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Brief Introduction

Ms. Nitya Dhruve has a masters in Clinical Psychology from Christ University and holds a postgraduate diploma in Psycho-Oncology. She is also a certified yoga teacher registered with Yoga Alliance International.

She has more than six years in clinical experience in helping people with their mental health concerns. She has been certified in Positive Psychology and Yoga & Mental Health from NIMHANS.

Her areas of interest include cognitive behaviour therapy and the role of exercise and yoga in well-being.

