




Counselling Services

Name	Profile	Availability	How to Contact
<p data-bbox="56 783 302 818">Ayesha Dastagir</p> 	<p data-bbox="544 783 1373 1214">Ayesha Dastagir is a psychologist and Cognitive Hypnotherapist with an M.Sc Clinical Psychology. She has been in the field of counselling and therapy for the last 9 years. She has worked in Hospital & clinical settings alongside working with a few educational institutions. She specializes in the following counselling fields: Personal relationships, academic and work-related stress, anxiety, panic attacks, abuse counselling (sexual abuse, relationship abuse, marital abuse), depression, body image issues and work-life balance.</p> <p data-bbox="544 1270 869 1305">Pronouns: <i>she, her, hers</i></p>	<p data-bbox="1395 783 1641 863">Saturdays from 10 AM to 5 PM</p>	<p data-bbox="1664 783 2175 951">Please reach out to her at counsellor.ayesha@nls.ac.in by Thursday in a given week for an appointment on Saturday.</p> <p data-bbox="1664 1007 2175 1302">Given the on-going pandemic, Ms. Dastagir will attempt to make herself available at an alternate time if a student in need is unable to avail a session on a Saturday. Students are required to email her with their concerns to fix a time.</p>

Kaushiki Rao



Kaushiki is a certified counsellor from Parivarthan (2018) and follows an integrative, feminist approach to counselling. She includes embodied methods in her work. She is open and affirmative with regard to gender and sexuality and is a certified Queer Affirmative Counsellor (QACP 2019). She appreciates minority and caste-based distress as real, and as a legitimate lens of approach to mental health.

Through her work, she aims to enable clients to see themselves better and accept themselves. She seeks, through this process, to help them choose their paths more consciously. Her work supports clients by providing a therapeutic space while they navigate the changes that occur in their lives and selves.

Previously, she worked in labour and livelihoods. Her initial training is in anthropology (BA, Amherst College, 2004) and political theory (MA, University of Chicago, 2005).

Kaushiki works with individual adults, children & adolescents, and also provides relationship counselling. She works in English and Kannada.

Pronouns: *she, her, hers*

Monday to Friday from 6:30 pm to 9 pm, Saturday & Sunday from 10 am to 6 pm.

Please reach out to her at counsellor.kaushiki@nls.ac.in

Students are required to reach out to her a day (24 hrs) in advance to request an appointment.

Rovan Varghese



Rovan has a background of over 20 years in learning and development and leadership coaching in corporate spaces. He began his counselling journey in 2018 after completing ‘Basic Skills In Counselling’ with Parivarthan. In 2019, he certified in ‘Couples and Family Counselling’ and currently works with adults, as individuals or couples, in relationships or within family systems of all kinds.

A queer person himself, Rován is also a certified Queer Affirmative Counselling Practitioner. He believes in creating positive and affirmative spaces for everyone across spectrums of gender and sexuality. He recognizes the cross-sectionality of experiences and addresses it with a humanistic view.

Rovan follows an integrative approach in his counselling and uses various methods to create a therapeutic space for clients to explore and navigate through their concerns and reach spaces of resolution.

He provides therapeutic support in English, Hindi, Malayalam and basic Tamil.

Pronouns: *he, him, his*

Monday
Saturday

to

Please reach out to her at counsellor.rovan@nls.ac.in

Students are required to reach out to him a day (24 hrs) in advance to request an appointment.