

CREATE • LEARN • GROW — WITH DR. RUJUTA KATHE

COLLABORATE FOR HEALTH, LEARNING & WELLBEING

Bridging Medicine, Psychology, Yoga & Health Education

❖ BRINGING KNOWLEDGE INTO SPACES WHERE IT CAN MAKE A DIFFERENCE

Healthcare and education become truly meaningful when knowledge is shared, understood and applied in real life.

Driven since childhood by a desire to **heal, help and make a meaningful difference**, Dr. Rujuta Kathe has built a multidisciplinary professional journey spanning **Homoeopathy, Clinical Psychology, Health Education, Essential Healthcare, First Aid & CPR, Nutrition, Yoga-Pranayaam & Yoga Therapy, and Bach Flower Therapy**.



DR. RUJUTA KATHE

B.H.M.S. • M.A. (Clinical Psychology) • PGDEMS • DNHE • DYE • BFT

A **BHMS merit holder**, Dr. Rujuta trained for several years under eminent doctors before establishing her practice in 2021. She later completed her **Master's in Clinical Psychology with distinction**, strengthening her work in mental health, psychological counselling, behaviour and emotional wellbeing.

Her professional training includes **Emergency Medical Services at Ruby Hall Clinic, Pune, affiliated with West Midlands Emergency Services, UK; Nutrition & Health Education; Bach Flower Therapy certification from the Dr. Edward Bach Centre, UK; and Yoga-Pranayaam & Yoga Therapy training through Indian and International institutions**. Her continuing education includes additional certifications from institutions and organisations including **Stanford Medicine, Harvard Medical School, New York University and WHO**. [Detailed qualifications and certifications are available on the website.]

Alongside her clinical and educational work, Dr. Rujuta is a **poet, writer and orator**, exploring themes of life, self-love, emotional wellbeing, women's empowerment and mental health advocacy.

❖ EDUCATION AS AN EXTENSION OF HEALING

For Dr. Rujuta, learning is a lifelong journey—and sharing that learning is another way of helping people heal, grow and thrive.

Through teaching, seminars, workshops, awareness programs and educational sessions, **Dr. Rujuta has shared her multidisciplinary knowledge with** students, professionals, institutions and communities. Her approach is to make complex health and psychological concepts **accessible, practical and relevant**—whether the focus is physical health, mental wellbeing, self-understanding, resilience, personal growth or professional development.

Having worked with diverse audiences, she recognises that **every group has different needs**. A school session, college seminar, healthcare workshop, professional training program or community initiative therefore requires its own language, depth and approach.

