



ISPPD

INTERNATIONAL WOMEN'S DAY

08TH MARCH, 2026

Together, let's continue to pave the way
for a more inclusive and empowered
world for all!

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CELEBRATING EXCELLENCE

ISPPD INTERNATIONAL WOMEN'S DAY

WEBINAR

& Outstanding Woman Award Announcement

Dear Members of the ISPPD Fraternity,

As we approach International Women's Day, the Indian Society of Pediatric and Preventive Dentistry (ISPPD) is proud to host a special webinar dedicated to the remarkable women who continue to shape our specialty with their clinical expertise, research, and unwavering dedication to children's oral health.

Event Details

Date: March 8, 2026

Time: 10.30 AM

Platform: Zoom Link for the celebrations of Excellence

We are not only celebrating the progress we have made but also recognizing those who lead the way. It is our distinct honour to announce the "ISPPD **Outstanding Woman Award.**" This recognition celebrates a member who has demonstrated extraordinary commitment to the practice, research, education, leadership and advocacy of pediatric dentistry.

Why attend?

- **Inspirational Keynote:** Insights from **leading Psychologist and Author Aarti C Rajaratnam** on **EMOTIONAL ALCHEMY - Leveraging the power of emotional regulation for excellence**
- **Award Ceremony:** Join us in honoring this year's recipients of the **Outstanding Woman Award.**
- **Networking:** Connect with peers and leaders across the nation.

Please register using the link below to receive your webinar credentials.

<https://us06web.zoom.us/meeting/register/NptqoCoTTQG8iXMM7F5u1w>

Let us come together to celebrate, honor, and inspire. We look forward to your presence.

Warm regards,

Dr. Varinder Goyal

Honorary General Secretary, ISPPD



Aarti C. Rajaratnam.

Psychologist and Author

Title of the Talk- EMOTIONAL ALCHEMY - Leveraging the power of emotional regulation for excellence

In the journey of life, we often encounter obstacles and challenges that test our emotional resilience. Yet, within these challenges lie incredible opportunities for growth, transformation, and the alchemy of our emotions. This concept of emotional alchemy—the process of transforming challenging emotions into empowering experiences—is a profound and vital aspect of our emotional intelligence and well-being.

It is the art of transforming raw, often overwhelming emotional energy into something purposeful, healing, and even beautiful naturally improving our relationships, productivity and quality of life.

About Speaker

Aarti is an intuitive, empathetic, and compassionate psychologist, innovative educator, and best-selling author who has been invited across the globe to share her insights and expertise in the fields of creative education and psychology.

She has had a deeply enriching career spanning over two decades, nurturing learning and excellence in over 2 lakh children, 60,000 educators, and innumerable parents. She has set up schools in rural areas of India to meet the educational and nutritional needs of first-generation learners. This model has reduced dropout rates, delinquency, and truancy and increased retention rates across villages. This was recognised by the Director of the IIM and Leadership Guru, Dr. Debashis Chatterjee, who invited her to mentor educational leaders in the Leading Schools Initiative. He subsequently wrote about her work in his book, *Can You Teach a Zebra Some Algebra?* She rehabilitated over 7500 children in Coastal Tamil Nadu and Sri Lanka after the tsunami in 2004 and trained volunteers on psychological first aid after the two massive earthquakes in Nepal in 2015. She also works with children in the Juvenile Justice Board, helping children in conflict with the law to be integrated back into society effectively.

Her books “UNDERSTAND TO COMMUNICATE,” “PARENTING Innocence to InnerSense” “VAANAM THODU DOORAMDAN” in Tamil have featured in several bestseller lists. Her TV shows on Puthuyugam Channel are also extremely popular and spread awareness on positive mental health and parenting.

She has several prestigious speaking engagements to her credit and regular columns in leading newspapers and magazines. She has travelled to several countries to train, teach, and transform lives, but believes that India is where true transformation and services are needed.

Her mission in life is to redefine education systems across the globe to make holistic learning accessible to all children irrespective of cultural boundaries, economic barriers and limiting mindsets.