

Qualification: MA Applied Psychology (University of Delhi),

Fellowship for Mental Health Advocacy for Individuals, Children and their Mental Health (Pause for Perspective)

Papers completed towards PGD in Counseling Skills (St. Francis College for Women, Osmania University)

Certified in Queer Affirmative Counseling Practices (Mariwala Health Initiative) and Mindfulness Based Symptom Management (Pause for Perspective)

Pursuing South Asian Diploma in Narrative Practices (Narrative Practices India)

Experience: 2+ years

Languages: English & Hindi



Forte: Queer Affirmative, Narrative and Mindfulness Informed Psychologist

Passionate about working with women and queer folks. Worked with Anxiety, depression, trauma, self doubt, relationship issues, gender and sexuality concerns, and life stressors.

"People hold unique knowledge about their lives, are always responding to the problems and their contexts, using their emotional, social, and embodied resources.

I wish to hold a gentle and open space for my clients, where we can explore all these know-hows and resources, and explore and cultivate more tools and resources which might work for the client.

"People are not the problem. Problem is the problem."