THE AIM IS SIMPLE-

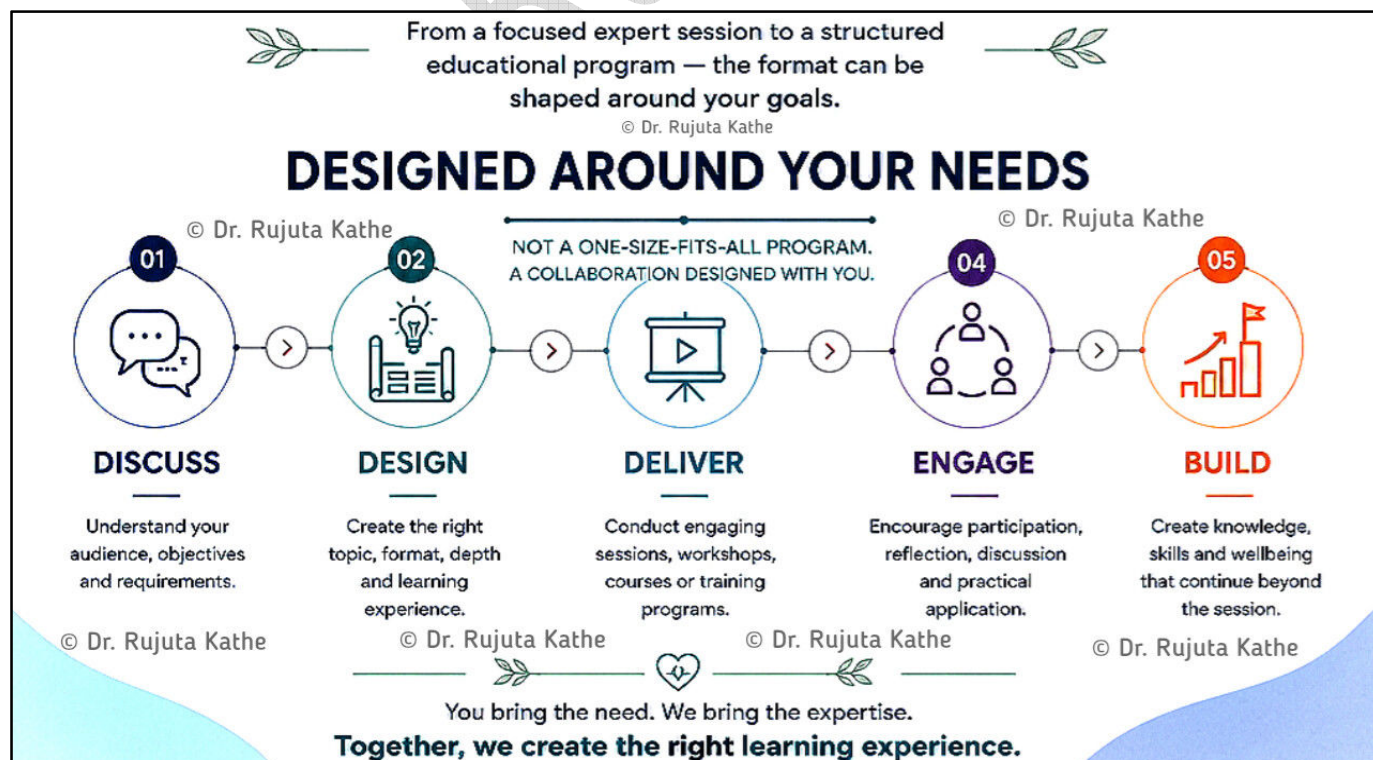
To make knowledge across Health, Psychology, Wellbeing and Personal development **accessible, relevant and practical**—creating spaces where people can ask **questions, explore** ideas, **understand** themselves and their health better, and develop **insights** and **skills** that support meaningful **growth** in everyday life.

❖ A COLLABORATIVE APPROACH- BUILT AROUND THE AUDIENCE

Rather than offering a fixed, one-size-fits-all program, the sessions can be **discussed and developed around the institution's audience, objectives, curriculum and requirements**.

From a focused guest session to a structured training program or a longer-term joint initiative, the goal is to create collaborations that are **professionally conducted, thoughtfully designed and genuinely valuable to the people they serve**.

DISCUSS → DESIGN → DELIVER → ENGAGE → BUILD



HEALTH, MIND, YOGA & WELLBEING- EXPERTISE DR. RUJUTA KATHE BRINGS TO THE TABLE

TOPICS & THEMES WE EXPLORE- Topics can be adapted to age groups, professional background, curriculum, institutional objectives and specific requirements of the collaborating organization



MEDICINE & HEALTH EDUCATION

Building health awareness and practical understanding of the human body, healthcare and preventive health.

- Health Education & Awareness
- Basic Medical Awareness
- Homoeopathy
- Bach Flower Remedies
- Preventive Healthcare
- Understanding Common Health Concerns
- Health-related awareness for students, professionals and communities

PSYCHOLOGY & MENTAL WELLBEING

Making psychological concepts accessible and relevant to everyday life, relationships, education and personal growth.

- Mental Health Awareness
- Anxiety, Depression & Stress Management
- Emotional Wellbeing
- Resilience & Coping
- Self-Esteem & Self-Worth
- Self-Awareness & Understanding Emotions
- Behaviour & Communication
- Peer Pressure & Social Dynamics
- Problem Solving & Decision Making

YOGA, PRANAYAAM & YOGA THERAPY

Integrating yogic practices with health, physiological and psychological perspectives.

