



MAHARSHI DAYANAND UNIVERSITY

Rohtak-124001, Haryana

(A+ Grade NAAC Accredited University)

Malaviya Mission Teacher Training Centre (MMTTC)

One Week Upskilling Program on

Handling Diversity, Physical & Mental Health issues

**Organized by MMTTC, MDU, Rohtak
&
DPG Institute of Technology & Management,
Gurugram, Haryana**

(Open for all Teachers of Higher Education in India)

Duration: One Week (March 09th, 2026–March 14th, 2026)

Mode: Online

UGC- MMTTC, Maharshi Dayanand University, Rohtak

Registration Process for the program:

- ❖ Visit <https://mmc.ugc.ac.in/>
- ❖ Register Yourself: <https://mmc.ugc.ac.in/registration/index> if first time user.
- ❖ Receive Confirmation Email with Log-in Credentials
- ❖ Log-in: https://mmc.ugc.ac.in/_LOGIN/Index
- ❖ Apply for Training Program Tab & select "Maharshi Dayanand University Rohtak" & click on Participate.

PROGRAM OUTLINE

1. Background and Rationale

The National Education Policy (NEP) 2020 underscores the importance of inclusive and holistic education by recognizing learner diversity and prioritizing physical, mental, and emotional well-being. It encourages educators to adopt empathetic, flexible, and learner-centered pedagogical practices that respond effectively to diverse academic and health-related needs.

In today's classrooms, increasing cultural, social, and psychological diversity presents both opportunities and challenges for educators. Simultaneously, rising concerns related to physical and mental health such as stress, anxiety, lifestyle-related issues, and emotional distress. Addressing these concerns requires informed, compassionate, and structured approaches within educational institutions.

This one-week Upskilling Program on "Handling Diversity, Physical and Mental Health Issues" is designed to equip faculty and staff with the knowledge, awareness, and practical skills needed to foster inclusive, supportive, and health-conscious learning environments.

2. Objectives

The primary objectives of the program are:

- To familiarizing educators with the diverse challenges related to student physical and mental health.
- To developing practical skills in identifying, supporting, and referring students with diverse health and wellness needs.
- To promoting the integration of inclusive practices into curriculum planning, classroom management, and assessment strategies.
- To encouraging reflective teaching practices supported by data and analytics related to student well-being and diversity metrics.
- To fostering a collaborative community of educators committed to creating an inclusive and supportive learning environment for all students.

3. Target Participants

- University faculty members and Non- teaching staff.
- Faculty members and Non-teaching staff from colleges
- Faculty members and Non- Teaching staff from other higher education institutes.

4. Course Content / Modules

- Understanding Diversity in Higher Education
- Addressing Physical Health Variations and Disabilities
- Identifying and Managing Mental Health Challenges
- Understanding Cultural and Linguistic Diversity in Higher Education
- Inclusive Teaching Practices and Support Mechanisms
- Institutional Policies and Strategies for a Holistic Well-Being Campus

5. Methodology

- Interactive sessions.
- Hands-on sessions
- Demonstrations and case studies
- Group activities
- Panel discussions with experts
- Daily reflections and feedback

6. Expected Outcomes

By the end of the program, participants will be able to:

- Articulate and recognize the varied physical and mental issues.
- Develop practical skills.
- Integrate inclusive practices successfully.
- Encourage reflective teaching practices.
- Foster collaborative culture.

7. Resource Persons

Eminent Resource persons will deliver their talks in the program on specific topics

8. Certification

Participants will be evaluated based on attendance, participation, assignments. Successful candidates will receive a certificate of participation. **The certificate will be valid for UGC requirements under CAS, promotions and recruitments.** This short-term program is a crucial opportunity to realign educational practices with the urgent demands of creating an inclusive and supportive learning environment for every student. Equipping teachers with the necessary knowledge and sensitivity in addressing these critical areas will fundamentally help in achieving the core aims of higher education specifically fostering a caring, inclusive, and equitable educational ecosystem as envisaged in the National Education Policy (NEP) 2020.

Important Instructions

- ❖ The interest should apply through online mode only for the programmes scheduled in session 2025-26 through UGC portal <https://mmc.ugc.ac.in/>
- ❖ Forwarding/ NOC/ Permission from the host institution after submission of the application is mandatory. Applicants are required to send the same from their registered mail id to fdcmmttc@mdurohtak.ac.in.
- ❖ Duly filled in Applications should reach well in time before the commencement of the programme/ Course. The selection of the participants will be done strictly as per the guidelines and norms of UGC.
- ❖ All programmes are full time. Timings are 10:00 AM to 5:00 PM daily and attendance is mandatory in all sessions.
- ❖ Program schedule may change due to unforeseen circumstances.

UGC- MMTTC TEAM- MDU, Rohtak

Patron in Chief

Prof. Rajbir Singh

Hon'ble Vice Chancellor
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Patrons

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Director,
UGC- MMTTC

Dr. Madhuri Hooda

Deputy Director &
Project Coordinator, UGC- MMTTC

For any Query, please contact

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DPG Institute of Technology & Management, Gurugram

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(Chairman, DPGITM)

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Dr. Preeti Gahlot

(Managing Director, DPGITM)

Advisor :

Prof. (Dr.) R.C. Kuhad

Co-ordinators :

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(Dean Academics, DPGITM)

Dr. Sarika Chaudhary

(Associate Dean, DPGITM)

Facilitator :

Mr. T.R. Narula,

(Registrar, DPGITM)

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Mr. Himanshu Gaur (Assistant Professor, MSD, DPGITM)

Ms. Pooja Gaur (Assistant Professor, MSD, DPGITM)



DPG Institute of Technology & Management, Gurugram, Haryana in collaboration with UGC-MMTTC, MDU, Rohtak

Open to:

Faculty & Non-Teaching Staff
Higher Education Institutions
(PAN India)

is organizing

UGC- STP on

Programme Details:

9th March -14th March 2026
Mode: Online

Handling Diversity, Physical & Mental Health Issues

No Registration
Fee

Click Link for Registration:
<https://mmc.ugc.ac.in/registration/index>

UGC- MMTTC TEAM- MDU, Rohtak

Prof. Munish Garg, Director, UGC- MMTTC & Dr. Madhuri Hooda, Deputy Director & Project Coordinator, UGC- MMTTC

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