



Kamala Nehru College
Department of Psychology
presents



Psychogenesis '25

"Unleashing Minds,
Exploring Cathartic Creativity"

DANCE MOVEMENT THERAPY



An Interactive Workshop



Ms Sindhura Yamini



Date: 8 April 2025



Time: 2:30 PM



Venue: KNC

Scan to Register!

Open to ALL KNC
students!



PRINCIPAL

Prof. (Dr.) Pavitra Bhardwaj

TEACHER COORDINATORS

Dr Shivani Datta (TIC)

Dr. Divya Padalia

Dr. Neetu Dalal

STUDENT COUNCIL

Sonal Gupta (President)

Utkarshi Yadav (Vice President)

Aprajita Rawat (Gen. Secretary)

Saiesha Berera (Treasurer)

ABOUT THE FACILITATOR

Ms Sindhura Yamini

Sindhura Yamini Darapureddi is a psychologist, educator, and certified Dance Movement Therapy (DMT) practitioner and trainer, specializing in movement-based interventions for mental health and well-being. Currently pursuing her Doctoral studies at O.P. Jindal Global University, her research focuses on the effectiveness of psychological interventions in enhancing student resilience. With a strong foundation in theory and practice, Sindhura designs interactive group and individual sessions that foster emotional resilience, body awareness, and peer connection. She has led DMT workshops for universities, NGOs, and corporate teams, including tailored programs for adolescents, juvenile justice populations, and employees at Wipro. Her work integrates Cognitive Behavioral Therapy, mindfulness, and improvisational dance, ensuring structured yet adaptable experiences.

With a background in applied psychology and certifications in both DMT and vocational rehabilitation (RCI-licensed), Sindhura brings a strong practical approach to therapy. Her collaborations with the Ministry of Women & Child Development and NGOs reflect her ability to translate research into actionable strategies. As a faculty, she balances theory with hands-on practice, mentoring student-led initiatives in art therapy and classical dance while ensuring her workshops are research-informed and immediately applicable to student life.