- Therapeutic Yoga
- Yoga-Pranayaam for health
- Breathing Practices
- Mind-Body Relaxation & Stress Management
- Mind-Body Wellbeing
- Meditation, Mindfulness & Yoga Nidra
- Nervous System regulation techniques

BASIC HEALTHCARE, FIRST AID & CPR

Practical health knowledge and essential skills that can build confidence in everyday healthcare situations.

- Basic Healthcare Awareness
- First Aid

- CPR
- Recognising Common Health Emergencies
- Basic Health & Safety
- Practical Healthcare Skills
- Health Awareness for Schools, Colleges, Workplaces & Communities

NUTRITION & LIFESTYLE

Encouraging informed, sustainable choices that support physical and mental wellbeing.

- Nutrition & Health Education
- Healthy Eating
- Lifestyle Modification
- Healthy Habits
- Physical Activity & Movement
- Mindful & Sustainable Living

PERSONAL & PROFESSIONAL DEVELOPMENT

Developing the understanding, skills and confidence needed to navigate academic, personal and professional life.

- Self-Awareness
- Self-Confidence & Self-Esteem
- Communication Skills
- Social Skills
- Soft Skills
- Problem Solving
- Decision Making
- Critical Thinking
- Growth Mindset
- Career Awareness & Career Development
- Professional Communication
- Emotional Intelligence

FROM IDEAS TO INITIATIVES TO IMPACT- WAYS WE CAN COLLABORATE



Flexible formats, Meaningful learning. Purpose driven collaboration

**A BROAD KNOWLEDGE BASE.
A CUSTOMISED LEARNING EXPERIENCE.**

Topics, depth, format and delivery can be adapted to suit the age group, professional background, curriculum, institutional objectives and specific requirements of the collaborating organization.

❖ **LEARNING DESIGNED FOR YOUR AUDIENCE**

01 Schools & Colleges Empowering students with knowledge for a brighter tomorrow. 	02 Study Classes & Tuitions Supporting learning journeys with focused guidance and better results. 	03 Corporates & Companies Building healthier, happier and more productive workplaces. 	04 Hospitals, Healthcare & Professionals Partnering to enhance care, wellbeing and community health outcomes. 
05 Wellness & Fitness Centres Promoting holistic health through movement, mindfulness and balance. 	06 Health Retreats & Spas Creating spaces for healing, relaxation and inner renewal. 	07 Community Groups Working together to build stronger, healthier communities. 	08 Professional Organizations Partnering for knowledge exchange, growth and meaningful impact. 

Tailored programs for students, professionals, institutions and communities.

**ONE EXPERTISE. MANY SETTINGS.
A PROGRAM SHAPED AROUND
THE PEOPLE IT SERVES.**

**LET'S COLLABORATE
HAVE AN IDEA? LET'S BUILD IT TOGETHER.**

➤ **SCHOOLS**

Eg: Age-appropriate programs in Mental Wellbeing, Health Awareness, Emotional Resilience, Self-esteem, Self-worth, Self-Confidence, Communication Skills, Peer pressure, Study skills, Career awareness, First aid, Healthy lifestyle, Yoga-Pranayaam and Personal development.

➤ **COLLEGES & UNIVERSITIES**

Eg: Mental Health, Anxiety, Depression and Stress management skills, Social Skills development, Problem Solving, Healthcare initiatives, yoga-pranayaam Therapy, Career Counseling & Development, Soft Skills, Interview Skills, Communication and Professional skills.

➤ **HEALTHCARE ORGANIZATIONS & PROFESSIONALS**

Eg: Healthcare education, Patient-centred communication, Wellbeing, Professional development, First aid/CPR and selected interdisciplinary learning.

➤ **CORPORATES & WORKPLACES**

Eg: Workplace wellbeing, Stress, Anxiety & Depression Management skills, Emotional health, Communication, Resilience, Problem solving, Healthy lifestyle and Personal effectiveness.

