



Prof. Nazir Ahmed Nazir  
Director

## Short-Term Programme on Mental Wellness, Personal Growth and Life Skills (Interdisciplinary) (ONLINE)

UGC-Malaviya Mission Teacher Training Centre, University of Kashmir

is conducting Short-Term Programme on Mental Wellness, Personal Growth and Life Skill from 18<sup>th</sup> to 23<sup>rd</sup> May, 2026 in **ONLINE MODE**.

Faculty Members from Higher Education Institutions (HEIs), including Universities, Colleges, NITs, IITs and Agricultural Universities are eligible to participate in this programme. Interested Faculty is requested to register as under:

1. Register at <https://mmc.ugc.ac.in>
2. Click Login, if already registered
3. Open Dashboard and then Click on the tab> (Apply for Guru Dakshata(FIP),Refresher Course & Short Term Programme/FDP)
4. Click on Programme drop-down menu and select > Short-Term Programme on Mental Wellness, Personal Growth and Life Skills (Interdisciplinary)
5. Click on Centre Name and Select> University of Kashmir.
6. Download the sample of Nomination Format.
7. Fill in Application Form and submit.

### There is No Registration Fee for this Programme

- Admission will be on first-come-first-serve basis.
- Last date for submission of online application form is **15-05-2026**
- For any query/assistance please feel free to contact & Dr. Mohammad Ibrahim Wani (9987510323) & Rouf Ahmad Kawa 9018384876

Course Coordinator  
Dr. Aasia Maqbool  
Mob: 9797275989

**NOTE:** The programme will be conducted subject to receiving the minimum required number of participant applications

