



testimonials 26 December 2024

Client Feedback!

"I just wanted to say thankyou to Rocket Health for doing what you do

Especially want to thank my therapist Aniket.

Every session with him has been so helpful
From the very first session itself he has been helping me untangle one thing after the other with a lot of care and patience.

He's been able to understand so clearly what ever I go through and sometimes it's him who helps me identify and simplify what I am going through. Identification and Acknowledgement of the problems is half the battle won, isn't it?

It cannot be an easy task for your team of therapist and counsellors to do session after session with so many people and their complex lives and still show up to do more of it the next day and every day.

Rocket Health is making this world a better place

And Aniket is making my life easier!

So this message is a big thankyou to Rocket Health and especially to Aniket!

Much Love to the entire team!" ★★★★★

#rockethealth 

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testimonials 25 December 2024


"Feedback for Aniket Bhai

Man, where do I even begin? I'm just so thankful for Rocket Health and especially for Aniket Bhai. Things were really rough for me, but Aniket Bhai's infectious smile, awesome methods, and the way he really listens and communicates helped me become the person I wanted to be.

Aniket Bhai is just an absolute legend, and I've learned so much from him. I'll never forget him or the things he's taught me. I really hope he keeps doing what he does best- helping people out and making a difference in their lives. He's just got this amazing ability to connect with people, you know? He gets what you're going through and knows exactly how to support and guide you. His approach is just so on point and inspiring. Anyone who gets to work with him is super lucky. So, Aniket Bhai, if you're reading this - thank you for being such an amazing mentor, guide, and all-around inspiration. You've made a huge difference in my life, and I know you've done the same for so many others. Keep being awesome!"

Client Feedback!

#rockethealth 

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testimonials 24 December 2024

Testimonial

*Thank you so much to Rocket health, and special thanks to Aniket for all his support and helping me come out of my hole all strong. you have seen me cry and you seen me broken part, you have stood by me in my pain when i really needed someone to just hear me out, and make me feel 'it's ok not feel ok' and also that 'yes I m here to help you ' i have no words to express my feelings to thank you tons of times'

#rockethealth



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**testimonials** 14 November 2024

III Piano • Breathe

Client Feedback

"Therapy opened my eyes to the powerful role emotions play in our lives. I learned that our feelings, both conscious and unconscious, significantly shape our decisions. With guidance, I began to challenge many of the assumptions I'd held about life and success. I realized that rather than suppressing or ignoring pain, it's healthier to learn how to regulate and understand it. This journey has shown me how emotions influence how I see myself, handle disappointments, and respond to attachments, as well as how I process unfairness or cruelty. Therapy provided valuable insights that helped me discover who I am, teaching me where to set boundaries and how to approach situations that stir unhealthy thoughts. One profound lesson I've learned is that there is no absolute 'good' or 'bad,' only 'healthy' and 'unhealthy.' Therapy didn't necessarily make me feel 'good,' but it equipped me with the tools to feel mentally and emotionally healthy. I may not have fully come to terms with everything in my past—whether from my own choices or others' actions—but therapy has given me ways to cope and find balance when feelings of discomfort arise. To anyone considering therapy, I'd say it's a wonderful resource. Seeking therapy doesn't mean something is wrong with you; it simply offers support for staying healthy and as happy as you can be."

@therapywithaniket

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testimonials 27 September 2024

|| Audio Unavailable

I just wrapped up my session with Aniket, and I've tried my best to put this proficient and profound voyage into words.

Until this very hour, I remember my very first session with Aniket. I wouldn't say that I was sorted about what I needed to take from this therapy, but as we moved forward, I kinda was able to see my flaws.

I remember a kind gesture of Aniket's that day, as I was crying my eyes out. He just gently patted my head, which made me cry even more. Hehehe. He's warmth really make you cry harder...

Then, at the end of the session, I asked him why I get a runny nose after crying, and he answered me with the most hilarious answer, which was:

"कारण डोब्ब्यात पाणी जास्त झालं की ते नाकातून बाहेर याते"

("Because there's excess water in the eyes, it comes out through the nose")

And till this very day, whenever I'm crying and I get a runny nose, it always ends with a smile.

There were many areas that needed attention and guidance. My emotions were as messed up as a yarn of woolen ball played by a cat, which Aniket slowly, kindly, attentively, and with great understanding transformed into a more sorted yarn of ball.

