**Anuradha Jyothi Thakrar**

Currently – GR Lavender, 7th Phase, JP Nagar, Bangalore

080-2695.1755

**+91-81-42766454**

[thakrar.anu@gmail.com](mailto:thakrar.anu@gmail.com)

G-5, C-6, D-7, 7th Floor, Sai Swagat Residency

Chitravathi Road (Down)

Puttaparthi, Anantapur District 515 134

Andhra Pradesh, India

**EDUCATION**

***Institute of Sathya Sai Education, Bankgkok, Thailand. – August-October, 2012***

*2.5 month residential Education in Human Values Teacher Training/Classroom English Teacher – 1-12th std.*

***\*\*Washington Montessori Institute at Loyola College in Maryland*, Baltimore, Maryland**

**Masters in Education (M.Ed.), October 2003**

*Research Topics: -Homework and. Achievement at the Elementary School Level, -School Uniforms and Discipline,*

*-The Influence of Yoga on Children’s Concentration and Classroom Management*

**Association Montessori Internationale (AMI) Primary (age 6-12) Montessori Certification, May 2003**

***Illinois Wesleyan University*, Bloomington, Illinois**

**Bachelor of Arts (BA), May 2001**

**Major: International Studies Minors: French/Education**

**Dean's List**

***International Academy of Ayurveda, Pune, India, February-March 2011***

Advanced Course in Ayurvedic Medicine – *Practical Internship in Various clinics around the city*

***California College of Ayurveda,* Grass Valley, California, *October 2007-2010***

Ayurvedic Health Educator/Ayurvedic Health Practitioner

*Distance Learning Program*

***Santa Cruz Yoga Institute, Mumbai, India – 2007***

Children’s Yoga (age 6-18yrs) Teacher Training Certification Course,

***Radiant Child Yoga, Virginia– 2005-2007***

Children’s Yoga Teacher (RCYT) Certification Course Levels 1-3

**EXPERIENCE**

**Elementary Montessori Directress and Curriculum Development Associate, *Valiants Montessori Academy, Jayanagar, Bangalore***

*Present*

**Elementary Montessori Directress, *DC Public Schools: Watkins Elementary - Capitol Hill Cluster School (CHCS)***

***Washington, DC* –** *August ’03-August ‘06*

* Established a brand-new Elementary (6-12 yr old) Montessori classroom adhering to strict AMI Montessori principles; extensive fundraising; organized parent committees; conducted research, going outs, field trips; ***Children’s Yoga and health/nutrition advocacy*** (see attached sheets for further information).
* Full instruction of all academic subjects including Botany/Biology, Geography (including earth sciences), History (World/US), Mathematics, Language(s)/Drama, Geometry, Art, Music, PE.

**International Liaison & Development Associate: Education Program, *Swayam Krishi Sangam (SKS) Foundation***

***Chicago, IL*** – *June ’01 –June ‘02*

*Chicago-based responsibilities*

* Assisted in the production and editing of the SKS newsletter; conducted research for and aided in compilation of 35 page annual report; grant-writing and fundraising research; prepared for an internal audit.
* Extensive education research and networking to establish solid growth and partnerships; expansion and sustainability of the SKS Balwadi (Preschool) Education Program.

*India-based responsibilities:* ***Sathya Sai Education in Human Values Service Organization****, Pune, India*

* Volunteered full-time with the Sathya Sai Education Human Values Team to integrate a Human Values component into 120 Municipal Schools of Pune, India by planning and implementing the training of 3,000 local municipal school teachers.
* Worked to establish a sustainable yearly program of values based festivals and service projects for the schools.
* Taught daily classes in English, Mathematics, Physical Education and Music to underprivileged children *using the national language (Hindi)*.
* Provided extensive assistance in the expansion and stabilization of a comprehensive values based educational and activity center for local slum-dwelling children and their parents, including academics, health/nutrition education, arts, crafts, music, sports, yoga and outside excursions.

**Independent Ayurvedic Health Practitioner and Educator, *Sai Lotus Ayurveda & Yoga*, *Naperville/Lombard/Glen Ellyn, IL and Puttaparthi/Bangalore, India –*** *October’08 – present ( see:* [*www.sailotusayurvedaandyoga.weebly.com*](http://www.sailotusayurvedaandyoga.weebly.com/) *)*

* Started own practice as sole proprietor
* See patients for initial ayurvedic consultations and follow-up visits on a regular basis
* Certified Raindrop essential oil massage therapist
* Prepare and prescribe dietary/lifestyle guidelines and herbal formulas addressing digestive and mind issues
* Design fresh loose herbal teas, ghee, and rose aromatherapy, and essential oil beauty products
* Teach weekly classes on Ayurveda/Ayurvedic cooking and Ayurvedic lifestyle and theory
* **Ongoing yearly internship/apprenticeship at *Dr. Rao’s Ayurveda Hospital* as well *as Sathya Sai General Hospital*, Puttaparthi, AP, India and Treatment at *Rasa Ayurveda*, Trivandrum, Kerala, India**

**Adult and Children’s Hatha Yoga Teacher, *The Children’s Project, Puttaparthi, India, Universal Spirit Yoga, Naperville, IL, USA/ Elmhurst Park District/Anahata Center, Lombard, IL; Various Montessori schools/corporations around Chicagoland, USA* -** *October 2007-present*

* Teach and coordinate Hatha and Children’s/Teen Yoga classes for studios, schools and businesses

**Elementary Montessori Directress, *Lemont Montessori School, Lemont, IL, The Prairie School of DuPage, Wheaton, IL* –*****Joliet Montessori School, Crest Hill, IL*** *September ’07 –2011*

