

Shrinkhla Sahai is an educator, mental health practitioner, writer and media professional. She is a CID-UNESCO certified Therapeutic Movement Facilitator and aligns dance theory, practice and pedagogy to work in creative movement and expressive arts for wellness with diverse populations. A passionate dance educator, she has trained students between the ages of 6-60 years. She holds an MPhil in Theatre and Performance Studies from Jawaharlal Nehru University, New Delhi and has been a visiting faculty at various universities. She was a fellow in the Education for Sustainable Development Programme by Engagement Global (2019-20), Germany, and a Research Associate at the University of Warwick, UK under the Charles Wallace grant.