

## INTERNATIONAL INSPIRATIONS



*(Gagandeep Singh sitting in a meditative position)*

**Gagandeep Singh**  
**Kinesiology: Sports & Exercise Psychology (MA)**  
**Gurugram, India**

“Life transforming,” is how Gagan describes his experience as an international student at Chico State. Before coming to Chico, he earned his bachelor’s degree in Electronics & Communications Engineering, received an MBA in Human Resource Management, and worked as a business professional for several years. Gagan seemingly had it all, but he soon realized there was more, something called IKIGAI – a Japanese concept which translates to the source of value in one’s life. After much thoughtful introspection, he decided he was missing his true calling and passion in life which is to help others live happy, fulfilling lives. So, Gagan quit his job and moved across the world to pursue his dream. A bold move by any measure.

“I want to help people reach their peak potential by giving them the psychological tools to succeed on personal, professional, and social fronts.” In particular, Gagan is fascinated by Sport Psychology, a branch of psychology that focuses on performance enhancement for working professionals. “If you are blissful and calm from within, you will experience enhanced performance in all spheres of your life.”

Gagan was drawn to Chico due to the exceptional reputation of our Sports Psychology program which combines academic research with applied field experience, a foundational teaching philosophy of the California State University system.

At every step, Gagan received assistance and support from his University advisors, the Indian Student Association, and professors in his program. In a very short period of time, he secured affordable housing, a scholarship to help reduce tuition costs, and even free text books. Additionally, he was offered a teaching assistantship and a student intern position. “From participating in the International Friendship Program, joining student get-togethers, and working on-campus, I have been made to feel at home even though I am 8000 miles away from my country.”

Infusing our classrooms with varied perspectives, international students like Gagandeep Singh are indeed an enriching presence on our campus. Upon his return to India he will be the only active, certified sport psychologist the country. We are indeed fortunate to have this pioneering gentleman on our campus!