



UGC-MMTTC
MALAVIYA MISSION
TEACHER TRAINING CENTRE
S.G.T.B. KHALSA COLLEGE,
UNIVERSITY OF DELHI

In collaboration with
Indraprastha College for Women
University of Delhi
and
Rekhi Foundation for Happiness

**ONE-WEEK MULTIDISCIPLINARY
FACULTY DEVELOPMENT PROGRAMME (FDP)
(IN ONLINE MODE)**

Education for Well-Being: Science of Happiness
14-19 July 2025

As per CAS of UGC for Regularisation/Promotions and NAAC



10.00 AM to 5.00 PM on 6 Days (36 Hours)

**NO
REGISTRATION
CHARGES.
LIMITED
SEATS ONLY !!**



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EDUCATION FOR WELL-BEING: SCIENCE OF HAPPINESS
14-19 July 2025

Executive Team @ UGC-MMTTC, SGTB Khalsa College, University of Delhi

PATRON



**PADAM BHUSHAN
SARDAR TARLOCHAN SINGH**
CHAIRMAN, GOVERNING BODY
SGTB KHALSA, DU

EXECUTIVE HEADS



PROF. GURMOHINDER SINGH
PRINCIPAL
SGTB KHALSA, DU



PROF. VIMAL RARH
DIRECTOR, UGC-MMTTC
PROFESSOR, DEPT. OF CHEMISTRY
SGTB KHALSA COLLEGE, DU

ABOUT UGC-MALAVIYA MISSION TEACHER TRAINING CENTRE (UGC-MMTTC)

GAD-MMTTC is a leading Centre of Ministry of Education, Govt. of India. Formerly known as GAD-TLC, it has trained more than 1,15,000 teachers through various training programmes since 2016. It has the mandate to train 15 lakh Higher Education Teachers for the NEP Sensitisation and Orientation Programme along with FIP, FDP and Refresher Courses which are recognised for CAS and NAAC. The Core Team of GAD-TLC has an expertise of developing e-content for 89 courses in ePGPathsala Project and more than 50 MOOCs in Four Quadrant Format for SWAYAM platform of Govt. of India and the e-content produced by GAD-TLC has been rated as one of the best in quality at the National Level.

IMPORTANT: This is a collaborative Program where No fund is being utilised from the Grant from UGC under MMTPP Programme. The collaborating institution/organisation has to bear all the charges for the conduct of the FDP without charging any participant.



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PATRON



Prof. Poonam Kumria
Principal
Indraprastha College for
Women, DU

THEME MENTOR



Dr. Satinder Singh Rekhi
Founder
Rekhi Foundation for
Happiness

CO-COORDINATORS



**Dr. Meenakshi
Verma**
Indraprastha
College for
Women, DU



**Ms. Simran
Bodh**
Indraprastha
College for
Women, DU

ABOUT INDRAPRASTHA COLLEGE FOR WOMEN, UNIVERSITY OF DELHI

Indraprastha College for Women (estd. 1924) is a constituent college of the University of Delhi and its oldest women's college. The College offers a wide range of courses, promoting interdisciplinary studies. It was accredited with Grade 'A+' and has an active Internal Quality Assurance Cell (IQAC).

The College Student Services include a vigorous Diversity Integration Program. The College has created Nine Research and Learning Resource Centres, one of which is the Happiness Research Centre, inaugurated in 2024. The College endeavors to nurture confident and responsible citizens who will uphold the values enshrined in its motto, "Truth, Love, Knowledge, Service".

ABOUT REKHI FOUNDATION FOR HAPPINESS

The Rekhi Foundation for Happiness was started by Dr. S.S. Rekhi and his wife Harpreet Rekhi in 2016 with the first happiness center being established at IIT Kharagpur. At Rekhi Foundation, the core belief that happiness is a skill that can be learned and cultivated. Each centre offers multiple courses, as well as, training programs and research.



