



UNIVERSITY OF RAJASTHAN, JAIPUR



UGC- MALVIYA MISSION TEACHER TRAINING CENTRE(MMTTC)

(Former named HRDC)

Patron

**Prof. Alpina Kateja
Vice Chancellor**

**Prof. Rashmi Jain
Director**

**Dr. Chandrani Sen
Deputy Director**

**Refresher Course in
Essentials for Balancing Life: Strategies for Healthy Mindsets (Online)
(11.12.2023 to 23.12.2023)**

Kindly read the instructions before filling the registration form:

All Subjects' Faculty Members can apply.

1. For online registration applicants will have to fill the Google Form available on the provided link:

REGISTER NOW

<https://forms.gle/tTosFwzHYMZ1L7oH6>

2. Candidates also need to download the Application Form from UGC-HRDC website on the link (available in the Google Form of registration) provided for this course and upload the hand filled scanned copy of form duly signed by the forwarding authority.

3. Please ensure that completion of Faculty Induction Programme / Orientation Programme is a prerequisite for Refresher Course and there should be one year gap between two Programmes.

4. All Rajasthan Government College Teachers must apply by filling the Google Form and at the same time must intimate Directorate College Education.

5. The registration link will close on 04.12.2023.

6. Intimation of selection to the Participants shall be given through e-mail.

7. The list of selected candidates for this online course will be uploaded on website on 05.12.2023.

8. Selected candidates are required to send Relieving Order from the concerned authority at the time of joining the online course on the given mail id: hduorcentre@gmail.com

9. Candidates are requested to pay a non-refundable Fee Rs. 1100/- (Registration Fee of Rs. 1000 and HRDC Guest House Development Fee of Rs. 100/-) Name of Account Holder: Director, UGC HRDC, University of Rajasthan, Jaipur (A/C No.: 674701200402 , IFSC Code: ICIC0006747).

10. Requirements for the course: Desktop / Laptop with good Internet speed and necessary data pack & functional webcam, microphone, and headphones are compulsory.

Thematics include-

- Practicing Mindfulness
- Technologies for Unplugging
- Nutrition: Defence against Stress
- Sleep cycles and rewiring
- Tapping creativity and innovation
- Social connectedness: Investing in relationships
- Spirituality for self enhancement
- Building better Mental Health
- Symbolic interactionism for wellbeing
- Art of saying 'NO'
- Handling social media
- Understanding Mind-body connectedness
- Cognitive dimensions of healthy mindset
- Cultivating Resilience: embracing challenges and failures
- Sustaining Success: Strategies for growth and adaptation
- The interconnectedness of Fitness, productivity, and happiness

Organising Team

Course Coordinators

Prof. Sushila Pareek
Dr. Chandrani Sen

Course Co-coordinators

Dr. Meena Rani
Dr. Ragini Ranawat
Dr. Preeti Sharma
Dr. Himanshi Rastogi

For more information



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