

Ehsaas

Centre for Psychotherapy and Clinical Research

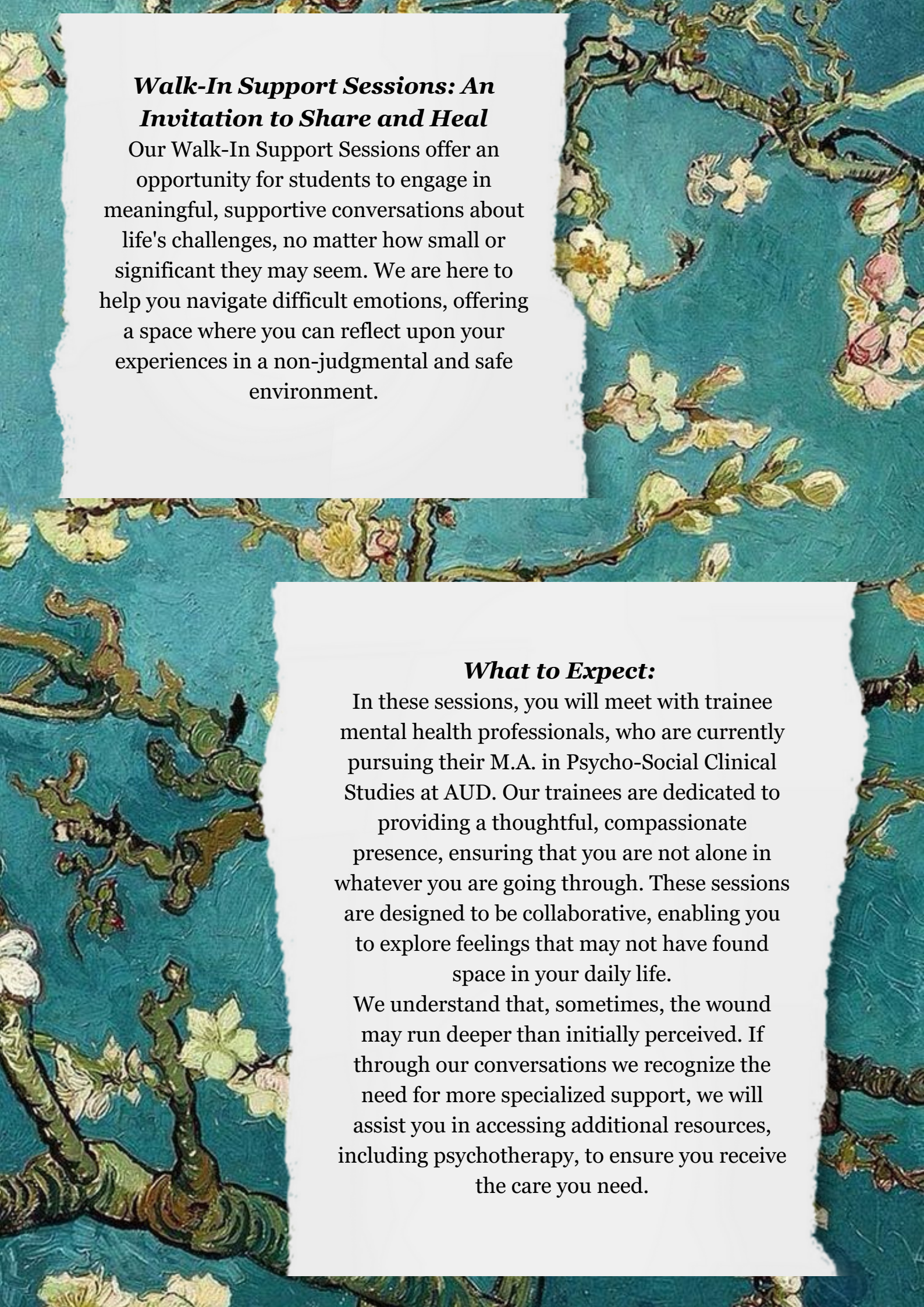
“It’s a joy to be hidden and a disaster to not be found”

In our fast-paced university environment, it is easy to overlook the quiet, inner experiences that shape our emotional landscape. At the Ehsaas Clinic, we offer a sanctuary for those moments when the complexities of life require thoughtful attention.

We recognize that, like a physical wound, emotional scrapes can persist, subtly impacting our ability to engage fully with ourselves and the world around us.

