



AMB. PROF

NABHIT KAPUR

PSYD.

www.nabhit.me

A global advocate and relentless crusader of promoting mental health, Prof. Nabhit Kapur, Psy.D, from India, envisages a world free of mental health stigmas and taboos. Through his exemplary work, indefatigable spirit and passionate endeavours he has been able to bring impactful transformative changes in several parts of the world including the African continent and the Middle East. A PsychoPreneur, author, TEDx speaker and globally decorated ambassador of mental health and peace with over **200 recognitions from 30 countries, Kapur, is perhaps the youngest psychologist in the contemporary world, and only one from India, leading this remarkable movement to make mental health a household name.**

Acclaimed as one of the world's most influential psychologist by the FAAVM-Canada, Prof. Kapur is the founder President of PeacefulMind Foundation (PMF). Based in New Delhi, PeacefulMind Foundation (PMF) is a global organization registered with the United Nations (U.N.) Global Compact and United Nations DESA. The foundation is present in more than 36 countries across the world. **PeacefulMind Foundation (PMF)** Fellowship program and Global Chamber of Business Leaders has also been recognized for establishing one of the most successful Mental Health forums in the world called the **Global Youth Mental Health Forum (GYMHF), a platform for youths to train in psychological first aid.**



Combining his skills as a psychologist and his passion as a social entrepreneur Kapur has established various successful entities like **PeacefulMind health innovations in Zimbabwe, PeacefulMind center of happiness, tolerance and leadership in UAE, PeacefulMind Center of Leadership Excellence in Ghana etc with PeacefulMind Foundation as a success platform in Nigeria, Senegal, South Sudan, UK, Canada, Uganda** etc. His organization has several initiatives to his credit like the PMF ambassadors, global academy of psychological science, the SPARK kit etc. **In a unique initiative called as Open mic mental health karaoke,** he is helping and spreading the need of mental health well-being by peer tutoring. **With this multi-pronged approach, Prof. Kapur has been able to successfully transform PeacefulMind Foundation (PMF), into a global entity with a world record of serving more than 36 countries across the globe.**

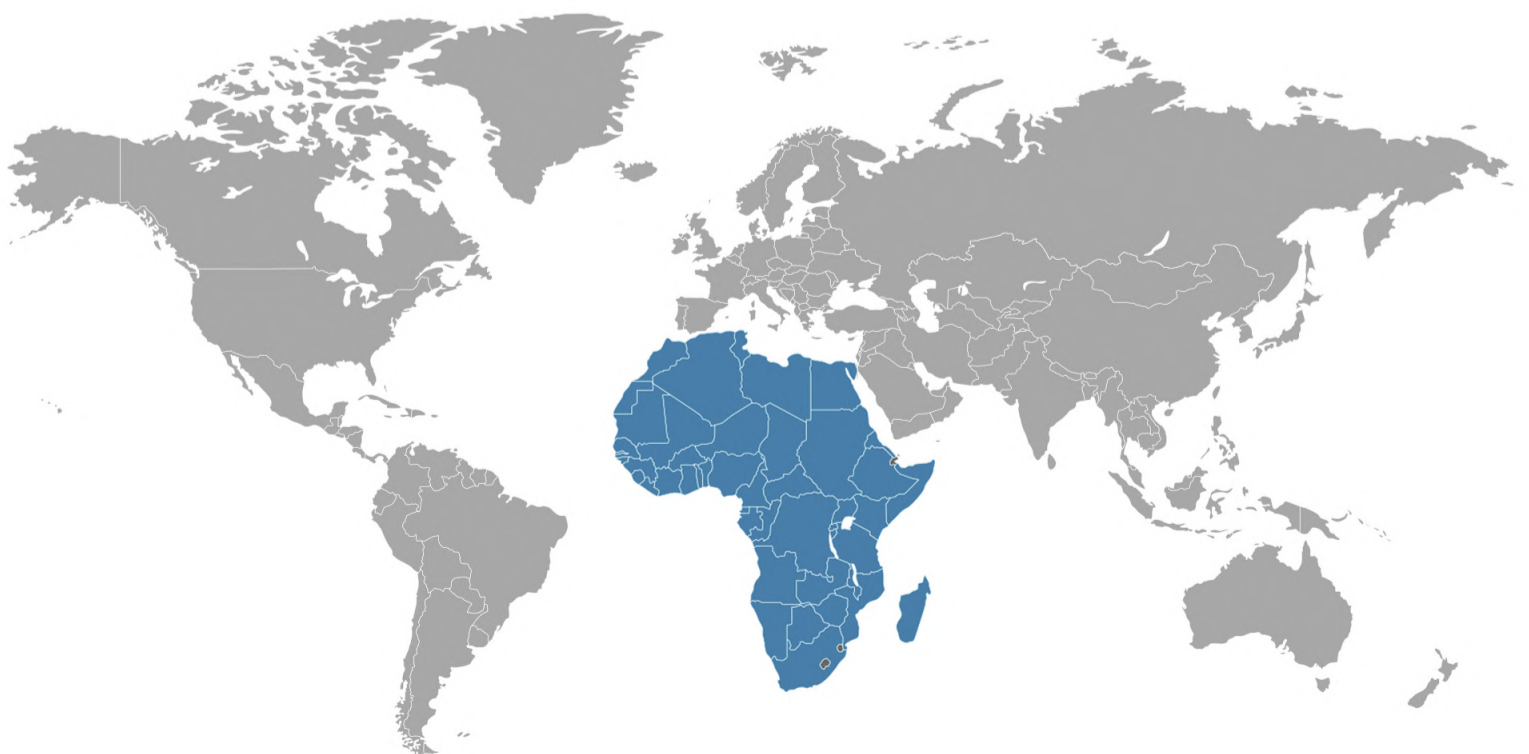
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In a short span of time, Kapur has done path breaking work in Africa. **His remarkable and astonishing journey in Africa has brought him in global limelight.**

