thought I was not good enough. I realise now that in our country we repress our daughters from telling the truth. But if we don't tell the truth or learn the truth, how will we ever get better?. If we hide whats happens behind closed doors how can we move on. Thank you doc. for everything. For listening patiently, for guiding me to open up and for my own realisation that what had happened in the past to me and why the anxiety, the sadness and the loneliness were making life miserable. Thank you for giving me back my life doc. Just keep up your work. God is watching

V

Verified Patient

7 years ago

I recommend the doctor

Visited for Son's Dyslexia and Autism



My son had a pattern recognition and sequencing issue for which I sought consultation from Dr Singh . I think his ability to diagnose the issue and explain the same to us along with its implications for other facets of his life I. E social academic and interpersonal was remarkable . His approach to treatment was extremely scientific and systemic and all encompassing including family school and social circle of the child in order to ensure that the treatments had a long lasting and sustainable improvement in his condition .

As a parent, I do feel assured and confident that my son is well on his path to recovery very soon. Dr. Singh is a very capable professional and brings very valuable insights into his observations and line of treatment which are very helpful to the child and the parents . I can already see improvements in my son and hopefully with more inputs and treatment ..He will recover from his condition substantially.

I strongly recommend Dr. Singh to all parents whose kids suffer from cognitive issues . His unique approach to diagnosis , treatment and parental involvement as effective and sustainable from outcomes perspective. Five stars to this doctor.

V

Verified Patient

5 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I can't feel my body, I feel so numb , were my first words. When there is an assault to the mind in any way you must must heal this space and this is what he did. I'm not jumping with happiness but I am grounded and connected. I landed a new job and I never expected what more. There so much I owe you doc.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueValue for moneyDoctor friendliness

My husband and me started therapy about 1 year ago and then give it up after 2 weeks because there was internal fight in the house whether it would help us or not. Then six months ago we came back to Dr Singh and we have been in continuous therapy since then on a weekly basis this is what I have to say we came fighting and literally clawing at each others neck, and we have now reached a stage as a family. we were totally a dysfunctional family and today we are a functional family because of the persistence with which Dr Singh has helped both of us understand the flaws in our thinking. I used to be of the opinion that all marriages have the same flaws and all marriages have the same reasons for fighting and becoming dysfunctional, but after going through psychological therapy I realise that no two fights are the same and that every issue has a different cause I would highly recommend to a lot of families that they should seek preventive help rather than reach a stage where they completely cannot talk to each other the way we did . I really wish we had stayed in therapy about a year ago but at the same time I am happy that we came back , and we persisted and today we have a much better understanding of day-to-day life , coming from two completely different background and two completely different family value systems. Thank you

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My name is Bimal and I am a 24-year-old college student doing my MA in Economics . I called Dr Singh to discuss my feelings of anxiety and whether there is anything that can help me , calm my nerves, I have become used to getting anxious in certain situations, but that it is starting to affect all areas of my life. I dont even have a friend who is a girl because 1 get too freaked out to ask anyone on a date. My anxiety was starting to affect my grades because I get so nervous during exams that I break into a cold sweat and cannot concentrate. Dr Singh has helped me like a father to control my anxiety and where I felt there is no hope, I have learnt how to , sit think and cope. I see Young people of my age all around me completely confused or alternately they are studying very hard and some of them are just avoiding facing the truth some of them are so well to do that I have guided a few of my friends that rather than spend their money on smoking up they should be talking to Dr Singh, and understanding different perspectives of life or the questions that may come up which worried them. Of course I cannot change their thinking, but I know how much these sessions have changed my thinking and I am extremely thankful for the effort that has been put in by Dr Singh for me. Even my Father did not come so emotionally close to me as he has. I have found a rock solid foundation for life.

Dr. Prof. G.B. Singh (PhD) replied

Thank you Bhaskar. It is our considered opinion that from college itself if you are facing any mental health related issues you must not hesitate to find help wherever you are in the country and to whomsoever you may want to go, the reason is that if you find a very good psychologist over a period of time he can guide you very correctly where you can even discuss the decisions you are about to take and get a impartial as well as an objective view keeping in mind your specific nature and personality

as it has evolved , as well as the kind of worldview the therapist may have and this can serve as a substantial scaffolding for you so that you do not decompensate into such a situation where the only options left are psychotropic medications. For your friends also , they should invest in finding a very good therapist to guide them in moments of stress

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionValue for money

We always thought that a long-term relationship meets needs for self-esteem as well as for attachment. Both of us my wife and I were so closely knit that our identity and the most important sources of self-esteem was the sense of being desirable as a romantic partner. My friends started to pump up my wife saying that she was a good catch as she possessed everything a person wanted. A desirable romantic partner who is committed to a long-term, sexually exclusive relationship and appears happy in the relationship. Then came the shock of Infidelity as our respective personality styles, in interaction with each other began to become violent and hateful. I think it brought out the worst in me as I felt I am not responsible for her behaviour or for her constant need for validation. The way I related to my wife eventually brought out the worst tendencies in her also. I was in no way ready for therapy and reconciliation and it took time to come around to it. Today we have healed, but the images are difficult to forgive and forget. But I am content that I decided to give my marriage a chance again and both of us were able to find each other again. I admit I may also have ignoring her while working to rise the corporate ladder, and never thought about her feelings. For what it is worth I am grateful that dr singh did not let my marriage break and worked with us tirelessly over the last 8 months to bind the families together. Which I now realise is for the best.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I think that now in 2021 we women need to address our sexual problems so that they can be conceptualised in the same way as men's. Men have their viagra , which addresses their so called sexual dysfunction. No one is ready to assess the prevalence of distress we face in sexuality or examine the predictors of such distress, including aspects of our sexual experience, as well as other aspects of our current situation. Dr singh has been very different. He understood that predictors of sexual distress were markers of lack of general emotional well-being and emotional relationship with our partner's during sexual activity. I believe that we need to ask what we desire so that desire difficulty which is the

most common sexual difficulty experienced by us can be understood by our partner's. The majority of difficulties for me last for about 6 months, up to a third persist for more than 6 months. Sexual difficulties do not always cause distress, the distress comes from the lack of understanding in my partner and husband about what I want. I want love and not a roll in the hay when he is of the mood. I am very glad that I could muster the courage to approach and address the issue and that working together with our therapist has brought about each and every suppressed emotions and thoughts to the fore and exposed the normal life emotion's which generations of our parents have kept quietly hidden.

V

Verified Patient

2 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Treatment satisfaction

My husband and I got our therapy done with Prof. G.B.Singh and it helped us tremendously. \*\* \*\* \*  
\*\*\*\* \*\*\*\*\* experienced therapist. I felt more calm, relaxed and sorted after the sessions with him over a year. My marriage is in a much better space after the therapy. My husband was having an affair with his colleague and we have very young children. My husband and I both intended to make our relationship work. Prof. Singh helped us work through this hellish period. He made us both more resilient and tenacious in tackling the situation. He helped us better handle our emotions through systematic approach. He made time to work through our relationship which was almost over. I think we would have divorced if it was not for Prof. Singh. He guided us to the right path and enabled us to be more empathetic and passionate. He helped my husband to introspect which in turn helped him prioritize his family over other things including work and his extramarital affair. My husband started questioning the basis of his relationship with the other woman. Prof. Singh helped me stay focused on my mental well being. I was in deep depression but with his help and my husband's support I could overcome it. Today I can say, my mental state is much more stable. I feel my marriage is happier and children will have a safe childhood and future. A big thanks to Prof. Singh for his timely help. I cannot thank him enough for helping us though our most difficult times

Dr. Prof. G.B. Singh (PhD) replied

You know M, I value your feedback. What I value your feedback is that at one point of time your husband actually took a dislike for me because of the questions I was asking and the uncomfortableness was feeling But , you stood like a rock and you believed in me it took you 5000 kilometres to travel with your husband to meet me although it was your vacation you could have easily terminated your vacation early and gone back home. I really appreciate your strength I appreciate your character and most of all I appreciate the fact that you did not give up on the marriage and that you were able to expand your Horizons to such an extent that you have evolved far beyond what normal

people can. I don't know if I am a favourite with your husband, because if you remember there were many times he did not want to talk to Me but maybe someday when both of you are old and sitting quietly in the wonderful country you live in over a much required drink you may look back and think that you both took the correct decision but I have to put it to you you actually have handle yourself like a woman of substance and I want your husband to value that. Regards

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

The gradual talks have helped me understand the the dilemma of modern individuals and Dr Singh described very gentle and calmly the each point and how to just walk on the way to the conquest of the problem of anxiety. At 14 I had already become a wild child when I moved to Delhi and Carmel, and just wanted to have fun. I never new fun would be a toxic relationship, with the guy stalking me every second. Monitoring every call, screaming at me when I spoke to other boys. I even have called up friends and told them they are my brothers under extreme threat.I was going to college, bunking classes, getting high, making out all the way and coming home and being woken up ay 12 am by this crazy guy. I stopped going to college for 2 months and for 1 years singh June I stopped studying. Chronically lonely, socially withdrawn total lack of trust in self and others, were normal life, My loneliness has also been associated with depression, hostility, pessimism, social withdrawal, alienation, shyness.

I had read that one close friend or romantic partner may be sufficient to buffer those at risk for loneliness. This was my biggest mistake and I would urge other girls not to fall for as it is very difficult to come out the mouse traap. How Dr Singh has helped me every week for the last 9 months I know and my Advise is that rather than suffering we must seek help especially if it is available and that also from a mature person .

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

My wife was diagnosed with schizophrenia eight years ago before we met Prof Singh. The two clicked instantly. Meeting Prof GB came at the right time for me as I was thinking about what I was going to do next and feeling a bit lost. Our session's have really helped me a lot. When my relationship with my

family was going badly, I found it very hard to adjust to my wife. Before I started the session's I was scared to be alone with my wife and honestly would work late. Every call with a agitated voice from her and I'd start to feel anxious and worry that it was the precursor to another breakdown. Now I can spend lots of time with her. My wife is much more comfortable in her own skin and know what to do if she feel's the old anxiety coming back. She feel's stronger than she used to. Our relationship has had a positive effect on my work too, now I have a better approach. I feel very good about life now. I feel I know that I can have the life I want and we have got lots of plans. The eye opener was the test with hundreds of question's which Prof Singh gave my wife and he gave me one also and complimentary from his side. We used that diagnosis to go to our doctor and request a reevaluation of the medicines. We are now down to just 20Mg of One Medicine from the so many medicines. We will be following up with the sessions until we find peace in our relationship, as that was totally missing. We are close also now after 9 years. Very happy and thankful.

Dr. Prof. G.B. Singh (PhD) replied

Sir, it was your openness and your wife's education standards that turned the situation around. We were just a catalyst. The actual credit goes to your wife. And my advise is to genuinely respect her for her commitment to your family as well as her belief that if you are making an effort she will match your effort step by step. Regards

V

Verified Patient

2 years ago

Visited For Career CounsellingAnxiety Disorder CounsellingStressProfessional Development

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I live in the US and was not sure how to find a great therapist in India for my brother. I read great reviews about Dr. Prof. G.B. Singh online and decided to reach out to him. Because of Covid, we started virtual sessions with him instead of in-person, but that actually turned out to be great because it removed the friction of my brother having to travel and wait to get help. Virtual sessions also helped my brother keep his conversations private by him not having to rely on any family members to travel with him. He has been a tremendous support to my brother - he's non-judgemental, patient and very insightful. Several times he decided to extend my brother's sessions to make sure he's understanding the root cause of his issues. He has helped my brother with several topics including building solid relationships, managing anxiety, improving self esteem, tackling procrastination, building a career plan and most importantly developing self confidence. In the US, a therapist of his prestige and talent would easily charge \$300-\$500 per session. We are fortunate to have found him and my brother is finding a way to build a great life for himself through his interactions with Dr. Singh. Highly recommend him to anyone who is looking for a world class therapist.

Dr. Prof. G.B. Singh (PhD) replied

I really want to express my gratitude to your kindness , but honestly I don't know what to write or say. It's very overwhelming and humbling at the same time. Regards

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Sir, I am writing to say thank you and also to apologize to you. you may not remember but about four years ago I had come back from my University in US, I had suffered a very severe and debilitating bout of anxiousness and depression and my parents had got me to you, rather my mother had got me to you to be more specific.

you had helped me come out of the anxiety attacks as well as guide me on what I should be doing in my life. I had at that time mentioned to you about the estrangement that I had with my father, and which unfortunately still continue's still today and had sought your assistance on every matter. I remember how one day I had called you and said that all fathers are the same and was very rude. I am calling to express my deepest regret because you helped me all through the way and even when I discontinued therapy in the most abrupt and rude wag. You never turned away from me and always were there to help me and guide me. I am now well settled because as per your guidance I have not gone back and now I am in a profession of my choice. and I would like to thank you for guiding me so correctly at a time when I was so confused. Regards

Counselling for anxiety and worry

Dr. Prof. G.B. Singh (PhD) replied

Good Morning , You are always welcome child. We as parents should be there for our children at all times and you are welcome. Trust us we are very glad that you found your true calling. Academia is a high-pressure environment with too many people competing for limited resources and where performance is measured against extremely high standards. To be an academic – even a successful one – is to live with regular rejection from reviewers, journal editors, promotion committees and grant funding panels. The continual cycle of trying one's best, being rejected in highly competitive circumstances and then mustering the strength to try once more is draining. Just be happy.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

As I live in an Island State in South East Asia , it was natural that when I was looking for a therapist that I came to to prof Singh.

After having lost my child in in the hospital for the second time I was not able to carry the grief that was inside me and whenever I spoke about it to my family I would always be reassured that it was fated to be so and I must accept it and move on. I am ready to move on but it it bothers me that nobody understood that it can be in medical condition which is affecting and traumatizing me so deeply that I need answers as to why I and what happened and what was my fault in the tragedy where I lost my own child before birth. Talking and going through my past childhood and up to the stage where I am today thoroughly helped me and has also to very large extent made me understand medically what happened and one thing for sure helped is that I know now that it is not my fault and that it was not fated but there were certain circumstances that led up to this condition and what I can do to help myself mentally. I found no scepticism in Prof Singh, no rejection of emotions , and he has helped me form a very strong therapeutic bond with my husband , me and him where I can reach out to him once I go back home also.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Okay, it is taking me a lot of guts to say this but spouse abuse exists. It is almost impossible to provide a single definition of spouse abuse that would be from all theoretical perspectives. You can use many definitions for different settings. Most definitions share some reference to physical, psychological and sexual damage. Let me emphasise that abuse can take more than one form. Of importance, in addition to physical, sexual and psychological aggression or abuse, controlling behaviours were prevalent in my marriage . The controlling behaviours were often subtle, for example he used to fall back on acts such as sulking, withholding affection, jealous and possessive behaviours and financial control. Let me tell you controlling behaviours do not diminish over time. I should have much earlier to Mr. Singh , before they had become a constant. I have regained some of my self esteem and self worth but the affects of the controlling behaviours I went through have been very damaging much more than the physical aggression, I faced. One thing I learnt, pay peanuts get peanuts, and we need a change in attitude to psychological problems. I didn't need tabs to make me feel sleepy and slow me down. The problem was not mine. It was his. And thank you for your support Mr. Singh, and I will follow the therapy on a weekly basis voluntarily.



