








Counselling Services

Name	Profile	Availability	Contact Information
<p data-bbox="184 516 390 545">Rovan Varghese</p> 	<p data-bbox="512 516 1348 881">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 data-bbox="512 919 1348 984">He provides therapeutic support in English, Hindi, Malayalam and basic Tamil. His pronouns are <i>he, him, his</i>.</p>	<p data-bbox="1373 516 1570 613">Monday to Saturday for online sessions</p>	<p data-bbox="1596 516 2018 581">Please reach out to him at <u>counsellor.rovan@nls.ac.in</u></p> <p data-bbox="1596 618 2018 716">Students are required to reach out to him a day (24 hrs) in advance to request an appointment.</p>
<p data-bbox="205 1015 369 1044">Amrita Kaur</p> 	<p data-bbox="512 1015 1348 1312">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 data-bbox="512 1349 1157 1414">She provides therapeutic support in English and Hindi. Her pronouns are <i>she, her, hers</i>.</p>	<p data-bbox="1373 1015 1570 1112">Monday to Saturday for online sessions</p>	<p data-bbox="1596 1015 2018 1079">Please reach out to her at <u>counsellor.amrita@nls.ac.in</u></p> <p data-bbox="1596 1117 2018 1214">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. Her pronouns are <i>she, her, hers</i>.</p>	<p>Monday to Saturday for online sessions</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>
<p>Keerthana Jayaram</p> 	<p>Keerthana is a certified queer affirmative Counsellor certified by Mariwala Health Initiative in Mumbai. She is a intersectional, queer affirmative and feminist. Keerthana follows an electric and non-directional approach to counselling, choosing the specific therapy based on the needs of clients. She is addressing the concerns of Sexuality, gender identity, interpersonal challenges, anxiety, depression, self esteem, loneliness, stress, grief and trauma.</p> <p>She provides therapeutic support in English and Hindi. Her pronouns are <i>she, her, hers</i>.</p>	<p>Wednesday 2 PM to 7 PM for in-person sessions</p>	<p>Please reach out to her at <u>counsellor.keerthana@nls.ac.in</u> to make an appointment.</p>
<p>Nishtha Sabharwal</p> 	<p>Nishtha is a Queer Affirmative Counsellor, trained at Parivarthan Counselling, Training and Research Centre. She works with individuals on grief, depression, anxiety, mental health diagnosis, and relationship and family issues. She has extensive experience in offering support to members of the trans community and has worked on gender sensitisation programmes. She specialises in human-centred counselling and utilises cognitive behavioural therapy, transactional analysis and grief counselling in her practice. Her pronouns are <i>she, her, hers</i>.</p>	<p>Saturday - 11 AM to 5 PM for in-person sessions</p>	<p>Please reach out to her at <u>counsellor.nishtha@nls.ac.in</u> to make an appointment..</p>

