



IIS/CIR/117/2022-2023
06/02/2023

Dear Parents,

“Greetings from IIS Family”

“A healthy Mind and healthy body is a route to success in life”

For the first time after COVID, CBSE Class X and XII Annual examinations will be conducted in regular physical mode. The students will appear in the written examination after a gap of nearly two years. There is a chance that students may face different emotional difficulties which include exam anxiety, sleeplessness, stress etc. during the exam time. To provide psychological support and solutions, the Department of Counselling and SOD of International Indian School will be available for telephonic counselling to students.

For availing the services, the parents and students need to strictly adhere to the below timeline:

➤ Tele counseling

Date	Day	Timing
6th – 18th February 2023	Monday to Saturday	09:30 am to 05:30 pm

➤ One to one sessions

Date	Day	Timing
6th – 18th February 2023	Monday to Thursday	7.30 am to 2.00 pm
	Friday	7.30 am to 10.30 am

Kindly refer **Annexure A** for SOD Department details

Stay Safe & Healthy!

PRINCIPAL
Ms. Qurat Ul Ain

Annexure A

Contact Person	Designation	Contact Number	Available room at school
Ms. Sruthi KV	School Psychologist	+971501169171	Girl section Counsellor room
Mr. Shamjith K	School Psychologist	+971566544280	Boys section counsellor room
Ms. Mary Samna	Social worker	+971505742741	Social worker room (Near to Girls clinic)
Ms. Abinaya Loganathan	Special Educator	+971562776237	SOD resource room (Boys section)



Tele Counseling One On One Session

Grade X & XII

8th - 16th Feb 2023

- Confidence
- Focus
- Confusion
- Exam Stress
- Anxiety
- Time Management



Led by
Department of Counseling & SOD