We believe that nurturing the emotional self is as vital as caring for the physical body. We aim to provide a holding space where thoughts and feelings, no matter how difficult or fleeting, are given the attention they deserve. Through reflective listening and compassionate understanding, Ehsaas aims to foster emotional resilience and well-being.





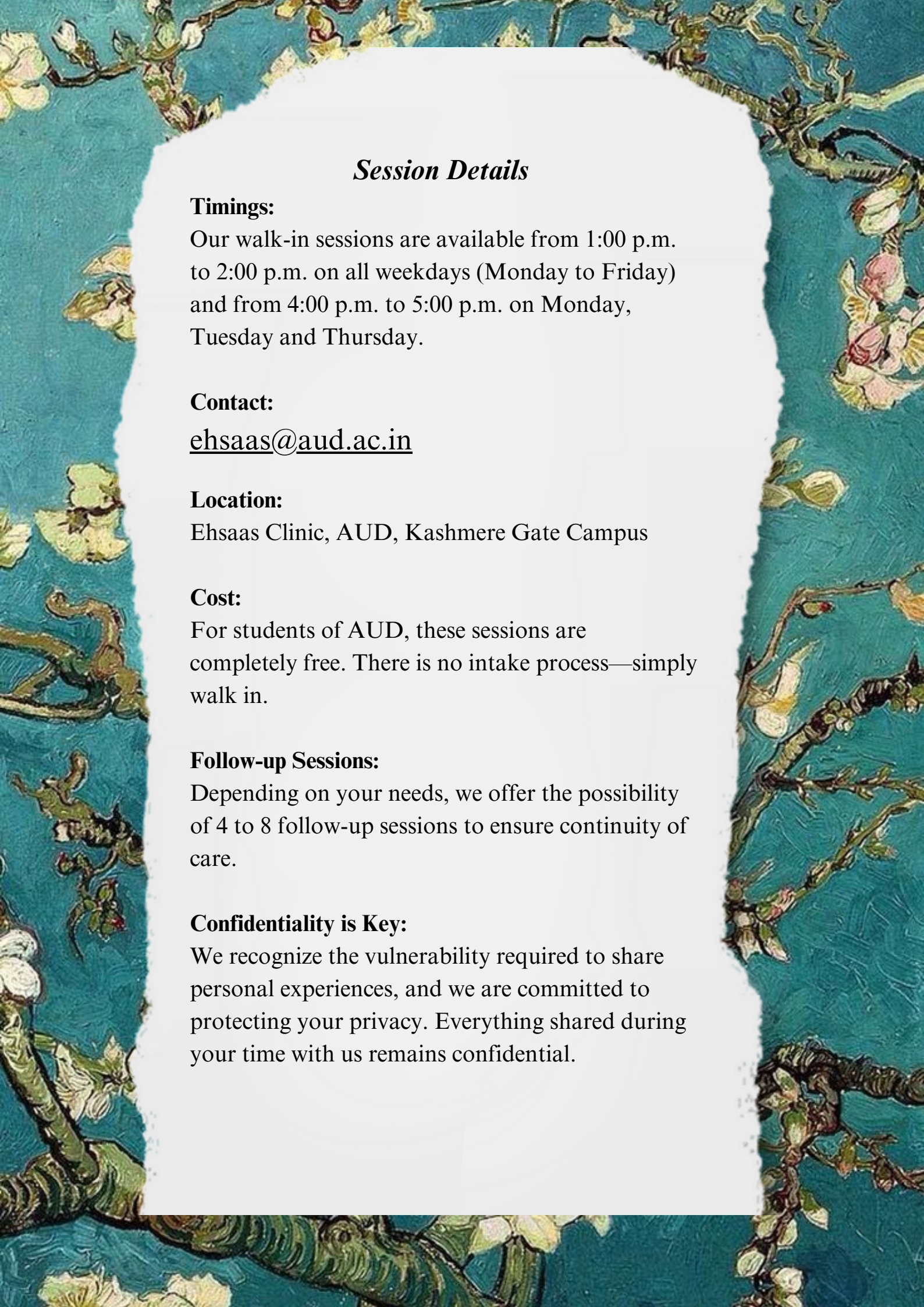
Walk-In Support Sessions: An Invitation to Share and Heal

Our Walk-In Support Sessions offer an opportunity for students to engage in meaningful, supportive conversations about life's challenges, no matter how small or significant they may seem. We are here to help you navigate difficult emotions, offering a space where you can reflect upon your experiences in a non-judgmental and safe environment.

