



# GOVERNMENT COLLEGE OF EDUCATION

Institute of Advanced Studies in Education

CLUSTER UNIVERSITY, SRINAGAR

Maulana Azad Road Srinagar (J&K)

(NAAC RE-ACCREDITED GRADE "A" (CGPA 3.24))

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## REPORT ON INAUGURATION OF "SAMATVAM: THE INTEGRATED WELLNESS INITIATIVE"

Venue: Multipurpose Hall, Government College of Education (IASE), Srinagar  
Organizing Body: Committee for Wellness and Student Counseling (CWASC)  
Presided By: Prof. Dr. Seema Naz, Principal, GCOE, Srinagar

On April 13, 2026, the Government College of Education (IASE), Srinagar, formally inaugurated "Samatvam: The Integrated Wellness Initiative." Orchestrated by the Committee for Wellness and Student Counselling (CWASC), this initiative aims to institutionalize yoga, mindfulness, and mental health practices to foster a balanced, resilient academic environment for students and faculty. The inauguration ceremony was held in the College Multipurpose Hall. The proceedings commenced with a formal address by the **Principal, Prof. (Dr.) Seema Naz**, who underscored that physical and mental equanimity serves as the cornerstone for effective pedagogy and academic resilience. **Prof. Lateef Ahmad Shah, the event coordinator**, provided a comprehensive briefing on the initiative's vision and the integration of wellness into the teacher-education curriculum. This was followed by a technical briefing from the Lead Resource Person, **Dr. Mohd Jamal (Department of Ayush, Srinagar)**, who elucidated the physiological and psychological benefits of the proposed wellness protocols. Additionally, **Mr. Mohammad Younis (Yoga Instructor)** addressed the participants, highlighting the transformative role of yoga and mindfulness in fostering emotional regulation and serving as a proactive, evidence-based intervention in curbing substance abuse. Following these addresses, a practical session was conducted wherein all participants actively engaged in the practice of various yoga asanas under the guidance of the expert team. The training will be facilitated by a team of experts from the Department of Ayush, Srinagar:

Lead Resource Person: Dr. Mohd Jamal, Yoga Instructors: Mohammad Younis, Zahid Nazir, Momin Fayaz, Mahak Jan, and Amandeep Kour.

The CWASC outlined the operational framework, which encompasses:

Structured Practice: Daily breath-work and posture sessions optimized for classroom efficiency.

Theoretical Integration: Workshops focusing on the psychological foundations of yoga.

Digital Detox Protocols: Designated "device-free" intervals within the Multipurpose Hall to facilitate mental restoration.

### Strategic Objectives

Holistic Development: Extending beyond traditional pedagogy to nurture the socio-emotional and physical well-being of the student body.

Academic Stress Management: Implementing evidence-based interventions to mitigate examination anxiety and enhance cognitive focus.

Professional Modelling: Preparing future educators to model healthy lifestyle habits as a core competency for their future careers.

Inclusivity: Ensuring all wellness activities are adaptable to the diverse physical and accessibility needs of the student population. At the end, vote of thanks to all the participants and guests was presented by Prof. Lateef Ahmad Shah, Coordinator of the event. The proceedings of the event were recorded by Mr. Mohd. Ishaq Dar, Member CWASC.

Sd/-

**Prof. Lateef Ahmad Shah**  
Coordinator

Sd/-

**Principal**

# PHOTOGRAPHS

