



Dr Rini

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Leadership Coach & Holistic Educator 🧑🏫🧑🏻🧑🏼 | Mindful Education Specialist for Child and Family Wellness | Wellness Advocate & Child Development Consultant 💡 | Parenting & Work-Life Balance Advisor ⚖️ | RCI-Certified Rehabilitation Specialist and Author | POSH and Soft Skills Trainer | Certified Yoga Instructor | Young Leadership Coach.

Empower & Elevate; the key to unlocking potential lies within

I am a dedicated expert committed to fostering growth and resilience in working parents, teachers, and the next generation of leaders. With over 20 years of experience as an educator, eight years as a rehabilitation professional, and five years of mentoring and training counselors, mental health professionals, teachers, and coaches, I bring a wealth of knowledge and a compassionate, holistic approach to each challenge and opportunity.

Professional Experience

Founder & CEO – Rini Holistic Wellness

Holistic Wellness Coach, Parenting Specialist, Teacher Trainer, and Young Leadership Developmental Coach
2023 – Present

Asha The Hope

Trainer and Mentor in Counseling and Art Therapy 2020 - 2024

- Trained, mentored, and educated professionals in counseling and art therapy, enhancing their skills and expanding their professional capabilities.

Loyola School, Bhubaneswar Teacher-cum-Student Counselor 2016 - 2023

- Developed and implemented lesson plans for various subjects, conducted assessments, and supported students individually and in groups to address behavioral issues.
- Organized field trips to enrich learning experiences

Darshwana Creative & Montessori School

Principal 2007 -2009

ODM Public School

Teacher (English & Mathematics) 2005 - 2006

Ursuline English Medium School, Muri Ranchi

Teacher (English & Mathematics) 2002 - 2005

Specializations :

- **Rehabilitation Professional and Mental Health Expert:** Eight years specializing in supporting personal and professional growth.
- **Holistic Educator & Leadership Coach:** Comprehensive coaching for emotional, physical, and intellectual development, cultivating leadership skills in families.
- **Mindful Education Strategist for Child & Family Wellness:** Implementing mindfulness practices to reduce stress, enhance concentration, and improve overall well-being.
- **Wellness Advocate & Child Development Expert:** Providing expert guidance on child development and holistic wellness.
- **Parenting & Work-Life Consultant:** Helping parents balance work and family through effective time management, boundaries, and positive family dynamics.

Therapeutic Practices :

- Art Therapy & Color Therapy
- NLP Coaching & Positive Psychology Training
- Student Advising & Child Development Consulting
- Family Therapy & Parenting Consulting
- Dream Analysis & Mandala Therapy
- Grief Therapy Consulting
- Graphology
- Supporting Geriatric and Special Needs Children through Art Therapy
- Nutrition Consulting
- Yoga for Depression, Anxiety, and Stress

Training Programs Attended :

- **Visual Communication for Children with Autism** – Mrs. Manju Singhania, Joy of Learning
- **Supporting Children with ADSD** – Mrs. Manju Singhania, Joy of Learning
- **Cognitive Behavior Therapy** – Dr. Ajay Kumar, NIMHANS
- **Internship in Psychotherapy** – Dr. Priyanka Karla
- **Management of Young Adults with Autism** – Joy of Learning
- **Behavior Modification** – Dr. Pragnya Vijh, Samadhan Goyam
- **Developing Emotional Intelligence** – Ms. Shivani, Virkish Psychological Support
- **Internship on Positive Psychology** – Inspiring Evolution, Coach Mr. Punit
- **NLP Training** – Mr. N.K. Mittal
- **Assessment Tools for Disorders** – Ms. Kamna Yadav, Positive Insight
- **Fear & Phobia Training** – Mr. Suveen Kumar, Counsel of India
- **Introduction to Graphology** – Mr. Sagar Kohle, Positive Insight

Education :

- M.A. (English)
- B.Ed. (Special Education)
- Certificate in Advising & Guidance (IGNOU)
- M.A. (Psychology)
- Diploma in Art Therapy
- Diploma in Child Psychology
- Certificate in Art Therapy
- Diploma in Family Therapy
- Diploma in Counselling
- Post Graduate Diploma in Child Psychology
- Post Graduate Diploma in Art Therapy
- Life Coach
- Ayurveda Nutritionist
- Meditation Teacher
- Diploma in Grief Consulting
- Brain Neuroscience
- Train the Trainer for Soft Skills
- Yoga Teacher Training

Proficiency and Skills :

- **Mindfulness Meditation:** Expert in guiding mindfulness practices for mental well-being and resilience.
- **Holistic Wellness Coaching:** Integrative strategies for emotional, physical, and intellectual growth.
- **Rehabilitation Therapy:** Supporting individuals to reach personal and professional goals through therapeutic interventions.
- **Student Advising:** Dedicated to supporting students' emotional and academic growth.
- **Strength Training:** Developing programs for physical health and well-being.
- **Student Leadership Training:** Mentoring students in leadership skills to prepare them as future leaders.
- **Health & Wellness Coaching:** Personalized coaching for balanced, healthy lifestyles.
- **Lifestyle Coaching:** Providing guidance to help individuals achieve fulfilling lives.
- **Founder of Rini Holistic Wellness:** Leading holistic wellness programs that empower individuals and foster growth.

Trainings Conducted :

1. **Self-Esteem Session** – Management Students of IMIS Bhubaneswar
2. **Self-Care and Self-Love** – For Teachers at Basil Wood Bhubaneswar
3. **Life Skills and Emotional Regulation for Academic Focus** – Loyola

School Bhubaneswar, for 11th and 12th-grade students

4. **International Women Day Session on Self-care through Mindful Nutrition**
5. **Art therapy session for Coaches**
6. **Mentor For Mental Health Professional**
7. **Colour therapy session for Teachers**