

## Psy Rutuja Sachin Dixit

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### Qualification:

M.A. in Clinical Psychology – Fergusson College, Pune (2022–2024)

Diploma in Counselling & Psychotherapy - DhairyaDa (2022)

B.A. in Psychology – DY Patil Women's College, Pimpri (2018–2021)

### Experience:

She is an Assistant Project Coordinator at Eklavya Foundation for Mental Health. Her work includes coordinating ongoing projects by actively engaging in both creative and technical aspects, from brainstorming content to designing posters and presentations relevant to our initiatives. She is involved in daily discussions and strategic planning to expand the outreach of our mental health programs. Managing our social media accounts helps drive this outreach forward. A key part of her role involves working with internship students, developing content and visuals, and providing consistent supervision to support their growth and project contributions. Additionally, she focuses on building strong connections with mental health professionals and organizations for collaborative efforts, aiming to take mental health support to every corner of society. Aligned with our President's vision, she strives to help transform this mission into a movement, fostering teamwork that values individuals as resources and as people who thrive in a nurturing environment. Passionate about integrating psychology with art, nature, yoga & mindfulness. Strong advocate for emotional resilience, holistic well-being, and innovative mental health outreach.