

Praveena Nallainathan

Partner



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Praveena Nallainathan is a member of Pryor Cashman's Immigration Group, where her practice focuses on corporate immigration, nationality, and consular law matters.

Leveraging her experience as both in-house and outside counsel, Praveena is experienced in developing and implementing creative, strategic, and efficient immigration and mobility solutions and programs for multinational companies. She has extensive experience advising employers and employees in a wide range of industries on U.S. immigration law, including employment non-immigrant visa petitions (H1, L1, E1/E2, E3, TN, O1) and permanent residency strategies and applications (Extraordinary Ability, Outstanding Researcher, National Interest Waiver, Multinational Executive/Manager, and PERM Labor Certification). Praveena advises corporate clients on immigration compliance and I-9 matters, immigration policy development, and the immigration implications of corporate mergers and acquisitions.

With a career-long focus on pro bono and community leadership, Praveena also has deep experience with immigration humanitarian relief programs, including asylum and Special Immigration Juvenile petitions.

Born in Sri Lanka, she fully appreciates the significance of immigration to individuals and families and is committed to ensuring her clients' stories are heard and valued.

Previously, Praveena was Of Counsel at an Am Law 200 law firm; served as Global Director, Diversity, Equity, and Inclusion for a major international firm; and was Associate General Counsel, Immigration & Head of Talent Mobility for IHS Markit, a publicly traded information services company.

Services

- Immigration
- Financial Institutions
- Labor + Employment
- International

Education

- Rutgers University School of Law (J.D., 2006)
 - Eagleton Government Fellow, Rutgers Eagleton Institute of Politics
- Columbia University (M.S.W., 1998)
- Cornell University (B.A., 1994)
 - Cornell National Scholar

Recognition

- Recognized as an Immigration Associate to Watch, *Chambers USA* (2016)
- Named a leading immigration attorney by *The Legal 500 United States*, Immigration (2016, 2015)
- Named a Rising Star by *New Jersey Super Lawyers* (2014-2016)
- Recognized as Pro Bono Attorney of the Month by KIND (Kids in Need of Defense) (2013), and featured in KIND promotional movie with Angelina Jolie
- Named Rookie of the Year Award by the NYC Administration for Children Services (2001)

Community

- KIND Pro Bono Attorney (2006-2022)
- Board Member, NYC City Bar Fund (2022-2023)
- Mentor, WiT Leadership Program (2020)
- Emcee, Diwali NJ Fest (2019)
- NJ Consortium for Immigrant Children (2017)
- Associate Board, NYLAG (2014-2017)
- Co-chair, AILA NYC Conference (2014-2015)
- Mentor, NYC Children's Corp (2013-2014)

Admissions

- New York
- New Jersey

Publications

July 23, 2025

Nallainathan Profiled in Law.com's "How I Made Partner" Series

Law.com

December 11, 2024

Breaking News: U.S. Department of State Removes Over 30 Countries from the J-1 Exchange Visitor Skills List

August 28, 2024

Update: New Parole in Place Program for Spouses and Stepchildren of U.S. Citizens Halted by Federal Court

By Praveena Nallainathan and Avram Morell

February 26, 2024

Nallainathan Talks to Law360 About Joining Pryor Cashman Immigration Group

Law360