

# One Week Online Short Term Training Program

on

## ***'Various Dimensions of Happiness and Holistic Health'***

(February 19-25, 2021)

**FACULTY DEVELOPMENT CENTRE (PMMMNMST)**

HEMVATI NANDAN BAHUGUNA GARHWAL UNIVERSITY

SRINAGAR (GARHWAL), UTTARAKHAND - 246174

**NOTIFICATION-25**

Dated: 29/01/2021

Today the academic fraternity is facing mental unrest due to professional demands, lack of resources, challenging work, various academic and administrative duties and responsibilities. The Covid-19 has created the environment of stress, depression and sadness for the faculty members, students as well as society. The challenges and issues related to Covid-19 are also the matter of anxiety and bad health. The vaccine of Covid-19 is in testing process and there is a need to develop happy, healthy and optimistic environment for all.

As a matter of fact, most of the faculty members and students in higher education are also in the grip of many psycho-physical problems and unhappiness. And, the global researches proved that unhappiness and bad health are the major obstructions in personal and institutional progress. We know that the unhappy and unhealthy person can't be a successful academician as well as good human resource for higher education. It is to be noted that being good professionals the faculties of higher education should be fully dedicated for duties, determined to the aim having emotional intelligence. These kinds of faculties can lead their institutions towards the real progress with flourishing academic environment.

However, in current scenario, it should be the main focus to provide proper training to faculty members for their holistic health through happiness. So that they would be able to serve with the appropriate manner with a soothing and healthy environment for the students. And, they can guide the same to the students for their future academic affairs with the sense of satisfaction and happiness.

Keeping in mind, Faculty Development Centre (FDC), HNB Garhwal University, Srinagar (Garhwal) is planning to organize an Online Short Term Training Program entitled ***'Various Dimensions of Happiness and Holistic Health'*** for faculty members of universities and colleges during February 19-25, 2021 under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMST) scheme of MHRD, Govt. of India.

The training program is designed to train and disseminate the participants elaborating upon techniques and practices related to holistic health through happiness.

### **Content Outline:**

- 1- The Indian Traditions for Holistic Health
- 2- Mindfulness as the Practice of Holistic Health through Happiness
- 3- Popular Methods of Meditation and Other Yogic Practices
- 4- Dimensions of Spiritual Progress and Holistic Health
- 5- Motivational Talks
- 6- Emotional Intelligence

**Anticipated Outcomes:**

- To aware the participants about psychophysical symptoms of bad mental health i.e. sadness, stress, tension, and depression etc.
- To disseminate participants with essential techniques and practices of holistic health through happiness.
- To develop emotional intelligence of faculty members to face critical circumstances.
- To develop basic skills of faculty members to work in tough situation.

Interested higher education teachers may register for the Online One Week Short Term Program on the prescribed application format latest by February 15, 2021 by using the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSeOiwQVB\\_Y11uNeSun\\_zYpD2YJ3sdOkr-ps5KB8jxCR9x3LVw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeOiwQVB_Y11uNeSun_zYpD2YJ3sdOkr-ps5KB8jxCR9x3LVw/viewform?usp=sf_link)

The amount of Rs. 1000/- (One Thousand only) non-refundable would be the program conduction fee to attend this online training program. For any query mail to: [fdchnbgu@gmail.com](mailto:fdchnbgu@gmail.com).

**Account Details:**

Account No- 38698900528

IFSC Code- SBIN0010583

Account Holder Name- Director, FDC

**Director**