







Counselling Services

Name	Profile	Availability	Contact Information
Ayesha Dastagir 	<p>Ayesha Dastagir is a psychologist and cognitive hypnotherapist with an M.Sc, in Clinical Psychology. She has a counselling experience of 9 years and has worked in clinical as well as educational settings. 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>Pronouns: she, her, hers</p>	<p>Saturdays from 10 AM to 5 PM</p>	<p>Please reach out to her at <u>counsellor.ayesha@nls.ac.in</u> by Thursday in a given week for an appointment on Saturday.</p> <p>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 to fix a time.</p>
Rovan Varghese 	<p>Rovan has a background of over 20 years in learning and development and leadership coaching. He began his counselling journey in 2018 after completing 'Basic Skills In Counselling' with Parivarthan. 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. He 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.</p> <p>He provides therapeutic support in English, Hindi, Malayalam and basic Tamil.</p> <p>Pronouns: he, him, his</p>	<p>Monday to Saturday</p>	<p>Please reach out to him at <u>counsellor.rovan@nls.ac.in</u></p> <p>Students are required to reach out to him a day (24 hrs) in advance to request an appointment.</p>



<p>Amrita Kaur</p> 	<p>Amrita has a background of 18 years of experience in learning, counselling, training and consulting. Amrita is a certified Queer Affirmative Counselling Practitioner. She began her counselling journey in 2018. Currently, she works as a Counsellor and Wellness Coach with private individual clients, corporate employees, and individuals in non-profit organizations. Her areas of interest are Interpersonal Relationships, career guidance, stress, anxiety, sexual identity, gender identity, marriage, divorce, addiction, loneliness, grief and loss.</p> <p>She provides therapeutic support in English and Hindi.</p> <p>Pronouns: she, her, hers</p>	<p>Monday to Saturday</p>	<p>Please reach out to her at <u>counsellor.amrita@nls.ac.in</u></p> <p>Students are required to reach out to her a day (24 hrs) in advance to request an appointment.</p>
<p>Aparna Ramakrishnan</p> 	<p>Aparna is a Counsellor and Dance Movement Psychotherapist and works with adolescents and adults. Aparna has a B.Sc, M.Sc. and an M.A. in Dance Movement Psychotherapy from Goldsmiths, University of London. She strongly believes in integrating mental health with the use of the body as a creative outlet. She also holds a strong ethical outlook of creating a safe space of inclusivity and non-judgment. Aparna is also a certified Queer Affirmative Counselling Practitioner</p> <p>She provides therapeutic support in English, Hindi and Tamil.</p> <p>Pronouns: she, her, hers</p>	<p>Monday to Saturday</p>	<p>Please reach out to her at <u>counsellor.aparna@nls.ac.in</u></p> <p>Students are required to reach out to her a day (24 hrs) in advance to request an appointment.</p>