

DIET Kargil Successfully Concludes 8-Day Workshop on Social, Emotional, and Ethical (SEE) Learning

Kargil, February 10, 2026 – The District Institute of Education and Training (DIET) Kargil has successfully concluded an intensive 8-day workshop on Social, Emotional, and Ethical (SEE) Learning. The workshop conducted in two phases as a part of its winter training initiatives, was designed to equip educators with the tools to foster compassion, emotional resilience, and ethical awareness in the modern classroom.

The SEE Learning curriculum, an evidence-based approach to holistic education, aims to cultivate compassionate individuals and resilient school communities. By focusing on empathy, compassion perspective-taking, and self-efficacy, the sessions empowered teachers to manage classroom dynamics more effectively and promote ethical decision-making among learners.

The Workshop was arranged for educators into two phases. The first phase, conducted from February 2 to 5, 2026, focused on orienting 45 elementary and middle-level teachers toward foundational SEE Learning competencies. This was immediately followed by a second phase from February 6 to 10, 2026, which expanded the program's reach to 90 participants. This group included 10 Heads of Institutions (HOIs) and 80 teachers primarily from PM Shri Schools, utilizing dual sessions to ensure comprehensive engagement across the district's leadership and teaching staff.

Throughout the sessions the content was delivered through a blend of reflective activities, group discussions, and hands-on exercises. The core modules centered on four critical pillars: Self-Awareness, which emphasizes understanding one's own emotions and thoughts; Compassion, focused on cultivating empathy for oneself and others; Systems Thinking, to help educators recognize the complex interdependence within their communities; and Ethical Engagement, providing the practical tools necessary to translate ethical awareness into meaningful action within the classroom environment.

Feedback from participants highlighted the transformative impact of the sessions. Teacher Skarma Jungley, "This workshop opened my eyes to the power of compassion in the classroom. The reflective practices helped me understand how to support my students emotional needs, making teaching more fulfilling and effective." Another participant, Zakir Hussain, added, "The SEE Learning components are very crucial for us and if practiced it will equip me to handle classroom conflicts with empathy, and feel more confident in fostering a positive learning environment."

Workshop Coordinator Dr. Willayat Ali expressed enthusiasm about the programs outcomes, stating, "The SEE Learning workshop will result in building a cadre of compassionate educators. Integrating SEE Learning skills will lay the foundation for sustainable educational improvements across the Kargil district."

Principal SD Namgyal reflected on the initiative, saying, "In today's fast-paced world, SEE Learning is vital for nurturing not just academic excellence but also emotional and ethical growth. This workshop aligns perfectly with our winter training goals, empowering teachers to create compassionate classrooms that benefit our students and community at large."

The program concluded with a valedictory session where participants received certificates of completion, recognizing their engagement and commitment to SEE Learning principles. DIET Kargil remains dedicated to ongoing professional development for educators in the region.



