Ekta Kumar, PsyD

Asian Pacific American Student Services (APASS)

Tell us a bit about yourself.
I’m a South Asian, cisgender woman from Punjab who is passionate about mental health and social justice. I received my master’s and doctorate degrees from the University of Indianapolis. I was born in India but grew up in California and Tennessee. My family has been in Tennessee for over two decades and thus, the South feels like home. I have lived all over the United States, and I am happy to call LA my home.

What interests you about working with APASS students?
I am passionate about providing students with a culturally-affirming and non-judgmental therapeutic space. I recognize the courage it takes for many API students to access therapy services and appreciate the honor of working with them and honoring all parts of their identity. I am especially passionate about working with LGBTQIA+ API students and supporting them in their journeys.

Do you have a favorite quote that keeps you motivated?
“If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest at times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be. Because during these times, hope will be the very thing that carries you through.” – Nikki Banas

What do you do to de-stress?
I play with my fur baby and human baby. This usually entails a lot of talking to myself in funny voices.