What to Expect:

In these sessions, you will meet with trainee mental health professionals, who are currently pursuing their M.A. in Psycho-Social Clinical Studies at AUD. Our trainees are dedicated to providing a thoughtful, compassionate presence, ensuring that you are not alone in whatever you are going through. These sessions are designed to be collaborative, enabling you to explore feelings that may not have found space in your daily life.

We understand that, sometimes, the wound may run deeper than initially perceived. If through our conversations we recognize the need for more specialized support, we will assist you in accessing additional resources, including psychotherapy, to ensure you receive the care you need.



Session Details

Timings:

Our walk-in sessions are available from 1:00 p.m. to 2:00 p.m. on all weekdays (Monday to Friday) and from 4:00 p.m. to 5:00 p.m. on Monday, Tuesday and Thursday.

Contact:

ehsaas@aud.ac.in

Location:

Ehsaas Clinic, AUD, Kashmere Gate Campus

Cost:

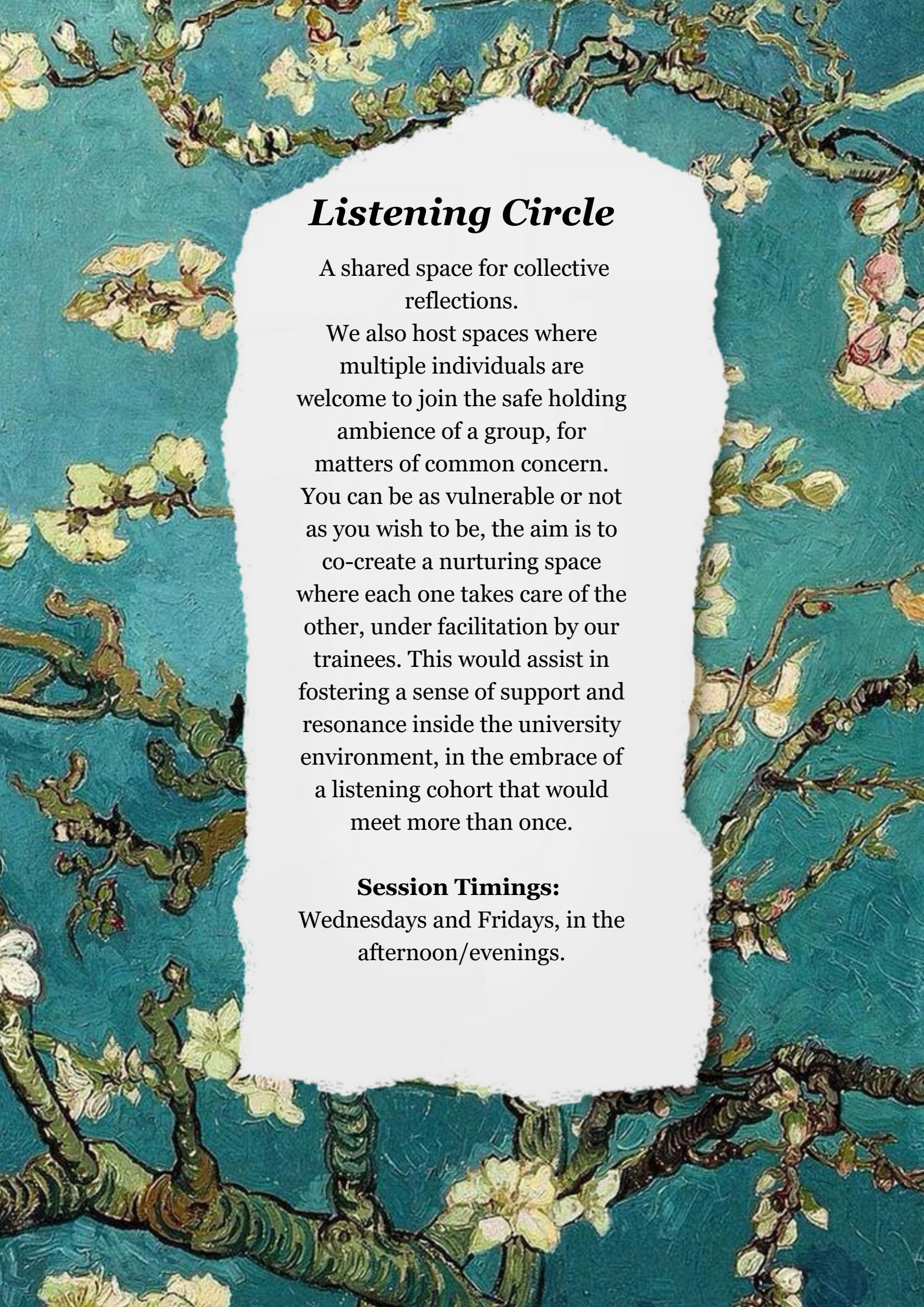
For students of AUD, these sessions are completely free. There is no intake process—simply walk in.

