



**INDIAN SCHOOL MUSCAT**  
**PO Box: 2470, Ruwi, P.C. 112**  
**Sultanate of Oman**



ISM/PRN/031/2021-22

16<sup>th</sup> May 2021

**CIRCULAR TO PARENTS OF THE SCHOOL (STD V to VIII)**

**How to Help Students from Screen Time**

Dear Student,

We are pleased to inform you that the counselling department will be conducting an online session on 'How to help students from screen time'. The session will impart information on effective utilization of online classes, points to deal with the fatigue arising out of excessive and Covid-19 pandemic-imposed screen time usage and tips to overcome addiction.

The sessions are scheduled on **Wednesday, 19<sup>th</sup> May 2021** and **Thursday, 20<sup>th</sup> May 2021** as follows.

<b>Class</b>	<b>Day, Date &amp; Timing</b>
<b>V</b>	<b>Wednesday, 19<sup>th</sup> May 2021, 6.00 p.m. to 7.00 p.m.</b>
<b>VI</b>	<b>Wednesday, 19<sup>th</sup> May 2021, 7.30 p.m. to 8.30 p.m.</b>
<b>VII</b>	<b>Thursday, 20<sup>th</sup> May 2021, 6.00 p.m. to 7.00 p.m.</b>
<b>VIII</b>	<b>Thursday, 20<sup>th</sup> May 2021, 7.30 p.m. to 8.30 p.m.</b>

The meeting link will be shared with you in your class groups on the day of the session. All students are requested to make use of this session to overcome any difficulties arising out of the excessive use of screen time.

With Best Wishes,



Dr Rajeev Kumar Chauhan  
Principal