

MS. ROHINI KESAVAN RAJEEV

Senior Consultant - Psychotherapist (Individual, Marriage & Family Therapy)

Qualification

MSW (Medicine & Psychiatry) | PhD Scholar | Accredited PREPARE/ENRICH Facilitator License in Marriage & Relationship Assessment & Coaching | NIMHANS Trained & Certified in Telephonic Suicide Prevention

Overview

Ms. Rohini Kesavan Rajeev is an experienced psychotherapist in Bangalore. She is currently practicing as a Senior Consultant - Psychotherapy (Individual, Marriage & Family Therapy) at Manipal Hospital Sarjapur Road, Bangalore. She is the best psychotherapist in Bangalore. With over 23 years of clinical and counselling expertise, Ms. Rohini specialises in addressing common mental health disorders such as depression, anxiety, trauma, and women’s mental health issues. Her therapeutic focus also extends to marital and family counselling, parenting guidance, resilience building, and supporting individuals in overcoming sexual abuse and trauma. Known for her compassionate, non-judgemental approach, Ms. Rohini integrates practicality and humour into her sessions, fostering a safe space for clients to heal and grow. Ms. Rohini’s academic journey is marked by notable achievements, including a Master’s in Social Work (MSW) specialising in Medicine and Psychiatry and her ongoing PhD research at the

prestigious Tata Institute of Social Sciences, Mumbai. She is a trained professional in telephonic suicide prevention, certified by NIMHANS, and an accredited PREPARE/ENRICH facilitator specialising in marriage and relationship assessment and coaching. Ms. Rohini's commitment to continuous learning ensures her methods remain evidence-based and practical, allowing her to deliver exceptional care tailored to each individual's needs. Ms. Rohini's clinical expertise includes therapy for a wide range of concerns, such as depression, anxiety, panic attacks, stress management, and self-image strengthening. She works extensively with couples, helping them rebuild relationships and improve communication through tailored marital counselling. Her experience in family therapy enables her to address complex dynamics and foster harmony among family members. Ms. Rohini also provides guidance on parenting strategies, equipping parents with tools to nurture and support their children effectively. An accomplished author and speaker, Ms. Rohini has contributed extensively to renowned peer-reviewed journals, magazines, and newspapers, sharing insights into mental health and resilience. Her accolades include the Best Social Worker Award (2020-21) for her contributions during the COVID-19 pandemic and the Outstanding Leadership Award in Healthcare at Health 2.0, Dubai 2022. As the co-founder of The Able Mind, a government-certified mental health management company, Ms. Rohini is at the forefront of innovative and accessible mental health solutions in India. Fluent in English, Hindi, Malayalam, Tamil, and Kannada, Ms. Rohini ensures seamless communication with patients from diverse linguistic and cultural backgrounds. Her ability to simplify complex psychological concepts fosters trust and makes therapy accessible.

Fellowship & Membership

- International Affiliate Member, APA (American Psychological Association) Member of the Board/Managing Committee The Medico-Pastoral Association (India's first registered mental

health NGO) (2022-2023; 2023-2024; 2024-2025) Board of Studies Member-Social Work (2023-26) Bishop Heber College, Trichy, Tamil Nadu

- Peer Reviewer, Journal of Psychosocial Rehabilitation and Mental Health (Springer)
- Senior Member, Indian Counselling Association Associate Consultant, World Mental Healthcare Association

Field of Expertise

- Common mental disorders like depression & anxiety, women's mental health, couples' therapy, parenting, combating & overcoming sexual abuse, trauma, building resilience, understanding and overcoming depression, rebuilding confidence, and self-image strengthening.

