

# Dr Rituparna Ghosh

Doctorate (Ph.D.) in Clinical Psychology, University of Calcutta, India (2013). Masters in Clinical Psychology, University of Calcutta (2004). Bachelors in Clinical Psychology, University of Calcutta (2002).

20 + Years experience



Dr Rituparna Ghosh is a top Psychologist in Mumbai at Apollo Hospitals Navi Mumbai . Book appointment online with Dr Rituparna Ghosh at Ask Apollo.

## Hospitals

[Apollo Hospitals, Mumbai](#)

## Doctor's Working Weekdays

Mon - Sat

## Doctor's Working Hours

10:30 - 15:30

## Doctor's Slot Timings

THU - 17:00 -19:00 THU - 17:00 -19:00 MON - 10:30 -15:30 TUE - 10:30 -15:30 WED - 10:30 -15:30 THU - 10:30 -15:30 FRI - 10:30 -15:30 SAT - 10:30 -15:30 MON - 10:30 -15:30 TUE - 10:30 -15:30 WED - 10:30 -15:30 THU - 10:30 -15:30 FRI - 10:30 -15:30

SAT - 10:30 -15:30

## **Overview**

Dr. Rituparna Ghosh is a highly experienced psychologist based in Mumbai, Maharashtra, with over 20 years of dedicated practice in the field of clinical psychology. Holding both an M.Sc and a Ph.D. in Clinical Psychology, Dr. Ghosh has established herself as an authority in mental health, contributing significantly to the wellbeing of her patients. She is fluent in multiple languages, including English, Hindi, and Bengali, ensuring effective communication with a diverse clientele.

Throughout her career, Dr. Ghosh has been recognized for her exceptional work, receiving prestigious awards such as the Nirbhaya Jyoti National Woman Achievers Award in 2018 for her contributions to mental health. Her qualifications include certificates in Neurolinguistic Programming (NLP), Rational Emotive Behaviour Therapy (REBT), and Play Therapy, highlighting her commitment to employing varied therapeutic approaches to best meet the needs of her patients.

As a psychologist at Apollo, Dr. Rituparna Ghosh employs a compassionate and evidence-based approach to therapy. Her expertise encompasses a range of psychological issues, allowing her to guide individuals through their mental health challenges with empathy and professionalism. Whether working with children or adults, she is dedicated to fostering a safe and supportive environment for healing and growth, making her a trusted resource for those seeking psychological support.

## **Experience**

- Nov 2019 – Present : Consultant Clinical Psychologist at Apollo Hospitals, Navi Mumbai
- Clinical Practice in other places :

1. Psychologist at Brain Centre and Progress Clinics, Vashi

2. Psychologist at Centre for Psychological Health and Stress Management, Kharghar
3. Online Consultation with clients in Mumbai and other parts of India and Abroad on Online portal.

- May 2014 – October 2020: Manager & Senior Clinical Counsellor,

Inclusive Education Cell (IEC), Podar Network of Schools, India

## **Awards**

- Life time achievement award from Dr. MGR Medical University ,TN .
- Life time excellent award from Nephrology Association of TN & Pudhucherry .

## **Research and Publication**

- Paper on “Suicide Attempt including NSSI, Where do we stand Legally?” published in the Journal “Annals of Psychiatry and Clinical Neuroscience”
- Paper presented and Workshop conducted on “The Self in the Indian Context- A Journey into the Indian Psyche” at The International Transpersonal Conference, Prague (September – 2017)
- Conducted NLP & Expressive Art Therapy Training for Mental Health Professionals in Kolkata - September 2018
- Paper presented on “Effect of Classroom Intervention Programmes on children identified with severe learning and behavioural concerns” at the National Conference on Inclusive Schooling in New Delhi (November – 2017)
- Paper presented on “Self concept, Anxiety and Depression of Vitiligo cases (in urban and rural areas) and People’s Attitude towards them” in the National Conference on Expanding Frontiers in Applied Psychology, Kolkata (March 2017)
- Paper presented on “Inclusive Schooling - a holistic approach” in the International Conference (ICPAS), Goa (January 2016)

- Paper Presented on “Impact of Life Skills Training on People with Visible Skin Diseases and Effect of Life Skills Training on Attitude of Normal Individuals towards them” in the International Conference on Life Skills Training held at Thiruvananthapuram, Kerala (February 2014)

