

## KOTHARI INTERNATIONAL SCHOOL

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KIS/CAM/IB/JULY/2025-26/015

18 July 2025

## Self-compassion Training Program Grades IGCSE-1 & AS Level

Dear Students & Parents,

## Namaskar!

We would like to inform you that as part of our ongoing health and wellness initiative, Kothari International School (IB & Cambridge) is hosting an enriching Self-compassion Training Program for our students of Grades IGCSE-1 & AS Level. The resource person for this training program is Ms. Ekta Chopra, PhD scholar in the Department of Psychology at the University of Delhi, specializing in self-compassion, education, health and resilience among adolescents. She is a trained practitioner in Self- Compassion and Interventions by Centre for Mindful Self-Compassion, USA and Mind Lab, IIT Delhi.

This eight-week training program will be conducted during their Profile building sessions and is a powerful starting point for empowering young minds to build emotional regulation skills and psychological resilience. Ultimately, fostering self-compassion not only supports academic success, but also enhances overall mental health and lifelong emotional balance.

The schedule for this Self-compassion Training program is shared below for your reference:

| WEEK/DATE  | GRADE     | TIME OF SESSION                         |
|------------|-----------|---|
| WEEK 1     | IGCSE-1   | 11:30am-12:15pm                         |
| 21.07.2025 | AS LEVEL  | 1:40pm-2:15pm                           |
| 21.07.2023 |           | ž i i i i i i i i i i i i i i i i i i i |
| WEEK 2     | IGCSE-1   | 11:30am-12:15pm                         |
| 28.07.2025 | AS LEVEL  | 1:40pm-2:15pm                           |
| 28.07.2025 |           | *                                       |
| WEEK 3     | IGCSE-1   | 11:30am-12:15pm                         |
| 4.08.2025  | AS LEVEL  | 1:40pm-2:15pm                           |
| 4.06.2023  |           |   |
| WEEK 4     | IGCSE-1   | 11:30am-12:15pm                         |
| 11.08.2025 | AS LEVEL  | 1:40pm-2:15pm                           |
| 11.06.2023 | , 10 22 1 |   |
| WEEK 5     | IGCSE-1   | 11:30am-12:15pm                         |
| 18.08.2025 | AS LEVEL  | 1:40pm-2:15pm                           |
| 10.00.2023 | 1.5       |   |
| WEEK 6     | IGCSE-1   | 11:30am-12:15pm                         |
| 25.08.2025 | AS LEVEL  | 1:40pm-2:15pm                           |
| 23.08.2023 |           |   |
| WEEK 7     | IGCSE-1   | -11:30am-12:15pm                        |
| 1.09.2025  | AS LEVEL  | 1:40pm-2:15pm                           |
| 1.07.4043  |           |   |
| WEEK 8     | IGCSE-1   | 11:30am-12:15pm                         |
|            | AS LEVEL  | 1:40pm-2:15pm                           |
| 8.09.2025  | AS DE TEE |   |

Warm regards

ejinder Kaur Head of School (IB & Cambridge Kothari International School