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THEMES OF FDP

Happiness
Beyond Emotion:
Cultivating
Psychological
Flexibility

Power of the
Mindset

From
Achievement to
Alignment:
Designing a
Purposeful Life

Workplace
Happiness:
Human resources
and relations

Teaching from the
Inside Out: The
Inner Work of
Happy Educators

Who is running
your life:
You or your
monkey brain?

Mindfulness: In
pursuit of
happiness

Introduction to
Mind lab: A
neuroscientific
perspective

Digital well-being:
A detox

ELIGIBILITY for FDP:

- All Subject Teachers (Permanent/ Temporary/ Ad-hoc/ Contractual/ Guest from University/College) but must be presently in service.
- Faculty members working in Universities and Colleges that are included under Section 2(f) of the UGC Act
- The Teachers of Colleges that do not yet come within the purview of Section 2(f), but have been affiliated to a University for at least three years, will be permitted to participate in the courses.

APPLICATION FORM CUM NOC

(*Please read the TERMS AND CONDITIONS as given in Poster of the Programme, before filling the application form)

Type of Programme/Course (FIP/FDP/Refresher Course):

Fill the following as per Poster:

Title:

Dates:

1. Name of the applicant (in Capital letters):

2. Father's/Mother's/Spouse Name:

3. Date of Birth: 4. Gender (Male/Female):

5. Category (General/ST/SC/Others):

6. Designation: 7. Date of Appointment:

8. Nature of Appointment (Permanent/Temporary/ Ad-Hoc/Others):

9. Name & Address of the Institution:

Name of Affiliating University:

10. Teaching Experience (In years): Ad-Hoc Temporary.....Permanent..... Total.....

11. Residential Address:

Mobile: E-mail:

Affix your recent
Passport size
Photograph

DECLARATION BY APPLICANT

I hereby declare that the entries made in this application form are correct.

I hereby undertake to participate in the Programme/Course and will attend & participate in all the requirements & parameters of assessments as per the guidelines & conditions of UGC-MMTTC, S.G.T.B. Khalsa College, University of Delhi during the Programme/Course failing which I will not get certificate of completion.

Date:

Signature of the Applicant

NO OBJECTION BY HEAD OF THE INSTITUTION

I hereby forward the application of for the to be held in Online/Offline/Hybrid mode scheduled from being organized by UGC-MMTTC, SGTB Khalsa College, DU, Delhi. There is **No Objection** from the institution for her/him to participate in the same. He/She will be relieved from his/her duties to participate in the Programme/Course and provided Academic Leave as "ON-DUTY"

Date:

Signature and Seal
(Head of the Institution)



सत्यमेव जयते
Ministry of Education



UGC-MMTTC
(Formerly, GAD-TLC)

STEPS TO REGISTER:

- Fill the registration form via this link <https://bit.ly/COLLAB-FDP-HAPPINESS> and provide your correct and complete information
- At the end of the registration form, you will be asked to submit a NOC cum Application form.
- Download the format for the NOC cum Application form via the link <https://bit.ly/NOC-CUM-APPLICATIONF> complete it and upload it in the registration form

Registration Link

<https://bit.ly/COLLAB-FDP-HAPPINESS>

Click on the Link
or
Scan the QR to
register



Last date to register:
10 July 2024, 12 Noon
We will close the google
form once seats are filled !

Link to Download NOC cum Application form

<https://bit.ly/NOC-CUM-APPLICATIONF>

IMPORTANT: Registration is not confirmation of participation. Mail will be sent by us for confirmation. If you get this mail and are not able to join, we will not allow you to join in any of our future fully-sponsored programmes; a prior timely intimation with only valid reason with proof will be admissible

Contact IP College, DU
at fdp.ipcw@ip.du.ac.in

Contact GAD-MMTTC (GAD-TLC)
Office whatsapp No- 9810454703
malviyamissioncentre@gmail.com