Dr. Prof. G.B. Singh (PhD) replied

Domestic violence of any form is deplorable. There is no excuse for this and no individual should put up with it. You have been brave enough to pen it down, the reality is calls come from different cities as a lot of women prefer the anonymity of not exposing themselves in their home towns as there is fear of stigma attached to seeking help. Even the very well off try to ignore it, thinking that it will bring shame to the family. The reality is that nothing could be far from the truth. Seeking intervention and help to resolve issues as quickly as possible after marriage is much more important than keeping quiet and suffering, and eventually the relationship going completely sour around the ages of 38 to 44. It has definitely taken a lot of courage for you to share what you have gone through because I know your condition when you came to us but at the same time I can say that every woman would be proud of you for having the courage to seek intervention to put a stop to this degrading humiliation. Also, I just cannot wrap my head around the fact that most people can love their daughters and their sons but not be respectful and kind to the mother who has borne the children for nine months and then taken care of them and still takes care of them even when they are 40 years old. We still see a great deal of hypocrisy where people say one thing and actually the intention is something else. I also have seen that it is very important to seek professional help rather than talk about it to your extended family and your friends because even their well meaning advice is going to be clouded by their judgement based on what you are sharing with them. Wherever you go where you stay seek out professional help and also remember that it normally a psychologist can be an advisor for a lifetime and can help you in situations of difficulty by being a guide or a sounding board where you will get an objective analysis of your concerns rather than guilt loaded emotional responses, which will only complicate the marriage further. The question then is it worth going through the pain and agony on a daily basis or is it better to seek help with complete confidentiality for your concerns because no lady should be treated in a undignified manner. Honestly it confounds me down to see wife's telling me that your husband is a good man and it is only when he is under stress that he becomes an abuser. My question is that is it not when a man is under stress that his character stands out? One issue that does make sense to me however is that when people call from a different city I have seen that it does make a difference because they feel that no one will come to know about their situation and that everything is so confidential that they will not be exposed to social humiliation.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction Value for money

My Husband's negative thinking has increased the vulnerability of depression in both our daughters. Both My daughters developed such a perception Of worthlessness that they have begun to respond to every Stressful situation with temper tantrums and fighting without Any cause with me specially. The quality of relationship I would Have liked ideally to develop between my daughters and us as parents has been impossible to achieve. I can see the Self esteem falling in them, and that is when I decided I had to do something, or we all as a family will suffer. Things are Changing so rapidly that I was worried that eventually We would require a higher pressure to adapt our activities and day to day life and how would I manage this all on my own. Our Family has seen extreme difficulty and financial hardships,

And this has possibly undermined our ability to fulfil the role we should have played to be the father or mother For our daughters. It is my core belief that we have to do everything we can even if pinches our pockets to help the children we have not to fail in their lives. The correct guidance and mentorship, the best advise is what I wanted for them. Sir, has been of great help. Many time he gave so much time to my children and all with me sitting

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I am a husband to a successful woman and infidelity, contrary to what most people assume, is neither rare nor exclusively a male behaviour.

I have had to confront and deal with the aftermath of my wife's extramarital affair and it seems Infidelity has become an equal opportunity sphere. I ma seeing in my own house Internet affair posing one of the biggest threats to my own marriage. I managed to find help and we have survived the extramarital affair because Prof singh constructively managed to ensure we were able to address the affair by facing it. This Internet, has changed the definition of affairs or infidelity and this has become more elusive and complex. I think Infidelity is essentially disloyalty as well as unfaithfulness to a spouse in what is supposed to be a sexually exclusive relationship.

I am still trying to understand what was my wife's emotional deficit, personality, addiction or phase of life issues. It is tough , but we are sure getting regular help and we are in a manner relieved as we can connect on the video through the internet which has helped me deal with my shme and let her speak openly. Thank you for being our healer sir.

Dr. Prof. G.B. Singh (PhD) replied

It is normal to feel a sense of betrayal, violation, despair, hopelessness, rage, anger, revenge, fear, distrust and depression. This is an unwelcome event and emotions can be terrible and complex. What we discussed with you both about shattered assumptions including obsessively pondering details of the happening and continuously watching for further signs of betrayal and physiological flashbacks we agreed that these will need to be left behind. Dont grieve for the lost dreams, and help your spouse not experience fear of losing important or meaningful relationships and the emotions of anguish over the loss of the relationship. Your relationship is not lost. You hit a breaker and and hit your head on the roof of your car. Sometimes it can be helpful to keep our relationships so intertwined as I mentioned to you so that at least one of you can see the speed breaker as you hurtle down the highway of life.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

The lockdown has been very stressful. As my own parents' divorce ingrained in me the beliefs that love is conditional, marriage is a gamble and I have no control over the final outcome, being locked up with these beliefs led to fear. Fear of conflict. Fear of failure. Fear of pain. When I spoke to my Dr. Dr Singh, he told me, that my love would be the most painful thing I will ever experience. But that I would be able to endure the pain and find a way through. I also gets upset over my mother-in-law's statements about how my husband works much too hard. My question was , is it normal to want to be accepted by your in-laws. But feeling that I need to be accepted brought me complications, causing me to be uncomfortable and unnatural around them. One thing dr singh has done is decipher and calm me down very nicely. Its a rappot. I don't know how, but when ever I speak to him this rappot always helps and guides me not to kick someone at home but calm down and save my own health.

Dr. Prof. G.B. Singh (PhD) replied

Son , when I say love will be painful , it means much as we desire perfection from our wife or husband, you sometimes have to release the grip in this tug of war, as otherwise it will only damage your family and this will have an impact on your children as they witness the conflict. There is no losing or winning in a marriage. And neither does dropping the rope in this senseless tug of war indicate you are a loser. I'm grateful for your expression of trust in me , but I would say one thing. Your husband is showing his love for you by respecting your parents and you are showing to your husband when you are honouring his parents

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Raising children is hard, and any parent who says differently is lying. Parenting has been so emotionally and intellectually draining for me and it has required professional sacrifice and serious financial burden, that I had not factored in. This is the reason I wish to thank Prof GB as he has helped me and ensured my reluctant better half does not allow me to experience depression. My Dyslexic child has been correctly assessed and with the correct diagnoses he has been given exemption from the second language with some additional time for his exams. This reduced stress has also improved our family life a lot bringing peace to otherwise tense evenings. I was reluctant to come to a Psychologist as family and friends questioned me about being crzy, however I am glad because our kid would have continued to grow as a rowdy and foul mouthed youngster, with the peer group at school. Already we has caught

him watching terrible things on the Internet and were very agitated. Prof Singh worked with us and our son very patiently and took a keen personal interest in his wellbeing.

V

Verified Patient

3 years ago

I recommend the doctor

This assessment of our child is the first real bump we have felt where I as a mother have felt that I did something that wasn't exactly what should have been done for my children. I came to the charity event thinking - let me see what this is all about. I have been ignoring the pleas of my child when he used to say that he was finding it difficult to remember and that whatever he tried to read he would forget and not be able to remember it the next day. I believed that work hard and leave the rest to god. The truth is we ignore the pleas of our children and make mistakes of ignoring them , until they grow up and start to fail or get less marks in the school.

I feel very traumatized, and realize how can I be a nice mother if I keep failing my own children who I have given birth to in this world. I am the worst mother for ignoring my son's pleas for help saying he does not understand and I saying just try harder. My darkness of having less knowledge is lifted but it has also shattered my heart to learn I could have done so much much earlier and helped him earlier and in a better way. You have opened my eyes Prof Singh

V

Verified Patient

3 years ago

I recommend the doctor

I turned 32 this year and my wife and I had reached a situation where we felt this relationship thing suks. I used to live with a best is yet to come approach, but when I met prof singh singh I felt I missed the loss of my younger self. The thought that I was really not loved in a way I wanted to be was very soul crushing. My self-confidence very low, and I felt that the best, most vibrant years of my life were wasted in pleasing people. That I apparently lived an illusion was something that was really troubling me. My meetings with sir have led to my relationship with my parents and sister and specially my father to grow strong. This has helped me connect to my parents and I feel much better and stronger with this connect.

I came to prof singh as I had reached a point that I saw no real value in marriage now, as there were so many painful fights and arguments. The history, the intimacies I have shared, collected, created with my wife are so deep, I wondered if I could ever love again as I felt my innocence was gone. I don't regret my marriage but it is very wrong that I was insulted and verbally shunned regularly by her and my father in law specially. I was scared of living alone when I came and I felt no woman would like or

love me as I would be judged. Prof Singh has really helped us all and although I know now I can live independently, I still want to share my life with my wife and not another woman. He has been a pillar for me.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

I have faced disapproval and disbelief from friends and family and this feels quite disheartening. This is particularly true when you know about your own child and the facts about learning and attention issues and the other person may not. I have delayed having my son checked for fear of what we will discover. My advice to parents is when faced with comments like these, take a deep breath and try not to be defensive. Learning and attention issues and Dyslexia may not have been discussed very and there may also be an element of denial. Don't feel guilty for not recognizing that one of your kids is struggling with learning and attention issues. Sometimes blaming your parenting skills is just easier than trying to understand.

Move forward in a way that will be helpful for your child. Also you should be clear that with the right kinds of help, your child can be happy and successful. Take positive steps and don't give up. I regret not doing this early and coming to Dr Singh so late. He has been a tremendous source of help for me.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

For years now, my family has been complaining that I've changed. They say I've become negative, cynical, and irritable. I felt terrible, because I thought I'd become a different person than I used to be. Only when I scheduled an appointment I realize now that it's burnout. Coming to meet a psychologist was a precious moment of my entire life. I will never forget the courage I had to muster up.

From a person who used to be happy, motivated, friendly, and engaging to become withdrawn, canky, and disengaged from family and work I have learnt is a result of prolonged work stress and the resulting frustration. Everything for me had started to feel like a burden. I found myself

snapping at people from time to time, more and more, though it seemed in the moment that I was being efficient in my work. It happened so gradually that I didn't even notice it. Everyone else did.

I delayed getting help. I thought how can talking help me but now I encourage everyone who says they are finding any happiness in life to seek help and support as a lot of things like burnout and depression may overlap.

With correct guidance and help, good self-care and if possible good guidance from your Dr I think we can find our way back to being yourself again.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Ashutosh my son and a class XII , had a serious problem with tests. He did his homework. He even helped other students. But when he walked into a test, his mind went blank. All those tuition, readings, and practice problems vanished from his mind. He would start to worry. As the clock ticked on, his anxiety increased. He would finally force himself to focus, get through some of the problems, and end up with a mediocre score. Eventually we concluded what seemed to be obvious: Ashutosh is not very good at tests. We came to the Dyslexia Association of India for a comprehensive analysis and were guided by Dr Singh about how blanking out on tests is a classic sign of test anxiety. Dr Singh worked with us and he learned to stay calm before tests, make better guesses about what would be on them, and study more effectively. During tests, he was able to focus more easily. Unexpected questions didn't throw him off because he had a plan. The blank-mind problem faded and his scores improved. We would like to thank the DAI for its help and support.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

Thank you. I have told you that countless times, but no matter how many times I repeat that phrase, it won't feel like enough, it may sound like an exaggeration to some, but you'll know it's true as you have spent countless hours to save our lives. You've endured the us and I know it wasn't always easy;

I wasn't always easy. When we met I rebelled against even a tiny hint of a suggestion of how to handle things. I challenged you every chance I got. You didn't give up. You and the view of the Mall of India from your window have been a constant in my life when others disappeared, didn't have the patience, gave up, or moved on. You listened when I could barely speak because tears were running too fast down my face and panic had taken my breath away. You listened when I was sad, and angry, and confused. You listened while I cried desperate for relief, from physical pain to emotional pain and trauma. Time and time again you always listened to whatever it was I had to say. You sat with me as I outlined the traumatic events of my past that I had never managed to speak aloud. You sat and sorted through the messes in my mind from years of denial, lies, and hurt. You listened and stayed strong because you knew in those moments it took every ounce of strength I had to go back and recount the memories.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

I was 18 years old when I began my relationship with my moody, abusive, violent boyfriend – he was four years older than me and was controlling and possessive. I was a young senseless 18-year-old girl who thought she was in love. I thought everything was great at first until he started the abuse. I thought it was my fault, so I made up excuses for his actions, but no-one deserves to be treated the way he treated me. I think I really thought he loved me. I think the private university that I attend also contributed to the situation. The free flow of alcohol and everyone thinking they are so great I realize was a fog we had in front of my eyes. Before my abusive relationship many people described me as a very fit and healthy beautiful young girl in control of my own life. I was pretty smart although I couldn't see that staying in the relationship could put me in a mental turmoil and fear. I thought I was just living life to the fullest – not to know that really I was running myself. Despite the horrific emotional madness inflicted on me, with support from Dr Singh and a bit of strength and determination I am gaining new skills all the time and have plans for the future. I always try to keep moving forward, and with the help of my family and Dr Singh, I've been able to build my routine though it hasn't been easy by any means.

V

Verified Patient

4 years ago

Visited For Counselling for Depression & Anxiety Stress Remedial and Psychotherapy Anxiety Disorder Counselling

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I have suffered from anxiety attacks, aggression issues and self-harming tendencies for as long as I can remember. And, I had been to a couple of psychiatrists before my mother told me about Dr. G.B. Singh. (My previous visits to the numerous psychiatrists were all in vain, as I was simply prescribed some medicines, which I was never keen on taking.) I literally had nothing on my mind when I went to see him for the first time. But after talking to him for just a few minutes I found him so comforting and non-judgmental. He is so soft spoken, empathetic, kind, and compassionate. After only a few sessions with him, I (and my family) could see the change in my behavior. I'm a much calmer person now. I'm in a better place.

It's going to be almost year since my first session, and I still visit him regularly. I won't be hesitant to say that I trust him with my life. He's my guardian angel. If I feel like I'm losing it, I know who I can trust for helping me through it.

