



# EHSAAS WALK-IN SUPPORT SESSIONS

There are times in life when we fall and get a scrape, which we hope is not so large that it will require a visit to the doctor but it is surely large enough to continuously bother us. We wonder whether it will heal itself in time and if something can be done about it. Likewise, something similar can also happen with our inner emotional lives. Here, the situation is even harder to judge, as emotions can be shy and fleeting. If you feel that you relate with the above description and might benefit from supportive conversations regarding a tough life situation or an emotional difficulty or a crisis, we invite you to our walk-in support sessions. Our aim is to provide a safe listening space to explore thoughts and emotions that you may not be able to find space for in your daily life. In addition, if during our conversations we discover that scrape runs deeper - it is more of a wound - and might require specialized work, we will work with you to identify and access other support options such as psychotherapy. Lastly, rest assured, everything that you will share with us will remain confidential.

## **What is the fee to sign-up for these sessions?**

For students of Dr. B. R. Ambedkar University of Delhi, there is no fee or intake process for these sessions. You can simply walk into the ehsaas clinic during break between 1:00 PM - 2:00 PM (Monday to Friday) and for evening walk-ins between 4:00 PM - 5:00 PM on Monday, Tuesday and Thursday.

## **Who will you be meeting?**

You will meet trainee mental health professionals (MHPs) who are currently pursuing MA Psychology at University, and are working under the supervision of the clinically trained faculty from the School and Centre. The attached presentation highlights brief profiles of the trainee MHPs.

## **Can you have more than one session?**

Yes, depending on your needs, 2-4 follow-up sessions could be arranged with the trainee MHPs.

# EHSAAS: TRAINEES PROFILE



## **Anushka Agarwal (she/her)**

Hi, I'm Anushka. About me, I am mild(lie) obsessed with pretty skies. I believe that life can be extremely brutal, but that suffering is not all there is to life and to explore that part of living, a supportive environment becomes extremely crucial. I aspire to create a safe space where we can work through confusing emotions by building a shared language. We can also sit in silence when language begins to feel restrictive.

## **Bhumika Gaur (she/her)**

Hi! I am Bhumika. I am a master's student from AUD and currently in-training as a mental health professional. I wish to create a space that does not function on a rigid outline and has a flow that eventually makes us appreciate life together in our own ways. I wish to build our realities based on what we imagine our truths to be. I am also open to having conversations on the most mundane and random things. I love the weather before it rains, and the way pen feels on a paper and I am a little (no) obsessed with dogs



## **Anagha Srinivasan (she/her)**



Hey, I'm Anagha! I'm currently a postgraduate student of psychology at AUD. I enjoy movies, music, sunsets, and long walks on a breezy evening. As a mental health professional in training, I hope to create a space where everyone feels welcome and has the chance to explore their feelings and emotions freely.



# EHSAAS: TRAINEES PROFILE

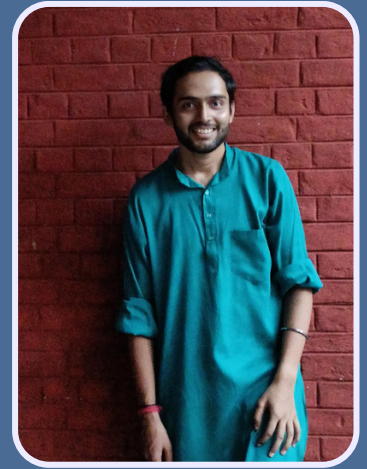


## Gursheel Kaur (she/her)

Hii! I am Gursheel, currently pursuing a Masters in Psychology at AUD, a mental health professional in training. The intention is to co-create a space where every experience matters, where we can discuss all our 'important nothings' and look together at the cracks with much tenderness & compassion. Always game for random outings and a sucker for dosa & nariyal chutney!

## Sarthak Paliwal (He/Him)

Hey, I am Sarthak Paliwal, a therapist in-training. I wish to create a space for you where you can explore your ideas, meet yourself again and perhaps, appreciate and be kind to your self too. FYI - I quote a lot from pop-culture references, poems and books.



## Bhavya Bhardwaj (she/her)

Hey, I'm Bhavya! Your fellow human and a mental health professional in-training. I'm here to support you through both good and tough times (F.R.I.E.N.D.S. theme playing in the background). In our time together, I hope to offer a place for you, where all parts are welcome and met with compassionate curiosity, where you can be held just as you are. When not caught up with work, you can find me working out at the gym, whispering to dogs, sipping coffee, enjoying music or simply looking at the sky and admiring its beauty.



