

Dr Arundhati Mehta Sundar is an Adjunct Faculty at Chinmaya Vishwavidyapeeth and Indian Knowledge Traditions Programme Executive and Academic Coordinator at Chinmaya International Foundation.

A physiotherapist by profession, Arundhati has a doctorate in Anatomy from Queens University, in Kingston, Canada (1995). Arundhati was the Professor and Head of the School of Physiotherapy at the KEM Hospital, University of Mumbai and taught at that institution for over 10 years (1979-89 & 1994-95).

In the Physiotherapy field, she has presented papers, publications, conducted several workshops and panel discussions for Physiotherapy conferences, Physiotherapy schools as well as medical and surgical conferences at Indian and International forums. With specialisation in Exercise Therapy and Respiratory Physiotherapy, the Ph.D. thesis study was on Breathing Pattern Changes and Adaptation in Peri-operative Pain.

In the early 80s, Arundhati met her Guru, Swami Chinmayananda and has since been an eager student of Vedanta.

From 1996-99, Arundhati was the Deputy Director of the Chinmaya Organisation for Rural Development, an NGO committed to women's empowerment in Kangra District, HP, in the Himalayas. Here, she was closely connected to all aspects of women's empowerment including micro-finance, Balvadi teacher training, and responsible for starting off community-based rehabilitation in these remote areas.

Arundhati has been passionate about transmission of Indic culture through several spheres of engagement:

- As a certified Yoga Teacher, incorporated Yogic asana and pranayama principles in patient care; taught Yoga at Queen's University Athletic Centre while pursuing PhD program.
- As a representative of the Hindu Faith at the Inaugural Prayer Meet and Commencement Ceremony and the Inter-faith Council of Queen's University.
- As a curator of exhibitions on the Life of Swami Chinmayananda for the 50th Year Celebration of Chinmaya Mission; themes of Tilak, The Auspicious Symbol, and Diya, Lighting the Flame of Knowledge at Public library in the US.
- Digital Story "Awakening of Tradition" on the Tilak was incorporated into the educational material for Racial and Religious Harmony in Singapore
- As a representative of Hinduism to The Religious Life Council at Lawerenceville Boarding School in NJ, USA, conducted biweekly puja sessions for High Schoolers (2004-2006).
- As an active Docent, Arundhati was with the Asian Civilizations Museum (ACM) in Singapore from 2008-2015. This provided the opportunity for cultural communication to enthusiasts from around the world and across age groups, with special focus tours in South Asia Gallery. In the executive board of the ACM Friends of the Museum, she headed the Docent-Ongoing Training for four years.
- Presented 'A Grass Roots Plan for Cultural Literacy' at Thanima Conference NIT Calicut in 2017. 'Educational Initiative for Cultural Literacy' at World Congress of Vedic Sciences at Pune in 2018

Storyteller is one of the hats that Arundhati wears.

A regular volunteer storyteller in primary schools, public libraries, and Indian festival celebration events for 20+ years in the US and Singapore. Arundhati was an active

participant in the Storytellers Circle of the Society for Reading and Literacy. Arundhati leveraged this gift for storytelling in serving as Master of Ceremonies for several events and experimented with live-action story productions that integrated storytelling and classical Indian dance.

Arundhati has been passionate about creating an enduring love for Hindu religion and Indic culture in young minds, through Sunday school Balavihar for children & youth for over 16 years both in the US and in Singapore. From 2011-15 Arundhati mentored Balavihar Sevaks, creating course content for Balavihars.

Arundhati has conducted several Storytelling Workshops for Teachers of Hinduism and Indian Culture in USA and Singapore.

Arundhati has gained unique experience of interpreting Hindu culture and philosophy and bringing it to life to Western, Asian and Indian audiences.

Arundhati considers herself a life-long learner, a cultural enthusiast, and considers an 'educable' mind among the most precious human gift.