



# Rutuja Joshi

## COUNSELLING PSYCHOLOGIST

### PROFILE

Passionate about psychology and mental health. Dedicated to creating mental health awareness and reaching out to maximum individuals, groups and communities for the same.

Ardent reader. Passionate dancer. Loves to write.

Experience as a Counselling Psychologist and Subject Matter Expert. Registered as a Therapist with My Fit Brain and as a Career Counsellor with Career Guide.

Also worked as a Dance trainer; and English and French tutor.

### PERSONAL DETAILS

#### Birth date

28-01-1997

#### Nationality

Indian

#### Address

H/101, Srirasi, Panchajanya CHS, Behind Apla Bazaar, Ramchandra Nagar, Near Icon Hospital, Manpada Road, Dombivli East, 421201.

### CONTACT

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☎ 9930255838

🌐 <https://rutujoshi.wordpress.com>

### PROFESSIONAL EXPERIENCE

#### ONLINE PSYCHOLOGY EXPERT

EVELYN LEARNING SYSTEMS

May 2020

Creating answers for chapter-end and test-bank questions.

#### SUBJECT MATTER EXPERT

M AND R CONSULTANTS CORPORATION, THANE

February 2020 – March 2020

Accuracy check of e-learning material of Biological Psychology.

#### COUNSELLING PSYCHOLOGIST

MAHARSHI DAYANAND COLLEGE, PAREL

July 2019 – April 2020

1. Conducting counselling sessions for junior and senior college students for emotional, behavioral, family, relationship and career related problems.
2. Conducting mental health and life skills related workshops for students.

#### COUNSELLING PSYCHOLOGIST

DNYANESHWARI SCHOOL, DOMBIVLI

July 2019 – April 2020

1. Conducting counselling sessions for primary and secondary school students for academic, emotional, behavioral and family related problems.
2. Conducting mental health awareness workshops for teachers.

### EDUCATION

#### Post Graduate Diploma in Sports Psychology

SMT. MANIBEN M. P. SHAH WOMEN'S COLLEGE OF ARTS AND COMMERCE, MATUNGA

April 2019

#### MA in Counselling Psychology

SMT. MANIBEN M. P. SHAH WOMEN'S COLLEGE OF ARTS AND COMMERCE, MATUNGA, SNDT WOMEN'S UNIVERSITY

April 2019

#### BA in Psychology

K. C. COLLEGE, CHURCHGATE, MUMBAI UNIVERSITY

April 2017

#### HSC (Arts) Maharashtra Board

V. G. VAZE (KELKAR) COLLEGE OF ARTS, SCIENCE AND COMMERCE, MULUND

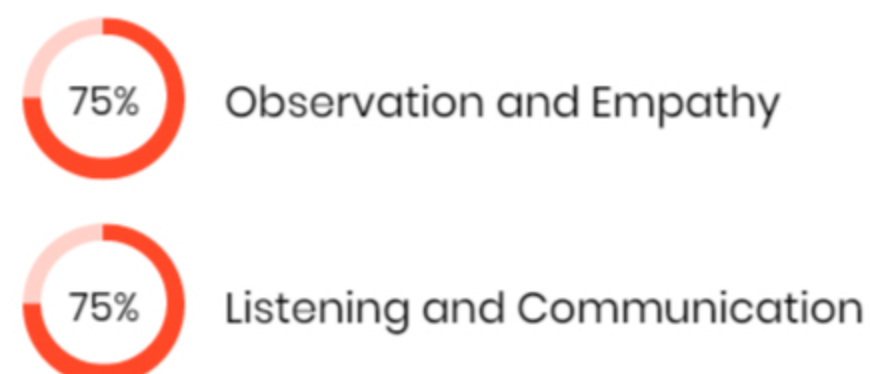
March 2014

#### SSC Maharashtra Board

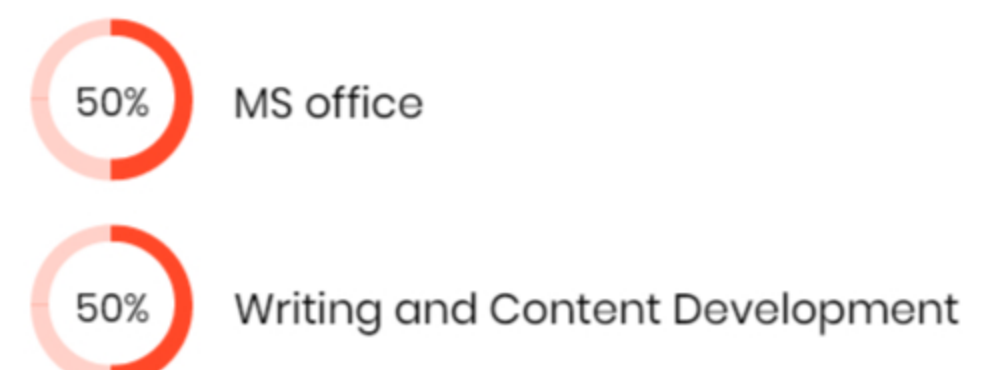
VIDYA NIKETAN SCHOOL, DOMBIVLI

March 2012

### COUNSELLING AND TEACHING SKILLS



### OTHER SKILLS



### LANGUAGES



### CERTIFICATIONS

- ✓ Counselling and Psychological Assessment
- ✓ Honours Certificate
- ✓ Career Counselling
- ✓ CERT Course for Guiding School Students

### ADDITIONAL INFORMATION

- ✓ Reading, Writing, Dance, Anchoring