

Date & Day	12AM – 6AM	6AM – 12PM	12PM – 6PM	6PM – 12am
01/02/2026 Sunday	Tanveer	Jeet	Justin	Manjusha
02/02/2026 Monday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Aksa
03/02/2026 Tuesday	Justin Seethalakshmi	Manjusha Joshua	Aksa	Tanveer Tamana
04/02/2026 Wednesday	Manjusha Joshua	Aksa	Tanveer Tamana	Jeet Nikhitha
05/02/2026 Thursday	Aksa	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi
06/02/2026 Friday	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
07/02/2026 Saturday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Aksa
08/02/2026 Sunday	Seethalakshmi	Joshua	Aksa	Tamana
09/02/2026 Monday	Manjusha Joshua	Aksa	Tanveer Tamana	Jeet Nikhitha
10/02/2026 Tuesday	Aksa	Tanveer	Jeet Nikhitha	Justin Seethalakshmi
11/02/2026 Wednesday	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
12/02/2026 Thursday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Aksa
13/02/2026 Friday	Justin Seethalakshmi	Manjusha Joshua	Aksa	Tanveer Tamana
14/02/2026 Saturday	Manjusha Joshua	Aksa	Tanveer Tamana	Jeet Nikhitha
15/02/2026 Sunday	Aksa	Tanveer	Nikhitha	Justin
16/02/2026 Monday	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
17/02/2026 Tuesday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa
18/02/2026 Wednesday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamana
19/02/2026 Thursday	Manjusha Joshua	Papori Aksa	Tanveer Tamana	Jeet Nikhitha
20/02/2026 Friday	Papori Aksa	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi
21/02/2026 Saturday	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
22/02/2026 Sunday	Jeet	Seethalakshmi	Manjusha	Papori
23/02/2026 Monday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamana

24/02/2026 Tuesday	Manjusha Joshua	Papori Aksa	Tanveer Tamana	Jeet Nikhitha
25/02/2026 Wednesday	Papori Aksa	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi
26/02/2026 Thursday	Tanveer Tamana	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua
27/02/2026 Friday	Jeet Nikhitha	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa
28/02/2026 Saturday	Justin Seethalakshmi	Manjusha Joshua	Papori Aksa	Tanveer Tamana

Official Contact Numbers:

Joshua	9880004761
Manjusha	7022153232
Tamanna	6364469839
Tanveer	9035703872
Seethalakshmi	9880002971
Justin	8197693209
Aksa	7022173232
Papori	6366921322
Jeet Nath	9611248275
Nikhitha	7204256622

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: - 2:00pm-5:00pm Wednesday: - 2:00pm-5:00pm
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: 10:30am – 4:30pm
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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: - sancharim1@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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