SVã flo

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Media Kit

Angira Chakravorty Dasgupta, founder of SVã flo.

PREPARED FOR	Journalists, editors, event hosts and producers
ISSUED	November 2026
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find yourself



Angira Chakravorty Dasgupta

LIFE COACH AND FOUNDER OF SVã flo

An unusual journey from academia to dance to therapeutic training and practice, impacting thousands of people along the way.

IN THIS KIT

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10,000+
people, across individuals, academia, corporates, schools and NGOs

Since 2015
in practice, based in Kolkata, working across India

19
cities, from Bengaluru to Guwahati

3
languages: English, Hindi and Bengali

"Healing is not about 'fixing' people. It is about helping people return to themselves."

READY TO USE

Her story, at three lengths.

ONE LINE

Angira Chakravorty Dasgupta is a life coach and the founder of SVã flo, a Somatic Self Integrative Therapy practice based in Kolkata.

SHORT

Angira Chakravorty Dasgupta is a life coach and the founder of SVã flo, based in Kolkata. A M.Sc (Tech) in Bioinformatics who taught Biology, Physiology and Anatomy, and an Odissi classical dancer for more than twenty years, she founded Healing Rhyyithm in 2015. She has since worked with more than 10,000 people across individuals, academia, corporates, schools and NGOs. SVã flo is her Somatic Self Integrative Therapy.

LONG

Angira Chakravorty Dasgupta is a life coach and the founder of SVã flo. A M.Sc (Tech) in Bioinformatics who taught Biology, Physiology and Anatomy at an international school, while training and performing for more than twenty years as an Odissi classical dancer, she has had an unusual journey to where she stands today.

In 2015 she founded Healing Rhyyithm, to provide a non-discriminatory therapeutic space for people across all socio-economic and cultural spectrums, and has since worked with more than 10,000 people across individuals, academia, corporates, schools and NGOs. SVã flo is the outcome of her search for a deeper, more integrative approach built on everything she had learnt along the way. It combines Neuro-Linguistic Programming, Expressive Arts Therapy, Sound Therapy, Dance Movement Therapy, somatic practices, coaching and counselling.

Angira holds a diploma in Dance Movement Therapy from Kolkata Sanved and the TISS Centre for Lifelong Learning, where she is now faculty, and is a Master Practitioner of NLP. She is a council member of WICCI's Uttar Pradesh Mental Health Council, India's first creative-arts mental health council. Her TEDx talk is *Willingness to Wellness*. Her clients include Dabur, Tata Steel Downstream Products, Aditya Birla Group, RBL Bank, BITS Pilani and Jadavpur University. She works in English, Hindi and Bengali.

FACT SHEET

Name	Angira Chakravorty Dasgupta
Role	Founder, SVã flo; life coach
Practice	Somatic Self Integrative Therapy
Based in	Kolkata; works across India and online
Studio	SVã studio, 21/E Deodar Street, Ballygunge, Kolkata 700019
In practice	Since 2015, as Healing Rhyyithm; now SVã flo
Website	svaflo.com

WRITING THE NAMES

Her name	Angira Chakravorty Dasgupta at first mention, then Angira
The practice	SVã flo: capital S, V and ã, then flo in lower case. Never all capitals. Where the ã is not available, SVA flo
What it means	Sva, Sanskrit for "one's own"; flo, a state of deep focus and ease. Read together, "The Flow of the Self"
The therapy	Somatic Self Integrative Therapy

FOR EDITORS, HOSTS AND PRODUCERS

What she can speak to.

Each subject below is one Angira has already written about in the SVā flo Journal. The piece is linked, so the angle can be read before the conversation.

Burnout at work	*If you lead a team in India, your employees are more burnt out than almost anywhere else in the world.* 14 June 2026
Teams and psychological safety	*1 team-building day once a year cannot build psychological safety.* 7 July 2026
Stress the body carries	*Why do you lose your temper at home after a hard day at work?* 26 July 2026
Sound as a healing tool	*I have used sound as a healing tool for over a decade.* 30 June 2026
Young people and mental health	*Young people today know the words for mental health.* 14 August 2026
Life online	*How's being "chronically online" actually affecting your brain* 18 September 2026
Children and the adults around them	*What happens in a child's body when adults fight around them?* 10 June 2026
Therapy and self-help in India	*Self-help books outsell therapy in India.* 23 September 2026

FORMATS

Interviews and podcasts · panels · talks and keynotes · live sessions online · experiential sessions with a whole audience, where the room takes part rather than listens.

LANGUAGES

English, Hindi and Bengali.

More writing: svaflo.com/journal

ON STAGE AND ON AIR

Talks, panels and conversations.

SELECTED APPEARANCES

TEDx	Talk, *Willingness to Wellness*
2026	Guest, *Bridging Ideas* podcast with Supriyo Chowdhury, on emotional exhaustion and disconnection
2026	Panel, Big Leap, for Autism Awareness Month
2026	Artist of the Evening, DHAARA Season 8, Kalashristi School of Fine Arts: a lecture-demonstration on movement therapy
2026	Mentor, Flibbr® Brand Intelligence Bootcamp, Bengaluru
2025	Talk and panel, Kolkata Sanved 5th Biennial Summit, Lucknow
2025	*Flow to Lead*, HR Boost 2025, for 180 HR professionals
2024	Speaker, GSLC SPARC 2024, Jaipur
2023	Faculty Development Programme, BITS Pilani Innovation Hub
2022	Global Home Entrepreneurs Summit and Awards
2020	*Dance To Heal*, Instagram Live, Sancheti Healthcare Academy, interviewed by Dr Radha Bhattad
2020	*Rhythm of Healing*, Facebook Live, Sonali's Cubo, in conversation with Vayjayanti Pugalia
2020	Guest, *Bhalo Thakar Paathshala*, Wild Strawberry and Arts4Change
2020	Yi YUVA Conclave, Young Indians with CII, Kolkata

ROLES

Faculty	Kolkata Sanved, the TISS Centre for Lifelong Learning
Council member	WICCI's Uttar Pradesh Mental Health Council, India's first creative-arts mental health council
Task force	CII IWN West Bengal, from 2025

RECOGNITION

2026	Acknowledged at the CII IWN Annual Day, West Bengal
2023	Award, Rotary Means Business Fellowship Group
2022	Felicitated by Rotary Benevolence for contribution to society

WHERE THE WORK HAS BEEN

Corporates including Dabur, Tata Steel Downstream Products, Aditya Birla Group, Shyam Steel, RBL Bank and ITC. Institutions including BITS Pilani, Jadavpur University with Samya Foundation, SRFTI and Globsyn Business School. Healthcare and NGOs including the Institute of Neuroscience, Kolkata and the Parkinson's Disease Welfare Society.

PHOTOGRAPHS

For publication.

As published on svaflo.com. High-resolution files on request.








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