Dr. Prof. G.B. Singh (PhD) replied

Very , in fact extremely gracious of you Very Generous and I an extremely grateful to you

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

Wanted to thank you Dr for your help in our issues. For me I was not able to focus and could not get over thinking about the past and what I want to do for the present. My entire life was on the point and I was always sweating whether I will be asked to leave my job or not. If you ask I can explain about the meaning of time running away and with it my job and my relationship. Before I calmed down, I could not take a stand and was running from relationships and my responsibility. Now also I ask myself what will I get out of doing anything and if slogging it out is worth it. One thing I am sure now is that I can handle how to not compare myself with others. The other is that Dr Singh has helped a lot in bringing my relationship to its balance and calmed me down a lot. I'm in my mid-30s, and my partner is in his 40s. We've been together for 13 years. We've been through good times and bad times, but have had difficulty to overcome them all and were near about getting divorced. I have been divorced before, and concluded that I just can't keep feeling low all my life. Talking has helped understand that as long as you're willing to accept any cultural differences and respect one another, you have a chance to be happy. That is a serious takeaway from my contacts with Dr Singh.



V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I deal with the absence of a partner who has rocked the foundation of my self worth and the idea I had of love. I have been desperately trying for the last 1 year to bring some clarity into my relationship. I came to Dr Singh after an extremely verbally abusive episode which was unnerving.

I'm 25 years old and before I started meeting Dr Singh I would blame myself for my partner not wanting me and not treating me in a dignified way as any woman would want to be treated by her husband or partner. Thank God for Dr Singh who literally reparented me and I made myself learn how to develop balls of steel.

I have been constantly irritated and had an aggressive stance towards everyone which bordered on a kind of delinquent attitude for everyone. My logic was if I can't be treated nicely why should I give a damn for others.

I have learnt quite a few things in the last 3 months. The test I did made me realise my mental status and also how I was drowning myself in hate. It is my personal opinion that I have learnt it is all about loving yourself and being able to feel love. I no longer feel that it takes a man at home to feel self worth. I have my work and I have my education that my parents gave me. I still feel the ache in my heart and the sadness when my partner is insensitive. I am however able to rationalise better now with the doctor replying to my messages and giving me an anchor when I feel like going crazy.

Dr. Prof. G.B. Singh (PhD) replied

Thank you for trusting us

V

Verified Patient

5 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

My husband went to prof. G.B Singh, before our marriage. The saddest part is I hesitated. I thought my husband would leave me if i told the entire truth (about me committing adultery i.e per-marital sex) . I kept on hiding about past and as a result it haunted me and my husband. I was slipping into depression and my husband started going away from me. One fine day, after 3 months of our marriage, my husband again took me to the doctor. I blurted the truth to my husband. It's been very hard since then, but saying the truth is always better than telling lies. Doc tried really hard to save my marriage. He did couple counseling. Me and my husband, both are recovering from my lies.I would not say it's been an easy journey but yes, the doc really made an effort. It would not have been this okay without him. I call him "papa" now. Yes, Papa. He has been so kind, honest, non-judgemental to us. I have never got love from my parents. I was always ignored and as a result I am a messed up person right now. The doc made me realize that it is very very easy to de-mess and start over again. He taught me things, which my parents never did.

THANK YOU doctor!

Thank you from the bottom of my heart :)

Dr. Prof. G.B. Singh (PhD) replied

oh dear god. kid you can take this down if you want. you are not obliged to write this

V

Verified Patient

7 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I can testify that physical limitations have a huge impact on psychological wellbeing. When I started physically therapy, I was not given much hope of improvement, and after a year, I was told not to expect to get any better physically. I found Dr Singh at this point in my life. This meeting strengthened my determination and made me work even harder at my physical therapy , with his help and a combination of how to look at life correctly I am overcoming my physical and mental disability is two years ago I would've never believed that anybody can help someone just by speaking to them but today I'm convinced of the value of psychotherapy and encourage everybody to find the correct Life coach for themselves.

N

N Shiva Guru (Verified)

6 years ago

Visited For Anxiety Disorder Counselling

I recommend the doctor

Imagine you're a kid going to the doctor's to get a tetanus shot for the first time. You need a doctor who could put you at ease, give you a candy and say everything is going to be alright. While you were having your candy, you didn't observe the prick on your page left arm. That child is inside every adult. And that child needs growing up. Dr. Singh does precisely that. He doesn't take a step forward unless he's sure about something. He works at the patient's pace. He laughed off all the issues I thought were 'too taboo to share'. Not only has he helped me cope he's helped me gain perspective about my personality. He makes the process of being your best self very credible. And that takes a blend of talent and experience. Thank you dear Sir, I am grateful.

D

Divya Chaturvedi (Verified)

6 years ago

Visited For Post Traumatic Stress Disorder Psychological Problems

I recommend the doctor

I had my first session with the doctor. He was very kind, friendly and non judgmental. I was not able to figure out the reasons for my behavioral changes and stress. Talking to him made things clear and helped me understand myself better. I can now join the dots and reach a conclusion for these problems. He guided and advised me like my own father. He made me feel very comfortable and I could discuss everything with great ease and comfort. He listened to all my issues and advised me very patiently. Finding the right psychologist is a difficult task and I feel lucky to get one from Practo. Thank you very much Doctor for your guidance and making me realise that kind hearted people still exist.

Dr. Prof. G.B. Singh (PhD) replied

It is very humbling

A

Alok (Verified)

6 years ago

I recommend the doctor

I visited Dr. Singh with my wife due to the marital issue at a stage when both of us had lost hopes that our marriage can work. Ours was a love marriage and we knew each other for a year before getting married. But due to a few incidences about a past relationship our trust shook, which led to more anger and disappointment in our relationship. For months we tried sorting things out, we managed to, for a few days then fight breaks again. We had lost hopes and that's when we decided to give it a try and met Dr. Singh. He heard both of us patiently and understood our situation. The best part of his therapy was that he made both of us understand each other in a way we never did before. Result- we are happy more than ever. I would recommend Dr. Singh to anyone who is facing any problem in their marriage and would extend my thanks to Dr. Singh

U

User (Verified)

6 years ago

I recommend the doctor

I had attended two sessions with Dr. Singh. What impressed me was the manner in which he got into complete detail of each and every situation mentioned by us. And believe me this led to no waste of time. In fact, this helped us get to the core of the problems that otherwise would have gone unnoticed. He was actually able to pin point the real problem and suggested us to adjust life accordingly. Thank you Dr. Singh for being such a patient listener because sometimes one doesn't need guidance, rather just needs to know that somebody is there who understands you!

M

Manas Temurnikar (Verified)

7 years ago

Visited For Personal development Psychometric testing Professional Development

I recommend the doctor

Dr. Singh is a very calm and patient. He listens to the problem well and is very detail oriented. His explanations are excellent and diagnosis is perfect. Moreover he is a very good human being. You can share everything and he is very particular about confidentiality. It was my first visit and I know the visits will follow. He could figure out the exact feelings and emotions which you yourself aren't aware of. I know my personality will develop under his treatment and I will be able to unlock my potential. I am waiting eagerly for the results of my test which will further help me understand myself better and take another step towards emotional well-being. Please visit him and I can guarantee you that you will not be disappointed.

S

Sanjiv M (Verified)

7 years ago

I recommend the doctor

So this was the day of Saturday, 4th June when I was introduced to an amazing human being and a soul towards whom my wife and me were mesmerized. The Radiance and Vivacity of this homosapien was not only his approach towards diagnosis of problem in my son but also his eternity knowledge on the subject. It was commendable to strike a presence in his aura as it created all positivity around.

We are so enthralled that we have now believed that our son will arise from the bug he is suffering from as now he is under the right shade of wellness.

I really wish that all ailing people should go for the right person at right time else the ailment starts exponentially expanding and takes shape of incurable condition. We will like to extend a lot of heartily gratitude to Mr. Gurdeep Singh

V

Verified Patient

9 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I was actually lost and confused about my marriage when I came to Dr Singh. He showed me how to Hope and how it is an essential part of the human condition. How without hope, we wither and perish. I have been able to establish hope and purpose toward my future and we have created a meaningful and functional life plan together. I would have definitely unravelled over the coming months if I had not found the correct mentor in life coach in him. In the way I have prevented myself becoming a victim of external circumstances with no control over my own life. It is a very humbling and different experience to be able to trust somebody to guide you and I am happy I could make the most of it.

Dr. Prof. G.B. Singh (PhD) replied

Mam , when we have a why , we will always have a how. The how may take time , but the answers always come .

V

Verified Patient

10 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

As a couple we have been in marriage relationship therapy would you last six months and unequivocally we can see that it has been a very pleasant experience and has brought us as a couple together and we have found a life coach to refer to in case of psychological issues. I also would like to say that fear always distorts our perception and confuses us as to what is going on. Love is the total absence of fear. Love asks no questions. Its natural state is one of extension and expansion, not comparison and measurement. Love, then, is really everything that is of value, and fear can offer us nothing because it is nothing. Our therapy has really taught a lot of this to us

Dr. Prof. G.B. Singh (PhD) replied

We are happy that you found peace. One suggestion that we do have is , both of the members should be on the same page if you are expecting openness , and an open marriage, or a marriage with no boundaries. Please discuss this before you get married and not after the marriage. It will save you a lot of hassles post the wedding. Also get some pre marital therapy , it works to your benefit. Regards

K

Komal (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

I have suffered burns and I am a burn victim.

I have been hiding in my house behind my parents now for eitht years but this is not helped me but only made me sink deeper into depression and sadness.

With Dr singh I have learnt to accept myself and to create my friendships based on not wanting to be accepted by everybody by agreeing to everything.

It's a pleasure to meet a non judgemental and balanced person. I pray he stays that way

Dr. Prof. G.B. Singh (PhD) replied

Thank you for 'Living'

Z

Zeeshan Ahmad (Verified)

6 years ago

Visited For Anxiety Disorder Counselling

I recommend the doctor

I visited for anxiety issue facing for last 4 years done many treatments but no improvement.

I met Dr Singh he was very nice and polite. He asked me to go under pysical test and told me the root of my problem which no other doctor has done and gave me advice. I am happy with advise. I am looking for follow up..

Dr. Prof. G.B. Singh (PhD) replied

Im very grateful for your comments Zeeshan. You have been honest enough to use your real name and your simple comments to a person like me - are worth a lot, and I respect your feedback,

K

Kunal (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

Work and Anxiety issues

I would like my words not to be blanked out. Dr Singh is brilliant , highly eccentric\* \*\*\* \*\*\* \*  
\*\*\*\*\* \*\* \*\*\*\*\* \*\* \*\*\*\*\* \*\* \*\*\*\*\*

I saw him charge exactly form one client and not charge another who had come for his small daughter.

I have seen very few people who can laugh at themselves and he is one of them. He virtually made me laugh my worries away.

Way to go doc , 5 stars for you sir

Dr. Prof. G.B. Singh (PhD) replied

Hmmm , Got it dude

S

Srishti Srivastava (Verified)

6 years ago

I do not recommend the doctor

The doctor did not help. \*\* \*\*\*\* \*\* \*\*\*\*\* I did not visit but my sister and mother did. They gave him some details about my behaviour and without even meeting me, he gave a \*\*\*\*\* diagnosis. My family thinks I'm depressed. I was just upset regarding a breakup and couldn't talk to my family. And now, I am suddenly a depression patient.

Dr. Prof. G.B. Singh (PhD) replied

Correct. Sirisha is absolutely correct in her opinion . I cannot and will never disclose her real identity as I don't believe in it. Sirisha is another doctors client and was advised by me personally not to use inappropriate vocabulary about another professional. It is also correct that I did not meet her and it is also correct that I politely refused her case as her treating doctor / treating her had pre advised me not to be a part of the treating process. I respect professionalism whether it be from a fellow practitioner or a client and this validates my belief. As an individual practitioner I have right not to take a client which and where I feel the issue is not being projected honestly and truthfully. In a way Sirisha you have done me a favour, as other potential clients would now be aware that I do not compromise on principles, honesty, and propriety. I do wish you well as a human being and a young person and hope you find peace within.

K

K P Singh (Verified)

6 years ago

Visited For Autism

I recommend the doctor

Happy with: Wait timeExplanation of the health issueTreatment satisfactionDoctor friendlinessValue for money

\*\*\* \* \* \*\*\*\*\* \*\* \*\*\*\* \*\* \*\*\*\*\* we went to Doctor for counseling of our Kid, my kid is having issue of weakness in study and lack of concentration, when we seen Dr. G B Singh, he has explained what exactly the issue is and what and how we should do to improve the issue.



After following the instructions given by Dr. Singh, we can see tremendous improvement in our kid.

Thank you so much Dr. Singh for your help.

S

SATYENDRA KUMAR SINGH (Verified)

6 years ago

I recommend the doctor

Happy with: Explanation of the health issue Treatment satisfaction Doctor friendliness Wait time

VERY WELL ORGANISED AND CONCERENED DOCTOR \*\*\*\*\* \*\*  
\*\*\*\*\* \*\* WE WERE SHOCKED THAT FOR 15 YEARS WE WERE GIVING SCHIZOPHRENIA MEDICINES  
WHEN THE MAIN PROBLEM WAS RELATED TO A BRAIN INJURY

We would recommend him without hesitation

Dr. Prof. G.B. Singh (PhD) replied

The main reason why all went well is you cooperated and trusted us.

A

Aungana (Verified)

6 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

After one month of emotional turmoil and 2 years of depression i really feel relieved today. Sitting for 3 hours and realising where was i going wrong made things stark clear to take further steps in my life. The way Dr. Singh through his simple conversation made me come to a decision regarding my life was wonderful. I am really grateful to him and immensely relieved that i found him.

N

Neha sharma (Verified)

6 years ago

Visited For Anxiety Disorder Counselling

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

\*\* \*\*\*\*\* \*\* \* \*\*\*\*\* \*\*\*\*\* when I first came in, it was a Cry for help, believe me I have consulted doctors from Gurgaon noone could understand what the problem was...went through several tests and was severely disappointed....and finally met Dr Singh....I am on way to recovery because he finds the root and act on it....so for me it was nothing less than a miracle....thank you doctor

V

Verified Patient

6 years ago

Visited For Anxiety Disorder CounsellingMarriage/ Marital CounsellingFamily Counseling

I recommend the doctor

Therapy is not easy because you learn about yourself and remember things that are uncomfortable and scary but at the end of it I have to say that I have learnt how strong I really am and this could not have been achieved if I had not made the correct choice of my doctor. It is always an experience in itself coming to Dr. Singh and it is here that I learned to be kind to myself and sir was the support I needed to do that, to have an impartial, unbiased opinion on what I needed to perceive to be the norm in my head which is helping me change my life. Its is difficult to admit, and very difficult to accept when after 20 years of married life a wife discovers that her husband has been to another and it can shatter the whole family. Dr Singh has held us together and we have been able to survive.

