



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

UGC, Ministry of Education, Government of India

## Two Weeks Residential Multidisciplinary Refresher Course Indian Knowledge System & Human Wellness

From 10<sup>th</sup> to 22<sup>nd</sup> February, 2025

**Venue:** Room No. 216, MMTTC, 2<sup>nd</sup> Floor, Swarna Jayanti Sadan

### 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 (PMMMMNTT) scheme) was inaugurated by **Hon'ble Chairman of UGC Prof. M. Jagdish 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, 2 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 a **registration fee** of ₹500/- (**non-refundable**) for this programme which needs to be paid on **UPI id: 8287380767@pthdfc**. The intake capacity of this programme is **50** and registration will be accepted on **first come & first serve basis**. The interested participants may fill up the registration form by using Google Form link

<https://bit.ly/2025RC-FEB>

**latest by 02<sup>nd</sup> Feb., 2025.**

- NOC duly signed & stamped by the Head of the Department/Institute needs to be uploaded in Google Form.  
Please bring original NOC and submit positively during the programme.
- **Lunch & Tea will be provided during the programme.**
- **No TA/DA** will be given to participants.
- **Accommodation will be arranged on prior intimation & its expenditure will be borne by the**

## ⚠ IMPORTANT

- ✓ **Online Registration** is mandatory for participation.
- ✓ Please provide your valid **email address & WhatsApp** number in the registration form.
- ✓ **Certificate** (based on performance) will be awarded in the programme.
- ✓ **Certificate of this Refresher Course will be valid for Career Advancement Scheme (CAS)** as per UGC Regulations 2018 (Item no. 18.0 (ix)).
- ✓ The regular teachers from Colleges/Universities participating in this programme will be treated as "**ON DUTY**".

### Programme Timings

10.00 AM – 1:15 PM

02.00 PM - 05.00 PM

## 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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