

KAADU HARATE

EAT (EXPRESSIVE ART THERAPY) WITH MHAI

EXPRESSIVE/ECO ART



ECO THERAPY



MUSIC



STORIES, CONVERSATIONS



FACILITATED BY:

PANINI DERAJE
RANJITHA RAJ

MUSIC THERAPY
ECO THERAPY
STORIES, CONVERSATIONS
AND MORE...

To Know more: www.mhai.in | WhatsApp: +91 9880651010



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ABOUT KAADU HARATE:

Kaadu Harate, a transformative program spearheaded by MHAI, unfolds as a unique and immersive journey into self-discovery and healing. This initiative, curated by Ranjitha Raj in collaboration with Panini Deraje, offers participants a holistic exploration of Eco-Therapy, Expressive Art, Music Therapy, and the enriching experience of meaningful conversations amidst nature.

In the embrace of nature, guided by **Ranjitha Raj**, participants embark on a contemplative walk through the natural landscape, fostering a deep connection with the environment. This experiential journey culminates in a serene tea ceremony, providing a sacred space for individuals to articulate their strengthened bond with nature and cultivate a profound sense of belonging.

Panini Deraje's expertise in Music Therapy adds another dimension to the program, steering participants through the liberating realms of music. Uninhibited singing and the freedom to express emotions become pivotal, allowing individuals to tap into their creative reservoirs and explore the therapeutic potential of sound and melody.

The inclusion of Expressive art invites participants to delve deeper into their emotional landscapes. Through painting, drawing, and writing, individuals uncover layers of their inner worlds, transforming emotions into creative expressions that offer both release and insight. These practices provide a safe channel to process experiences and communicate thoughts that are often left unspoken.

Amidst these therapeutic activities, **Kaadu Harate** also emphasizes the importance of spending time together in nature, engaging in **meaningful conversations**. This intentional connection provides a supportive backdrop for participants to share their experiences, exchange insights, and collectively foster a sense of community.

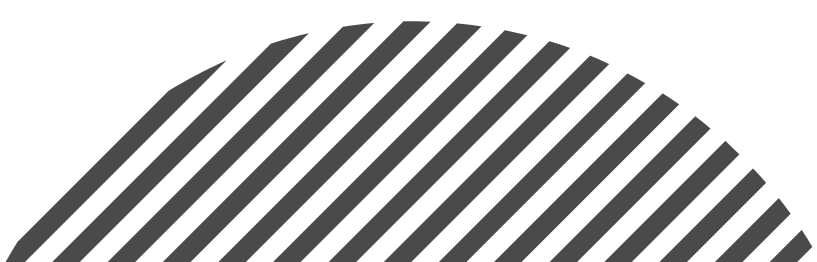
In the realm of **Kaadu Harate**, the amalgamation of nature, music, expressive art, and meaningful conversations creates a holistic and impactful experience. Thoughtful curation of activities serves as a catalyst for emotional release, self-awareness, and the cultivation of a shared journey toward healing. The program unfolds as a harmonious symphony of therapeutic elements, inviting participants to explore, connect, and grow in the nurturing embrace of nature.

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ABOUT FACILITATORS:

Ranjitha Raj is the Founder of **Mental Health Academy India (MHAI)**. She is a nature lover, who finds solace and inspiration in the natural world. By integrating oneself with nature, she believes one can harness its therapeutic effects on the body and mind through **mindfulness-based ecotherapy**, a modality she actively practices and promotes.

Her holistic training methodology underscores the interconnectedness of mental, emotional, physical, spiritual, and social well-being.

Serving as a **Mental Health Practitioner, Holistic Life Skills Trainer, Counsellor, Author, and Mentor**, she strives to make a positive difference in people's lives by creating Healthy Minds.

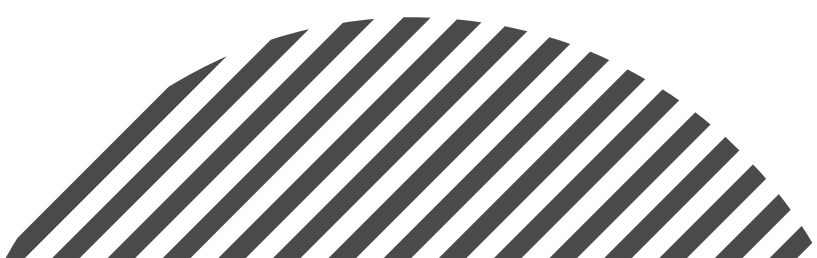
With over a decade of experience, Ranjitha has impacted more than 4500+ lives and continues to do so through various avenues such as training sessions, counseling, mentoring, outdoor workshops, and awareness programs tailored for students, teachers, parents, and corporate professionals. At her organization, she runs **“Support Group”** and **“Human Books”** to share valuable life experiences, fostering meaningful conversations and continuous learning.

She believes that therapy need not be limited to the confines of four walls; instead, it can be pursued through various modalities such as **ecotherapy, music therapy, expressive art, bibliotherapy**, and more.

