



# KOTHARI INTERNATIONAL SCHOOL

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Cambridge Assessment  
International Education



KIS/CAM/OCT/2023-24/019

11.10.2023

## Grade LS 2 & LS3

Dear Student and Parents,  
Namaskar!

As a part of **KIS Health and Wellness Program**, we are excited to announce a special **Body Image and Self Workshop** scheduled for the students of **Grades LS 2 and LS 3** in collaboration with **Fortis Mental Health Department**.

Body image refers to the perception and evaluation individuals have of their own bodies. This session would facilitate the students to develop an understanding the impact of body positivity on enriching their well-being

### Session Details:

**Date:** October 12th, 2023

**Day:** Thursday

**Time:** 1:30 - 2:15PM

**Location:** AV Hall 1

Together, let's take a step towards a healthier and happier future. We look forward to seeing your child on **Thursday, October 12<sup>th</sup> 2023**, as we come together to raise awareness about body image & self and its impact on your mental health.

Please feel free to reach out, in case of any queries.

Thank you for your support and cooperation.

Warm regards



Mrs. Tejinder Kaur  
Head Cambridge

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