

Rucha Shrikhande

✉ shrikhanderucha@gmail.com

☎ +91 9011036020

📍 19/2 rutuparna apartments ideal colony paud road pune, Kothrod, India

EDUCATION

11th/12th Arts in Psychology

Sndt college of Arts and Commerce.

06/2013 - 06/2015

Pune, Maharashtra

Bachelor of Arts in Psychology

S. P college, Savitri Bai Phule University

06/2015 - 06/2018

Pune, Maharashtra

Masters in Psychology (specialized in Clinical)

Modern College, Savitri Bai Phule University

06/2018 - 10/2020

Pune

Psychologist under a Psychiatrist

Krishna Hospital

01/2018 - Present

Handling of all clinical cases from childhood to geriatric under Dr Geeta Bhatt

Contact: Dr Geeta Bhatt

Pune

Psychologist and a dance teacher to various schools

Mes Bal shikshan English Medium school

08/2015 - 06/2019

Had 1000 students to choreograph dance, music and to identify children with their distress or disorders

Achievements/Tasks

- 5 years of experience handling children mostly diagnosed with ADHD, Dyscalculia, and symptoms of personality Disorders.

Pune

Psychologist and a dance teacher

Prassana Autism center

01/2017 - 01/2019

Prassana Autism center has been working since many years on Autism and Down Syndrome. It has been my pleasure to work with the children as a psychologist and a dance teacher.

Pune

Psychologist, dance therapist and a therapist

Ab-Normal home

02/2019 - 02/2020

Abnormal Home is a center for the neurological disorders of children including epilepsy, downs, cerebral palsy.

Pune

Visiting Psychologist

Matoshree vrudhashram

12/2015 - 12/2016

To understand Geriatric problems, more about Alzheimer's /Parkinson's had been going for visits to understand their psychological issues

Pune

Owner and Co-founder of Mantra studio/Clinic

Maantra Clinic

03/2020 - Present

Mantra Studio is an initiative of my Mother Mrs Radhika Rajan Shrikhande which aims in the holistic approach towards mental and physical well being of the clients. we run. Yoga, dance and Psychology services (consultancy)

Pune

SKILLS

Good communication skills

Patience level

Personal relations

Therapist

Accepting challenges

Adjustable

Talkative

Good listener

Optimistic

Goal driven nature

Non Judgemental

PERSONAL PROJECTS

Schools (06/2013 - Present)

- As listed before, I have been known to the development and issues concerned with children of all the ranges.

psychological Awareness programmes (02/2014 - Present)

- With the help of drama and that I find a medium to express,
- My dramas and theatre were all about spreading awareness and acceptance of psychology and mental health.

General Psychological Consultancy (01/2018 - Present)

- As noted, I have been working under Dr Geeta Bhatt who is a Consultant psychiatrist.(m. B. B. S. M. R. C. P) London.
- Working with her made me interact with clients of severe clinical problems

Telephonic Counselor (05/2020 - Present)

- In the course of the pandemic the clients handled were of surface level issues.
- Clients of depression ,anxiety and other interpersonal relationships were handled.

ORGANIZATIONS

mantra Clinic (05/2020 - Present)

FELICITATIONS

Felicitations by Medha Kulkarni for the work done in autism.

LANGUAGES

English

Full Professional Proficiency

Marathi

Full Professional Proficiency

Hindi

Full Professional Proficiency

INTERESTS

My Interest lies in the mental peace of the clients.

Psychoeducating the family members

With the help of psychology and therapies, wish to make the client, the family of the client and the society stress free.

9+ years of experience In mental health and Psychology

Bachelor's of Arts in Psychology and subsidiary subject as philosophy.

Masters in Clinical psychology from Pune University. Art based therapist /CBT/REBT practitioner.
Consultant practicing Psychologist /clinical Counsellor.

Psychometrics on– Intelligence, personality, behavior, autism, mood, depression and Ink blot Rorschach test. (Standardized tests)

Currently affiliated to :

- 1) Ruby hall clinic, Neurosciences Department, Pune station as a clinical psychologist and Clinical counselor for patients with neurological disorder and the caregivers. 2020-2021
- 2) Consultant Psychologist to Ruby Hall Clinic, for psychosomatic patients with Psychometrics and Psychotherapy and Counseling.

2) Anees NDA academy.

Psychologist / Clinical Counsellor for the assessment of students aspiring for NDA and Army officers.

With Psychometric tests and SSB Training for 6 months. 2020-2021

- 3) Visiting facilitator for NGOs.Collaboration session for Pankh organization who works for child rehabilitation majorly for children in conflict with law on 5th May 2022

4)Drafted a research on Mental health under the guidance of Padmashree Dr Mohan Agashe for his submission to NFAI(National Film Archives of India) on the thesis “Indian Cinema and Mental Health “

- 4) Founder and psychologist/psychotherapist at Mantra Clinic and Studio/ Clinic at kothrud which aims in the holistic approach towards mental and physical well being through Psychological services ,Yoga and Dance therapy.
- 5) Ongoing for PhD , on Psychosomatic disorders and mental health in hospital set up.

Guided faculty & training under since 2013 :

- 1) Dynashwar Chabukswar (Sndt)
- 2) Rajhans / dr. Golwikar (sndt)

- 3) Dr Amruta Oke (PhD)
- 4) Dr Bharati Rajguru (PhD)
- 5) Dr Santosh Sontakke(MD neuro)
- 6) Dr Geeta Bhatt (MD psych 4 years)
- 7) Dr Pankaj Borade (MD Psych)
- 8) Dr Mohan Agashe (MD, DNB Psyche)

Rucha Shrikhande -shrikhanderucha@gmail.com

9011036020/9822325222