



Kamala Nehru College
Department of Psychology
presents



Psychogenesis '25 *Seminar*

on

"Unleashing Minds,
Exploring Cathartic
Creativity"



Ms. Tripura Kashyap



Ms. Soumini Menon



Date: 8 April 2025



Time: 11:00 AM



Venue: NSR

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 SPEAKERS

Ms. Tripura Kashyap

Tripura Kashyap pioneered Dance Movement Therapy (DMT) in India in 1990 after training at the Hancock Centre for Creative Arts Therapies in Wisconsin, USA. She holds degrees in English Literature, Psychology, and Bharatanatyam from Kalakshetra, Chennai. She trained in Jazz, Ballet, Modern dance, Choreography, and Dance Theatre at the American Dance Festival.

Over three decades, Tripura has worked as a DMT practitioner in diverse settings including halfway homes, corporate environments, educational centers, and rehabilitation facilities. She founded Rainbow Inc (Hyderabad) and Apoorva Dance Theatre (Bengaluru), collaborated on cross-art projects, and served as a consultant for Bhoomika Dance Company and Attakkalari Center for Movement Arts. She co-founded the Creative Movement Therapy Association of India (CMTAI) and teaches DMT courses across India.

Tripura has been visiting faculty at prominent universities like Ashoka University and Ambedkar University and is currently an adjunct professor at the World University of Design. Her contributions to dance therapy have earned her fellowships from the Ashoka International Foundation and Indian Ministry of Culture, along with awards such as the Lifetime Achievement Award from Sancheti Healthcare Academy. She has authored books like *My Body, My Wisdom* and *Contemporary Dance: Practices, Paradigms and Practitioners*

ABOUT THE SPEAKERS

Ms. Soumini Menon

Ms. Soumini Menon is a developmental and counseling psychologist with over 15 years of experience, specializing in narrative therapy, arts-based therapy, and early intervention for children with neurodevelopmental disorders. She is a certified arts-based therapist and is pursuing a certificate in narrative therapy from the Dulwich Centre, Australia. Ms. Soumini works closely with families, particularly those with children on the autism spectrum, using a family-centric approach to improve family functioning and support caregivers.

Her expertise includes Narrative Therapy & Arts-Based Interventions, Early Intervention for Neurodevelopmental Disorders, Family-Centric Approaches and supporting Caregivers

Ms. Soumini has documented parents' experiences during the COVID-19 pandemic, highlighting the importance of insider knowledge in creating effective interventions. She emphasizes the role of community and emotional safety in supporting families with special needs children. Ms. Soumini is also the founder and lead psychologist at Being Brave, where she focuses on empowering individuals and families through therapy and education.