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Anuradha is the co-founding Trustee of The Gnostic Centre and International Centre for Integral Studies (ICIS), where she teaches onsite as well as online courses in Integral Education and Self-development. She has worked with several schools and colleges to train the faculty in these areas. She has also worked extensively with B.El.Ed. students from University of Delhi, since 1998, to provide Self-development inputs.

Anuradha is also a published writer.