



Counselling Centre Miranda House

College Counsellor



Mrs Alpana Rustogi

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To get in touch: SMS/
WhatsApp/Call or mail at
rustogialpana@gmail.com

Monday
12 to 1 PM

Finding Support in Difficult Times

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

You may feel anxious during these challenging times, suffer from a lack of confidence or direction, find it difficult to cope with the tasks at hand or struggle to make the changes you need.

Talking to someone can be immensely helpful and if you are considering counselling, Miranda House has a Counselling Centre for you.

Services Offered:

Short term confidential personal-social counselling
Support and referral for chronic and complex issues

<https://zoom.us/j/94109144485?pwd=ZnlpUWdBc0J2Y1pCTzA1UGRyMmcrdz09>