My issues had led me to wake up every day with a feeling of dread, a sick feeling in my stomach, and I HD even started to feel extremely anxious in big crowds of people and found it hard to think clearly. It is difficult but the effort put in by Dr Singh has started to make a difference. I am thankful I have been able to avoid the medicines and understand how to get back on my feel. It is always a nice feeling coming to Dr. Singh, it is like a booster that keeps my husband and me going, and helps me in learning to let the past go.

C

Chandresh Agarwal (Verified)

7 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

We are Doctors and we had lot of issues in our married life. We visited Dr.G.B.Singh and the quality of time he gave, his command on his subject, his power of analyzing each and every statement made by us and giving a convincing alternative for all our problems were Incredible.

\*\* \*\* \*emphatic and a very good Face reader. we wish we could have met him before.

He is a real Well wisher.

We Love You Sir !

P

Pooja Khurana (Verified)

7 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

The moment we came in contact with Prof. Singh, we felt like he understood my son's problem. Earlier I was told that my child is suffering from Dyslexia, it wasn't what the thing was. He explained to us so clearly about my son's health. We now feel that our son can move forward confidently and that the doctor's advice and support will help him to carry on with his academics.

V

Verified Patient

7 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Marriage counselling

My husband and I have been seen Prof Singh both for individual as well as marital counseling. Undoubtedly Dr. Singh was one of the the most professional psychologists we have ever met in probably our experience. I have never been to a professional like him. He is more than a psychologist. He is a life coach and mentor. I felt an immediate connection with him because of his compassion and desire to truly relate to my emotions and goals he has inspired me to find my inner truth

His compassion alone is healing in and of itself. In addition, Prof Singh uses a multidisciplinary approach in his practice, combining traditional psychotherapy with holistic and metaphysical positive thinking. To put it simply, he has an arsenal of resources to support your healing. No matter what issue or issues you are struggling with, you simply cannot fail and what is better, you will not want to fail. That's true inspiration.

Prof Singh has helped me to heal my life, my family and for that, I am blessed to have found him

V

Verified Patient

7 years ago

I recommend the doctor

Visited for constant Depression and Emptiness inside me

If you call sadness and loneliness as depression then I have been in this category since class XI. Dr. Singh was able to help me identify what was interfering with my peace of mind and integrated multiple modalities of therapy in our sessions with the primary focus being Cognitive Behavioral Therapy.

I was always a believer in my frame of mind is determined by my thoughts and he helped me to reconstruct my thought patterns so that my overall attitude would improve. Most important of all Dr. Singh encouraged me to move on so my treatment lasted as much as I wanted and no pressure was put on me. From my experience I knew that a first visit could only allow a doctor to gauge and assess your problem. So I was prepared for it, and I felt so much relaxed and at ease that his door is always open. He called me every week to check on my well being and to see how I was doing. Dr. Singh is an intuitive, compassionate, and dedicated Psychologist. I feel much better now. I want to thank him for the wonderful care he gave me. I would certainly recommend him to anyone who is suffering from sadness and loneliness and who wants to get better without any medicines. Reema Sharma

V

Verified Patient

7 years ago

I recommend the doctor

Dyslexia

Our grandson Aditya is 4 years old and he has Dyslexia and Apraxia. Communicating his wants and needs continues to be a roadblock for him. When I heard of the Dyslexia Association of India and their program to help children with Dyslexia I contacted the foundation. The effort and dedication I found at the Dyslexia Association and the Understanding of relationships which is a a complex matter for Aditya began to be nurtured and he grew emotionally in an exponential way. He learnt the art of communication, the emotions, and the behaviours need to be balanced and appropriate. Teaching the subtleties of interpersonal relationships and reading and writing skills requires clear instructions and visual material. Prof Singh's program provides different models and guidelines to ensure successful relationships and positive experience for students. It is hard to express in words the difference this is making in Adityas learning. His vocabulary and his ability to express his wants, needs, and feelings is improving already. Thank you to the DAI for providing all the correct guidance for our child.

It is truly a great blessing to see your child make the connections necessary to have a future. We are very grateful for this opportunity for our grandson. I want to thank Prof Singh for the effort he takes personally. It is wonderful to see a man make a small difference in lives which be big differences in the future for those same lives.

N

Nishu Aggarwal (Verified)

7 years ago

I recommend the doctor

i had a great experience with the doctor ,he is really understanding and whenever he talks he had a smiling face and he helped my father to recover from his problem of ataxia and other problems.... that my family was facing because of his doubtful and worry behaviour towards family members... i am really thankful to Dr. G.B.Singh.....

A

Anurag (Verified)

7 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Dr GB singh is one of those very few doctors who have a thorough understanding of brain functioning. He uses very advanced diagnostic tools and is able to pinpoint the exact disorder. I would recommend him to anyone who wants accurate diagnosis of his problem.

G

Gaurav Jha (Verified)

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

We are parents of a 3 year old girl. We were searching the internet for \* \*\*\*\* \* diagnose psychologist , who could help us with our daughters developmental process. We also would like to express our heartfelt thanks to dr singh for the tests conducted which taught us a lot of things that small children should do, and we don't know.

Dr. Prof. G.B. Singh (PhD) replied

You are 1 out of 1.5 Billion people in India. Imagine the children who go undiagnosed. We always advise don't go out for dinner but save to have a basic check developmental check done at about 3 to 5 years and at 2 years if you notice differences in developmental milestones

A

Arjun (Verified)

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Doctor , everyone I have come to you, I have only found peace and calm. Whether how you have spoken to me or how you have patiently understood me , you have only given and helped us. You have understood us without us having to say much and we are happy to have you in our lives.

Dr. Prof. G.B. Singh (PhD) replied

So am I Son. Islands of sanity are rare in our world of insanity. If you have found one treasure it and construct a life of decency and kindness on it. Regards

D

Deependra Jain (Verified)

4 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

My child is in middle school and he is facing issues in coping up with his studies. We got him accessed by Dr Singh. He accessed my kid for more than 2 hrs. He was able to find exact problem with my child and suggested various ways to handle it. He gave suggestions for us as well as for school. We are extremely pleased and satisfied with our visit. Moreover, fee paid to DAI is exempted from income tax under section 80G. I would highly recommend Dr Singh.

A

Anu (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Prof Singh has cemented my family together. I never thought that my husband and i can be together again. But he made it possible. He brought us together. It's horrible to be constantly made fun off and have your husband come home after having drinks with his friends. You helped us sir , and that is very grateful. You have been like a father and we'll wisher all in one. I owe so much to you and j will pray God is kind on you

S

S Srivastava (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My time spent with Prof Singh , has taught me that while many things can be out of my control I still have a choice in the way I see things and a choice in the way I can react to things

I have also learnt that I have a choice in the way I can become more cautious in the future about my failure or use my logic and rationality and not let my circumstances define who I am.

It's uncannily transformative , and a very nice experience .

S

S Rawat (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

It looks very small and less , but for a parent it is so relieving to know that your child has been correctly checked for something like autism.

We were in a panic when our our son was being singled out in preschool for his behaviour which everybody said was hyperactive and he was not responding to the Teachers for playing with his classmates. It is very difficult to explain how relieved we feel. Thank you for all your support

Nikhil Nayyar (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Dr Singh has managed to save our family a substantial amount of money and agony. My son and his wife had decided to go for a divorce and we had already paid two lakh for the proceedings. I decided to approach him with my son and after hearing us out he had a few sessions with both my son and daughter in law. I don't want to say much but he has played a yeomam service in keeping the family together and saving us from emotional and financial crisis for which we are very obliged to him

S

SK Sharma (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue



I had my ward assessed by Dr Singh at Noida for Dyslexia. The school had given me no option and the name of a specific person to go to. I came to Dr Singh, as the first test was exactly what the school wanted us to do. My second test showed very different result. I think parents would be given options where they want to get their ward tested from. Forcing to go to one particular person is not right. I am glad we got a second opinion and a more detailed opinion

Dr. Prof. G.B. Singh (PhD) replied

Good Morning. To be fair , there are two issues here sir. The first is that you approached the school for assistance when you child is studying in class X. With all due regards, it can take any school by surprise. The second and more important one is that it is a well kept "open" secret that no school will want to nose dive its Class X or Class XII results. When they realise that one student is going to pull the entire ranking down, everyone will rush to save themselves. IS it correct ? The answer is a resounding NO. But this is what happens and this may be the best guess at what you also faced. We personally believe and have been trying to convince the CBSE that schools MUST offer at least 3-4 different options for where a parent can get his child assessed or checked from. You as a parent and other parents must also visit more than one Psychologist and then take a decision where to get your child tasted from. The PWD act empowers you to be responsible for your children, and - no-one can force you to go to one particular person only. If this is being done, there is a relational bias, and this is wrong.

R

Rakhi (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

Four times diagnosed and all wrong diagnosed for Autism. Then I came to Dr Singh and the real problem was so much different. Dr Singh did all tests in front of himself , we could see our son being tested, we could see the results. My son had blocked middle ears. I am very happy after coming to Dr Singh and I should have come before.

Dr. Prof. G.B. Singh (PhD) replied

The United States publishes a Figure of 25% children being born with Learning Disabilities every year. That is compounded year on year. In India the magnitude is much higher. It does not matter to which doctor one goes. We must have our children assessed once in a lifetime and it is best done when they are in the early school years.

R

Ramesh Gupta (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

My daughter has Learning Problems and we brought her for her checking and testing. Dr Singh was very patient and the testing showed us that she was having very serious dyslexia. We are late as she is now in 9th standard, and we think we should have had this testing done when she was in class 4. However I want to thank you for time and patience in checking my daughter.

Dr. Prof. G.B. Singh (PhD) replied

As we spoke when you had come sir, What I have seen sir, it is all about regret and this regret stems because of the Money factor. Original Assessments are very expensive and very few value the opportunity cost of the money spent vis a vis the schooling delays their children face. Im personally - glad for you. Regards

V

Vivek Tekwani (Verified)

5 years ago

Visited For Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Value for money

Dr Singh has truly been a friend in resolving some of the most important areas of my life especially my relationship with my wife..I have met him few times n Every time he's heard me n empathized n given me suggestions which have helped to a great extent..thank you sir

A

Aaratrika (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Value for money

A very nice and kind gentleman. A friend and a Guide. He helped me and my husband go through a very rough time of job loss and the birth of our daughter. He was a lifeline for us , a home away from home, a father in disguise and a through gentleman. More than a Psychologist, a guide, a life coach and a mentor for correct advise and guidance

I

Ishan (Verified)

5 years ago

I recommend the doctor

Happy with: Explanation of the health issue

Definitely Definitely worth a visit and retaining as a Doc who can pretty much guide you in all situations.

Being a conflict avoidant person I have been grappling with slipping back into an emotional black hole and I know how I have been helped lately

A

Anuj (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

I have been trying to deal with the passing away of my father for quite some time now. It was very difficult and I was not able to manage the day to day affairs of my life and work. It has been very calming to come to prof singh and speak to him. The nature of guidance I have received is something that has helped me understand how to keep moving and I am glad that I decided to take some help. Thank you

Dr. Prof. G.B. Singh (PhD) replied

Please you are welcome

A

ANIRUDH PHADKE (Verified)

7 years ago

Visited For Neuropsychological diagnosis

I recommend the doctor

Dr. Singh is a very soft spoken and understanding professional. He took time to get to the root of the problem my wife was facing and gave his diagnosis in the next visit.

We are quite satisfied with his suggestions.

Note that his fees is Rs. 2000 per hour and Rs. 1200 for 40 mins. I wish he had a sound-proof room for consultations.

V

Verified Patient

11 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I realise that Marriage are like river's with , sweeping us along toward unknown destinations, both emotional and real world, while imperilling the journey with jagged rocks of ruin. Mostly I have seen that we never look for help and tifs and fights are taken as normal ,but this can be so dangerous that they can snowball into major conflicts that eventually lead to separation. I am very grateful to Dr Singh because our marital conflicts were seemingly absolutely unresolvable and our therapy time with him has helped both of us strengthen our marital bond and realise how lucky we are to have each other. I would unhesitatingly suggest to everyone not to wait for the last minute but to seek out correct therapy if there's any problem in the marriage ,as there is no substitute for objective psychological analysis and correct remediation. Very obliged to you Dr Singh for your help

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Got my 3 Year old daughter assessed by Dr Singh, who did a complete developmental check because there were many delays which were being ignored by the family and regular medical checkups. I'm very thankful to God that I took the opportunity and proceeded and did not look at the cost value of the check up because ,While everybody was saying that things are normal we found that our daughter had a developmental delay. I have so many friends and so many people I know in the company I work who think that children develop normally and it is just normal to have certain delays but I think by the time they realise this the children are almost done or 11 years old and it's too late to help them. I would have I would like to mention that in assessment with the Dyslexia Association is not cheap and not everybody's cup of tea but every rupee spent was worth it because of the nature of information that we were able to get and least we can know what to do. Thanks Dr for your inputs.