Sessions with Aniket were more of a "Tuesdays with Morrie" (a book). He created a safe, non-judgmental space where I was able to confront my fears, anxiety, and doubts.

With patience and guidance, he helped me unravel the complexities of my mind.

What I've learnt and will implement:

- I learnt to acknowledge and manage my emotions
- I am developing 'HEALTHY' coping strategies to navigate life's changes
- Factors within my control
- Also, I'm trying to be compassionate and forgiving towards me

Thank you for helping me through my existential crisis, 😊 and explaining to me that so many people just exist, learn to live (for yourself).

Client Testimonial

#gratitude

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testimonials 27 July 2024

TESTIMONIAL

"MY EXPERIENCE WITH ANIKET... ON MY JOURNEY TO BETTER MY STATE OF MIND AND CORRECT MY PERSONALITY DEFECTS FOR MY BETTERMENT

I WANTED A THERAPIST AS I WANTED TO IMPROVE MY CURRENT EMOTIONAL STATE OF MIND AS I WAS GETTING BORED OF THE LIFE I CHOSE FOR MYSELF. I WAS FEELING LONELY AND HOMESICK BY THE DAY AS I THOUGHT THERE WAS NOTHING GOOD GOING FOR ME AS EVERYTHING IN MY LIFE WAS EITHER STAGNANT OR GOING HORRIBLY WRONG. I HAD A BIG FAMILY PROBLEM, I'VE HAD A LOVE FAILURE CREATING PERSONALITY DEFECTS IN ME. I ALSO STARTED BECOMING BLIND IN FRIENDSHIP AS I BECAME A PEOPLE PLEASER SO THAT PEOPLE WOULD LOVE ME AND KEEP ME AROUND.

ANIKET WALKED ME THROUGH ALL THESE PROBLEMS SLOWLY AND MADE ME REALIZE WHAT I WAS DOING AND HOW IT WAS AFFECTING ME AND MY MENTAL HEALTH. HE NEVER JUDGED, HE ONLY LISTENED. AT THE BEGINNING I WASN'T SURE I WOULD BE COMPLETELY TRUTHFUL TO HIM BUT ANIKET MADE ME FEEL SO COMFORTABLE I TOLD HIM EVERY DETAIL THERE IS ABOUT WHATEVER TOPIC WE TALKED ABOUT.

I LOVED MY SESSIONS WITH ANIKET IT WAS THE BEST PART OF MY WEEK FOR QUITE A WHILE. AFTER THAT I MADE MY ENTIRE WEEK AS BEST AS IT COULD BE BECAUSE OF MY EVOLVED OUTLOOK ON THINGS AND THOUGHT PROCESS WHICH I GAINED FROM MY SESSIONS WITH ANIKET.

I STILL DO MISTAKES BUT I DON'T OVERTHINK OR DO IT THAT FREQUENTLY AS I USED TO EARLIER.

THANKS ANIKET FOR YOUR HELP AND SUPPORT.

P.S. ANIKET IS HORRIBLE AT RETURNING CALLS 🙄🙄"

~ HAPPY CLIENT

*I have to agree with
not returning to anyone's calls 🙄🙄*

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testimonials 14 July 2024

"In the beginning, I wasn't sure about therapy. I was a bit hesitant. But with a friend's recommendation, I decided to pursue therapy with Aniket. As I went ahead with sessions, I started understanding how disturbed I was because of my situation and thoughts. But more I spoke to Aniket, the better I started feeling. He helped me understand my situation and untangle it, a piece at a time. With every session I started regaining confidence over my situation and became more capable of facing reality and control my thoughts. Now that I have finished with all the sessions, I feel more stronger and mentally stable, making me more productive and focused on important things in life.

I would like to thank Aniket for guiding me in the right direction and helping out with the therapy."

~ Happy Client

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testimonials 10 July 2024

"HAD AMAZING AND MIND OPENING SESSIONS WITH YOU. NO MATTER HOW DULL I WAS FEELING OR FRUSTRATED OR OVERWHELMED EACH SESSION WOULD END UP WITH ME SMOKING AND SLOW AND STEADY LOSING THE WEIGHT OFF OF MY MIND. AS I KEPT SHARING NOT SO GOOD EXPERIENCES THAT I WENT THROUGH THAT I WANTED TO FORGET, YOU SHOWED ME THE WAY TO EMBRACE IT ACCEPT IT AND DEAL WITH IT. I REMEMBER EXACTLY A YEAR BACK I CAME TO YOU WITH CERTAIN ISSUES AND TODAY WHEN I LOOK AT ME PROUDLY HOW FAR I HAVE COME. THANK YOU FOR GUIDING AND BEING PATIENT AND MAKING ME BELIEVE IN MYSELF".

