



Rituka Mathur

Child and Adolescent Counsellor, Entrepreneur

I am a certified Counsellor who has vast experience in helping pre-schoolers and adolescents in bringing about a positive impact to their lives, by both strong individual effort and via coaching and motivating them.



rituka.mathur@gmail.com



+91-9599055125



<http://healbyyourself.com/about/>



<https://www.linkedin.com/in/rituka-mathur>

WORK EXPERIENCE

May 2021 - Present

Founder and Counsellor

Heal BYyourself

Heal BYyourself is an online counselling service that helps children and adolescents to understand themselves and how to deal with a positive and healthy frame of mind.

HealBYyourself works with parents of pre-schoolers and adolescents in understanding their underlying issues behind behavioural symptoms, stress, anxiety, emotional, and physical changes and depression. We help them by listening, guidance, communication, counselling and positive approach.

As the founder and counsellor I work with children to help them identify and follow their aspirations. I also work with parents to make them aware of how negative atmosphere (like violence, passive-aggressive behaviour, caustic ambition etc) at home can impact the growing child and how to ensure a healthy nurturing environment.

I operate on the core belief that everyone is great at one skill- the only need is to identify and follow it. A counsellor is the key enabler for this process.

August 2008-February 2014

Co-founder, Head of Operations

Druid Healthcare Noida

The company was started with a vision of creating an information connection highway for various health care providers like large hospitals, small clinics, pharmacies, labs and of course the patients.

As a cofounder I have been an integral part of each step of evolution of Druid – managing vendors for software outsourcing and hardware procurement. I also program managed the entire deliveries to the two major customers –Dr Lal PathLabs and GTB Hospital.

Dec 2006- July 2008

Business Service Analyst, Credit Operations

ABN Amro Bank NV , New Delhi

I have handled a team which forms a bridge for a smooth transition of work between the ABN Sales and the backend vendor. This involved extensive collaboration with ABN to understand their processes and requirements. A positive mindset and approach helped.

Apr 2002- Nov 2006

Manager, Credit Card Operations

ICICI Bank Ltd, New Delhi

I handled the entire Credit Card Application processing operations for North and East zone ICICI credit divisions. I have handled a vast number of team members to process credit card applications. Also I managed two vendors and their teams for processing the card applications. I ensured my guidance and positive approach should help everyone in the team so that they could be able to meet the target of processing applications per day .

Sep 2000- Mar 2002

Team Leader, Telemarketing, Credit Cards

ICICI Bank Ltd, Jaipur

I joined this team when Credit cards were launched in Jaipur. I managed inbound customer calls which dealt with customer queries and complaints regarding the Credit cards. I always helped customers who were disturbed with any charges or any other problem on their credit cards.

Academic Qualification

2023 -2024

Certificate In Food and Nutrition

From Indira Gandhi National Open University (IGNOU)

2021-2022

Certificate In Counselling and Guidance

From Indira Gandhi National Open University (IGNOU)

2020 -2021

Certificate in Adolescent Health and Counselling

From Indira Gandhi National Open University (IGNOU)

Certificate in Introduction of Psychology

From Yale University

Certificate in Skills and Counselling

From Academy of Modern Applied Psychology

2000-2002

M.Com (specialization in Business Administration)

Rajasthan University, Jaipur

1997-2000

B.Com

Rajasthan University, Jaipur

Interests

I love to unwind with a session of Dance and playing Badminton. I also create educational fun content on the HealBYyourself Instagram handle (<https://www.instagram.com/healbyyourself/>)

Personal

Address: 23024, ATS Paradiso, Greater Noida, UP 201308

Date of Birth: 27th April 1979

Marital Status: Married

Language Known: English, Hindi