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Through his work on mental health issues, aimed towards removing social stigmas and promoting positive mental health in society, Kapur has been able to develop a strong Africa connection, during the last couple of years. He has been recognized as the Ambassador of Mental Health and Psychology. This nomination came as a recognition of his commendable work across Africa towards the advocacy and promotion of better mental health through psychology. **Being a social sector entrepreneur, Kapur was named as the 'most influential friend of Africa' by Business in Africa magazine in September 2019 issue and was appointed as the Social Impact advisor to the Vice President of Liberia. Recently, in November 2019 he was also nominated as the first non-African Ambassador designate to the state of African diaspora with a mandate from African Union (AU).** He believes that these recognitions are a result of the work which he has initiated in different parts of the world. **'Son of Africa' is something he really cherishes as most of his work has been in Africa.** He considers it's so humbling to see that people of Africa like him and his activities, and these awards are a great motivation to move forward.



Kapur is also on the board of organizations like PALEDC in Nigeria, which works on various activities in entrepreneurship development in Africa, Reset Global People in Ghana, which is working towards SDG's, Pan African foundation, in which he is the chairman. **What's truly remarkable is that all these organizations and many more have trusted a non-African to have an impact in their organizations and countries, through a leadership role.** To widen the scope and mission to involve the African Diaspora more towards the continent, Prof. Kapur would be combining the Global Chamber of Business Leaders (GCBL) to connect the continent with diaspora and vice versa; with a strong dialogue and mark the 60th year of return.

Through his exemplary leadership he is the harbinger of a new era, **when mental health would be given its due importance sans the social stigma.** However, for that, more concerted efforts at the global as well as the grassroots level are required. He still feels, that mental health is largely an ignored issue among a large section of global population, including youth and people have a negative perception about mental health and don't see it as an important issue as most of the times they don't even know that it exists. Through his passionate social interventions and ground work, **Prof. Kapur wants to exhort everyone to join this movement aimed towards making mental health a necessary aspect of everyone's life.**



SOME OF THE RECENT RECOGNITIONS



for more visit

www.nabhit.me | www.peacfulmind.org

IN MEDIA

THE TIMES OF AFRICA

Bringing AFRICA to the World

The Sunday Guardian

DELHI'S FINEST SUNDAY NEWSPAPER

The Statesman

Mumbai Mirror

mid-day

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LINKS

The Times of Africa –

<https://www.youtube.com/watch?v=qdCom13rzJo>

The Sunday Guardian –

<https://www.sundayguardianlive.com/lifestyle/nabhit-kapur-nominated-peace-laureate-african-child-foundation>

The Statesman –

<https://www.thestatesman.com/inspiration-hub/nabhit-kapur-aims-make-mental-health-necessary-aspect-everyones-life-1502839211.html>

Indiafrica Today –

<https://indiafricatoday.com/creating-a-silent-mental-health-revolution-in-africa/>

Mid – Day –

<https://www.mid-day.com/articles/prof-nabhit-kapur-receives-the-coveted-karmaveer-puraskar-2019/22184197>

Indian Achievers Story –

<https://www.indianachieversstory.com/making-mental-health-a-household-term-dr-nabhit-kapur/>

Indian Achievers Story –

<https://www.indianachieversstory.com/making-mental-health-a-household-term-dr-nabhit-kapur/>

For Business In Africa –

<https://www.yumpu.com/en/document/read/62831729/fbi-africa-magazine>

russian Council –

<https://russiancouncil.ru/en/blogs/ratneshdwivedi/psychologypsychotherapy-and-psychiatry-how-the-world-is-under-its-grip/>

CREATING A SILENT MENTAL HEALTH REVOLUTION IN AFRICA



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Psychology,Psychotherapy and Psychiatry: How The World is Under its Grip?

