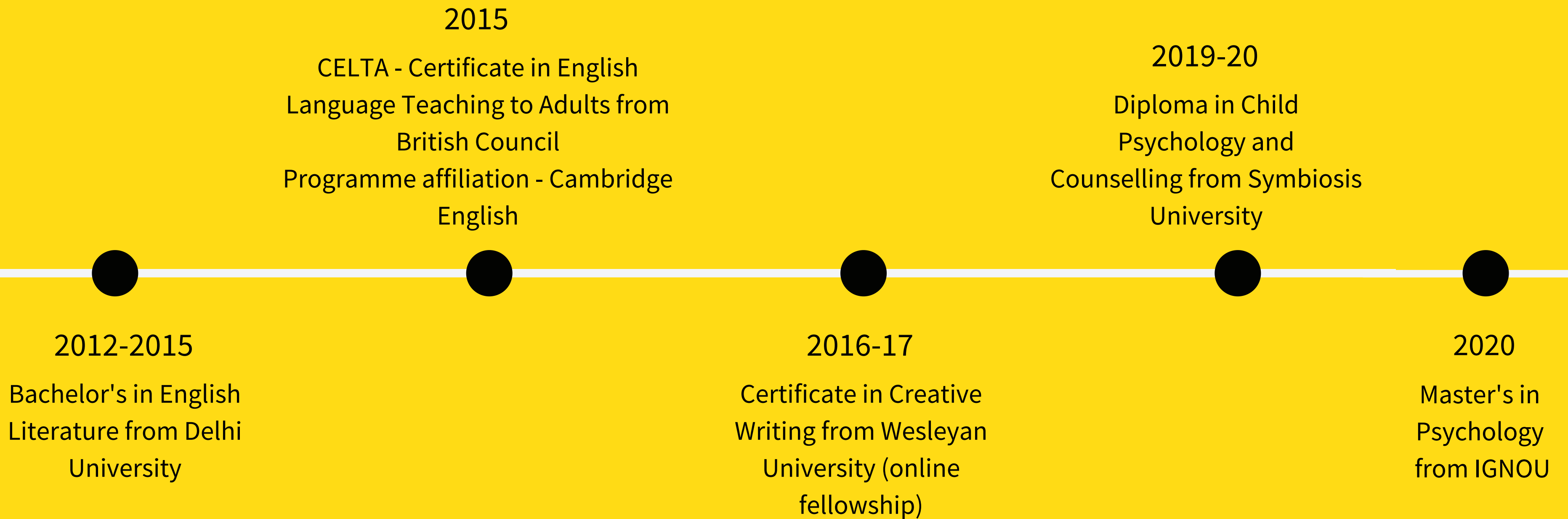


PRACHI BHARDWAJ

Teacher | Writer | Counsellor | Theatre in Education Practitioner | Spiritual Healer

EDUCATION



TRAINING AND PROFESSIONAL DEVELOPMENT PROGRAMMES ATTENDED

- IELTS Training from IELTS Australia
- Reporter's Training Programme by Thomson Reuters
- Student Centered Classrooms by TEACH INDIA
- Poetry in Pandemic by Pragya Bhagat by Bound
- Meditative Writing by Bound

