

Name: Dr. Rashmi R Singha

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Professional Title/Occupation:

Certified Therapeutic Play Practitioner for the Differently Abled

Organisation:

Address of Organisation/Practice: Mumbai

Professional Qualifications: Masters in Neuro Physiotherapy

Courses undertaken in Play Therapy:

Certified Therapeutic Play Practitioner for the Differently Abled

Details of any other relevant qualifications/courses taken in the field:

Currently undergoing supervision in current practice: No

Ages catered for: 1 year to 8 years children

Services offered:

Physiotherapy, occupational therapy, play therapy. Individual sessions one on one. To neurodivergent kids, behavioural problems, cognitive issues, social communication issues, sensory issues etc.

Personal Profile:

I'm a physiotherapist specialising in pediatric rehabilitation, child development, and neurodivergent-friendly practice. My work focuses on creating a safe, nurturing, and child-led environment where every child can explore, learn, and grow at their own pace. I integrate evidence-based physiotherapy techniques with a holistic understanding of sensory processing, motor development, and emotional regulation. In my practice, play is not just an activity—it is a therapeutic tool. I use play therapy intentionally to help children express themselves, build trust, and engage meaningfully in sessions. Through movement-based play, pretend play, sensory play, and structured therapeutic games, children naturally develop essential skills such as balance, coordination, body awareness, attention, and self-regulation. My approach is collaborative, involving parents closely so they feel confident supporting their child's progress at home. I believe therapy should be functional, accessible, and aligned with each child's strengths and needs, and my goal is to meet every child exactly where they are—using play, movement, and connection as the foundation for meaningful growth.