



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



ISM/PRN/034/2021-22

17th May 2021

CIRCULAR TO PARENTS OF THE SCHOOL (KG to STD XII)
COUNSELLING & SPECIAL EDUCATION SERVICES AT ISM

Dear Parents,

Warm Greetings from Indian School Muscat!

The COVID-19 global pandemic has brought about many changes due to social isolation and adverse experiences; there could be concerns of stress, virtual fatigue, technology addiction, self-harm etc., among some students in the current situation. We understand that such crises will require coordinated efforts to assist students in not only getting back on track academically but also in helping them cope with the trauma. In the given scenario parenting has also become a challenge for many. The parents and students are welcomed and encouraged to approach the counsellors to better understand and deal with such issues.

Our counselling team is available to provide tips and techniques for healthy, happy living and requisite life style adaptations. You are welcome to consult the Counsellors to share and talk it out, discuss the child behaviour of concern, emotional and psychological well-being of your ward, and any other observations, experiences and concerns.

There are trained Counsellors and special educator available for counselling at Indian School Muscat. The counsellors of Indian School Muscat are providing online tele/video counselling. The counsellors will provide support to overcome the emotional issues and stress that is developed out of the current situation of COVID-19. The details of the tele-helplines are given below,

For Counselling Needs

Name	Helpline Number	Languages
Mr. Preshob Valapilakandy	+968-95819545	English, Hindi and Malayalam
Ms. Tanuja Sharma	+968-92641780	English and Hindi
Ms. Bincy M Ezahac	+968-97848955	English and Malayalam
Mrs. Nisha S Nair	+968-91253358	English, Hindi, Malayalam and Marathi

For Special Education Needs Only

Mr. Arun James	+968-91328616	English and Malayalam
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Please make use of the helplines and stay safe by following the Government instructions. We are there with you.

The parents and the students can also avail the round-the-clock, 24/7 tele-counselling service at **90990444** run by the Counsellors from Indian schools in Oman under the aegis of Board of Directors for the Indian schools in the Sultanate of Oman.

With Best Wishes,



Dr Rajeev Kumar Chauhan
Principal