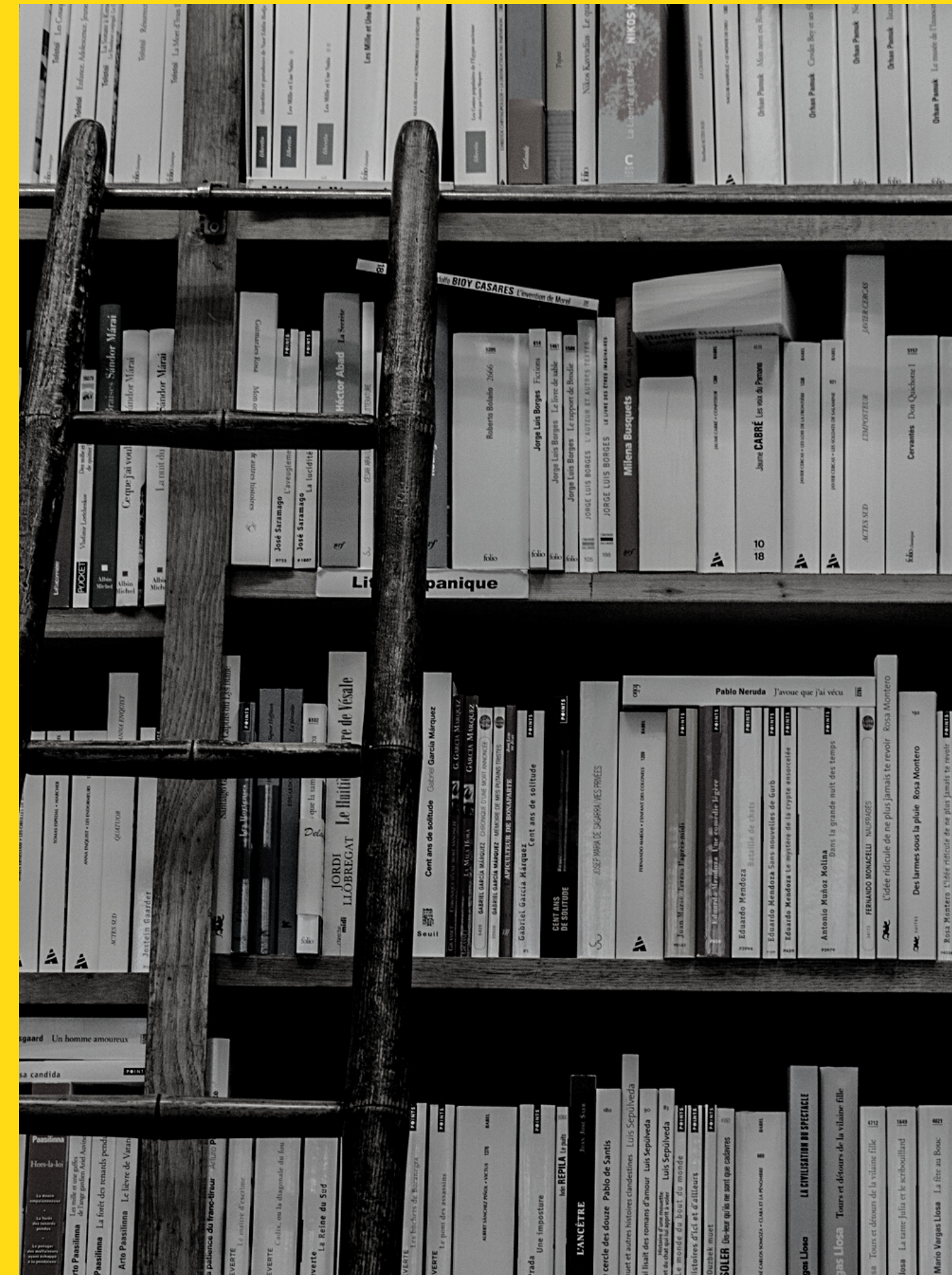
PSYCHOLOGY TRAINING AND INTERNSHIPS

- Internship in Counselling Psychology by Cognizavest
- Expressive Arts Therapy by Fortis India
- Rational Emotive Behaviour Therapy by Trijog



SCHOOLS AND INSTITUTES

- Teacher of English for young adults, Kunskapsskolan School, Gurgaon (current employer)
- Teacher of English for young adults, Podar School, Mumbai (1.5 years)
- Teacher of English and Language Arts for Middle Year Programme at Good Shepherd International School, Ooty, (1 year)
- Trainee Teacher at British Council
- ESL Trainer at ILSC Language School
- Volunteer Teacher at TEACH INDIA



WORKSHOPS AND FREELANCE TEACHING

CREATIVE WRITING AND POETRY WORKSHOPS

Associated with NGOs, creative organisations for summer workshops, conducted summer school modules for different schools in Delhi NCR.

PUBLIC SPEAKING AND PERSONALITY DEVELOPMENT

Conducted several modules for school students, working adults in association with Bennett Coleman & Co. and the Lalit Hospitality Group.

ART OF COMMUNICATION AT WORKPLACE

Conducted a few modules as a freelancer for working professionals in several sectors.

THE READING CIRCLE

Conducted modules as a freelancer for a group of students and young adults to analyse, criticise and discuss various literary texts.



