

23/07/26

Cir No.: BVBMV/CIR/2026/521

Dear Parent & Students

Mental health concerns are increasing in school children due to combination of various factors like academic pressure, social challenges, Puberty changes , environmental stressors, digital overload etc leading to higher rates of anxiety, depression, and other mental health conditions. This increase has been observed globally, with studies showing significant prevalence of mental health issues among school-aged children and adolescents.

Therefore, we request you all to seek Counseling help from the School Counselor or meet the Class teacher/Subject Teachers/Vice Principal in case you face any form of bullying, academic pressure or Social Emotional Stress / anxiety due to any reason/ problem.

You can also share your grievances/complaints **through the School Complaint E-Mail ID complaints@bvbmehtavidyalaya.org or Contact the School Counselor , Dr. Jyoti Dev Rishi on 9350295519/ jyoti.dev.rishi@bvbmehtavidyalaya.org**

OR

Drop complaints/ grievances in the Complaint/ Suggestion Boxes put in the School Campus.

There are 3 boxes in the Campus -

- 1. Opp Vice Principal Office , First floor, Birla Sadan .**
- 2. Near Black Gate , Ground floor, Hathi Sadan.**
- 3 . Near Medical Room, Ground floor , Hathi Sadan.**

All the Complaints/ Suggestions will be kept confidential.

You can also note the following Helpline Numbers available for students :-

DCPCR Helpline – 9311551393

Child Helpline – 1098

Yuva Helpline – 10580/1800-11-6888

12/11/26
23/7/26
PRINCIPAL

Principal
Bharatiya Vidya Bhavan's
MEHTA VIDYALAYA
Kasturba Gandhii Marg, New Delhi