➤ **STUDY CLASSES & EDUCATIONAL CENTRES**

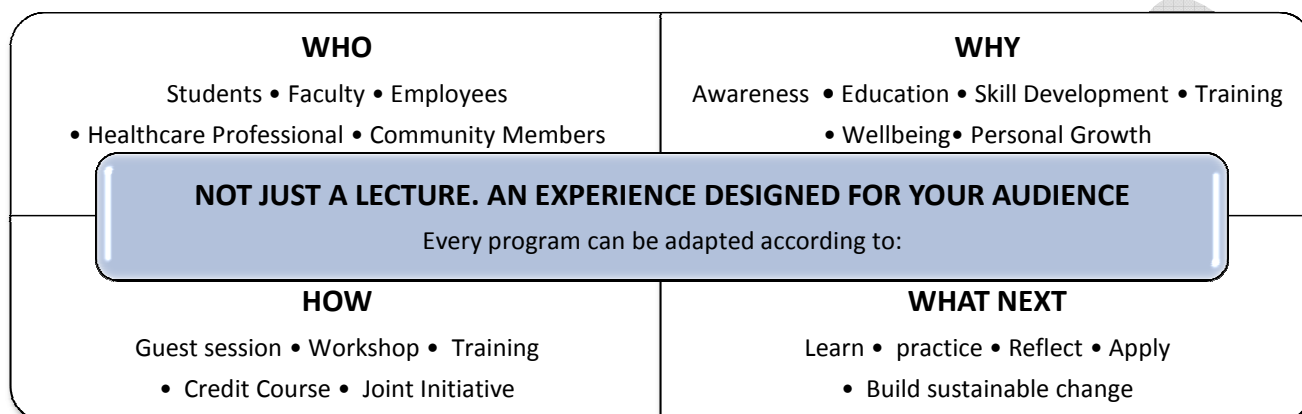
Eg: Health and Psychology awareness, Study-related wellbeing, Career awareness, Exam Anxiety & Depression management skills and age-appropriate personal development.

➤ **WELLNESS, FITNESS CENTRES & HEALTH RETREATS**

Yoga, pranayama, therapeutic intergration, mind–body wellbeing, mind-body relaxation, nervous system regulation, lifestyle, nutrition and holistic health education.

➤ **COMMUNITY & PROFESSIONAL ORGANIZATIONS**

Accessible health education and awareness, mental wellbeing, preventive healthcare, first aid, lifestyle and awareness programs tailored to the community.



Meaningful learning begins with a meaningful conversation.

Whether you are looking to organise a **guest session, workshop, training program, credit-based course or a long-term collaborative initiative**, let's explore how medical, psychological, yogic and health-education expertise can be shaped into an experience that is **relevant to your audience and meaningful to your organisation.**

**YOUR AUDIENCE. YOUR OBJECTIVES. OUR EXPERTISE.
TOGETHER, WE CREATE SOMETHING THAT MATTERS.**

CONNECT WITH DR. RUJUTA KATHE

[Dr. Rujuta's Niraamay[®] Clinic and Health Centre]

Phone/Whatsapp : +91 8080873184
Email : info@drrujutakathe.com
Website : www.drrujutakathe.com

[ENQUIRE ABOUT A COLLABORATION]



Dr. Rujuta's[®] Niraamay
CLINIC AND HEALTH CENTRE

DR. RUJUTA KATHE
B.H.M.S., M.A. (Clinical Psychology)
PGDEMS, DNHE, DYE, BFT

- Homoeopathic Consultation & Treatment
- Psychological Counseling & Homoeopathic Treatment
- Hairfall & Alopecia Treatment
- Nutrition & Lifestyle Counseling
- Bach Flower Therapy
- Yoga - Pranayam Therapy

+91 8080873184
www.drrujutakathe.com

A conversation can be the beginning of something meaningful.

Let's create learning that informs, empowers and continues to make a difference beyond the session.