



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, ٢٤٧٨٤٠٩٩, ٢٤٧٨٤٠٥٥, ٢٤٧٠٢٥٦٧, فاكس: ٢٤٧٩٤٩١٩
P.O. Box: 2470, Ruwi, Postal Code: 112, Sultanate of Oman - Tel.: 24784097, 24784069, 24784055, 24702567
Email: info@ismoman.com Website: www.ismoman.com



ISM/PRN/306/2025-26

March 11, 2026

ISM – TOGETHER WITH YOU

Counselling & Academic Support for Grade XII Students & Parents – CBSE

Examination Postponement

“Every challenge carries within it the seed of growth. When we pause, breathe, and reach out for support, we find our strength.”

A Message of Care

The postponement of the Class XII CBSE Examinations may have brought moments of worry or confusion. Please know that **you are not alone**. As a school community, we remain committed to supporting you with care, clarity, and steady emotional support.

The **Indian Embassy of Oman, the Board of Directors, and our school** are working closely with CBSE to ensure timely, accurate updates for our students and parents.

24/7 Counselling Support

In addition to the existing **BOD 24/7 Counselling Helpline (90990444)**, we are now introducing our **exclusive ISM helpline**:

“ISM CareConnect”

24/7 Counselling & Emotional First Aid: +968 92012969

This dedicated line ensures immediate emotional support for our students and parents, day or night, upon verification of the GR Number.

What we intend?

- Managing exam stress and emotional overwhelm
- Maintaining focus, routine, and balanced study plans
- Building confidence and coping strategies
- Guidance on career decisions and future pathways

Source:

- **Through 24/7 helpline and individual counselling**

What we support?

Guiding parents in:

- Understanding children’s emotional needs
- Supporting children without adding pressure
- Maintaining calm routines and communication
- Recognising early signs of stress or behavioural changes

Source:

- **Through 24/7 helpline and in- person meetings**





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What we engage?

- Remedial classes and small-group revision
- Special help sessions beyond school hours
- Doubt-clearing and personalised teacher guidance
- Teacher-led study planning for exam readiness

Source:

- **Class Teachers and school administration.**
- Detailed information regarding the same will be shared soon.

Counselling Team – Availability & Contact (Other than 24/7 helpline)

Name	Availability	Contact
Ms. Nisha Nair (HOD)	Morning 7.00 am- 2.00 pm Evening 5.00 pm- 7.00 pm	+968 91253358
Ms. Richu Elin Abraham		+968 94909056
Ms. Meena Joshi		+968 95145571
Ms. Bincy M Ezahac		+968 97848955
Ms. Sreedevi R S		+968 97307606

We are here for you—**warmly and wholeheartedly**. Please contact without hesitation. Together, we will move through these times with **clarity, courage, and hope**.

Kind regards,

Rakesh Joshi
Principal

