

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 Skills from 27th November to 03th December, 2025 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. [Click here to download a sample nomination letter 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 **25-11-2025**
- For any query/assistance please feel free to contact Dr. Mohammad Ibrahim Wani (9987510323) & Rouf Ahmad Kawa 9018384876

Course Coordinator
Prof. Shawkat Ahmad Shah
Mob: 7006438479

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