



Moving Bodies. Moving Minds
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BIO (150 words):
Aakanksha Manchanda

Aakanksha Manchanda is an expressive arts therapy practitioner, performing artist and entrepreneur. She holds a post-graduate diploma in Expressive Arts therapy from St. Xavier's College, Mumbai and a Bachelor of Technology in Electronics and Instrumentation control from YMCA University, Faridabad.

She has experience working with neurotypical and neurodivergent individuals and groups across different age groups in a therapeutic setting. She is adept at using intermodal techniques to facilitate client-centred, intersectional, trauma-informed and inclusive therapy spaces focused on the holistic growth of the individual/s.

She has been a performing artist for over 10 years across theatre, TV, short films and musicals. She also has rich experience working in the corporate environment as an executive and also as a facilitator.