

Date & Day	12AM–6AM	6AM–12PM	12PM–6PM	6PM–12AM
01/01/26 Thursday	Papori Aksa	Tanveer Tamanna	Jeet Nikhitha	Justin Seethalakshmi
02/01/26 Friday	Tanveer Tamanna	Jeet Nikhitha	Justin Seethalakshmi	Aksa Joshua
03/01/26 Saturday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Manjusha
04/01/26 Sunday	Justin	Joshua	Papori	Tamanna
05/01/26 Monday	Manjusha Joshua	Papori Aksa	Tanveer Tamanna	Jeet Nikhitha
06/01/26 Tuesday	Papori Aksa	Tanveer Tamanna	Jeet Nikhitha	Justin Seethalakshmi
07/01/26 Wednesday	Tanveer Tamanna	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
08/01/26 Thursday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa
09/01/26 Friday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamanna
10/01/26 Saturday	Manjusha Joshua	Papori Aksa	Tanveer Tamanna	Jeet Nikhitha
11/01/26 Sunday	Aksa	Tanveer	Nikhitha	Seethalakshmi
12/01/26 Monday	Tanveer Tamanna	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
13/01/26 Tuesday	Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa
14/01/26 Wednesday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamanna
15/01/26 Thursday	Manjusha Joshua	Papori Aksa	Tanveer Tamanna	Nikhitha
16/01/26 Friday	Papori Aksa	Tanveer Tamanna	Nikhitha	Justin
17/01/26 Saturday	Tanveer Tamanna	Nikhitha	Justin	Manjusha Joshua
18/01/26 Sunday	Nikhitha	Justin	Manjusha	Papori
19/01/26 Monday	Justin Nikhitha	Manjusha Joshua	Papori Aksa	Tanveer Tamanna
20/01/26 Tuesday	Manjusha Joshua	Papori Aksa	Tanveer Tamanna	Seethalakshmi
21/01/26 Wednesday	Papori Manjusha	Tanveer Tamanna	Nikhitha	Justin Seethalakshmi
22/01/26 Thursday	Tanveer Tamanna	Nikhitha	Justin Seethalakshmi	Aksa Joshua

23/01/26 Friday	Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa
24/01/26 Saturday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamanna
25/01/26 Sunday	Joshua	Aksa	Tamanna	Nikhitha
*26/01/26 Monday	Papori	Tanveer	Nikhitha	Seethalakshmi
27/01/26 Tuesday	Tanveer Tamanna	Nikhitha	Justin Seethalakshmi	Manjusha Joshua
28/01/26 Wednesday	Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa
29/01/26 Thursday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamanna
30/01/26 Friday	Manjusha Joshua	Papori Aksa	Tanveer Tamanna	Jeet Nikhitha
31/01/26 Saturday	Papori Aksa	Tanveer Tamanna	Jeet Nikhitha	Justin Seethalakshmi
*Holidays	26/01/26: Republic Day			

Official Contact Numbers:

Joshua	9880004761
Manjusha	7022153232
Tamanna	6364469839
Tanveer	9035703872
Seethalakshmi	9880002971
Justin	8197693209
Aksa	7022173232
Papori	6366921322
Jeet Nath	9611248275

CONSULTING PYSCHIATRIST DETAILS

Dr Virupaksha H S Mail ID: virupakshahs@iisc.ac.in	Wednesday: - 5:00pm-8:00pm Saturday: - 2:00pm-5:00pm
Dr Shilpa Sri S K Mail ID: shilpasri@iisc.ac.in	Tuesday: - 2:00pm-5:00pm Friday: - 2:00pm-5:00pm
Dr Virupakshi Jalihal Mail ID: virupakshij@iisc.ac.in	Tuesday: - 5:00pm-8:00pm Friday: - 5:00pm-8:00pm
Dr Adarsh B Mail ID: badarsh@iisc.ac.in	Saturday: - 5:00pm-8:00pm Sunday: - 10:00am-1:00pm
Dr Vidya M K Mail ID: vidyak@iisc.ac.in	Monday: - 3:00pm-6:00pm Wednesday: - 3:00pm-6:00pm
Dr Shailaja B Mail ID: shailajab@iisc.ac.in	Monday: - 11:00am -5:00pm
Dr Harshita H A Mail ID: harshitaha@iisc.ac.in	Thursday: 10:30pm – 4:30pm

PSYCHOLOGIST DETAILS

Savitha M S Landline Number: - 080-22933628 Contact Number: - 6364469840 Mail Id: - savithams@iisc.ac.in	Timings: - Monday, Tuesday, Thursday, Friday:- 9:30am-5:30pm Wednesday: -11am – 7pm Saturday: - 9am – 1pm
Shridhar B G Landline Number: - 080-22933629 Contact Number: - 8310863505 Mail Id: - shridharbg@iisc.ac.in	Timings: - Tuesday, Wednesday, Friday: - 9am – 5pm Monday, Thursday: - 11am – 7pm Saturday: - 9am - 1pm
Swetapragyan Panda Landline Number: - 080-22933818 Contact Number: - 8929789550 Mail Id:- swetapragyan@iisc.ac.in	Timings: - Wednesday, Thursday, Friday: - 9:30am-5:30pm Monday, Tuesday: -11am – 7pm Saturday: - 9am – 1pm/1pm - 5pm
Vasundhara Landline Number: - 080-22933817 Contact Number: - 8077342430 Mail Id:- vasundhara2@iisc.ac.in	Timings: - Monday, Tuesday and Thursday - 10:00am-6:00pm Wednesday, Friday: -11am – 7pm Saturday: - 9am – 1pm/1pm - 5pm
Sanchari Maity Landline Number: - 080-22933627 Contact Number: - Mail Id: - sanchariml@iisc.ac.in	Timings: - Monday, Wednesday, Saturday: - 9:00am-5:00pm Tuesday, Friday: -11:00am-7:00pm Sunday: -9:00am-1:00pm

Face-to-Face counseling services ON CAMPUS for LGBTQ+ community:

Ms.Varsha Agarwal Psychologist	Thursdays: - 11:00am-6:00pm
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