Follow-up Sessions:

Depending on your needs, we offer the possibility of 4 to 8 follow-up sessions to ensure continuity of care.

Confidentiality is Key:

We recognize the vulnerability required to share personal experiences, and we are committed to protecting your privacy. Everything shared during your time with us remains confidential.



Listening Circle

A shared space for collective reflections.

We also host spaces where multiple individuals are welcome to join the safe holding ambience of a group, for matters of common concern. You can be as vulnerable or not as you wish to be, the aim is to co-create a nurturing space where each one takes care of the other, under facilitation by our trainees. This would assist in fostering a sense of support and resonance inside the university environment, in the embrace of a listening cohort that would meet more than once.

Session Timings:

Wednesdays and Fridays, in the afternoon/evenings.



Meet our trainees

At the heart of Ehsaas are the dedicated individuals who will guide you through these reflective conversations. Each of our trainees brings a unique blend of empathy, personal insight, and professional commitment, grounded in the understanding that true emotional support begins with creating a safe, non-judgmental environment.



Khyati (she/her)

"You can only tell yourself a secret by telling someone else."

Hello, I'm Khyati, a 23 year-old student of the M.A Psychosocial-Clinical Programme here at AUD.

I find myself associating with the intricacies of art, photography and listening as I observe and feel the world in the form of stories and narrators with their own layered experiences and vivid descriptions.

I sea(see) life with a tragic and romantic unhurriedness, which I try exploring via writing, reflecting and self-expressions, a space which I attempt to make as our own at EHSAAS, as and when we enter it.



Shiuli (she/her)

"I'm much too alone in this world, yet not alone."

Hello, I'm Shiuli. Much of our lives are spent searching for aliveness outside of ourselves, while the quiet rhythm of our hearts often goes unheard. It takes great courage to live with sensitivity in a world weighed down by indifference. Reaching for another hand, though daunting, can be one of the bravest things we do. At Ehsaas, I hope to create a space where you feel welcome to pause, to explore, and to give voice to the many layers of who you are. And if nothing else, I'm always up for (as cliché as it sounds) talking about artsy, pretentious movies, gushing over pop songs, or simply sitting in silence—because sometimes, the world can get a little too overwhelming.



Devanshi Gupta (she/her)

Hi! I'm Devanshi, a master's student in psychology and a mental health professional in training. I'm a fellow human whose books are her sanctuary. I love listening to music and generally cherish stillness in life, which I strive to bring to those around me.

This is a judgement-free space for all kinds of conversations— a space for open and safe dialogue. I hope we can embark on a journey together where you feel truly supported and free to be your authentic self.



Shruti Garg (she/her)

Hi! I'm Shruti Garg. I'm currently pursuing a Master's in psychology from Dr. B.R. Ambedkar University and a mental health professional trainee at Ehsaas. I understand it is extremely overwhelming to take that first step towards the clinic but I assure you that your one step will make a difference, small or big. So if you're dealing with any issue be it related to anxiety, stress, self-worth, academia or relationships, my doors are open for you. I'm here to sit and talk with you. We'll together figure out what works best for you. Apart from psychology I love classical music and playing with dogs.

Shubham Roy

Hello! I split my time between imagining myself as a tragic Dostoeveskian protagonist, reading works by obscure or misunderstood authors, and watching films that range from brilliant to terrible (sometimes just for the laughs). I also tend to live in my own head, with Beethoven playing in the background to enhance my "main character" moments.

Reach out and maybe we can allow our inner monologues to have a conversation!



Kiran Goswami (she/her)

"Everybody is dealing with how much of their own aliveness they can bear and how much they need to anaesthetise themselves."