Dr. Prof. G.B. Singh (PhD) replied

Of course yes . You can't go cheap on the only thing of value, which is your son or daughter.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Empathy is a transcendent phenomenon that involves being with others. Some doctors perceive this type of interaction to be less important and more difficult than traditional tasks. Nevertheless, the act of being with and the administration of competent traditional psychoanalysis care tasks are crucial to being an effective therapist and instrumental in creating a healing presence. Healing is defined as the integration of psychological, physical, spiritual, and social components, which are beneficial even when a cure is impossible. Dr Singh did this and even more and thank you for that sir.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

Body shaming and negligence towards emotions is done by everyone around us , as much as we live in denial. I know it as I have lived this experience and know how I had changed from a open bank person to a sarcastic one. Shaming took away something in me every time I had to face it. Dr Singh has taught me how to learn to make sure that I accept my body, which is a gift to us from Almighty. I now nourish my body and be present to see what my emotions look like. I am Mindful now and being mindful as individuals we don't just accept our physical and mental appearance. We nourish it and make sure that it is healthy and happy.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I have been experiencing significant spiritual and existential distress, and then trying to get a sense of what is leading to that, feeling incredibly isolated, totally disconnected, demoralised with a sense of hopelessness, because I have been struggling to really come to terms with what life has been about. Dr singh has helped me a lot and understand that It's not about trying to fix something. It's actually being present to my feelings, pain and grief, whatever that might be. He has done a lot to develop a sense of meaning where I feel there hasn't been any, or there isn't any.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

This was unlike any healing session that I have ever been in and I say that from the bottom of my skeptical, over analytical heart who had literally tried everything one could think of. I cannot recommend you enough to other people, you are a gift. I also cannot believe what you were able to achieve in one session, to me it is groundbreaking. Thank you!!!From the first sentence you spoke directly related to what I was going through, I felt so uplifted and light. It still blows me away when I think about it now! Never once did I feel judged, or uncomfortable in any way. I feel like this heavy

weight of negativity has fallen away from me .You pointed me in the right direction and that gave me courage to continue moving through whatever process I may find myself in and the ability to take refuge in the truth within me. This feeling of peace and freedom is priceless.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I finally know my worth. I feel so different now, I feel lighter, happier and more self confident and it's easy to let go of people and situations that don't serve me. I treasure the time I spend talking with Prof Singh, and look forward to my sessions with him. There has been big changes in my life, synchronicities showing up like magic and I'm constantly blown away at the business and opportunities that I'm attracting. My life has radically changed for the better after starting conversations with the Prof.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Dear Dr Singh. You probably do not want to encourage interaction over WhatsApp. I just wish to share a couple of things, this one time and not again. This was the most helpful interaction regarding my emotions and well-being . When I cried and spoke out loudly without holding back, I felt no hesitation, I did not feel words getting caught in my throat. I cried and spoke with A\*\*\*\*\* and Ashma and R\*\* (my friend and current boss). And now, my hesitation to speak has reduced considerably. Thank you. You have a truly special healing quality to your words and approach. I'm grateful. I'll take some time to implement your next steps but I'll do them and book my next session soon. Have a wonderful evening and rest of the week.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

With the vast majority of what we do and say controlled by external influences , my sessions with Dr Singh have taught me that it is only my own self-awareness that stands alone as the ubiquitous indicator of success. Through the last six to seven months I have learned that the secret to building self-awareness lies in my own ability in deciphering my own personality code. These are the fixed set of traits that explain my choices and behaviour. It's not easy to feel the feelings of others so strongly. Everyone carries so much pain, and to have to carry their own pain is hard enough without the seeming burden of having to experience the pain of others too. Dr Singh manages to do this with his significant degree of kindness and humbleness. By giving you a deeper understanding of your empath nature, as well as the tools to regulate and control it, he helps you turn what was once a burden into a gift that can empower you and those around you.

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I have been feeling very low for some time now and few month's ago I began my long plunge into food and depression and suppressing all my feelings, by avoiding everybody in my MBA college. I felt like that there was this black curtain and I was behind a veil, and I just wanted to feel safe. My mother sourced and discovered Dr Singh and that's when after a month with the gratitude practice he taught me became really strong for me as I learnt to focus on what I had and what I had to do instead of brooding over what had happened to me. I cant explain the emotional breakdown I went through after losing a dear friend and then walking straight into an upheaval of a miserable case of being cheaated upon by my partner. Sharing space with Dr Singh has been quite good and fresh and I am glad that my mother guided me to an elderly mature person who could get my perspective. I will definitely recommend him to anyone as a mature, kind \*\*\* \*\*\*\*\* therapist



V

Verified Patient

a year ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Being from Canada , when i ran out of my medicines i was taken to AIIMS and I was on the edge, as no one was able to provide clear guidance and would direct me to someone else who was even more clueless. My fellow Indian friends from Canada directed me to Dr Singh. I was so out of depth , and Dr Singhs calm quiet voice so reassuring that my anxiety halved there and then . I was fortunate to have had help around but there are so many who never even know where to go or get the necessary help or the correct support specially in a foreign land.

V

Verified Patient

3 years ago

Visited For Counselling for Depression & Anxiety

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Dr G B singh is an extremely non--judgemental person which made the entire process of sharing my depression and anxiety issue very comfortable. He listens to his patients very patiently and sincerely. His expertise in his field is top notch and along with it the way he handles his patience is very unconventional. I took the treatment for 4 months and experienced tremendous change in my behavior and thinking. The entire talk therapy was very logical and practical. I'm extremely thankful to him!

I very much recommend him to everyone suffering from similar issue.

Dr. Prof. G.B. Singh (PhD) replied

Thank you for trusting in me. Regards

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

When you're sad, happy things just seem so disgustingly fake and obnoxious. Being this dark, mysterious, brooding figure has so much more appeal to me; it gives me this power that I can't get anywhere else. If I try to avoid it, if I avoid anything that would trigger it, I end up no happier, but empty and emotionless. It makes me feel like I have no purpose in life like I don't know who I am like I'm watching life move by me without any way for me to control it. So I stay sad. I like having power, I like feeling real emotions, and I'm willing to sacrifice my non-existent happiness for it. My finding Dr. Singh was a game-changer and although hesitant, I decided to give therapy a try. I have not looked back since. It has been a huge leap of faith and I am happy to have taken it.

V

Verified Patient

6 years ago

I recommend the doctor

I have started my sessions only recently with him, but I would say that he has already helped me get so much insight into how I perceive myself and my life. I would want to be better and more stronger and I do think he can guide me through that process. The reason I say so is because he reads right through you and makes you feel understood and heard. And that, I personally believe, is really important for me in my current state.

I would definitely suggest anyone out there troubled to come pay him a visit. I'm sure you would realise from the first meeting itself that he can help you get to the answers you are seeking for.

It is worth getting help, but most importantly from the right person.

V

Verified Patient

6 years ago

Visited For Stress

I recommend the doctor

Happy with: Explanation of the health issue Doctor friendliness Treatment satisfaction

During my teenage my self esteem was damaged and it got worse with time. My parents had a difficult marriage and it was always stressful at home. With time I developed this hyper analytical approach towards my surroundings. It was like I analysed more and I didn't live in the moment. No matter how hard I tried I was never able to express what I felt spontaneously. Eventually I at the age of 27 went into depression. In it I was blocked. I was not able to feel anything. I became extremely slow as my mind was clouded. I felt as if I was stuck in a box. I also had pessimistic views about finding a companion. Dr. Prof. G.B. Singh made me realize about the issue and slowly helped me to develop an optimistic approach towards life. I was always critical about everything in life especially people. Looking at problems one by one and working for a better life became my idea after meeting him.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendliness

Learning Issues for My Son

Dear Sir, My wife and I would like to thank you for the personalised attention you have given to assess and identify the exact Learning Disability for

him. We have been seeking help from so many quarters that we were completely hopeless. From ADHD to Dyslexia, god knows what all we were told and have been just doing what we are told to do.

But now we are relieved to advise you that he is much better with his behaviour and his ability to sit and study in the classroom. There are marked changes in the reports from his school also. The real issue was understanding where and why he was not studying and being able to remember the information and this has changed things for us a lot. With Kind regards Umesh Srivastava

V

Verified Patient

6 years ago

Visited For Anxiety And Depression

I recommend the doctor

\*\*\* \*\*\*\*\* \* \*\*\*\*\* \*\*\*\*\* \*\*\* \*\* \* \*\*\*\*\* Very positive about life and gives you best advise about your self. My experience is beyond explanation but I am very happy and very positive about myself after meeting with him. He has given me different perspective about life. He is the one who has given me assurance that I am good and will be doing good in my life as I was not thinking this way earlier. When I met with him he held my hand and he himself told me about my ouestions what I wanted to discuss. He has some spiritual powers he already knows about you and then helps you with all his good and very positive suggestions. I admire him and respect him so much. I think I have taken the best decisions to take an appointment for prof dr GB Singh. Whatever he guided I followed the same. I would like to thank you doctor that you have really changed my life.

V

Verified Patient

6 years ago

Visited For Patient Counselling

I recommend the doctor

I am facing certain issues in my relationship and am seeking guidance how to sort out those issues. Prof. G.B. Singh was kind enough to give me an appointment on a Sunday. Before meeting him I was bit apprehensive whether i would be able to share my issues with a counsellor. I will really appreciate Prof. Singh that he, by his demeanour made me comfortable instantly. I was able to explain to him my issues without any hesitation.

And his observations and the reasons he explained to me helped me in analysing my problems in a new perspective. And a better one. The answers I was searching for came to me so easily. I am really thankful to Prof. Singh for his guidance and support.

V

Verified Patient

7 years ago

I recommend the doctor

My problem was little awkward. I was deprived of the love of my grandfather,my father since childhood. They were staying with me but never cared and loved. When grew up and crossed 15. I started to feel that I am getting attracted towards some male aged 50 or above.

I wanted to be loved and cared. But later it went sensual. Initially, it was pleasing but later I realised this is deteriorating my attitude and I wanted to overcome it. But It was so powerful that I was unable to control it. I did each and everything to overcome it by my own but always failed. Finally and luckily I found Dr Singh and in just a single meeting I almost overcame it. He is really a great saviour. Thank you, for mentoring me. You are amazing.

V

Verified Patient

7 years ago

I recommend the doctor

I strongly recommend Prof G B Singh. My son is very introvert. he does not speak much. As a result he suffered severe emotional breakdown. He was talking suicidal and became difficult to control for me. I booked an appointment with Prof G.B.Singh, although he was booked for the whole day he gave me appointment understanding the urgency of the case. He talked to him for 2 hours and my son surprisingly was talking to him comfortably. He also help me to calm down as I was also very tensed for my son. After only 3 sittings my son was absolutely fine and normal. Prof.G.B.Singh takes personal interest for the benefit of the patient and his family as well. First time I feel that this place is not a money making place only. I feel happy and satisfied that I chose Prof.G.B.Singh for my problem.

V

Verified Patient

7 years ago

I recommend the doctor

I am a 30 year old husband and father of two. Have been suffering from depression for years. It's hard to wake up in the morning and even harder to go to work. My depression has also affected me as a parent it's hard to work up the energy to play with my kids. Have tried multiple anti depressants and lifestyle changes and nothing has helped. Also the side effects of the anti depressants were too much to handle. I am currently undergoing treatment with Prof Singh for the last 3 months and and only after a few weeks its seems to be helping. My family and friends say I seem like a different person and actually seem happy. I will let you know how it goes, but I am happy. I visited him today on 2 june and when leaving his clinic i realised that life has changed so much that I smiled at everyone on my way out. Dr Singh is a very non judgemental, soft spoken and a through gentleman. Qualities that are hard to find in todays world.

Prakhar, Kailash Dham Apartments Sector 50 Noida

V

Verified Patient

7 years ago

I recommend the doctor

It was a humbling experience to see Prof Singh working today. I was sitting outside waiting to meet him and saw two clients sit with him for 3 hours. It was evident to me that Dr Singh had provided them the correct advise as one of the men came out saying ' how can he be so accurate in the first go'.

I was very humbled when Prof Singh came out and when the payment had to be given actually waived it off. As a client who was there for his own marriage issues , it was quite an experience to see a doctor look beyond mere financial gain and put the clients interest above all. My interaction was also very humbling and what I liked was that he kept smiling even though he was swamped with people and issues. I would love to recommend Prof Singh to everyone given his attitude.

V

Verified Patient

7 years ago

I recommend the doctor

Very influencing meeting and a very cooperative doctor and a very balanced as well as patient doctor. He was able to understand my problem in the first meeting itself and it was reassuring to meet a professional who knew his subject. I am currently in class XII in Kota and I believe after the diagnosis as well as the options to proceed I will be able to achieve my goals.

I would definitely recommend Prof Singh to all my peers so that at least once they can be checked for Learning Disabilities

Adittiya

Vir Sarvarkar Kunj , GAIL Colony,,Dibiyapur , Suraiya, Uttar Pradesh

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

After experiencing an Anxiety episode and being diagnosed with a Depressive disorder, my daughter faced unique challenges to her personal identity. The symptoms of psychosis, and the general cognitive impairment that typically accompanies psychosis, made her feel alienated from herself. At the same time, the loss of roles and relationships she went through for 8 months and the internalisation of stigma against her within the joint family, made her feel disconnected from others. Her life story become so painful and fragmented, that even Dr Singh felt that how would we succeed. But constantly persisting we saw sudden personal growth. We have seen her learning important things about herself through her experience which answered a lot of questions about her identity in life and given me a humility in how I look at reality. Working along with my daughter and the doctor, I like to think so at least made me a better human.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendliness

Good morning sir, I hope you are doing very well.

I m just writing to let you know, that I finally did find my voice, discovered my own inner strengths and overcame most fears. I now know how all the time you tried to enable the same but I wasn't getting there then. Life is full of turns and surprises, so lets see how it goes from here.

Sir, I do want to thank you for the support you have provided me each time. Immense gratitude.

Here's Wishing you a Very Happy Diwali.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfaction

It has taken me great courage to take an appointment with Mr Singh, and a lot of anxiety hoping I am doing the correct thing. Already seriously anxious with wanting to vomit in the morning as I woke up and serious sweating , we visited a doctor in the hospital in sector 27 and were given tablets to eat on

a SOS basis. When nothing changed and the palpitations became too much and I started sweating every time I felt fear, my sister-in-law asked us to try meeting Dr Singh. I swear to God, I have not regretted even a moment of it and my hesitation led to a delay, but thank God I found him. He has been our lucky charm and I mean it. We both wish you with blessings sir.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

I am a retired Defence Services Officer and would like to express my sincere gratitude to Dr Singh for the help he has provided in guiding my daughter for her SSB interview. The guidance that he gave in the sittings he had with my daughter were unique where he made her psychologically perfect for her interview which is the most important part of the SSB interview. The tests he made her take and then guided her to improve her personality were very unique and excellent. Your guidance has been invaluable. Sincerely

Dr. Prof. G.B. Singh (PhD) replied

You are most welcome. Not only are all Defence Officers very dear to me personally, but we have decided on this 75th Independence Day, to give ALL SERVING AND RETIRED officers and men a straight 25% discount on all our assessments along with the fact that payments are anyway tax free under the IT Act 1961, Section 12A & 80G. This means our trust will ABSORB 25% cost for THOSE WHO ARE ON THE WALL, so that we can sleep at night. All children who are working to join the Armed Forces will be given appropriate discounts for psychopathological assessments to make them aware of their personality so that they can work on becoming productive members of our community and society. This may vary from case to case but there will be cost benefits.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Treatment satisfaction Value for money

My sister's divorce meant a very abrupt disintegration of domestic systems she had in place for years – chores, scheduling, finances, children in middle school. Then one of the hardest parts of her depression after the separation was dealing with the feeling that the pain was complete hopelessness. Every time, we said if we can help her brain simply could not understand what to reply. We did not wait and immediately sought help from Shree GB Singh. He has helped her get over the shock, made



her realise she had an amazing opportunity to rebuild her life on her own terms. He has taught her that even if all she can do some days is want to sit with hopelessness, how to divert her attention and keep busy and with what, and as a brother I am grateful to him.

