



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



ISM/PRN/240/2021-22

March 08, 2022

**CIRCULAR TO PARENTS & STUDENTS OF CLASSES VI TO XII**  
**MENTAL HEALTH AND WELL-BEING SURVEY**

Dear Parents and Students,

Warm greetings from Indian School Muscat!

The National Education Policy, 2020 has highlighted mental health as one of the prime concerns to be addressed for children's optimal development and learning. The unprecedented circumstances following the COVID-19 pandemic including the closure of schools, new system of online classes, uncertainties about examinations and future career, restrictions on outdoor activities due to lockdown etc. have led to stress and anxiety among many students, calling for empathetic handling through psychosocial support.

The Ministry of Education (MoE) of India has undertaken 'MANODARPAN' initiative, covering a wide range of activities to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the COVID-19 outbreak and beyond. Amongst various activities which are being undertaken under the Manodarpan initiative, a Mental Health and Well-being survey is being taken up for students of classes VI to XII across different regions of the country.

The survey is being conducted using Google Form available at the following link:

<https://forms.gle/uG9mzbTSoDS335Uy6>

Information/ responses are to be filled in the Google Form by the students. Students are requested to submit the duly filled-in forms not later than 10<sup>th</sup> March, 2022 positively. We seek the cooperation from the parents in this regard.

With Warm Regards

Dr Rajeev Kumar Chauhan  
Principal