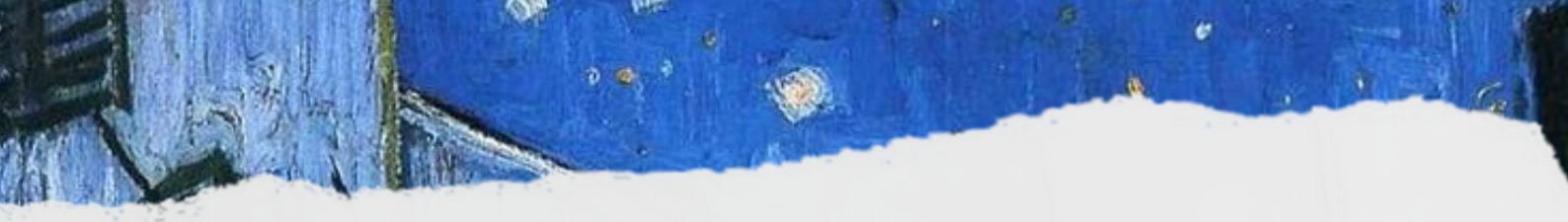
- Adam Phillips

Hello! I am Kiran (she/her), a postgraduate psychology student and a mental health professional in training. Life, to me, is much like Komorebi, the sunlight filtering through trees- both fleeting and precious. And in all that preciousness of life so much is lost and found. I believe the missing is just as important as the found; it's in these spaces, these pauses, where we often uncover our deepest truths and truest selves.

In our sessions, I hope to co-create a space that embraces the gaps, where you can safely explore not just what is present in your life, but what feels absent. When I'm not immersed in my work, I find solace in writing and reading poetry, engaging in Namjooning, losing myself in books, and reflecting on the delicate balance between art, psychology, and the human experience.

And in case no one has told you today, "It's leviOsa, not levioSA!"



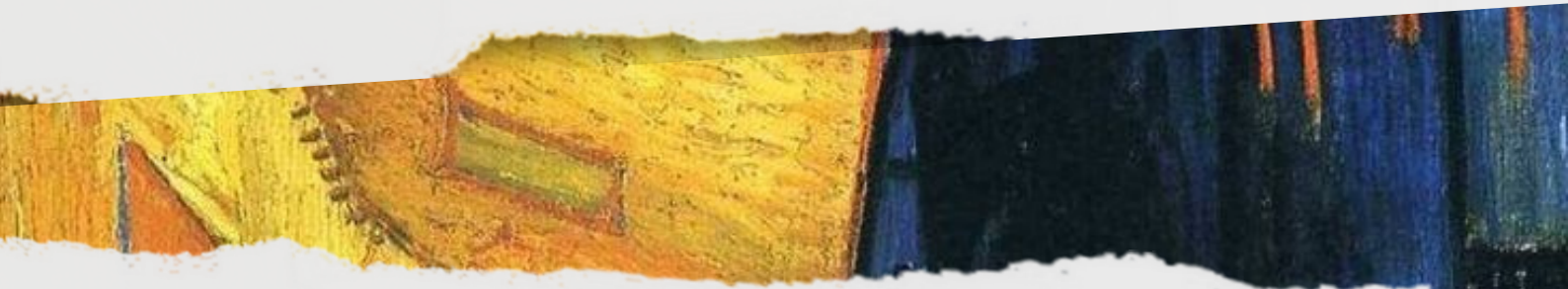


Ishan S. (he/him)

Hi, I am Ishan. I am part of Ehsaas as a trainee and we all are working here under supervision with our professors. I feel therapy is about slowly building capacity to stay with the difficult parts of one's self.

I wish whoever is reading this that you don't struggle in silence, and I'd like to sincerely invite you to this space with all my peers, to talk or maybe just be. And maybe together we can find a few spontaneous moments of freeness in our small journey.

I'd like to end with a quote from a movie I cherish, 'There are bright places even in dark times. And if there isn't, you can be that bright place with infinite capacities.'



Ritobina Sinha (She/Her)

Hello! I'm Ritobina. I am a second year Masters student at AUD and a trainee at Ehsaas. I am curious about people and their unique experiences which is what led to me this field. It is essential to have a space of your own where you can make sense of your experiences and feelings. Here at Ehsaas, I hope to help you explore a piece of your world in all its peculiarities and intricacies in an environment that is safe and accepting.

In my free time, I enjoy reading fiction, browsing memes, painting and taking hikes in the hills.



