

**Aarti C Rajaratnam** has a Masters in Applied Psychology with specialization in Clinical Psychology - Childhood and Adolescent Mental Health from the **University of Delhi, South Campus**. She completed a special 14 month internship at the prestigious **Rajkumari Amrit Kaur Child Guidance Centre** at New Delhi. She is a Master Practitioner and Trainer in Neuro Linguistic Programming (NLP) and is also trained in Transactional Analysis (TA), Dream Analysis, Transpersonal Psychology and Counselling. She also has to her credit Certification in *Psychological First Aid*, from the Department of International Health, Bloomberg School of Public Health, **Johns Hopkins University**, Baltimore, USA, Certification in *Developing Resilience in Children Exposed to Trauma, Disaster and War* from the **University of Minnesota**, USA and Certification in *Positive Psychology* from the **University of North Carolina** at Chapel Hill, USA. In addition, she has a Diploma in Special Education from the **Rehabilitation Council of India** through the **National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD)**. She ranked 3<sup>rd</sup> Nationally for this course. She is Trained in **Core Transformation** by Mark Andreas. She is the Senior Advisor (Psychology) for the Integral Eye Movement Therapy Practitioners in India and was trained in **IEMT** and **Metaphors of Movement** by the Founder Andrew Austin. She is one of seven **Social Panorama** Consultants in India directly trained and professionally certified by Dr Lucas Derks.

She is an Innovative Curriculum and Education Design Consultant and has been instrumental in designing innovative and inclusive classrooms and curriculum models in India and abroad. She has set up schools for children in the rural areas of India to cater to the needs of first-generation learners to ensure that their educational and nutritional needs are met. This model of education has increased retention rates and reduced dropout rates, truancy and delinquency among children. She helped rehabilitate over 7500 children in the coastal areas of Tamil Nadu after the Tsunami in 2004 along with partner NGO's and teachers working in local schools. She developed and implemented a model of reaching out to children affected by the disaster through art, music, play and drama. She also trained volunteers on Psychosocial First Aid for Children after the two massive Earthquakes in Nepal in 2015. She also works closely with the **CHILDLINE** nodal agency to assess, counsel and rehabilitate children in the **Juvenile Justice Board** since 2015 in India. She is also part of the **Vishaka Committee** working closely to support women in The Tamil Nadu Police Department. She is a consultant to the **United States Consulate General** in Chennai and **High Court** in Chennai on protecting the rights and emotional wellbeing of children in family disputes and legal separation. She has also been instrumental in designing some of the most creative schools in the country and has held various leadership positions till a second line leadership could take over and develop the schools in line with her vision. She served on the BOARD OF

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STUDIES as the Field Expert at the prestigious Department of Psychology, **Womens Christian College**, Chennai for two years.

Aarti was the Director of KRITI PLAY SCHOOL, a Preschool in Salem from June 2002 to April 2015. The focus here was stress free education for children through an eclectic model specially designed to nurture young minds through a thorough analysis of Learning Styles. She nurtured many young students through an innovative and scientifically sound curriculum that integrated the principles of psychology, education, science and spirituality very effectively. She works closely with Learning Disabilities, Developmental Disabilities and Pervasive Developmental Disorders like Autism. She has a Child Guidance Centre and a Counselling Clinic where she uses a combination of therapies from the west and the east, to touch the lives of children with varying degrees of psychological and educational problems. She also counsels adults with problems and mental illness.

Aarti has trained and ably mentored teachers, School Leaders, professionals, parents, students, volunteers and corporate teams on a wide range of topics and has truly made a difference and a major contribution in each one of these projects. She is an inspiring speaker and has been invited across the globe to share her insights on creative education and psychology. Of the many prestigious talks delivered by her, the ones at **The University of Wisconsin (UW)**, *The Teachers Conference* at **The University of Abu Dhabi**, two **TEDx** events and *The Leading Schools Initiative for School Leaders* at **The Indian Institute of Management (IIM)** stand out and require special mention. Following her inspiring talk, the Director of the IIM and leading management guru Dr Debashis Chatterjee dedicated an entire chapter about her in his best seller *Can you Teach a Zebra Some Algebra*. From 2013 to 2018 she reached over 2800 schools and 49000 teachers pan India through the teacher enrichment programmes organised by **Macmillan Publishers Limited**. Her mission in life is to redefine education systems all over the world to make Holistic Learning accessible to all children irrespective of cultural boundaries, economic barriers and limiting mindsets.

Aarti's articles on Psychology, Education and Parenting are regularly published in journals, magazines and all leading Newspapers in Tamil and English. She has a special parenting segment "**Chinnanchiru Ulagam**" on the popular Morning Café Show on Puthuyugam Channel everyday. Her much acclaimed live call in show "**Kuzhandaigal Mana Nala Vaazhvu**" on Polimer channel spreads awareness on positive mental health in Children. Her book for parents "**Understand to Communicate**" on Autism was published and released by Information and Resource Centre, Bangalore in English and in Kannada. Her books on Parenting "**Vaanam Thodu Dooramdaan**" (Kalki) and **Parenting Innocence to InnerSense**

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(Notion Press) have consistently featured in several best-seller lists since their release in 2013. She has a regular monthly column “**Ask Your Counsellor**” in the **Parents World Magazine** catering to the needs of parents in distress. She also has a regular weekly column in **The Hindu** for adolescents and young adults on mental health and well-being. She is a panel expert and advisory board member for the **Parent Circle Magazine**. She has partnered with **The White Swan Foundation** for Mental Health Bangalore to bring out a well acclaimed series **Knowing Teenagers** on YouTube.

She has presented special papers at 11 state level, 7 national level and 5 international level conferences and has completed projects and delivered lectures on her innovative curriculum models and psychology in Spain, United States of America, Nepal, Dubai, Sharjah, Abu Dhabi, Qatar and Sri Lanka but believes that India is where true transformation and services are needed.

