

**Miranda House College  
Delhi University**

**Tele-counselling Services for Post-Covid-19 Trauma and Students Concerns  
Part of the “Students Holistic Wellness” Initiative**

Dear Students,

To discuss any concerns or troubles you are experiencing, please feel free to reach out to our team of verified mental health counselling specialists from across India. All conversations will be confidential. In case of any clarifying questions, please contact the College Counsellor - Mrs Alpana Rustogi (9818530456).

**1. Personal Social Counselling**

1	<b>Dr Meghna B Thakur</b>	Clinical Psychologist	<b>9821067319</b>	meghnabasuthakur@yahoo.com	10 AM - 5 PM	All days
2	<b>Dr Tripti Sakhuja</b>	Counselling Psychologist	<b>9968834954</b>	sakhujatripti@gmail.com	11 AM - 1 PM	Weekdays
3	<b>Sanjeev Choithani</b>	Psychologist, Counselor	<b>9833761600</b>	choithani@hotmail.com	3-6 PM	
4	<b>Poornima Katyal</b>	School Counsellor	<b>9871038180</b>	katyalpoornima@gmail.com	4-6 PM	
5	<b>Kunali Muchhala</b>	Counselling Psychologist	<b>9967061951</b>	kunalimuchhala8@gmail.com	11 AM - 1 PM	Mon, Wed, Friday
6	<b>Sangeeta Tiwari</b>	School Counsellor	<b>9911923335</b>	psychelp01@gmail.com	3-6 PM	
7	<b>Raksha Singh</b>	Researcher in Psychology	<b>9839780823</b>	raksha1519singh@gmail.com	2-3 PM	Tuesday, Thursday
8	<b>Alpana Rustogi</b>	College Counsellor	<b>9818530456</b>	rustogialpana@gmail.com	3-5 PM	Tues, Thurs, Saturday
9	<b>Dr Arefa J Mansuri</b>	Counselling Psychologist	<b>9426511429</b>	arefamansuri1234@gmail.com	5-6 PM	Saturday
10	<b>Malti Naidu</b>	Counselling Psychologist	<b>6362213482</b>	maltinaidu@gmail.com	10 AM - 12 PM	Sunday
11	<b>Dr Anju Mahal</b>	Counselling Psychologist	<b>9540259739</b>	mahalanju1712@gmail.com	12-2 PM	Weekends
12	<b>Sweetie Jain Birla</b>	School Counselor	<b>9748159202</b>	sweetiejain7768@gmail.com	6-8 PM	

## 2. Grief Counselling

1	<b>Saveera Bahl</b>	Counsellor	<b>9953110867</b>	saveerab@gmail.com	11:30 AM -12:30, 6-7:30 PM	Weekdays
2	<b>Neelam Vats</b>	College Counsellor	<b>9569699023</b>	vats.neelam7@gmail.com	4-5 PM	
3	<b>Dr Uzaina Qazi</b>	Counselling Psychologist	<b>7906558021</b>	druzaina@gmail.com	7-8 PM	
4	<b>Rahul Verma</b>	Psychologist	<b>8800837632</b>	Connectedrv@gmail.com	4-6 PM	Sunday

## 3. Mental Health Counselling

1	<b>Ashok Kumar Patel</b>	Clinical Psychologist	<b>8874412546</b>	ashok.patel95@yahoo.com	8 AM - 2 PM	All Days
2	<b>Divya Shah</b>	Counselling Psychologist	<b>9654751681</b>	shahdivya666666@gmail.com	10 AM - 5 PM	
3	<b>Gunjan Khatri</b>	Clinical Psychologist	<b>9799828505</b>	gunjan.psychologist@gmail.com	10 AM - 5 PM	
5	<b>Ruchir Mishra</b>	Counselling Psychologist	<b>7905428917</b>	mishraruchir2@gmail.com	3-8 PM	
6	<b>Parul Kathuria</b>	Counselling Psychologist	<b>9654751681</b>	ParulKathuria3@yahoo.com	2-8 PM (except Tuesday)	
7	<b>Dr Lalit Mohan Pant</b>	Positive Psychologist	<b>8439139092</b>	Impant33@gmail.com	3 PM onwards	
8	<b>Shivkumar Sherikar</b>	Counselling Psychologist	<b>9035486208</b>	skumarsherikar@gmail.com	10 AM to 5 PM	Weekdays
9	<b>Gargi Tiwari</b>	Counsellor	<b>8210510262</b>	gargitiwari19@gmail.com	5-7 PM	
10	<b>Renu Sachdeva</b>	Counsellor	<b>8800485003</b>	prismcounselling@gmail.com	4-6 PM	Mon, Wed, Friday
11	<b>Dr Garima Gupta</b>	Counselling Psychologist	<b>8687120882</b>	grm.gupta2@gmail.com	3-5 PM	Sunday
12	<b>Dr Gayathri Balasubramanian</b>	Counselling Psychologist	<b>9820448886</b>	gayathri balasubramanian72@gmail.com	7-9 PM	
13	<b>Anupama</b>	Clinical Psychologist	<b>9654494227</b>	anupamaanee@gmail.com	1-5 PM	Weekends
14	<b>Shruti Jha</b>	Clinical Psychologist	<b>9654437721</b>	shruti23jha@gmail.com	6-8 PM	

From the Principal's Desk  
Dated: 15 June 2021