



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 21.07.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 2 28.07.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 3 4.08.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 4 11.08.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 5 18.08.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 6 25.08.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 7 1.09.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm
WEEK 8 8.09.2025	IGCSE-1 AS LEVEL	11:30am-12:15pm 1:40pm-2:15pm

Warm regards



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