* On call substitute for full elementary (6-12 yr olds) classroom guidance.
* **After school parent/child yoga instructor.**

**Marketing/Communications Intern, *Action Contre la Faim (ACF/Action Against Hunger)***

***Paris, France***  *Spring ‘00*

* Maintained pertinent data in Microsoft Excel spreadsheets, and created tables and graphs regarding various donor statistics.
* Created video presentation on international poverty about countries that the organization supports. Compiled information for several fundraising events. Attended several in-house meetings on NGOs and ACF fieldwork.
* *All work performed in a Native French Environment.*

**Summer Intern, *The World Bank (IBRD) - Pension Administration Division***

***Washington, D.C.*** – *Summer ’99*

* Calculated employee pension benefits in various international currencies in a highly sophisticated computerized environment.
* Updated pertinent data and responded to international client inquiries on various pension issues via telephone hotline/email.
* **Attended various seminars relating to international development and *met with scholars and foreign ministers* in the field to discuss issues of development and education.**

**Assistant Primary Montessori Teacher, *Stanford Children’s House***

***Naperville, IL*** – *Summer ‘00*

* Assisted preprimary Montessori teacher with various camp activities including an end of summer drama.

**Language Lab Monitor/French Tutor, *Illinois Wesleyan University Language Resource Center***

***Bloomington, IL*** *- Fall ’99,’00*

* Responsibilities included lab management, providing assistance to faculty and students with the operation of computer terminals and multimedia equipment, preparation of audio/visual resources.
* Assisted professors and students in French language inquiries.
* Conducted research projects for the department of multi-classical languages and literature and organization of the “French Circle”.

**SKILLS, HONORS & INTERESTS**

* Computers **–** Skilled in Windows, Macintosh, Microsoft Office, PeopleSoft software. Internet Savvy. Typing.
* Languages **–** Fluent in French, verbal/written. Semi-fluent in Hindi. One year of College Spanish. General understanding of Hindi, Sindhi, and Gujarati, *some* Marathi, *very little* Telegu/Kannada.
* **Study/Extended Stay Abroad**
* *Institute of European Studies*, Paris, France January 2000-June 2000
* *Université de la Sorbonne (Paris IV),* Paris, France February 2000-June 2000
* *Education in Human Values Service Org.*, Pune, India December 2001/2006- June 2002/2007
* *Sathya Sai General Hospital, Sri Sathya Sai Primary School*

Puttaparthi, IndiaJanuary 2010, 2011, 2012

* *Institute of Sathya Sai Education,* December 2011-October 2012 Bangkok Thailand/Puttaparthi India

**Professional Certifications, Affiliations, Associations & Development**

* *National Ayurvedic Medical Association (NAMA) – Student SubComittee Board Member, Ayurvedic Recipe Newsletter Writer*
* *Trained in the Phyllis Crystal Cutting the Ties that Bind Method – Meditation/Visualizations for healing and psychological growth.*
* *Sathya Sai Education in Human Values (SSEHV) Certified Teacher Trainer*
* *Sri Sathya Sai Service Organization – Medical Camps, Children’s programs, Computer Classes for Underprivileged teens and women, Ongoing worldwide service activities*
* *Association Montessori International (AMI) - member*
* *North American Montessori Teacher’s Association (NAMTA) – member*
* *AMI Elementary Alumni Association (AMI-EAA) - member*
* *Anthropology research article published in The Undergraduate Review: Illinois Wesleyan Annual Honorary Publication – 2001*
* *Pi Delta Phi National French Honor’s Society - member*
* *Alpha Phi Omega Service Fraternity – alumni member*
* *3 NAMTA/AMI Conferences and Refresher Courses*
* *DCPS Literacy Workshops*
* *HOSO Science Program Training*
* *Smithsonian Writing and Wildlife Workshops*
* **Leadership Experiences**
* Midwest Model United Nations, *Social Humanitarian Committee/UNESCO Delegate* **–** *February ’98-‘01*
* Illinois Wesleyan University International Society, *Senator - August ’98-August ‘99*
* **Honors**
* Who’s Who Among Executives and Professionals – *Selectee - 2006*
* Outstanding Senior – International Studies Department, Illinois Wesleyan University
* Outstanding Delegate Award, *Midwest Model United Nations* – *1998*
* Alpha Phi Omega National Service Fraternity – *Member of the Omega Epsilon Chapter, Pledge Class Service Chair, Assistant Vice President of Service – August ’98- January ‘01*
* Glen Ellyn Rotary Club, *Selected* *Rotary Mentor Participant – April ‘97*
* Ranatra Fusca Award for Outstanding Creativity, *Odyssey of the Mind Problem Solving Competition – 1995*
* **Interests/Talents/Hobbies**
* Natural Health/ Fresh and Gourmet Ayurvedic Vegetarian Cooking
* World Music – *Vocalist*: North Indian Classical Music and Western Classical/Jazz, *Carnegie Hall, New York* – *July ‘95/Ravinia Festival, Chicago – September ‘96*
* Concert/Symphonic Winds/Jazz Band, *Trumpet Player*
* Playing Various Musical Instruments – Guitar, Harmonium, Percussion, Some Piano
* Reading
* Photography: *Outdoor and Landscape*
* International and Domestic Travel
* Alternative Healing: Herbal Medicine/Reflexology/Reiki
* Yoga
* Swimming
* Ice Skating
* Tennis
* Taking Nature Hikes/Trekking

Additional Certificates/References provided upon request.