



KOTHARI INTERNATIONAL SCHOOL, NOIDA
LEARNING TOGETHER CELL
SESSION- 2026-2027
MONTH- JUNE

Mentioned below are the workshops/seminars/webinars conducted in the month of June:

S. No	SEMINARS/ WEBINARS / WORKSHOPS	DATE	DESCRIPTION	LEARNING OUTCOMES	Picture
1	Wellness Through Yoga Ms. Yukti Bhatia	June 30th, 2026	The session aimed to promote physical well-being, mental relaxation, and mindfulness, helping teachers rejuvenate and prepare for the new academic session with renewed energy. Through guided yoga postures, breathing exercises, and meditation, participants experienced a refreshing and calming start to the day.	- Improved physical flexibility and overall well-being. - Enhanced mindfulness, focus, and emotional balance. - Learned simple stress-management and relaxation techniques.	