



**Anchor | Breaker |
Podcaster | Actor | Producer |
President: We Women Foundation**

Instagram: [Link](#)

Ritika Anand is a multifaceted talent in the Indian and international entertainment industry. Known for her versatility as an actress, producer, and dancer, she has built a career that seamlessly bridges creative expression and meaningful storytelling. With a focus on projects that address social and cultural issues, Ritika has made a distinctive impact both in front of and behind the camera.

EARLY LIFE AND CAREER

Ritika began her career as a professional actor in the Indian television industry, where she quickly developed a reputation for her adaptability and expressive performances. Her early work laid the foundation for her later successes in film and production, where she would continue to push the boundaries of genre and narrative.

CREATIVE PHILOSOPHY AND IMPACT

Ritika's projects are often more than just entertainment; they are explorations of social and cultural themes. Through her work, she aims to shed light on narratives that are underrepresented in mainstream media. Her experience as a

dancer and her passion for movement have also led her to explore the therapeutic aspects of dance and music, which she incorporates into her projects whenever possible.

FILMOGRAPHY

- **JL50 (2020):** Ritika gained widespread recognition for her dual role as producer and actor in JL50, India's first science fiction series. The groundbreaking series follows a mysterious flight that disappears for decades and reappears under eerie circumstances. JL50 established Ritika not only as a talented actress but also as a visionary producer, bringing an ambitious sci-fi project to Indian audiences with unprecedented depth and intrigue.
- **Three Colours & a Canvas (2014):** in Three Colours & a Canvas, Ritika took on one of her most challenging roles, immersing herself in a complex character that allowed her to experiment with various shades of emotion. The film, which dives into the themes of self-discovery and artistic exploration, showcased her range and commitment to storytelling.
- **Palki (2016):** Palki further solidified Ritika's reputation as an actress who chooses roles with social resonance. The film explores human relationships and cultural traditions, highlighting Ritika's dedication to stories that reflect the depth and diversity of Indian society.

Upcoming Trilogy Project: Brahmaputra

Ritika's latest endeavor, Brahmaputra, is an ambitious historical trilogy that delves into the clash of spiritual humility and ego, set against the backdrop of the ancient conflict between Raja Prittu Rai and Bakhtiyar Khilji. Partnering with esteemed writer V. Vijayendra Prasad and director Shailender Vyas, Brahmaputra is a deeply personal project that aligns with Ritika's own life philosophy, contrasting spiritual growth with worldly success. This project symbolizes Ritika's commitment to exploring deeper themes and her respect for stories that reflect the human spirit's strength and humility.

Personal Transformation and the Role of Neo Sanyas

Ritika's success in the entertainment industry has been paralleled by her profound spiritual journey, largely influenced by her initiation into Neo Sanyas. After JL50's success, Ritika took a two-year hiatus for personal growth and self-discovery. This transformation enabled her to approach her work and life with faith rather than mere confidence. As she puts it, "The confidence is just the outward expression of faith," allowing her to embrace life's mystery without fear of failure. Neo Sanyas has been instrumental in Ritika's life, fostering a mindset of gratitude, detachment from worldly ambitions, and a focus on inner peace and purpose.

Authoring Being Selfish: A Dreamchaser's Way Home

Ritika released her debut book, *Being Selfish: A Dreamchaser's Way Home*, which chronicles her journey through Neo Sanyas and the insights gained along the way. The book reflects on the necessity of focusing on one's own inner evolution, encouraging readers to find their true individuality rather than conforming to societal expectations. Ritika believes in the importance of "being selfish" for one's self-growth, but also advocates for an eventual transformation toward selflessness. *Being Selfish* is a blend of personal anecdotes and spiritual insights, dedicated to her journey with love and meditation as guided by her mentor, Bhagwan Shree Rajneesh.

Spiritual Contributions: Rajneesh Sadhna Sangh International and Osho Movement

As a Neo Sanyasin, Ritika is also the state coordinator for the Rajneesh Sadhna Sangh International (RSSI) in Goa, where she promotes meditation and spiritual teachings rooted in the philosophy of Osho. She conducts weekly meditation retreats at her home, the "Rajneesh Niwas Meditation Centre," where participants can explore Osho's meditations and teachings in a supportive environment. Through these retreats and her role in RSSI, Ritika continues to share the message of freedom and peace she has found in Neo Sanyas, allowing others to experience spiritual awakening.

We Women Foundation: A New Vision for Women's Liberation Ritika is the founder and president of the We Women Foundation, an organization inspired by Osho's discourse on women's liberation. The foundation's mission is to empower individuals, regardless of gender, by encouraging them to nurture their feminine energy. Unlike traditional women's rights movements, We Women Foundation takes a unique approach by focusing on meditation, creativity, and inner growth as the primary paths to liberation. Ritika envisions the foundation as a transformative force that fosters empowerment from within, aiming to launch its first campaign alongside the release of Being Selfish.

Balancing Creativity, Spirituality, and Life

Despite her various roles as a producer, author, spiritual guide, and foundation president, Ritika remains committed to her spiritual journey. She believes that life itself is a play, with each person acting their way through it. While her acting career has taken a backseat, Ritika finds satisfaction in creating meaningful work and supporting others on similar paths. She seamlessly integrates her spiritual practice with her professional endeavors, letting meditation and inner peace guide her actions.

TEDx Speaker

Ritika Anand has spoken twice on the TEDx platform, delivering talks at TEDx Vivekananda School and TEDx RMLNLU. Through these appearances, she has shared insights drawn from her unique personal and professional experiences, inspiring audiences with themes centered on self-discovery, creativity, and transformation. Her talks embody her commitment to lifelong learning and her passion for sharing the lessons that have guided her journey.

Podcast Host

Ritika is also a podcast host, where she brings her skills as a storyteller and communicator to a broader audience. Through her podcast, she explores themes related to personal growth,

creativity, and spirituality, often drawing from her experiences as an actress, producer, and spiritual seeker. Her podcast serves as a platform for meaningful conversations, allowing listeners to delve into topics that inspire self-awareness and a deeper connection to life.

Awards:

- Youngest Nominee for the Canadian Immigrant Distinction Award in Arts: Recognized at an early stage in her career, Ritika became the youngest nominee for this prestigious award, celebrating her exceptional contributions to the arts in Canada.
- Recipient of the Legislative Assembly of Alberta Award: Honored by Alberta's Legislative Assembly for her impactful work in social service and creativity, Ritika has been acknowledged as a changemaker in her field.
- Founder of "Miracle Rhythm": Through her program Miracle Rhythm, Ritika provided dance therapy to students in special needs schools in Canada, using dance as a medium to inspire and uplift young minds, and bringing creativity and joy to those in need.