

Counselling Services during COVID-19

Mental health and the holistic well-being of students has been a primary concern for Miranda House. With the establishment of the Counselling Centre in 2013 it received focused attention. As a result, various proactive steps have been taken by the college administration to ensure the students continue to have an open channel of communication with trusted professionals and a platform where their concerns can be addressed.

The highlights are as follows:

1. A team of qualified counsellors from across the country has been enlisted to support the Miranda House Counselling Centre on a volunteer basis. The students are free to contact any of them in case of any concerns. They join the College Counsellor Mrs. Alpana Rustogi, who has already been conducting online personal counselling sessions.

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|---|-------------------|
| 1. Mrs. Alpana Rustogi | 9818530456 |
| (Miranda House College Counsellor) | |
| 2. Dr. Krishna Gola | 9711777045 |
| (Miranda House College Physician) | |
| 3. Ms. Preeti Sinha | 9999838304 |
| 4. Dr. Bindu Kapoor | 9999973906 |
| 5. Ms. Namrata Gupta | 8948339390 |
| 6. Dr. Tripti Sakuja | 9968834954 |
| 7. Ms. Preeti Garkhel | 9871894330 |
| 8. Ms. Rupali Saini | 8800823401 |
| 9. Ms. Jyotee J | 7711076076 |
| 10. Ms. Balneet Kaur | 9891080462 |
| 11. Ms. Kanika Dua | 9818940549 |
| 12. Ms. Sushmita | 8800426765 |

13. Ms. Shivanshi Pathak	9999889620
14. Ms. Bhavya	9599918311
15. Ms. Astha Mahajan	9873485062
16. Ms Bindu Verma	9990898910
17. Ms. Rajkumari Meena	9716452828

2. As always, confidentiality and trust are key components of the counselling process and will be explicitly communicated with students so they can express their concerns openly and freely.

3. International students and domestic students from out of State, who were unable to return home, will continue to get support from the hostel wardens and the college administration.

4. The RoundGlass College Wellbeing Program (CWB) was launched in Miranda House in 2018 and combines cognitive behaviour approaches with mental health. The program is delivered through multiple modes for effective student outreach –

1. **Self-help** – Mental health awareness, access to RoundGlass solutions consisting of programs, tools and knowledge articles

2. **Mentor-led** – Mentor-mentee program for campus sensitization and building up of campus community onsite by mentors

3. **Coach-supported** – Online consultation through the REACH app (<https://round.glass/reach/>)

These avenues continue to be available online for the students along with special webinars dealing with COVID-19 regarding Immunity and Mental Health accessible to students through the college website. (<http://www.mirandahouse.ac.in/>)

Message from the Counsellor

Dear Students,

I am Mrs. Alpana Rustogi, the College Counsellor at Miranda House. Over the past few weeks, with the spread of COVID-19 and the Government of India's steps to stop its spread, life as we know, has changed drastically for most of us.

People of all ages groups are facing the challenge of a new kind of lifestyle. I can understand, this can seem quite scary, given its far-reaching consequences and the uncertainties that come with this global pandemic. It is important to take the time to focus not only on what is happening outside, in the real world but also what's happening inside, inside our own body and mind.

Anxiety, stress, apprehension, a lack of motivation, and fear are natural responses to stressful situations like the one we are facing right now. But all this time in isolation, with our friends, or even alone, provides a great opportunity to get to know ourselves better - to develop new skills or focus on the pending tasks we were putting off. I urge you all to try to use your time creatively. Try to spend your time doing something interesting, that makes you happy – it could be reading, writing, dancing, music, painting, or just watching a movie.

I'd like to inform you that the Counselling Services at the college are available online in these difficult times. In case you'd like to schedule a session by phone or on video, you can contact me on my phone number which is given below. I'm available on all weekdays from 11:30 AM to 5:30 PM. I wish you all and your families the best of health and hope we emerge through this challenge as more resilient individuals. Thank you. Jai Hind.

Mrs. Alpana Rustogi (College Counsellor)

Available at 9818530456

About the Counselling Services:

<http://mirandahouse.ac.in/files/focus/MH-285-2020-04-04-13-21-09-PM.pdf>