~HAPPY CLIENT

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testimonials 6 July 2024

Testimonial

"I've been between jobs since last year, actively applying and interviewing for the same. The process is stressful, and sitting quietly with my thoughts was terrifying. I've always believed I could handle everything alone, including my emotions. But during this job transition, I struggled. I was reluctant to consider therapy; I wasn't ready to be vulnerable. Then, my sister noticed my reaction to a minor issue and insisted I seek help. I started therapy with you 1.5 months ago, and though I was skeptical about it till my third session, I began to see the benefits. Your guidance on managing emotions has been incredibly helpful. What seemed like small issues were actually overwhelming emotions like hate, anger, and self-doubt that I carried alone. I can't thank you enough for how liberated I feel today. I'm forever grateful."



~ Happy Client

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testimonials 25 May 2024



TESTIMONIAL

"I came to know how to cope up with fear. Aniket dada guided me well and suggested good suggestions that helped me. The environment of my house became good. I came to know how to express myself freely. I came to know which things I should ignore and which things I should listen. That helped me to boost my confidence."

Happy Client (14 yrs)

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testimonials 29 April 2024

Here's a review about Exceptional Therapy
Experience with Aniket.

I recently underwent therapy with Aniket, and I
can't express enough how grateful I am for the
experience.

Aniket's approach to therapy was incredibly
effective. He created a safe and nonjudgmental
environment where I felt comfortable opening
up about my struggles with anxiety.

I was able to gain valuable tools and coping
mechanisms to manage my anxiety effectively.
His techniques truly made a difference in my
daily life.

I highly recommend him to anyone seeking
compassionate and effective therapy. Thank
you, Aniket, for helping me on my journey to
healing and self-discovery.

~ Client Feedback

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testimonials 24 February 2024

"A highly recommended therapist. After being to a few other therapists, this is the one I found most comforting. Aniket provides you a neutral biological and neurological framework which helps to deal with the anxieties and stress effectively. He gives you various resources for mindfulness and stress relieving techniques. He is a very polite, friendly and professional therapist."

Client Feedback

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testimonials 14 January 2024

"Namaskar!

It was my birthday yesterday. As I was alone at home, in the afternoon, I was thinking about everything that had transpired in the last one-two years.

The most precious and everlasting gift I received on my birthday was the version of 'me' which I wanted. This me is more patient, calm and optimistic. I am this because of the help I received from Aniket Deshpande. We had been constantly working for a year to achieve this. I had these qualities in me, but because of the undue influence of the people around me I was deprived of these qualities. I sought Aniket's help as a counselor for anger management. After we started with the sessions I realised that I needed not just to manage my anger but also that I need to change the way I am. It was not just about the people around me. After that, I learned to control my anger, but in addition to that, I changed in many others ways. I was being more consistent, I was thinking about the present rather than the past or the future. I was consciously thinking of what I could do rather than thinking of the things which were out of my control. I am still making progress one day at a time that too unconsciously. With help of Aniket, I am now completing my higher studies and many other unfinished projects with those people whom I used to be angry at for no reason whatsoever. Even with those people whom I thought I could never get along with.

Opting for counseling does not mean that we are weak or that we cannot solve our problems, but it is way were we learn new ways of thinking. That is why, nobody should feel inferior while receiving counselling.

I will forever be grateful to Aniket for the priceless gift I received on my birthday."

~ Client

Client Feedback!

"नमस्कार!

मी T, काल माझा वाढदिवस झाला. मी घरी दुपारच्या वेळी एकटी असल्या मुळे गेल्या एक दोन वर्षात घडून गेलेल्या सगळ्या घटनांचा विचार करत होते.

काल माझ्या वाढदिवसाला मला मिळालेली सगळ्यात जास्त भावलेली अमूल्य आणि चिरंतन भेट म्हणजे अनिकेत देशपांडे ह्यांच्या साहाय्याने मला मिळालेली अपेक्षित असणारी मी. अनिकेत आणि माझ्या १ वर्षांच्या सातत्य पूर्ण प्रयत्नातून मला हवी असणारी आशावादी, शांत, संयमी T.

