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## DR. SUJATA KELKAR SHETTY

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Dear Admissions Officer,

I am extremely excited to recommend Avantika for a placement in your prestigious undergraduate program.

I have had over 20 years of experience in researching, writing and speaking on mind-body health. I am the published author of the best selling "99 not out - your guide to a long and healthy life" published by Penguin- India. Prior to that I wrote close to 100 columns on mind-body health for Mint- India's leading business Newspaper. I am also a certified life coach and a resilience trainer and have consulted on employee mental wellbeing with leading like TCS, EnY, Infosys, and PWC. I am a US trained biological scientist and did my post doctoral work at the National Institutes of Child Health and Human Development (NICHD, NIH, Bethesda) with Dr George Chrousos, one of the world's foremost stress researcher.

Since I am currently in writing a Penguin commissioned book in Teenage mental health I am particularly excited with the game that Avantika has created for children struggling with ADHD. I find her appreciation for the mind-body connection by using the Yoga as a method of supporting the ADHD brain as on point. Yoga with its emphasis on mindful movement, focus and breath is perfectly suited to support the ADHD brain. The game itself is inviting in its design for children. I applaud Avantika's sincere effort in helping children with ADHD as diagnosis in India are on a distinct upward trajectory that can't just be explained by increased awareness alone.

I have had the pleasure of observing Avantika's growth as a scholar and a human being through her high school years at the Dhirubhai Ambani International School. She is growing into a remarkable young woman. Talented and thoughtful, bubbling with a gentle and determined creative spirit, she is destined to make her mark wherever she chooses to attend college..

I would be happy to provide any further information. My contact details are furnished below.

Yours sincerely,

Sujata Kelkar Shetty