Dr. Prof. G.B. Singh (PhD) replied

Thank you sir , every lady deserves the right to be taken care of by her family , irrespective of income status . One request , if you approach a psychologist and the person is giving you an online video consult like zoom etc , please appreciate that in psychology your physical presence is not mandatory. As we have mentioned to numerous callers it is the psychologists ability to decipher your communicate that is important . And why ? Because the subject is so different that no two people with the same symptoms have the same diagnostic parameters. This is the reason in the western world therapy has gone totally online. Clients should go for the quality of the clinician, not the quality of the car drive to his clinic. Therapy and the concept has changed immensely over the last 10 years. Look for qualities of the therapist , not availability to meet physically . This way you can select some One in Chennai also or New York if you prefer . Regards

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I can say from the bottom of my heart that regularly speaking to Dr Singh, has changed my entire thinking. Instead of fighting futilely at home I have started to focus on what's good in me. I knew how to work alone and be tough , but the width and depth of the sessions taught me to walk on my own legs, still be and feel alive and live by myself and for myself. The kind of confidence I developed in discussing my insecurities and how dr singh helped me learn about and cope with them has made a huge difference on how I focus on what to consider and what to discard.

It's not easy to accept you are wrong , and reconsider when your core is challenged , and you are feeling depressed and discouraged when you see your life as a series of tradegies. The professionalism and insight my sessions have brought about have been worth every bit.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

We have had wonderful sessions for the past eight months, and the nature of relational meaning we have been able to construct in our talks with Prof Singh, has helped us unify the considerable diversity that was there in our family for different issues. The conversations have helped us facilitate a 're directing of our inner resources to the planning of ways to overcome the conditions that precipitated the feelings of aloofness , restlessness and anxiety that was our life. Therapy needs a stomach for accepting our own faults, as I realised after the diagnostic tests and initially it took me time to swallow the profile that was presented to me. I am however happy we persisted and went through the transformative process. It took a lot to leave our education and internet based knowledge behind to have productive talks and in a way we are happy we did. We only benefited through the process .

Dr. Prof. G.B. Singh (PhD) replied

We thank the both of you. Unfortunately madam , not many people realise that it is a process. Also 99 percent still don't realise that basic anxieties don't require medication , they require mindfulness. And this cannot come about unless you are made aware of your own psychopathology diagnostically. We have seen individuals suffer intensely after being put on certain meds, only to realise 20 years down the line that all they needed was being shown what's going on in their lives. The crucial question is as everyone has a take on what to do after reading articles on the web , we are messing ourselves up even more. We have seen father's talk big but shirk from supporting wives and daughters, as it all comes down to as one gentleman said "Why should we pay for the process, when my wife should stay at home and look after the house and our children and she will feel better " .

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issueTreatment satisfactionDoctor friendliness

Thank you very much Dr Singh. We are so relieved after knowing that our son is not having Autism. We wish that we had continued with you in 2014 , the first time we had brought him and taken the appointment you had offered. It seemed expensive at that time , and we avoided it. I am writing this as the development testing you did , was so revealing about our child that it should be mandatory for all parents to do it , before problems start in school and life. For a few thousand rupees we have wasted 6 good years of life and are now putting him in a international global school as ordinary school are not willing to take him.

Dr. Prof. G.B. Singh (PhD) replied

That is the irony sir. Not many would like to know about what is wrong with the child sir. Even now people think , issues will disappear on their own with time as children grow up in terms of their age. It's considered an insult to the family and mostly the mothers are held to fault , if God forbid an issue is identified. That sir is the irony.

V

Verified Patient

2 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionValue for money

He started by listening to us and he heard us out, he pointed out a few problems that we weren't aware of right after the first few minutes of listening to our story, we obviously hesitated a bit initially, we didn't want to accept our mistake, however, even we wanted to make things work, hence started listening to him. As soon as we did that - we started realising what went wrong with our relationship. We met him many times over the last 3 years and whenever we did, we got so much clarity, we don't fight with each other anymore. We discuss like adults. There is a sense of calmness and order that professor got into our lives and it has made things super easy. He is even available on WhatsApp video during Covid. He is always there to help, always!! Thank you Professor!

Dr. Prof. G.B. Singh (PhD) replied

The privilege is mine., I have seen people look with sarcasm , amusement and sheer incredulity at suggestions of diagnostic tests which are expensive and then look again with disbelief at the results which shows them the mirror of reality of what they have become , and then step back and deny their flaws. Your openmindedness and caring for the person who may now be your ex husband despite all the trying , stands testimony to your own evolvment as an individual and a human being. Thank you son

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

There is no way that one can have a session with professor Singh and come out without being effected or changed in some way. This even applies to my first session with him last week. I have been afflicted by a physically distressing disorder and I found peace in the session. This is not simple counselling , it's more than that. I have found peace with myself and my husband and fights at home have reduced by 80 percent. I am happy also , I am worried also , because I need the peace in my house to stay. The only minus point is that getting an appointment is very difficult and he does not accommodate on charges. He gave me a lot of extra time , but did not lower his fees. But I am not the same after the first session , I have been thinking about the session the whole week. My husband is also thinking and

my approach to my physical ailment is also not the same. Yes I will suggest him if a friend asks for a reference.

V

Verified Patient

3 years ago

Visited For StressPsychological ProblemsPersonal developmentPsychometric testingYouth Counselling

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I came to you with so many issues and rather than sympathy I came out of my sessions learning to recognise that every single person we see is struggling, every one , no matter how expensive their car is or their clothes are, they are all struggling and that each of them has their own insecurities , and that I have to give others some slack and also give myself some credit for my own mistakes, as that is where I had learnt from. I thought I had no significance, and realised how much I am trying to do the best that I can in conversation with him. You just talked and in the talks I found my struggle was not unique. It was the struggle of people before me and will be the struggle of people after me. I owe you so much for being there for me.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My loneliness was wrongly diagnosed as serious depression and I have been talking to prof Singh for 6 months now. For me loneliness was not a lack of intimacy or meaning , but of that type of intimacy which is meaningful and that form of meaning which is intimate. My loneliness is like a master mood that controls my full day and is high when I wake up and slows during the day and I sink into a pit when I reach home. I feel I'm adrift in the boundless expanse of the galaxy and feel like Sandra bullock in that movie , floating and floating and seeing earth as if it is a tiny ball and a big joke on my life. I never expected a cure as even prof Singh explained that the cure is in and around yourself. Therapy has given me a connection and continuity and the window to speak without being laughed at. Fragility has become better and my thinking has become strong to handle situations. This is my life and I can't change it , but I can make better meaning of it in my conversations with prof Singh

Dr. Prof. G.B. Singh (PhD) replied

You have been able to adapt very quickly as the set point around happiness which can vary from time to time was integrated by you immediately when we spoke. We all have a remarkable ability to adapt both to good times and bad fortune, so that life's circumstances, unless they are seriously bad, do not have lasting effects on an individual's mood. Even if they do, as in they are truly bad, as in your case, it is your trust and your openness to interact that gave you the strength to affect change as balance depends less on exterior things than most people suppose. Regards

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue Treatment satisfaction

Psychometric Assessment (Tests) as a means of diagnosing Mental Health issues in an unbiased and scientific manner is an area we Indians are generally ignorant about, so Prof. Singh's expertise and vast experience in conducting these Tests to arrive at an astute diagnosis is certainly exemplary. We pay huge sums of money to get pathological tests done for physical ailments without batting an eyelid, but, unfortunately, we question Clinical Psychologists for charging money for these highly complex and extensive psychological tests. Dr. Singh's extremely humble and caring nature along with his soothing voice, puts you at ease to discuss your personal issues comfortably. I have consulted him a number of times and everytime he has been so generous and helpful that it has been a truly amazing experience. Thanks for everything Sir!

Dr. Prof. G.B. Singh (PhD) replied

I have replied to every feedback given when I felt overwhelmed. When I read it. Just 30 seconds ago, you have given me a gift that is more valuable than any amount of tangible ones. I really don't know who has written this, but certainly you just managed to lift my day kid. I pray for your wellbeing and success

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

\* \* \* \* \*  
\*\* \* \* \* \* I came to Prof GB Singh when my husband needed help After losing his job last month.

After the therapy and the test with Karan, I was so intrigued that I went in for the Adult Interpretative report , and it was significantly informative.

Oh remember , if you ask Prof Singh for a couples therapy he does not Double Dip, and you may get to pay for a single.

We are on, for once in a 15 day couples therapy and we already feel strangely peppy, after one session

Dr. Prof. G.B. Singh (PhD) replied

Not all people realise the significance of what you have described above. You know child, when we think about loneliness we have to understand that every person is different. Every person perceives , and evaluates relationships differently . You have invested in your mental health. I would encourage every person , where ever they are in the country and whosoever you go to - to do so. In your case also the self imposed isolation was not about solitude, it was about shame , and your spouse is very lucky to have an understanding partner who is not wrapped in layers of pretence , but is courageous enough to seek help. We can actually reduce the quantum of chemicals we stuff our brain with If we can find the appropriate helper. Thank you very much for your courageous outlook towards life.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

I've been in therapy for as long as I can remember. My family is totally dysfunctional, and bigoted on every issue. I've met most psychologists and have tons of experience.

I decided to have a session with Doc Singh to see what else was out there.

It's actually a totally different experience. We have decided on a once in 15 days stay in touch formula. I do however feel, that it nice to have a good therapist on board , one who understands you completely , like it's good to have a lawyer on board who you can call for a quick response in times of need. If Doc Singh can give me hope in one sitting , I'm finished searching for another psychologist.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

Dr. Prof. Singh is extremely good and professional. He could empathize with me while constantly guiding me through the situation. Within three sessions I am feeling tremendously better. I have not had a breakdown ever since i met him, I am able to handle my work and related pressure with ease and overall I am feeling joyful and happy. And I don't feel I am dependent on Dr. Singh instead feel empowered. I am extremely happy with the way he is guiding me into a self journey, helping me reflect within while constantly helping me deeply appreciate myself. I am sure with few more sessions I feel I will be totally equipped to deal with my challenges and difficult times on my own.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

After my sessions with Dr Singh, I think way too many people are living a life that is not theirs to live. We live our lives according to what others think is best for us, we live our lives according to what others think is good to show people.

We ignore our inner voice, and are so busy with pleasing everybody, with living up to other people's expectations, that we lose control over our lives. A perfect marriage, nice husband, but no communication, no intimacy , no desire and we forget what made us happy once, and what we want and what we need, and eventually, women like me nearing 30 forget about themselves.

I learnt to detach myself from all things, as my attachment came from a place of fear, and I feel more tolerant, and relaxed. I feel invested in myself with good therapy, it feels like being reparented and relieved that you can talk to someone openly and get a different perspective.

Dr. Prof. G.B. Singh (PhD) replied

Without an effective plan of action, it's unlikely that we can achieve our objectives in life — and that's particularly true of family objectives where it is still a joint family. Yet, marriage is an area of our lives where effective planning is often regarded as unnecessary. The goal of restoring and sustaining love in marriage within a family as a unit is much more important than the goal of resolving conflicts.

Ultimately, of course, both goals are important. Don't sacrifice your love for your spouse or for each other. It is very unfortunate that we as parents fail our children when we are blessed with them

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Infidelity, contrary to what most people assume, is neither rare nor exclusively male behavior nor is it certain to end the marriage. In fact, I have had to confront the reality of my wife affair and deal with the aftermath of the extramarital affair. I also feel women's infidelity is swiftly catching up to those of men. Infidelity has become an equal opportunity sphere. When I came to know of my own partners Issues I was stunned. I could not even imagine what I have done to push her away. Internet and online affairs have become extremely dangerous and have broken me and pose one of the biggest threats to a modern marriage like mine. Dr Singh has been able to take this make us survivable and stronger helping deal with it constructively. I use nonsense. Now I don't. From an Intimacy avoiders I have decided to be intimately close. I have gone through a shock, and this lock down has opened my eyes to a lot in life.

Dr. Prof. G.B. Singh (PhD) replied

No one wants to have affairs. When there is marital dissatisfaction , discontent and lack of love , one or both the partners can and I say can be vulnerable to comfort from a person who fills the vacuum. I have been a serious advocate for having a Safety net as we can't deal with issues where we are personally involved. In order for the purpose of jump starting the marriage over again, there is no shame in apologising , affirm commitment , be less obsessed with the incident and focus on the big picture of the marriage and start feeling some forgiveness . For years women have borne everything silently , now the world is changing. It's not to say great I can also get my revenge back. That would be a double disaster. What we must do is articulate the process that may take place to assist healing. You have been very brave , and I respect you for respecting your wife

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

For every woman of my age I want to say that if you can't accept infidelity , don't waste time getting angry with any form of pretentiousness that a spouse may use to fool you. Instead of speaking to friends and seeking intervention from family members go get help. Whether you offer an olive



branch, whether you beg, speak emotionally the person or fall down, read as much you want on the internet, it won't help a bit. The only thing that helps is bringing him to face a therapist and trying to figure out whether it is worth living in the same space or getting out. Doc you have been a guide , a mediator and very impartial. I respect these aspects. We will continue the process as suggested.

Dr. Prof. G.B. Singh (PhD) replied

Please start thinking and believing that you can do better, then you will begin a cascade committing to the relationship and not trashing your spouse (Either way) and cherishing each other; of building not resentment but gratitude, of increasing your investment in the relationship and not escalating conflict. If not, time will fly by, when you look over your shoulder you will be 40 and late.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Im happy to speak out as I have always felt I am different from other people. My self-limiting beliefs have kept me stuck in a cycle of loneliness. Prof Singh is helping me manage my critical inner voices which try to keep me from challenging myself to step outside my comfort zone, and then have been stabbing me in the back for avoiding taking action. You are very critical sir to me at this point as you give me the strength to not allow these thoughts to manipulate my behaviour or sink into feelings of loneliness and isolation.

Dr. Prof. G.B. Singh (PhD) replied

And We Will Stand by You Child. Regards

V

Verified Patient

3 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Happy with: Doctor friendliness

I feel so angry at how my sons school has been forcing me to go to RML hospital for a learning disability check up and at the systemically institutionalised mechanism of oppression designed to suffocate the agony of us parents. I think we are mature and educated enough to recognise that the responsibilities

of everyday life and the responsibility of our children in today's world by the school is something of a luxury that is difficult for them to accomplish selflessly. I am extremely obliged and thankful to Prof Singh for the help he has extended to me and it is encouraging to see someone with whom one can let their defences down without being treated like mass produced robots who should have no feelings and just obey orders coming from them.

