








Counselling Services

Name	Profile	Availability	Contact Information
<p data-bbox="184 516 390 545">Rovan Varghese</p> 	<p data-bbox="512 516 1348 880">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 980">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 610">Monday to Saturday for online sessions</p>	<p data-bbox="1596 516 2018 578">Please reach out to him at <u>counsellor.rovan@nls.ac.in</u></p> <p data-bbox="1596 617 2018 711">Students are required to reach out to him a day (24 hrs) in advance to request an appointment.</p>
<p data-bbox="205 1013 369 1042">Amrita Kaur</p> 	<p data-bbox="512 1013 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 1351 1150 1412">She provides therapeutic support in English and Hindi. Her pronouns are <i>she, her, hers</i>.</p>	<p data-bbox="1373 1013 1570 1107">Monday to Saturday for online sessions</p>	<p data-bbox="1596 1013 2018 1075">Please reach out to her at <u>counsellor.amrita@nls.ac.in</u></p> <p data-bbox="1596 1114 2018 1208">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>Pranav Prakash</p> 	<p>Pranav Prakash is a mental health counsellor and corporate trainer. He began his counselling journey in 2022 and has attained his qualifications from Parivarthan Counselling Training and Research Centre, Bangalore. He works primarily with adult clients, but also has experience with children and adolescents. As a queer person himself, his approach is queer-affirmative, intersectional and person-centered. He has helped clients work through issues pertaining to relationships, anxiety, depression, trauma, grief, and gender and sexual identity. He uses talk therapy, play therapy, and grounding techniques in his work. In addition to his counselling practice, Pranav also works with corporates, providing trainings on mental health awareness and wellness related topics.</p> <p>He provides therapeutic support in English. His pronouns are he, him, his.</p>	<p>Wednesday 2 PM to 7 PM for in-person sessions</p>	<p>Please reach out to him at <u>counsellor.pranav@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>

