

FOR IMMEDIATE RELEASE

Title : **Bibliotherapy : The Restorative Power of Reading**

Books can teach us things, make us value our everyday lives and even shape the way we think. Bond over booklists and discover the joys of reading with Literary Agent, **Sherna Khambatta**, Author & Storycoach, **Anupa Mehta** and Bibliotherapist, **Sonia Mackwani** along with Anchor Chintan Girish Modi as they guide lapsed readers back towards a good book and prescribe novels for common ailments.

Where: Essar House, 11 KK Marg, Mahalaxmi, Mumbai 400034

When: Thursday, 26th May 2016

Time: 6 PM to 8 PM

RSVP Email / Call: avidlearning@essar.com / +919769937710 ; prior registration required

Press Email / Call: Dhvani Vyas on dhwani.vyas@essar.com / +91 9930134152

About Avid Learning:

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Panelists Bio :

Anupa Mehta

Story coach, storyteller and published author, Anupa Mehta trained with the Jungian writer and world renowned storyteller, Dr. Clarissa Pinkola Estes, and at Kathalaya, India. Anupa has a book of short stories, Unseasonal Rain and a novel, The Waiting Room to her credit. A seasoned journalist and writer, she has been a columnist with several dailies. Twitter

: [@mehta_anupa](https://twitter.com/mehta_anupa)

Sherna Khambatta

The Sherna Khambatta Literary Agency primarily focuses on the non-fiction genre. Though the concept of Literary Agency in India is still fairly new since 2007. Sherna has worked with some bestselling authors both in India as well as has sold the rights for their work internationally. Sherna strongly believes everyone has a story to tell and has started creative writing groups in Bombay to encourage people to begin their writing journey. For more details www.shernakhambatta.com Twitter: @ShernaKhambatta

Chintan Girish Modi

A writer, researcher, editor, and education consultant. He has studied literature at St. Xavier's College (Mumbai), earned an M.Phil. for his research on writing pedagogy at the English and Foreign Languages University (Hyderabad), worked on the Kabir Project at the Srishti School of Art, Design and Technology (Bangalore), taught the Democracy and Mental Health Curriculum at Shishuvan School (Mumbai), reviewed and edited social science textbooks for Orient Blackswan, and participated in a variety of peacebuilding and conflict transformation initiatives with Seeds of Peace, Kulturstudier, Initiatives of Change, SIT Graduate Institute, and Aman Ki Asha. His writing on arts and culture has appeared most recently in The Hindu, and he also writes a weekly column on life in Mumbai for The FridayTimes, Pakistan. Twitter : @girish_connect

Sonia Mackwani

With her mystical 'out-of- body experiences' at an early age, Sonia knew that her story on this planet was different. Her continuous urge to live her purpose in life - at the age of 21, she founded Touching Lives, an NGO that works for education of children living in the slums. A double Masters in Clinical Psychology & Clinical Hypnotherapy, she also is a Published Author, Meditation Artist, Screenwriter & Script Consultant & an aspiring Film-Maker. Sonia developed 'Intuitive Bibliotherapy,' a process that integrates one's own wisdom and the words of the Books to embody healing in our day to day lives. Her book 'Everyone Can Heal,' is guide-book of more than 80 healing processes to heal oneself, one's personal relationships and learning to heal loved ones. Her only one motto in life is - 'It is my need to serve than saying, we serve the needy.' Twitter : @TouchingLives