

Ashima Sood

Partner

Ashima Sood is a Partner in our Litigation and Dispute Resolution practice with a focus on commercial and corporate disputes, international arbitration, insolvency, fraud and asset recovery, and contentious employment matters.

Ashima's strength lies in her deep technical knowledge and proactive, solutions-driven approach, grounded in a clear understanding of her clients' broader objectives. She combines robust litigation strategies with mediation and pragmatic negotiated solutions where these can achieve a more effective commercial outcome for her clients.

Ashima has particular expertise in disputes arising from corporate structures, distressed situations and allegations of wrongdoing. She advises on high-value, multi-jurisdictional claims, including contractual, shareholder and joint venture disputes, unfair prejudice claims, derivative actions and receiverships. Her practice also encompasses fraud, cybercrime, asset tracing and recovery involving traditional and digital assets, regulatory investigations, contested winding-up and bankruptcy proceedings, restructuring-related matters, as well as international arbitration.

She is regularly instructed in urgent and high-stakes matters involving injunctive relief, asset preservation, tactical discovery applications, recovery strategies and cross-border enforcement.

Ashima's employment practice covers the full spectrum of workplace issues, including senior executive departures, restrictive covenants and injunctions, team moves, redundancies, negotiated exits, employee resignations and constructive dismissal, discrimination and harassment claims, workplace investigations, and proceedings before the Labour Tribunal and Hong Kong Courts.

Before joining Nanwani Solicitors LLP, Ashima practised at Gall in Hong Kong and Bharucha & Partners and KPMG in India. Her background combines litigation, forensic and risk advisory experience, bringing a practical, strategic and multidisciplinary perspective to complex disputes.

Beyond her practice, Ashima is active in mentoring, pro bono initiatives and legal education, with a particular interest in access to justice and the advancement of women in the legal profession. She is a mentor with Women in Law Hong Kong, a member of LAWASIA's Banking & Finance Committee, and regularly contributes to regional and international legal networks. She is also active in Hong Kong's dragon boating community.

Ashima holds an LLM from University College London (UCL) and completed her BSL LLB at ILS Law College, India.



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Practice Areas:

- ▶ Commercial Litigation & Dispute Resolution
- ▶ Arbitration
- ▶ Fraud, Cyber Crime & Asset Tracing
- ▶ Insolvency & Restructuring
- ▶ Employment & Discrimination

Admissions:

- Hong Kong
- India

Languages:

- English
- Hindi
- Punjabi