

# MIRANDA HOUSE WELCOMES YOU!

DEAR STUDENTS,

College can be scary at first but it's going to be a lot of fun too. It just takes a little getting used to. A little bit of studying, some time management, a lot of fun societies, few exams and lots of great friends (and faculty too).

**IF YOU EVER THINK IT'S ALL TOO MUCH, DON'T WORRY!**

**YOUR PROBLEMS DON'T NEED TO BE YOURS ALONE! COME TALK IT OUT.**

**WHERE? AT THE COUNSELLOR'S ROOM**

**(NEXT TO THE MEDICAL CENTRE IN THE GIRLS HOSTEL BUILDING.)**

If not to share your problems, just drop in to say hi and meet the Counsellor  
- Mrs. Alpana Rustogi!

## ABOUT THE COUNSELLOR

Alpana Rustogi is a social worker and counsellor in the area of child guidance. She has a Bachelors in History from Hindu College, Delhi University; a Masters in Social Work from Jamia Millia University (with a specialisation in Medical and Psychiatric Social Work) and a Diploma in Child Guidance and Counselling from NCERT.



COUNSELLING SCHEDULE:

MONDAY, WEDNESDAY, FRIDAY

12 PM - 5 PM

MRS. ALPANA RUSTOGI

#9818530456



## FINDING SUPPORT IN DIFFICULT TIMES

All of us at different times of our lives can encounter problems,  
but some may seem too difficult to handle on our own.

You may feel unhappy with your life, lack confidence or direction,  
find it difficult to cope, adjust or make the changes you need.

Talking to someone can be immensely helpful and if you are  
considering counselling, Miranda House has the right facilities.

### **THE COUNSELLOR'S ROOM (NEXT TO MEDICAL CENTRE, GIRLS HOSTEL)**

Mrs. Alpana Rustogi (+91-9818530456)  
Monday - Wednesday - Friday, 12 to 5 PM

To get in touch: Whatsapp/Call or mail at  
[rustogialpana@gmail.com](mailto:rustogialpana@gmail.com)