COUNSELLER AND CHILD PSYCHOLOGIST - IN TRAINING

Currently exploring mindfulness and therapy practices for young adults in schools and personal spaces, I am working on modules to introduce regular mindfulness practices in school education. My aim is to have a cohesive programme that enriches the lives of students with life skills, lifestyle habits and practices that make them indulge within than in worldly temporary pursuits without consciousness of one's own and be aware of the various aspects of mental health.

I have completed internships and a few training programmes from certified organisations and am currently pursuing Master's in Psychology to develop an in-depth understanding of the matter.

I have assisted the special education team in my school and have been spending time observing and learning for further development.

WORK EXPERIENCE AS A WRITER

NEW MEDIA WRITER

- News Writer at Hubhopper
- Articles on body image, mental health, art, cinema and literature on Filtercopy
- Featured articles on The Better India, CityShor, Odyssey, Thought Catalog and Campus Diaries

CONTENT CURATION

- Head of Content at Miti Design Lab
- Content on lifestyle and health for 360 Living
- Content Writer at By ADAB Pvt. Ltd.
- Content Writer at Maxposure Media
- Social Media Writer at Urban Theatre Studios

ACADEMIC WRITER

- Curriculum Consultant at Children's Community Foundation
- Subject Lead at Lifelogy Co.
- Features Content on education, language learning on EDU Talks Now



As a poet, I have written more than 200 poems on intersectional feminism, body image, political unrest, mental health, belongingness, home and the world.

wounds come back in
people, places and smells,
no matter the love you
keep ploughing and planting,
some wounds come back
like unwanted small weeds,
you wanted to water a spring
but autumn has its way of
showing up.

~ P

last night,
my anxiety crept in like
a crowd of women who enter the
neighborhood to mourn the death
of a stranger.

like these women,
my anxiety felt like a riot that has
welcomed itself into my body without knowing
where exactly to sit and weep, so it wept bluntly
in every inch of my skin.

~ P

what we have forgotten in last 80 days

*dialogue on mental health
the heaviness of an actor's heart
rebellion of Natasha Narwal
migrants and their hollow sleeps
teachers and their joy of sharing
ruined walls of history
plight of truth dying
screams of killed voices
forlorned tragedies in 29 states
and 7 union territories
abandoned lands of
a patriotic nation -
humanity - all over again.*

there's a silence to the act
of standing at the seashore,
as the waves rise, float and
plummet on my throbbing feet,
a prayer falls from my mouth
and surrenders all the parts
of me I purposely made up in
my daydreams last summer.

~ maybe, sea and cemetery have the same smell

wet puddle of tenderness.

ii. a cacophonous lover from a summer
in Bombay painted my forlorned heart
in hues of violet.

iii. Amma flew like a parachute far away
from the treacherous hands of the
world and never returned.

iv. i turned into gunpowder and tasted
like their own palms in the hearts of
strangers who once ate me alive.

v. betrayal clinged to the money plant
in my balcony, when caressed lightly,
its flesh made love to mine.

vi. a sea loomed in the backyard of

WORK EXPERIENCE AS A THEATRE PRACTITIONER

THEATRE IN EDUCATION

I constantly use a variety of theatre techniques to develop lesson plans, reform the idea of conventional teaching and also develop workshops for personality development, communication skills and public speaking using drama exercises. Within or beyond classroom, as a teacher, theatre is a tool that expands what I can do as a teacher and what my students can learn experientially.

CURATING PLAYS, WRITING AND ACTING

- Workshop Facilitator & Creative Manager at Pink Door Project
- Performer at Kahaani Productions, Mumbai
- Production Manager for Be Careful: Thora Dhyaan Se, performance by Mallika Taneja
- Co-Workshop Facilitator, Writer at Pink Door Project
- Theatre Manager at The Illusionists
- Street Theatre Artist/Activist at Khanabadosh Theatre Group Actor, Scriptwriter at Saitan Production House
- Play Director for two annual production at the University of Delhi





PROJECTS AND CAMPAIGNS

- Researcher for Jogiyaar Mahabharata, an initiative to save a colloquial artform in Haryana, Rajasthan
- Project Manager, CSR initiative by World Health Organization (WHO)
- Content Researcher and Documentation Advisor for a freelance German film agency
- Cultural and Heritage walk leader and planner at Sahapedia

Thank you!