

Dear Parents and Students,

Maharshi Patanjali Vidya Mandir is committed towards Holistic Development of the students and Excellence in Education

During this period of national lockdown, we are positively engaging our students for their academic growth but it is equally important to take care of their psychological health by addressing various psycho-social concerns.

Therefore in order to help and counsel the students for developing a positive attitude to overcome the present challenges and to avoid any kind of stress or panic in the prevailing situation, we have decided to set up mental health Helplines which will be regularly monitored and managed by our School Counsellors and Senior Teachers.

Students should feel free to call the given Helpline Numbers if they need help in case of any kind of stress, helplessness, negativity or other issues.

Helpline 1: Dr. S. Dixit 9235717608

(Between 8 am to 10am)

Helpline 2 : Mrs.M.N.Arya 9793472163

(Between 3 pm to 5 pm)

****Helpline 3**

Mrs. R. Wallia: 8960903877**

(Between 2 pm to 4 pm)

Note: For prior appointment with the helpline Guide teachers, please contact the above numbers or drop a message on Monday, Wednesday or Saturday, between 10 am to 1pm.

Your call may be recorded for monitoring but it will be kept confidential.

The services will be off on Sunday.

Regards,

Principal

Maharshi Patanjali Vidya Mandir