January 26, 2019 | 0 comments | 902 Views | Add to reader | Print



What we lack is "not awareness" about Psychology but lack of perception. - Dr Nabhit Kapur

Prof.(Dr) Nabhit Kapur is Founder President of Peaceful Mind Foundation, Founder President Global Youth Mental Health Forum, Peace Laureate and Peace Ambassador, Psychologist and Chancellor of Yesbud University, Zambia. Ratnesh Dwivedi Talked to him on issues

Electioneering reaches feverish pitch in Karnataka: PM says

Bad Stories

Dr Nabhit Kapur nominated as the "The Peace Laureate" by African Child Foundation



The tree has borne fruit! – Dr Nabhit honoured in UAE

by Tanishka Patidar | 7.8k Views



Prof Nabhit Kapur Receives The Coveted Karmaveer Pur 2019

Updated: Nov 30, 2019, 17:04 IST | Partnered Content |

The award has been instituted by the International Confederation of NGOs (ICON) with the United Nations (UN)



Mumbai Mirror '64% of city youth surveyed have thought of ending lives'

To ease depression, young people switching from binge-eating to binge-shopping, findings show



Nabhit Kapur Psy.D Founder PMF, GYMHF & GAPS

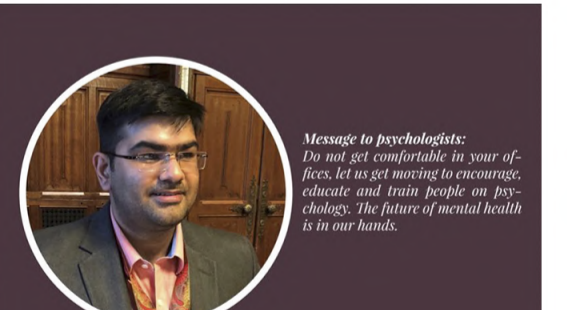
The Global Youth Mental Health Forum addresses the idea of such kind of issues. The forum was introduced to discuss and implement the strategies brainstormed by the round table forums organised by GYMHF.

देश की 120 शख्सियतें होंगी सम्मानित

राष्ट्र गौरव अवार्ड समारोह 20 को... करनाल, 13 मई (संवाद): राष्ट्रीय सम्मान समारोह में करनाल एक बार फिर से एक नया इतिहास रचने के लिए तैयार है।



राष्ट्र गौरव अवार्ड समारोह के बारे में विचार-विमर्श करते हुए एंटी करप्शन फाउंडेशन ऑफ इंडिया के पदाधिकारी।



Message to psychologists: Do not get comfortable in your offices. Let us get moving to encourage, educate and train people on psychology. The future of mental health is in our hands.

Dr. Nabhit Kapur dreams of a world where psychology is a household term and mental health is accessible to all. Growing up in a middle business class family, Dr. Kapur could not have accurately guessed his career path.

News Local

YEIS awards 25 outstanding African entrepreneurs for their success

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The 3rd Edition of the Young Entrepreneurs International Summit (YEIS) Ghana 2019 took place at the serene environment on the La Villa Boutique Hotel, Osu Accra in Ghana.



FBI AFRICA FOR BUSINESS IN AFRICA. MOST INFLUENTIAL FRIENDS OF AFRICA... driving sustainable partnerships for a prosperous Africa. Prince Ebrahim's Africa Lization, Ebele Iyiegbu.

Nabhit Kapur nominated as the 'The Peace Laureate' by African Child Foundation

BY OUR CORRESPONDENT

Dr Nabhit Kapur, founder of The Peaceful Mind Foundation has been nominated as the "The Peace Laureate", as part of African Integrity Prize Laureate for Peace, by the African Child Foundation in Lagos, Nigeria.

advocacy and promotion of better mental health through psychology. Through this honour, Dr Kapur will be listed with all benefites into the United Nations Volunteers for Peace in Africa (UNVPA), and be rated among African Union member states.



Dr Nabhit Kapur (extreme right), founder of The Peaceful Mind. expert, social sector entrepreneur, pioneer, professional mentor and a global champion of positive mental health and well-being among all sections of society.

son (Mental Health) for the United Refugee Green Council as well as Global Ambassador of Healthcare, Canada. He has also been recognised as the Ambassador of Mental Health and Psychology in Malawi and as an Ambassador of Peace by the UN Forum of Peace (IGO).

while at the same time pursuing my passion for promoting positive mental health. I look forward to their continued support in the journey towards making psychology a household term across the globe.



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