



KOTHARI INTERNATIONAL SCHOOL

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



KIS/CAM/IB/JULY/2025-26/019

29 July 2025

GRADES AS, A Level & IBDP-1

Mind Matters: A Faculty-led Masterclass on Mental Health

Dear Students & Parents,

Namaskar!

We would like to inform you that Kothari International School (Cambridge & IB) is hosting an insightful *Faculty Led Mental health Masterclass on Mental Health* for our students of *Grades AS, A Level & IBDP-1* in collaboration with *FLAME University*. The resource person for this session is *Prof. Moitrayee Das*, an Assistant Professor of Psychology at *FLAME University*, Pune.

This faculty-led masterclass serves as a powerful starting point in guiding young learners toward lasting emotional wellness. By equipping students with both awareness and practical tools to manage stress and emotional challenges, the session fosters stronger self-awareness, improved resilience and healthier coping strategies.

The details of the session are as follows:

Date: 1 August, 2025

Time: 1:20pm-2:20pm

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