# EHSAAS: TRAINEES PROFILE

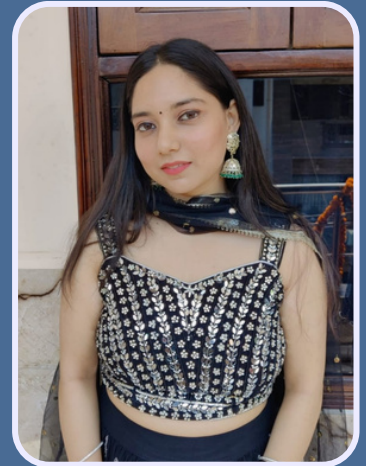


## Arista Biswas (she/her)

My name is Arista. My pronouns are (she/her). The imagination of life I carry is one in which suffering is always in a relationship with living and loving. I wish to co- create a space where all of one's experiences are given space to be metabolized and contained. On any given day one might find me with dogs and binging on movies.

## Mansi Solani (she/her)

Hello this is Mansi Solani currently a masters student of psychology at AUD. As a trainee mental health professional I want you to think of me as a fellow traveler in this journey of exploration of emotions and feelings. I hope to create a safe and non-judgmental space where you can feel heard and validated. As an individual I like exploring new places and food. You can talk to me about memes, shows, the old 90s Bollywood songs, ghazals and more.



## Ritika Khotani (she/her)

Hey there! I am Ritika Khotani, a mental health professional in-training. I believe that absence of language doesn't equate to emotional void, for me unspoken emotions resonate louder than words. I welcome you to a space where we can navigate these intricate emotions and thoughts that can often be challenging to traverse independently. My role will be to sit with you while you gain a clearer understanding of your feelings and to offer a sense of stability when the situation seems tumultuous.





# EHSAAS: TRAINEES PROFILE



## **Khyati Gupta (she/her)**

Hello! I am Khyati. I am doing my Masters in psychology from AUD. I like to paint, especially landscapes. I love to read horror stories and mythology too. I hope that we both would be able to create a safe environment where a collaboration could take place between us.

## **Vashwati Bhargab (she/her)**

Hi! I am Vashwati. I am currently pursuing my Masters in Psychology from AUD. I enjoy Indian classical music and dancing on random Bollywood songs. I believe each one of us has a unique story to tell and I wish to co-create a space wherein we can listen to these narratives and give language to some of the difficult conversations that one might experience.



## **Kanishka Bhati (she/her)**

Hey there, I am Kanishka. A master's student and mental health professional in-training. Life can indeed be a challenging journey and while struggling and hustling my way through life, I hope to co-create a space that will allow one to breathe and have authentic and honest conversations. In the middle of our conversations we can discuss food and exchange recipes. I also play badminton and love dancing.



# EHSAAS: TRAINEES PROFILE



## Anamika (she/her)

Hello! I am Anamika (she/her), a postgraduate student and intern, training in psychotherapy. Whenever time permits, I like to loiter about, clicking pictures of stray animals and locating good food joints. As someone who often gets lost in the overwhelming rush of life myself, I wish to provide a space where you can take a pause and recuperate. I hope together we can figure out where we would like to wander.



## Deepanshu Maan (He/Him)

Hey there! I am Deepanshu, a mental-health professional in-training. I know first-hand what it feels like to not have a space to feel heard and so here I am, extending a hand and lending an ear so you don't have to go through it alone. In my own time, I like to paint, draw and randomly scribble and doodle at the back of my notebook. Maybe together, we could unravel that which you've scribbled and that which you left unscribbled, that which you've spoken and that which has been left unspoken. We can sit together through these emotions and thoughts that can often be difficult to navigate alone. My role in this conversation would be to support you in hearing these feelings with more clarity and offer some sense of containment when it feels like chaos.



# EHSAAS: TRAINEES PROFILE

## Ayesha Hussain (she/her)



Hi there! I am Ayesha, a mental health professional in-training. I believe that all of us have the ability to live freely, creatively and lovingly and that it should not be the privilege of just a few but a universal right. I welcome you to a space built in this spirit where you and I engage by accepting and not rejecting the invitation of the vital rhythms of free and creative living and loving as they make their constant appearance in our lives. Feline companions have taught me a thing or two about freedom and love, and in between classes, I'm often found with Rosa, AuD's own Calico cat.

## Manshi (she/her)



In the words of Helen Keller, *"The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart."* Just like the intangible beauty of a heartfelt connection, I Manshi, invite you to explore the emotions and thoughts that underlie the peace in your life's pictures. As an in-training mental health professional, I embrace the world of arts, from acting to dancing, and the sporadic exploration of writing. You can find me under the hues of dawn and sunsets. Here, you have the freedom to express anything, from the melodies of Bollywood songs to the depths of your emotional reality. My aspiration is to offer you a space where all thoughts are welcomed, a space where we collectively explore a spectrum of feelings, and emotions, a space maintained on confidentiality and trust.