



Moving Bodies. Moving Minds.
www.synchronyindia.com

Aakanksha Manchanda
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Professional summary

An Expressive Arts Therapy Practitioner, Performing Artist and an entrepreneur. I am trained to facilitate person-centred, trauma-informed, intersectional and inclusive therapy spaces for individuals/groups across different age groups. I am also trained to provide therapeutic support to neurodivergent populations of all age groups and have experience working with groups as well as individuals.

I have extensive experience as a performer, movement trainer and choreographer in personal, professional and corporate settings.

Work Profile

Synchrony - Expressive Arts Therapy Practitioner

Feb 2022 – Ongoing

- Individual and Group Therapy for kids, adolescents, adults and the geriatric population.
- Provide therapeutic support for the neurodivergent population

St. Xavier's College, Mumbai – Internship, Expressive Arts Therapy

May 2021- July 2021

- Facilitated telehealth expressive arts therapy sessions (under supervision) for individuals and groups for different therapeutic goals including, socio-emotional learning, stress management, resilience building, personal growth and therapeutic support.

The DanceWorx Performing Arts Academy – Lead Performer and Core Faculty Member

2012 – 2018

- Led multiple dance and movement training workshops for corporates like Kotak Mahindra, TCS, KPMG, etc.
- Part of the faculty that included Dance in Education at Delhi Public School to develop well-rounded students
- Conducted jazz and ballet classes for over 200 students over 3 years as a lead instructor. Students included kids, adults and the elderly population
- Led a troupe of 70 dancers and performers as a Dance Captain for over 250 shows for one of India's first Musicals, *Jhumroo*

Performance Arts – Performer, Choreographer and Trainer

2012- Ongoing

- Toured across 7 countries and ~50 shows as a lead actor in a Bollywood musical, *A Passage to Bollywood*
- Acted in more than 20 advertisements and short films for national brands
- Assisted Ashley Lobo (leading Bollywood choreographer) as a choreographer and facilitated character workshops for actors
- Independently choreographed music videos, TV ads for national brands and varied artists

Siemens Limited – Intern Field Engineer - Bio-Medical Instrument

June 2011 – December 2011

- Ensure upkeep of Biomedical instruments through regular visits to customer sites.
- Gather and analyse client and product feedback for product development team

Education

Postgraduate Diploma, Expressive Arts Therapy CGPA: 9.39	St Xavier's College, Mumbai	2020-21
Beginners and Advanced Acting Course	The Actors Truth	2018
Training in Jazz, Ballet, Modern and Contemporary dance style	The Danceworx	2012-18
Source of Performance Energy	Adishakti Theatre Arts	2016
B.Tech, Instrumentation Engineering CGPA: 8.48	YMCA IE	2008-12