हे सगळे गुण तसे माझ्यात आधी पासून होतेच. पण आजू बाजूची माणसं आणि त्यांचा गरजेचं पेक्षा अधिक झालेला प्रभाव मला माझ्या ह्या गुणांपासून वंचित ठेवत होता. अनिकेत ह्यांचाकडे राग नियंत्रित करण्या साठी मी समुपदेशक म्हणून मदत मागितली. त्या नंतर केवळ रागावर नियंत्रणच नव्हे तर बदल हा माझ्यात होणे गरजेचे आहे आजू बाजूच्या माणसात नव्हे हे मला सर्व प्रथम पटले. त्या नंतर केवळ रागावर नियंत्रण नव्हे तर अशा अनेक गोष्टी माझ्यातल्या मला नव्याने कळल्या की ज्यात बदल होणे गरजेचे होते. अनिकेत ह्यांच्या मदतीने मी पुढील काही गोष्टी साध्य करू शकले प्रत्येक कामात सातत्य ठेवणे. भूत व भविष्य काळ विसरून वर्तमानात राहायला शिकले तसेच माझा हातात काय आहे आणि काय नाही ह्यांची पडताळणी करून निर्णय क्षमता वाढवू शकले असे अनेक उत्तमोत्तम बदल हे अजून घडत आहेत आणि ते सुद्धा मझ्या नकळत. ज्या माणसांवर मी विनाकारण चिड चिड करत होते अथवा कधीही मी ह्यांच्याशी पटवून घेऊ शकत नाही हे म्हणत होते तिथे अनिकेत ह्यांचा मदतीने आता मी त्या व्यक्तीनं बरोबर माझं उच्च शिक्षण तसेच अनेक अपूर्ण गोष्टी पूर्णत्वास नेत आहे.

समुपदेशन घेणं ह्याचा अर्थ आपण कमजोर आहोत अथवा आपण आपले प्रश्न सोडवू शकत नाही असा नसून आपण एका तऱ्हेने शिक्षण घेत असतो नवीन विचार पद्धत शिकत असतो. तेंव्हा समुपदेशन घेताना कोणीही न्यूनगंड बाळगू नये.

मझ्या काल वाढदिवसाला मला मिळालेल्या अमूल्य भेटी बदल अनिकेत ह्यांची मी आजन्म रुणी राहिन."

~ Client

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testimonials 14 January 2024

"I can't recommend my psychologist enough! He's been instrumental in helping me manage anger, navigate life changes, and conquer procrastination. The insights gained during our sessions have been truly life-changing. Professional, empathetic, and skilled. Grateful for the positive impact on my life!"

~ Client

Client Feedback!

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testimonials 13 January 2024

"Aniket's therapy sessions were truly transformative. The interactive and impactful nature allowed me to manage and understand my emotions better. His thoughtful questions and gentle guidance prompted self-reflection, providing a gateway to genuine self-improvement.

He created a warm and friendly atmosphere that facilitated a comfortable space for personal exploration. I'm grateful for the positive impact these sessions had on my journey towards self-discovery and growth.

Highly recommended."

~ Client

Client Feedback!

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testimonials 13 January 2024

"It was a very new and honestly helpful experience for me. Till now it was my brain which used to control my life and my actions, but now it's me who has taken over the charge and face the situations in a more calm and mindful way .

The breathing exercises and all other activities we have done helped me a lot to stay focused and understand how we can deal situations with a positive approach. The timetable we made was also very useful.

Thank you very much for guiding me through this. I'm very grateful to have met u and understand the importance of mental health. I would definitely keep prioritizing my health ahead ."

~ Client

Client Feedback!

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testimonials 26 October 2023

TESTIMONIAL

"I met Aniket 4 months ago. Before I met him I had a few problems such as fear, anxiety and my emotions were all over the place. I lacked regular routine. But because of his guidance and help i was able to understand the root cause of my problems and how to deal with those. He has been extremely patient and kind with me throughout this process. I just want to thank him from the bottom of my heart."

Something...



