



CAPT. SUMISHA SHANKAR (Retd.)

FOUNDER

Antardhwani - New Age experiential training systems

Sumisha Shankar is the founder and principal consultant of Antardhwani—the new age experiential training systems. Antardhwani is the premium provider for tailor made interventions facilitating Skills, Talent and Leadership Development with the use of art-based tools. She is an Alpha-grade Instructor and a gold medalist from Officers' Training Academy, Chennai, Indian Army and has served for six years as an Ordnance Officer. She is also an MBA from Symbiosis, Pune and have graduated in B.A (Hons) Geography from Miranda House, University of Delhi. She is also a Post Graduate in Indian Classical Dance (Kathak) from National Institute of Kathak, Delhi and has obtained scholarships from Ministry of Culture, Govt. of India.

Sumisha has a rich leadership experience of over 10 years spanning diverse portfolios including Indian Army (war operations, logistics and human resource development) and has partnered with clients like Daimler Benz, Mauritius Police Force, State Bank of India, Mahindra and Mahindra. Her approach towards training is a precise combination of artistic tools, military ethics, and Indian classical philosophy putting her training systems into an all new league.

Sumisha's journey with creativity and art based tools started with Prison projects conducted in Arthur Road Jail and Byculla Jail in Maharashtra. Both of these projects showcased an enormous response to the art-based tools by the prison inmates as well as the police authorities. She further moved on to work with a German Musicologist, Ludwig Pesch, who works on the various aspects of music in relation with human mind and body behaviour. Sumisha further went onto research, experiment and collaborate with artists and creative tools to gain a deeper understanding. In 2012, She conducted the first of its kind workshop for women empowerment using these tools and dance-induced movements with an objective to resolve stereotypes and unconscious biases.

Lastly, as in her own words "*love life to live life...*" Sumisha continues to fuel her interest of exploring cultures and tastes. She is an avid collector of recipes from around the world and places she has visited. She believes in the philosophy of Leading by example and lives an artistic life exploring dance, yoga and meditation. Back home in Bihar, she continues her engagement with Surangama, an organization working for over 35 years in propagating and preserving the dying folk sounds of Bihar. Her mother Dr. Pushpa Prasad is a renowned folk singer and her first Guru. Sumisha has grown up under this *Guru-shishya parampara* and has been a performer since the age of 7 with more than 1500 shows till now including performances at Trinidad and Tobago, Amsterdam and South Africa.

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