



Nivedita Udupa

Partner

Nivedita Udupa has over nine years of experience advising on labour, employment, and general corporate laws. She works with clients across diverse sectors, including technology (fintech, edtech, medtech), education, insurance, media and entertainment, e-commerce, and manufacturing.

Her expertise spans the full spectrum of Indian employment law, including workplace sexual harassment (POSH) compliance, CXO-level terminations and separations, employee transfers, structuring and implementing employee stock option plans (including phantom stock options), and advisory on employment benefits. She also advises on a wide range of general corporate matters, offering strategic guidance and contractual support to companies and senior professionals.

Nivedita is actively engaged in POSH-related work, serving as an external member of Internal Complaints Committees, advising on compliance, and conducting training programs.

She contributes to legal scholarship through her writings, including co-authored pieces on emerging trends in employment and labour law.

She holds a B.A., LL. B from the West Bengal National University of Juridical Sciences (NUJS) and is admitted to practice law in India.

Outside work, Nivedita is passionate about fitness and dancing. A trained Indian classical dancer she also loves exploring other styles such as swing dancing and Latin dance forms.

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