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testimonials 25 October 2023

TESTIMONIAL

"For the past 7 months I have been on the journey of emotional and trauma healing under the guidance and help of psychologist Aniket Deshpande. I'm happy to share that I have finally healed a huge part of me and now able to practice and maintain my own healing process. The journey was a beautiful experience of self discovery, learning and growth. With his maturity, understanding and empathy, Aniket made this journey a lot easier for me. He has shown a great amount of patience and showered me with positivity on my lowest most painful days. I cannot express my gratitude enough towards him for the help he has extended. He helped me become the lively, self confidence, strong version of me, which i missed over years. I sincerely pray that all of us get such beautiful healers in our lives." ✨

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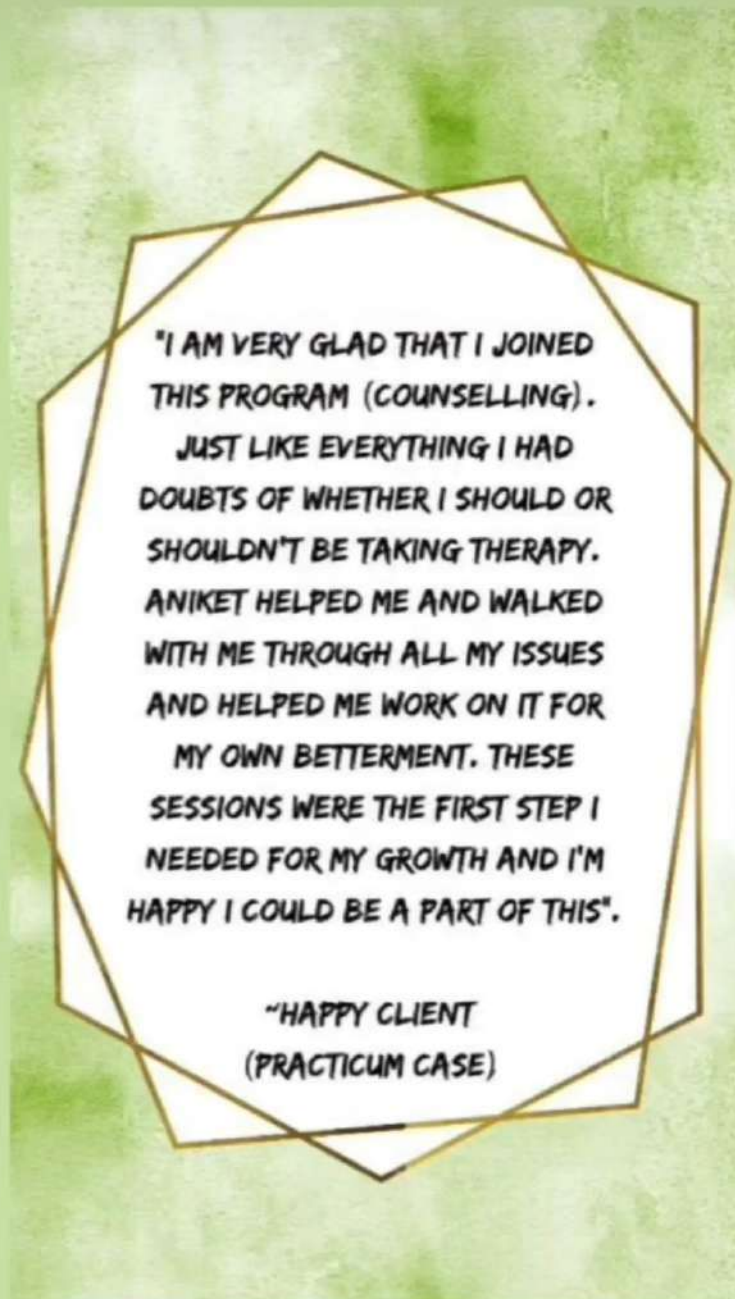


Posts



aniket.therapist

Achint, Mikey McCleary, Varun Grover, Anu...



