

# **College Counsellor**



Mrs Alpana Rustogi 9818530456

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

Monday to Friday 11.30 AM to 5 PM

# Counselling Centre Miranda House

### 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



## **College Doctor**

#### Dr Krishan Gola

11.30 AM - 1.30 PM

Tuesday, Thursday, Saturday

#### 9711777045

Available online for free consultations from 10 AM – 6 PM, except Sunday.

## **College Nurse**

**Nurse Ms Shalu** 

 $9.00\,\mathrm{AM} - 4.00\,\mathrm{PM}$ 

Monday - Saturday

## Medical Centre Miranda House

# Providing First Aid and Treatment for Students

- A doctor and nurse available for first aid and treatment
- A sick bay with 2 medical beds and one patient attendant bed
- All hostel residents are compulsory members of the WUS Health Centre at Patel Chest Institute which is open 24/7 (5 minutes from the Miranda House hostel).

#### **Covid-19 Prevention Measures:**

- Thermal machines, hand sanitizers and hand washing options available at entrances
- Compulsory wearing of mask at all times
- Social distancing protocols to be maintained