Dr. Prof. G.B. Singh (PhD) replied

Madam, every parent needs to be equipped with the correct information. NO school can FORCE YOU to go to any particular Hospital OR a particular Psychologist, with whom the School may have mutually beneficial ties. The rules of the CBSE and RCI are very clear. Parents can go to ANY psychologist and the Learning Evaluation Report should carry a signature of a RCI registered Psychologist. If every school started to send every child to RML then the hospital might as well not treat critical patients waiting for hours and keep doing Psychoeducational evaluations through the day. Every school has a duty to provide ALL options to parents of the available institutes and centres and you as a parent should be deciding where to go based on the quality of tests carried out. Also cheap is not necessarily good. You should be looking to have the following minimum tests done not only for a correct evaluation, but also to know your Child's mental and academic capacity so that you can actually help the child - WISC -V (India) / CTOPP / WJ IV / WRAML Maybe it is time for schools also to appreciate that they have to help the future generation of India and genuinely help children. Schooling cannot be just a move from KG to class 12 as a process and children who are facing difficulties not be sidelined. Your case is not unique madam. Countless parents are facing this bureaucratic mentality and are helpless as schools carry a significant level of assumed and perceived Power (I would say) and parents comply for fear of being discriminated against for the day to day life of their children in school. Your case is Very unfortunate Madam, but not an isolated incident.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendliness

My son is 6 years old. He was late in speaking and talking. Our doctor in Calcutta said that it is normal for some children to start speaking late and that he would start speaking as he grew up. Even our parents were not very worried and said to us that all children are different. Some start speaking early and some start speaking late. So we were very ignorant and happy at our life. When we saw the presentation that sir have and consulted with him, he made us speak to our child doctor and get a MRI. We were shocked to be told that there are some black spots that should not be there in the brain on the left side of our son's head. It was like small bundles of balls that then we were told was the reason for not yet talking for our son. My god, I wish we had known earlier as what am I earning for if not for my child. I am very grateful to Prof Singh for his kind guidance.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My son is 6 years old. He was late in speaking and talking. Our doctor in Calcutta said that it is normal for some children to start speaking late and that he would start speaking as he grew up. Even our parents were not very worried and said to us that all children are different . Some start speaking early and some start speaking late. So we were very ignorant and happy at our life. When we saw the presentation that sir have and consulted with him, he made us speak to our child doctor and get a MRI. We were shocked to be told that there are some black spots that should not be there in the brain on the left side of our sons head. It was like small bundles of balls that then we were told was the reason for not yet talking for our son. My god , I wish we had known earlier as what am I earning for if not for my child. I am very grateful to Prof Singh For his kind guidance.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

It is a great support to have someone help you complete the full circle. Helping me bring us together and helping me complete just 25% of the circle and then guiding me for the rest 75% of the circle. The memories of being left out from family gatherings of my in laws and being made to have different bedrooms is something i think no person may have gone through the way I did. No togetherness and no time alone, and how I just wanted a divorce from my torment is not easy to open up. I visited Dr Singh on a recommendation and I am very grateful i invested my time and also made my husband come and understand what we were missing. Thank you very much.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

My family & I in particular, would like to Thank You for your diagnosis and treatment approach for my son. He has faced several issues for the past few years and even though we are a family of homeopaths, we always assumed his issues were behavioural and not organic/ neural.

Your insights have made us deeply aware, and to some extent also guilty of gross oversight on our part, including being judgemental at times.

Thank you for showing us the way. I am humbly and reasonably confident that we will be able to address issues with homeopathy, and if not, we have your good advice to fall back upon.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

GB has been a great friend of our family for almost 4 years now and is someone I've grown to know very well. Across the course of the last 1 year however, I've been engaging with him to help our son really reflect on and craft his unique academic story. Our son has grown and despite facing adversity and challenges has managed to start on a credible career.

He didn't allow Dyslexia to be his crutch, we took the first step in accepting he has Dyslexia and over the years he has amassed different tools and techniques to help manage and succeed in the school and work environment despite suffering from Dyslexia. Dr Singh has done everything to empower him to embrace his issues and manage it so he can thrive in work and feel comfortable in any environment.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionExplanation of the health issueValue for money

My husband and I have been fighting over sexual issues from 3 months of our marriage. Everyone says women are fussy. No one even asks if the man is fussy or has problems. I am a lady and I know how sensitive this issue is. Dr Singh dealt with our core issues with so much tact and dignity that not for a moment did I feel uncomfortable. That is very important for us. Opening up is not easy on many issues

, however if we don't resolve them how can we live in misery and hypocrisy through our lifetime. You have been a true support sir and a mentor figure for both of us.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Sometimes, life gets to be a bit much. The endless march of work, responsibilities, commitments and obligations. We have been getting lost in the day to day grind until something happened that caused us to easily tear, quit my job and do uncharacteristic things. Prof Singh says that contrary to being a useless emotion, sadness is beneficial to us in ways that may actually enhance our well-being. Sadness is a force of great depth and breadth. Sadness had made us to be passive, depressive, self-pitying and incapable of action. When we sought help we felt superficial, but the entire experience changed our outlook on therapy.

I realise that sadness functions as a signal that something is not right, and talking and therapy made us more motivated to make changes after our sons death. There have been down times in my life when things have not gone well. Talking to Prof Singh struck a deep emotional chord with us which was strangely therapeutic

V

Verified Patient

4 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

When we met Dr Singh our relationship was very critical and affecting our family very badly. We were not in a position to share our problems with anyone. But when we met Dr Singh he was so calm and composed. He made us so comfortable and friendly that we explained everything to him. On very first session he understood our problem and handled it very effectively. In just 2-3 sessions we started realising that our relationship are getting better and better. He is such a wonderful human being and kind hearted person. Always ready to help others. We are very thankful to God that we met Dr Singh in our life. We are very grateful to him.

V

Verified Patient

4 years ago

Visited For Marriage/ Marital Counselling Psychological Problems

I recommend the doctor

Happy with: Doctor friendliness Explanation of the health issue

A Healer is not someone that you go to for Healing. A Healer is someone that triggers within you, your own ability to heal yourself!

I went to Dr.Singh with no clue how to handle myself, shape my emotions, and well with my husband. Totally oblivious of the fact about why there's so much change in my emotional state, which was effecting my inner self. Dr.Singh is a great listener and I very much appreciate the scientific approach that he used, that I realized the exact reason of my emotional turmoil.I just had 2 or 3 meetings and I was enough to get started with the Cause that I know.

Dr. Prof. G.B. Singh (PhD) replied

Very few people remember after so long. Im very grateful as I know you are in the US now , and you could have easily let it go. It is a very big thing to be remembered like this and I can only wish for good things for you. Regards

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction Value for money

One thing I have realised in my meetings is that Dr Singh, leaves and puts a considerable amount of responsibility on my own shoulders in every meeting. There is no sweet talking about the fact that all will be well and that sadness can be over come etc

There is a lot of emphasis on taking responsibility and frankly it is scary as when he showed me what I am in a scientific manner , it was very difficult to accept it initially. Facing reality is how I would say is all about sessions with him if one can accept responsibility.

A very unique feature I found was he does not insist on repeat sessions. He told me that I should come based on my time and investment capacity for my self . It has allowed me to come at my pace and when I want and it's preferable to someone like me. I have to say I have leukoderma and the first thing I was able to do was remove the tons of make up and be me in his presence and now in office and socially. A Tad bit expensive though

Dr. Prof. G.B. Singh (PhD) replied

Good Evening, I don't know the name as I can't see it. We are very grateful for your inputs and we mean it. Charges for all Psychologists have to be time based. We must remember that a Psychologist needs to spend a considerable amount of time with his client. Mostly from my own experience I can say, it takes upto almost 1.5 hours to understand the issues thoroughly. Subsequent to that a line of progress can be ascertained. Coming to us is not about symptomatic relief. It is an investment in your mental well being and complete mindfulness. I have seen in the United States and other countries I have stayed in that clients use therapy to understand their issues, and try to figure out ways to address them. There are clients who invest in Bi-Weekly meetings for an hour and there are clients who invest in monthly visits. The prominent issue is continuity as sometimes a minor glitch may be creating the entire gamut of thoughts and feelings. It is also true that a session can psychologically feel as if we are spending a higher amount on a doctor visit, because in this field we can feel that it was like a conversation. But then it is a conversation with a difference. It is a conversation where the person on the other side is doing his best to create mindfulness and cure you from the inside. Thoughts can be very powerful change agents and enable a lifelong cure process. I am glad you love yourself as the almighty made you. We all need to do that, don't we?

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Wait timeTreatment satisfactionDoctor friendliness

My whole family is crazy. We just cannot even talk to each other like normal people. Peace of mind is a very far of thing. I tell my wife something and everyone knows in her family what is going on. Then I am alone and I do not have anyone to talk to and I am very alone, and this panics me even more. This is complete madness and Dr Gb has been helping us trust each other and not keep shouting at each other. I have one suggestion Dr, you don't meet after 5 Pm, if you can that would be even more better. For my wife I can tell her, please don't fight, it puts a lot of stress on me and I cannot work peacefully. Otherwise I like coming to Dr Gb, it is very soothing.

V

Verified Patient

7 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

After counselling with Dr Singh my observation is that even if you have other motives for trying therapy, in the process of helping out and connecting with yourself you may discover the meaning of life and of happiness. This is why it is important to have counselling and find the correct person regardless of who compels you not to do so in the first place.

Dr. Prof. G.B. Singh (PhD) replied

If you ask me , we should understand our kids today and start gradual counselling and therapy from as early as 16 years of age. Thank you for pointing out the REFERRAL system here in the country , where people known to each other commercially shuttle patients between known colleagues. We have to change as a mentality and people should meet a few doctors before settling on a Psychologist. These visits are not a waste of money. They help in understanding different styles and then the person can select one based on personal choice. Lastly , never speak offensively about one doctor to another doctor and avoid taking names. Everyone is unique and they all try to help. I agree with your observation that don't let anyone compel you to meet some they insist upon. Well done

V

Verified Patient

7 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

My life looked wonderful on the outside and felt awful on the inside. All the trappings of success; the only thing missing from the picture the real me. I felt depressed and unfulfilled, yet unable to justify my feelings. A critical review of how I was living and a new formulation of my future strategic goals along with Dr Singh has been a eye-opener for me

V

Verified Patient

8 months ago



Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

My conversations have shown the way out of the woods is to find a path through—a way to walk through deep-seated fears of abandonment and emerge with the ability to build, maintain, and enjoy lasting, loving relationships. For this I have the conversation's with sir to thank. It was literally conversation's and amazing interaction.

V

Verified Patient

8 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendlinessTreatment satisfaction

I'm a long way into my own recovery process now and have recently reached a point of wanting to look back and celebrate how far I've come. Your words were just what I needed to hear at this time. I feel really seen and understood and appreciated.

V

Verified Patient

5 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I cannot express enough gratitude for your invaluable guidance Dr Singh ,and the support in overcoming my fears and personal insecurities Thank you for helping me embrace courage and achieve personal growth.

V

Verified Patient

8 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

It's hard to find words to express how vitally important Dr Singh has been in the shaping of my life and faith. He has walked uniquely with me and my vulnerability and hope, rooted not in optimism but in the real-life experience of my faith in him.

V

Verified Patient

9 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

When I came for therapy I had began to feel I have no personality, I was a server of food and a putter-on of pants and a bedmaker, somebody who can be called on when you want something. But who am I. A person living in endless tankless cycle of vacuuming , meals, dishes , maids groceries picking up the children from the school. Prof Singh has helped me transition a very difficult period of my life.

Dr. Prof. G.B. Singh (PhD) replied

I wish more would take this step. I really wonder at our collective mentality sometimes. We would rather save and save and save and eat roti and Dal everyday , ( which we all do , - nothing wrong ) but not spend on our mental health and lament alone at home and then turn 55 and say I am depressed. Why not spend some money on yourself for your well being also , please .

V

Verified Patient

9 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I have come out of psychotherapy as the importance of childhood attachment needs and the psychological wounds that get inflicted when an emotionally absent mother cannot meet those needs well enough were crushing me. Sir has helped clear steps we as wounded adults can take to identify our inner strengths and heal attachment wounds. I wholeheartedly recommend him for anyone who wishes to understand and heal the wounds that can arise when parented by an emotionally absent caregiver.

A

Asmita (Verified)

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

A very nice gesture on Gandhi Began to sir for checking the children for dyslexia. I really liked the way you left it to us to donate what we felt was appropriate and also give us the 80G receipt

S

Shilpy Behl (Verified)

6 years ago

Visited For Anxiety Disorder Counselling

I recommend the doctor

Happy with: Treatment satisfaction

Nice Experience.It was helpful.Medicine helped in Anxiety.I would recommend people to visit who is suffering from Anxiety

A

Aastha Arora (Verified)

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Sir you are a great Therapist.... He listens to his clients with utmost empathy... He guides me like his own daughter... Cheers to the cool daddy!! :D

Dr. Prof. G.B. Singh (PhD) replied

Hey - Thank you Dude, that means a lot for me

V

Verified Patient

6 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Coming to Prof Singh has taught my husband and me that we can change and learn to move beyond, blame, guilt, sadness, arguing and escalating our conflict back into a dignified relationship. We have definitely re discovered what creates solid, loving relationships, versus what causes difficulties and pain. We always take away a feeling that we are stronger in our commitment and that a good relationship takes effort and maintenanece -not different from mos worthwhile things in our lives. Prof Singh has helped us move forward and learn about ourselves and issues which can turn an unhappy relationship into a rewarding and satisfying one. It has been wonderful and great.

P

Pratyush (Verified)

7 years ago

I recommend the doctor

The Review mechanism is purely scientific. Prof. Singh Spent quality time with the Parents and the Kid. Any body who would like a scientific Assessment should Visit. Highly Recommended.

A

Alka (Verified)

7 years ago

I recommend the doctor

The experience was very satisfactory and reassuring. He was really patient with us and explained our each and every doubt and walked us both through the problems.

S

Sethia (Verified)

5 years ago

I recommend the doctor

Happy with: Treatment satisfactionExplanation of the health issueValue for money

Dr Singh has been very helpful in the last 6 months in helping my daughter through the initial 6 months of Her marriage and helped her handle her family situation very well.

I am sure we would have filed for divorce by now otherwise.

