

During the upcoming period a great deal of work is required of you, and sometimes this may become a little overwhelming. At times like this, talking to someone can go a long way in handling this pressure. The ANXIETY HELPLINE is there to give you this help.

If you are feeling alone or low, experiencing doubts or anxieties, or just need encouragement just call any of the people/numbers given below.

ANXIETY HELPLINE are a group of caring individuals who are there to listen to you, share your fears and problems, and help you in the best possible way.

Please also call any of the people/numbers given below if ANYONE YOU KNOW is sounding depressed, spending too much time alone, or acting in any way that causes you concern.

HELP is available at ALL TIMES of the DAY and NIGHT, both on the phone and in person.

You are NOT ALONE. There are people here who care and are there for you.

Just get in touch with any of the following:

Names and phone numbers

Name	Designation	Contact Details		
		Office	Mobile No	Email Id
Prof. P. Shunmugaraj	Dean of Students 'Affairs (DoSA)	7203	9450351937	dosa@iitk.ac.in
Prof. J. Ramkumar	Associate Dean of Students' Affairs (ADSA)	6451	9451220918	adsa@iitk.ac.in
Prof. K. Balani	Associate Dean of Hall Affairs (ADHA)	6452	9794017431	adha@iitk.ac.in
Prof. Nandini Neelakantan	Head, Counselling Service	7784	9450803910	head_cs@iitk.ac.in
Prof. Deepu Philip	Chairman, (Security) SAEC	7272	9532095064	
Ms. Rita Shukla	Counsellor	7784	9889420588	rita@iitk.ac.in
Mr. Shoukath Ali	Counsellor	7784	7275527821	shoukath@iitk.ac.in
Ms. Akansha Awasty	Counsellor	7784	8953183383	awasthya@iitk.ac.in
Mr. Pratyush Rai	President, Students' Gymkhana	7225	9151621308	presidentsg@iitk.ac.in
Mr. Ayushya Agrawal	Chairperson, Students' Senate	4808	9554555792	chair_ss@iitk.ac.in

Security control room: 7999, 7994, 7254 (Prefix 0512 259 or 0512 333 or 0512 334 if you want to call from cell phone).