



KOTHARI INTERNATIONAL SCHOOL

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IB School Code - 063413 | Cambridge Reg. No. - IN427



KIS/CAM/IB/JULY/2025-26/011

11 July 2025

GRADES LS1-LS3

Pause & Pilot: Navigating Emotions with Intention Session

Dear Students & Parents,

Namaskar!

We would like to inform you that **Kothari International School (IB & Cambridge)** is hosting an enriching *Pause & Pilot: Navigating Emotions with Intention* session for our students of **Grades LS1-LS-3**. The resource person for this session is Ms. Vanya Chadha, our Faculty of Psychology & School Counsellor (IB & Cambridge).

This session is a powerful starting point for guiding young learners toward lifelong emotional competence, in turn helping them understand their feelings, cope intentionally and engage more meaningfully with themselves as well as their peers.

The details of the session are as follows:

Day & Date: Monday, 14 July, 2025

Time: 8:00am-9:00am

Let's encourage the students to make the most of this magnificent opportunity!

Warm regards

Mrs. Tejinder Kaur
Head of School (IB & Cambridge)
Kothari International School

