

## Contact

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b97a4722 (LinkedIn)  
rakeshsingh.co (Portfolio)

## Top Skills

Relationship Counseling  
Entrepreneurship  
Digital Marketing

## Languages

English (Full Professional)  
French (Limited Working)  
Hindi (Native or Bilingual)

## Certifications

Programming for Nutrition Outcomes  
Trading for Development in the Age  
of Global Value Chains - WDR 2020  
Social & Behaviour Change  
Communication  
The Future of Work: Preparing for  
Disruption  
Tech for Good: The Role of ICT in  
Achieving the SDGs

## Honors-Awards

Certificate of Appreciation

# Rakesh Singh

Life & Peace Coach | Podcast-GROWTH TALKS with RAKESH |  
Mental Wellbeing | Relationship Harmony | Career Guidance | Social  
Impact

Lucknow, Uttar Pradesh, India

## Summary

With an enriching 20+ years career in the Social Impact sector, I have dedicated my professional life to driving positive change and fostering community development.

My journey has been marked by significant contributions to numerous impactful projects, ranging from grassroots initiatives to large-scale social programs.

These experiences have ignited a passion for inspiring and empowering individuals on a personal & professional level. I have been doing this in my personal and official capacity for the last 20 years and from last 4 years I have intensely focused on helping individuals and professionals to cope up with their career and life challenges and overcome them successfully.

As I transition into the next chapter of my professional journey, I am committed to channelise my extensive experience into my role as a Life & Peace Coach, with focus on Mental Wellbeing, Relationship Harmony, Career Growth leading towards a fulfilling personal and professional life and maintaining inner Peace in life.

My approach is rooted in the belief that true resilience comes from within, and my goal is to help individuals and organizations unlock their inner strength, navigate adversity, and thrive in the face of challenges.

Through engaging talks, interactive workshops, and personalized coaching sessions, I aim to provide practical strategies and insights that drive lasting positive change.

I strongly believe that everyone has inner power to inspire oneself and lead his/her personal and professional life, what a Coach like me

do- just CATALYSE this inner strength for personal and professional development, leading towards a fulfilling Career & Life

My Approach: Individual specific, Non-Judgemental, Friendly approach to provide an enabling environment to make you comfortable to share your all concerns and problems freely and confidently.

"Let's Celebrate the Most Beautiful Gift-LIFE"

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## Experience

### Self Employed

#### Advisor

June 2024 - Present (1 year 6 months)

New Delhi, Delhi, India (based at Lucknow ,India)

### Socioaid Services & Development Foundation

#### Board Member

December 2023 - Present (2 years)

Lucknow, Uttar Pradesh, India

### Freelance

#### Life & Peace I Relationship Coach

July 2022 - Present (3 years 5 months)

India

### The World Bank

#### Public Health Expert (Climate & Health)

January 2023 - June 2023 (6 months)

New Delhi, India (Based at Lucknow)

\*Worked with Department of Health & Family welfare & NCDC India for a Study on Climate and Health vulnerability assessment for Uttar Pradesh, under National Program of Climate Change & Human Health for development of State Health Adaptation Plan.

\* Facilitated in finalization of Nutrition Financing study of Bihar & Odisha.

### The World Bank

#### State Coordinator (Health Nutrition Population)

June 2016 - June 2022 (6 years 1 month)

New Delhi, India (Based at Lucknow)

Working with Senior Government Leadership for effective execution of POSHAN Abhiyaan & service delivery of ICDS, improved monitoring of ICDS with use of technology, conducted State level policy & programming meetings in executing result-oriented interventions such as Home visits, Counselling, Community events, Data review, Convergence, System strengthening.

- \* Established online reporting system which streamlined reporting system in State.
- \* Facilitated successful execution of real time digital technology-based application ICDS-CAS & POSHAN Tracker more than 170,000 Field staff trained. From planning to execution, addressed challenges with Government and other Stakeholders and ensured 100% roll out in State.
- \* Facilitated trainings of 257 Block help desk on their role of working with Health & ICDS system.
- \* Facilitated system in capacity building of 170,000 AWWs, 9000 Block and 600 district team members on Health & Nutrition themes.
- \* Supported in planning and execution of 30,000 field functionaries training using e learning platform.
- \* Supported in SBCC campaign through mid & mass media and using social media platforms eg. Facebook, Twitter, WhatsApp etc.
- \* Facilitated financial planning and management of State Budget of \$ 70 million for POSHAN Abhiyaan.
- \* Facilitated study on "Factors Contributing to Addressing Malnutrition in India" study conducted for State of Odisha & Bihar.

## Oxfam India

Program Coordinator- Health (Team Leader)

August 2015 - June 2016 (11 months)

Lucknow, Uttar Pradesh, India

Managed a team of 5 professionals and externally hired consultant contracts for health project on convergence of health services at community level for improved community engagement for health seeking behavior, coordinated with senior Government leadership.

