

PROFESSIONAL PROFILE



FOUNDER: CONSCIOUS JIVA

PSYCHOSPIRITUAL
THERAPIST & COACH

AND

PUBLIC EDUCATOR

3500+ HOURS OF PERSONAL
THERAPY SESSIONS

AND

300+ HAPPY CLIENTS

RUCHIKA GARG MODI

Award winning Psychospiritual Therapist & Coach (awarded by Indian Leadership Academy and Skill Central UK for outstanding contribution in the field of Mental Health)

Founder of Conscious Jiva, an organization dedicated to Psychospiritual wellness and support of individuals

Works as practicing **Psychologist, Hypnotherapist, Mindfulness Coach, Spiritual life Coach and a public educator for awareness**. She has combined all her modalities to **frame her unique style of Psychospiritual therapy**.

Her clients are able to find **peace of mind and freedom from emotional baggage**. She has successfully worked with individuals suffering from **anxiety, overthinking, limiting beliefs, childhood trauma, grief, negative thinking, relationship problems, and spiritual enquiries**.

JOURNEY WITH MINDFULNESS

She was diagnosed with Clinical Depression and anxiety at the age of 20. In 2020, she learnt **Mindfulness to manage depression and anxiety in her own life**, when her career was at stake. After a miraculous benefit she experienced, she integrated Mindfulness in her therapy, hugely benefitting her clients.

Since then, her **Mindfulness-based Online Program** has reached hundreds of people through webinars and is now available at Udemy, and has effectively helped many individuals find freedom from stress, worry, depression and anxiety. She also conducts her program **Awaken Your Inner Buddha** frequently - to help individuals master Mindfulness for a happy life.

FEATURES-

- **Interviewed by the team of rehabs.in** to give a talk on the **dynamics of online therapy**.
- She was also **featured by BrilliantRead** for her work and contribution to the society.
- **Featured on the cover of Enzo Times**, an e-magazine for men's personal branding and wellness.
- In 2021, **awarded by Indian Leadership Academy and Skill Central UK** for outstanding contribution in the field of Mental Health

Qualifications-

- M.Sc Clinical Psychology (Christ College, Bangalore)
- Diploma in NLP Coaching (American Board of NLP)
- Training in Clinical Hypnotherapy (EKAA)
- EFT Practitioner (International Certification Ongoing- Vitality Living College)

Guest lectures-

- Christ (deemed to be University), Bangalore
- R.D. National College, Mumbai

No. of workshops and training programs conducted for mental health awareness (online and offline)- 50+

Official links:

Website: <https://consciousjiva.com/>

<https://ruchikagarg.com/>

Facebook: <https://www.facebook.com/AskRuchikaGarg/>

Instagram: <https://www.instagram.com/askruchikagarg/>

LinkedIn: <https://www.linkedin.com/in/ruchika-garg-9772a010b/>

YouTube: <https://www.youtube.com/askruchikagarg>

Career snapshot:

Company name	Designation	Duration	Location
HappyDNA	Student Psychology coach	8 months	Bangalore
iSapientific Technologies	Content developer and presenter	4 months	Bangalore
Indian Leadership Academy	Training Manager & Content expert	1 year	Bangalore
Conscious Jiva	Founder & Psychospiritual Therapist and Coach	2.5 years	Panchkula (Catering to clients globally)

Guest lectures:

College	Hours	Participants	Participants Profile	Topic
Christ (deemed to be University), Bangalore	2	200	UG students in Psychology	Introduction to Hypnotherapy
	2	35	MA Counselling Psychology & MSc Clinical Psychology students	Use of Hypnotherapy as an adjunct to Psychotherapy
	2	40	UG and PG students in Psychology	Inner Child Work with Hypnotherapy
	2	40	MA Counselling Psychology & MSc Clinical Psychology students	Integration of hypnotherapy with counselling
R.D. National College. Mumbai	1.5	85	UG students from various departments	Mental Health Awareness- the true face of Mental Health

Workshops facilitated:

Company	Hours	Participants	Participants Profile	Topic	Batches
Indian Leadership	4	28	Heterogeneous	NLP Introductory Half day	8

Academy, Bangalore	7	25	Heterogeneous	NLP Introductory 1 day	4
	7	15	Corporate employees, Psychologists, and students.	NLP Practitioner	8
	6	10	MBA graduates	Vocational Training	2
Bit Order Technologies Pvt. Ltd. Bangalore	2	10	Employees and mid-senior level managers (females)	Prevention of Sexual Harassment (POSH)	2
Turbo Systems Development India Pvt Ltd. Bangalore	2	30	Employees and mid-senior level managers	Prevention of Sexual Harassment (POSH)	2
91 Springboard, Bangalore	2	16	Employees of various organizations	Time Travel with Hypnosis	1
Conscious Jiva, Jaigaon	2	10	Students and Housewives	Discover Yourself	1
	2	10	Students and Housewives	Mind-Body Connection	1
	2	25	Heterogeneous	Depression: a free awareness workshop	1
	16	10	Children of age 10-15 years	Building a Success Mindset	1
	12	20	Students from 9 th - 12 th std	Motivation and Mental Conditioning for Exam Preparation	1
St. James School, Jaigaon	4	40	Students of 10 th and 12 th std	Motivation for Board Exam Preparation	2
BSF Coochbehar, West Bengal	1	100	Women residing in the BSF Campus	Mental Health for Women (International Women's Day Special)	1
Online	2	150	Women across ages 25 to 45	Your Womb is Magical	2
Online	2	70+	Age 16+	Mindfulness Webinars	8