

lata shenava

Anthropologist Researcher EI-Certified Therapist Trainer Lifecoach

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Summary

Recent Award (2018-2019): Indira Gandhi National Centre for the Arts (IGNCA).

Project Title: *“Kalaripayattu: A study of the Digestion, Assimilation & Macdonaldisation of Bharath’s Primordial Martial Art Form”*

Core expertise Area: Health and Well-being

- **EI (Emotional Intelligence) Certified Therapist** (The Six-Seconds Model).
- Have a Doctoral degree in the area of the **“Role of families in the promotion of child mental health”**.
- Core-Group Member of **SIGN (Sweden-India Gender Network)**.
- Awarded the **Fulbright Junior Research Fellowship** affiliated to the **Centre for Play Therapy, University of North Texas, Denton, USA** - Year 2005-2006.
Areas of Specialisation: **Play & Filial Therapy & Expressive Arts Methodologies**.
- Worked in the field of **Special Education (Mentally Challenged)** for 23 years and **Medical Social Work** for the last 22 years.

Philosophy of training & intervention is to assist individuals create meaning & purpose in their lives through a practical & culturally-rooted model, the ultimate objective being to unleash the inherent potential of individuals, families & communities.

Work and Teaching Experience

- 1) Research Scientist, **Indian Institute of Technology, Mumbai** (April 2016-December 2017), **Honeybee Project**: Development of open Educational architecture to disseminate indigenous knowledge systems.
- 2) Co-ordinator, **Vivekaa** (since 2005): **Life-coaching**: (*Lifestyle management, Work-life balance & Rediscovering the Leisure culture*).
- 3) Trainer for **Parent/Family Effectiveness Training, Unstructured Play & Expressive Arts** -successfully conducted sessions in India, Texas and Jamaica.
- 4) **Sevadaan Special School, Principal & Medical Social Worker** (1985-2008).

Modules created

- *Lifelong Vocational rehabilitation of the Mentally Challenged Adult.*
- *Training of children with severe mental disability & PDD (Autism & Asperger's Syndrome).*
- *Use of indigenous Expressive methodologies in training.*

5) **Adjunct Faculty**

- Tata Institute of Social Sciences (TISS)
- Delhi University, Psychology Department, Delhi,
- Garodia's Academy, Ghatkopar, Mumbai (ECCEd.)
- Nirmala Niketan, College of Social Work & SNDT University, Mumbai
- CRE, Dilkhush TTC, Mumbai for the 2-year Diploma in Special Education.
- Reliance Foundation Schools.
- DAV Schools and DIEMR, Western Region
- L & T, Powai, Support group for 31 families with a Person with Disability.

Education

- **Doctorate in Philosophy, TISS, Mumbai, 2011.** **Topic:** “Childrearing & Child Mental Health: A Study of Non-Slum Urban Families in Mumbai City”.
- **Master's in Social Work (Medical & Psychiatric), TISS, Mumbai, May 1992**
- **Diploma in Special Education:** June 1984 – May 1985
- **Bachelor's of Arts (BA),** Psychology. National College, Mumbai, India. June 1984

Publications

- Shenava, Lata. (2012). *Unstructured Play and Child Mental Health: The Primordial Connection*. In Maitra, S & Sheshadri, S (Eds.). *Play: Experiential Methodologies in Developmental and Therapeutic Settings*. Orient BlackSwan.
- Shenava, Lata (2014). The Cartesian Legacy: Dealing with the Medicalisation Challenge. *Indian Journal of Mental Health*; 1(1).
- Shenava, Lata (2015). *Re-Engineering Social Capital through Work-Life Balance*. In Sweden-India Gender Network, Work-life Balance Group Book. *Meeting the global challenge - Variations in work and family life in India and Sweden*. To be published.

Personal Information

Married with two children

- Student of **Vedanta** (Indian Philosophy).
- **Bharat Natyam** (a classical dance form of South India).
- **Iyengar Yoga** – a dynamic form of Yoga started by Guru B.K.S. Iyengar, since 1992.
- Martial Arts – **Taek-won-do** (Black Belt) & **Tai-Chi**. Currently practicing **Kalaripayattu**.