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Nita Parikh is a principal in the Los Angeles, California, office of Jackson Lewis P.C. Her practice is focused on advising management on various issues ranging from wage and hour laws, harassment and discrimination issues and leaves of absence under Family Medical Leave Act and state laws.

Nita also conducts training seminars on employment related issues, including sexual harassment prevention training. Nita practices and appears before such tribunals as the United States Equal Employment Opportunity Commission, the California Civil Rights Department and the California Department of Industrial Relations - Division of Labor Standards Enforcement. In addition, Nita has spent a number of years litigating employment law cases in state and federal courts as well as briefing and arguing matters before the California Courts of Appeal. She has tried cases before juries, arbitrators and administrative agencies.

While attending law school, she was on the International Moot Court, Honors Board Member, and a mentor for the Moot Court Workshop.

## Practices

- Disability, Leave and Health Management
- Leisure

## Education

- University of the Pacific  
McGeorge School of Law, J.D.  
1997
- University of Southern California,  
B.A. 1994

## Admitted to Practice

- California - C.D. Cal. 1998
- California - S.D. Cal. 1998
- California 1997

## Honors and Recognitions

- *Los Angeles Business Journal*, "Leaders of Influence: Minority Attorneys" (2023)