- \* For Health system strengthening and convergence worked on Streamlining micro planning of Village Health Sanitation & Nutrition Day (VHSND) which was further replicated across State.
- \* Developed a training package for elected members of Panchayati Raj on Health, Nutrition & Sanitation

## Valid International Limited

### Program Coordinator (State Lead)

September 2013 - March 2015 (1 year 7 months)

Bhubaneswar, Orissa, India

Managed a team of professionals with total staff of 150 for a health project pilot study of Community based Management of Acute Malnutrition (CMAM). I led overall project of \$7 million, with my diverse role in program management, training, monitoring & evaluation, community mobilization, finance-budget management, HR, State level coordination and negotiations. My intertwined role as a team leader has helped me to take off CMAM pilot successfully on ground.

- \* Developed concept note, pilot proposal, financial and operational plan.
- \* Prepared technical and operational protocols jointly working with Government and Global technical experts.
- \* International exposure visits to Ethiopia in Addis Ababa & Amhara Region got experience of Community and facility management of SAM.

## World Food Programme

### Senior Consultant

April 2012 - August 2013 (1 year 5 months)

New Delhi, Delhi, India

- \* Provided policy level support for ICDS Mission, facilitated Ministry of women & child development on State reviews of ICDS and Food & Nutrition Board.
- \* Reviewed ICDS Annual Plans of 20 States for FY 2013-14.
- \* Contributed in Nationwide IEC Campaign against malnutrition.
- \* Supported in organizing national level review meetings, seminars & workshops.
- \* Prepared program reports & contributed in policy documents from different Ministries

## Catholic Relief Services

### Senior Program Manager

April 2009 - March 2012 (3 years)

Lucknow( Based at Chitrakut & Bulandshahar) India

Successfully implemented Health System Strengthening project by executing Supportive supervision, Convergence and IPC Strategies for District, Block and field level functionaries. Managed a team of 30 professionals of district and block level.

- \* Improved service delivery specially in very hard to reach and neglected areas from 5% to 80 % immunization coverage and reach of other Health care and nutrition services.
- \* Since NRC was not existing in Chitrakoot, strategically advocated and ensured admission of 105 SAM children in Nutrition Rehabilitation Centre of adjoining State Madhya Pradesh and could save their lives.
- \* Facilitated trainings, developed training modules, IPC tools, program reports & analysis.

UNICEF (Through IPE Global)  
 District Mobilization Coordinator  
 March 2006 - April 2009 (3 years 2 months)  
 Ambedkar Nagar, Gorakhpur, India

- \* Managed project team of 350 members with district, block and community workers. Worked very closely with Faith & Community leaders to ensure Social mobilization on Polio, immunization & other health issues.
- \* Along with Polio program managed Flood Relief Operation in Gorakhpur with excellent pre planning with Government, Civil Society, Private doctors, etc. which resulted in no child death due to diarrhea in flood affected areas.

National Institute of Public Cooperation and Child Development  
 (NIPCCD)  
 8 months

Project Assistant  
 September 2005 - December 2005 (4 months)  
 Lucknow, Uttar Pradesh, India

- \* Led a team of investigators and conducted evaluation of ICDS projects in Jharkhand and Uttar Pradesh for the Project "Three Decades of ICDS: An Evaluation"
- \* Submitted Reports and findings to Regional office NIPCCD.

Project Investigator  
 May 2005 - August 2005 (4 months)  
 Lucknow, Uttar Pradesh, India

- \* Collected primary & secondary data for a case study of a Voluntary Organization 'CARTE' located at Ghaziabad (U.P.).
- \* Documented report of the study.

Uttar Pradesh Health System Development Project (UPHSDP)  
 Project Evaluator  
 July 2004 - August 2004 (2 months)

Lucknow, Uttar Pradesh, India

\* Evaluated world bank funded projects of 5 NGOs in Allahabad and Fatehpur districts of Uttar Pradesh and submitted recommendations to Project Director.

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## Education

SVKM's Narsee Monjee Institute of Management Studies (NMIMS)  
Master of Business Administration - MBA, Project & Strategic Management,  
Business Communication, Digital Marketing, HR, Finance, Operations · (July  
2021 - October 2023)

Indian Institute of Public Health (IIPH)  
PG Diploma in Public Health Nutrition, Public Health Nutrition · (January  
2011 - December 2012)

University of Lucknow  
Master's degree, Community Medicine & Public Health · (2008 - 2010)

University of Lucknow  
Master's Degree , Social Work (Specialisation in Personnel  
Management) · (2000 - 2003)

SHRI RAMSWAROOP MEMORIAL UNIVERSITY  
Doctor of Philosophy - PhD, Social Work (Public Health Nutrition) · (August  
2017 - July 2024)