

Anuradha

Trustee

- *Masters in International Education: Teacher Education (University of Sussex, UK)*
- *B.Ed. (DAVV, Indore) (gold medalist)*
- *BA Hons: English Literature (Lady Shri Ram College, University of Delhi)*
- *Certificate of Professional Studies: Foundation Course for Facilitators (ICIS, Delhi)*
- *Certificate: Learning How to Learn: Powerful mental tools to help you master tough subjects (University of California, San Diego on Coursera)*

A teacher and teacher-educator by training, Anuradha has been engaged in the field of Integral Education since 1986, through teaching, research and curriculum design. She facilitates courses in Integral Education (online & onsite) and self-development for educators, parents, home-makers, and professionals, such as, 'Scripting Pathways of Change', 'Integral Education: From Reflection to Action', 'Empowering Relationships'.

Anuradha has co-edited The Gnostic Centre's journal, 'The Awakening Ray' and authored several articles. She has also been a part of creating several learning resources based on the Integral paradigm.

In Anuradha's view, in the current world scenario, the most important aspects to cultivate are — an inner connect with one's deepest self, a widening of the mind, and a refinement of the aesthetic sense. She describes her work as a minuscule contribution in this project. She shares:

"Till the age of 25 I led quite an ordinary life. But beneath the mundane there was a seeking for social change. This led me to Mirambika (Sri Aurobindo Ashram, Delhi) in 1986 and to Sri Aurobindo and The Mother. The focus shifted to self-change. As I delved into Integral Education (teacher, principal, teacher-educator), the need to engage deeper with myself, for the sake of the children, grew. Shared journeys, shared vision with a group of friends led to joining in the venture of setting up The Gnostic Centre. It was like being thrown into a cauldron of change – inner and outer. Work and relationships became the mirror. That is what continues."