



Shri Lal Bahadur Shastri National Sanskrit University Malaviya Mission Teacher Training Centre

UGC, Ministry of Education, Government of India

Two Weeks Online National Multidisciplinary Refresher Course Indian Knowledge System & Human Wellness

From 12th to 28th February, 2025

MODE: ONLINE

Online Platform Google Meet

About

Malaviya Mission Teacher Training Centre (MMTTC) of Shri Lal Bahadur Shastri National Sanskrit University (Central University), New Delhi under **UGC, Ministry of Education, Govt. of India** (formerly Teaching Learning Centre (TLC) under Pandit Madan Mohan Malaviya National Mission on Teachers & Teaching (PMMMNTT) scheme) was inaugurated by **Hon'ble Chairman of UGC Prof. M. Jagdesh Kumar**. The vision of this centre is to develop skills & competencies in the higher education faculty members for better teaching, learning and research in line with NEP 2020. This Centre as TLC has successfully organized **60 programmes** in the form of workshops, seminars, conferences & training programmes and **04** one month mandatory **Faculty Induction Programme (FIP)** for newly inducted Higher Education Faculty from which more than 7000 participants were benefitted. The Centre had also conducted **03 Annual Refresher Programme In Teaching (ARPIT)** courses through SWAYAM in Sanskrit discipline and had also published **02 handbooks** for teaching Sanskrit **one at upper primary level and other at secondary level**. This Centre since its inception in the year 2023 has successfully organized **25 programmes** viz. 04 One Week Faculty Development Programme (03 in online and 01 in offline mode), 01 One Month Mandatory Faculty Induction Programme (online mode), 02 Two Weeks Refresher Course (online mode) and **18** Eight Days NEP Orientation & Sensitization programmes till now.

Backdrop

We all know that Indian Knowledge System has a rich & vast roots grounded in our culture & traditional practices. It includes knowledge from various domains & disciplines such as Philosophy, Physical & Social Sciences, Mathematics, Medicine, Languages, Astronomy, Language, Literature, Spirituality, Wellness, Environment etc. This knowledge also contributes significantly to human wellbeing & mental health which are the prime concern at both national & international levels. The concept of human wellbeing in Indian Knowledge System is holistic in nature and emphasizes balance, harmony & interconnectedness of Body, Mind & Spirit along with natural remedies, lifestyle balance and personalized treatments. This knowledge influences not only the preventative health & lifestyle but also the practices related to healthy diet and physical, mental, emotional & spiritual health. Thus, it becomes pertinent to have understanding of wellbeing approaches & practices for living healthy & happy life. In this backdrop, two weeks multidisciplinary Refresher Course is being organized with an intent to understand & apply concepts, approaches & practices related to human wellness in light of Indian Knowledge System.

Objectives

The objectives of this programme are:

- To acquaint with various aspects of human wellness and Indian Knowledge System.
- To provide conceptual understanding of the various aspects of human wellness in context of Indian Knowledge System.
- To give insight into the various wellbeing approaches & practices as rooted in Indian Knowledge System viz. Yoga, Ayurveda, Naturopathy, etc.
- To use & apply various wellness practices in day-today life.

Target Group

- Higher Education faculty members of all disciplines working in universities and colleges (from Assistant Professor to Professors, lecturers etc.)

Registration

There will be **no registration fee** for this programme. The intake capacity of this programme is **100** and registration will be accepted on **first come & first serve basis**.

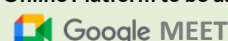
The interested participants can register online through the link

<https://bit.ly/2025RC05>

latest by 11th February, 2025.

IMPORTANT

Online Platform to be used:



- ✓ Online Registration is mandatory for participation.
- ✓ Please provide your valid email address and WhatsApp mobile number in the registration form as all the communication related to the programme will be done through them.
- ✓ e-certificate (attendance & presentation-based performance) will be awarded in the programme.
- ✓ **As per UGC Regulations 2018 e-certificate of this programme will be valid for Career Advancement Scheme (CAS) (Item no. 18.0 (ix)).**
- ✓ **The regular teachers from Colleges/Universities participating in this programme will be treated as "ON DUTY".**



Prerequisites for Active participation: -

- Laptop/ Desktop with Camera and Microphone/Smartphone**
- Good internet connectivity with at least 3GB data per day during the programme.**

Programme Timings

10.30AM - 01.45PM

02.30PM - 05.30PM

Patron

Prof. Murlimanohar Pathak

Vice Chancellor,
SLBSNSU, N. Delhi

Programme Coordinator

Prof. Amita Pandey Bhardwaj
Director, MMTTC

Co-coordinators

Dr. Pinki Malik
Dr. Parmesh Sharma

Facilitators

Sh. Surender Nagar
Sh. Gyan Chand Sharma
Smt. Sushma Demla
Sh. Akshat Dabral
Sh. Sachin Kumar

Organized by:

Malaviya Mission Teacher Training Centre (MMTTC)

University Grants Commission, Ministry of Education, Government of India

Shri Lal Bahadur Shastri National Sanskrit University

(Central University), B-4 Qutub Institutional Area, New Delhi-16

For further queries-

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