Beyond her professional pursuits, Ranjitha is a voracious reader, embodying an energetic, persistent, empathetic, and zealous personality. Her passion lies in assisting individuals in reaching their infinite potential. During her free time, she immerses herself in books and the art of cooking. Her love for travel and exploration is evident, reflecting her deep appreciation for nature in all its forms, which also finds expression in her creative and artistic work.



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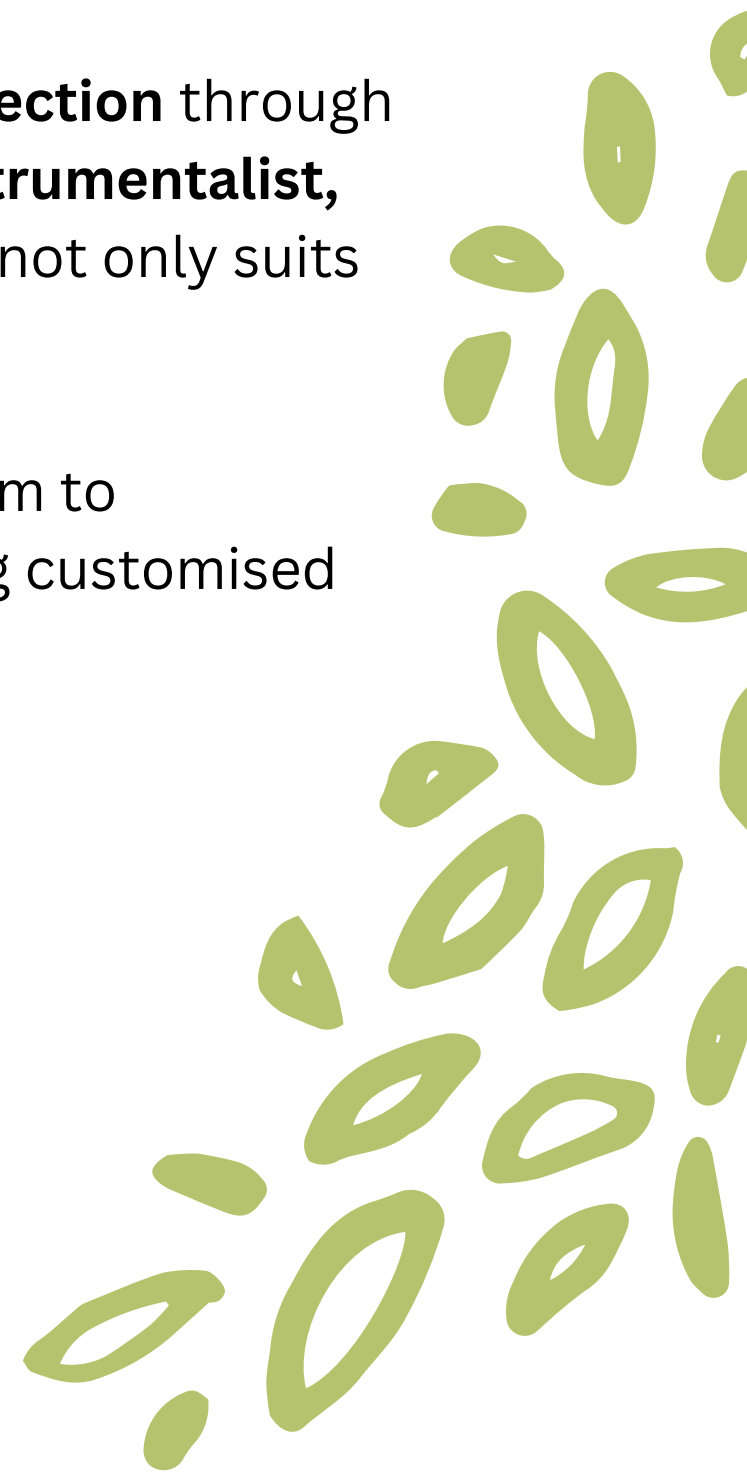
Panini Deraje is a talented musician, music educator, therapist, counselor and a drama artist. As a multi-instrumentalist, he is well versed in a range of musical instruments, from Xylophone to Saxophone and has worked and has collaborated with various artists to create beautiful and soulful music.

Panini's passion for music is evident in his work, which is characterized by a unique blend of traditional and contemporary styles. He has a natural flair for composing music that resonates with people of all ages, localities, backgrounds, and needs.

Panini's contribution to the world of music is not limited to his compositions and performances alone. He has also been a music teacher for over 20 years, and has helped hundreds of students to discover their musical talents and fulfil their potential.

Panini is known for his exceptional ability to understand the **mind-body connection** through music. With his extensive experiments as a **music composer, singer, multi instrumentalist, music teacher, and theatre artist** he has helped individuals select music that not only suits their mood but also helps them get into the right emotional state.

Panini's deep understanding of the therapeutic properties of music has led him to collaborate with healthcare professionals and wellness practitioners, creating customised healing workshops for individuals and groups.



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