

# **RESUME**

## **RUSHIKESH SANJAY INGULKAR**

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A motivated and passionate Assistant Professor with experience in teaching and counselling. Possess great interpersonal and communication skills, which allows me to effectively convey knowledge and ideas to students. Experienced in developing and delivering classroom lectures, leading seminars, grading student work, and providing feedback. Excellent ability to create an effective learning environment and ensure that students are motivated and engaged.

### **Core Skills**

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- Excellent communication and interpersonal skills
- Strong knowledge of classroom teaching practices
- Good organizational skills
- Ability to motivate and engage students
- Proficiency in educational software
- Computer proficiency

### **Professional Experience**

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**Assistant Professor, MES Abasaheb Garware College (Autonomous), Pune. June 2022Present.**

- Develop and implement engaging and effective lesson plans in the field of Psychology.
- Collaborate with other faculty members to create engaging course materials
- Facilitate learning activities, seminars, and discussions
- Guide students in their learning journey and provide individualized support
- Evaluate student performance, providing constructive feedback

### **School Counselor, Pankh Foundataion, Pune (6 Months)**

- Coordinate workshops to address topics such as bullying, sexual harassment, and drug and alcohol abuse
- Facilitate weekly meetings for students dealing with substance abuse issues in their family or peer group
- Administer and interpret testing to help identify appropriate career and academic path for each student

### **Seminars and Workshops attended**

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- † Fortis Healthcare and Sukoon Health, Mumbai- Internship (4 Months)  
Attended Online Classes, application based assignments, reading and critical analysis of relevant research papers and an experiential project.
- † Attended the State Level Workshop on Implementation of National Education Policy 2020 organized by MES Abasaheb Garware College (Autonomous), Pune on 1<sup>st</sup> & 2<sup>nd</sup> March 2023.
- † Attended One Day Workshop on Suicide Prevention Organized by Maharashtra Institute of Mental Health, Pune on 9<sup>th</sup> September 2023.

### **Educational Qualifications**

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- ✦ **M.A. in Clinical Psychology**, MES Abasaheb Garware College (Savitribai Phule Pune University) Maharashtra, with 74.00%
- ✦ **B.A. in Psychology** from Savitribai Phule Pune University, Maharashtra, with 69.49% (First Class)

### **Computer Skills**

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- ✦ Marathi (Shreelipi, Ism V6, Inscript) & English Typing
- ✦ Adobe Pagemaker
- ✦ Microsoft Office
- ✦ Microsoft Excel
- ✦ OS: Windows XP/7/8/10
- ✦ Course Completed - MSCIT
- ✦ Basic Knowledge of Adobe Photoshop

## KEY SKILLS AND COMPETENCE

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- † Recognizing potential behavioral problems in the patients /clients.
- † Detailed case history writing for understanding the root cause and performing further assessment through psychological testing.
- † Conducting individual and group interviews.
- † Experience in group and individual activities as a part of counselling therapy.
- † Working with patient's family and carriers.
- † Conduction of psycho-education to the families and to the clients.
- † Liaising with doctors and other co-workers.
- † Good with rapport building for behavioral management for (maladaptive behaviors)
- † Making a detailed report of the patient's mental, physical and emotional state for further assessments.
- † Following the work ethics strictly and regular in work.

## PERSONAL DETAILS

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Name : Rushikesh Sanjay Ingulkar  
Nationality : Indian  
Languages Known : Marathi, Hindi & English  
Gender : Male  
Address : At Post Kamthadi Tal – Bhor, Dist – Pune 412213

## DECLARATION

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The information stated above is true to the best of my knowledge and belief.

Place -  
Date -

**Rushikesh Sanjay Ingulkar**