## **Special Interests**

- Conducting Mental Wellness Talks, Workshops, Trainings, Seminars and Webinars in and around India and Abroad individually and in collaboration with various Mental Health Institutes since 10 years. As a Speaker rendering Emotional Wellness sessions in CME's
- Conducting Training Workshops on Self Exploration, Expressive Therapies, Therapeutic Interventions and other Wellness Programmes at Health Institutes, Corporate Sectors, Schools and Educational Institutes in Mumbai and pan India
- Research work on various mental health areas
- Awarded with Sangeet Prabhakar in Kathak Dance from Prayag Sangeet Samity – Allahabad.

## **Membership**

- Member – Eastern Zonal Psychological Association (EZPA).

## **List of Treatments**

Doctors Treatment

[Past Life Regression Therapy](#)

[Pranic Psychotherapy](#)

[Psychotherapy For Couples](#)

[Psychotherapy Adult](#)

[Sensory Integration Therapy](#)

[Sex Therapy](#)

[Sexual Therapy](#)

[Arthritis Physiotherapy](#)

[Stress Treatment](#)

## **List of Conditions Treated**

[Doctors Condition](#)

[Sexual Disorder Rehabilitation](#)

[Sexual Disorders](#)

[Anxiety Disorder Counselling](#)

[Spiritually Based Psychotherapist Spiritually](#)

[morning-wood](#)

[pre-marital-counselling](#)

[Relationship Problems](#)

[relationship-counselling](#)

[Premarital Counseling](#)

[nervousness](#)

[Psychometric Testing](#)

[Psychoanalysis](#)

[Psychoanalysis To Mourning](#)

[Psychoanalysis To Suicide](#)

[Psychological Diagnosis Adult And Child](#)

[Psychological Problems](#)

[Psychological Services](#)

[Psychomotor](#)

[Psychosexual Problems](#)

[Adult Counselling](#)

[School Refusal](#)

[Sexual And Gender Identity Issues](#)

[Sexual Weakness](#)

[Applied Behaviour Analysis For Autism](#)

[Family Problems](#)

[Early Parenting Issues](#)

[Concentration Problems](#)

[Child And Adolescent Problems](#)

[Stress Management Specialist](#)

[Stress Management Counselling](#)

[Stress Management](#)

[Stress Echocardiography](#)

[Stress](#)

## **Frequently Asked Questions**

### **Where does Dr. Rituparna Ghosh practice?**

Dr. Rituparna Ghosh currently practices at Apollo Hospitals Navi Mumbai, located in Mumbai.

### **Who is Dr. Rituparna Ghosh?**

Dr. Rituparna Ghosh is a highly experienced Psychologist with 20 years of expertise in the field. She is known for providing exceptional patient care and advanced medical treatments.

### **Why do patients choose Dr. Rituparna Ghosh?**

Patients trust Dr. Rituparna Ghosh for her expertise, patient-centric approach, and commitment to providing the highest standard of care. She is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

### **What is Dr. Rituparna Ghosh's specialization?**

Dr. Rituparna Ghosh specializes in Psychology, with expertise in Past Life Regression Therapy, Pranic Psychotherapy, Psychotherapy For Couples, Psychotherapy Adult, Sensory Integration Therapy, Sex Therapy, Sexual Therapy, Arthritis Physiotherapy, Stress Treatment.

### **What are Dr. Rituparna Ghosh's medical qualifications?**

Dr. Rituparna Ghosh holds prestigious qualifications, including Doctorate (Ph.D.) in Clinical Psychology, University of Calcutta, India (2013). Masters in Clinical

Psychology, University of Calcutta (2004). Bachelors in Clinical Psychology, University of Calcutta (2002)..

### **How many years of experience does Dr. Rituparna Ghosh have?**

Dr. Rituparna Ghosh has 20 years of experience in the medical field, treating various conditions related to Psychology.

### **How can I book an appointment with Dr. Rituparna Ghosh?**

You can book an appointment with Dr. Rituparna Ghosh through:

Online: Visit [<https://www.apollohospitals.com/book-doctor-appointment/>](<https://www.apollohospitals.com/book-doctor-appointment/>) to schedule an appointment.