Simran Agrawal (She/Her)

Hi, I'm Simran! I'm currently pursuing my Master's in Psychology at AUD and serving as a trainee mental health professional at Ehsaas. Here I hope to co-create a safe and comfortable space where you can take a pause, breathe, and explore your thoughts and feelings in a way that feels unhurried and free from judgement. A listening space where we can gently explore different parts of the inner self. I'm here to hold that space with you. As a person I am an avid reader, nature enthusiast, and sky watcher, who deeply values the slower rhythms of life amidst the fast-paced world.



Mayurakshi Chaudhuri (She/her)

Hello, I'm Mayurakshi, a postgraduate student and mental health professional in training. My work has taught me the importance of creating spaces where people feel heard, not just for solutions, but for a genuine acknowledgment of their personal and collective experiences. In today's fast-paced world, we often focus on the need to "do," but rarely find the space to simply "be." I've seen firsthand how people carry the weight of both personal emotions and community traumas, and through active, empathetic listening, we can help them feel seen and supported. My own journey has made me realize the value of non-judgmental, compassionate spaces where people can explore their chaotic inner worlds. I believe healing comes from holding these complex emotions with care and respect. I aim to co-create such space with you, fostering a sense of connection, growth, and understanding.



Shivani Tiwari

Namaste! I am Shivani Tiwari, currently pursuing my masters in psychology from AUD. I am a therapist in training. Being a woman who has travelled extensively and lived in various places, my entire life has been about constant change and self-awareness. I am, therefore, focused on helping clients navigate periods of disequilibrium, effectively adapting to life's changing waves. My love for art and music has, moreover, made me focus my lens on providing a supportive space for individuals to be themselves. I believe in the power of active listening and am committed to caring for and supporting others through both balance and imbalance. From all my experiences, I carry a hope in me that I will try my best to support your journey.



Alankrita Kumar (she/her)

Mind over matter!

Hi, I'm Alankrita, a discerning and non-judgemental companion on your journey towards improved mental health and enhanced well-being. An ex DUite and currently a student of psychology at AUD, I am eager to address facets of modern mental health challenges from a socio-cultural lens - as a trainee psychologist at Ehsaas Clinic. My personal background has provided me with holistic exposure to lived realities of family and relationship dynamics as well as related existential questions. As a professional, I embody the values of collaboration, authenticity, and equality, wherein I intend to treat and heal with respect, empathy, and a holding environment. My approach prioritises relatability and is non-invasive, and the pillars of my work - psychoeducation and holistic health - shall aid you in exploring and making sense of your inner and outer worlds to bring forth your uniqueness and authenticity!

I humbly invite you to my healing space and am excited to see you occupy it with your own valuable colours



Amishi Sota (she/her)

Hello! I am Amishi, a post graduate student and a mental health professional in training. As someone who has always had a lot of questions about the ways of the world, I wish to co-create space where we can look at almost all the "important nothings" of the world with a compassionate curiosity. I hope I can meet you where you are and maybe together, we can figure out a little bit of this big, strange world.

On most days, you'll either find me hugging my dogs in the middle of the road or getting amused by a sunset, both of which seem like pretty good ways for me to pause and reflect.



Sudarshan Pandey (he/him)

Hi, I'm Sudarshan, currently pursuing a Master's in Psychology from AUD and training as a Mental Health Professional.

To me, life is full of silences and untold stories. Through empathetic listening, I hope to create a safe and welcoming space where we can explore these silences together, emotions that remain unspoken and find ways to give language to the unknown.

I am also receptive to listening to the mundane or everyday experiences of life, acknowledging how the trivial can shift into something meaningful and significant.

As an individual, I enjoy reading books, writing poetry, observing nature and having conversation about literature and life.



Leesha (she/her/hers)

Hi, I'm Leesha, an MA psychology student at AUD and a trainee at Ehsaas. I'm passionate about creating a space where you feel safe, understood, and heard. Whether it's exploring your thoughts, expressing your emotions, or simply sharing what's on your mind, I'm here as a non-judgmental listener. I love talking about cricket and am an animal lover with pet squirrels! Music and novels are my happy place, but more than anything, my goal is to offer you a space that's completely yours—a place where you can truly be yourself.



Parul Gupta (she/her)

Hi, I am Parul, a master's student of psychology at AUD and a mental health professional in training. My experiences have led me to appreciate the complexity in the seemingly simple aspects of life, of relationships, and of our inner worlds. In our sessions, I hope to co-create a safe space where we can explore this complexity together - gently holding whatever comes up and staying with the parts that long for expression.

Outside of studies and work, I can be found befriending cats, going on long walks, having chai, and reading a variety of random stuff.

