

Arya Punj Timblo is a professional adult and child psychotherapist who has been working in the field for over 24 years. She holds a Specialisation & Master's Degree in Psychotherapy and Counselling from Regent's College, London. She has worked in London, Mumbai and Goa as an adult & child psychotherapist, parenting specialist, lecturer, writer and supervisor.

As a professional passionate in her field of mental health & emotional well being. She has conducted workshops in corporate settings, colleges, schools and various institutes across the country as well as in various international platforms