



# المدرسة الهندية مسقط

## INDIAN SCHOOL MUSCAT

(Affiliated to the Central Board of Secondary Education, New Delhi. Affiliation No. 6130001)

ص.ب: ٢٤٧٠, روي, الرمز البريدي: ١١٢, سلطنة عمان, هاتف: ٢٤٧٨٤٠٩٧, ٢٤٧٨٤٠٦٩, ٢٤٧٨٤٠٥٥, ٢٤٧٠٢٥٦٧, فاكس: ٢٤٧٩٤٩١٩  
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### CIRCULAR FOR PARENTS OF CLASS XII WELLNESS CONVERSATION PROGRAMME FOR STUDENTS OF CLASS XII

Dear Parents/Guardians,  
Greetings from Indian School Muscat!

As Class XII students prepare for their CBSE Board Examinations and post-school transitions, the school counselling team will conduct a **Wellness Conversation programme** for Class XII students from **6<sup>th</sup> April 2026**, during school hours.

This programme includes a brief, structured interaction and questionnaire focused on the following objectives:

1. **To understand students' emotional well-being, stress management, and exam readiness**, enabling the counselling team to provide timely support during this demanding academic phase.
2. **To provide guidance related to higher education and career pathways**, including college applications, entrance examinations, and future planning, based on students' interests, aptitudes, and goals.

Your child may be called out of class for a brief period, in a scheduled slot, to complete this questionnaire under the supervision of a qualified counsellor. Please be assured that all interactions will be conducted with **confidentiality, care, and sensitivity**.

We value your partnership in supporting students as they transition from school to higher education and appreciate your continued trust in the school counselling programme.

Kind regards,

Rakesh Joshi  
Principal