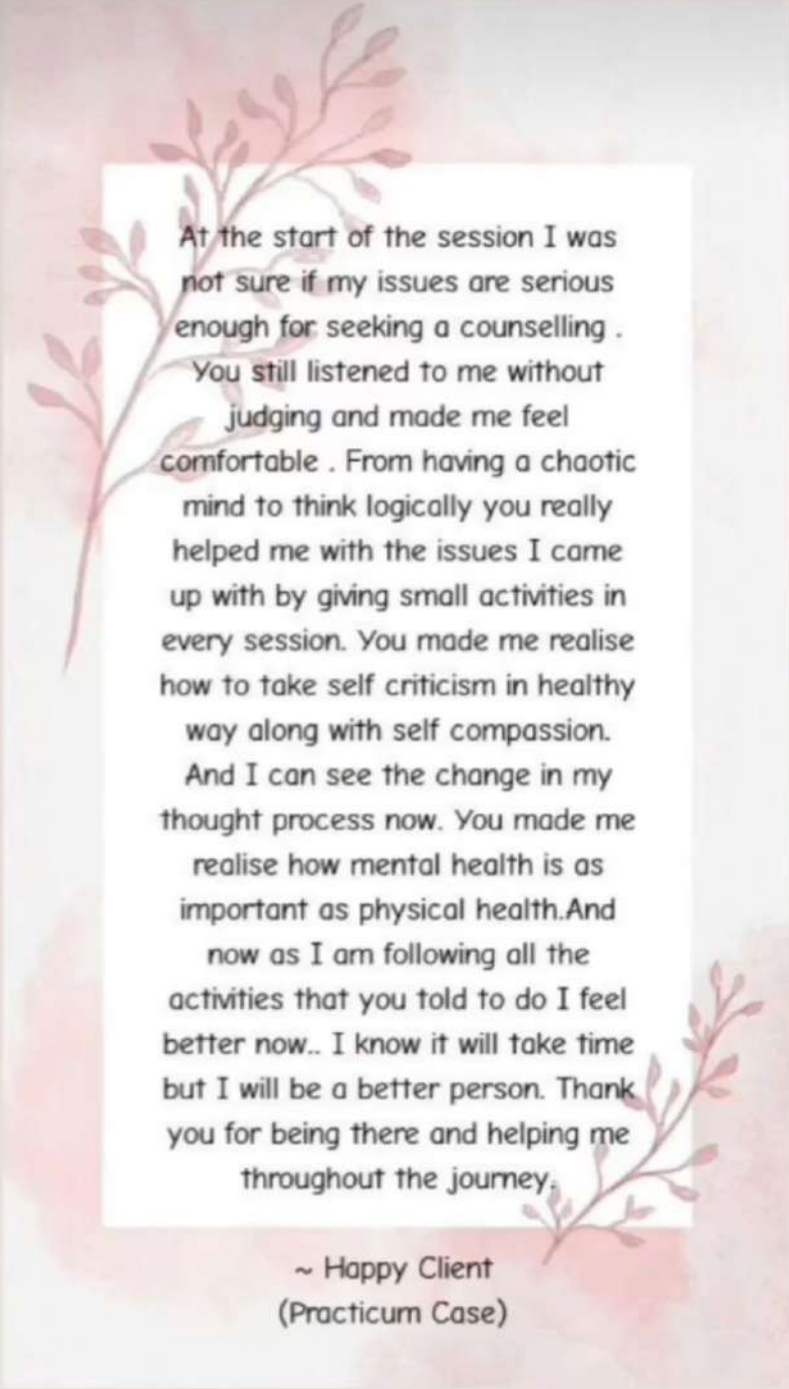


Posts



aniket.therapist

Achint, Mikey McCleary, Varun Grover, Anu...



At the start of the session I was not sure if my issues are serious enough for seeking a counselling . You still listened to me without judging and made me feel comfortable . From having a chaotic mind to think logically you really helped me with the issues I came up with by giving small activities in every session. You made me realise how to take self criticism in healthy way along with self compassion. And I can see the change in my thought process now. You made me realise how mental health is as important as physical health. And now as I am following all the activities that you told to do I feel better now.. I know it will take time but I will be a better person. Thank you for being there and helping me throughout the journey.

~ Happy Client
(Practicum Case)





Posts



aniket.therapist

Achint, Mikey McCleary, Varun Grover, Anu...

In the beginning I had some doubts about therapy as I wasn't sure about what exactly I was feeling. But from being on an emotional rollercoaster to being able to steer my way through my feelings you've been a great help. You have been a good listener and have given me a comfortable environment to share my problems. All the activities made our sessions really fun. You've helped me get to the solutions myself and accept my emotions in a healthy way. The sessions helped me gain my confidence back and made me realise the importance of self care.

Thank you so much!!

~Happy Client
(Practicum Case)