P

P Verma (Verified)

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Prof Singh has gone from helping our son in academics to helping in saving his marriage inn the last 6 years. The time spent with him has prevented the divorce of my son and the breakup of my family and that means a lot to me. I wish him the best

Dr. Prof. G.B. Singh (PhD) replied

Regards

S

Shalini Tomer (Verified)

5 years ago

Visited For Marriage/ Marital Counselling

I recommend the doctor

Happy with: Doctor friendliness

It was very good. I have to appreciate his analysis and observations. He is straight forward, humble and understanding.

S

Subhankar Mangeshwar (Verified)

5 years ago

I recommend the doctor

Happy with: Treatment satisfaction

1. Superbly efficient
2. Makes you comfortable immediately
3. Can ensure you laugh at the issues
4. Is kin and humble
5. A bit touchy
6. But an excellent human being

Sughandha Mangeshwar

West Bengal

Dr. Prof. G.B. Singh (PhD) replied

It's not about being touchy. A Psychologist is for life, and if so then honesty is pivotal for being there to cushion you. It's only human to feel hurt when you realise that there are fill in the blanks yet to be filled in after a few sessions. Regards

V

Verified Patient

12 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

If you manage to find Dr Singh, just glue yourself to him. He lives the psychological life you want , the inner tranquility we search and if you manage to click with him , just do what he says. You will know why in a month. Thank you sir for being a mentor

V

Verified Patient

a year ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

I reached out to Dr Singh when my life situation was such that I had reached a point that it felt as though I am travelling further and further into a very deep cave and it's getting darker and darker and that there is no way be back out of it. I cannot express enough gratitude to him for the support he has given me which has been exemplary and how he has held my hand to bring me back gradually to normalcy for which I am so obliged. A very fine fellow and a very dignified gentleman

Dr. Prof. G.B. Singh (PhD) replied

I I'm very grateful for your feedback and believe me it makes a huge difference to have someone thank you because mostly people forget. But I do have one request and that is please kindly do not negotiate any doctors fees, whether it's me or anybody else. If you are not comfortable with the charges the best thing to do is move on but don't please start negotiating by saying that can you decrease by an X amount , because a psychologist always charges by the hour or , by every half an hour unlike a normal medical professional who is meeting 5 people in one hour , and charging them various amount like 1000 1500 etc . So it's very sad when you treat a client and then you are told can you decrease the bill, because so much emotional energy goes into healing someone , that at the end of the day when you are told please reduce your fees it is like a blow on the face for all the effort one has put in. Thank you

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

I have been really satisfied by the treatment that I have received till now. His neutral and non-judgmental approach towards the issues and a systematic approach towards their redressal is extremely calming in nature. I was a little skeptical of the evaluation test suggested by him primarily because of its cost, but once I was assured of its recognition by my uncle I am glad that I chose to undergo the evaluative test.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionValue for money

With the kind of financial difficulty I was facing our marriage has been a strain on us for the last 2 year

Coming to Dr Singh was probably one of our wisest decisions as it has managed to bring balance and sensibility to the relationship

As a husband I was at a loss of what to do in my current position

How dr singh has calmed the situation is beyond description and the way he has held us together is very thankful

Thank you doctor

Dr. Prof. G.B. Singh (PhD) replied

Please. We are happy for you that you are together again.



V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

It was a great experience meeting Dr. Prof. G.B. Singh. Dr. Singh listened the problem my Child is facing very patiently and helped us understand the problem system and the probable root cause of the problems. He also conducted a detailed assessment of my child and shared his key observation about my Child learning disability issue.

He has also suggested few supplements and alternative ways & means of training him.

V

Verified Patient

6 years ago

Visited For Counselling for Depression & Anxiety

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Before going to him for the treatment, I was very stressed out and anxious. He is a very good doctor and more than that a very good person. He understood my problem clearly and guided me properly. Also he cleared many of my doubts regarding my symptoms which other doctors couldn't. I would highly recommend him to everyone who in their life feels that their is no way out. He is a gem of a person. I am very grateful to him.

V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Treatment satisfactionDoctor friendliness

It has been a brilliant experience visiting dr singh. He managed to resolve our family issues in a perfect manner \*\*\* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \*

Dr singh can be expensive as he follows scientific methods and clinical tests \*\*\* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \* \*\* \*

He managed to resolve our family issues and relationship problems with a level of intelligence ,humor and dignity that have to be experience

A doctor for life for us

V

Verified Patient

7 years ago

Visited For Anxiety And Depression

I recommend the doctor

Visited for Anxiety

I want to thank Prof Singh for his kindness and non judgemental way in which he approached my problem. I am very happy I came to him as I have been able to avoid the medicines that would be given to me had I gone to a hospital. I like meeting him and even though I am better now I like to come and talk to him one a month as it helps me know that I am not alone and it also helps me understand how to handle my personal and office matters

V

Verified Patient

7 years ago

Visited For Learning Disability (Dyslexia) Treatment

I recommend the doctor

Dr. GB singh is doing great work in field of learning disabilities and cognitive behavioral disorders. Diagnosis for such diseases is really difficult and lacking in India.

He was very kind and gentle. His history taking is very meticulous. I have full confidence that my son will improve with his diagnosis and treatment. I would definitely recommend him to parents suspecting any kind of behavioral or learning disorders in their children.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Explanation of the health issue Doctor friendliness

Wish you a happy Diwali Dr Singh and thank you for being there for me. I couldn't relate to the world around me, as my reality would have increasingly fractured and confused me. Your help and my illness eradicated my sense of self, and now I am now working again. Also I have started the lifelong process of obtaining, maintaining and slowly modifying my sense of who I am as you have taught me.

V

Verified Patient

2 years ago

Visited For Online Counselling

I recommend the doctor

Happy with: Treatment satisfaction

Dr. G. B. Singh, has been extremely effective in resolving my problems. He is a great listener and tackles issues scientifically and logically. Whenever I have felt the need I have always reached out to him and he has miraculously solved my problems. I would strongly recommend him to everyone because all of us today are dealing with complex lives and there is absolutely no harm to reach out to someone who can help increase your happiness quotient.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Thank you for the free camp you held today on Gandhi Began to for assessment of children for Autism and Dyslexia. We used to think our children were naughty and wanted to play more than study. We were frustrated and wrong to thing that our children were pampered. We could never imagine he has dyslexia. It is very scary , but also we are relieved now we know what to do

Dr. Prof. G.B. Singh (PhD) replied

:)

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Sir, you are a true keeper of secrets. I think you know what I am saying and why I am thanking you. It takes a lot for a person to trust anyone because of the way society is in our country, and sir, you have kept my trust for which I will be grateful.

Dr. Prof. G.B. Singh (PhD) replied

You are welcome child.

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Sir , we had given up hope when the had been told that our child has Autism and it is only you who took up the challenge to make sure that he gets as better as he can and today we want to thank you on 1st of July for all the effort and hard work you have put in for our son

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Very nice person. Always there to help. Went to him for intimacy issues. Both of us found the entire session to be very smooth without any hitch. 1 Year into settling down both of us were totally off each other. Were able to discuss things with him together which would be impossible or would have been not possible with any friend or family. Reassuring and kind.

Dr. Prof. G.B. Singh (PhD) replied

There are so many misconceptions surrounding the topic and so few individuals seek assistance and guidance. We see marriages breaking down due to this issue, we see coyness, people avoiding each other , people avoiding talk about it. This aspect should be addressed if it exists and discussed without prejudice.

V

Verified Patient

5 years ago

Visited For Youth Counselling

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

Dr GB Singh was more of a friend than a psychologist. At the time , I needed more of a friend than a doctor. I could freely convey my emotions to him without hesitation, his presence made me very comfortable. Would recommend him to people facing any kind of stress related to work, personal life or mental well being.

V

Verified Patient

5 years ago

Visited For Life SKILLS

I recommend the doctor

Happy with: Doctor friendliness

A wonderful human being. I consulted him for some emotional dilemma I was facing. He is such a patient listener and very attentive. Despite of being so busy with the patients he took my call and take out 1 hour just to hear and resolve my issue. I have never met a person who doesn't care for fees and is so devoted to his profession. He is serving the society through his profession. Such people are gem for the society and are inspiration to others.

Dr. Prof. G.B. Singh (PhD) replied

It's actually very kind of you to say this, but caring for fees that should be charged from someone and knowing what is the sensible and morally correct thing to do are two different issues. However your feedback is extremely, extremely humbling as I do believe I recall you.

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Treatment satisfaction

He helped me get off medication that I had been trying to leave for many years. Another doctor misdiagnosed me, and I was dependant on medication which had side effects. Dr. Singh helped me through the process of leaving them. I shall be indebted to him for that.

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

No doubt that it has been a great experience \*\*\* \*\* \* \*\*\*\*\* \*\* \* \*\*\*\*\* \*\*\*\*\*

You have to be however prepared to understand that if you are going to hire an Amitabh Bachchan of his field you have to also pay for the quality and stature that you get

Besides that I think it is all thumbs up.

Dr. Prof. G.B. Singh (PhD) replied

Seriously!

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Doctor friendliness Treatment satisfaction

We have been married for 18 years and now we realise how incompatible we had become. Honestly we were virtually hurling profanities at each other when we were seeing a counsellor. When she could not handle it we came to sir and in a month's time the family is called and balanced . The issues are being resolved still in our sessions but the comfort zone we had with sir we have not ever seen before and our appreciation for that.

V

Verified Patient

5 years ago

I recommend the doctor

Happy with: Explanation of the health issue Doctor friendliness

Visited for- Traumatic Brain Injury after a road accident.

We have found Dr GB Singh \*\* \*\*\*\*\* \*\* \* \* \* \* \* \*\*\*\*\* \*\* \*\*\*\*\* after visiting many others in this city. \*\* \* \* \* \* \* \*\*\*\*\* \*\* \*\*\*\*\* is updated with latest technologies, therapies and medicines available and most importantly willing to guide you even in the most difficult circumstances. I would recommend him as one the most competent and professional psychologist.

V

Verified Patient

7 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

Thank you sir for finally showing where I'm going, and how to get there. The knot of anxiety I have carried for years is just gone. Thank you very much

V

Verified Patient

8 months ago

Visited For Psychological Services

I recommend the doctor

Happy with: Doctor friendliness

I thank you on a personal and professional level. Your help in healing me from my childhood failure's have helped me and validated me both. I can heal further in my own life.

U

User (Verified)

6 years ago

Visited For Psychological ProblemsStress

I recommend the doctor

Experience was nice. I really liked the way he patiently listened to all the issues and provided ways to avoid stress and simultaneously manage all the personal and professional issues.

V

Verified Patient

7 years ago

I recommend the doctor

Visited for my wife

It was worth the effort and the time coming to Prof Singh. I agree with some of the others. For the first time I have met a completely non judgemental and a sincere psychologist. He has a capability that is difficult to define. The problem and the solution are there right in front of you. A very positive visit.



V

Verified Patient

6 years ago

I recommend the doctor

Happy with: Explanation of the health issue

I Beleive in results. I am satisfied with Dr.Singh.Let us hope for the best for the future of my child .

Best Wishes

Dr. Prof. G.B. Singh (PhD) replied

WOW

V

Verified Patient

7 years ago

I recommend the doctor

The Doctor was so non-judgemental that I felt totally at ease with him which helped me narrate my problems better than I'd have done so with another doctor.

V

Verified Patient

7 years ago

Visited For Patient Counselling

I recommend the doctor

Hi,

Had first meeting with Prof GB Singh. He was extremely patient and professional in hearing out my problems. I am glad that I selected him to discuss my concerns.

V

Verified Patient

2 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

You are a blessing for my entire family the way you have helped us through the crises and turmoil of Covid. You must be so for so many others. Keep doing what you are doing Dr and those who believe will find you

Dr. Prof. G.B. Singh (PhD) replied

It get's very exhausting if done correctly and your word's mean a lot. Regards

V

Verified Patient

3 years ago

Visited For Child behavioural issues

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for money

\* \*\*\*\*\* He is very good. Quick to understand and finding the patient difficulties. I really appreciate his treatment. Recommended.

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

Sir, I replied what ever understood, may b I missed sumthin not understandable. But this wdn't relieve my burden

Dr. Prof. G.B. Singh (PhD) replied

Oh I understand. You don't have to feel any burden sir. Everything in life is not commercial and certainly not feelings. I hope this is a good enough explanation. regards

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendliness

Honestly, the Dr is an institution in himself. He takes his time , but the way he goes about it is amazing. I have been able to take myself off pills based on how the conversations unfolded

V

Verified Patient

4 years ago

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfactionValue for moneyExplanation of the health issue

Top of the line. Would not hesitate to say that he is very intuitive and perceptive. It's a premium service but with higher intensity and depth

Dr. Prof. G.B. Singh (PhD) replied

I thank you very much sir/madam. I don't know what to say when you mention that it is a premium service. Two cups of coffee in Starbucks can cost you around a thousand bucks. Now that is a premium service.

V

Verified Patient

4 years ago

Visited For Marriage/ Marital CounsellingStress

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issueTreatment satisfaction

I was so stressed and unable to take decision on my marital relationship. Condition was very bad. Doctor handled it very perfectly \*\*\* \*\*\*\*\* \*\* \*\*\*\*\* \* \*\*\*\*\*. I am very thankful to doctor sahib. He gave me a new hope.

Dr. Prof. G.B. Singh (PhD) replied

regards

V

Verified Patient

4 years ago

Visited For Child behavioural issues

I recommend the doctor

Happy with: Doctor friendlinessExplanation of the health issue

Lending ears to the visitors/patients patiently without bias

Proper diagrammatic explanation related to the concern problem/problems

V

Verified Patient

3 years ago

I recommend the doctor

Happy with: Explanation of the health issueDoctor friendlinessTreatment satisfactionValue for money

The way he took the history of all surrounding of patient and how he explained it, it's satisfactory

A

Anand kumar pandey (Verified)

5 years ago

Visited For Youth Counselling

I do not recommend the doctor

Hoped for better: Doctor friendlinessExplanation of the health issueTreatment satisfactionValue for moneyWait time

Dr. Prof. G.B. Singh (PhD) replied

Good Evening. Sir. This is the third time you have put in a thumbs down. We accept that we can't make everyone happy. There will be others also in future who may not like us. regards

V

Verified Patient

3 years ago

Visited For Post Traumatic Stress DisorderAnxiety Disorder Counselling

I do not recommend the doctor

Hoped for better: Doctor friendlinessTreatment satisfaction

V

Verified Patient

5 years ago

Visited For Counselling for Depression & Anxiety

I recommend the doctor

Happy with: Doctor friendlinessTreatment satisfaction

Dr. Prof. G.B. Singh (PhD) replied

Much appreciated