Languages Spoken

- English
- Hindi
- Malayalam
- Tamil
- Kannada

Awards & Achievements

- Best Social Worker Award for 2020-21 for her service in the field as a Mental Health Practitioner during the Covid-19 pandemic, as recognized by the Manamakil Psychiatric Rehabilitation & Research Foundation, a registered NGO in Tamil Nadu

- Outstanding Leadership Award in Healthcare at health2.0, Dubai 2022 Founder of Indian Health Care Start-up of the Year 2023 at the Forttuna Global Excellence Jury Awards in healthcare, Dubai (for The Able Mind) Rotary Bangalore East Recognition for Intellectual Counselling, SAHAI Suicide Prevention Helpline 2003-2005
- Bharathidasan University Rank Holder and TN Govt Endowment Scholarship Awardee for 1st & 2nd Year MSW exams, 2000-2002

Talks & Publications

- Top 8 Women Entrepreneurs Bringing The Change: Women Entrepreneurship Day. Click Here
- Therapy at Rs 500: 7 Indian Orgs Providing Afforadable and Accessible Mental Health Services. Click Here
- Taboo over mental health must go, says The Able Mind CEO. Click Here
- Married And Meh. Click Here
- Couple Make Therapy Affordable At Just Rs 500; Offer Text Counsels, 15-Min Chats & More. Click Here
- IS INDIAN YOUTH MENTALLY AND EMOTIONALLY OK? And what one Indian mental wellness startup is doing to help them. Click Here
- Forttuna Awards | Rohini Rajeev | The Able Mind (DeStress Holistic Health Pvt. Ltd.) | Healthcare Start-Up of the Year | India. Click Here
- Forttuna Global Excellence Awards. Click Here
- Health 2.0 - Outstanding Leadership Award. Click Here
- Mental health matters: The power of self-affirmations. Click Here
- TheGlitzMegaStarMom Rohini Kesavan Rajeev, Sr.

Psychotherapist & Founder, The Able Mind: “Being a mompreneur is a question of choice, acceptance and priorities.”. Click Here

- 4 Ways Festivals Boost Happy Hormones And Improve Your Mental Health. Click Here
- How Children can Express their Emotions?. Click Here
- Rohini Rajeev - Keep Yourself Updated on the Latest In the Field, Be a Life-Long Learner to Stay Ahead (Senior Psychotherapist, Bangalore, India). Click Here
- Budget 22-23: Healthcare sector applauds focus on mental health. Click Here
- Right Tools to get Rod of Mental Stress. Click Here
- Not the same as baby blues, postpartum depression can lead to feelings of discontentment, distress, and disconnect with the baby. Click Here
- Mental Health Day 2023: Top 10 Self-Care Strategies for Improved Mental Health. Click Here
- Student Suicides On The Rise: Experts Say Children Show Visible Signs Of Stress; Know How To Recognise Them. Click Here
- Emotional cheating: A case of dodgy tears?. Click Here
- How to identify anxiety triggers & overcome negative thinking patterns. Click Here
- “Stop Seeing Busy-ness As A Status Symbol,” Warn Experts. Click Here
- Mental health matters: The power of self-affirmations. Click Here
- Are we gaslighting ourselves with therapy speak?. Click Here
- How to strengthen mental health from an early age: Top 5 resilience-building strategies. Click Here
- Do you need a mental health break from work? When is it a good idea?. Click Here
- What Is Anxiety Disorder? Mental Health Expert Shares 3 Ways

To Cope With It. Click Here
- WSTALKS | Episode 52 | World Mental Health Day. Click Here
- Mental Health Day 2023: Top 10 Self-Care Strategies for Improved Mental Health. Click Here
- 10 Tips For A Healthy Relationship: How To Keep Your Partner Happy When You Are In True Love. Click Here
- Are you in an on-and-off relationship? Here's why it can be toxic. Click Here
- How to prevent mental health relapses: the role of ongoing support and early identification. Click Here
- Warning signs of abnormal mental development. Click Here
- Expert Talk | Why Are More Kids Dying By Suicide?. Click Here
- 5 Ways To Foster A Well-Being Culture For Mental Peace. Click Here
- Recognising early symptoms and seeking help | #NuSocia Cares on #Elderly. Click Here
- The Vehement, Volatile, Value-seeking and Viral: The New Era of Employees and Why HR Preparedness and Future-skilling Is Key to a Healthy Business Enterprise—A Perspective. Click Here
- Journal of Psychosocial Rehabilitation and Mental Health. Click Here